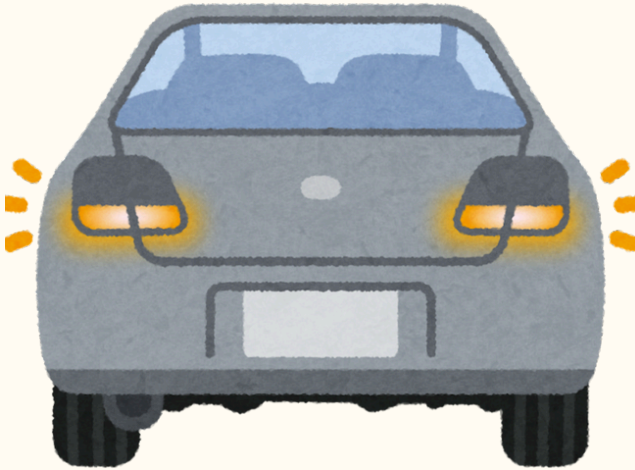


**PROFESSOR CINDY CHEW**

# Tail Lights



And so here we are : the end of another academic year, summer beckons and the 4th online edition of Surgo 2023/4. Timely then to review the last year as we look forward to a well-deserved holiday to recharge ourselves for next year.

It was so joyous to see all the graduating final year students at the GU to celebrate their magnificent achievement and hear their excitement in joining the noble profession of Medicine come August. Extremely proud of all of them and eager to call them my colleagues! MedChir has organised another successful year packed full of social and educational events. It is always an honor and pleasure to be involved. A highlight was the Revue judging invitation – especially when my and other fabulous colleagues’ faces featured in the winning (of course!) performance. Well done the Glasgow Medics Netball Club!!!

Surgo (born in the 1930s) is now online – an economic saving for MedChir and more sustainable for the environment. Every publication here on out is “discoverable” – published work is therefore legitimate CV entries.

Very well done to those who submitted visual abstracts to Surgo. I have learnt so much from your interesting projects! FYI the best 5 entries are published with each issue of Surgo, with the overall end of year winner receiving a grand £100 prize. (Get your skates on!)

*Gratitude, thankfulness, or gratefulness is a feeling of appreciation by a recipient of another's kindness. This kindness can be gifts, help, favors, or another form of generosity to another person. The word comes from the Latin word gratus, which means "pleasing" or "thankful" (Wikipedia). Not to be confused with "gratis" (free, without charge) – fortunately for us, practicing gratitude is free! Daily gratitude exercise can improve our emotional wellbeing by helping us cope with stress (1) – so here I go:*

This has been a busy year – a new Radiology chapter in the latest **Kumar and Clark** (eek!), speaking invitations to Vienna and Gothenburg, runner up for NHS Education Scotland **Innovation in Education** prize and winning 2 grants from the **Association of Study of Medical Education**. I organised the **Scottish Radiological Society Spring Meeting** with a Well-Being and Education focus. It was attended by almost 100 radiologists, the first to witness a standing ovation (I think) and the wonderful, generous feedback was deeply humbling.

I am grateful to my family, all my clinical and radiological colleagues, the university, medical students and my patients

## PROFESSOR CINDY CHEW

# Tail Lights

They allow me to improve patient care directly and also indirectly through my interactions with you - tomorrow's doctors.

Finally, I am very grateful to have got to know and work with Anna Bradford, Surgo Editor in Chief this year. Anna is a force of nature – publishing 4 issues of this year (“usual” is 2 issues/year with no publications for a while! That is a tale for another Tail lights...). Her energy, enthusiasm and determination has been instrumental in bringing Surgo into the 21st Century and online. I wish her all the very best as she hunkers down to the business of getting through final year MBChB. I am looking forward to working with Daanyaal Ashraf who has many ideas for Surgo 2024/5.

### *Future*

I am brimming with excitement to welcoming students, international and local experts to the ***Uncertainty in Medicine / Humanities*** elective this summer. The Surgo Visual Abstract Competition will continue into 2024/25 – so please send in your interesting projects to Daanyaal (publication = CV fodder and £20 prize – don't say I am not generous to you!). Finally, I am looking forward to my new role at Dundee Medical School.

Until the next Tail lights – have a great summer!




Prof. Cindy Chew with this year's winner of the student visual abstract competition, Reuben Heaton.