

# Discovery

A Collection of Art  
by  
University of Ottawa  
Medical Students



## Discovery

Cover Photography by Tetyana Maniuk

I asked the model to display various emotions during the exposure in an attempt to try to capture the multifaceted nature of our personality; I used numerous colours to layer in even more complexity. I hope that while looking at this piece, the viewers discover the emotions they go through during their day. If their emotions were paused at one point in time, like in a photograph, would it seem like they are 'healthy'? Just like personality, the prospect of being mentally healthy, or ill, is composed of many sides—many facets.

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Opening Reception February 10, 2016  
Main Atrium, Roger Guindon Hall

Discovery

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uOttawa Arts in Medicine  
Aesculapian Society  
University of Ottawa, Faculty of Medicine  
Roger Guindon Hall  
451 Smyth Rd.  
Ottawa, Ontario  
Canada

ISBN 978-0-88927-448-8



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## About the Editors:

Tetyana Maniuk, Nikhat Nawar, AiLi Wang and Melissa Maltez are currently second year students at the University of Ottawa MD program. While Melissa enjoys creating nature and scenic painting using acrylic and pastels, Tetyana has a keen interest in developing portraits with pencil. AiLi enjoys classical art styles, but mostly works with digital media and graphic design. Nikhat finds painting therapeutic and stress-relieving, and she is working towards the Medicine in Humanities Certificate. They find arts as a means of self-growth and self expression - essential skills needed to develop as a well-rounded individual and physician. This year they are very excited to be a part of the Arts in Medicine group at uOttawa Medicine. Their goal is to engage their peers in arts and humanities, and hope more students could utilize arts as a means for creating a healthy work-life balance.

# Discovery

*"And you? When will you begin that long journey into yourself?"*

— Rumi

The 3rd Annual Medical Student Art Show, organized by the Arts in Medicine Interest Group (AIM), is an event established for medical students of all years to express their creativity and artistic talents. The Art Show allows medical students to use visual arts to communicate their life experiences and knowledge that they have gained during their medical school journey and beyond.

This year, the theme of the art show is 'Discovery' and its link to medicine. Discovery is experienced by the human life in various forms. Each individual engages in a journey of self-discovery everyday as they try to identify and understand themselves. We often ask ourselves, 'who are we? what is our purpose in life? what defines us? what makes us unique?' Discovery is also the cornerstone of medicine. Medicine is an ever-changing field and new discoveries are constantly being made through the development of better medications and higher standards of patient care. As medical students, we learn to engage in these new discoveries as we strive to provide a higher quality of care to our patients and embark on our path to becoming competent and well-rounded physicians.

Անսպասելի Հանդիպում  
Anspaseli Handipum  
(Unexpected Meeting)

*Pen and crayon*

I had the unexpected privilege to travel to Armenia this summer for a medical elective. The entire trip was a series of unexpected opportunities and discoveries that left a deep impression on me. The design of this piece is inspired by the Armenian Khachtk'ar or cross-stones that are unique to the region and are very intricately carved. Words written in Armenian signify some of the memories I have acquired from my trip. Pomegranates are Armenia's national fruit and their presence is a tribute to the people I met on my journey.



Andrea Zumrova  
MD2017





## Take Pause

*Acrylic on canvas*

I am divided by concepts in Art and Medicine, both merely seeking to comprehend finitude, as if they do not serve the same beating heart. Medicine exists on the periphery of time. A practice defined by the 36-hour day, with a post-call gaze of steadfast loyalty to absorb, regurgitate, and suppress the primitive desires to eat, to drink, to sleep. Art has become all that is still. It removes the pace predicated on Code Blues and early morning alarm clocks and cocoons me in both what is boundless and timeless. Like a turtle, taking a vulnerable pause of discovery at every hour, every minute, every second. To just be; and nothing more.



**Kayla A. Simms**

MD2017



Usman Khan  
MD2019

## I found it!

*Digital Photography*

I once stumbled across a picture of pastel houses, trickled down a steep hill, overlooking a turquoise coast. It was not a real place, until I finally discovered it myself.



