

WEBVTT

NOTE duration:"00:57:40.6400000"

NOTE recognizability:0.641

NOTE language:en-us

NOTE Confidence: 0.58123505

00:00:00.000 --> 00:00:02.160 OK, Welcome everybody.

NOTE Confidence: 0.58123505

00:00:04.480 --> 00:00:05.800 My name is Anna Reisman.

NOTE Confidence: 0.58123505

00:00:05.800 --> 00:00:07.720 I'm the Director of the Program

NOTE Confidence: 0.58123505

00:00:07.720 --> 00:00:09.000 for Humanities and Medicine,

NOTE Confidence: 0.58123505

00:00:09.000 --> 00:00:11.285 and I'm very, very happy that

NOTE Confidence: 0.58123505

00:00:11.285 --> 00:00:13.360 you are all joining us today.

NOTE Confidence: 0.58123505

00:00:13.360 --> 00:00:15.075 You found the pizza in the back.

NOTE Confidence: 0.58123505

00:00:15.080 --> 00:00:15.640 Help yourself.

NOTE Confidence: 0.58123505

00:00:15.640 --> 00:00:17.880 We may have all of you take home

NOTE Confidence: 0.58123505

00:00:17.947 --> 00:00:19.800 another pie since there's a lot.

NOTE Confidence: 0.58123505

00:00:20.720 --> 00:00:22.800 So today's event is entitled

NOTE Confidence: 0.58123505

00:00:22.800 --> 00:00:24.400 On Storytelling, Writing

NOTE Confidence: 0.58123505

00:00:24.400 --> 00:00:26.440 and Medical Detective Work

NOTE Confidence: 0.58123505

00:00:26.440 --> 00:00:28.480 Featuring Doctor Suzanne O'Sullivan,
NOTE Confidence: 0.58123505

00:00:28.480 --> 00:00:30.800 who is You can see her on Zoom
NOTE Confidence: 0.58123505

00:00:30.800 --> 00:00:32.124 in conversation with Randy
NOTE Confidence: 0.58123505

00:00:32.124 --> 00:00:34.158 Hutter Epstein who is here Live.
NOTE Confidence: 0.58123505

00:00:34.160 --> 00:00:36.647 Before I introduce Suzanne and Randy,
NOTE Confidence: 0.58123505

00:00:36.647 --> 00:00:39.090 I want to acknowledge that today's event
NOTE Confidence: 0.58123505

00:00:39.150 --> 00:00:41.536 is our annual Morris Dillard lecture and
NOTE Confidence: 0.58123505

00:00:41.536 --> 00:00:43.584 one of the four name lectures in the
NOTE Confidence: 0.58123505

00:00:43.584 --> 00:00:45.398 Program for Humanities and Medicine.
NOTE Confidence: 0.58123505

00:00:45.400 --> 00:00:47.740 And I'm going to invite my colleague Dr.,
NOTE Confidence: 0.58123505

00:00:47.740 --> 00:00:50.484 Kathleen White to say a couple of
NOTE Confidence: 0.58123505

00:00:50.484 --> 00:00:53.640 words about her long term collaborator
NOTE Confidence: 0.58123505

00:00:53.640 --> 00:00:55.964 and friend and Co worker and many
NOTE Confidence: 0.58123505

00:00:55.964 --> 00:00:57.520 things Doctor Morris Dillard.
NOTE Confidence: 0.58123505

00:00:57.520 --> 00:00:58.520 So thanks Kathleen. Hi
NOTE Confidence: 0.5982998

00:01:02.800 --> 00:01:03.120 everybody.

NOTE Confidence: 0.5982998

00:01:05.280 --> 00:01:08.373 So this lectureship was started by

NOTE Confidence: 0.5982998

00:01:08.373 --> 00:01:11.466 medical students in the year 2000

NOTE Confidence: 0.5982998

00:01:11.466 --> 00:01:13.796 to honor Doctor Morris Dillard.

NOTE Confidence: 0.5982998

00:01:13.800 --> 00:01:15.798 And I don't know that any of you here

NOTE Confidence: 0.5982998

00:01:15.800 --> 00:01:18.080 look old enough to have known him

NOTE Confidence: 0.9677491

00:01:20.160 --> 00:01:23.800 he when he passed away at the age

NOTE Confidence: 0.9677491

00:01:23.800 --> 00:01:26.496 of 89 in 2018, these were some

NOTE Confidence: 0.9677491

00:01:26.496 --> 00:01:28.920 words that were said about him,

NOTE Confidence: 0.9677491

00:01:28.920 --> 00:01:33.114 that he inspired legions of medical

NOTE Confidence: 0.9677491

00:01:33.114 --> 00:01:35.718 students with his model of empathy,

NOTE Confidence: 0.9677491

00:01:35.720 --> 00:01:37.316 wisdom and brilliance.

NOTE Confidence: 0.9677491

00:01:37.316 --> 00:01:40.508 There are three things about Morris

NOTE Confidence: 0.9677491

00:01:40.508 --> 00:01:44.118 that would label him for at Yale.

NOTE Confidence: 0.9677491

00:01:44.120 --> 00:01:46.808 After, after serving in the Army

NOTE Confidence: 0.9677491

00:01:46.808 --> 00:01:49.210 and getting his MDPHD at Emory,

NOTE Confidence: 0.9677491

00:01:49.210 --> 00:01:51.660 he came to Yale to do research
NOTE Confidence: 0.9677491

00:01:51.744 --> 00:01:53.040 at endocrinology.
NOTE Confidence: 0.9677491

00:01:53.040 --> 00:01:54.760 That's the first thing we know about him,
NOTE Confidence: 0.9677491

00:01:54.760 --> 00:01:57.120 and probably the most unimportant.
NOTE Confidence: 0.9677491

00:01:57.120 --> 00:01:58.989 The second thing is that he was
NOTE Confidence: 0.9677491

00:01:58.989 --> 00:02:00.400 on the admissions committee,
NOTE Confidence: 0.9677491

00:02:00.400 --> 00:02:04.120 and he probably interviewed more MD students,
NOTE Confidence: 0.9677491

00:02:04.120 --> 00:02:05.360 prospective MD,
NOTE Confidence: 0.9677491

00:02:05.360 --> 00:02:07.960 and prospective MDPHD students than any
NOTE Confidence: 0.9677491

00:02:07.960 --> 00:02:10.800 single person ever in the School of Medicine.
NOTE Confidence: 0.9677491

00:02:10.800 --> 00:02:13.435 And he continued with those
NOTE Confidence: 0.9677491

00:02:13.435 --> 00:02:16.965 students when they came to Yale to
NOTE Confidence: 0.9677491

00:02:16.965 --> 00:02:19.800 vet them and to be their mentor.
NOTE Confidence: 0.9677491

00:02:19.800 --> 00:02:21.340 And even after graduation,
NOTE Confidence: 0.9677491

00:02:21.340 --> 00:02:22.880 he kept in touch.
NOTE Confidence: 0.9677491

00:02:22.880 --> 00:02:23.270 In fact,

NOTE Confidence: 0.9677491

00:02:23.270 --> 00:02:25.150 I don't know if any of you know Doctor

NOTE Confidence: 0.9677491

00:02:25.150 --> 00:02:27.278 Howard Koh or that name Doctor Howard Koh,

NOTE Confidence: 0.9677491

00:02:27.280 --> 00:02:30.920 but Doctor Howard Koh is I

NOTE Confidence: 0.9677491

00:02:30.920 --> 00:02:32.840 think he's now the head of,

NOTE Confidence: 0.9677491

00:02:32.840 --> 00:02:33.082 well,

NOTE Confidence: 0.9677491

00:02:33.082 --> 00:02:34.776 he's one of the heads of the

NOTE Confidence: 0.9677491

00:02:34.776 --> 00:02:36.559 CDC or Institutes of Health.

NOTE Confidence: 0.9677491

00:02:36.560 --> 00:02:38.780 He was actually interviewed by Doctor

NOTE Confidence: 0.9677491

00:02:38.780 --> 00:02:41.758 Dillard at the here at the medical school.

NOTE Confidence: 0.9677491

00:02:41.760 --> 00:02:42.940 So that's the second thing

NOTE Confidence: 0.9677491

00:02:42.940 --> 00:02:44.120 that's most important about him.

NOTE Confidence: 0.9677491

00:02:44.120 --> 00:02:45.650 But the third thing that's

NOTE Confidence: 0.9677491

00:02:45.650 --> 00:02:47.180 really the most important about

NOTE Confidence: 0.9677491

00:02:47.240 --> 00:02:48.878 him is that about 50 years ago,

NOTE Confidence: 0.9677491

00:02:48.880 --> 00:02:51.385 he was asked by Dean Gifford to

NOTE Confidence: 0.9677491

00:02:51.385 --> 00:02:53.695 start a clinic on Wednesday evenings
NOTE Confidence: 0.9677491

00:02:53.695 --> 00:02:56.295 in the primary care center here at
NOTE Confidence: 0.9677491

00:02:56.295 --> 00:02:59.500 Yale where MDPHD students who were
NOTE Confidence: 0.9677491

00:02:59.500 --> 00:03:01.980 now in the lab would have their own
NOTE Confidence: 0.9677491

00:03:01.980 --> 00:03:04.120 cadre of patients to take care of.
NOTE Confidence: 0.9677491

00:03:04.120 --> 00:03:07.918 And he ran that clinic for over 25 years.
NOTE Confidence: 0.9677491

00:03:07.920 --> 00:03:10.993 I was a resident in the primary
NOTE Confidence: 0.9677491

00:03:10.993 --> 00:03:13.064 care Center for my outpatient
NOTE Confidence: 0.9677491

00:03:13.064 --> 00:03:14.920 care on Wednesday evenings,
NOTE Confidence: 0.9677491

00:03:14.920 --> 00:03:16.832 and I used to see the students coming
NOTE Confidence: 0.9677491

00:03:16.832 --> 00:03:18.858 in with food and I'm finishing my
NOTE Confidence: 0.9677491

00:03:18.858 --> 00:03:20.879 charts and they're putting out a dinner.
NOTE Confidence: 0.9677491

00:03:20.880 --> 00:03:21.513 And then Dr.
NOTE Confidence: 0.9677491

00:03:21.513 --> 00:03:22.357 Dillard would come in.
NOTE Confidence: 0.9677491

00:03:22.360 --> 00:03:24.360 Sometimes he brought the dinner
NOTE Confidence: 0.9677491

00:03:24.360 --> 00:03:25.880 and I was so intrigued.

NOTE Confidence: 0.9677491

00:03:25.880 --> 00:03:28.256 And then I heard that he was retiring and

NOTE Confidence: 0.9677491

00:03:28.256 --> 00:03:30.920 I asked if I could take over the clinic.

NOTE Confidence: 0.9677491

00:03:30.920 --> 00:03:32.664 Hardly did he retire.

NOTE Confidence: 0.9677491

00:03:32.664 --> 00:03:35.831 He came every single week in his

NOTE Confidence: 0.9677491

00:03:35.831 --> 00:03:39.037 retirement for 15 years to that clinic

NOTE Confidence: 0.66164

00:03:45.380 --> 00:03:48.176 and taught those students with me.

NOTE Confidence: 0.66164

00:03:48.180 --> 00:03:50.140 He was, he was amazing.

NOTE Confidence: 0.66164

00:03:50.140 --> 00:03:51.320 He sat with patients

NOTE Confidence: 0.66164

00:03:51.320 --> 00:03:52.500 and talked to patients.

NOTE Confidence: 0.66164

00:03:52.500 --> 00:03:54.300 He taught humanities of

NOTE Confidence: 0.66164

00:03:54.300 --> 00:03:56.100 medicine to those students.

NOTE Confidence: 0.66164

00:03:56.100 --> 00:03:57.260 So I'm really honoured

NOTE Confidence: 0.66164

00:03:57.260 --> 00:03:59.276 to have had worked with him and

NOTE Confidence: 0.66164

00:03:59.276 --> 00:04:01.092 I'm honoured to be able to tell

NOTE Confidence: 0.66164

00:04:01.092 --> 00:04:02.580 you about him today. Thank you.

NOTE Confidence: 0.66164

00:04:05.060 --> 00:04:06.600 Oh, I'm not sure. Is everyone
NOTE Confidence: 0.66164

00:04:06.600 --> 00:04:07.660 waiting for me to start? What
NOTE Confidence: 0.66164

00:04:09.980 --> 00:04:11.420 was that? Are
NOTE Confidence: 0.66164

00:04:11.420 --> 00:04:13.220 you waiting for me to start or. No, no,
NOTE Confidence: 0.66164

00:04:13.220 --> 00:04:14.960 no. I'm going to hit people.
NOTE Confidence: 0.66164

00:04:14.960 --> 00:04:16.214 I'm going to introduce you now
NOTE Confidence: 0.66164

00:04:16.214 --> 00:04:17.520 and then Randy will take over.
NOTE Confidence: 0.66164

00:04:17.520 --> 00:04:20.360 So Doctor Susan O'Sullivan is a neurologist
NOTE Confidence: 0.66164

00:04:20.360 --> 00:04:22.680 at London's National Hospital for Neurology.
NOTE Confidence: 0.66164

00:04:22.680 --> 00:04:24.724 She received her MD from Trinity College
NOTE Confidence: 0.66164

00:04:24.724 --> 00:04:27.179 Dublin and a Master's degree in creative
NOTE Confidence: 0.66164

00:04:27.179 --> 00:04:29.079 writing from University of London.
NOTE Confidence: 0.66164

00:04:29.080 --> 00:04:31.198 Her books include It's All in Your Head,
NOTE Confidence: 0.66164

00:04:31.200 --> 00:04:33.280 True Stories of Imaginary Illness,
NOTE Confidence: 0.66164

00:04:33.280 --> 00:04:34.558 which won the Welcome Book Prize
NOTE Confidence: 0.66164

00:04:34.560 --> 00:04:36.866 and the Royal Society Book Prize.

NOTE Confidence: 0.66164
00:04:36.866 --> 00:04:39.558 Brainstorm the Detective Stories
NOTE Confidence: 0.66164
00:04:39.560 --> 00:04:41.718 from the World of Neurology and
NOTE Confidence: 0.66164
00:04:41.720 --> 00:04:43.320 the Sleeping Beauties and Other
NOTE Confidence: 0.66164
00:04:43.320 --> 00:04:44.280 Stories of Mystery Illness.
NOTE Confidence: 0.66164
00:04:44.280 --> 00:04:45.340 Her most recent book,
NOTE Confidence: 0.66164
00:04:45.340 --> 00:04:46.960 which was shortlisted for the
NOTE Confidence: 0.66164
00:04:46.960 --> 00:04:50.558 Royal Society Sicilians Book Prize.
NOTE Confidence: 0.66164
00:04:50.560 --> 00:04:52.844 So welcome Suzanne O'Sullivan,
NOTE Confidence: 0.66164
00:04:52.844 --> 00:04:54.557 writer in residence,
NOTE Confidence: 0.66164
00:04:54.560 --> 00:04:59.600 Randy Hunter Epstein, Hiding down here.
NOTE Confidence: 0.66164
00:04:59.600 --> 00:05:01.982 Strange Vertical Room is a graduate
NOTE Confidence: 0.66164
00:05:01.982 --> 00:05:04.320 of Yale School of Medicine.
NOTE Confidence: 0.66164
00:05:04.320 --> 00:05:06.200 She teaches at Yale College
NOTE Confidence: 0.66164
00:05:06.200 --> 00:05:07.120 in the English department.
NOTE Confidence: 0.66164
00:05:07.120 --> 00:05:08.920 She also teaches at the
NOTE Confidence: 0.66164

00:05:08.920 --> 00:05:10.360 Columbia School of Journalism.
NOTE Confidence: 0.66164

00:05:10.360 --> 00:05:12.118 Her most recent book is Aroused,
NOTE Confidence: 0.66164

00:05:12.120 --> 00:05:13.646 A History of Hormones and How They
NOTE Confidence: 0.66164

00:05:13.646 --> 00:05:14.800 Control Just About Everything.
NOTE Confidence: 0.66164

00:05:14.800 --> 00:05:15.880 And she's working on a book
NOTE Confidence: 0.66164

00:05:15.880 --> 00:05:17.280 on the science of stress.
NOTE Confidence: 0.66164

00:05:17.280 --> 00:05:17.868 So thank you,
NOTE Confidence: 0.66164

00:05:17.868 --> 00:05:18.064 Randy.
NOTE Confidence: 0.66164

00:05:18.064 --> 00:05:19.240 I'll turn it over to you.
NOTE Confidence: 0.92977357

00:05:21.960 --> 00:05:23.718 I am thrilled to be here.
NOTE Confidence: 0.92977357

00:05:23.720 --> 00:05:26.016 I'm going to lob some questions at
NOTE Confidence: 0.92977357

00:05:26.016 --> 00:05:28.677 Suzanne in a minute after she reads,
NOTE Confidence: 0.92977357

00:05:28.680 --> 00:05:31.328 but I want to save plenty of time
NOTE Confidence: 0.92977357

00:05:31.328 --> 00:05:33.198 for questions in the audience.
NOTE Confidence: 0.92977357

00:05:33.200 --> 00:05:36.480 And then if you don't have, I have even more.
NOTE Confidence: 0.92977357

00:05:36.480 --> 00:05:38.480 Two things I want to say.

NOTE Confidence: 0.92977357

00:05:38.480 --> 00:05:42.558 One is I was interviewed by Doctor Dillard.

NOTE Confidence: 0.92977357

00:05:42.560 --> 00:05:45.200 So I'll just add to that,

NOTE Confidence: 0.92977357

00:05:45.200 --> 00:05:48.360 that when I came up for my interview at Yale,

NOTE Confidence: 0.92977357

00:05:48.360 --> 00:05:49.800 it's killing at this recording.

NOTE Confidence: 0.92977357

00:05:49.800 --> 00:05:52.440 But I was sort of expecting

NOTE Confidence: 0.92977357

00:05:52.440 --> 00:05:54.890 Yale people to be, I don't know,

NOTE Confidence: 0.92977357

00:05:54.890 --> 00:05:57.796 really stiff and harsh and everyone's like,

NOTE Confidence: 0.92977357

00:05:57.800 --> 00:05:59.158 you're not going to like it there.

NOTE Confidence: 0.92977357

00:05:59.160 --> 00:06:01.099 And then it was like I was

NOTE Confidence: 0.92977357

00:06:01.099 --> 00:06:02.520 interviewed by a grandpa.

NOTE Confidence: 0.92977357

00:06:02.520 --> 00:06:06.570 I mean, he's so warm and nice that I left

NOTE Confidence: 0.92977357

00:06:06.671 --> 00:06:10.920 and he just that wonderful Southern accent.

NOTE Confidence: 0.92977357

00:06:10.920 --> 00:06:13.385 And I left thinking, this is everyone

NOTE Confidence: 0.92977357

00:06:13.385 --> 00:06:16.080 at Yale must be like Doctor Dillard.

NOTE Confidence: 0.92977357

00:06:16.080 --> 00:06:18.960 These people are the nicest people.

NOTE Confidence: 0.92977357

00:06:18.960 --> 00:06:19.998 So just wanted to add that.
NOTE Confidence: 0.92977357

00:06:20.000 --> 00:06:22.484 So I'm so glad that Suzanne
NOTE Confidence: 0.92977357

00:06:22.484 --> 00:06:24.840 is here honoring his legacy.
NOTE Confidence: 0.92977357

00:06:24.840 --> 00:06:26.076 For those of you who didn't
NOTE Confidence: 0.92977357

00:06:26.080 --> 00:06:27.436 get to read her book yet,
NOTE Confidence: 0.92977357

00:06:27.440 --> 00:06:30.680 just so you're we're all on the same page.
NOTE Confidence: 0.92977357

00:06:30.680 --> 00:06:32.104 It's written absolutely beautifully.
NOTE Confidence: 0.92977357

00:06:32.104 --> 00:06:34.240 I've read it now several times
NOTE Confidence: 0.92977357

00:06:34.296 --> 00:06:35.664 and every time like, whoa,
NOTE Confidence: 0.92977357

00:06:35.664 --> 00:06:37.760 this is just great, great writing.
NOTE Confidence: 0.92977357

00:06:37.760 --> 00:06:40.400 I'm such a huge fan girl.
NOTE Confidence: 0.92977357

00:06:40.400 --> 00:06:41.864 But a quick summation,
NOTE Confidence: 0.92977357

00:06:41.864 --> 00:06:44.543 and I'm really just this is not
NOTE Confidence: 0.92977357

00:06:44.543 --> 00:06:46.558 doing justice to the writing.
NOTE Confidence: 0.92977357

00:06:46.560 --> 00:06:49.476 This is her book is 8 chapters and we
NOTE Confidence: 0.92977357

00:06:49.476 --> 00:06:52.037 journey with Suzanne around the world,

NOTE Confidence: 0.92977357

00:06:52.040 --> 00:06:53.502 Sweden, Columbia,

NOTE Confidence: 0.92977357

00:06:53.502 --> 00:06:57.157 a Nicaraguan community in Texas,

NOTE Confidence: 0.92977357

00:06:57.160 --> 00:06:59.376 Upstate New York, Kazakhstan.

NOTE Confidence: 0.92977357

00:06:59.376 --> 00:07:01.038 She's looking at,

NOTE Confidence: 0.92977357

00:07:01.040 --> 00:07:02.744 I don't know if you could

NOTE Confidence: 0.92977357

00:07:02.744 --> 00:07:03.880 call them mini epidemics,

NOTE Confidence: 0.92977357

00:07:03.880 --> 00:07:07.276 but groups of people, often children,

NOTE Confidence: 0.92977357

00:07:07.280 --> 00:07:09.904 who seem to fall into like a coma

NOTE Confidence: 0.92977357

00:07:09.904 --> 00:07:12.408 but not coma, or they're sleeping.

NOTE Confidence: 0.92977357

00:07:12.408 --> 00:07:15.600 They all seem in the same locale,

NOTE Confidence: 0.92977357

00:07:15.600 --> 00:07:18.393 the same kind of symptoms that can't

NOTE Confidence: 0.92977357

00:07:18.393 --> 00:07:21.637 be picked up by an MRI or blood test.

NOTE Confidence: 0.92977357

00:07:21.640 --> 00:07:24.930 We go with her as she grapples

NOTE Confidence: 0.92977357

00:07:24.930 --> 00:07:26.968 with how do you work?

