

Treating the Whole Me

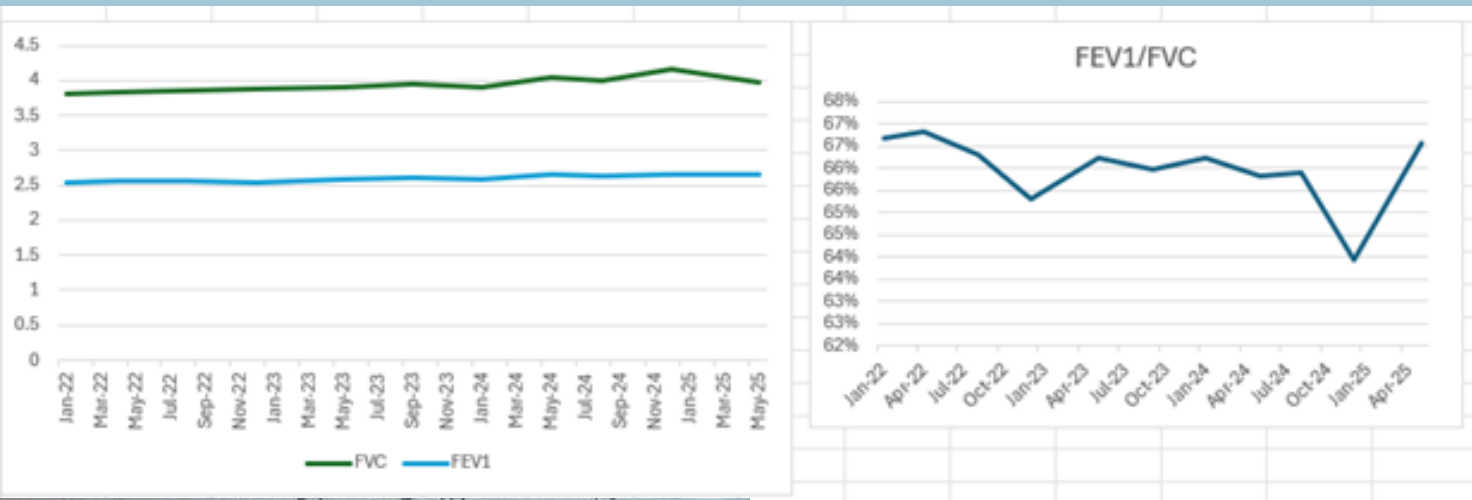
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Balancing treatment with life.

Medical care is crucial, but it's only one part of the equation. Individualized care means recognizing that treatment shouldn't just focus on the medical — it should embrace the person as a whole. Beyond lung function and medications, aspects like joy, relationships, and personal growth are just as vital to who I am. Here are some parts of me that matter just as much in my care.

The Patient: Measured, Monitored, Managed.



A number I know by heart but not the whole story.

Lung function numbers matter but they don't always tell the full story of how I feel or who I am.



Staying on track, one check-in at a time.

Appointments help track progress, but they're only one part of what keeps me moving forward.

The Person: Whole, Human, Heard.



Held by love.

Time with family reminds me who I am beyond the exam room or lab coat.



Wisdom found between the lines.

Reading outside of medicine helps me reconnect with curiosity, creativity, and the parts of me that exist beyond my diagnosis.



Learning to heal — others and myself.

Pursuing medicine gives meaning to my experiences and allows me to care through connection.



Rooted in faith.

Spiritual grounding gives me resilience when routines or results feel uncertain.

The Person: Whole, Human, Heard.



Shifting perspectives.

Hiking makes the world feel expansive and full of possibilities. It reminds me to step back and look up beyond the daily grind.



Savoring simplicity.

A quiet moment with my cat, embracing the peace of stillness. It's a reminder that finding joy doesn't always require effort. Sometimes, it's in the ordinary, the things we take for granted.



A game that stretches beyond the court.

The rhythm of tennis sharpens my focus and reminds me of the importance of play and presence — vital pieces of who I am beyond any diagnosis.



Choosing joy, step by step.

Finding ways to inculcate physical activity helps me feel healthier in body and mind.

All the pictures/drawings used have been captured or illustrated by me by hand and no outside material was used for this media piece.