



Thursday Memo – March 24, 2016

Quote of the Day #635 – by Jenny Labonte

One of the things I love to do while I slog through my day, amidst the throng of patient visits, paperwork, phone calls and interruptions is to find humorous little moments that keep me alive and maintain my sanity. They usually come in those one-on-one moments with the patient, when they surprise me with a most unexpected remark, or hilarious commentary on the world.

As such, the “Quote of the Day” has come into being. It’s like a running joke with myself, to see which patient will say the funniest thing that day. When it occurs, there is no mistaking it, and I smile to myself, secretly thinking “There it is! *The Quote of the Day*”. Sometimes I let my patient in on my little joke.

So it was today, I sat in front of a new patient in my exam room, feeling drained because this was the third new patient physical of my day. Little did I know that she was about to give me a little lift. A very pretty woman - she greeted me with a bubbly personality and a quick wit. Within a few minutes of talking with her, I found out that she was a very hard worker: finishing her degree in college, she was working a full time job at the hospital, doing an internship – and finding time to work out 5 days a week. Laughter rang out when she revealed to me that all of my patients at the hospital “raved” about me, so she chose me as her doctor. That was one of her best qualities: her smile and her laugh were wide and robust and you couldn’t help but laugh with her.

As I transitioned to the physical exam, I came to the gynecological exam. She very quickly assumed “the position” in the stirrups and wasted no time scooching down on the table, acting very at ease. I made a mental note about her comfort level. I usually have to coax women with reassuring words and sensitive exam techniques. Not this time.

The patient spontaneously pipes up, “I never have a problem with this.”

Good to know. (Insert smiley face emoji here).

As I carefully fold back the sheet and take a speculum out of the drawer, she goes on, “I used to be an aesthetician for many years.”

I make note of her perfect Brazilian wax.

Then she quips, “Vaginas don’t scare me!”

And there it is. The Quote of the Day. Number 635. I chuckle to myself. I love when I’m caught off guard by the crazy, off-the-cuff comments of my patients, fueling me with just enough light energy to make it to the finish line of my day. (Insert emoji with a crinkled up face, tears emerging from the corners of its laughing eyes)