NOTE Confidence: 0.92977357

00:07:26.968 --> 00:07:29.400 Well, how do you label things that

NOTE Confidence: 0.92977357

00:07:29.400 --> 00:07:31.879 don't fall into easy medical labels?
NOTE Confidence: 0.92977357

00:07:31.880 --> 00:07:34.800 So to give you an idea, I told Suzanne,
NOTE Confidence: 0.92977357

00:07:34.800 --> 00:07:36.400 who doesn't normally do this,
NOTE Confidence: 0.92977357

00:07:36.400 --> 00:07:38.115 that we'd love to hear her read
NOTE Confidence: 0.92977357

00:07:38.115 --> 00:07:39.958 from a few pages in her book.
NOTE Confidence: 0.92977357

00:07:39.960 --> 00:07:41.768 And I kept saying, oh, this one's so good.
NOTE Confidence: 0.92977357

00:07:41.768 --> 00:07:42.040 No,
NOTE Confidence: 0.92977357

00:07:42.040 --> 00:07:42.580 this one.
NOTE Confidence: 0.92977357

00:07:42.580 --> 00:07:45.280 But I did point out this is towards the end,
NOTE Confidence: 0.92977357

00:07:45.280 --> 00:07:45.752 Chapter 8,
NOTE Confidence: 0.92977357

00:07:45.752 --> 00:07:47.404 so we'll take it away with you
NOTE Confidence: 0.92977357

00:07:47.404 --> 00:07:49.039 just reading a page and a half.
NOTE Confidence: 0.8343862

00:07:49.800 --> 00:07:50.680 I'm I'm glad that
NOTE Confidence: 0.8343862

00:07:50.680 --> 00:07:52.180 you admitted to choosing the
NOTE Confidence: 0.8343862

00:07:52.180 --> 00:07:53.680 pages because of the entire
NOTE Confidence: 0.429925857142857

00:07:53.680 --> 00:07:55.732 book. These two pages have the

NOTE Confidence: 0.429925857142857
00:07:55.732 --> 00:07:57.573 most unpronounceable words in
NOTE Confidence: 0.429925857142857
00:07:57.573 --> 00:07:59.438 foreign languages of every other,
NOTE Confidence: 0.429925857142857
00:07:59.440 --> 00:08:01.816 of every other bit of the book And
NOTE Confidence: 0.429925857142857
00:08:01.816 --> 00:08:03.510 I'll be holding that against you,
NOTE Confidence: 0.429925857142857
00:08:03.510 --> 00:08:05.546 Andy, but let's see how I manage it.
NOTE Confidence: 0.429925857142857
00:08:05.546 --> 00:08:08.840 Thank you. OK, so this chapter
NOTE Confidence: 0.3625158
00:08:08.840 --> 00:08:11.360 is called normal behaviour.
NOTE Confidence: 0.3625158
00:08:11.360 --> 00:08:13.584 In Korea, there is an illness called
NOTE Confidence: 0.3625158
00:08:13.584 --> 00:08:15.226 Hua Byung, meaning fire illness.
NOTE Confidence: 0.3625158
00:08:15.226 --> 00:08:16.920 It's one of the conditions
NOTE Confidence: 0.3625158
00:08:16.920 --> 00:08:19.233 referred to as a culture bound
NOTE Confidence: 0.3625158
00:08:19.233 --> 00:08:21.037 syndrome or folk illness.
NOTE Confidence: 0.3625158
00:08:21.040 --> 00:08:22.912 The main symptom is a sense of
NOTE Confidence: 0.3625158
00:08:22.912 --> 00:08:24.480 heat or burning all over the body,
NOTE Confidence: 0.3625158
00:08:24.480 --> 00:08:26.466 accompanied by a variety of other
NOTE Confidence: 0.3625158

00:08:26.466 --> 00:08:27.790 somatic complaints like chest
NOTE Confidence: 0.3625158

00:08:27.852 --> 00:08:30.400 pain and shortness of breath.
NOTE Confidence: 0.2521219

00:08:30.400 --> 00:08:31.078 In a Western
NOTE Confidence: 0.2521219

00:08:31.080 --> 00:08:32.915 medical setting, a person with
NOTE Confidence: 0.2521219

00:08:32.915 --> 00:08:34.383 this constellation of symptoms
NOTE Confidence: 0.2521219

00:08:34.383 --> 00:08:36.117 might be met with reassurance,
NOTE Confidence: 0.2521219

00:08:36.120 --> 00:08:37.920 but would also have a high
NOTE Confidence: 0.2521219

00:08:37.920 --> 00:08:39.120 likelihood of being offered
NOTE Confidence: 0.2521219

00:08:39.184 --> 00:08:40.798 a large range of blood tests.
NOTE Confidence: 0.2521219

00:08:42.200 --> 00:08:43.400 Bob Young has a cultural
NOTE Confidence: 0.2521219

00:08:43.400 --> 00:08:45.850 meaning to Korean people that a Western
NOTE Confidence: 0.2521219

00:08:45.850 --> 00:08:48.439 doctor would have difficulty appreciating.
NOTE Confidence: 0.2521219

00:08:48.440 --> 00:08:50.360 It affects middle-aged women in particular
NOTE Confidence: 0.2521219

00:08:50.360 --> 00:08:53.748 and is associated with the stress induced
NOTE Confidence: 0.2521219

00:08:53.748 --> 00:08:56.480 by marital conflict and infidelity.
NOTE Confidence: 0.2521219

00:08:56.480 --> 00:08:57.473 Like greasy sickness,

NOTE Confidence: 0.2521219

00:08:57.473 --> 00:09:00.224 Huabyang is a language of distress understood

NOTE Confidence: 0.2521219

00:09:00.224 --> 00:09:03.356 by the community that speaks that language.

NOTE Confidence: 0.2521219

00:09:03.360 --> 00:09:05.304 The specific symptoms are not meant

NOTE Confidence: 0.2521219

00:09:05.304 --> 00:09:06.600 to be taken literally.

NOTE Confidence: 0.2521219

00:09:06.600 --> 00:09:09.033 There are metaphor for a particular

NOTE Confidence: 0.2521219

00:09:09.033 --> 00:09:10.997 type of psychological suffering.

NOTE Confidence: 0.2521219

00:09:11.000 --> 00:09:13.820 Huabyang is an acceptable way

NOTE Confidence: 0.2521219

00:09:13.820 --> 00:09:16.076 of asking for support.

NOTE Confidence: 0.2521219

00:09:16.080 --> 00:09:17.880 The DSM 5, the psychiatry Bible,

NOTE Confidence: 0.2521219

00:09:17.880 --> 00:09:18.560 the catalogues,

NOTE Confidence: 0.2521219

00:09:18.560 --> 00:09:20.400 mental disorders only specifically

NOTE Confidence: 0.2521219

00:09:20.400 --> 00:09:22.700 names culture bound syndromes belonging

NOTE Confidence: 0.2521219

00:09:22.700 --> 00:09:25.054 to communities that do not have

NOTE Confidence: 0.2521219

00:09:25.054 --> 00:09:26.879 English as their first language.

NOTE Confidence: 0.2521219

00:09:26.880 --> 00:09:29.840 Disorders like Sisto, Shenzing,

NOTE Confidence: 0.2521219

00:09:29.840 --> 00:09:33.775 Kialkap Nervios that cultural concepts
NOTE Confidence: 0.2521219

00:09:33.775 --> 00:09:35.840 of distress are defined as the ways
NOTE Confidence: 0.2521219

00:09:35.840 --> 00:09:37.400 that cultural groups experience,
NOTE Confidence: 0.2521219

00:09:37.400 --> 00:09:39.640 understand and communicate suffering,
NOTE Confidence: 0.2521219

00:09:39.640 --> 00:09:40.760 behavioural problems,
NOTE Confidence: 0.2521219

00:09:40.760 --> 00:09:42.320 or troubling thoughts and emotions.
NOTE Confidence: 0.2939724

00:09:43.720 --> 00:09:44.840 And so if the DSM
NOTE Confidence: 0.2939724

00:09:44.840 --> 00:09:47.402 5 does not specifically name any
NOTE Confidence: 0.2939724

00:09:47.402 --> 00:09:49.110 culturally defined disorders that
NOTE Confidence: 0.2939724

00:09:49.178 --> 00:09:51.118 originate in English speaking,
NOTE Confidence: 0.2939724

00:09:51.120 --> 00:09:52.674 industrialized westernized communities,
NOTE Confidence: 0.2939724

00:09:52.674 --> 00:09:55.782 does that mean we don't have
NOTE Confidence: 0.2939724

00:09:55.782 --> 00:09:57.359 culturally shaped illness?
NOTE Confidence: 0.2939724

00:09:57.360 --> 00:09:59.384 Are we so open about our suffering
NOTE Confidence: 0.2939724

00:09:59.384 --> 00:10:03.200 that we have no need of metaphors?
NOTE Confidence: 0.2939724

00:10:03.200 --> 00:10:05.135 Some western cultures do have medical

NOTE Confidence: 0.2939724

00:10:05.135 --> 00:10:07.120 complaints that are unique to them.

NOTE Confidence: 0.2939724

00:10:07.120 --> 00:10:09.016 In France, there is a condition

NOTE Confidence: 0.2939724

00:10:09.016 --> 00:10:10.640 referred to as Lejean blud,

NOTE Confidence: 0.2939724

00:10:10.640 --> 00:10:11.756 meaning heavy legs,

NOTE Confidence: 0.2939724

00:10:11.756 --> 00:10:15.120 that is not commonly seen in other countries.

NOTE Confidence: 0.2939724

00:10:15.120 --> 00:10:17.430 The medical literature for this condition

NOTE Confidence: 0.2939724

00:10:17.430 --> 00:10:19.560 is almost exclusively in French. It

NOTE Confidence: 0.33929214

00:10:19.560 --> 00:10:21.600 is attributed to venous insufficiency,

NOTE Confidence: 0.33929214

00:10:21.600 --> 00:10:23.416 which is believed to lead to fluid

NOTE Confidence: 0.33929214

00:10:23.416 --> 00:10:24.836 pooling in the legs resulting

NOTE Confidence: 0.33929214

00:10:24.840 --> 00:10:27.840 in heaviness and swelling. Apparently,

NOTE Confidence: 0.33929214

00:10:27.840 --> 00:10:29.430 if a person goes to a pharmacy in

NOTE Confidence: 0.33929214

00:10:29.430 --> 00:10:31.320 France and reports having heavy legs,

NOTE Confidence: 0.33929214

00:10:31.720 --> 00:10:33.880 they will be directed to a shelf loaded with

NOTE Confidence: 0.33929214

00:10:33.880 --> 00:10:36.800 products said to alleviate the symptoms.

NOTE Confidence: 0.33929214

00:10:36.800 --> 00:10:38.880 One commercial website selling a variety
NOTE Confidence: 0.33929214

00:10:38.880 --> 00:10:41.120 of creams and gels for Les Jean
NOTE Confidence: 0.33929214

00:10:41.120 --> 00:10:42.900 Bluewood says it affects up to one
NOTE Confidence: 0.33929214

00:10:42.900 --> 00:10:45.144 in three women, and yet heavy legs
NOTE Confidence: 0.33929214

00:10:45.144 --> 00:10:47.076 does not exist as a disease category
NOTE Confidence: 0.36488888

00:10:47.080 --> 00:10:50.453 in the UK. Lejean lude would not be
NOTE Confidence: 0.36488888

00:10:50.453 --> 00:10:51.873 referred to as a folk illness or
NOTE Confidence: 0.36488888

00:10:51.873 --> 00:10:53.238 culture bound syndrome in France
NOTE Confidence: 0.36488888

00:10:53.760 --> 00:10:55.854 because these are terms more often
NOTE Confidence: 0.36488888

00:10:55.854 --> 00:10:58.120 used to label people outside of
NOTE Confidence: 0.36488888

00:10:58.120 --> 00:11:00.115 one's old own cultural community.
NOTE Confidence: 0.36488888

00:11:00.120 --> 00:11:02.376 It's very difficult to either spot
NOTE Confidence: 0.36488888

00:11:02.376 --> 00:11:04.420 or talk openly about cultural
NOTE Confidence: 0.36488888

00:11:04.420 --> 00:11:06.755 idioms within one's own society,
NOTE Confidence: 0.36488888

00:11:06.760 --> 00:11:07.878 partially because they are
NOTE Confidence: 0.36488888

00:11:07.878 --> 00:11:09.000 not recognised as such,

NOTE Confidence: 0.36488888

00:11:09.000 --> 00:11:11.200 but also because they are presented

NOTE Confidence: 0.36488888

00:11:11.200 --> 00:11:13.755 as biomechanical illnesses and say

NOTE Confidence: 0.36488888

00:11:13.755 --> 00:11:16.065 otherwise risks forcing something that is

NOTE Confidence: 0.36488888

00:11:16.065 --> 00:11:20.000 being hidden for a purpose into the open.

NOTE Confidence: 0.36488888

00:11:20.000 --> 00:11:20.800 I'm a doctor,

NOTE Confidence: 0.36488888

00:11:20.800 --> 00:11:22.360 trained in the Western medical tradition,

NOTE Confidence: 0.36488888

00:11:22.360 --> 00:11:24.280 Irish born and living in London.

NOTE Confidence: 0.36488888

00:11:24.280 --> 00:11:25.815 These are the main cultural

NOTE Confidence: 0.36488888

00:11:25.815 --> 00:11:27.350 factors that influence my own

NOTE Confidence: 0.36488888

00:11:27.406 --> 00:11:29.344 health and illness beliefs and I'm

NOTE Confidence: 0.36488888

00:11:29.344 --> 00:11:31.098 indoctrinated to use that cultural

NOTE Confidence: 0.36488888

00:11:31.098 --> 00:11:33.118 language when talking about illness.

NOTE Confidence: 0.36488888

00:11:33.120 --> 00:11:34.400 Like many Western doctors,

NOTE Confidence: 0.36488888

00:11:34.400 --> 00:11:36.800 I medicalise feelings and behaviour.

NOTE Confidence: 0.36488888

00:11:36.800 --> 00:11:37.900 People come to me so that

NOTE Confidence: 0.36488888

00:11:37.900 --> 00:11:39.400 I will do that for them,
NOTE Confidence: 0.36488888

00:11:39.400 --> 00:11:40.940 give them a medical explanation
NOTE Confidence: 0.36488888

00:11:40.940 --> 00:11:42.440 for their suffering.
NOTE Confidence: 0.36488888

00:11:42.440 --> 00:11:43.064 But in truth,
NOTE Confidence: 0.36488888

00:11:43.064 --> 00:11:45.314 I worry all the time that what I'm doing,
NOTE Confidence: 0.36488888

00:11:45.320 --> 00:11:47.320 faithful as it is to my training and
NOTE Confidence: 0.36488888

00:11:47.320 --> 00:11:49.860 welcome as it may be to my patients,
NOTE Confidence: 0.36488888

00:11:49.860 --> 00:11:52.035 is wrong and potentially harmful.
NOTE Confidence: 0.36488888

00:11:52.040 --> 00:11:52.320 Thank
NOTE Confidence: 0.91123927

00:11:52.560 --> 00:11:53.679 you. Thank you.
NOTE Confidence: 0.91123927

00:11:55.800 --> 00:11:57.802 I'm going to ask you some questions
NOTE Confidence: 0.91123927

00:11:57.802 --> 00:11:59.746 about both the book and the
NOTE Confidence: 0.91123927

00:11:59.746 --> 00:12:01.118 writing process and medicine.
NOTE Confidence: 0.91123927

00:12:01.120 --> 00:12:02.760 You seem to combine all,
NOTE Confidence: 0.91123927

00:12:02.760 --> 00:12:03.760 but I want to start.
NOTE Confidence: 0.91123927

00:12:03.760 --> 00:12:07.554 You start your book with this quote.

NOTE Confidence: 0.91123927

00:12:07.560 --> 00:12:10.410 To try to understand the

NOTE Confidence: 0.91123927

00:12:10.410 --> 00:12:12.120 experience of another,

NOTE Confidence: 0.91123927

00:12:12.120 --> 00:12:14.990 it is necessary to dismantle the world

NOTE Confidence: 0.91123927

00:12:14.990 --> 00:12:18.397 as seen from one's own place within it,

NOTE Confidence: 0.91123927

00:12:18.400 --> 00:12:21.238 and to reassemble it from his.

NOTE Confidence: 0.91123927

00:12:21.240 --> 00:12:23.824 That's a quote from not from an English

NOTE Confidence: 0.91123927

00:12:23.824 --> 00:12:26.116 author that you start your book with,

NOTE Confidence: 0.91123927

00:12:26.120 --> 00:12:26.720 but from.

NOTE Confidence: 0.91123927

00:12:26.720 --> 00:12:28.520 It seems opposite of what you're

NOTE Confidence: 0.91123927

00:12:28.520 --> 00:12:30.519 supposed to learn in medical school,

NOTE Confidence: 0.91123927

00:12:30.520 --> 00:12:33.131 that you're supposed to memorize a ton

NOTE Confidence: 0.91123927

00:12:33.131 --> 00:12:36.440 of stuff and then come to conclusions.

NOTE Confidence: 0.91123927

00:12:36.440 --> 00:12:38.789 So can you tell us a little bit about

NOTE Confidence: 0.91123927

00:12:38.789 --> 00:12:41.396 why you chose that quote and do you

NOTE Confidence: 0.91123927

00:12:41.396 --> 00:12:43.340 think it's opposite of your medical

NOTE Confidence: 0.91123927

00:12:43.340 --> 00:12:45.440 training or it's part of it or.

NOTE Confidence: 0.9173826

00:12:46.560 --> 00:12:47.838 Yeah, I mean, I think it,

NOTE Confidence: 0.9173826

00:12:47.840 --> 00:12:49.372 you know, it's it's,

NOTE Confidence: 0.9173826

00:12:49.372 --> 00:12:51.670 it is phenomenally difficult to sort

NOTE Confidence: 0.9173826

00:12:51.741 --> 00:12:54.422 of remove yourself from the role of

NOTE Confidence: 0.9173826

00:12:54.422 --> 00:12:56.488 Doctor Who's supposed to understand

NOTE Confidence: 0.9173826

00:12:56.488 --> 00:12:58.180 everything in entirely biological

NOTE Confidence: 0.9173826

00:12:58.180 --> 00:13:00.872 way to the view of a patient who

NOTE Confidence: 0.9173826

00:13:00.872 --> 00:13:02.752 might have a view that kind of

NOTE Confidence: 0.9173826

00:13:02.752 --> 00:13:04.397 jars entirely with your biology.

NOTE Confidence: 0.9173826

00:13:04.400 --> 00:13:06.672 If we take for example a case in

NOTE Confidence: 0.9173826

00:13:06.672 --> 00:13:08.983 the book where there are a group

NOTE Confidence: 0.9173826

00:13:08.983 --> 00:13:11.568 of young women in Guyana in South

NOTE Confidence: 0.9173826

00:13:11.568 --> 00:13:13.683 America who are having contagious

NOTE Confidence: 0.9173826

00:13:13.683 --> 00:13:15.702 seizures and those people believe

NOTE Confidence: 0.9173826

00:13:15.702 --> 00:13:17.557 absolutely that their seizures are

NOTE Confidence: 0.9173826

00:13:17.557 --> 00:13:20.461 due to a spirit comes down from the

NOTE Confidence: 0.9173826

00:13:20.461 --> 00:13:22.960 mountain and is is haunting the school.

NOTE Confidence: 0.9173826

00:13:22.960 --> 00:13:24.850 Now that's not a belief that

NOTE Confidence: 0.9173826

00:13:24.850 --> 00:13:26.894 you know would work within our

NOTE Confidence: 0.9173826

00:13:26.894 --> 00:13:28.674 most of our belief systems.

NOTE Confidence: 0.9173826

00:13:28.680 --> 00:13:30.120 When when this outbreak of

NOTE Confidence: 0.9173826

00:13:30.120 --> 00:13:31.272 seizures happened in Guyana,

NOTE Confidence: 0.9173826

00:13:31.280 --> 00:13:33.794 an American psychologist went to Guyana

NOTE Confidence: 0.9173826

00:13:33.794 --> 00:13:36.023 and diagnosed mass hysteria and said

NOTE Confidence: 0.9173826

00:13:36.023 --> 00:13:38.530 this was all kind of a an anxiety

NOTE Confidence: 0.9173826

00:13:38.530 --> 00:13:41.155 panic related phenomenon and this

NOTE Confidence: 0.9173826

00:13:41.155 --> 00:13:43.160 community completely rejected that.

NOTE Confidence: 0.9173826

00:13:43.160 --> 00:13:45.120 Now the reason I'm I'm raising this

NOTE Confidence: 0.9173826

00:13:45.120 --> 00:13:47.249 in answer to your question is because

NOTE Confidence: 0.9173826

00:13:47.249 --> 00:13:49.324 the point is that these girls,

NOTE Confidence: 0.9173826

00:13:49.324 --> 00:13:52.278 they they were insulted by us reducing
NOTE Confidence: 0.9173826

00:13:52.278 --> 00:13:54.540 everything to biology and psychology
NOTE Confidence: 0.9173826

00:13:54.540 --> 00:13:57.192 because that's what Western doctors do.
NOTE Confidence: 0.9173826

00:13:57.200 --> 00:13:58.480 We want to understand everything
NOTE Confidence: 0.9173826

00:13:58.480 --> 00:13:59.760 in terms of you know,
NOTE Confidence: 0.9173826

00:13:59.760 --> 00:14:01.240 what's a neurotransmitter doing,
NOTE Confidence: 0.9173826

00:14:01.240 --> 00:14:02.720 what's the biology doing.
NOTE Confidence: 0.9173826

00:14:02.720 --> 00:14:04.256 But sometimes what we have to do is
NOTE Confidence: 0.9173826

00:14:04.256 --> 00:14:05.628 try and understand what the patient
NOTE Confidence: 0.9173826

00:14:05.628 --> 00:14:07.407 is trying to tell us with their
NOTE Confidence: 0.9173826

00:14:07.407 --> 00:14:09.760 symptoms in a more metaphorical way,
NOTE Confidence: 0.9173826

00:14:09.760 --> 00:14:12.203 so that we can kind of understand
NOTE Confidence: 0.9173826

00:14:12.203 --> 00:14:14.199 their point of view better.
NOTE Confidence: 0.9173826

00:14:14.200 --> 00:14:16.216 Because the alternative is that we
NOTE Confidence: 0.9173826

00:14:16.216 --> 00:14:17.895 approach every patient telling them
NOTE Confidence: 0.9173826

00:14:17.895 --> 00:14:19.569 they're wrong and their theories are

NOTE Confidence: 0.9173826

00:14:19.569 --> 00:14:22.119 wrong and we set up a combative relationship.

