



growth

A Collection of Art
by
University of Ottawa
Medical Students

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Opening Reception February 19, 2015

Main Atrium, Roger Guindon Hall

Growth

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uOttawa Arts in Medicine

Aesculapian Society

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Cover Art by Agata Dzwonek



uOttawa



About the Editors:

Agata Dzwonek and Andrea Zumrova are currently second year students at the University of Ottawa's MD program. They participate in many forms of artistic expression, although Agata in particular is fond of painting on different media while Andrea likes calligraphy and drawing. They are always eager to immerse themselves in art and are excited to be involved with Arts in Medicine. In pursuing this passion they believe they can grow into more fully-rounded and competent physicians. It is their sincere hope that their fellow students discover (or rediscover) a similar passion for the arts and use it to balance the stress of studying in order to explore their medical experiences in a new light.

growth

“If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.

-Anatole France

The 2nd Annual Medical Student Art show, hosted by the University of Ottawa, allows medical students to indulge their creative side as a way to enhance their wellbeing. It encourages students of all years to reflect on meaningful experiences, engage in art-based learning and ultimately express themselves through the means of visual art. This year’s theme is *growth*, a symbol of personal movement through life. From birth until death, our worlds are filled with an array of experiences, events that shape our personality and path through life. As medical students we are encouraged, with every patient encounter, to find an area we can grow in whether it be in knowledge, skills or empathy. We believe that *growth* is a indispensable theme that we will return to frequently, not just as students, but as residents and physicians as we progress through our journeys. *Growth* therefore holds a special place in medicine and is a cornerstone of delivering good healthcare in our society.



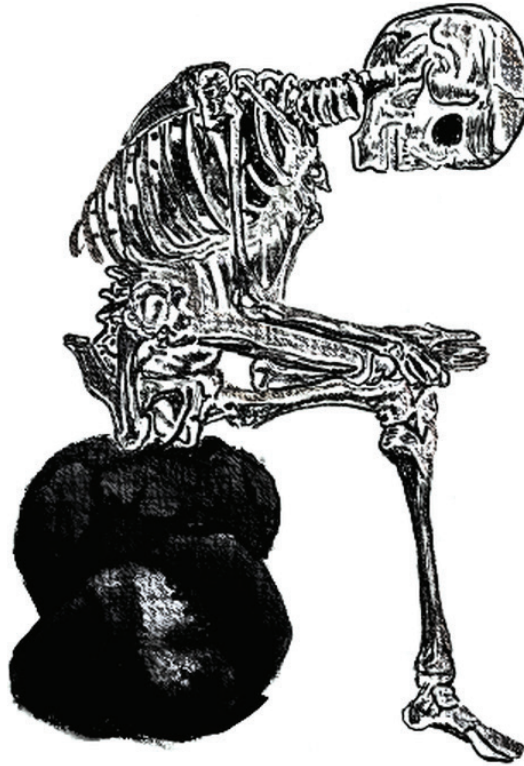
Antelope Canyon

Photography, Nikon D610

Afternoon sun illuminating the Navajo Sandstone of the Upper Antelope Canyon in Page, Arizona. The slot canyon is located on Navajo land and is referred to as Tsé biguáníliní by the native people. The Navajo name means “the place where water runs through rocks” and describes how the canyon has formed secondary to years of erosion from flash flooding, giving the sandstone its unique and stunning flowing appearance.