## Photography

Medicine can be found in nature when looking with the right perspective. Often, the shapes and patterns found in nature intimately mimic those of the human body. In the first photo, the branching pattern of this tree resembles the exponential branching pattern of the respiratory bronchial tree. In the second photo, the tree poking above the canopy is reminiscent of the pathological collar button ulcer of the gastrointestinal tract. In the third photo, the exotic branching plant mirrors the intricate alveoli of the human lung. In these photos, discovering Medicine in nature required an open mind and shift in perspective – sometimes by turning the camera upside down.



Laura Zuccaro  
MD2017

## The Bronchial Tree



Collar Button Ulcer



Alveoli



**Timeless novelty**

*Photography*

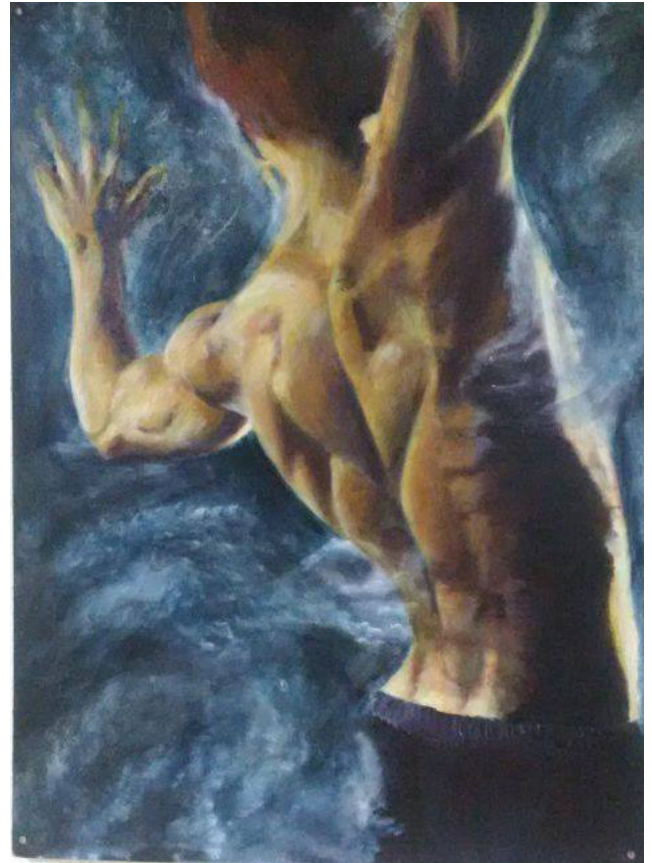
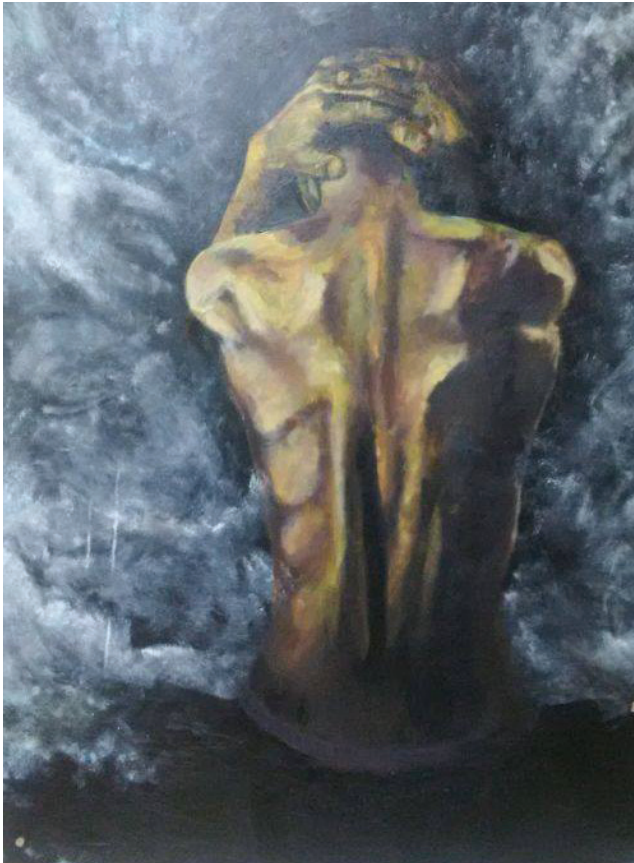
I took this picture during an international elective in Dhaka, Bangladesh, after observing a c-section delivery for the first time. Excited to capture this moment, I took a picture of the baby as the pediatrician welcomed her with a series of affectionate rubs and examinations. Despite my initial discomfort, I discovered the beauty of childbirth.