NOTE Confidence: 0.9173826

00:14:22.120 --> 00:14:23.440 So I think really for me,

NOTE Confidence: 0.9173826

00:14:23.440 --> 00:14:23.712 what?

NOTE Confidence: 0.9173826

00:14:23.712 --> 00:14:26.160 What what I'm trying to do in this book,

NOTE Confidence: 0.9173826

00:14:26.160 --> 00:14:27.483 but what I'm trying to do better

NOTE Confidence: 0.9173826

00:14:27.483 --> 00:14:28.754 myself as a doctor and I have

NOTE Confidence: 0.9173826

00:14:28.754 --> 00:14:30.000 to say I don't do it well,

NOTE Confidence: 0.9173826

00:14:30.000 --> 00:14:33.472 is is work better with my patients

NOTE Confidence: 0.9173826

00:14:33.472 --> 00:14:34.960 formulations because sometimes

NOTE Confidence: 0.9173826

00:14:35.043 --> 00:14:37.102 it works to say listen, no,

NOTE Confidence: 0.9173826

00:14:37.102 --> 00:14:38.914 it's not to do with electricity,

NOTE Confidence: 0.9173826

00:14:38.920 --> 00:14:40.108 pylons or vaccinations there

NOTE Confidence: 0.9173826

00:14:40.108 --> 00:14:41.593 that's not why you're sick.

NOTE Confidence: 0.9173826

00:14:41.600 --> 00:14:43.160 It's because this psychological

NOTE Confidence: 0.9173826

00:14:43.160 --> 00:14:45.110 thing is happening or this

NOTE Confidence: 0.9173826

00:14:45.110 --> 00:14:46.638 biological thing is happening.

NOTE Confidence: 0.9173826

00:14:46.640 --> 00:14:48.116 And that works for some people,

NOTE Confidence: 0.9173826

00:14:48.120 --> 00:14:49.996 but for other people they just are.

NOTE Confidence: 0.9173826

00:14:50.000 --> 00:14:53.122 So their symptoms are so embedded in

NOTE Confidence: 0.9173826

00:14:53.122 --> 00:14:55.000 their belief system that all you do do

NOTE Confidence: 0.9173826

00:14:55.000 --> 00:14:56.272 by giving those sort of explanations

NOTE Confidence: 0.9173826

00:14:56.324 --> 00:14:57.661 is back them into a corner where

NOTE Confidence: 0.9173826

00:14:57.661 --> 00:14:59.245 they have to fight against you.

NOTE Confidence: 0.9173826

00:14:59.245 --> 00:15:02.078 And if you can learn to put yourself

NOTE Confidence: 0.9173826

00:15:02.078 --> 00:15:04.153 in into those people's shoes

NOTE Confidence: 0.9173826

00:15:04.153 --> 00:15:06.760 and work with their formulation,

NOTE Confidence: 0.9173826

00:15:06.760 --> 00:15:08.965 that is a much better way to

NOTE Confidence: 0.9173826

00:15:08.965 --> 00:15:10.520 work for some people.

NOTE Confidence: 0.9173826

00:15:10.520 --> 00:15:12.404 Which is exactly the opposite of

NOTE Confidence: 0.9173826

00:15:12.404 --> 00:15:14.559 what we're taught to do as doctors.

NOTE Confidence: 0.9173826

00:15:14.560 --> 00:15:16.135 We're taught to just dismantle

NOTE Confidence: 0.9173826

00:15:16.135 --> 00:15:17.080 everything and say,

NOTE Confidence: 0.9173826

00:15:17.080 --> 00:15:17.606 you know,

NOTE Confidence: 0.9173826

00:15:17.606 --> 00:15:18.921 here's the biological explanation and

NOTE Confidence: 0.9173826

00:15:18.921 --> 00:15:21.076 and when the patient doesn't agree with us,

NOTE Confidence: 0.9173826

00:15:21.080 --> 00:15:22.556 we get into arguments with them.

NOTE Confidence: 0.9173826

00:15:22.560 --> 00:15:24.988 And we have to learn not to do that,

NOTE Confidence: 0.9173826

00:15:24.988 --> 00:15:26.759 to recognize when that's not going to work.

NOTE Confidence: 0.9032292

00:15:27.960 --> 00:15:29.245 Thank you. And it's interesting

NOTE Confidence: 0.9032292

00:15:29.245 --> 00:15:31.270 when you talk about, when you're

NOTE Confidence: 0.9032292

00:15:31.270 --> 00:15:34.240 sharing your feelings now about this,

NOTE Confidence: 0.9032292

00:15:34.240 --> 00:15:37.040 you write the book in first person,

NOTE Confidence: 0.9032292

00:15:37.040 --> 00:15:40.793 which is interesting because we

NOTE Confidence: 0.9032292

00:15:40.793 --> 00:15:42.558 hear you grappling with this.

NOTE Confidence: 0.9032292

00:15:42.560 --> 00:15:44.975 I mean, we can feel your groundedness

NOTE Confidence: 0.9032292

00:15:44.975 --> 00:15:47.520 in medicine and we hear you grappling.

NOTE Confidence: 0.9032292

00:15:47.520 --> 00:15:50.076 You at one point say you were worried you

NOTE Confidence: 0.9032292

00:15:50.076 --> 00:15:52.514 were going to cry talking to a patient.

NOTE Confidence: 0.9032292

00:15:52.520 --> 00:15:54.960 You talk about your vulnerabilities.

NOTE Confidence: 0.9032292

00:15:54.960 --> 00:15:56.640 Was this something as a writer?

NOTE Confidence: 0.9032292

00:15:56.640 --> 00:15:59.862 Did you before you even ventured

NOTE Confidence: 0.9032292

00:15:59.862 --> 00:16:01.473 off to Sweden?

NOTE Confidence: 0.9032292

00:16:01.480 --> 00:16:04.728 Did you plan on writing this as

NOTE Confidence: 0.9032292

00:16:04.728 --> 00:16:08.160 first person and being so open about,

NOTE Confidence: 0.9032292

00:16:08.160 --> 00:16:09.973 oh I shouldn't have said it this

NOTE Confidence: 0.9032292

00:16:09.973 --> 00:16:11.978 way or or or or worried about

NOTE Confidence: 0.9032292

00:16:11.978 --> 00:16:14.248 how you would make sure you were

NOTE Confidence: 0.9032292

00:16:14.248 --> 00:16:15.637 respecting their beliefs.

NOTE Confidence: 0.5323487

00:16:16.440 --> 00:16:20.365 I mean I I I definitely as a writer

NOTE Confidence: 0.5323487

00:16:20.365 --> 00:16:22.680 I don't think very consciously about,

NOTE Confidence: 0.5323487

00:16:22.680 --> 00:16:24.040 oh how am I going to do this?

NOTE Confidence: 0.5323487

00:16:24.040 --> 00:16:25.853 You just you right as you feel

NOTE Confidence: 0.5323487

00:16:25.853 --> 00:16:27.718 you right as you tell a story,

NOTE Confidence: 0.5323487

00:16:27.720 --> 00:16:29.840 as it would come out of you naturally.

NOTE Confidence: 0.5323487

00:16:29.840 --> 00:16:31.478 So I didn't. It wasn't a very,

NOTE Confidence: 0.5323487

00:16:31.480 --> 00:16:32.560 very conscious decision.

NOTE Confidence: 0.5323487

00:16:32.560 --> 00:16:35.664 But I can also understand why I wrote it

NOTE Confidence: 0.5323487

00:16:35.664 --> 00:16:38.240 the way that I did in the first person.

NOTE Confidence: 0.5323487

00:16:38.240 --> 00:16:40.345 Because this book particularly was

NOTE Confidence: 0.5323487

00:16:40.345 --> 00:16:43.000 a very big learning journey for me,

NOTE Confidence: 0.5323487

00:16:43.000 --> 00:16:45.630 because I was going to countries and

NOTE Confidence: 0.5323487

00:16:45.630 --> 00:16:47.490 communities where I really didn't know

NOTE Confidence: 0.5323487

00:16:47.490 --> 00:16:49.639 anything about the cultures or the people.

NOTE Confidence: 0.5323487

00:16:49.640 --> 00:16:52.447 And I was trying to understand something

NOTE Confidence: 0.5323487

00:16:52.447 --> 00:16:54.841 from the perspective of people whose

NOTE Confidence: 0.5323487

00:16:54.841 --> 00:16:57.079 cultures were so different to mine.

NOTE Confidence: 0.5323487

00:16:57.080 --> 00:16:59.320 So it was enormous learning

NOTE Confidence: 0.5323487

00:16:59.320 --> 00:17:00.960 kind of curve for me.
NOTE Confidence: 0.5323487

00:17:00.960 --> 00:17:05.100 I had to sort of really kind of not be
NOTE Confidence: 0.5323487

00:17:05.212 --> 00:17:08.030 the extremely technical London-based
NOTE Confidence: 0.5323487

00:17:08.030 --> 00:17:10.200 medical doctor that I was and start
NOTE Confidence: 0.5323487

00:17:10.200 --> 00:17:12.118 seeing things from another perspective.
NOTE Confidence: 0.5323487

00:17:12.120 --> 00:17:13.650 So what I was trying to do when I wrote
NOTE Confidence: 0.5323487

00:17:13.691 --> 00:17:15.175 in first person, although I again,
NOTE Confidence: 0.5323487

00:17:15.175 --> 00:17:16.600 I didn't do this consciously,
NOTE Confidence: 0.5323487

00:17:16.600 --> 00:17:17.930 I think I was trying to take
NOTE Confidence: 0.5323487

00:17:17.930 --> 00:17:19.422 people on my journey, you know?
NOTE Confidence: 0.5323487

00:17:19.422 --> 00:17:19.673 Yeah,
NOTE Confidence: 0.5323487

00:17:19.673 --> 00:17:21.919 I used to understand it the way you did.
NOTE Confidence: 0.5323487

00:17:21.920 --> 00:17:23.278 But then I met these people and
NOTE Confidence: 0.5323487

00:17:23.278 --> 00:17:24.519 I thought about it differently.
NOTE Confidence: 0.5323487

00:17:24.520 --> 00:17:26.080 And now I understand it differently.
NOTE Confidence: 0.5323487

00:17:26.080 --> 00:17:28.048 And I feel that that's a good way

NOTE Confidence: 0.5323487

00:17:28.048 --> 00:17:29.836 to teach people is to sort of,

NOTE Confidence: 0.5323487

00:17:29.840 --> 00:17:30.462 you know,

NOTE Confidence: 0.5323487

00:17:30.462 --> 00:17:32.639 take them on your train of thought

NOTE Confidence: 0.5323487

00:17:32.639 --> 00:17:34.638 and on your learning journey.

NOTE Confidence: 0.5323487

00:17:34.640 --> 00:17:36.584 But also the stories are very they're not

NOTE Confidence: 0.5323487

00:17:36.584 --> 00:17:38.477 just about the people I'm writing about,

NOTE Confidence: 0.5323487

00:17:38.480 --> 00:17:39.508 They are about me.

NOTE Confidence: 0.5323487

00:17:39.508 --> 00:17:40.793 They are about sort of,

NOTE Confidence: 0.5323487

00:17:40.800 --> 00:17:41.398 you know,

NOTE Confidence: 0.5323487

00:17:41.398 --> 00:17:43.192 I walk into a community about

NOTE Confidence: 0.5323487

00:17:43.192 --> 00:17:44.560 which about whom I know,

NOTE Confidence: 0.5323487

00:17:44.560 --> 00:17:48.067 know nothing and kind of wander around

NOTE Confidence: 0.5323487

00:17:48.067 --> 00:17:50.860 slightly aimlessly for a while sometimes

NOTE Confidence: 0.5323487

00:17:50.860 --> 00:17:53.674 until I begin to figure it out.

NOTE Confidence: 0.5323487

00:17:53.680 --> 00:17:55.288 And I think that's an important

NOTE Confidence: 0.5323487

00:17:55.288 --> 00:17:57.030 part of the journey because you
NOTE Confidence: 0.5323487

00:17:57.030 --> 00:17:58.860 know I'm learning a new perspective
NOTE Confidence: 0.5323487

00:17:58.860 --> 00:18:00.644 from these amazing people who are
NOTE Confidence: 0.5323487

00:18:00.644 --> 00:18:02.680 generous enough to teach it to me.
NOTE Confidence: 0.879371108571429

00:18:03.640 --> 00:18:06.720 And your detail is wonderful and we,
NOTE Confidence: 0.879371108571429

00:18:06.720 --> 00:18:09.120 I think that's what makes the book so
NOTE Confidence: 0.879371108571429

00:18:09.120 --> 00:18:11.301 riveting also is we do feel that we're
NOTE Confidence: 0.879371108571429

00:18:11.301 --> 00:18:13.551 with you and we're kind of shocked about
NOTE Confidence: 0.879371108571429

00:18:13.551 --> 00:18:15.753 what you see and what you're hearing.
NOTE Confidence: 0.879371108571429

00:18:15.753 --> 00:18:19.223 So from there's a lot of writers in
NOTE Confidence: 0.879371108571429

00:18:19.223 --> 00:18:21.624 the audience here from the just the
NOTE Confidence: 0.879371108571429

00:18:21.624 --> 00:18:23.781 technical part because it is just
NOTE Confidence: 0.879371108571429

00:18:23.781 --> 00:18:25.881 wonderful how you bring in dialogue
NOTE Confidence: 0.879371108571429

00:18:25.946 --> 00:18:28.277 and I think that's what really gets,
NOTE Confidence: 0.879371108571429

00:18:28.280 --> 00:18:30.800 keeps the narrative going.
NOTE Confidence: 0.879371108571429

00:18:30.800 --> 00:18:31.848 Did you have like,

NOTE Confidence: 0.879371108571429
00:18:31.848 --> 00:18:34.200 were you writing down as you saw like how
NOTE Confidence: 0.879371108571429
00:18:34.200 --> 00:18:36.140 did you capture that or was it memory?
NOTE Confidence: 0.879371108571429
00:18:36.140 --> 00:18:38.420 Did you go back to people and say I'm
NOTE Confidence: 0.879371108571429
00:18:38.420 --> 00:18:39.919 using this sentence that you said,
NOTE Confidence: 0.879371108571429
00:18:39.920 --> 00:18:41.640 is that OK? Actually
NOTE Confidence: 0.90755576
00:18:41.640 --> 00:18:44.748 I record everything so because I can't
NOTE Confidence: 0.90755576
00:18:44.748 --> 00:18:47.559 listen properly if I'm not recording.
NOTE Confidence: 0.90755576
00:18:47.560 --> 00:18:48.880 So when I was there,
NOTE Confidence: 0.90755576
00:18:48.880 --> 00:18:50.968 I just recorded every conversation I
NOTE Confidence: 0.90755576
00:18:50.968 --> 00:18:53.988 have so that I can kind of pay proper
NOTE Confidence: 0.90755576
00:18:53.988 --> 00:18:56.280 attention and ask questions as I go.
NOTE Confidence: 0.90755576
00:18:56.280 --> 00:18:58.177 It also slightly helped that I was
NOTE Confidence: 0.90755576
00:18:58.177 --> 00:19:00.133 working or it helped and didn't help
NOTE Confidence: 0.90755576
00:19:00.133 --> 00:19:02.440 that I was working with a translator.
NOTE Confidence: 0.90755576
00:19:02.440 --> 00:19:03.798 Most of the places I went to,
NOTE Confidence: 0.90755576

00:19:03.800 --> 00:19:06.411 because I went to Kazakhstan and places
NOTE Confidence: 0.90755576

00:19:06.411 --> 00:19:09.765 where I I didn't speak the language and
NOTE Confidence: 0.90755576

00:19:09.765 --> 00:19:11.970 I found that I had like about 5 minutes
NOTE Confidence: 0.90755576

00:19:12.034 --> 00:19:14.190 between every question to to make a
NOTE Confidence: 0.90755576

00:19:14.190 --> 00:19:16.433 note of everything that was in the
NOTE Confidence: 0.90755576

00:19:16.433 --> 00:19:18.317 room and everything that was happening.
NOTE Confidence: 0.90755576

00:19:18.320 --> 00:19:20.917 So they were quite slow conversations because
NOTE Confidence: 0.90755576

00:19:20.917 --> 00:19:23.398 they were happening through an interpreter.
NOTE Confidence: 0.90755576

00:19:23.400 --> 00:19:25.390 But I so for my sort of feeling of the
NOTE Confidence: 0.90755576

00:19:25.449 --> 00:19:27.759 surroundings and for what I'm going through,
NOTE Confidence: 0.90755576

00:19:27.760 --> 00:19:29.656 I'm taking notes the whole time
NOTE Confidence: 0.90755576

00:19:29.656 --> 00:19:30.920 when the interpreters talking,
NOTE Confidence: 0.90755576

00:19:30.920 --> 00:19:33.120 but I also record everything.
NOTE Confidence: 0.90755576

00:19:33.120 --> 00:19:34.962 I think recording is great because
NOTE Confidence: 0.90755576

00:19:34.962 --> 00:19:37.239 basically it's if you try to take notes,
NOTE Confidence: 0.90755576

00:19:37.240 --> 00:19:38.888 you look back at your notes at a

NOTE Confidence: 0.90755576

00:19:38.888 --> 00:19:40.597 later date and you you just can't

NOTE Confidence: 0.90755576

00:19:40.597 --> 00:19:42.260 completely make sense of them or you

NOTE Confidence: 0.90755576

00:19:42.260 --> 00:19:44.160 left a bit out and you wish you hadn't.

NOTE Confidence: 0.90755576

00:19:44.160 --> 00:19:45.040 So yeah,

NOTE Confidence: 0.90755576

00:19:45.040 --> 00:19:47.440 I think recording really adds to

NOTE Confidence: 0.90755576

00:19:47.440 --> 00:19:49.720 the the authenticity of the detail.

NOTE Confidence: 0.421726

00:19:50.800 --> 00:19:52.080 And your first book, well,

NOTE Confidence: 0.421726

00:19:52.080 --> 00:19:53.044 I don't know if it's your first,

NOTE Confidence: 0.421726

00:19:53.044 --> 00:19:54.520 but the book before this one,

NOTE Confidence: 0.421726

00:19:54.520 --> 00:19:56.120 it's all in your head.

NOTE Confidence: 0.421726

00:19:56.120 --> 00:19:58.440 You write about your own patience.

NOTE Confidence: 0.421726

00:19:58.440 --> 00:20:00.624 This book I think was your first where you

NOTE Confidence: 0.421726

00:20:00.624 --> 00:20:03.060 went to visit and you're kind of a doctor,

NOTE Confidence: 0.421726

00:20:03.060 --> 00:20:04.280 but you're not a doctor

NOTE Confidence: 0.421726

00:20:04.280 --> 00:20:05.640 and you're a journalist,

NOTE Confidence: 0.421726

00:20:05.640 --> 00:20:06.720 but you're not a journalist.
NOTE Confidence: 0.421726

00:20:06.720 --> 00:20:08.576 And how did was that a
NOTE Confidence: 0.421726

00:20:08.576 --> 00:20:09.771 comfortable transition for you?
NOTE Confidence: 0.421726

00:20:09.771 --> 00:20:11.553 Was it easier to be like,
NOTE Confidence: 0.421726

00:20:11.560 --> 00:20:13.240 OK, I don't have to,
NOTE Confidence: 0.421726

00:20:13.240 --> 00:20:14.885 this is a one time shot and
NOTE Confidence: 0.421726

00:20:14.885 --> 00:20:16.320 I'm not trying to cure you.
NOTE Confidence: 0.421726

00:20:16.320 --> 00:20:16.920 I'm just writing
NOTE Confidence: 0.421726

00:20:16.920 --> 00:20:17.718 about your story.
NOTE Confidence: 0.7333724

00:20:18.200 --> 00:20:19.840 Yeah, no, in the in this latest book,
NOTE Confidence: 0.7333724

00:20:19.840 --> 00:20:22.318 I mean, I I would basically,
NOTE Confidence: 0.7333724

00:20:22.320 --> 00:20:23.488 as my agent knows,
NOTE Confidence: 0.7333724

00:20:23.488 --> 00:20:25.240 like for the first year after,
NOTE Confidence: 0.7333724

00:20:25.240 --> 00:20:26.570 you know, I said I told my
NOTE Confidence: 0.7333724

00:20:26.570 --> 00:20:27.600 publisher I'd write this book.
NOTE Confidence: 0.7333724

00:20:27.600 --> 00:20:29.518 They agreed to pay me for writing

NOTE Confidence: 0.7333724

00:20:29.518 --> 00:20:31.527 the book and then for about the

NOTE Confidence: 0.7333724

00:20:31.527 --> 00:20:33.654 next year I tried to contact people

NOTE Confidence: 0.7333724

00:20:33.654 --> 00:20:35.554 in Kazakhstan and Colombia and

NOTE Confidence: 0.7333724

00:20:35.554 --> 00:20:37.620 Nicaragua and everywhere just to tell,

NOTE Confidence: 0.7333724

00:20:37.620 --> 00:20:39.620 to read some, tell me their stories.

NOTE Confidence: 0.7333724

00:20:39.620 --> 00:20:41.760 And I'd never done anything like that before.

NOTE Confidence: 0.7333724

00:20:41.760 --> 00:20:43.728 And I have to say that that possibly

NOTE Confidence: 0.7333724

00:20:43.728 --> 00:20:45.520 was the worst year of my life.

NOTE Confidence: 0.7333724

00:20:45.520 --> 00:20:46.876 I mean, I just, I'm not.

NOTE Confidence: 0.7333724

00:20:46.880 --> 00:20:48.400 I'm not trained in this.

NOTE Confidence: 0.7333724

00:20:48.400 --> 00:20:49.966 And I had to just suddenly

NOTE Confidence: 0.7333724

00:20:49.966 --> 00:20:51.920 learn how do you make contacts?

NOTE Confidence: 0.7333724

00:20:51.920 --> 00:20:54.440 How do you, how do you function more

NOTE Confidence: 0.7333724

00:20:54.440 --> 00:20:57.555 like a journalist and not like a doctor?

