

## Proust questionnaire: Benjamin Ross, MD



### What profession might you have pursued, if not medicine?

Fighter pilot or high-altitude climber.

### Which talent would you most like to have?

Singing.

### What do you consider your greatest achievement?

A successful balance between a busy surgical practice and raising a family.

### Who are your heroes?

I see heroes every day—essentially ordinary people having to deal with extraordinary hardships.

### What is your idea of perfect happiness?

Dining alfresco in my backyard on a summer evening with family, good friends, and a bottle of Black Hills Nota Bene followed by a Cohiba Robusto.

### What is your greatest fear?

Harm to my children.

### What characteristic do your favorite patients share?

Honesty, courage, generosity.

### Which living physician do you most admire?

Dr John Sullivan, cardiac surgeon at Queen Elizabeth II Health Sciences Centre in Halifax. He was a mentor for me and hands down the most technically gifted surgeon I have ever seen. I continually witnessed him save lives in a miraculous fashion.

### What is your favorite activity?

High-altitude climbing, surfing, playing music with friends.

### Which words or phrases do you most overuse?

No worries.

### What technological medical advance do you most anticipate?

A complete overhaul of e-health records, more direct patient access to specialists, and greater transparency/access to surgeon and hospital performance data.

### What is your most marked characteristic?

Patience, empathy, focus.

### What do you most value in your colleagues?

Skill and integrity.

### Who are your favorite writers?

Cormac McCarthy, Ernest Hemingway, and Pablo Neruda.

### What is your greatest regret?

“Regrets, I’ve had a few. But then again, too few to mention.” From “My Way” by Paul Anka.

### How would you like to die?

Is my wife going to read this?

### What is your motto?

“To strive, to seek, to find, and not to yield.” From “Ulysses” by Lord Alfred Tennyson.

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Dr Ross is a graduate of UBC Medical School and he completed his residency in general surgery at Dalhousie University. Dr Ross ran a busy community-based practice in general surgery until recently retiring due to young-onset Parkinson disease.

### Submit a Proust Questionnaire—your colleagues will appreciate it.



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