

The EDITOR'S MUSINGS



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Editor

Dr Tan is a consultant at the Breast Department of KK Women's and Children's Hospital. She continues to juggle the commitments of being a doctor, a wife, the *SMA News* Editor and the increased duties of a mother of three. She also tries to keep time aside for herself and friends, both old and new.

Envy is one of the seven deadly sins. Yet it is almost impossible to avoid comparing what we have with what others have, or imagining and envisioning a better alternative to what we have now. "Overseas is better! More freedom, more time, better lifestyle!" "Singapore is better! More efficient! Better food!" "Specialist better! General practice better!" "Public hospital better – iron rice bowl! Private practice better! More money! More autonomy!"

Some people would plunge into something new; some people will stay put regardless. In this issue, we have invited responses from people who have taken that "leap of faith" to do something different. Dr Alex Wong writes a heartfelt Feature on how fulfilling private practice can be. It is an interesting piece that bravely addresses some prominent negative issues head-on. Private practice gets some bad rap, but how true is it?

As a doctor and a mother, education and training matters are always on my mind. "Raising My iBaby – How Much Screen Time

Is Too Much?" by Dr Shubashri Jeyaratnam discusses the risks of too much screen time. On medical education, an interview with A/Prof Yeoh Khay Guan gives us a preview of what he will further expound on at the upcoming SMA Lecture on 10 November 2018.

Drs Seow Yu Jin, Song Mingjun and Jason Lau share their respective journeys and reminisce about the good and bad of practising medicine overseas. Dr Seow spent more than two decades in England before returning; Dr Song bravely re-embarked on specialist training in the US (and soon will even more bravely be embarking on the challenging life journey of motherhood); and Dr Lau is now practising his ideal GP work in Australia.

Dear reader, I hope that reading all their stories won't trigger envy in you, but perhaps let you reflect on your own situation and be content with what you have now, or take steps to find fulfilment in your own career too. ♦