NOTE Confidence: 0.7333724

00:20:57.560 --> 00:21:00.318 So making the contacts in the first,

NOTE Confidence: 0.7333724

00:21:00.320 --> 00:21:01.216 for instance,
NOTE Confidence: 0.7333724

00:21:01.216 --> 00:21:02.560 was phenomenally difficult.
NOTE Confidence: 0.7333724

00:21:02.560 --> 00:21:04.240 But then when I visited the people,
NOTE Confidence: 0.7333724

00:21:04.240 --> 00:21:06.304 I also found that doubly difficult
NOTE Confidence: 0.7333724

00:21:06.304 --> 00:21:08.466 because as you say, in the past,
NOTE Confidence: 0.7333724

00:21:08.466 --> 00:21:10.038 I've written about my own patients.
NOTE Confidence: 0.7333724

00:21:10.040 --> 00:21:11.880 So if my own patient comes to me and says,
NOTE Confidence: 0.7333724

00:21:11.880 --> 00:21:13.792 you know, my seizures are terrible and all
NOTE Confidence: 0.7333724

00:21:13.792 --> 00:21:15.516 these awful things are happening to me,
NOTE Confidence: 0.7333724

00:21:15.520 --> 00:21:17.277 I have the power to help them.
NOTE Confidence: 0.7333724

00:21:17.280 --> 00:21:19.536 You know, I have the power to to give
NOTE Confidence: 0.7333724

00:21:19.536 --> 00:21:21.680 them treatment or to refer them to someone.
NOTE Confidence: 0.7333724

00:21:21.680 --> 00:21:24.560 But the people in this book were telling
NOTE Confidence: 0.7333724

00:21:24.560 --> 00:21:27.404 me these really tragic stories and all
NOTE Confidence: 0.7333724

00:21:27.404 --> 00:21:29.036 I could offer them was my listening ear.
NOTE Confidence: 0.7333724

00:21:29.040 --> 00:21:29.680 And I have to say,

NOTE Confidence: 0.7333724

00:21:29.680 --> 00:21:31.480 I'm still uncomfortable with it.

NOTE Confidence: 0.7333724

00:21:31.480 --> 00:21:33.580 I still struggle with with the

NOTE Confidence: 0.7333724

00:21:33.580 --> 00:21:35.240 morality of it sometimes is,

NOTE Confidence: 0.7333724

00:21:35.240 --> 00:21:37.360 is it OK to travel around to to

NOTE Confidence: 0.7333724

00:21:37.360 --> 00:21:38.420 different communities and just

NOTE Confidence: 0.7333724

00:21:38.420 --> 00:21:39.860 listen to the stories and walk

NOTE Confidence: 0.7333724

00:21:39.860 --> 00:21:41.440 away and leave nothing behind?

NOTE Confidence: 0.7333724

00:21:41.440 --> 00:21:43.258 But the book you're going to

NOTE Confidence: 0.7333724

00:21:43.258 --> 00:21:44.896 write from which they possibly

NOTE Confidence: 0.7333724

00:21:44.896 --> 00:21:47.074 won't gain in any way whatsoever.

NOTE Confidence: 0.7333724

00:21:47.080 --> 00:21:48.382 And I mean the conclusion I

NOTE Confidence: 0.7333724

00:21:48.382 --> 00:21:49.759 came to is that you know,

NOTE Confidence: 0.7333724

00:21:49.760 --> 00:21:51.520 we have to tell story.

NOTE Confidence: 0.7333724

00:21:51.520 --> 00:21:52.060 You know,

NOTE Confidence: 0.7333724

00:21:52.060 --> 00:21:53.680 if if people's stories aren't heard,

NOTE Confidence: 0.7333724

00:21:53.680 --> 00:21:55.832 no one will ever get help and no
NOTE Confidence: 0.7333724

00:21:55.832 --> 00:21:57.160 one will ever learn.
NOTE Confidence: 0.7333724

00:21:57.160 --> 00:21:59.575 But I I did feel uncomfortable not
NOTE Confidence: 0.7333724

00:21:59.575 --> 00:22:02.200 being able to function as a doctor,
NOTE Confidence: 0.7333724

00:22:02.200 --> 00:22:04.084 and I found myself sometimes kind
NOTE Confidence: 0.7333724

00:22:04.084 --> 00:22:05.750 of giving advice when I felt like
NOTE Confidence: 0.7333724

00:22:05.750 --> 00:22:07.319 maybe I shouldn't be giving advice.
NOTE Confidence: 0.7333724

00:22:07.320 --> 00:22:08.796 It was a very difficult line
NOTE Confidence: 0.7333724

00:22:08.796 --> 00:22:10.380 to tread for me that, yes,
NOTE Confidence: 0.7333724

00:22:10.380 --> 00:22:11.680 I was quite uncomfortable with.
NOTE Confidence: 0.7333724

00:22:11.680 --> 00:22:12.160 Yeah,
NOTE Confidence: 0.47428158

00:22:14.440 --> 00:22:17.220 Did you afterwards then
NOTE Confidence: 0.47428158

00:22:17.220 --> 00:22:19.920 did you go back to the.
NOTE Confidence: 0.47428158

00:22:19.920 --> 00:22:22.440 I guess it's part even through a translator,
NOTE Confidence: 0.47428158

00:22:22.440 --> 00:22:24.505 but did you go back over the
NOTE Confidence: 0.47428158

00:22:24.505 --> 00:22:26.775 drafts and say this is how you're

NOTE Confidence: 0.47428158

00:22:26.775 --> 00:22:28.749 going to be portrayed or were

NOTE Confidence: 0.47428158

00:22:28.821 --> 00:22:30.806 there times that people then

NOTE Confidence: 0.47428158

00:22:30.806 --> 00:22:32.791 said actually you visited me?

NOTE Confidence: 0.47428158

00:22:32.800 --> 00:22:34.400 Because we won't know this from the book.

NOTE Confidence: 0.47428158

00:22:34.400 --> 00:22:36.040 Don't put my story in.

NOTE Confidence: 0.89858896

00:22:37.360 --> 00:22:38.872 No. I mean, I haven't been

NOTE Confidence: 0.89858896

00:22:38.872 --> 00:22:39.880 back to the communities,

NOTE Confidence: 0.89858896

00:22:39.880 --> 00:22:41.716 but they are very far away,

NOTE Confidence: 0.89858896

00:22:41.720 --> 00:22:44.000 far-flung communities.

NOTE Confidence: 0.89858896

00:22:44.000 --> 00:22:48.098 And I also I didn't I if I'm

NOTE Confidence: 0.89858896

00:22:48.098 --> 00:22:50.028 writing about people, you know,

NOTE Confidence: 0.89858896

00:22:50.028 --> 00:22:51.498 some people will request to

NOTE Confidence: 0.89858896

00:22:51.498 --> 00:22:52.880 see what you're writing.

NOTE Confidence: 0.89858896

00:22:52.880 --> 00:22:54.458 No one in this particular book

NOTE Confidence: 0.89858896

00:22:54.458 --> 00:22:55.960 actually did make that request.

NOTE Confidence: 0.89858896

00:22:55.960 --> 00:22:57.280 But in other things I've written,
NOTE Confidence: 0.89858896

00:22:57.280 --> 00:22:59.440 people have requested to see it.
NOTE Confidence: 0.89858896

00:22:59.440 --> 00:23:00.730 And if someone requests to see
NOTE Confidence: 0.89858896

00:23:00.730 --> 00:23:02.040 my writing before it's published,
NOTE Confidence: 0.89858896

00:23:02.040 --> 00:23:03.314 I will allow them to see it.
NOTE Confidence: 0.89858896

00:23:03.320 --> 00:23:06.330 But you know, I don't promise anybody
NOTE Confidence: 0.89858896

00:23:06.330 --> 00:23:09.520 any any sort of editorial sort of,
NOTE Confidence: 0.89858896

00:23:09.520 --> 00:23:11.520 you know, it's not a very truthful story.
NOTE Confidence: 0.89858896

00:23:11.520 --> 00:23:14.360 If I need to bend it to their
NOTE Confidence: 0.89858896

00:23:14.360 --> 00:23:16.076 to their view of of it,
NOTE Confidence: 0.89858896

00:23:16.080 --> 00:23:19.880 I have to tell it as it was told to me.
NOTE Confidence: 0.89858896

00:23:19.880 --> 00:23:22.450 So I didn't show it to any of these people
NOTE Confidence: 0.89858896

00:23:22.519 --> 00:23:25.273 because none of them asked and I don't offer,
NOTE Confidence: 0.89858896

00:23:25.280 --> 00:23:28.920 I wait to be asked and I I don't know,
NOTE Confidence: 0.89858896

00:23:28.920 --> 00:23:31.755 I I I wrote in English and you know,
NOTE Confidence: 0.89858896

00:23:31.760 --> 00:23:33.120 the book isn't in Kazakhstan,

NOTE Confidence: 0.89858896

00:23:33.120 --> 00:23:34.176 isn't in Kazakhstani.

NOTE Confidence: 0.89858896

00:23:34.176 --> 00:23:34.880 And I,

NOTE Confidence: 0.89858896

00:23:34.880 --> 00:23:38.012 I don't know if the communities

NOTE Confidence: 0.89858896

00:23:38.012 --> 00:23:40.680 have actually read the book.

NOTE Confidence: 0.89858896

00:23:40.680 --> 00:23:43.952 I sent the book to the translators that

NOTE Confidence: 0.89858896

00:23:43.952 --> 00:23:46.495 I worked with because they were the only

NOTE Confidence: 0.89858896

00:23:46.495 --> 00:23:48.679 real contacts I had for the communities.

NOTE Confidence: 0.89858896

00:23:48.680 --> 00:23:50.696 But I haven't kind of heard

NOTE Confidence: 0.89858896

00:23:50.696 --> 00:23:52.040 anything back from that.

NOTE Confidence: 0.89858896

00:23:52.040 --> 00:23:52.718 So yeah,

NOTE Confidence: 0.89858896

00:23:52.718 --> 00:23:55.091 I mean that's another way in which

NOTE Confidence: 0.89858896

00:23:55.091 --> 00:23:57.600 it's quite a for me as a doctor

NOTE Confidence: 0.89858896

00:23:57.600 --> 00:23:59.200 because I'm used to intervening

NOTE Confidence: 0.89858896

00:23:59.200 --> 00:24:00.524 or helping or contributing.

NOTE Confidence: 0.89858896

00:24:00.524 --> 00:24:03.439 It was quite a difficult part of the process.

NOTE Confidence: 0.89858896

00:24:03.440 --> 00:24:03.695 Also,
NOTE Confidence: 0.89858896

00:24:03.695 --> 00:24:05.990 as you just send the work out there and
NOTE Confidence: 0.89858896

00:24:06.050 --> 00:24:08.314 you hope it it has some positive effect,
NOTE Confidence: 0.89858896

00:24:08.320 --> 00:24:10.636 you hope nobody's feelings are hurt.
NOTE Confidence: 0.89858896

00:24:10.640 --> 00:24:12.284 I do try very,
NOTE Confidence: 0.89858896

00:24:12.284 --> 00:24:15.120 very hard when I'm writing not to,
NOTE Confidence: 0.89858896

00:24:15.120 --> 00:24:16.440 you know, I think it's it's very easy
NOTE Confidence: 0.89858896

00:24:16.440 --> 00:24:17.957 to be salacious when you're writing,
NOTE Confidence: 0.89858896

00:24:17.960 --> 00:24:19.508 to write the most outrageous details
NOTE Confidence: 0.89858896

00:24:19.508 --> 00:24:21.017 so that everyone will go, wow,
NOTE Confidence: 0.89858896

00:24:21.017 --> 00:24:23.393 I I absolutely try not to do that.
NOTE Confidence: 0.89858896

00:24:23.400 --> 00:24:24.432 I leave out,
NOTE Confidence: 0.89858896

00:24:24.432 --> 00:24:25.120 you know,
NOTE Confidence: 0.89858896

00:24:25.120 --> 00:24:27.080 things that other people might put in.
NOTE Confidence: 0.89858896

00:24:27.080 --> 00:24:28.160 And I've tried very,
NOTE Confidence: 0.89858896

00:24:28.160 --> 00:24:29.780 very hard not to hurt people's

NOTE Confidence: 0.89858896

00:24:29.837 --> 00:24:31.477 feelings because I feel myself,

NOTE Confidence: 0.89858896

00:24:31.480 --> 00:24:34.840 I'm a doctor more than I'm a writer.

NOTE Confidence: 0.89858896

00:24:34.840 --> 00:24:37.792 So I I try to write as a doctor.

NOTE Confidence: 0.89858896

00:24:37.800 --> 00:24:38.186 But truthfully,

NOTE Confidence: 0.89858896

00:24:38.186 --> 00:24:39.537 I don't know the impact of the

NOTE Confidence: 0.89858896

00:24:39.537 --> 00:24:40.838 book on the people I wrote about.

NOTE Confidence: 0.87640685

00:24:42.400 --> 00:24:43.770 Well, that's interesting that you

NOTE Confidence: 0.87640685

00:24:43.770 --> 00:24:45.411 were saying just now you're a

NOTE Confidence: 0.87640685

00:24:45.411 --> 00:24:46.755 doctor more than you're a writer.

NOTE Confidence: 0.87640685

00:24:46.760 --> 00:24:49.000 Because I wanted to ask you about

NOTE Confidence: 0.87640685

00:24:49.000 --> 00:24:52.680 that in terms of your career journey.

NOTE Confidence: 0.87640685

00:24:52.680 --> 00:24:54.240 And maybe you just answered it,

NOTE Confidence: 0.87640685

00:24:54.240 --> 00:24:56.095 but were you always sort of writing

NOTE Confidence: 0.87640685

00:24:56.095 --> 00:24:58.193 and then you decided to go to

NOTE Confidence: 0.87640685

00:24:58.193 --> 00:24:59.753 medical school and then afterwards

NOTE Confidence: 0.87640685

00:24:59.760 --> 00:25:02.544 you got this Masters to then say,
NOTE Confidence: 0.87640685

00:25:02.544 --> 00:25:05.158 OK, I want to go back to what
NOTE Confidence: 0.87640685

00:25:05.158 --> 00:25:06.600 I've always wanted to do.
NOTE Confidence: 0.87640685

00:25:06.600 --> 00:25:08.496 Or did you go into medical
NOTE Confidence: 0.87640685

00:25:08.496 --> 00:25:10.206 school and feel like, wow,
NOTE Confidence: 0.87640685

00:25:10.206 --> 00:25:12.436 there's all these amazing stories.
NOTE Confidence: 0.87640685

00:25:12.440 --> 00:25:13.720 I should get some skills.
NOTE Confidence: 0.87640685

00:25:13.720 --> 00:25:14.940 This is something I've
NOTE Confidence: 0.87640685

00:25:14.940 --> 00:25:16.160 never thought about before.
NOTE Confidence: 0.80244434

00:25:16.600 --> 00:25:17.320 Yeah, I know. I mean,
NOTE Confidence: 0.80244434

00:25:17.320 --> 00:25:19.312 I find I do everything in life backwards
NOTE Confidence: 0.80244434

00:25:19.312 --> 00:25:21.360 and in the wrong order in some way.
NOTE Confidence: 0.80244434

00:25:21.360 --> 00:25:22.758 So it was nothing like any.
NOTE Confidence: 0.80244434

00:25:22.760 --> 00:25:24.476 There was no meaning or intention.
NOTE Confidence: 0.80244434

00:25:24.480 --> 00:25:27.520 And I mean, when I was about nine years old,
NOTE Confidence: 0.80244434

00:25:27.520 --> 00:25:29.600 I decided I want to be a writer.

NOTE Confidence: 0.80244434

00:25:29.600 --> 00:25:31.434 And I remember writing my first book,

NOTE Confidence: 0.80244434

00:25:31.440 --> 00:25:33.520 which was like, you know,

NOTE Confidence: 0.80244434

00:25:33.520 --> 00:25:35.820 4 pages long or whatever, you know.

NOTE Confidence: 0.80244434

00:25:35.820 --> 00:25:38.520 And so I always wanted to be a writer.

NOTE Confidence: 0.80244434

00:25:38.520 --> 00:25:40.560 But you know what I I grew up in Ireland

NOTE Confidence: 0.80244434

00:25:40.614 --> 00:25:42.558 in the 1980s and I can tell you,

NOTE Confidence: 0.80244434

00:25:42.560 --> 00:25:44.576 you didn't tell your mother and father you

NOTE Confidence: 0.80244434

00:25:44.576 --> 00:25:46.227 wanted to be writer in 1980s in Ireland.

NOTE Confidence: 0.80244434

00:25:46.227 --> 00:25:47.072 Because they would just look

NOTE Confidence: 0.80244434

00:25:47.072 --> 00:25:48.257 at you and just think, well,

NOTE Confidence: 0.80244434

00:25:48.257 --> 00:25:50.279 you know you who's going to,

NOTE Confidence: 0.80244434

00:25:50.280 --> 00:25:51.200 who's going to feed you,

NOTE Confidence: 0.80244434

00:25:51.200 --> 00:25:53.306 who's going to look at you know it would

NOTE Confidence: 0.80244434

00:25:53.306 --> 00:25:55.157 just didn't that that didn't exist.

NOTE Confidence: 0.80244434

00:25:55.160 --> 00:25:57.225 I didn't come from the kind of

NOTE Confidence: 0.80244434

00:25:57.225 --> 00:25:58.960 background it where you would have
NOTE Confidence: 0.80244434

00:25:58.960 --> 00:26:00.920 the luxury of being a writer.
NOTE Confidence: 0.80244434

00:26:00.920 --> 00:26:02.000 So when I left school,
NOTE Confidence: 0.80244434

00:26:02.000 --> 00:26:04.088 I was actually talked out of being a
NOTE Confidence: 0.80244434

00:26:04.088 --> 00:26:07.280 writer by my mother, which I don't.
NOTE Confidence: 0.80244434

00:26:07.280 --> 00:26:08.972 I don't think was the wrong
NOTE Confidence: 0.80244434

00:26:08.972 --> 00:26:10.720 decision and I did medicine,
NOTE Confidence: 0.80244434

00:26:10.720 --> 00:26:12.400 which obviously is completely different,
NOTE Confidence: 0.80244434

00:26:12.400 --> 00:26:14.002 but I never quite forgot that
NOTE Confidence: 0.80244434

00:26:14.002 --> 00:26:15.679 I wanted to be a writer.
NOTE Confidence: 0.80244434

00:26:15.680 --> 00:26:16.932 I read a lot,
NOTE Confidence: 0.80244434

00:26:16.932 --> 00:26:20.440 but I between the ages of like 18
NOTE Confidence: 0.80244434

00:26:20.440 --> 00:26:24.357 and 40I I didn't write a single word.
NOTE Confidence: 0.80244434

00:26:24.360 --> 00:26:25.695 And then and then basically
NOTE Confidence: 0.80244434

00:26:25.695 --> 00:26:27.838 I I kind of got to that age.
NOTE Confidence: 0.80244434

00:26:27.840 --> 00:26:29.760 I maybe you're get to an age where you think,

NOTE Confidence: 0.80244434

00:26:29.760 --> 00:26:30.768 well, you know,

NOTE Confidence: 0.80244434

00:26:30.768 --> 00:26:33.120 I haven't fulfilled any of my ambitions.

NOTE Confidence: 0.80244434

00:26:33.120 --> 00:26:35.220 I can either fulfil them now or

NOTE Confidence: 0.80244434

00:26:35.220 --> 00:26:36.840 just stop thinking about them.

NOTE Confidence: 0.80244434

00:26:36.840 --> 00:26:38.480 So I just decided to write a book,

NOTE Confidence: 0.80244434

00:26:38.480 --> 00:26:39.680 and I wrote a novel actually,

NOTE Confidence: 0.80244434

00:26:39.680 --> 00:26:41.399 and I sent it to an agent and I

NOTE Confidence: 0.80244434

00:26:41.399 --> 00:26:43.261 got an agent and she told me to

NOTE Confidence: 0.80244434

00:26:43.261 --> 00:26:44.280 write about my work.

NOTE Confidence: 0.80244434

00:26:44.280 --> 00:26:46.373 So I actually wrote about my work

NOTE Confidence: 0.80244434

00:26:46.373 --> 00:26:48.004 because of someone else's suggestions

NOTE Confidence: 0.80244434

00:26:48.004 --> 00:26:50.676 that never really occurred to me to do,

NOTE Confidence: 0.80244434

00:26:50.680 --> 00:26:52.036 but it's all worked out OK,

NOTE Confidence: 0.80244434

00:26:52.040 --> 00:26:53.440 so I don't regret it.

NOTE Confidence: 0.80244434

00:26:53.440 --> 00:26:54.238 And funnily enough,

NOTE Confidence: 0.80244434

00:26:54.238 --> 00:26:56.100 I didn't do the Masters in Creative
NOTE Confidence: 0.80244434

00:26:56.151 --> 00:26:57.627 Writing until after my first book
NOTE Confidence: 0.80244434

00:26:57.627 --> 00:26:59.457 and after I'd won the welcome book
NOTE Confidence: 0.80244434

00:26:59.457 --> 00:27:01.035 prize because I kind of thought,
NOTE Confidence: 0.80244434

00:27:01.040 --> 00:27:01.652 Oh my God,
NOTE Confidence: 0.80244434

00:27:01.652 --> 00:27:03.372 I'm I'm a writer and I don't know
NOTE Confidence: 0.80244434

00:27:03.372 --> 00:27:04.077 how to write.
NOTE Confidence: 0.80244434

00:27:04.080 --> 00:27:06.088 I'm a writer and I've no one's ever
NOTE Confidence: 0.80244434

00:27:06.088 --> 00:27:07.832 taught me anything and I don't
NOTE Confidence: 0.80244434

00:27:07.832 --> 00:27:09.800 know this world. I better learn.
NOTE Confidence: 0.80244434

00:27:09.800 --> 00:27:11.240 I'm very pro education.
NOTE Confidence: 0.80244434

00:27:11.240 --> 00:27:12.436 So I just thought,
NOTE Confidence: 0.80244434

00:27:12.436 --> 00:27:14.230 better go to college and learn
NOTE Confidence: 0.80244434

00:27:14.294 --> 00:27:15.758 something about writing.
NOTE Confidence: 0.80244434

00:27:15.760 --> 00:27:17.596 But technically I was already writing.
NOTE Confidence: 0.80244434

00:27:17.600 --> 00:27:19.598 But then I thought, you know,

NOTE Confidence: 0.80244434

00:27:19.600 --> 00:27:21.028 I'll get a bit more education and

NOTE Confidence: 0.80244434

00:27:21.028 --> 00:27:21.960 be a better writer

NOTE Confidence: 0.8790256

00:27:22.760 --> 00:27:24.515 and did it help? I mean or did you

NOTE Confidence: 0.8790256

00:27:24.515 --> 00:27:26.158 kind of feel like this was silly,

NOTE Confidence: 0.8790256

00:27:26.160 --> 00:27:27.720 like you don't need to get that graduate

NOTE Confidence: 0.8790256

00:27:27.960 --> 00:27:30.120 degree? Do you know what helped a lot is

NOTE Confidence: 0.8790256

00:27:30.120 --> 00:27:32.320 it was the first, it was the first year.