Linden Head
MD2016



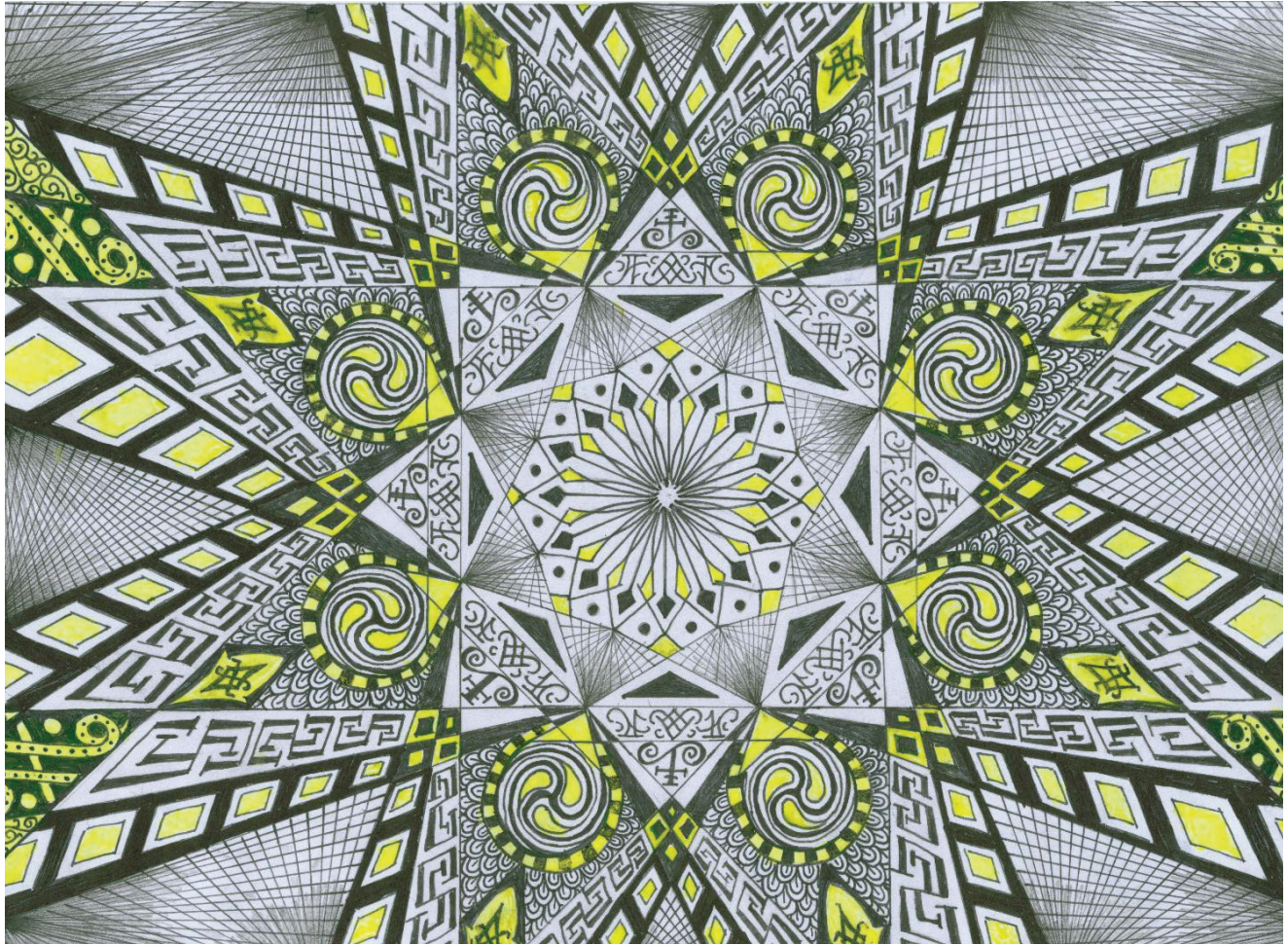
Between a Rock and a Hard Place

Paint & Ink

The crossroads between art and science is where medicine can be found; complicating the skeletal brick-and-mortar with those mannerisms that make us characteristically human. Rarely, however, do I stumble upon depictions of anatomical figures behaving familiarly. The portrayal of the curious rock-ridden skeleton challenges us to see the bones beyond the similarities it shares with the rock upon which it sits. Growth does not always happen when looking outward. Sometimes, the best growth comes from looking inwards.



Kayla Ashley Simms
MD2016



Symbolic Lines

Ink & Graphite

As students in the medical field, we grow through learning. One aspect of this growth is the learning we do in the classroom, delivered to us through the symbols of letters and words. Each new experience, whether symbolic or tactile, adds on the learning that we are doing until we grow into capable and caring physicians. This piece builds shapes and symbols outwards from a central point as a representation of the learning that grows in each of our minds.



Andrea Zumrova
MD2017



Steps

Photography

Growth is not instant but is made up of many steps. This piece shows the steps I took during a 7-week solo trip to Europe. The perspective of the pictures demonstrates my experience as a solo traveller, which was marked by somewhat bizarre milestones: the sewer grates of each new city. I imagine this is what patients go through each day – facing the unknown, rejoicing over attaining seemingly mundane goals and living an experience that is incommunicable to others as each step must ultimately be taken alone.



Andrea Bakker
MD2017



Waves on my Way
Painting on Rock

The lighthouse and ocean guide me back to my roots of Nova Scotia where I grew up and where my path towards medicine started and will hopefully continue. It reminds me that when things get rough there is always an end goal to look forward to within the heavy fog and stormy waves.



Audrey Prayal-Brown
MD2018



Inner Child

Oil pastels, oil & acrylic paint

As a child grows, the closing of the fontanelles is a remarkable transition. These soft, malleable ridges among the skull bones facilitate childbirth and allow for the growth of the brain until they permanently fuse to form the solid, protective skull. This work hopes to remind individuals that, though the skull closes, the mind should not.



Amy Chung
MD2018



Exploration *Photography*

Travelling the past three summers not only presented me with the opportunity to learn more about the world and different cultures, but it also enabled personal growth and development. I learned more about my values and myself: things I'd enjoy doing, foods I'd love to try, and spaces I'd want to explore. Each journey left me with new stories, and each experience widened my outlook and appreciation for the diversity of life. These three images were taken in The Negev Desert, Israel (2012), Capri, Italy (2014) and Montego Bay, Jamaica (2014).



Kimberly Reiter
MD2016



Poverty has Chosen Me

Graphite

The picture relates to the theme of growth because proper nutrition (as well as care, attention, resources, shelter, clothes, etc.) is needed very early in life in order to grow and flourish developmentally, physically, mentally and emotionally. This is difficult to do in the circumstances of poverty. As the picture illustrates, people may not always choose to be born into poverty – you are born into a cycle. The pen symbolizes the policy changes that can be made to prevent the injustice of poverty – or at least to mitigate the effects of poverty early in life.