But there are many angles to a story – the photographer and those in the picture see very different versions of a similar story, with perspective being our differentiator. In Medicine, a discovery made by a physician may be different from what is being perceived by a patient. And when the patient is one who has just been brought into this world, the discoveries are endless. As she took her first breaths, she discovered the ability to breathe in fresh air and even attempt a loud cry. She experienced the sensation of light in her eyes and the touch of numerous caregivers surrounding her - she felt and heard those around her from a new vantage point. She was slowly discovering this unknown world, so strange and foreign. But just as all of this overwhelmed her, she discovered, once again, the comforting embrace of her mother. And that discovery, made all the difference because that was enough to calm her down as though all was good again, and nothing changed at all.



**Tanzila Basrin**

MD 2017



**Tetyana Maniuk**  
MD 2018

## Differences

*Acrylic on canvas*

These two pieces attempt to discover the relationship between the body and mind. What would happen if your inner thoughts completely changed your appearance? A lot of people pride themselves on being able to hide their true emotions, but sometimes it shows through in many ways.

I hope that as you look at the two pictures, you can discover the emotions portrayed and how you might see these qualities in others.

[Painting on left first published in UOJM]

## The Gift of Breath

*Acrylic on canvas*



We are in constant discovery of how the world around us is changing. With climates getting warmer, greenery becoming scarce, and the precious equilibrium of our planet being jeopardized, we begin to reflect on what it all means. When we depend so closely on leaves, trees, and nature for the precious air we depend on, we discover how fragile and precious our world can be. When we finally discover that our health, and that of our patients, depends so closely on the health of our precious planet, we might be able to save this fragile yet crucial relationship.



**Melissa Maltez**

MD2018



Iuliia Oleksand Povieriena

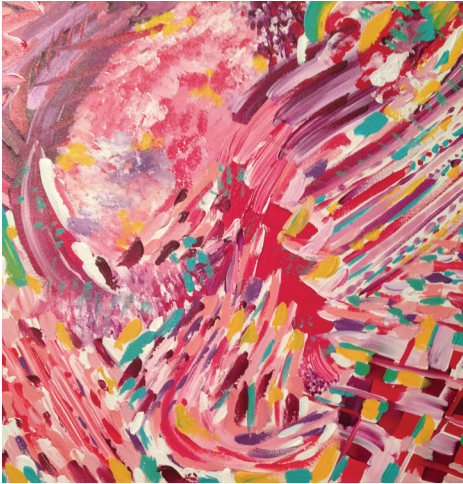
MD2018

## The Demands of the Future

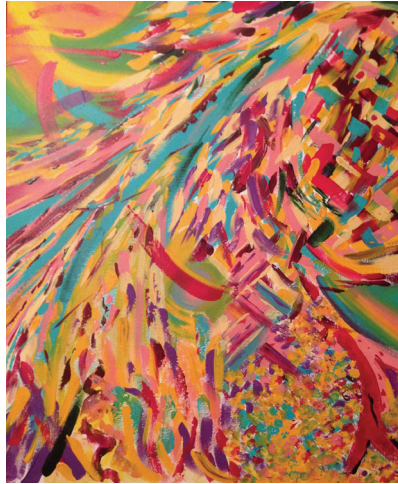
*Canvas painting*

Chronic and life-limiting disease can be seen worldwide, just as the moon and the stars above. Like astronomers continuously explore the solar sphere, physicians strive to uncover the secrets of the diseases of mind and body. A research clinician struggles to balance longevity (the sand clock) and quality of life (a butterfly with beautiful wings). He is about to make a discovery and is trying to find an equilibrium between those two.