NOTE Confidence: 0.8790256

00:27:32.320 --> 00:27:33.838 You know, I we go to,

NOTE Confidence: 0.8790256

00:27:33.840 --> 00:27:35.640 we go to university very young in Ireland.

NOTE Confidence: 0.8790256

00:27:35.640 --> 00:27:37.218 I went to university and started

NOTE Confidence: 0.8790256

00:27:37.218 --> 00:27:39.025 studying medicine when I was 17, which

NOTE Confidence: 0.8790256

00:27:39.025 --> 00:27:41.720 is obviously completely different to the US.

NOTE Confidence: 0.8790256

00:27:41.720 --> 00:27:43.860 So I was a doctor when I was 23 and

NOTE Confidence: 0.8790256

00:27:43.928 --> 00:27:46.315 then I worked continuously as a doctor.

NOTE Confidence: 0.8790256

00:27:46.320 --> 00:27:49.928 So from 17 till whatever age I was

NOTE Confidence: 0.8790256

00:27:49.928 --> 00:27:52.797 continuously working and then I as a doctor.

NOTE Confidence: 0.8790256

00:27:52.800 --> 00:27:54.620 And then I took a year off and did a

NOTE Confidence: 0.8790256

00:27:54.676 --> 00:27:56.396 creative year of creative writing.

NOTE Confidence: 0.8790256

00:27:56.400 --> 00:27:57.320 And I'm not going to lie to you,

NOTE Confidence: 0.8790256

00:27:57.320 --> 00:27:58.940 a lot of it was spent in the pub, Randy,

NOTE Confidence: 0.8790256

00:27:58.940 --> 00:28:01.880 but you know, that's also a cultural,

NOTE Confidence: 0.8790256

00:28:01.880 --> 00:28:03.384 A cultural Irish thing.

NOTE Confidence: 0.8790256

00:28:03.384 --> 00:28:05.640 It was a wonderful experience because,

NOTE Confidence: 0.8790256

00:28:05.640 --> 00:28:06.999 you know, for the first time in my life,

NOTE Confidence: 0.8790256

00:28:07.000 --> 00:28:09.500 I had a whole year where I got to

NOTE Confidence: 0.8790256

00:28:09.500 --> 00:28:10.800 exchange stories with other people.

NOTE Confidence: 0.8790256

00:28:10.800 --> 00:28:12.560 I got to read poetry and it was

NOTE Confidence: 0.8790256

00:28:12.560 --> 00:28:14.302 just a wonderful, wonderful year.

NOTE Confidence: 0.8790256

00:28:14.302 --> 00:28:15.957 Did it help my writing?

NOTE Confidence: 0.8790256

00:28:15.960 --> 00:28:16.668 I don't know,

NOTE Confidence: 0.8790256

00:28:16.668 --> 00:28:17.848 But it it definitely enriched

NOTE Confidence: 0.8790256

00:28:17.848 --> 00:28:19.240 me as a person for sure.

NOTE Confidence: 0.7436323

00:28:20.640 --> 00:28:23.440 OK, I I'm going to open this

NOTE Confidence: 0.7436323

00:28:23.440 --> 00:28:25.504 up now and I guess people ask

NOTE Confidence: 0.7436323

00:28:25.504 --> 00:28:26.800 questions and if you can't hear,

NOTE Confidence: 0.7436323

00:28:26.800 --> 00:28:29.680 I'll just repeat them. Does anyone?

NOTE Confidence: 0.7436323

00:28:29.680 --> 00:28:30.916 And I can just keep going,

NOTE Confidence: 0.7436323

00:28:30.920 --> 00:28:32.846 but I'd love to hear from people in the

NOTE Confidence: 0.7436323

00:28:32.846 --> 00:28:34.315 audience if you have questions about

NOTE Confidence: 0.7436323

00:28:34.315 --> 00:28:35.879 her writing process or the book or

NOTE Confidence: 0.32620385

00:28:39.360 --> 00:28:41.257 and just also say your name and

NOTE Confidence: 0.32620385

00:28:41.257 --> 00:28:42.828 whether you're a medical student

NOTE Confidence: 0.32620385

00:28:42.828 --> 00:28:44.520 or resident or. And I'll. Yeah, Hi.

NOTE Confidence: 0.32620385

00:28:47.040 --> 00:28:48.080 Thank you so much for

NOTE Confidence: 0.32620385

00:28:48.680 --> 00:28:50.880 being here with us today. Your leverage

NOTE Confidence: 0.32620385

00:28:50.880 --> 00:28:52.160 is my name umbrella.

NOTE Confidence: 0.32620385

00:28:52.160 --> 00:28:53.520 I'm a fellow. And Jerry,
NOTE Confidence: 0.32620385

00:28:56.160 --> 00:28:58.280 I'm kind of curious about
NOTE Confidence: 0.32620385

00:28:58.280 --> 00:29:00.240 the year that you spent.
NOTE Confidence: 0.32620385

00:29:00.240 --> 00:29:02.347 You know we come out to people
NOTE Confidence: 0.32620385

00:29:02.347 --> 00:29:03.652 that's like Columbia Classic
NOTE Confidence: 0.32620385

00:29:03.652 --> 00:29:05.674 started the place that you went.
NOTE Confidence: 0.32620385

00:29:05.680 --> 00:29:07.455 You know, finding the translators
NOTE Confidence: 0.32620385

00:29:07.455 --> 00:29:08.875 that you've worked with.
NOTE Confidence: 0.32620385

00:29:08.880 --> 00:29:11.148 I'm I'm, I was curious to hear
NOTE Confidence: 0.32620385

00:29:11.148 --> 00:29:13.394 more about what that process was
NOTE Confidence: 0.32620385

00:29:13.394 --> 00:29:15.164 like for you connecting with
NOTE Confidence: 0.32620385

00:29:15.164 --> 00:29:16.960 different people and you know,
NOTE Confidence: 0.32620385

00:29:16.960 --> 00:29:18.718 finding these people to partner with.
NOTE Confidence: 0.32620385

00:29:18.720 --> 00:29:18.840 Can
NOTE Confidence: 0.5882026

00:29:21.480 --> 00:29:22.320 you can you hear that?
NOTE Confidence: 0.5882026

00:29:22.800 --> 00:29:25.200 I could hear that, yes. And yeah.

NOTE Confidence: 0.5882026

00:29:25.200 --> 00:29:26.595 I tell you what I mean now

NOTE Confidence: 0.5882026

00:29:26.595 --> 00:29:27.959 that I know how to do it,

NOTE Confidence: 0.5882026

00:29:27.960 --> 00:29:29.598 it's not so hard. But I mean,

NOTE Confidence: 0.5882026

00:29:29.600 --> 00:29:31.400 I didn't know how to do it at the start.

NOTE Confidence: 0.5882026

00:29:31.400 --> 00:29:34.370 And I mean, it was phenomenally

NOTE Confidence: 0.5882026

00:29:34.370 --> 00:29:35.860 stressful because, you know,

NOTE Confidence: 0.5882026

00:29:35.860 --> 00:29:37.360 so let's imagine there's a village

NOTE Confidence: 0.5882026

00:29:37.360 --> 00:29:38.770 in the middle of Kazakhstan.

NOTE Confidence: 0.5882026

00:29:38.770 --> 00:29:41.640 Only 300 people live in that village,

NOTE Confidence: 0.5882026

00:29:41.640 --> 00:29:43.090 and there's a sleeping sickness

NOTE Confidence: 0.5882026

00:29:43.090 --> 00:29:43.960 attacking that village.

NOTE Confidence: 0.5882026

00:29:43.960 --> 00:29:46.520 And somehow I have to kind of find

NOTE Confidence: 0.5882026

00:29:46.520 --> 00:29:49.035 somebody who will allow me to speak

NOTE Confidence: 0.5882026

00:29:49.035 --> 00:29:50.840 to these people in Kazakhstan.

NOTE Confidence: 0.5882026

00:29:50.840 --> 00:29:52.274 So the way I eventually figured

NOTE Confidence: 0.5882026

00:29:52.274 --> 00:29:53.440 out that you do it,
NOTE Confidence: 0.5882026

00:29:53.440 --> 00:29:54.880 I think there's an industry standard,
NOTE Confidence: 0.5882026

00:29:54.880 --> 00:29:55.840 probably way of doing it,
NOTE Confidence: 0.5882026

00:29:55.840 --> 00:29:57.840 but I had to learn what that was,
NOTE Confidence: 0.5882026

00:29:57.840 --> 00:29:59.916 is that basically I read every
NOTE Confidence: 0.5882026

00:29:59.916 --> 00:30:01.742 newspaper article on this sleeping
NOTE Confidence: 0.5882026

00:30:01.742 --> 00:30:04.381 town in Kazakhstan and then I started
NOTE Confidence: 0.5882026

00:30:04.381 --> 00:30:06.219 contacting the journalists who had
NOTE Confidence: 0.5882026

00:30:06.219 --> 00:30:09.256 written and many of those were kind of
NOTE Confidence: 0.5882026

00:30:09.256 --> 00:30:12.226 local or Russian speaking journalists
NOTE Confidence: 0.5882026

00:30:12.226 --> 00:30:13.956 because they'd visited the town.
NOTE Confidence: 0.5882026

00:30:13.960 --> 00:30:15.696 So there was kind of a network
NOTE Confidence: 0.5882026

00:30:15.696 --> 00:30:17.033 and I've discovered there's a
NOTE Confidence: 0.5882026

00:30:17.033 --> 00:30:18.635 network of what they call fixers.
NOTE Confidence: 0.5882026

00:30:18.640 --> 00:30:21.634 So basically fixers would be usually
NOTE Confidence: 0.5882026

00:30:21.634 --> 00:30:24.189 local journalists that live within

NOTE Confidence: 0.5882026

00:30:24.189 --> 00:30:26.559 a particular country who will,

NOTE Confidence: 0.5882026

00:30:26.560 --> 00:30:27.104 you know,

NOTE Confidence: 0.5882026

00:30:27.104 --> 00:30:28.736 escort you and show you where

NOTE Confidence: 0.5882026

00:30:28.736 --> 00:30:30.679 to go and translate for you.

NOTE Confidence: 0.5882026

00:30:30.680 --> 00:30:31.916 So I kind of learned that,

NOTE Confidence: 0.5882026

00:30:31.920 --> 00:30:32.666 you know,

NOTE Confidence: 0.5882026

00:30:32.666 --> 00:30:35.277 really I needed to go through local

NOTE Confidence: 0.5882026

00:30:35.277 --> 00:30:37.159 journalists to get to these remote

NOTE Confidence: 0.5882026

00:30:37.160 --> 00:30:38.896 difficult to get to places and that

NOTE Confidence: 0.5882026

00:30:38.896 --> 00:30:40.758 they would sort everything out for me.

NOTE Confidence: 0.5882026

00:30:40.760 --> 00:30:42.152 But the consequence of that was

NOTE Confidence: 0.5882026

00:30:42.152 --> 00:30:43.596 I was doing things like getting

NOTE Confidence: 0.5882026

00:30:43.596 --> 00:30:45.368 on the plane and just, you know,

NOTE Confidence: 0.5882026

00:30:45.368 --> 00:30:46.828 getting off the getting off

NOTE Confidence: 0.5882026

00:30:46.828 --> 00:30:48.198 the plane in Nour Sultan,

NOTE Confidence: 0.5882026

00:30:48.200 --> 00:30:50.040 Kazakhstan or in Cartagena,
NOTE Confidence: 0.5882026

00:30:50.040 --> 00:30:51.880 in Colombia or wherever,
NOTE Confidence: 0.5882026

00:30:51.880 --> 00:30:54.008 and just having to just meet a
NOTE Confidence: 0.5882026

00:30:54.008 --> 00:30:55.963 complete stranger who I only knew
NOTE Confidence: 0.5882026

00:30:55.963 --> 00:30:57.913 through a Hotmail account or whatever.
NOTE Confidence: 0.5882026

00:30:57.920 --> 00:31:00.680 So yeah, it was like kind of terrifying,
NOTE Confidence: 0.5882026

00:31:00.680 --> 00:31:03.137 but in the end it was exhilaratingly
NOTE Confidence: 0.5882026

00:31:03.137 --> 00:31:05.061 brilliant because there is nothing in
NOTE Confidence: 0.5882026

00:31:05.061 --> 00:31:07.360 the world like going to a remote place.
NOTE Confidence: 0.5882026

00:31:07.360 --> 00:31:08.760 Like we can all go to Columbia
NOTE Confidence: 0.5882026

00:31:08.760 --> 00:31:09.360 on our holidays.
NOTE Confidence: 0.5882026

00:31:09.360 --> 00:31:10.532 It's not that difficult.
NOTE Confidence: 0.5882026

00:31:10.532 --> 00:31:13.295 But what we can't do is go to Columbia
NOTE Confidence: 0.5882026

00:31:13.295 --> 00:31:15.479 and and go into local people's homes
NOTE Confidence: 0.5882026

00:31:15.542 --> 00:31:17.439 and eat with them and you know,
NOTE Confidence: 0.5882026

00:31:17.440 --> 00:31:20.160 see what the their lives are really like.

NOTE Confidence: 0.5882026

00:31:20.160 --> 00:31:22.038 We can only really do touristy

NOTE Confidence: 0.5882026

00:31:22.038 --> 00:31:24.229 things in all these kind of places

NOTE Confidence: 0.5882026

00:31:24.229 --> 00:31:26.464 that are that we don't come from.

NOTE Confidence: 0.5882026

00:31:26.464 --> 00:31:27.906 So it was, yeah,

NOTE Confidence: 0.5882026

00:31:27.906 --> 00:31:29.236 the whole thing was terrifying,

NOTE Confidence: 0.5882026

00:31:29.240 --> 00:31:31.151 but it ended up being one of

NOTE Confidence: 0.5882026

00:31:31.151 --> 00:31:32.639 the best experiences of my life.

NOTE Confidence: 0.5882026

00:31:32.640 --> 00:31:34.770 I got to experience other cultures

NOTE Confidence: 0.5882026

00:31:34.770 --> 00:31:37.680 in a way that you just could not.

NOTE Confidence: 0.5882026

00:31:37.680 --> 00:31:39.920 You just couldn't in any other circumstance.

NOTE Confidence: 0.64643675

00:31:41.400 --> 00:31:42.320 I'm going to call someone

NOTE Confidence: 0.64643675

00:31:42.320 --> 00:31:44.368 else in a second, but I just want

NOTE Confidence: 0.64643675

00:31:44.368 --> 00:31:46.638 to push that question even further.

NOTE Confidence: 0.64643675

00:31:46.640 --> 00:31:48.950 So on the one hand, I'm assuming

NOTE Confidence: 0.64643675

00:31:48.950 --> 00:31:51.599 a lot of your patients in London,

NOTE Confidence: 0.64643675

00:31:51.600 --> 00:31:53.840 it's not through an interpreter.
NOTE Confidence: 0.64643675

00:31:53.840 --> 00:31:55.040 There might be some that are,
NOTE Confidence: 0.64643675

00:31:55.040 --> 00:31:58.358 but you're having this intimate conversation
NOTE Confidence: 0.64643675

00:31:58.360 --> 00:32:00.676 and with the interpreter might have,
NOTE Confidence: 0.64643675

00:32:00.680 --> 00:32:03.116 you might have lost something in translation,
NOTE Confidence: 0.64643675

00:32:03.120 --> 00:32:04.828 but yet the patients you see in
NOTE Confidence: 0.64643675

00:32:04.828 --> 00:32:06.240 your clinic are in a clinic,
NOTE Confidence: 0.64643675

00:32:06.240 --> 00:32:07.320 you're not in their home.
NOTE Confidence: 0.80725294

00:32:07.720 --> 00:32:09.120 So do you feel,
NOTE Confidence: 0.80725294

00:32:10.120 --> 00:32:11.569 I mean, how do you balance what
NOTE Confidence: 0.80725294

00:32:11.569 --> 00:32:12.985 you thought you got more out of
NOTE Confidence: 0.80725294

00:32:12.985 --> 00:32:14.520 or less like the winds and losses?
NOTE Confidence: 0.8950433

00:32:15.160 --> 00:32:15.808 Yeah, you're right.
NOTE Confidence: 0.8950433

00:32:15.808 --> 00:32:17.320 It was kind of swings and roundabouts.
NOTE Confidence: 0.8950433

00:32:17.320 --> 00:32:18.906 It was sort of like, you're right,
NOTE Confidence: 0.8950433

00:32:18.906 --> 00:32:21.144 trying to talk through a translator

NOTE Confidence: 0.8950433

00:32:21.144 --> 00:32:23.797 is is difficult because you know,

NOTE Confidence: 0.8950433

00:32:23.800 --> 00:32:25.720 that nuance is being lost.

NOTE Confidence: 0.8950433

00:32:25.720 --> 00:32:27.729 And I would often have to stop

NOTE Confidence: 0.8950433

00:32:27.729 --> 00:32:29.512 the interpreter and say, you know,

NOTE Confidence: 0.8950433

00:32:29.512 --> 00:32:31.408 can you ask the question this

NOTE Confidence: 0.8950433

00:32:31.408 --> 00:32:33.480 specific way and can you give me

NOTE Confidence: 0.8950433

00:32:33.480 --> 00:32:35.399 the answer exactly as she says it?

NOTE Confidence: 0.8950433

00:32:35.400 --> 00:32:37.826 Because I was always worried that they were,

NOTE Confidence: 0.8950433

00:32:37.826 --> 00:32:39.626 they were sort of translating

NOTE Confidence: 0.8950433

00:32:39.626 --> 00:32:41.956 at another level, you know,

NOTE Confidence: 0.8950433

00:32:41.960 --> 00:32:44.179 So I I definitely lost something in

NOTE Confidence: 0.8950433

00:32:44.179 --> 00:32:46.120 the stories through the interpreter.

NOTE Confidence: 0.8950433

00:32:46.120 --> 00:32:48.170 But I I gained something

NOTE Confidence: 0.8950433

00:32:48.170 --> 00:32:49.926 enormous through just, you know,

NOTE Confidence: 0.8950433

00:32:49.926 --> 00:32:51.767 actually being in these people lives as

NOTE Confidence: 0.8950433

00:32:51.767 --> 00:32:53.920 opposed to being in clinic, as you say.

NOTE Confidence: 0.8950433

00:32:53.920 --> 00:32:55.136 So yeah, I'm, I mean,

NOTE Confidence: 0.8950433

00:32:55.136 --> 00:32:56.096 it would have been wonderful

NOTE Confidence: 0.8950433

00:32:56.096 --> 00:32:57.399 if I spoke more languages,

NOTE Confidence: 0.8950433

00:32:57.400 --> 00:32:59.248 but visiting people in their home

NOTE Confidence: 0.8950433

00:32:59.248 --> 00:33:01.772 and they were so generous and I ate

NOTE Confidence: 0.8950433

00:33:01.772 --> 00:33:03.236 a lot of very unusual foodstuffs,

NOTE Confidence: 0.8950433

00:33:03.240 --> 00:33:04.384 I have to say,

NOTE Confidence: 0.8950433

00:33:04.384 --> 00:33:06.520 which is not a strength of mine.

NOTE Confidence: 0.8950433

00:33:06.520 --> 00:33:07.852 But yeah, no, Yes,

NOTE Confidence: 0.8950433

00:33:07.852 --> 00:33:09.517 there were gains and losses,

NOTE Confidence: 0.8950433

00:33:09.520 --> 00:33:09.768 I think,

NOTE Confidence: 0.8950433

00:33:09.768 --> 00:33:10.760 in the way I had to do it.

NOTE Confidence: 0.8950433

00:33:10.760 --> 00:33:10.880 Was

NOTE Confidence: 0.39018118

00:33:13.560 --> 00:33:15.185 there a particular moment when

NOTE Confidence: 0.39018118

00:33:15.185 --> 00:33:17.148 it struck you that This is

NOTE Confidence: 0.39018118

00:33:17.148 --> 00:33:18.798 why I'm doing what I'm doing?

NOTE Confidence: 0.4578486

00:33:19.600 --> 00:33:21.160 OK, say your name and

NOTE Confidence: 0.4578486

00:33:24.160 --> 00:33:28.160 writer, writer, journalist and a sister.

NOTE Confidence: 0.4578486

00:33:30.680 --> 00:33:34.880 Yeah. So basically, did she mean in terms of

NOTE Confidence: 0.4578486

00:33:34.880 --> 00:33:36.710 doctoring or writing or or

NOTE Confidence: 0.4578486

00:33:36.710 --> 00:33:39.800 everything? What happens

NOTE Confidence: 0.4578486

00:33:39.800 --> 00:33:41.540 in your travels in Kazakhstan

NOTE Confidence: 0.4578486

00:33:41.540 --> 00:33:42.560 or Colombia, wherever?

NOTE Confidence: 0.4578486

00:33:42.840 --> 00:33:45.480 Oh, yeah. In the travels, Yeah.

NOTE Confidence: 0.4578486

00:33:45.480 --> 00:33:47.213 Yeah. I. Because basically,

NOTE Confidence: 0.4578486

00:33:47.213 --> 00:33:50.610 you know what, I definitely approached

NOTE Confidence: 0.4578486

00:33:50.610 --> 00:33:52.920 stories with a real point of view,

NOTE Confidence: 0.4578486

00:33:52.920 --> 00:33:54.438 you know, so I'm, you know,

NOTE Confidence: 0.4578486

00:33:54.440 --> 00:33:55.986 I can't help but I'm, I'm quite,

NOTE Confidence: 0.4578486

00:33:55.986 --> 00:33:58.037 I make my mind up quite quickly.