Monica Gad
MD2018

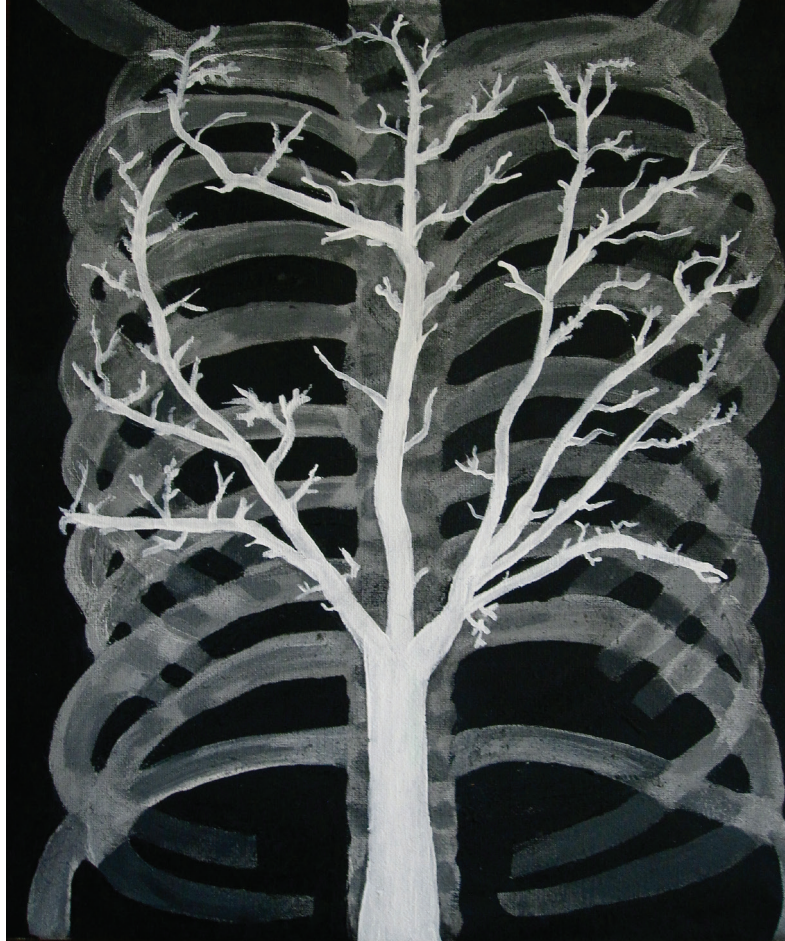


Women praying in Angkor Wat *Photography*

This photo represents the simplicity and helpfulness of spirituality, mindfulness and meditation. As physicians, we will undergo tremendous amounts of stress throughout our careers. It is crucial that we maintain balance within ourselves in order to better serve our patients. During my trip around Southeast Asia, I witnessed an abundance of spirituality. These Cambodian women perfectly exemplify the benefits that meditation and mindfulness can have on someone's physical, social and emotional wellbeing. By living in the present and assessing our state of being, we can allow ourselves to grow psychologically without constraint, so to progressively become more enlightened physicians.



Sabrina Lee
MD2017



Rooted

Acrylic on Canvas

Every time I look at a chest X-ray I am drawn to the patterns in the lung fields; they remind me of branches, tangled. That is where a lot of my inspiration for this piece came from; a literal interpretation of those feelings. This tree is growing, spreading, taking over the chest and expanding out of the bones. Growth is moving onwards and upwards without abandoning your roots. Like the tree reaching higher, it is moving across the province to a new city to start an incredible journey, while not forgetting who you are and where you came from.



Sarah Grace Buttle
MD2018



The Hunting Party

Photography

Nowhere is the circle of life more apparent than in nature. The conditions of the wild force animals to hunt and forage, or else growth is impossible. I witnessed this scene while on a game drive in South Africa. The group of lions was stalking a herd of buffalo, led by a mature lioness not seen here. She was apparently teaching this group the skills they would need to survive as mature lions. The attack ultimately failed, with several of the lions emerging battered both physically and psychologically. However, the pack of young learners appeared to come out of it with improved skills for the future. The growth process, it seems to me, is universal.



Daniel Kahn
MD2016



Neurogenesis

Painting

I am inspired by a remarkable resemblance and beautiful relationship between the structure and form of the human nervous system and elements of nature. I imagine the human nervous system as a tree of life. The branches of the tree reflect the intricate collection of information pathways of the cerebrum. The branches flow into the trunk of the tree, which parallels the spinal cord as it holds vital functions and carries the flow of information to the periphery, or the roots. Finally, the lotus, held within the core of the tree, is a symbol of growth, creation and enlightenment – alluding to the remarkable plasticity of the brain and its capacity for learning and growth.



Louise Gresham
MD2018



Healing Hands

Photography

A fragile piece of the patient's skull was removed following a traumatic brain injury, leaving the patient with a hole in his skull. The solution: an artificial skull. The alloplastic skull begins as a thick paste, which is applied to a scaffold fastened to the patient's skull, and is then held in place until it hardens to the desired shape. I took this photograph while surgeons put down their scalpels, remained still, and held the skull in place with their own hands as it hardened – fundamentally growing the patient a new skull.

