

The Road to Becoming a Doctor

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Lesson #1 about becoming a doctor

- DON'T DO IT!
- JJK....kind of.
- Medicine is a field you need to think long and hard about, it is not easy, and takes incredible sacrifice and HARD WORK

You will never find your dreams on this
street



...and if you do, RUN the other direction. Nothing in life comes without hard work

A little bit about me...

- Name: Kanoë-Lehua de Silva
- Funny sounding name → I am what we call in Hawaii a “poi dog” (very mixed)
 - Portuguese
 - Hawaiian
 - Japanese
 - Irish
- Born and raised in Honolulu, HI
- Father is a teacher
- Mother works for Hawaiian Electric
- Father’s side: grandparents high school diploma
- Mother’s side: my grandparents met in a psych ward
- Proud graduate of Kamehameha School

- Parents divorced when I was a Freshman in High school
- Caused me to think...
 - Party harder?
 - Not study?
 - Become a statistic?

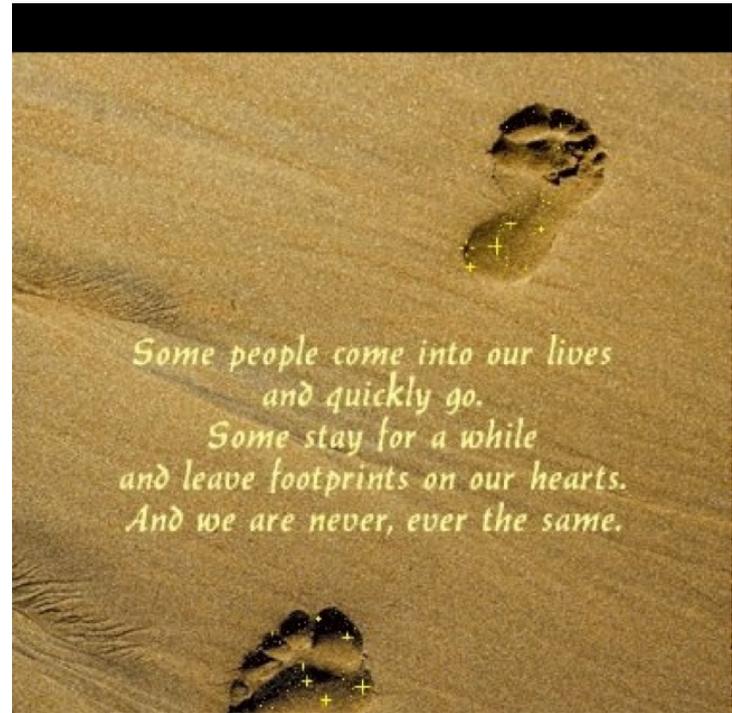




- I DECIDED TO...not care and FAIL intro to chemistry
- But, something funny happened...I met someone who cared too much to see me fail

Lesson #2

- There will be people placed in your life, just when you need it most, to help you succeed
- LEARN FROM THEM



- While failing chemistry, I learned that my chemistry teacher was also head diving coach for Kamehameha Schools
- 8th period study help
- Mr. Kim stated, if I wanted help in chemistry, I can meet him at the pool/gym
- Eventually, he needed divers, and asked if I'd like to join the team

- SO...
 - I joined the diving team
 - Did not know it at the time, but helped me to channel all my energy and anger into diving
 - Went to state championships in 1 year and placed!

- Graduated high school (uh hem...15 years ago...no comments)
- And what do you do after high school....
 - GO to college
 - BUT WHERE!!!
 - Didn't know what I wanted to do!

- So I went to this school



- Oh no...now I'm an adult and I need to actually pay for college!
- I had to start taking responsibility for my schooling
- So, where could I work and still go to school?