NOTE Confidence: 0.4578486

00:33:58.040 --> 00:33:59.260 That's just my personality.
NOTE Confidence: 0.4578486

00:33:59.260 --> 00:34:01.090 So I would go somewhere like
NOTE Confidence: 0.4578486

00:34:01.144 --> 00:34:02.974 Kazakhstan and I'd seen pictures of
NOTE Confidence: 0.4578486

00:34:02.974 --> 00:34:05.119 this town before and it was decrepit.
NOTE Confidence: 0.4578486

00:34:05.120 --> 00:34:06.880 It was absolutely, you know,
NOTE Confidence: 0.4578486

00:34:06.880 --> 00:34:09.121 if you saw the pictures and the way the
NOTE Confidence: 0.4578486

00:34:09.121 --> 00:34:10.919 journalist took the pictures were really,
NOTE Confidence: 0.4578486

00:34:10.920 --> 00:34:12.552 it was always like the people who are
NOTE Confidence: 0.4578486

00:34:12.552 --> 00:34:13.918 affected by the sleeping sickness.
NOTE Confidence: 0.4578486

00:34:13.920 --> 00:34:15.516 They were always in, you know,
NOTE Confidence: 0.4578486

00:34:15.520 --> 00:34:17.240 really old dressing gowns and,
NOTE Confidence: 0.4578486

00:34:17.240 --> 00:34:18.680 you know, old kind of clothes,
NOTE Confidence: 0.4578486

00:34:18.680 --> 00:34:20.160 booths and, you know,
NOTE Confidence: 0.4578486

00:34:20.160 --> 00:34:21.640 standing beside crumbling buildings.
NOTE Confidence: 0.4578486

00:34:21.640 --> 00:34:23.360 And I was I I looked at these
NOTE Confidence: 0.4578486

00:34:23.360 --> 00:34:24.996 pictures and I thought, Oh my God,

NOTE Confidence: 0.4578486

00:34:24.996 --> 00:34:26.480 I'd fall asleep in that town too.

NOTE Confidence: 0.4578486

00:34:26.480 --> 00:34:27.848 It looks so depressing.

NOTE Confidence: 0.4578486

00:34:27.848 --> 00:34:29.900 But then what would happen is

NOTE Confidence: 0.4578486

00:34:29.973 --> 00:34:31.716 I'd go to the town and yes,

NOTE Confidence: 0.4578486

00:34:31.720 --> 00:34:33.960 there would be crumbling buildings and yes,

NOTE Confidence: 0.4578486

00:34:33.960 --> 00:34:35.600 the people would be poor.

NOTE Confidence: 0.4578486

00:34:35.600 --> 00:34:37.064 But then, you know,

NOTE Confidence: 0.4578486

00:34:37.064 --> 00:34:39.680 they really did genuinely open my eyes,

NOTE Confidence: 0.4578486

00:34:39.680 --> 00:34:42.280 you know, I would suddenly,

NOTE Confidence: 0.4578486

00:34:42.280 --> 00:34:43.680 by being in those places,

NOTE Confidence: 0.4578486

00:34:43.680 --> 00:34:44.358 the stories,

NOTE Confidence: 0.4578486

00:34:44.358 --> 00:34:47.070 I would hear them so differently when I

NOTE Confidence: 0.4578486

00:34:47.139 --> 00:34:49.875 actually spoke to the people in the place,

NOTE Confidence: 0.4578486

00:34:49.880 --> 00:34:50.280 you know.

NOTE Confidence: 0.4578486

00:34:50.280 --> 00:34:50.880 So for example,

NOTE Confidence: 0.4578486

00:34:50.880 --> 00:34:52.716 the crumbling town in Kazakhstan just

NOTE Confidence: 0.4578486

00:34:52.716 --> 00:34:54.960 turned out to be the most amazing.

NOTE Confidence: 0.4578486

00:34:54.960 --> 00:34:56.668 It had been this phenomenal kind of

NOTE Confidence: 0.4578486

00:34:56.668 --> 00:34:58.473 town that had served these people

NOTE Confidence: 0.4578486

00:34:58.473 --> 00:35:00.296 astonishingly well for many, many years.

NOTE Confidence: 0.4578486

00:35:00.296 --> 00:35:02.120 And they were deeply in love with it.

NOTE Confidence: 0.4578486

00:35:02.120 --> 00:35:04.038 As crumbling as it looked to us,

NOTE Confidence: 0.4578486

00:35:04.040 --> 00:35:04.436 they were,

NOTE Confidence: 0.4578486

00:35:04.436 --> 00:35:05.624 they were having a love affair

NOTE Confidence: 0.4578486

00:35:05.624 --> 00:35:06.997 with this town that was crumbling,

NOTE Confidence: 0.4578486

00:35:07.000 --> 00:35:08.638 and it was very difficult for them.

NOTE Confidence: 0.4578486

00:35:08.640 --> 00:35:10.537 So I found that when I visited

NOTE Confidence: 0.4578486

00:35:10.537 --> 00:35:13.020 the places I went with a point

NOTE Confidence: 0.4578486

00:35:13.020 --> 00:35:14.960 of view that always changed.

NOTE Confidence: 0.4578486

00:35:14.960 --> 00:35:17.156 So it was always worth it.

NOTE Confidence: 0.4578486

00:35:17.160 --> 00:35:19.554 And I I very much learnt as I went

NOTE Confidence: 0.6988346

00:35:20.680 --> 00:35:22.840 and and I'll add to that a little bit.

NOTE Confidence: 0.6988346

00:35:22.840 --> 00:35:25.688 So it sounds like you went with something

NOTE Confidence: 0.6988346

00:35:25.688 --> 00:35:28.520 on your mind and then it kind of

NOTE Confidence: 0.6988346

00:35:28.520 --> 00:35:31.116 opened you up to a different direction.

NOTE Confidence: 0.6988346

00:35:31.120 --> 00:35:32.950 Has this experience of working

NOTE Confidence: 0.6988346

00:35:32.950 --> 00:35:35.572 on this book do you think changed

NOTE Confidence: 0.6988346

00:35:35.572 --> 00:35:38.078 you as a doctor in the clinic,

NOTE Confidence: 0.6988346

00:35:38.080 --> 00:35:39.128 when you see patients,

NOTE Confidence: 0.6988346

00:35:39.128 --> 00:35:40.438 are you asking more about

NOTE Confidence: 0.6988346

00:35:40.438 --> 00:35:41.680 their home life or what's

NOTE Confidence: 0.65699786

00:35:42.200 --> 00:35:44.612 going on? I've always had, because I

NOTE Confidence: 0.65699786

00:35:44.612 --> 00:35:46.474 work in sort of with chronic illnesses,

NOTE Confidence: 0.65699786

00:35:46.480 --> 00:35:49.056 I've always had the kind of doctor

NOTE Confidence: 0.65699786

00:35:49.056 --> 00:35:50.288 experience where, you know,

NOTE Confidence: 0.65699786

00:35:50.288 --> 00:35:52.240 it's not just to see them once goodbye,

NOTE Confidence: 0.65699786

00:35:52.240 --> 00:35:54.840 you know, it's I do have sort of
NOTE Confidence: 0.65699786

00:35:54.840 --> 00:35:56.319 relationships with my patients,
NOTE Confidence: 0.65699786

00:35:56.320 --> 00:35:58.156 so I'd already know quite a lot about them.
NOTE Confidence: 0.65699786

00:35:58.160 --> 00:36:00.836 But I think what's changed is
NOTE Confidence: 0.65699786

00:36:00.836 --> 00:36:04.000 I've always had a very, you know,
NOTE Confidence: 0.65699786

00:36:04.000 --> 00:36:06.000 a very biological way of
NOTE Confidence: 0.65699786

00:36:06.000 --> 00:36:07.176 approaching everything, you know.
NOTE Confidence: 0.65699786

00:36:07.176 --> 00:36:08.680 And I I have been one of the
NOTE Confidence: 0.65699786

00:36:08.730 --> 00:36:10.452 doctors who get into the situation
NOTE Confidence: 0.65699786

00:36:10.452 --> 00:36:12.298 where the patient says, you know,
NOTE Confidence: 0.65699786

00:36:12.298 --> 00:36:14.043 it's definitely the COVID vaccine
NOTE Confidence: 0.65699786

00:36:14.043 --> 00:36:16.192 that caused my paralysis, you know,
NOTE Confidence: 0.65699786

00:36:16.192 --> 00:36:17.704 And I'm, I would have very much
NOTE Confidence: 0.65699786

00:36:17.704 --> 00:36:19.200 been the doctor before he said,
NOTE Confidence: 0.65699786

00:36:19.200 --> 00:36:22.184 well, these are all the biological
NOTE Confidence: 0.65699786

00:36:22.184 --> 00:36:25.000 reasons why that's impossible.

NOTE Confidence: 0.65699786

00:36:25.000 --> 00:36:25.840 And that's fine.

NOTE Confidence: 0.65699786

00:36:25.840 --> 00:36:27.520 Some people will take those biological

NOTE Confidence: 0.65699786

00:36:27.520 --> 00:36:28.972 reasons and say, I agree with you.

NOTE Confidence: 0.65699786

00:36:28.972 --> 00:36:30.600 Thank you. I feel better now,

NOTE Confidence: 0.65699786

00:36:30.600 --> 00:36:31.840 but some people wouldn't.

NOTE Confidence: 0.65699786

00:36:31.840 --> 00:36:33.238 And then you get into this,

NOTE Confidence: 0.65699786

00:36:33.240 --> 00:36:34.674 they're going, it's the vaccine and

NOTE Confidence: 0.65699786

00:36:34.674 --> 00:36:36.477 I'm going it's not the vaccine And I,

NOTE Confidence: 0.65699786

00:36:36.480 --> 00:36:37.957 you know, you get that and I'm,

NOTE Confidence: 0.65699786

00:36:37.960 --> 00:36:38.920 I think from this book,

NOTE Confidence: 0.65699786

00:36:38.920 --> 00:36:40.360 what I learned is that you have to,

NOTE Confidence: 0.65699786

00:36:40.360 --> 00:36:42.376 once you realise that your biological

NOTE Confidence: 0.65699786

00:36:42.376 --> 00:36:44.040 explanation isn't going to work,

NOTE Confidence: 0.65699786

00:36:44.040 --> 00:36:45.629 you have to find a way to

NOTE Confidence: 0.65699786

00:36:45.629 --> 00:36:47.040 work with their formulation,

NOTE Confidence: 0.65699786

00:36:47.040 --> 00:36:48.690 which I have to say is
NOTE Confidence: 0.65699786

00:36:48.690 --> 00:36:49.240 phenomenally difficult.
NOTE Confidence: 0.65699786

00:36:49.240 --> 00:36:50.661 But I think that's what I from
NOTE Confidence: 0.65699786

00:36:50.661 --> 00:36:51.720 my own personal practice,
NOTE Confidence: 0.65699786

00:36:51.720 --> 00:36:53.520 what I took away from this book is,
NOTE Confidence: 0.65699786

00:36:53.520 --> 00:36:55.830 is learning to work better with
NOTE Confidence: 0.65699786

00:36:55.830 --> 00:36:57.650 my patients rather than against
NOTE Confidence: 0.65699786

00:36:57.650 --> 00:36:59.400 them when we're in disagreement.
NOTE Confidence: 0.25507492

00:37:10.120 --> 00:37:10.800 Thank you for joining us.
NOTE Confidence: 0.25507492

00:37:10.800 --> 00:37:12.200 My name is Tyler Harvey.
NOTE Confidence: 0.25507492

00:37:12.200 --> 00:37:15.000 I'm a third year medical student here.
NOTE Confidence: 0.25507492

00:37:15.000 --> 00:37:17.280 So the stories that we encounter
NOTE Confidence: 0.25507492

00:37:17.280 --> 00:37:19.520 are the stories that are told.
NOTE Confidence: 0.25507492

00:37:19.520 --> 00:37:20.345 There are many,
NOTE Confidence: 0.25507492

00:37:20.345 --> 00:37:21.995 many other stories out there that
NOTE Confidence: 0.25507492

00:37:21.995 --> 00:37:23.877 are not told and we never come by.

NOTE Confidence: 0.25507492

00:37:23.880 --> 00:37:26.076 And I think something I appreciate

NOTE Confidence: 0.25507492

00:37:26.076 --> 00:37:27.540 about misleading beauties is

NOTE Confidence: 0.25507492

00:37:27.600 --> 00:37:29.460 to told stories that otherwise

NOTE Confidence: 0.25507492

00:37:29.460 --> 00:37:31.320 would have maybe been overflowed.

NOTE Confidence: 0.25507492

00:37:31.320 --> 00:37:33.224 But it overwhelms me a little to

NOTE Confidence: 0.25507492

00:37:33.224 --> 00:37:35.147 think about all the stories of the

NOTE Confidence: 0.25507492

00:37:35.147 --> 00:37:37.000 world that we may never end now.

NOTE Confidence: 0.25507492

00:37:37.000 --> 00:37:38.998 So my question to you is how do we,

NOTE Confidence: 0.25507492

00:37:39.000 --> 00:37:41.322 that's like we go about giving

NOTE Confidence: 0.25507492

00:37:41.322 --> 00:37:43.480 attention and telling those stories.

NOTE Confidence: 0.2759702

00:37:45.760 --> 00:37:47.258 Well, I guess maybe we need a

NOTE Confidence: 0.2759702

00:37:47.258 --> 00:37:48.559 lot more writers in the world.

NOTE Confidence: 0.2759702

00:37:48.560 --> 00:37:50.153 I mean, you know, I'm glad you said that

NOTE Confidence: 0.2759702

00:37:50.153 --> 00:37:51.477 because it makes me because as I said,

NOTE Confidence: 0.2759702

00:37:51.480 --> 00:37:54.399 I'm, I'm wrangling with this sort of,

NOTE Confidence: 0.2759702

00:37:54.400 --> 00:37:56.045 is it, you know, where do you
NOTE Confidence: 0.2759702

00:37:56.045 --> 00:37:57.517 draw the line between taking
NOTE Confidence: 0.2759702

00:37:57.517 --> 00:37:59.277 advantage and telling a story?
NOTE Confidence: 0.2759702

00:37:59.280 --> 00:38:00.954 So I'm glad that you're very
NOTE Confidence: 0.2759702

00:38:00.954 --> 00:38:02.782 much in the side of, you know,
NOTE Confidence: 0.2759702

00:38:02.782 --> 00:38:04.168 stories need to be told and
NOTE Confidence: 0.2759702

00:38:04.168 --> 00:38:05.397 people's stories need to be heard.
NOTE Confidence: 0.38939118

00:38:10.700 --> 00:38:12.176 How do we tell more stories?
NOTE Confidence: 0.38939118

00:38:12.180 --> 00:38:14.126 Well, I guess the only answer to
NOTE Confidence: 0.38939118

00:38:14.126 --> 00:38:16.100 that is once you've qualified as
NOTE Confidence: 0.38939118

00:38:16.100 --> 00:38:17.580 a doctor, you'll have to become
NOTE Confidence: 0.38939118

00:38:17.580 --> 00:38:20.065 a writer as well and and share
NOTE Confidence: 0.38939118

00:38:20.065 --> 00:38:21.940 the share the burden with me,
NOTE Confidence: 0.38939118

00:38:26.060 --> 00:38:29.164 Anna speaking. So my question
NOTE Confidence: 0.38939118

00:38:29.164 --> 00:38:31.372 is where do you keep on,
NOTE Confidence: 0.38939118

00:38:31.380 --> 00:38:32.521 where did you get the idea for

NOTE Confidence: 0.38939118

00:38:32.521 --> 00:38:33.739 all of these different stories?

NOTE Confidence: 0.38939118

00:38:33.740 --> 00:38:35.340 Were they news articles?

NOTE Confidence: 0.38939118

00:38:35.340 --> 00:38:37.100 Were they piercing colleagues?

NOTE Confidence: 0.72759515

00:38:38.920 --> 00:38:41.182 Yeah. So I'm I'm a neurologist

NOTE Confidence: 0.72759515

00:38:41.182 --> 00:38:42.844 and my interest, epilepsy,

NOTE Confidence: 0.72759515

00:38:42.844 --> 00:38:47.036 is my actual kind of main main job.

NOTE Confidence: 0.72759515

00:38:47.040 --> 00:38:50.554 But I also as a a very,

NOTE Confidence: 0.72759515

00:38:50.560 --> 00:38:52.240 I see an awful lot of people with

NOTE Confidence: 0.72759515

00:38:52.240 --> 00:38:54.198 what we call psychosomatic disorders.

NOTE Confidence: 0.72759515

00:38:54.200 --> 00:38:56.489 So these are people with seizures for

NOTE Confidence: 0.72759515

00:38:56.489 --> 00:38:58.280 purely psychological reasons or paralysis

NOTE Confidence: 0.72759515

00:38:58.280 --> 00:38:59.800 for purely psychological reasons.

NOTE Confidence: 0.72759515

00:38:59.800 --> 00:39:02.077 And that was the subject of my first book.

NOTE Confidence: 0.72759515

00:39:02.080 --> 00:39:03.468 So I'm I'm very,

NOTE Confidence: 0.72759515

00:39:03.468 --> 00:39:06.273 very interested in how sort of psychological

NOTE Confidence: 0.72759515

00:39:06.273 --> 00:39:09.478 factors can cause physical disability.
NOTE Confidence: 0.72759515

00:39:09.480 --> 00:39:11.320 And I've noticed for a long time that,
NOTE Confidence: 0.72759515

00:39:11.320 --> 00:39:13.581 you know, there's very particular ways that
NOTE Confidence: 0.72759515

00:39:13.581 --> 00:39:16.077 we talk about these things In the media.
NOTE Confidence: 0.72759515

00:39:16.080 --> 00:39:18.750 They're always referred to as mystery
NOTE Confidence: 0.72759515

00:39:18.750 --> 00:39:20.030 illnesses, mystery outbreaks.
NOTE Confidence: 0.72759515

00:39:20.030 --> 00:39:22.520 Whenever I pick up a newspaper,
NOTE Confidence: 0.72759515

00:39:22.520 --> 00:39:26.084 I log on to a news station and I see
NOTE Confidence: 0.72759515

00:39:26.084 --> 00:39:28.520 mystery illness breaks out here or there.
NOTE Confidence: 0.72759515

00:39:28.520 --> 00:39:29.423 I just know.
NOTE Confidence: 0.72759515

00:39:29.423 --> 00:39:31.840 I just know that if I read it,
NOTE Confidence: 0.72759515

00:39:31.840 --> 00:39:33.545 it will eventually say something
NOTE Confidence: 0.72759515

00:39:33.545 --> 00:39:35.938 about this being more likely to be
NOTE Confidence: 0.72759515

00:39:35.938 --> 00:39:37.466 a psychological thing, you know?
NOTE Confidence: 0.72759515

00:39:37.466 --> 00:39:39.517 So we have this weird thing that
NOTE Confidence: 0.72759515

00:39:39.520 --> 00:39:41.960 that we call psychological things,

NOTE Confidence: 0.72759515

00:39:41.960 --> 00:39:42.568 mystery illnesses,

NOTE Confidence: 0.72759515

00:39:42.568 --> 00:39:45.000 because we still can't face them head on.

NOTE Confidence: 0.72759515

00:39:45.000 --> 00:39:46.554 We still can't quite admit to them.

NOTE Confidence: 0.72759515

00:39:46.560 --> 00:39:47.346 For that reason.

NOTE Confidence: 0.72759515

00:39:47.346 --> 00:39:48.918 I'm fascinated by the whole thing,

NOTE Confidence: 0.72759515

00:39:48.920 --> 00:39:50.720 how we talk about them.

NOTE Confidence: 0.72759515

00:39:50.720 --> 00:39:52.560 And therefore, on Google,

NOTE Confidence: 0.72759515

00:39:52.560 --> 00:39:55.208 I have alerts for mystery, illness,

NOTE Confidence: 0.72759515

00:39:55.208 --> 00:39:59.318 mystery, outbreak, mass hysteria.

NOTE Confidence: 0.72759515

00:39:59.320 --> 00:40:00.874 Nothing to do with writing this book.

NOTE Confidence: 0.72759515

00:40:00.880 --> 00:40:02.398 I already have alerts for those,

NOTE Confidence: 0.72759515

00:40:02.400 --> 00:40:05.100 So I know if something if there is some

NOTE Confidence: 0.72759515

00:40:05.100 --> 00:40:07.399 weird outbreak happening somewhere,

NOTE Confidence: 0.72759515

00:40:07.400 --> 00:40:08.575 I'm just interested to find

NOTE Confidence: 0.72759515

00:40:08.575 --> 00:40:09.515 out more about it.

NOTE Confidence: 0.72759515

00:40:09.520 --> 00:40:11.599 So I've been picking up on all
NOTE Confidence: 0.72759515

00:40:11.599 --> 00:40:13.640 these things for absolutely years.
NOTE Confidence: 0.72759515

00:40:13.640 --> 00:40:14.970 On mystery illness alerts on
NOTE Confidence: 0.72759515

00:40:14.970 --> 00:40:16.627 Google and not really with the
NOTE Confidence: 0.72759515

00:40:16.627 --> 00:40:17.997 intention of writing the book.
NOTE Confidence: 0.72759515

00:40:18.000 --> 00:40:20.475 But then when I decided to write the book,
NOTE Confidence: 0.72759515

00:40:20.480 --> 00:40:20.864 you know,
NOTE Confidence: 0.72759515

00:40:20.864 --> 00:40:21.440 I just had,
NOTE Confidence: 0.72759515

00:40:21.440 --> 00:40:23.720 I just had so many cases that I
NOTE Confidence: 0.72759515

00:40:23.720 --> 00:40:24.760 could write about.
NOTE Confidence: 0.72759515

00:40:24.760 --> 00:40:26.416 But then the problem was narrowing
NOTE Confidence: 0.72759515

00:40:26.416 --> 00:40:28.516 them down so that every case had
NOTE Confidence: 0.72759515

00:40:28.516 --> 00:40:30.076 to teach us something different.
NOTE Confidence: 0.72759515

00:40:30.080 --> 00:40:30.746 You know,
NOTE Confidence: 0.72759515

00:40:30.746 --> 00:40:33.077 so there are so many outbreaks of
NOTE Confidence: 0.46919194

00:40:36.690 --> 00:40:38.886 young women having seizures in school.

NOTE Confidence: 0.46919194

00:40:38.890 --> 00:40:41.487 There's just, there's just hundreds of them.

NOTE Confidence: 0.46919194

00:40:41.490 --> 00:40:42.240 There's, you know,

NOTE Confidence: 0.46919194

00:40:42.240 --> 00:40:44.361 at any point in time there's loads of

NOTE Confidence: 0.46919194

00:40:44.361 --> 00:40:45.966 these outbreaks and they're always

NOTE Confidence: 0.46919194

00:40:45.966 --> 00:40:47.250 reported as mystery illnesses.

