

Rimy Brar

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I was born with a wonderful twin brother in Punjab, India. My parents immigrated to America when I was three years old with my twin brother. I was raised in India by my loving and nurturing grandparents until the age of seven, after which I joined my parents in New York. Since then I have been a New Yorker at heart and soul. My brother and I were inseparable; we went to the same elementary, junior high, high school and even college. After graduating from Hofstra University with a Bachelor's in Business Administration in New York, I worked for sometime in Information Technology. While I was excited about the exponential realization of advancements in access to/application of information, I was disquieted by the cold and impersonal nature of the whole interaction. Human beings, after all, need human contact and the greater the breadth and depth of that contact, the greater the level of humanistic care provided and received. Primary care, I began to realize, seemed to hold the best opportunity to offer just such a level of care. Finally, in realization of that goal, I started medical school at the American University of Antigua. My brother decided to go to a different medical school as well.



During the clinical years of medical school, many of the patients I encountered lacked a personal support system and had come to depend upon their providers not only for treatment, but for company and comfort, as well. I found myself strongly wanting to fill any form of void in their lives by supporting them and providing them with both the psychosocial and medical care needed when most vulnerable. During that time I learned a great deal about the importance of quality of life, sensitivity, compassion, and just how vital a role a strong support system plays in provision of treatment, improving health, and maintaining a patient's well-being. I also learned that care without true concern is not nearly as effective



as care backed by love. This is what deepened my interest in primary care and strengthened my desire to provide holistic care to my patients.

After graduating from medical school and entering residency, I continued to grow as a person, learning more and more about who I was, what I believed my medical training could accomplish, where I belonged in the continuum of patient care, and how I could best serve those to whom I had made a promise to serve. However, life had a slightly different plan. My husband achieved his dream of pursuing a career in hematology and oncology and matched for a fellowship position at the University of Louisville. For the fear of being apart again from my husband, I

soon started researching for second year family medicine residency positions in Kentucky and Ohio to be close to my husband. We have been married for three years now but only lived together for one-and-half because I was completing my clinical rotations in NY, while he worked in Michigan. Luckily it worked out that the University of Louisville had a second year position available. Realizing that the program will allow me to not only live with my husband but also give me the opportunity to pursue further training at a program which was more geared towards my career goals. The family medicine residency program at U of L provides its residents the training necessary to excel in both academia and the community. Experiences throughout my medical training have elucidated the absolute vitality of ongoing education, and the parallels I have noted in my interactions with the staff have been extremely encouraging to this extent. After meeting with Dr. Mike, faculty, office staff and the residents, I felt a part of the family which had a strong foundation and support system. All the residents spoke highly of the program. I felt I belonged at the program and had been a part of it for a long time. I couldn't have felt more comfortable. The program at U of L offers residents with fellowship and research opportunities to further advance in their careers. I am very confident that with support of excellent teaching staff and research opportunities, I will be able to achieve my career goals. Also, the importance of humanistic and ethical medicine cannot be ignored which is one of the major strengths of the program at the U of L. I am enthusiastic about my new endeavor.

I shouldn't forget to mention a little about the city of Louisville. When I first came to the city with my husband to interview, the image that I had about Louisville was completely shattered. I expected it to be a small town with not much diversity. However, on the contrary I found it to be a vibrant and diverse town with rich culture and a string history. Having being lived in New York for most of my life; I should say that Louisville made me feel at home with lots of fun things to do.

For leisure, I enjoy the outdoors even though I consider myself a City girl. I've climbed Mount Washington in New Hampshire, kayaked in rivers all over the states. My husband and I continue to search for beautiful hiking trails. I enjoy reading, cooking and have recently taken up photography-mostly scenic but I'm still experimenting.