

Dr. Mabel Mak *Family Practitioner*

As a family physician with an interest in Maternity Care and Obstetrics, Dr. Mak has been practicing medicine for 17 years and has spent much of that career with a family practice at the Medical Centre and as a physician at the Partners in Pregnancy Clinic.

"Dividing my time at the Partners in Pregnancy Clinic (PIPC) and the Medical Centre, I feel I have the best of many worlds professionally," says Dr. Mak. "At PIPC, I am part of a dynamic, collegial, mutually respectful team of doctors and staff that really encourage each other to grow, and celebrate a collaborative approach to patient care! Through regular meetings/retreats, we find ways to better serve our community such as increased awareness of Indigenous Health, LGBTQ care, and marginalized populations."

"Coming from Alberta with a different care model, I was introduced to the Family Health Team model when we moved to Peterborough 10 years ago. At the Medical Centre, I feel well supported by my colleagues and staff to be able to provide comprehensive, collaborative care seeing all ages. Being a part of the Peterborough Family Health Team means having access to resources such as the dietitian and mental health clinicians, which has made a huge, positive impact for many of my patients."

Dr. Mak is also pleased to be working with learners through Queens University, which she feels helps to keep her up to date on best practices and sometimes challenges her to think in a different way. PIPC will be holding their 4th Annual Obstetrical "Boot Camp" Day for our Queen's Residents where they get one on one teaching, and rotate through various hands on stations and procedural skills. The hope is that this experience will improve their comfort level to give them a better experience on their rotation, and hopefully, provide better care for their patients and is something Dr. Mak is passionate about.

Reflecting on what she loves most about

being a family physician, Dr. Mak says "the long relationships you develop with your patients, and trying to get to know them as a complete person. It keeps things interesting to care for multiple generations in the family. Helping them meet their goals, big or small, whether that be for better health, wellbeing, or self-care, is tremendous. It is such a privilege to celebrate their triumphs, and comfort them in their losses."

Outside of a busy career, Dr. Mak finds time to spend with her husband and 2 sons. They all enjoy travelling, sports, and the outdoors, and Dr. Mak attributes that to being a great incentive to stay active, and often push her out of her comfort zone.

"A highlight for me has been participating in local events with my family and friends such as the Run for Mental Health or the Peterborough Butterfly Run. As a physician and mom, I appreciate living in such a wonderful, active community where we have opportunities to do so while supporting and bringing awareness to such important causes. I am extremely grateful for my patients, fellow colleagues and staff who constantly stretch me to grow as a professional, as a person, and community member! Peterborough has become a great home for me to practice medicine, live life and raise my family."

Dr. Mabel Mak