Love



Fireworks



*Acrylic on stretched canvas*

What inspires me most about art is that it is an opportunity for me to be completely myself. I am able to express how I feel, in a way that holds significance for me at a given point in time. It is an avenue for stress relief and self reflection. Each work is a unique reflection of a mixture of very personal experiences and feelings and states of mind, all interacting and coming into fruition in a way that has never emerged before. My art is special to me because it is a reflection of my self-discovery.



To be a child again



Dancing in a  
Thunderstorm



Alexandra Marie Ruhr  
MD2018



## Those who do not see, may not enter

*Drawing*

The process of discovery requires one to at least ideologically if not physically, step out of the comfort of that which one previously knew. However, this can prove to be challenging as sometimes we can be trapped by other forces in our lives that prevent us from being able to see the truth, both beautiful and bold, that lies beyond discovery. My drawing seeks to capture and represent this. The black and white represents the restrictions we place on our understanding of the world when we fail to push our limits and engage in discovery. The colour and depictions in the door remind us of that which awaits our engagement, and the lock represents the awareness required to truly understand the subject of our discovery.



Hossai Furmli  
MD2018



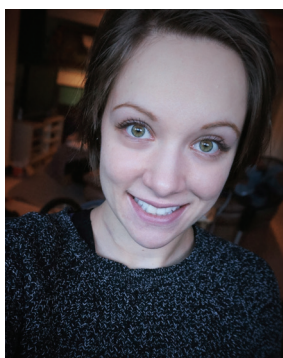
**With these worn out hands/  
I held you in the blackness**

*Canvas painting*

I was inspired to paint this piece from a photograph taken by NASA's Chandra Observatory of the B1509 nebula in 2009, called the "Hand of God". It incorporates elements of an x-ray, one of the motifs I most commonly utilize in my paintings. The title is borrowed from a line written by one of my favourite poets, Tyler Knott Gregson. The element of discovery is reflected by the prevailing idea of "the unknown" perpetuated by outer space – so much of what we do in medicine is our best interpretation of the unknown.