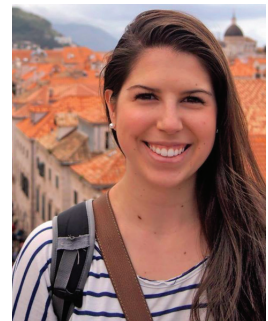


Laura Zuccaro
MD2017

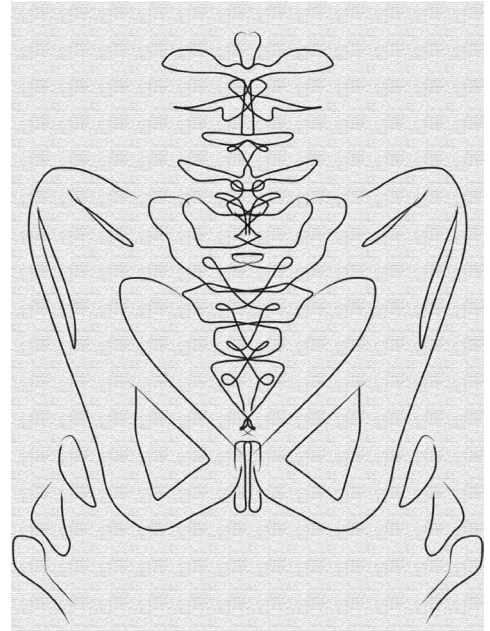
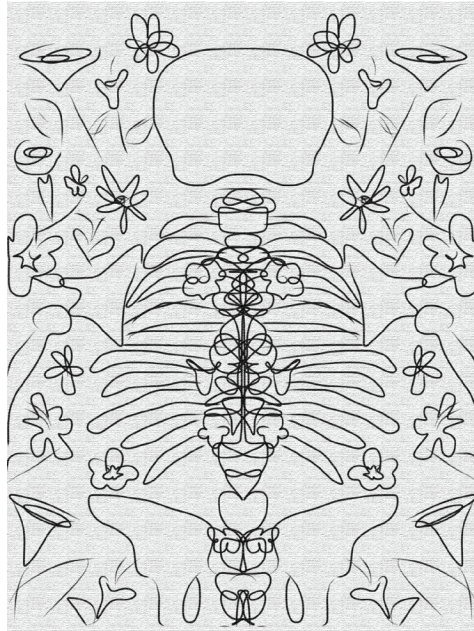
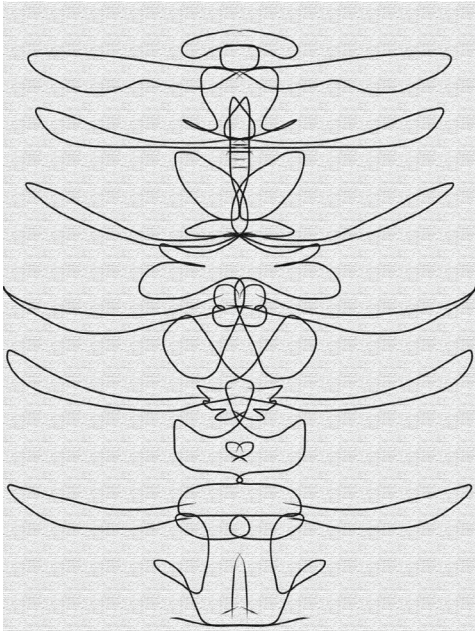


Cracked
Pottery

Within medicine, growth leads to the development of resilience. Much like the cracked ice depicted in this piece, people experience trauma that can leave them seemingly damaged. The key is to remember that 'cracked' doesn't mean broken, and 'damaged' doesn't mean irreparable. Resilience is the ability to see the beauty beyond the imperfections in ourselves, and those that we treat.



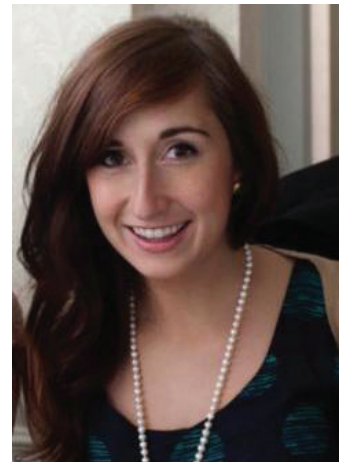
Grace Warmels
MD2017



Static Growth

Digital Sketch on Canvas

I've always been fascinated by the human skeleton. Despite their static appearance, bones continue to grow quietly; they're broken down and rebuilt bit by bit. The changes are so minor that growth is undetectable from day to day. I did these sketches during a call shift. I was surprised to realize, although the sketches are abstract, I can clearly picture the skeleton in my mind. Like much of my medical knowledge, this developed slowly, subconsciously. Slowly but surely, the context in which I used to know the body breaks down, and bit by bit, my foundation of medical awareness grows.



Hannah Buhariwalla
MD2016

Here I find myself along sterilized halls,
caged further by these membranous walls
that encase the defects my body has become,
and to think I had been so careless and dumb
to consider my young able self as immortal.
Disease, instead, crept out of death's portal,
to dismember my organs beyond wear and tear,
which the doctors and nurses work hard to repair.

Now out of the ward, I attempt normalcy,
only to find no friend to relate to me.
Naïve and healthy, they sigh but feel nil,
as if bad genes could be prevented by good will.
As I venture to create a new life that is steady,
I feel the ground uneven, and my feet unready.
I try to bargain back health, but there is no use,
as I watch my being's fibers fray and become loose.

And I find myself in white halls once again,
the disease wreaking havoc, and sadly just when
I thought I could get used to this dysfunctional life,
the bad card I was dealt has become more strife
than what the books or websites can ever explain.
Do the other misfits like me ever end up insane?
I live through ersatz days, with my life chosen by 9.
Despite the hectic journey, I made it out fine.

With another escape, I try to regain strength,
now that I've realized support is at arm's length.
I've found where the misfits like me congregate,
and lucky for me, I have family so great
to help and support me through all that I do,
as I face my demons as they come charging through.
There are days where my life will not be a breeze,
but I will fight to be myself, not just a disease.

