

HEALING IN

55 Words

I am a Family Physician. Our discipline has a strong narrative tradition, and as we get busier we need to find a way to preserve that tradition. A few years ago, the medical journal *Family Medicine* published a series of 55-word stories about medicine and all it touches. Those stories were gripping, poignant and easy to read. But most of all they seemed fun! Looking for a unique way to celebrate our fifth anniversary, we asked our readers to submit 55 word stories (you know, 5 years—55, get it?). You, our readers, responded in abundance with almost more than we could publish. You talked to our soul as you shared your loves, your frustrations, and your awe of the profession of medicine. You moved us as you shared your gratitude, your longing to give back, and your infallible hope for better tomorrows. Reading through these, I was invigorated, renewed and inspired. These simple, beautiful expressions of powerful emotions remind me of the joy of this profession, and what a privilege it is to participate intimately in the miracle that is healing. We hope you enjoy these stories, and we look forward to reading more of them. Thank you for participating in *HEAL* and making it a special experience for all who read it.

-José Rodríguez, MD
HEAL Editor-in-Chief

Julia Fashner, MD

5 Stages of Change Stage 1: Precontemplation

What a world of billions served
Oh, the arches!
Weight is not conserved
The diagnosis of diabetes in 25.8 million people* for the states united in flab
Is it deserved?
No end, calories add up and up
Exercise—why be disturbed
Complications for all organs in all families
No, I am not being heard.

*Centers for Disease Control and Prevention. *National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011. Available at: www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf.

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Dreamweaver
Caitlin Hare

■ **Caitlin Marie Hare** is a studio art major at Florida State University. More of her art can be found at <http://caitlinmhare.deviantart.com>.