

Fall 2021

Restoring Balance

Daniel R. Villanueva Toby

Nova Southeastern University - Dr. Kiran C. Patel College of Osteopathic Medicine,
dv539@mynsu.nova.edu

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As a medical student who has received half of their education during the COVID-19 pandemic, I wanted to portray the internal struggle of medical providers who try to care for the sick and disabled. A great deal is expected of doctors in this day and age and that stress of expectations vs. the innate desire to help others led me to write this poem.

ABOUT THE POET: DANIEL R. VILLANUEVA TOBY

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the red background.

How does one strengthen a broken foundation?

A word... A sentence... A gesture

It may be more a healing process than a destination.

What type of person can mend the incessant damages that compound
without end?
empathetic

Be

Be dedicated

Be knowledgeable

Some start with mud before bricks

Sand before stone

But I, I will begin with this *smile*

RESTORING BALANCE



Daniel Villanueva is a third year medical student . He completed his B.S. degree in Biology with minors in Chemistry and Theatre from the University of Miami. He chose osteopathic medicine because of the holistic approach to patient care. He currently has an interest in pursuing a specialization in Physiatry and Osteopathic Manipulative Medicine.

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