Here I find myself

Poetry

It was during my first rotation of clerkship that I couldn't help but feel simultaneous empathy and pride for the young patients facing serious chronic medical conditions. The names of multiple sclerosis, ulcerative colitis, and cystic fibrosis turned from diagnoses in my mind to the faces of brave human beings who worked hard to maintain their health but suffered the burden of being forced to grow up quickly in a group of peers that could not relate to their struggles. This is an ode to the personal growth of those faced with disease at a young age.



Melissa Pasqua
MD2016



The Road

Photography

An austere road juxtaposed with an endless, free growing field. Medical school is an intellectual highway; fast-paced, regimented, and at times, overwhelming. Take a break, from time to time, to enjoy the journey and appreciate the beauty that is ever-present.



Cindy Law
MD2017

A Brighter Future *Painting*

Attaining a dynamic, sustainable and healthy growth requires a positive vision towards unity, peace, equality and betterment of the world. This world is pregnant with vanity and injustice. A person who believes in change and can see the sun of truth behind the dark skies of the night, will get up and break the glass of prejudice and discrimination to help the colourful flower of unity flourish. Additionally, the world of humanity is possessed of two wings: the male and the female. So long as these two wings are not equivalent in strength, the bird will not fly.



Diba Ebadi
MD2017



Warm Welcome

Acrylic Canvas Painting

You only realize how much you've grown when you see how far you've come. As a physician in the delivery room or as a welcoming family member or friend, we can all appreciate how precious and outstanding this moment can be.



Melissa Maltez
MD2018



Against All Odds

Photography

This photo captures in my mind the days when the obstacles we face on our journey in medicine, whatever they may be, seem insurmountable. But, like the tree that grows amidst the unforgiving sand dunes of the Sahara Desert, we all have the ability to overcome the odds, grow, and flourish. Sahara Desert, 2014.



Darya Kurowecki
MD2016



Sitelle Cooking over an Open Fire

Acrylic on Canvas

Sitelle Cooking over an Open Fire is an acrylic painting that depicts, from a third person perspective, someone experiencing flow (focused motivation exhibited in performances and learning, Mihály Csíkszentmihályi, psychologist). The three superimposed figures represent moments in time as Sitelle talks, cooks and focuses on cracking an egg. The qualities that represent 'flow' are her focused attention, her control over the items and her lack of awareness of physical needs. Even though Sitelle is familiar with the setting each event provides her with an opportunity to extend beyond her ability, develop new skills and discover new flavors. Sitelle safely experiments with her tools and foods in order to grow her cooking repertoire. Flow is an innately positive experience because it leads to personal development. The piece hopes to capture the quintessential quality of life, growth.

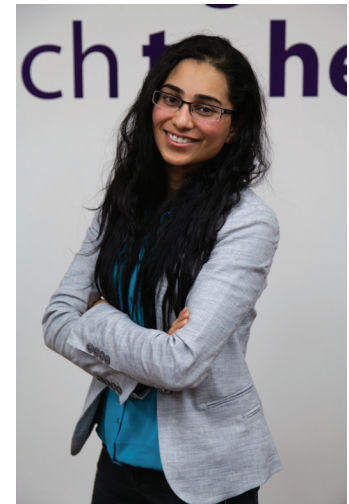


Tamara Pokrupa-Nahanni
MD2017



Unbreakable *Photography*

Abbigail was diagnosed with a neuroblastoma November 2012. Over the course of her 3 years at CHEO, Abbigail formed a special bond with Molly Penny, the CHEO Clown. She went from shying away to running into Molly's arms. Their friendship has played a key role in helping Abbigail and her family through their difficult journey. Whether she is offering a helping hand or a listening ear, Molly makes a lasting impact on those she meets. Her relationship with Abbigail is more than one of laughter and games, but one of understanding and love. Abbigail is Molly's "little hero".



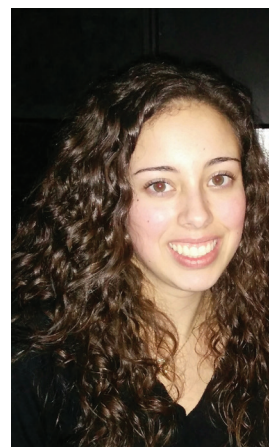
Sonam Maghera
MD2017



Blooming with Life

Acrylic Painting

Growth in medicine is like a flower in bloom. As we move forward we accumulate knowledge from all of our experiences. We move towards our goals, gaining more colours with every step- every colour adding on to our evolving personality. We learn to adapt to different situations and be empathetic towards others. But most importantly, we try to show others the beauty in life and where they fit into this wondrous world.



Bianca Firth
MD2017



Wildlife Encounters

Photography

“Any glimpse into the life of an animal quickens our own and makes it so much the larger and better in every way” - John Muir

Crossing of
Wildebeest
into Kenya



Lion King,
Serengeti
National
Park



Monkeys of
Ngorongoro



Anne Le Bouthillier
MD2017



Artes Magicae
Painting

“Magic is just science that we don’t understand yet.” -- Arthur C. Clarke
Medicine has an ancient tradition entwined with the supernatural. Knowledge about the biological basis underlying disease has transitioned us from prayer and potions to targeted therapies that have greatly increased life expectancy. However, similarities remain. Unvalidated treatments lurk in even the best medical practices as generalists and specialists alike utter incantation-like medical jargons, all while folk remedies are peddled as healthier alternatives. Even though technologies like MRI now give us a glimpse into what once was the black box, a continued focus on understanding will be the only thing that truly distinguishes modern medicine from sorcery.