NOTE Confidence: 0.46919194

00:40:47.250 --> 00:40:49.635 So as I had a big catalogue of them

NOTE Confidence: 0.46919194

00:40:49.635 --> 00:40:51.687 just because I'm interested and

NOTE Confidence: 0.46919194

00:40:51.690 --> 00:40:53.274 then I had to sort of figure out which

NOTE Confidence: 0.46919194

00:40:53.274 --> 00:40:54.769 ones would tell the stories best You

NOTE Confidence: 0.46919194

00:40:59.570 --> 00:41:03.110 talk about how about like welcoming

NOTE Confidence: 0.46919194

00:41:03.110 --> 00:41:06.120 these people where they can talk to it's

NOTE Confidence: 0.46919194

00:41:06.120 --> 00:41:08.422 going to be a service programming like

NOTE Confidence: 0.46919194

00:41:08.422 --> 00:41:11.579 why don't more about what the closest

NOTE Confidence: 0.46919194

00:41:11.579 --> 00:41:14.500 reaction is for like was it work as a

NOTE Confidence: 0.46919194

00:41:14.500 --> 00:41:17.262 doctor hoping that you help them or are

NOTE Confidence: 0.46919194

00:41:17.262 --> 00:41:19.159 they just happy to share their story.
NOTE Confidence: 0.46919194

00:41:19.160 --> 00:41:22.660 They know like sometimes being heard and
NOTE Confidence: 0.46919194

00:41:22.660 --> 00:41:26.560 sharing your story and wondering what what
NOTE Confidence: 0.46919194

00:41:26.560 --> 00:41:28.480 their reaction for either to go to go.
NOTE Confidence: 0.801163204347826

00:41:31.680 --> 00:41:34.479 Yeah. I think that I think that you know
NOTE Confidence: 0.801163204347826

00:41:34.479 --> 00:41:37.349 they did welcome me in part because I was
NOTE Confidence: 0.801163204347826

00:41:37.349 --> 00:41:40.085 a doctor because I think they're used to
NOTE Confidence: 0.801163204347826

00:41:40.085 --> 00:41:41.760 being visited by journalists etcetera.
NOTE Confidence: 0.801163204347826

00:41:41.760 --> 00:41:43.832 So I think when I contacted them I
NOTE Confidence: 0.801163204347826

00:41:43.832 --> 00:41:45.773 would imagine the fact that I was a
NOTE Confidence: 0.801163204347826

00:41:45.773 --> 00:41:47.439 doctor made me stand out a little.
NOTE Confidence: 0.801163204347826

00:41:47.440 --> 00:41:51.400 However, when I visited the communities,
NOTE Confidence: 0.801163204347826

00:41:51.400 --> 00:41:53.480 I was really, you know,
NOTE Confidence: 0.801163204347826

00:41:53.480 --> 00:41:55.680 they really didn't want anything
NOTE Confidence: 0.801163204347826

00:41:55.680 --> 00:41:58.648 from me but to tell tell the story.
NOTE Confidence: 0.801163204347826

00:41:58.648 --> 00:42:00.822 I I was holding myself back a little

NOTE Confidence: 0.801163204347826
00:42:00.822 --> 00:42:02.766 bit from giving them medical advice
NOTE Confidence: 0.801163204347826
00:42:02.766 --> 00:42:04.879 because I knew it wasn't my place,
NOTE Confidence: 0.801163204347826
00:42:04.880 --> 00:42:05.813 but they were.
NOTE Confidence: 0.801163204347826
00:42:05.813 --> 00:42:07.679 They were never asking for it,
NOTE Confidence: 0.801163204347826
00:42:07.680 --> 00:42:10.924 but they really wanted was, you know,
NOTE Confidence: 0.801163204347826
00:42:10.924 --> 00:42:13.038 because usually these people that I visited,
NOTE Confidence: 0.801163204347826
00:42:13.040 --> 00:42:14.372 they already had been through this
NOTE Confidence: 0.801163204347826
00:42:14.372 --> 00:42:16.307 for a long time and they had quite
NOTE Confidence: 0.801163204347826
00:42:16.307 --> 00:42:17.801 strong ideas about what was happening
NOTE Confidence: 0.801163204347826
00:42:17.849 --> 00:42:19.438 to them and what they wanted more
NOTE Confidence: 0.801163204347826
00:42:19.438 --> 00:42:21.384 than anything was was for that to
NOTE Confidence: 0.801163204347826
00:42:21.384 --> 00:42:23.999 be heard and for that to be told.
NOTE Confidence: 0.801163204347826
00:42:24.000 --> 00:42:26.090 So I didn't really encounter
NOTE Confidence: 0.801163204347826
00:42:26.090 --> 00:42:28.180 anyone who personally seemed to
NOTE Confidence: 0.801163204347826
00:42:28.249 --> 00:42:30.199 want medical advice from me,
NOTE Confidence: 0.801163204347826

00:42:30.200 --> 00:42:31.860 but I do think the fact that I was a
NOTE Confidence: 0.801163204347826

00:42:31.910 --> 00:42:33.606 doctor made them a bit more willing to
NOTE Confidence: 0.801163204347826

00:42:33.606 --> 00:42:35.728 talk to me because they had a sense that
NOTE Confidence: 0.801163204347826

00:42:35.728 --> 00:42:37.640 I would understand this differently,
NOTE Confidence: 0.801163204347826

00:42:37.640 --> 00:42:41.240 say than a non medical person.
NOTE Confidence: 0.801163204347826

00:42:41.240 --> 00:42:42.480 But no, I I mean,
NOTE Confidence: 0.801163204347826

00:42:42.480 --> 00:42:45.180 I I just got the sense they wanted to tell
NOTE Confidence: 0.801163204347826

00:42:45.245 --> 00:42:48.306 their stories and usually what I was to to,
NOTE Confidence: 0.801163204347826

00:42:48.306 --> 00:42:49.798 because I was sometimes
NOTE Confidence: 0.801163204347826

00:42:49.798 --> 00:42:50.917 uncomfortable with it,
NOTE Confidence: 0.801163204347826

00:42:50.920 --> 00:42:52.480 not knowing where the line was.
NOTE Confidence: 0.801163204347826

00:42:52.480 --> 00:42:54.770 You know, what I did most of the time was
NOTE Confidence: 0.801163204347826

00:42:54.832 --> 00:42:57.156 to ask people what do you want from me?
NOTE Confidence: 0.801163204347826

00:42:57.160 --> 00:42:58.615 Like if there's something really
NOTE Confidence: 0.801163204347826

00:42:58.615 --> 00:43:00.320 important that you want to say.
NOTE Confidence: 0.801163204347826

00:43:00.320 --> 00:43:01.440 If I'm writing about this,

NOTE Confidence: 0.801163204347826
00:43:01.440 --> 00:43:04.120 what is it that you most want me to say?
NOTE Confidence: 0.801163204347826
00:43:04.120 --> 00:43:05.884 And I still do that with anything
NOTE Confidence: 0.801163204347826
00:43:05.884 --> 00:43:06.640 I'm writing now.
NOTE Confidence: 0.801163204347826
00:43:06.640 --> 00:43:08.560 And I make sure that I know what
NOTE Confidence: 0.801163204347826
00:43:08.560 --> 00:43:09.679 they want me to say.
NOTE Confidence: 0.801163204347826
00:43:09.680 --> 00:43:11.451 So that even if we're not in
NOTE Confidence: 0.801163204347826
00:43:11.451 --> 00:43:12.693 agreement on everything that I
NOTE Confidence: 0.801163204347826
00:43:12.693 --> 00:43:14.191 know that I have made them their
NOTE Confidence: 0.801163204347826
00:43:14.191 --> 00:43:15.680 most important point for them.
NOTE Confidence: 0.801163204347826
00:43:15.680 --> 00:43:16.940 So I think they really
NOTE Confidence: 0.801163204347826
00:43:16.940 --> 00:43:18.200 wanted me as a storyteller,
NOTE Confidence: 0.801163204347826
00:43:18.200 --> 00:43:20.000 but as a qualified storyteller.
NOTE Confidence: 0.43166903
00:43:23.320 --> 00:43:24.160 Hi, my name is Emily.
NOTE Confidence: 0.43166903
00:43:24.160 --> 00:43:25.114 I'm community member.
NOTE Confidence: 0.43166903
00:43:25.114 --> 00:43:27.340 I'm not quite exactly sure how to
NOTE Confidence: 0.43166903

00:43:27.399 --> 00:43:29.752 ask this question, but I don't hear
NOTE Confidence: 0.43166903

00:43:29.752 --> 00:43:31.392 you saying the word validation.
NOTE Confidence: 0.43166903

00:43:31.400 --> 00:43:34.360 And so are they also looking for a
NOTE Confidence: 0.43166903

00:43:34.360 --> 00:43:36.859 validation that their perspective is,
NOTE Confidence: 0.43166903

00:43:36.859 --> 00:43:40.211 you know, is, is is worthy versus maybe
NOTE Confidence: 0.43166903

00:43:40.211 --> 00:43:43.798 a more Western medical perspective?
NOTE Confidence: 0.43166903

00:43:43.800 --> 00:43:46.944 And also I heard you say, you know,
NOTE Confidence: 0.43166903

00:43:46.944 --> 00:43:48.696 I understand logistically that it would
NOTE Confidence: 0.43166903

00:43:48.696 --> 00:43:52.622 be hard to have somebody, you know,
NOTE Confidence: 0.43166903

00:43:52.622 --> 00:43:54.077 looking at what you've written.
NOTE Confidence: 0.43166903

00:43:54.080 --> 00:43:56.078 But if they're looking for validation
NOTE Confidence: 0.43166903

00:43:56.078 --> 00:43:58.409 and they're looking for their story to be
NOTE Confidence: 0.43166903

00:43:58.409 --> 00:44:00.639 told in the way that they understand it,
NOTE Confidence: 0.43166903

00:44:00.640 --> 00:44:02.900 you know is there a role for you And I
NOTE Confidence: 0.43166903

00:44:02.968 --> 00:44:05.210 I have read the book the spirit catches
NOTE Confidence: 0.43166903

00:44:05.210 --> 00:44:07.756 you and you fall down which I think

NOTE Confidence: 0.43166903

00:44:07.756 --> 00:44:08.960 you know I haven't read your book.

NOTE Confidence: 0.43166903

00:44:08.960 --> 00:44:10.556 So I have some understanding of kind

NOTE Confidence: 0.43166903

00:44:10.556 --> 00:44:12.400 of how you know seizure or disorder

NOTE Confidence: 0.43166903

00:44:12.400 --> 00:44:14.062 you know could be understood and

NOTE Confidence: 0.43166903

00:44:14.110 --> 00:44:16.085 through blood and from different

NOTE Confidence: 0.43166903

00:44:16.085 --> 00:44:16.875 communities perspective.

NOTE Confidence: 0.43166903

00:44:16.880 --> 00:44:19.004 But I am wondering you know if any of

NOTE Confidence: 0.43166903

00:44:19.004 --> 00:44:21.473 your if any of the situations that you

NOTE Confidence: 0.43166903

00:44:21.473 --> 00:44:24.034 were in there were people wanting some

NOTE Confidence: 0.43166903

00:44:24.034 --> 00:44:26.516 validation that it was the way that

NOTE Confidence: 0.43166903

00:44:26.516 --> 00:44:28.462 they were you know that that there

NOTE Confidence: 0.43166903

00:44:28.462 --> 00:44:30.480 was some versus a a Western medical

NOTE Confidence: 0.2942808

00:44:31.640 --> 00:44:33.089 community. Oh yeah,

NOTE Confidence: 0.2942808

00:44:33.089 --> 00:44:37.124 I mean I think definitely not so much

NOTE Confidence: 0.2942808

00:44:37.124 --> 00:44:39.500 validation as people did not want

NOTE Confidence: 0.2942808

00:44:39.500 --> 00:44:41.720 to be disagreed with I would say.
NOTE Confidence: 0.2942808

00:44:41.720 --> 00:44:45.080 You know, so I think they had an
NOTE Confidence: 0.2942808

00:44:45.080 --> 00:44:47.084 expectation that I was unlikely
NOTE Confidence: 0.2942808

00:44:47.084 --> 00:44:50.200 to sort of you know so if a
NOTE Confidence: 0.2942808

00:44:50.200 --> 00:44:51.832 community believes that the.
NOTE Confidence: 0.2942808

00:44:51.840 --> 00:44:53.884 Well, I I visited a community in
NOTE Confidence: 0.2942808

00:44:53.884 --> 00:44:55.562 South America where they absolutely
NOTE Confidence: 0.2942808

00:44:55.562 --> 00:44:57.788 were convinced the HPV vaccine was
NOTE Confidence: 0.2942808

00:44:57.788 --> 00:44:59.431 responsible for an outbreak of
NOTE Confidence: 0.2942808

00:44:59.431 --> 00:45:01.117 seizures in 1000 girls and that
NOTE Confidence: 0.2942808

00:45:01.117 --> 00:45:05.200 was a very tense tense atmosphere.
NOTE Confidence: 0.2942808

00:45:05.200 --> 00:45:07.216 They didn't when I was there
NOTE Confidence: 0.2942808

00:45:07.216 --> 00:45:08.560 seek for me to
NOTE Confidence: 0.71305513

00:45:11.000 --> 00:45:13.637 to find evidence to prove them right or to
NOTE Confidence: 0.71305513

00:45:13.637 --> 00:45:16.320 agree with them so that they felt validated.
NOTE Confidence: 0.71305513

00:45:16.320 --> 00:45:17.632 But they most certainly,

NOTE Confidence: 0.71305513

00:45:17.632 --> 00:45:20.210 you know we had to dance very delicately

NOTE Confidence: 0.71305513

00:45:20.210 --> 00:45:22.070 around whether you know because I

NOTE Confidence: 0.71305513

00:45:22.070 --> 00:45:23.637 didn't agree with it obviously.

NOTE Confidence: 0.71305513

00:45:23.640 --> 00:45:25.548 So it I think it was like what what

NOTE Confidence: 0.71305513

00:45:25.548 --> 00:45:27.359 I've had to learn to do in clinic,

NOTE Confidence: 0.71305513

00:45:27.360 --> 00:45:30.440 which is respect their point of view

NOTE Confidence: 0.71305513

00:45:30.440 --> 00:45:33.122 but also try and suggest another point

NOTE Confidence: 0.71305513

00:45:33.122 --> 00:45:36.000 of view to them and agree to differ.

NOTE Confidence: 0.71305513

00:45:36.000 --> 00:45:38.192 But I think that no one was specifically

NOTE Confidence: 0.71305513

00:45:38.192 --> 00:45:39.799 looking for validation from me.

NOTE Confidence: 0.71305513

00:45:39.800 --> 00:45:41.520 But again, they were very

NOTE Confidence: 0.71305513

00:45:41.520 --> 00:45:43.240 most the groups I visited.

NOTE Confidence: 0.71305513

00:45:43.240 --> 00:45:44.680 They had very definite ideas,

NOTE Confidence: 0.71305513

00:45:44.680 --> 00:45:46.160 and they didn't need validation.

NOTE Confidence: 0.71305513

00:45:46.160 --> 00:45:47.840 They'd validated their own ideas.

NOTE Confidence: 0.71305513

00:45:47.840 --> 00:45:49.280 They were very, very definite.

NOTE Confidence: 0.7020667

00:45:51.840 --> 00:45:53.820 They didn't want me to kind of go out

NOTE Confidence: 0.7020667

00:45:53.820 --> 00:45:55.874 into the world and say they were right.

NOTE Confidence: 0.7020667

00:45:55.880 --> 00:45:58.155 They wanted to have their stories told.

NOTE Confidence: 0.7020667

00:45:58.160 --> 00:46:00.912 I didn't agree with them all the time

NOTE Confidence: 0.7020667

00:46:00.912 --> 00:46:03.359 because I didn't agree with them.

NOTE Confidence: 0.7020667

00:46:03.360 --> 00:46:04.416 For example, particularly on

NOTE Confidence: 0.7020667

00:46:04.416 --> 00:46:06.000 the case of the HPV vaccine,

NOTE Confidence: 0.7020667

00:46:06.000 --> 00:46:08.240 which seems to be harming the community

NOTE Confidence: 0.7020667

00:46:08.240 --> 00:46:11.838 by lowering the uptake of HPV vaccine.

NOTE Confidence: 0.7020667

00:46:11.840 --> 00:46:14.570 So we had to have very delicately

NOTE Confidence: 0.7020667

00:46:14.570 --> 00:46:16.184 balanced conversation where I I listened

NOTE Confidence: 0.7020667

00:46:16.184 --> 00:46:17.656 to their point of view and said I

NOTE Confidence: 0.7020667

00:46:17.656 --> 00:46:19.075 would put their point of view across.

NOTE Confidence: 0.7020667

00:46:19.080 --> 00:46:20.336 And in the book.

NOTE Confidence: 0.7020667

00:46:20.336 --> 00:46:23.328 What I tried to do is not not say this

NOTE Confidence: 0.7020667

00:46:23.328 --> 00:46:24.578 person's wrong, that person's wrong.

NOTE Confidence: 0.7020667

00:46:24.578 --> 00:46:26.054 These are all the reasons this

NOTE Confidence: 0.7020667

00:46:26.054 --> 00:46:27.597 I put people's point of view.

NOTE Confidence: 0.7020667

00:46:27.600 --> 00:46:29.358 I put my point of view,

NOTE Confidence: 0.7020667

00:46:29.360 --> 00:46:31.754 Let people make up their own minds.

NOTE Confidence: 0.7020667

00:46:31.760 --> 00:46:33.138 But no, I think, yeah, validation.

NOTE Confidence: 0.7020667

00:46:33.138 --> 00:46:34.926 No, I think they already had

NOTE Confidence: 0.7020667

00:46:34.926 --> 00:46:36.424 their validation from their own

NOTE Confidence: 0.7020667

00:46:36.424 --> 00:46:37.799 theories and their own groups,

NOTE Confidence: 0.7020667

00:46:37.800 --> 00:46:40.194 but they certainly didn't want me

NOTE Confidence: 0.7020667

00:46:40.194 --> 00:46:42.480 to dismantle their their theories.

NOTE Confidence: 0.3704898

00:46:48.280 --> 00:46:50.120 Thank you for coming to speak with us.

NOTE Confidence: 0.3704898

00:46:50.120 --> 00:46:52.365 I needed Ariel and then student.

NOTE Confidence: 0.3704898

00:46:52.365 --> 00:46:54.617 I saw on the back of your book one of

NOTE Confidence: 0.3704898

00:46:54.617 --> 00:46:56.040 the reviews compared to your novel.

NOTE Confidence: 0.3704898

00:46:56.040 --> 00:46:57.000 Oh, can you hear me?
NOTE Confidence: 0.3704898

00:46:57.000 --> 00:46:58.206 Or not? Really. Yes. OK.
NOTE Confidence: 0.3704898

00:46:58.206 --> 00:47:01.384 I saw on the back of your book one of the
NOTE Confidence: 0.3704898

00:47:01.384 --> 00:47:03.400 reviews that compared it to Oliver Sacks,
NOTE Confidence: 0.3704898

00:47:03.400 --> 00:47:06.720 the man who just took for a hat.
NOTE Confidence: 0.3704898

00:47:06.720 --> 00:47:08.208 I'm reading that book I thought
NOTE Confidence: 0.3704898

00:47:08.208 --> 00:47:09.200 was very interesting because
NOTE Confidence: 0.3704898

00:47:09.241 --> 00:47:10.438 at the time when he wrote it,
NOTE Confidence: 0.3704898

00:47:10.440 --> 00:47:13.536 a lot of what he wrote about this very
NOTE Confidence: 0.3704898

00:47:13.536 --> 00:47:17.146 unknown and it was very much presented as
NOTE Confidence: 0.3704898

00:47:17.146 --> 00:47:19.840 look at these amazing medical history,
NOTE Confidence: 0.3704898

00:47:19.840 --> 00:47:22.816 yeah, we have a lot of biological
NOTE Confidence: 0.3704898

00:47:22.816 --> 00:47:25.420 basis for some of the very reliably
NOTE Confidence: 0.3704898

00:47:25.420 --> 00:47:28.000 pinpoint the location of the we
NOTE Confidence: 0.3704898

00:47:28.000 --> 00:47:30.680 should something like, right.
NOTE Confidence: 0.3704898

00:47:30.680 --> 00:47:33.844 So it follows from my admittedly very

NOTE Confidence: 0.3704898

00:47:33.844 --> 00:47:35.903 inexperienced medical student point of

NOTE Confidence: 0.3704898

00:47:35.903 --> 00:47:38.439 view that at some point in the future,

NOTE Confidence: 0.3704898

00:47:38.440 --> 00:47:40.420 maybe we as a society will be able to do

NOTE Confidence: 0.3704898

00:47:40.475 --> 00:47:42.555 that as well for the situations we're not.

NOTE Confidence: 0.3704898

00:47:42.560 --> 00:47:44.960 Also, maybe we'll be able to.

NOTE Confidence: 0.3704898

00:47:44.960 --> 00:47:47.736 Yeah, yeah, basis.

NOTE Confidence: 0.3704898

00:47:47.736 --> 00:47:50.298 But we can still understand more

NOTE Confidence: 0.3704898

00:47:50.298 --> 00:47:52.143 the physical manifestations of the

NOTE Confidence: 0.3704898

00:47:52.143 --> 00:47:54.559 psychiatric basis and have more of a

NOTE Confidence: 0.3704898

00:47:54.559 --> 00:47:56.124 field of neuropsychiatry rather than

NOTE Confidence: 0.3704898

00:47:56.124 --> 00:47:58.077 neurology and psychiatric being distinct.

