



Resident Spotlight, July-Aug 2024 Residency Times

Ayushi Garg (PGY2), [Internal Medicine](#), Ascension Providence Rochester Hospital

Residency Times: When did you first become interested in medicine as a career?

Ayushi Garg: I am from Patiala, India, and I am the first doctor in my family. Growing up, I witnessed several health challenges faced by family members, which profoundly impacted me, particularly the loss of my grandmother to ovarian cancer when she was in her early 60s. I was very close to her, and although I was too young to help, her passing left a lasting impression on me and inspired me to pursue a career in medicine. Additionally, volunteering at local clinics and participating in health camps during my school years while in Patiala provided me with firsthand exposure to the impact of medical care on underserved communities, which further fueled my passion for medicine.

RT: Where did you attend medical school, and why did you choose internal medicine?

AG: I attended the Dayanand Medical College and Hospital, in Punjab, India. I chose internal medicine because it offered a broad and comprehensive understanding of adult health. The ability to diagnose and manage a wide variety of conditions and the opportunity to build long-term relationships with patients were key factors in my decision.

RT: Can you tell us about your current research activities or publications?

AG: Currently, I am working on a prospective study of colorectal cancer. Recently I presented two posters at ENDO 2024 (the annual meeting of the Endocrine Society) on “Marchiafava-Bignami Syndrome in a Diabetic Patient” and “An Extremely Rapid Progression of Anaplastic Thyroid Carcinoma.”

This past spring, I completed a project on pulmonary embolisms using the NIS database entitled “Revisiting the Obesity Paradox: Insights from Pulmonary Embolism Patient Outcomes” and presented the abstract at the 2024 ACP-MI Resident Research Day. I am passionate about continuing research in tandem with my clinical practice, specifically in the field of hematology/oncology. I plan to pursue a fellowship in this subspecialty, with a goal to integrate clinical practice with research in order to contribute to advancements in cancer treatment and patient care.

Alongside my clinical work, I am continuing my education by pursuing a Master’s in Public Health at Wayne State, which enriches my research with a focus on population health and preventive strategies.

RT: You’ve obviously made a successful transition from the Indian model of medical training to the US model; do you have advice for medical students trained outside Western settings?

AG: It is important to embrace the differences and be open to learning. The focus on patient-centered care and evidence-based practice in the US has been an enriching experience compared to

the more hierarchical and didactic approach I was accustomed to in India. The transition can be challenging, but it's essential to stay adaptable and seek guidance from mentors. Understanding the nuances of the US healthcare system and continuously improving one's communication skills are crucial.

For example, during my first few months in the US, I encountered a situation in which a patient was hesitant about a particular treatment option. I took extra time to discuss the patient's concerns and preferences, which ultimately led to a treatment plan that the patient felt comfortable with, having learned about the importance of shared decision-making in US contexts.

RT: Do you engage in particular wellness activities?

AG: Maintaining wellness is vital. I enjoy painting, cooking, reading, and working out to manage stress and maintain balance. Spending time with family and friends and traveling are important for my well-being. Earlier this year, I visited Mackinaw Island with my husband (see photo below).

RT: What's the one book every resident should read and why?

AG: Paul Kalanithi's [When Breath Becomes Air](#) (Random House, 2016). It offers profound insights into the intersection of life, death, and the practice of medicine from the perspective of a neurosurgeon who suddenly becomes a patient. The book beautifully conveys the importance of empathy, resilience, and finding meaning in the face of adversity.



Ayushi Garg and husband Kunal Bajaj
at Mackinaw Island