AiLi Wang
MD2018



The Burren

Photography, Ricoh XR6 Camera

The Burren National Park is a 250 square kilometer limestone landscape in Ireland. Bounded by the Atlantic Ocean on the west, coastal winds sweep over this rocky plateau formed by centuries of glaciations and thaws. Despite this seemingly hostile terrain, flowers sprout mischievously from between the rocky crags. They flourish here, despite the paucity of soil. As medical students, we too find our niche through the pressures of our environment. The challenges we face foster our growth and reveal our strengths as budding physicians.



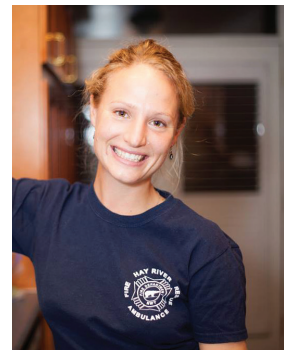
Madeleine Ziss
MD2016



Building Bridges

Deer Hide, Beaver Fur, Sinew, beads and Willow

This piece explores the idea of building bridges of understanding in order to begin a productive dialogue. This sculpture came together from leftover scraps of leather bridged together, from a Déné sewing circle. Building bridges is impossibly complex, I learned while sewing. Conversations were often coloured with reminders of past failed bridges, as Elders spoke of their families still suffering the physical and psychological consequences of Canada's policies towards its Aboriginal population. If we listen carefully and engage, we will grow into a generation of physicians who build bridges with our patients and their communities, embracing diversity and challenging inequities.



Sitelle Cheskey
MD2017

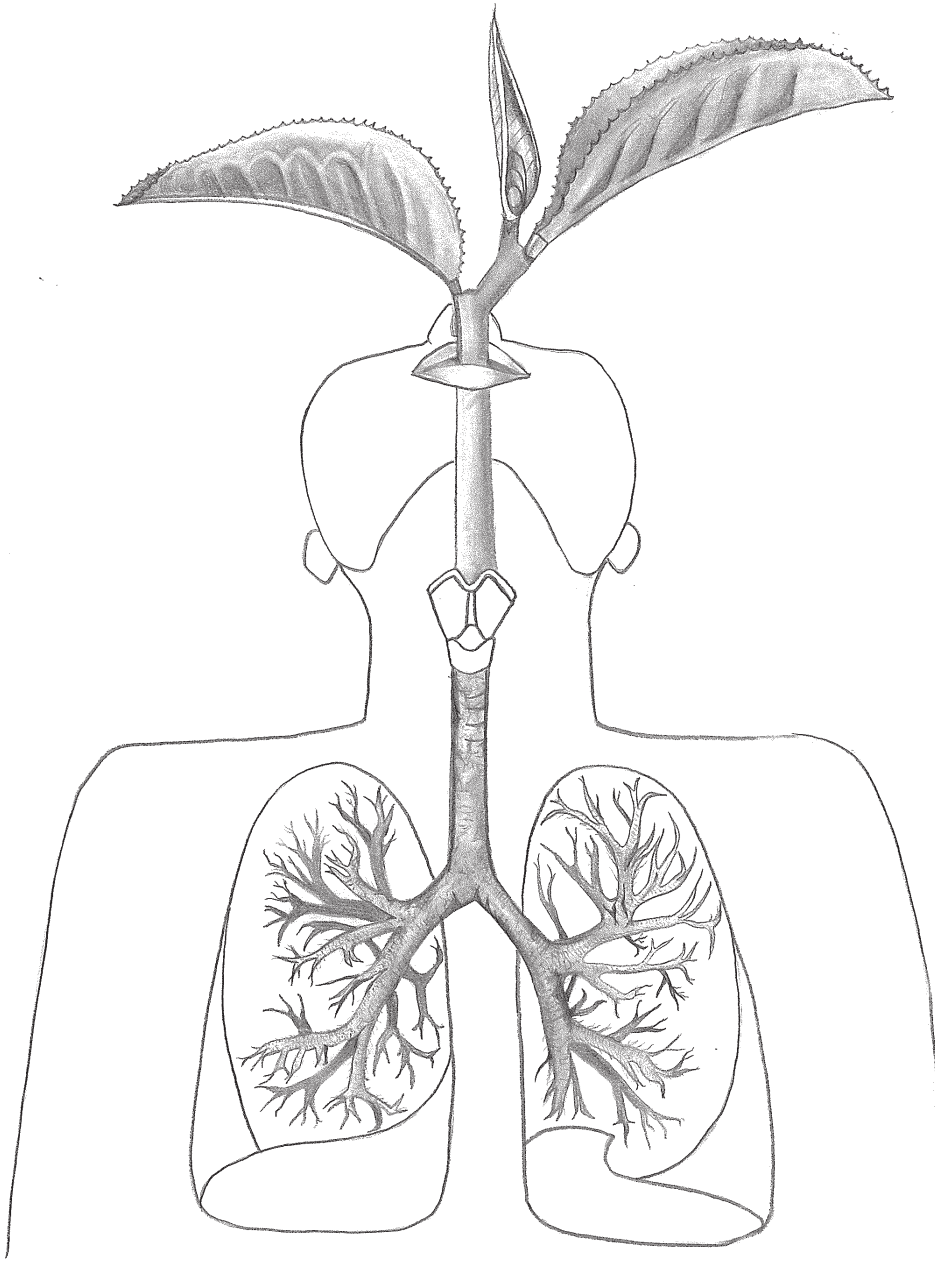


Full Circle *Photography*

In many aspects of life, including in medicine, we see or experience the full cycle of life - from beginning to end. So it is in these photos: the dying maple leaves signal the end of their life cycle and the end of the season. Equally important in the photos is the presence of rain drops: water - the essence of new life, new growth and the promise of next spring that will bring with it new life and new growth including new maple leaves. And so it goes: Full Circle.