**Sarah Buttle**  
MD2018



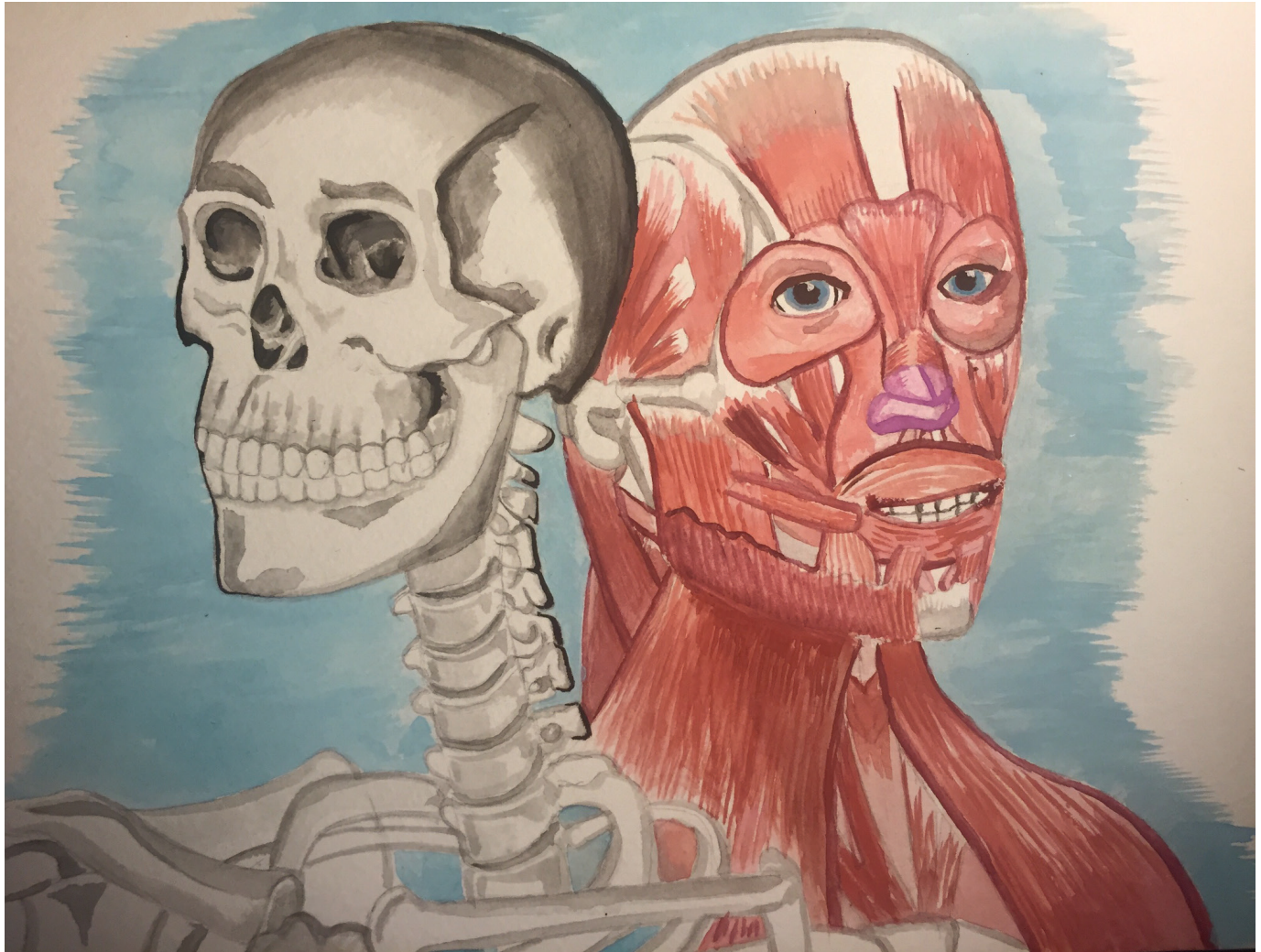
**Stéphanie Benoît**  
MD2018

## Hope to Discover

*Acrylic on canvas*

Discovery – a versatile word that can take many forms and shapes, depending on how we decide to interpret it. In this painting, 'Eye' see discovery as a synonym of hope. The hope of a way to cure, to heal, to help.

'Eye' trust that the discovery of a cure is possible,  
'Eye' know that this discovery will breath life into the future,  
'Eye' believe in a world without Cystic Fibrosis.



## Beyond Skin Deep

*Watercolour*

This painting emphasizes the structures of the human body that lie under the surface of the skin. Often, we must go beyond what is readily apparent to discover new concepts and achieve a greater understanding.



**Amy Chung**  
MD2018

# Our Journey

## *Photography*

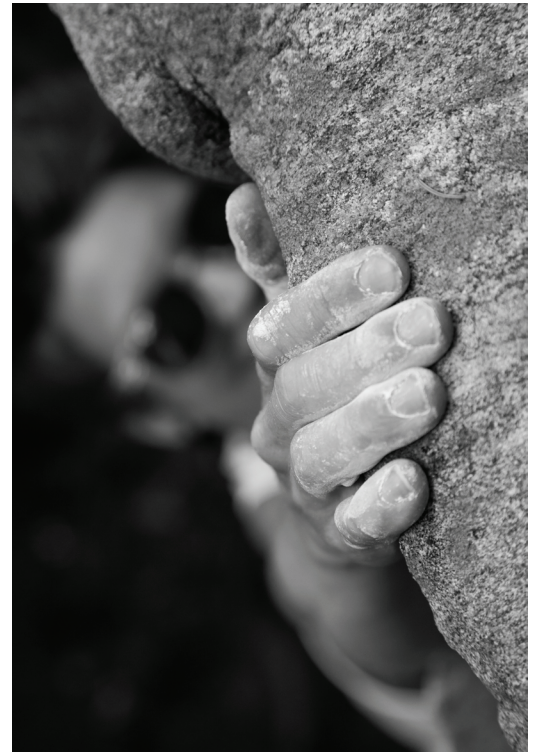
While medicine can often isolate those within it, it is important to step back and remember that we are never truly alone. We stand amongst friends, family, colleges with whom we can take that next step and venture into the unknown. It is this network of support and love that allows one to jump in with both feet on their path to discovering more about themselves and moving forward. We don't make this journey alone, we walk side by side through the toughest times in the constant search for adventure in our professional and personal lives.



