

# People in Public Health:

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I have always been very interested in Public Health and Preventive medicine because it is not only a science but also an art that focuses on the health and well-being of populations and communities. It is aimed at the protection, promotion, and maintenance of health as well as the prevention of disease and disability through incorporating a wide variety of interdisciplinary approaches.

During my final years at the Alexandria Faculty of Medicine in Egypt, I became extremely interested in Public Health, the discipline in which I got excellent grades. I was also nominated by my Public Health professors to present a speech about Reproductive Health at the annual university scientific conference.

In addition, I had the chance to receive three years of postgraduate training and to earn a Master degree in Public Health from Alexandria University in Egypt after carrying out a cross-sectional research study to investigate adherence of type 2 diabetic patients to the traditional Mediterranean diet and its relation to chronic complications of type 2 diabetes mellitus.

I can admit being fortunate to practice Public Health in diverse fields: Working in a maternity and childhood centers, volunteering in immunization campaigns in rural areas, working in primary health care centers and practicing medicine independently while emphasizing health promotion and disease prevention.

After coming to my new home, Canada, I have been eager to get familiar with the Canadian healthcare system. My dream came true by having the privilege to join the Public Health and Preventive Medicine residency program (PHPM) at University of Alberta. Beside the countless opportunities I am enjoying in Residency Training, this enriching experience has also helped me find my specific area of interest in Public Health, which is Health Policy and Management. Moreover, I had an honourable opportunity to give a presentation at the PHPM Academic Half Day about "The Canadian Healthcare System".

Beside my medical career, I have worked as a violin player, instructor, and orchestra conductor. This has substantially shaped my personality, and allowed me to have a more congruent perspective in my life and to participate in volunteer activities for entertaining patients at the hospitals.

I am having a future vision about my practice in Public Health, and am eager to learn more, share knowledge and experiences, and put all my sincere efforts into meeting the needs of my community in a comprehensive manner.