- WHO REMEMBERS LESSON #2?
- THAT'S RIGHT---
- My aunt was an ICU nurse at Kaiser and they were advertising to hire Ward Clerks
- I worked in CCU and CVICU grave-yard shift after class 3-4 times per week
- I learned invaluable skills of transcription, medical terminology, how to work in a fast paced and high adrenaline environment
- Improved grades in school, national honor's society
- Started thinking, "there may be something to this medical thing"

- At Kaiser, met ANOTHER person who was integral in becoming a physician
- An ICU physician, Dry. Sameena Khan
- FIRST: she planted the seed that I could actually be smart enough to become a doctor
- Raise your hand if...
 - It's never occurred to you that you could be a doctor, a lawyer, a dentist, a CEO of a fortune 500 co



Lesson #3

- If NOTHING else today,
 - I am here today to tell you, that no matter what your passion is in life, no matter what obstacles there may be...you are good enough, smart enough, worthy enough to become anything you would like to be

- Dr Khan gave me enough guidance to take the right classes, and garner enough courage to take the MCAT
- And guess what...
- I did TERRIBLY compared to my cohorts
- I had a suboptimal performance on the MCAT
- And subsequently, I did not get into medical school the first time I applied

Lesson #4

- If at first you don't succeed, try, try again!

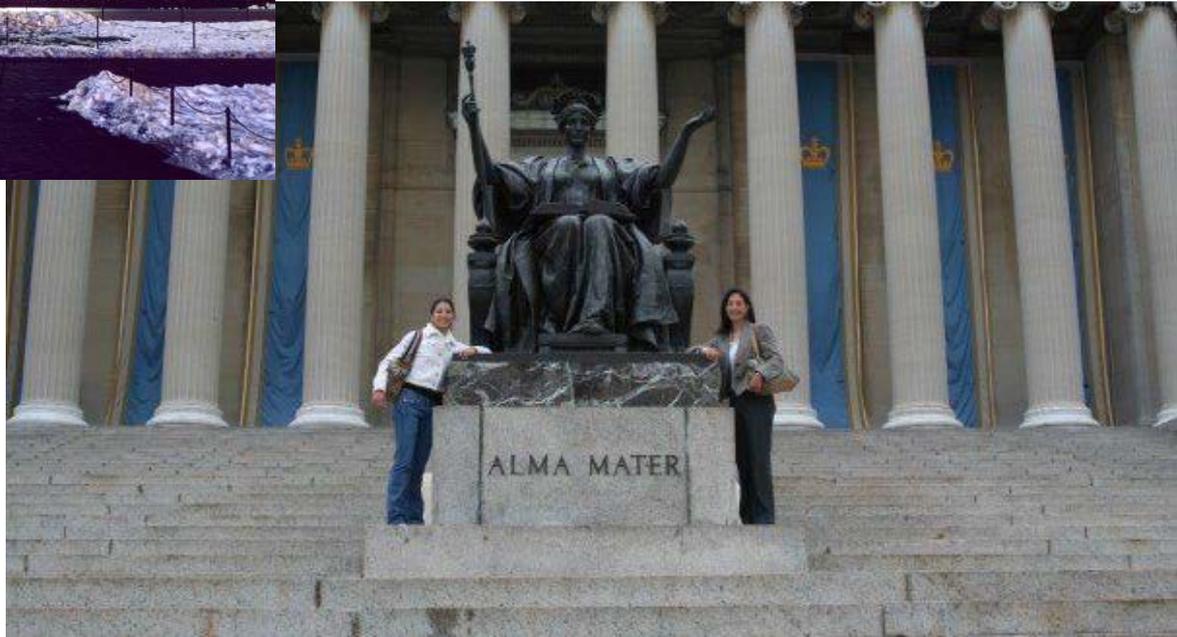


Fork in the road



- Graduated from UH with a BS with honors
- Time for some internal reflection
- What did other applicants have that I did not!?
- RESEARCH!!!
- I was going to give this up!
- Dry. Khan
 - Printed application for a 1 years Masters of Science program
- Can anyone GUESS where to?

Who knows where this is!!?