# The Edge

## *Photography*

"Life begins at the end of your comfort zone". Risk allows us to constantly push the boundaries of discovery. Many times we feel as if we are hanging on with every last bit of strength left within us. It is the perseverance in those moments that define us, when we are pushed past our limits to failure and continue to strive in spite of it. It is the chances that we take while at the edge that will exemplify our determination and bring not only ourselves, but our field, forward.



Sonam Maghera  
MD2017



## Leonardo Watch; Kekkai Sensen (Cosplay)

*Photography*

There are many different types of people in the world and I am but a single one of them. Medicine has shown me the importance of finding yourself in others and treating them with compassion. For me, my Leonardo Watch cosplay is about looking at a strange, slouchy, floppy-haired boy and discovering myself in him - realizing that his depths show a devotion to family, a need to share healing, and a love for all the variations of individuals in this world. Tonight, I have made myself into that floppy-haired boy and I carry his story with me.



**Anna York-Lyon**  
MD2018



**AiLi Wang**  
MD 2018

## **Corsage**

*Oil on Canvas*

In pre-clerkship, it is easier to remember pathways and guidelines, easier to gloss over things that seem odd or unusual so you can take in the "big picture". This piece is a reflection upon an ambulance ride-along experience and of my wish to know the patient beyond their chief complaint.



## Seeded

*Pen Ink*

An interesting theme in art and medicine is the common importance of perception. A lot of learning can be done, in medicine and art, by seeing the difference in other's perceptions and your intentions. I find trying to view common objects in new light, such as the GI system as a flower patch, helps incorporate this awareness into everyday practice.



**Jessica Kapralik**

MD2016

## Branching Out

*Canvas painting*

I created this painting in the summer before entering medical school. It was a time full of promise and self-exploration. The quote "Taking root", at the base of the painting, originates from the notion that I was finally settling in to Ottawa, in the pursuit of a career I was so passionate about. The roots were convoluted and plenty to illustrate my past experiences and solid base. "Discover new paths" adorns the base of the trunk as it divides into its branches, symbolizing the process of personal and professional growth through which medicine would take me.



Claudine Davidson

MD2016





## La Bella Italia

*Photography*

Summer discovery in beautiful Italy. Picturesque Venice, Florence, and Cinque Terre embrace both body and spirit. One is blessed to visit such places where passion, culture and knowledge can only flourish. The mind becomes enchanted and inspired to hope and dream of bigger things.



Zuzana Novak  
MD2017



## Death & Medicine

*Media: Mixed media on cardboard*

When I saw this patient, his breath was barely audible and his chest puffed out from end-stage COPD. I met him on Monday; he died on Wednesday. His thin body laying on his white sheets and the glassy fixed look in his eyes will forever be engraved in my memory. The discovery of some things is awe-inspiring, while others leave us uneasy.

## Exploded Mandala

*Mixed media on paper*

Traditionally, a mandala is a unified set of rings around a single point representing the stability of the world, both material and non-material. I contrast this metaphysical concept in my abstract interpretation of the instability of life and humanity. The mandala I have drawn is exploded, and some of its pieces are missing. Woven into its many rings, an Arabic poem by Nizar Qabbani, entitled "Don't ask me", expresses the confusing nature of love. As I experience medicine, I also experience life. Meeting some people can shatter stability, creating beautiful chaos.



