



[DIM NEWS]

Department of Internal Medicine Newsletter

A BUDDHIST ADVICE



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My wife recently engulfed herself in “Finding Flow” by Mihaly Csikszentmihalyi and annoyed me one quiet Sunday morning by reading entire pages out loud, the wisdom of which she felt important to share with me. I wanted to do my own thing – surfing the internet – and listened only with half an ear until I heard her saying, **“act always as if the future of the universe depended on what you did, while laughing at yourself for thinking that whatever you do makes any difference.”**

The first part of this Buddhist advice sounded all too familiar. Do we not all like to pretend that what we do is important, in fact the most important thing in the world? And do we not repeat over and over again, to all who want to hear it and those who don't, that we are important? Do we not happily accept the excuse that today's environment (whatever that means) forces us to constantly sell ourselves to be noticed, recognized, promoted, getting a paper published or being awarded a grant? Until one day, we seriously believe ourselves that whatever we may do makes us indispensable – coming close to falling off the cliff into full-fledged selfishness, egomania and narcissism.

But is it not truly important that we all, and what we do, make(s) a difference? If we would only follow the second part of the Buddhist advice, would we not risk ending in passivity, fatalism, maybe nihilistic depression, unable to achieve anything, and being swallowed by the black hole of feeling totally overwhelmed?

Yes, everybody is important. We are all here to make a difference, everyone in his/her unique place and way. We therefore should take what we do seriously and do whatever we do diligently and to the best of our abilities – as if the universe would depend on it – while one eye keeps “laughing at ourselves for thinking that whatever we do makes any difference.”

Taken together, the Buddhist advice forms the perfect reality check and keeps us balanced between energetically wanting to achieve our goals and humble humility allowing us to listen, to understand - and to compromise, thus eventually enabling us to achieve more TOGETHER.

In that sense, I would like to thank each of you for the time and effort you spent during the past year as a health care professional and scholar, for the benefit of our patients and for the sake of our Department's academic success. I know that your partners and families contributed their share with their support and understanding, in that you often worked long hours.

Let the Buddhist advice, “act always as if the future of the universe depended on what you did, while laughing at yourself for thinking that whatever you do makes any difference” accompany us into 2017 in order to remain not only successful, but also fulfilled by what each of us will contribute to the greater good!

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Liam J. Murphy Award



Navdeep Tangri

The **Liam J. Murphy Young Investigator Award**, established in 2006, is given every two years to a young investigator who shows evidence of developing a strong research program with multiple peer reviewed publications, national or international recognition, and success in obtaining local and national funding.

This year we had two outstanding candidates shortlisted for this prestigious award:

- Dr. **Amir Ravandi** from the Section of Cardiology
- Dr. **Navdeep Tangri**, from the Section of Nephrology

At the November 23, 2016 Department of Internal Medicine's Faculty Dinner - Dr. Eberhard Renner and Dr. Leigh Murphy announced **Dr. Navdeep Tangri** as this year's recipient of the Liam J. Murphy Young Investigator Award.

Since Dr. Tangri was out of the country, Dr. Rigatto accepted the award on his behalf. He read the following message from Dr. Tangri:

"Dear Colleagues,

Thank you. I am deeply honoured to receive the Liam Murphy Award, and am disappointed that I could not be there in person. I never had the pleasure of meeting Dr. Murphy, but his legacy lives on through all the awardees. I can only hope that my career will someday reach the same rarified heights achieved by the previous recipients of this award.

I came to the University of Manitoba five years ago believing in the vision set out by Claudio Rigatto, Paul Komenda and David Rush, and I have not looked back. Our research group has grown from no full time staff, and the occasional summer student, to 10 full time employees, nearly 20 in the summers, providing a robust training environment that's second to none. We have only accomplished this because of strong support from the Department of Medicine, from the Seven Oaks Hospital and Foundation, and because of the hard work of all my clinical colleagues in Nephrology, and my research collaborators in the Section and Faculty. Every day I go to work knowing that together we are working at the cutting edge of health science, influencing clinical practice, and changing health policy.

I feel so fortunate to be pursuing this wonderful career in the City of Winnipeg, at the University of Manitoba, supported by wonderful colleagues and staff, in this exceptional academic community.

Thank you all so much for the opportunities, and for this wonderful and inspiring award."



HONOURS



The strength of any department lies in its' members and their achievements and awards. Congratulations are extended to:

Dr. Ruth Ann Marrie, from the Section of Neurology, has been named a Women's Executive Network (WXN) 2016 Canada's Most Powerful Women: Top 100 Award Winner in the 'trailblazers and trendsetters' category.

A gala celebration was held November 24, 2016, at the Toronto Convention Centre, where Dr. Marrie received the award.

The Top 100 Awards, launched in 2003, "celebrates the incredible accomplishments of Canada's top female executive talent as well as their organizations and networks. Award winners are proven achievers who are strong contributors to their organizations, their fields of endeavour and their communities."

Dr. Marrie is the Waugh Family Chair in Multiple Sclerosis, and the Director of the MS Clinic at HSC. She is internationally known for her innovative work in epidemiology and her pioneering discoveries of the impact of comorbidity (co-existing health conditions) on people with multiple sclerosis (MS).

Our sincere congratulations are extended to Dr. Marrie on this recognition.



Ruth Ann Marrie



HOLIDAY BREAKFAST

Holiday Breakfast - a true success. The Department thanked all staff for their hard work and support throughout the year with a Holiday Breakfast in the JBRC atrium on Dec 20th. The breakfast was well attended and facilitated many informal contacts. The feedback was so overwhelmingly positive that we plan to continue this as a tradition. Thanks to Karen Kiel for the impeccable organization!



Did you know? The Poinsettia is named after Joel Roberts Poinsett, a special envoy to Mexico from 1822-1823. He sent samples of the plant from Mexico to the United States. By 1836 the plant was widely known as the "Poinsettia." Source: Wikipedia.