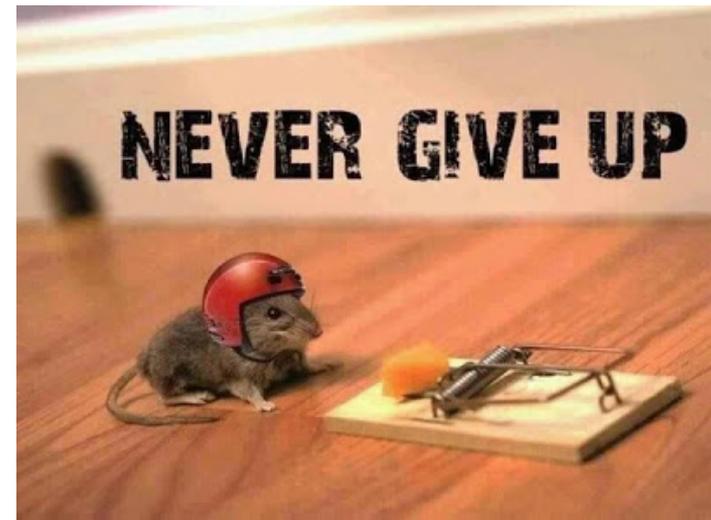


- COLUMBIA UNIVERSITY
- Never did I think I-a little Hawaiian girl- could ever attend a IVY LEAGUE school
- By the prodding of Dry. Khan, I applied, and LO and BEHOLD...
- Accepted into a graduate program
 - Got research experience
 - And a MASTERS of SCIENCE from a brand name school

- What did I learn?
 - I can hold my own amongst other VERY intelligent people
 - I am not less than or inferior to anyone, just because I am a minority from an isolated island
 - I miss, but will be OK without my family...that I am self reliant, self sufficient and capable

- Don't get me wrong, it's challenging to be broke and by YO self!
 - Ate peanut butter and jelly sandwiches and Saimin for an entire year
 - Had never seen snow until I was 23 years old living in NYC, wearing shoes!
 - Attempted mugging on 145th street on the subway
 - Agreed to be a research subject for many studies that were occurring to make an extra buck here and there

- SO...It was that time again...applications for med school were due
- I had 4 years of undergraduate studies, and a year and some change of graduate studies (a B.A and M.S. under my belt
- And GUESS WHAT....
 - I FAILED AGAIN!!!
 - Well, kind of



Imi Ho'ola Program



- I applied and got acceptance into the Imi Ho'ola Post Bacc Program
 - 1 year program for minorities interested in medicine
 - Upon successful completion, granted entry into medical school. If fail, likely will never be accepted into medical school
 - The most difficult year of my life...BUT granted me acceptance!!

BUT...We did it! Got into medical school.

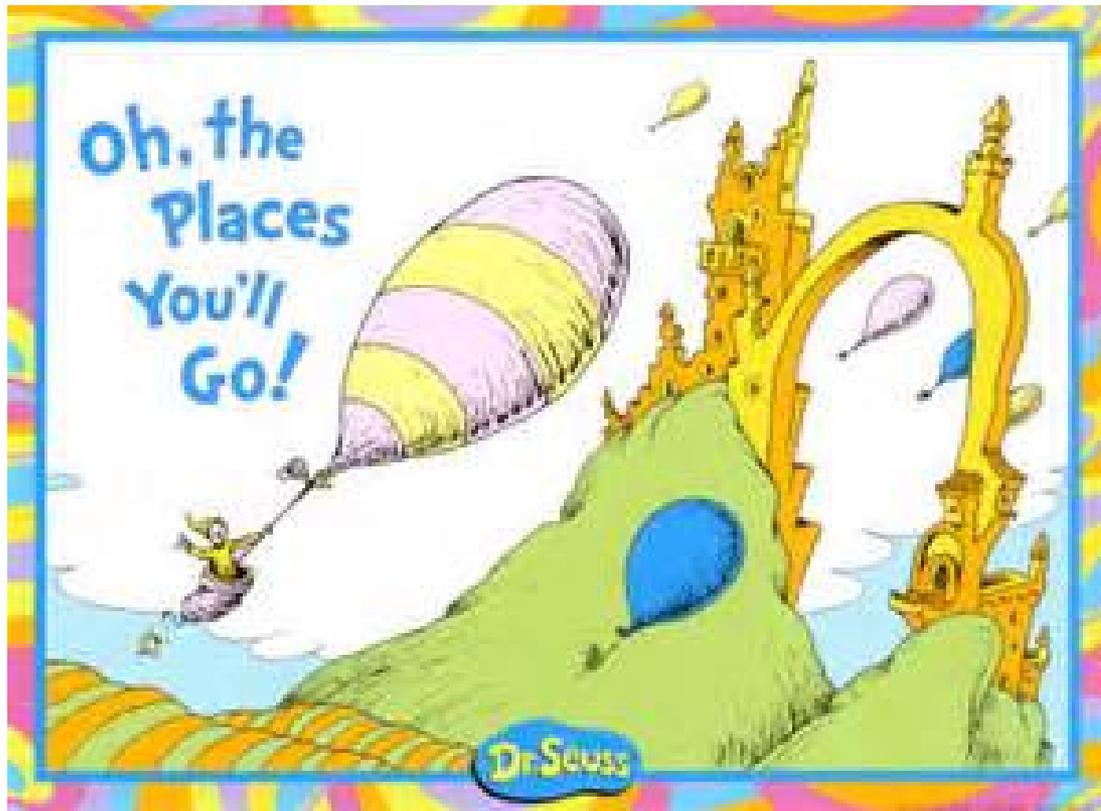
- Received white coat, book, and stethoscope
- Wish I knew the real work was about to begin
- 4 more years of studying!