**Julie El-Haddad**

MD2018



## Journey's End

*Photography*

We all know Terry Fox, but it wasn't until I visited his memorial in Thunder Bay, ON that I truly discovered the story behind the Marathon of Hope. With each of his 42km runs per day, he experienced the full spectrum of gratitude, frustration and determination until his very last breath. Terry Fox's legacy reminded me that each step we take can create a ripple effect that transcends our very selves, with the potential to change the way we Canadians confront a deadly disease like cancer.



**Danielle Mintsoulis**

MD2017

## Incidental Aurora Borealis over a House

*Photography*

Some things are waiting to be discovered - we only have to look for them!

If we looked around us more deliberately, we will discover so many pleasant surprises. A look outside a window at 3 AM on a cold Winnipeg night led to the discovery of Aurora Borealis, right over my head!



## Tree on a Rock in Scotland

*Photography*

A little adventure often leads to great discoveries. Out in rural Scotland, a very unusual discovery was made - a tree growing on top of a rock!



**Bassem Migally**

MD2018





## The Spell of The Yukon

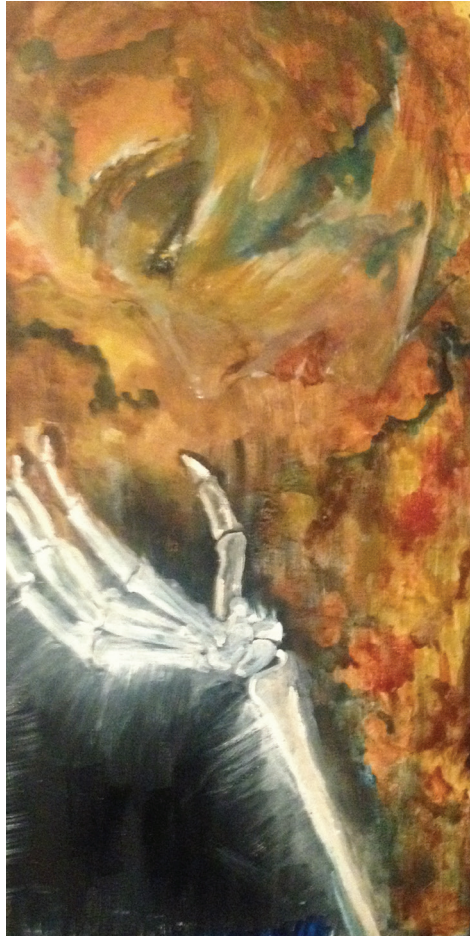
*Photography*

I love to explore on my own, beyond what I know, and finding my way back a few extra miles after... Like doctors, travelers must never stop exploring and seeking for that sense of wonder. It is so easy to get caught up in our daily life routine and forget to explore the natural world and stillness that is present all around us. It is by surrounding ourselves with beauty, even in the smallest things, that we will ultimately find happiness and serenity. These pictures taken in Yukon serve as a reminder that the beauty of nature is always good medicine to reflect on my path toward becoming a doctor.