Mireille Boivin
MD2017



Breathing

Drawing

To me, the human body and the natural world are inseparable. When looking at the airways in anatomical texts I've always thought about the roots of plants branching and reaching into the soil. I've followed that aesthetic similarity through to an image of the human body as a pot for a seedling. The plant simultaneously nourishes the body by producing oxygen necessary for life and destroys it by growing in the tissue needed for respiration. Outside of a sketchpad only one of these species could live without the other and this drawing is a reminder of that.



Leah Rosetti
MD2017

Though Winter may be long-Spring will come

Photography

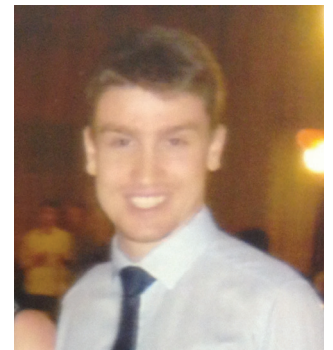
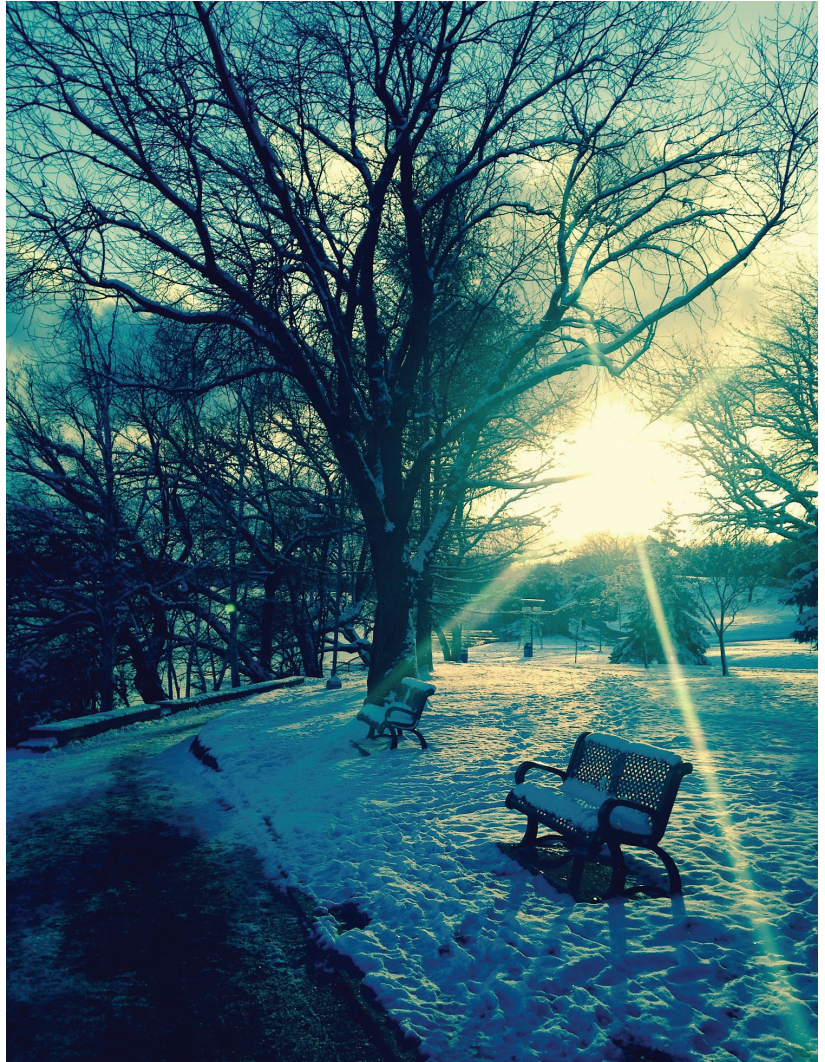
We see trees as symbols of life and growth. But what happens when, like a tree in the wintertime, a life, once vibrant, becomes bare, stripped of color and movement. Like the advent of winter through the fall, mental health disease is often insidious; the tree's leaves slowly change colors and then fall.

This barren tree for me represents someone who is struggling with depression. Someone who feels that things will not get better and that life may not be worth living anymore. You never think about it until it happens to someone close to you; their tree, their soul, once covered in leaves that dance in the wind now appears cold and dark and empty.

Yet this tree is not dead; its leaves will return in the spring. You and I both can see that; but for someone battling a serious disease like depression, they may not be able to see that winter is not eternal, that their tree, their life, will grow again.

I think this symbolizes a terrible truth with mental health. People that take their lives do so often because they are convinced that spring will never come. But it will. Everyone has someone in his or her life who is struggling, it may even be ourselves. Sometimes the winter is longer than you'd expect, or harder or colder, but spring will come. Let's make sure we remind our friends and families of that, whenever they are going through tough times. Let's be that sunlight piercing through the clouds and help them grow again.

In Memory of D. D.