Lesson #6

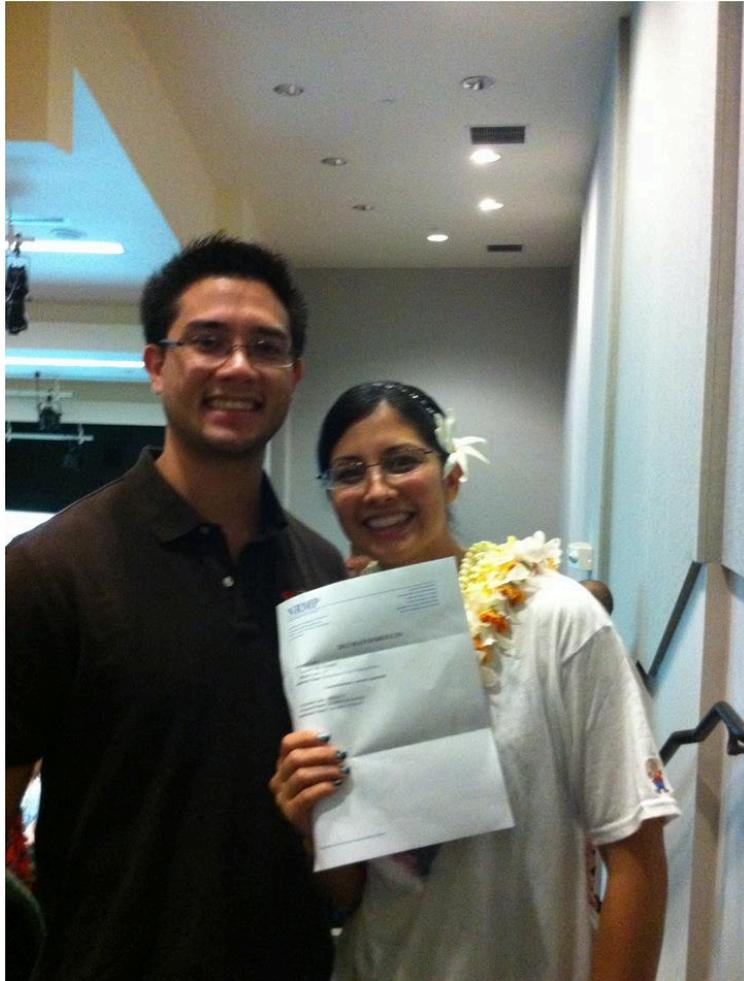


You need to surround yourself with the right people in order to stay on the right path!



After 4 years of medical school

- The next step is to decide what type of doctor you would like to be
- And, apply to residency programs across the country
- You are an MD, but have more years of supervised training
- For ANOTHER 3-4 years of training



MATCH DAY!

