

Dear Members,

On Monday night the United Conservative Party was re-elected. Going forward, we know there will continue to be challenges. We also know that physicians are especially aware of issues within health care, have ideas for positive change, and want input into health care system design. Albertans' health is worth fighting for.

However, this is clearly a long game, with no quick wins. To echo my sentiments in a previous letter, it is *essential that physicians stop going to heroic lengths to bridge system gaps*. It is not sustainable and has been used as an excuse to underfund healthcare systems. In our effort to care for our patients, we have unintentionally devalued ourselves, at the expense of patient care and our personal lives.

In addition to the stress of the election, this May was also a terrible month for many Albertans, with fires across much of the province. I continue to think of those displaced and those physicians who have cared for them, sometimes despite being affected themselves.

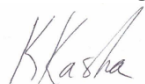
Take time to nurture yourself. If you are not well it is challenging, if not impossible, to be healthy in your other relationships or to devote energy to anything but the basics of life. This is a time to be especially gentle with each other, too. Community or hospital physician, everyone's job is hard.

We have been through a lot as a group. Remember to send thank you messages to colleagues through the [AMA Shine On program](#). Despite our fatigue we will keep getting back up, knowing that what we do matters, and that we are cheering for each other.

Let's take this month to have some fun, meet up with or make new friends, and recharge our batteries. I hope to see many of you at lawn bowling and our other events. **We are excited to be supporting Youth Empowerment and Support Services (YESS) this year through both monetary and item donations.** One of the best ways I know to feel better is to help someone else. Please see the [EZMSA website](#) for items that are needed.

I continue to believe that EZMSA can foster connection and community, and truly help create positive change for our members and our patients. Please continue bringing your ideas to EZMSA. As always, feel free to contact me directly with any concerns.

Warmest regards,



Katherine Kasha, MD CCFP FCFP
President 2023
ezmsa.president@gmail.com

Mission: Physicians Advocating for Health

Vision: Engaged Physicians; Sustainable Healthcare; Health Community

Values: Advocacy; Integrity; Growth and Learning; Community Connection

To contact the EZMSA Physician Advisor: <https://albertazmsa.com/physician-advisor>