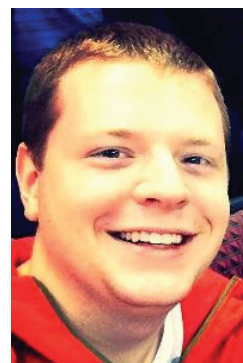
**Nicolas Santi
MD2016**



Mosaic

Acrylic Painting

As future physicians, it is important to recognize that no two patients are alike. Similar to various diseases, every individual is influenced by his/her genetics and environment. In this composition, the tree represents life (genetics), while the explosion of colour symbolizes the different decisions, experiences, opportunities, cultures, socioeconomic status, and relationships (environment). Together, not only do these influence how we grow, but they also influence our thoughts, emotions, motivations, and behaviours. Thus, every person and interaction is unique. When treating patients in the future, we should not focus on treating the disease but the patient suffering from it.



Bradley Godwin
MD2017



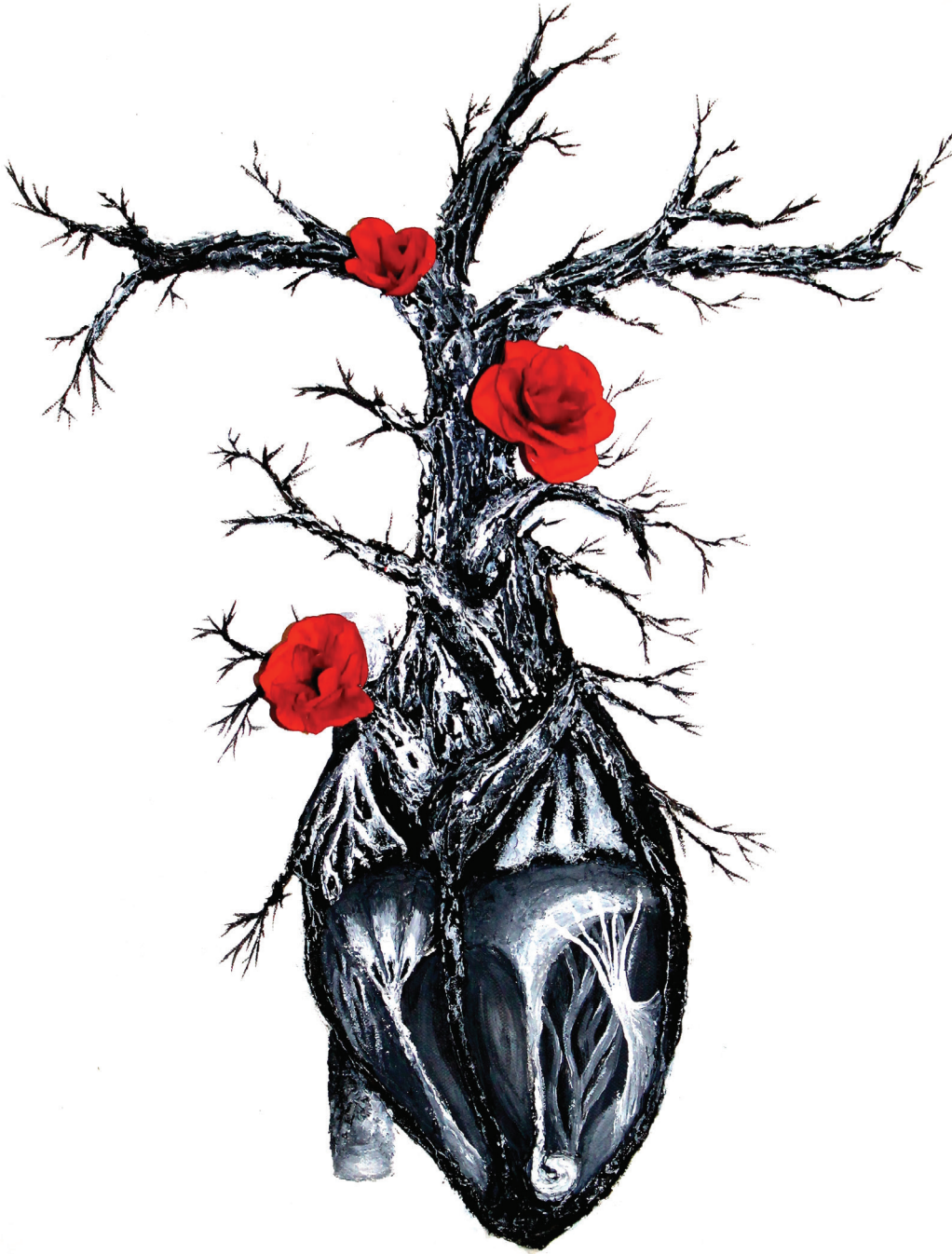
Absence

Pencil

Growth can be a wonderful thing. It could signify time moving forward and is generally used as a positive concept. But what if it's not there? What if there is no growth; no life moving forward? For me, that's terrifying. The thought makes me feel helpless, small. Like a child. The medium was chosen to portray a bit of realism, as this is a concept we will all face in our lives... eventually.



Tetyana Maniuk
MD2018



Aortic Bloom

Acrylic Paint on Canvas

You stand with both feet on this earth, the earth from which you were born so many years ago. Through you pulses a life, a splendour, that has nourished you and your ancestors for thousands of yours. Even if you find yourself in the most dire times, that life continues to pulse- wisdom, beauty, and love will always bloom in places you may least expect them.

Inspired by the quote:

“The most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.” - Helen Keller



Agata Dzwonek
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Depuis sa création en 1995, le BAF est le principal agent de développement des programmes de formation offerts en langue française à la Faculté de médecine de l'Université d'Ottawa.



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.

Special Thanks

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