Where will I spend the next 4 years

On the same day, at the exact same time,
all med students across the US open their
letters of acceptances to their respective
residency programs

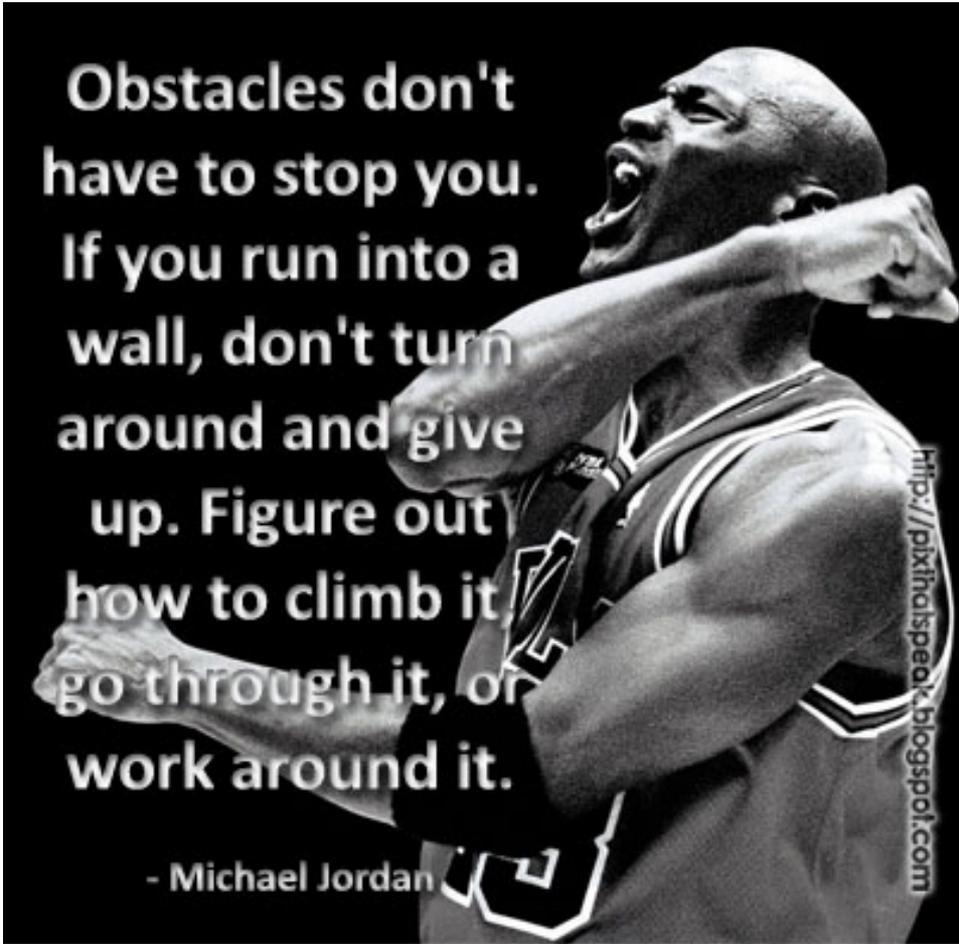
- That's where I am at now—3 out of 4 years of residency training
- Let's recap:
 - How much schooling again?
 - 4 years of high school
 - 4-5 years of undergraduate
 - 1-2 years of graduate school
 - 1 year post bacc program
 - 4 years of medical school
 - 4 years of residency
 - Optional fellowship-additional 2-3 years of training

- Pros

- One of the highest educational professions one could be in
- Help countless people
- Save lives

- Cons

- Lots and lots of sacrifice
- Selfish profession, self study, self learning
- Eternally tired
- Make a small salary and work >90-100 hours per week
- Do not get to see family, miss birthdays/weddings/i mportant events
- Debt

A black and white photograph of Michael Jordan in a celebratory pose, shouting with his mouth wide open and his right arm raised. He is wearing a basketball jersey with the number 23. The background is dark, making the white text and his figure stand out.

**Obstacles don't
have to stop you.
If you run into a
wall, don't turn
around and give
up. Figure out
how to climb it,
go through it, or
work around it.**

- Michael Jordan

<http://pixhatspeak.blogspot.com>

Lesson #7

- My favorite quote: Joseph Campbell

FOLLOW YOUR BLISS



Mahalo! Questions?