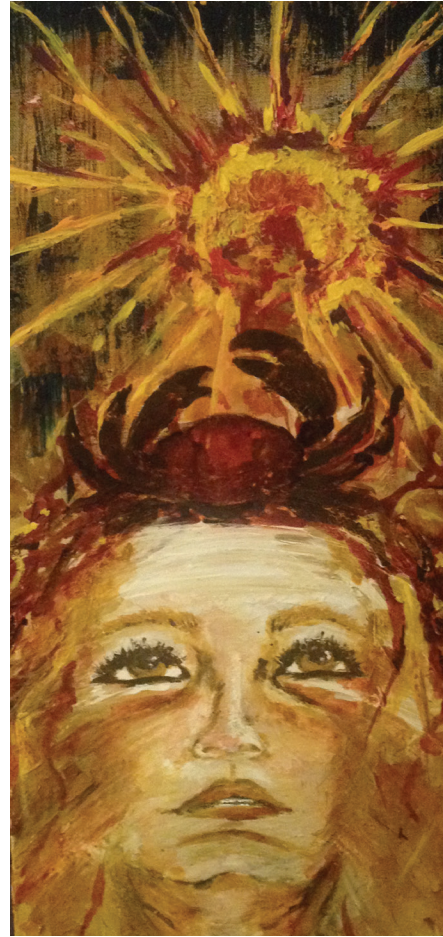


**Anne Le Bouthillier**  
MD2017

See  
through  
me  
*Painting*



Cancer  
on my  
mind  
*Painting*



Louise Gresham  
MD2018

Our discoveries in medicine have enabled us to literally see through the walls of our body and colour the diagnostics we make. Similarly, discoveries leading to sophisticated developments in histology and high-resolution microscopy can now, for instance, depict cancer to exquisite detail at its cellular level, thereby reshaping the ancient descriptions of the daunting crab-like appearance of cancer, from which it derives its name.

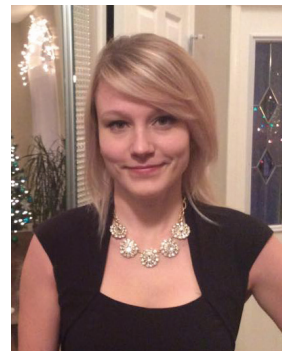
The process of discovery doesn't always have to be dramatized as a single journey to explore new worlds and "to boldly go where no man has gone before". Instead, discovery is evolving, dynamic and fluctuating. It involves layers of micro-steps that come to guide how we view and understand the human body and its captivating rivalry against disease and disorder. In this, discovery is instead our journey to go where no person has thought to think.



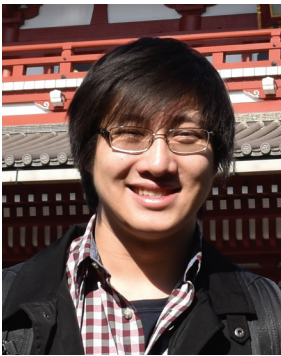
## Gaze

*Acrylic on Canvas*

Eyes: such a dominant sensory input from our surroundings, that gifts us with the unique capacity to discover, innovate and create. But what are the consequences of our discoveries? This is a reflective piece, its meaning for each person to discover. For me, it represents our responsibility to gaze towards the future, and think of the consequences our actions will have on generations to come.



Agata Dzwonek  
MD2017



Ryan Le  
MD2018

## Reaching New Heights

*Photography*

Medicine is a field with constant innovations and discoveries, and these are made by continually thinking outside of the box. In this piece, the ceiling forms a box that represents the limits that may be imposed by an unwillingness to step outside of one's comfort zone or by being closed-minded. The gap revealing the sky and the peak of the bridge illustrate how challenging yourself to stay open-minded as well as to think creatively, and "outside of the box", can help you discover and soar to new heights.



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The Aesculapian Society is the University of Ottawa medical student body that represents current medical students at the University of Ottawa, alumni, as well as teaching staff within the Faculty of Medicine. The Aesculapian Society's primary directive is to ensure the best medical learning experience for all the uOttawa undergraduate medical trainees.



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## Special Thanks

Arts in Medicine would like to thank the University of Ottawa Undergraduate Medical Education, the Department of Innovation in Medical Education, and the Aesculapian Society for funding this project. We would also like to thank our advisors, Ms. Lynn Bloom and Dr. Pippa Hall for their valuable advice and assistance at every step of the way. In addition, we'd like to recognize the Facility Manager and the Roger Guindon Library for generously providing space for our collection. We would also like to express its gratitude to the National Arts Centre, House of Targ, and Oakpark Retirement Community for their support. Lastly, we would like to acknowledge the Arts in Medicine executives of 2014 and 2015 for laying the foundation for the Art Show as well as its memorable booklet.