NOTE Confidence: 0.3704898

00:47:58.080 --> 00:48:00.414 I'm wondering if that's a nature

NOTE Confidence: 0.3704898

00:48:00.414 --> 00:48:02.637 that you can conceive of and have

NOTE Confidence: 0.3704898

00:48:02.637 --> 00:48:03.736 an idea of what that would look

NOTE Confidence: 0.3704898

00:48:03.736 --> 00:48:04.798 like or what it's time like,

NOTE Confidence: 0.31670526

00:48:07.480 --> 00:48:08.915 I didn't quite catch the end there.
NOTE Confidence: 0.31670526

00:48:08.920 --> 00:48:10.474 What was the question at the end,
NOTE Confidence: 0.31670526

00:48:11.320 --> 00:48:12.720 just whether that's a future.
NOTE Confidence: 0.31670526

00:48:12.720 --> 00:48:13.960 You can see about that.
NOTE Confidence: 0.31670526

00:48:13.960 --> 00:48:17.800 We all have an explanation. I mean, we
NOTE Confidence: 0.31670526

00:48:17.920 --> 00:48:19.360 we just have. So yeah,
NOTE Confidence: 0.31670526

00:48:19.360 --> 00:48:21.952 I mean first of all I mean any neurologist.
NOTE Confidence: 0.31670526

00:48:21.960 --> 00:48:23.633 I know a few neurologists who are
NOTE Confidence: 0.31670526

00:48:23.633 --> 00:48:25.431 riders and and they're all constantly
NOTE Confidence: 0.31670526

00:48:25.431 --> 00:48:27.496 compared to Oliver Sacks. Quite frankly,
NOTE Confidence: 0.31670526

00:48:27.496 --> 00:48:29.236 nobody compares to Oliver Sacks.
NOTE Confidence: 0.31670526

00:48:29.240 --> 00:48:31.260 I'm happy for them to put it on the book
NOTE Confidence: 0.31670526

00:48:31.319 --> 00:48:33.594 because the publicity people love that stuff.
NOTE Confidence: 0.31670526

00:48:33.600 --> 00:48:35.020 But is it truthful?
NOTE Confidence: 0.31670526

00:48:35.020 --> 00:48:36.795 I'm I'm not absolutely convinced.
NOTE Confidence: 0.31670526

00:48:36.800 --> 00:48:39.440 But I think that basically we we can

NOTE Confidence: 0.31670526

00:48:39.440 --> 00:48:41.733 look back at Oliver Sacks writing

NOTE Confidence: 0.31670526

00:48:41.733 --> 00:48:44.388 and just really admire the way the

NOTE Confidence: 0.31670526

00:48:44.388 --> 00:48:47.416 man sort of the way he understood

NOTE Confidence: 0.31670526

00:48:47.416 --> 00:48:49.366 how the brain worked before we had

NOTE Confidence: 0.31670526

00:48:49.366 --> 00:48:50.854 any of the technology to really

NOTE Confidence: 0.31670526

00:48:50.854 --> 00:48:52.759 let us know how the brain worked.

NOTE Confidence: 0.31670526

00:48:52.760 --> 00:48:54.352 And the way he dissected out his cases

NOTE Confidence: 0.31670526

00:48:54.352 --> 00:48:56.195 and the fact that we now know maybe some

NOTE Confidence: 0.31670526

00:48:56.195 --> 00:48:57.800 of the things he thought were wrong.

NOTE Confidence: 0.31670526

00:48:57.800 --> 00:48:59.560 Because medicine has moved on,

NOTE Confidence: 0.31670526

00:48:59.560 --> 00:49:02.120 I don't think detracts in any way from,

NOTE Confidence: 0.31670526

00:49:02.120 --> 00:49:03.440 you know, his amazing writing,

NOTE Confidence: 0.31670526

00:49:03.440 --> 00:49:05.360 particularly in the man Who Mistook his wife,

NOTE Confidence: 0.31670526

00:49:05.360 --> 00:49:05.779 Farhad.

NOTE Confidence: 0.31670526

00:49:05.779 --> 00:49:09.550 I know the things I'm writing about are all

NOTE Confidence: 0.31670526

00:49:09.633 --> 00:49:15.277 are massively there's just so much to learn.
NOTE Confidence: 0.31670526

00:49:15.280 --> 00:49:17.690 So there is no doubt in my mind that at
NOTE Confidence: 0.31670526

00:49:17.754 --> 00:49:19.930 some point in the future all of this
NOTE Confidence: 0.31670526

00:49:19.930 --> 00:49:22.267 will be dismantled and and perhaps you
NOTE Confidence: 0.31670526

00:49:22.267 --> 00:49:24.618 know any medical theory I might have in
NOTE Confidence: 0.31670526

00:49:24.618 --> 00:49:26.520 my book might might turn into a nonsense.
NOTE Confidence: 0.31670526

00:49:26.520 --> 00:49:27.196 Who knows.
NOTE Confidence: 0.31670526

00:49:27.196 --> 00:49:29.224 It's certainly possible because we don't
NOTE Confidence: 0.31670526

00:49:29.224 --> 00:49:31.880 have any great signs on this at the moment.
NOTE Confidence: 0.31670526

00:49:31.880 --> 00:49:34.168 I hope that as a book the stories
NOTE Confidence: 0.31670526

00:49:34.168 --> 00:49:36.237 will still stand and it's a little
NOTE Confidence: 0.31670526

00:49:36.237 --> 00:49:38.319 bit like this is how we learn.
NOTE Confidence: 0.31670526

00:49:38.320 --> 00:49:40.464 We we we tell stories and we make
NOTE Confidence: 0.31670526

00:49:40.464 --> 00:49:42.494 mistakes and we tell more stories
NOTE Confidence: 0.31670526

00:49:42.494 --> 00:49:44.279 and everything is slowly revealed.
NOTE Confidence: 0.31670526

00:49:44.280 --> 00:49:47.000 I hope that books still have value when

NOTE Confidence: 0.31670526

00:49:47.000 --> 00:49:49.555 the science moves on and we learn more,

NOTE Confidence: 0.31670526

00:49:49.560 --> 00:49:50.865 but we're very,

NOTE Confidence: 0.31670526

00:49:50.865 --> 00:49:53.270 very far away from understanding what

NOTE Confidence: 0.31670526

00:49:53.270 --> 00:49:54.880 I've been writing about in this book.

NOTE Confidence: 0.31670526

00:49:54.880 --> 00:49:55.530 You know,

NOTE Confidence: 0.31670526

00:49:55.530 --> 00:49:58.130 it's it's only in the 21st century that

NOTE Confidence: 0.31670526

00:49:58.203 --> 00:50:01.320 anyone has even tried to understand the

NOTE Confidence: 0.31670526

00:50:01.320 --> 00:50:03.440 neuroscience of psychosomatic disorders.

NOTE Confidence: 0.31670526

00:50:03.440 --> 00:50:05.760 Up until the end of the 20th century,

NOTE Confidence: 0.31670526

00:50:05.760 --> 00:50:06.760 it was still being, like,

NOTE Confidence: 0.31670526

00:50:06.760 --> 00:50:08.004 widely dismissed.

NOTE Confidence: 0.31670526

00:50:08.004 --> 00:50:11.736 So we're 1,000,000 miles away from

NOTE Confidence: 0.31670526

00:50:11.736 --> 00:50:13.446 anyone taking my book off the shelf

NOTE Confidence: 0.31670526

00:50:13.446 --> 00:50:14.880 and saying what a load of nonsense,

NOTE Confidence: 0.31670526

00:50:14.880 --> 00:50:15.960 hopefully.

NOTE Confidence: 0.31670526

00:50:15.960 --> 00:50:18.120 But basically,
NOTE Confidence: 0.31670526

00:50:18.120 --> 00:50:20.096 I think that I hope the book stands
NOTE Confidence: 0.31670526

00:50:20.096 --> 00:50:21.558 up through the stories when,
NOTE Confidence: 0.31670526

00:50:21.560 --> 00:50:21.830 when,
NOTE Confidence: 0.31670526

00:50:21.830 --> 00:50:23.180 when we understand the science
NOTE Confidence: 0.31670526

00:50:23.180 --> 00:50:24.795 better and some of my theories
NOTE Confidence: 0.31670526

00:50:24.795 --> 00:50:26.475 will turn out not to be correct.
NOTE Confidence: 0.31670526

00:50:26.480 --> 00:50:26.640 Thank
NOTE Confidence: 0.27683836

00:50:27.760 --> 00:50:28.000 you very
NOTE Confidence: 0.27683836

00:50:31.200 --> 00:50:31.884 much. I'm Grace.
NOTE Confidence: 0.27683836

00:50:31.884 --> 00:50:33.840 I'm a member student in the nursing school.
NOTE Confidence: 0.27683836

00:50:33.840 --> 00:50:35.135 And one thing I've been thinking a
NOTE Confidence: 0.27683836

00:50:35.135 --> 00:50:36.597 lot about in the past couple weeks,
NOTE Confidence: 0.27683836

00:50:36.600 --> 00:50:38.252 given the state of the world and
NOTE Confidence: 0.27683836

00:50:38.252 --> 00:50:40.200 our current events, is what we share
NOTE Confidence: 0.27683836

00:50:40.200 --> 00:50:41.588 kind of in our collective humanity.

NOTE Confidence: 0.27683836

00:50:41.588 --> 00:50:42.958 And I'm curious to know,

NOTE Confidence: 0.27683836

00:50:42.960 --> 00:50:44.245 as you travelled around the

NOTE Confidence: 0.27683836

00:50:44.245 --> 00:50:45.273 world to different communities,

NOTE Confidence: 0.27683836

00:50:45.280 --> 00:50:48.157 what feeds you saw, what folks shared,

NOTE Confidence: 0.27683836

00:50:48.160 --> 00:50:50.044 whether in their experience of their

NOTE Confidence: 0.27683836

00:50:50.044 --> 00:50:51.792 own culture or the institutionalized

NOTE Confidence: 0.27683836

00:50:51.792 --> 00:50:54.837 medical system or their own belief systems,

NOTE Confidence: 0.27683836

00:50:54.840 --> 00:50:55.728 that sort of.

NOTE Confidence: 0.27683836

00:50:55.728 --> 00:50:56.776 I haven't, I apologize.

NOTE Confidence: 0.27683836

00:50:56.776 --> 00:50:57.916 But how you drew those.

NOTE Confidence: 0.2543271

00:50:59.840 --> 00:51:03.354 Yeah, yeah, I mean, I I noticed.

NOTE Confidence: 0.2543271

00:51:03.360 --> 00:51:06.168 Well, there were things about every

NOTE Confidence: 0.2543271

00:51:06.168 --> 00:51:08.520 community that were the same,

NOTE Confidence: 0.2543271

00:51:08.520 --> 00:51:10.200 and then there were things that

NOTE Confidence: 0.2543271

00:51:10.200 --> 00:51:11.040 were completely different.

NOTE Confidence: 0.2543271

00:51:11.040 --> 00:51:15.162 So what was always the same was the way
NOTE Confidence: 0.2543271

00:51:15.162 --> 00:51:19.380 biology reacts in the context of, you know,
NOTE Confidence: 0.2543271

00:51:19.380 --> 00:51:22.430 conflict and stressful situations and
NOTE Confidence: 0.2543271

00:51:22.430 --> 00:51:25.215 and psycho psychosocial triggers the way
NOTE Confidence: 0.2543271

00:51:25.215 --> 00:51:28.160 the biology reacts in that situation.
NOTE Confidence: 0.2543271

00:51:28.160 --> 00:51:29.600 It reacts the same everywhere.
NOTE Confidence: 0.2543271

00:51:29.600 --> 00:51:31.966 So whether you live in an indigenous
NOTE Confidence: 0.2543271

00:51:31.966 --> 00:51:33.384 community in Nicaragua where
NOTE Confidence: 0.2543271

00:51:33.384 --> 00:51:34.760 you have no electricity,
NOTE Confidence: 0.2543271

00:51:34.760 --> 00:51:36.404 or whether you live in a
NOTE Confidence: 0.2543271

00:51:36.404 --> 00:51:37.880 sort of upstate New York,
NOTE Confidence: 0.2543271

00:51:37.880 --> 00:51:40.748 it doesn't matter where you live when
NOTE Confidence: 0.2543271

00:51:40.748 --> 00:51:42.356 you are faced with particular type,
NOTE Confidence: 0.2543271

00:51:42.360 --> 00:51:44.392 type of psychosocial stresses.
NOTE Confidence: 0.2543271

00:51:44.392 --> 00:51:47.440 Biology does the same thing everywhere.
NOTE Confidence: 0.2543271

00:51:47.440 --> 00:51:49.960 Also, the way the kind of thought

NOTE Confidence: 0.2543271

00:51:49.960 --> 00:51:52.247 processes people use to explain the

NOTE Confidence: 0.2543271

00:51:52.247 --> 00:51:54.147 physical things that are happening

NOTE Confidence: 0.2543271

00:51:54.147 --> 00:51:56.837 to them are very similar everywhere.

NOTE Confidence: 0.2543271

00:51:56.840 --> 00:51:57.612 You know,

NOTE Confidence: 0.2543271

00:51:57.612 --> 00:51:59.928 there's a lot the way people

NOTE Confidence: 0.2543271

00:51:59.928 --> 00:52:01.565 argue about their attributions,

NOTE Confidence: 0.2543271

00:52:01.565 --> 00:52:04.960 be it a spirit or a a poison or

NOTE Confidence: 0.2543271

00:52:04.960 --> 00:52:06.280 a government conspiracy that's

NOTE Confidence: 0.2543271

00:52:06.280 --> 00:52:07.520 causing their symptoms.

NOTE Confidence: 0.2543271

00:52:07.520 --> 00:52:11.360 Everyone sort of arguments and

NOTE Confidence: 0.2543271

00:52:11.360 --> 00:52:12.878 kind of belief systems at that

NOTE Confidence: 0.2543271

00:52:12.878 --> 00:52:14.520 level are the same everywhere.

NOTE Confidence: 0.2543271

00:52:14.520 --> 00:52:17.000 Where they all differed completely

NOTE Confidence: 0.2543271

00:52:17.000 --> 00:52:18.710 was in how they attributed what

NOTE Confidence: 0.2543271

00:52:18.710 --> 00:52:21.173 was happening to them and that was

NOTE Confidence: 0.2543271

00:52:21.173 --> 00:52:22.433 extremely culturally different
NOTE Confidence: 0.2543271

00:52:22.433 --> 00:52:24.113 between the different communities.
NOTE Confidence: 0.2543271

00:52:24.120 --> 00:52:26.816 So you know if you come from an
NOTE Confidence: 0.2543271

00:52:26.816 --> 00:52:28.290 indigenous community in Nicaragua
NOTE Confidence: 0.2543271

00:52:28.290 --> 00:52:29.758 where your or Guiana,
NOTE Confidence: 0.2543271

00:52:29.760 --> 00:52:33.276 where your beliefs are very spiritual,
NOTE Confidence: 0.2543271

00:52:33.280 --> 00:52:35.098 where they have a different kind
NOTE Confidence: 0.2543271

00:52:35.098 --> 00:52:36.800 of belief systems about illness,
NOTE Confidence: 0.2543271

00:52:36.800 --> 00:52:38.252 they believe that illness is something
NOTE Confidence: 0.2543271

00:52:38.252 --> 00:52:40.072 that is done to you rather than
NOTE Confidence: 0.2543271

00:52:40.072 --> 00:52:42.760 something that kind of comes from inside you,
NOTE Confidence: 0.2543271

00:52:42.760 --> 00:52:44.815 then they're looking for explanations
NOTE Confidence: 0.2543271

00:52:44.815 --> 00:52:46.870 that are spiritual outside themselves
NOTE Confidence: 0.2543271

00:52:46.930 --> 00:52:48.960 and then you know evil spirits etcetera
NOTE Confidence: 0.2543271

00:52:48.960 --> 00:52:50.880 make sense in those communities.
NOTE Confidence: 0.2543271

00:52:50.880 --> 00:52:53.697 If you live live in Kazakhstan where

NOTE Confidence: 0.2543271

00:52:53.697 --> 00:52:55.782 you've been under this oppressive

NOTE Confidence: 0.2543271

00:52:55.782 --> 00:52:58.446 regime for a really long time and

NOTE Confidence: 0.2543271

00:52:58.446 --> 00:52:59.876 where governments can't be trusted,

NOTE Confidence: 0.2543271

00:52:59.880 --> 00:53:01.280 well they can't be trusted anywhere now.

NOTE Confidence: 0.2543271

00:53:01.280 --> 00:53:02.932 But in Kazakhstan at the time you

NOTE Confidence: 0.2543271

00:53:02.932 --> 00:53:04.516 know they'd live with governments that

NOTE Confidence: 0.2543271

00:53:04.516 --> 00:53:06.434 couldn't be trusted for a long time.

NOTE Confidence: 0.2543271

00:53:06.440 --> 00:53:09.072 So they it made sense to blame

NOTE Confidence: 0.2543271

00:53:09.072 --> 00:53:12.153 what was happening to them on a on

NOTE Confidence: 0.2543271

00:53:12.153 --> 00:53:13.275 a malicious government.

NOTE Confidence: 0.2543271

00:53:13.280 --> 00:53:14.960 So I I found that the biology and

NOTE Confidence: 0.2543271

00:53:14.960 --> 00:53:16.673 the kind of thought process and

NOTE Confidence: 0.2543271

00:53:16.673 --> 00:53:18.223 the arguments people put forward

NOTE Confidence: 0.2543271

00:53:18.223 --> 00:53:19.840 around their symptoms were very,

NOTE Confidence: 0.2543271

00:53:19.840 --> 00:53:22.280 very similar amongst the people.

NOTE Confidence: 0.2543271

00:53:22.280 --> 00:53:23.885 People really don't differ biologically

NOTE Confidence: 0.2543271

00:53:23.885 --> 00:53:25.817 but culturally and how they think

NOTE Confidence: 0.2543271

00:53:25.817 --> 00:53:27.455 about what's happening to them and

NOTE Confidence: 0.2543271

00:53:27.455 --> 00:53:28.894 how they explain what's happening

NOTE Confidence: 0.2543271

00:53:28.894 --> 00:53:30.592 to them was was very different

NOTE Confidence: 0.2543271

00:53:30.592 --> 00:53:31.882 between the different communities.

NOTE Confidence: 0.2543271

00:53:31.882 --> 00:53:34.048 And it all made sense according

NOTE Confidence: 0.2543271

00:53:34.048 --> 00:53:36.317 to the governments they had the,

NOTE Confidence: 0.2543271

00:53:36.320 --> 00:53:37.416 you know,

NOTE Confidence: 0.2543271

00:53:37.416 --> 00:53:40.156 the health services they had

NOTE Confidence: 0.2543271

00:53:40.160 --> 00:53:41.515 everything made sense according to

NOTE Confidence: 0.2543271

00:53:41.515 --> 00:53:42.599 the lives they lived.

NOTE Confidence: 0.2543271

00:53:42.600 --> 00:53:43.720 And that's where they differed.

NOTE Confidence: 0.67390096

00:53:46.560 --> 00:53:48.424 Well, we're only have like

NOTE Confidence: 0.67390096

00:53:48.424 --> 00:53:50.160 a minute or two left and I

NOTE Confidence: 0.67390096

00:53:50.160 --> 00:53:51.330 guess, you know,

NOTE Confidence: 0.67390096

00:53:51.330 --> 00:53:53.120 if you have any final thoughts.

NOTE Confidence: 0.67390096

00:53:53.120 --> 00:53:54.936 But one of the things I think that

NOTE Confidence: 0.67390096

00:53:54.936 --> 00:53:56.995 summed up a lot of what you were saying.

NOTE Confidence: 0.67390096

00:53:57.000 --> 00:53:59.120 I for those of you who haven't read the book,

NOTE Confidence: 0.67390096

00:53:59.120 --> 00:54:00.800 I just want to say in

NOTE Confidence: 0.67390096

00:54:00.800 --> 00:54:01.920 addition to the content,

NOTE Confidence: 0.67390096

00:54:01.920 --> 00:54:03.796 which we spoke a lot about today,

NOTE Confidence: 0.67390096

00:54:03.800 --> 00:54:06.008 and grappling with the realness of

NOTE Confidence: 0.67390096

00:54:06.008 --> 00:54:07.900 whatever you call it, psychosomatic,

NOTE Confidence: 0.67390096

00:54:07.900 --> 00:54:10.000 functional, whatever you call it.

NOTE Confidence: 0.67390096

00:54:10.000 --> 00:54:13.195 I do think you didn't use the word validate.

NOTE Confidence: 0.67390096

00:54:13.200 --> 00:54:15.666 But there is a validation in

NOTE Confidence: 0.67390096

00:54:15.666 --> 00:54:17.800 this book that they're real.

NOTE Confidence: 0.67390096

00:54:17.800 --> 00:54:19.960 Even if something's not in a blood test,

NOTE Confidence: 0.67390096

00:54:19.960 --> 00:54:22.435 it can be real and the suffering is real.

NOTE Confidence: 0.67390096

00:54:22.440 --> 00:54:25.555 And I think you handle that beautifully.
NOTE Confidence: 0.67390096

00:54:25.560 --> 00:54:28.276 You also weave in narrative with medicine.
NOTE Confidence: 0.67390096

00:54:28.280 --> 00:54:30.040 Anyone that is thinking about,
NOTE Confidence: 0.67390096

00:54:30.040 --> 00:54:31.216 I was going to have you say
NOTE Confidence: 0.67390096

00:54:31.216 --> 00:54:32.119 what advice can you give?
NOTE Confidence: 0.67390096

00:54:32.120 --> 00:54:33.188 But that's always so trite and
NOTE Confidence: 0.67390096

00:54:33.188 --> 00:54:34.400 then it puts you on the spot,
NOTE Confidence: 0.67390096

00:54:34.400 --> 00:54:35.807 like if you didn't come up with
NOTE Confidence: 0.67390096

00:54:35.807 --> 00:54:37.000 a cute bullet point thing.
NOTE Confidence: 0.67390096

00:54:37.000 --> 00:54:38.800 But I'm going to tell you,
NOTE Confidence: 0.67390096

00:54:38.800 --> 00:54:40.720 study her book, study this book.
NOTE Confidence: 0.67390096

00:54:40.720 --> 00:54:42.160 Because you could see here's
NOTE Confidence: 0.67390096

00:54:42.160 --> 00:54:43.220 how you write a story,
NOTE Confidence: 0.67390096

00:54:43.220 --> 00:54:46.160 here's how you weave in the medicine,
NOTE Confidence: 0.67390096

00:54:46.160 --> 00:54:48.155 some of it, but not too much.
NOTE Confidence: 0.67390096

00:54:48.160 --> 00:54:51.022 Here's how you just went into so much detail

NOTE Confidence: 0.67390096

00:54:51.022 --> 00:54:53.996 and now let's zoom out and sort of explain.

NOTE Confidence: 0.67390096

00:54:54.000 --> 00:54:56.800 And then chapters relate back to other ones.

NOTE Confidence: 0.67390096

00:54:56.800 --> 00:54:58.914 She reminds you of what you've learned.

NOTE Confidence: 0.67390096

00:54:58.920 --> 00:55:00.624 So I would just take this

NOTE Confidence: 0.67390096

00:55:00.624 --> 00:55:01.760 and really study it.

NOTE Confidence: 0.67390096

00:55:01.760 --> 00:55:03.908 So that's my advice for people

NOTE Confidence: 0.67390096

00:55:03.908 --> 00:55:06.000 that want to start writing.

NOTE Confidence: 0.67390096

00:55:06.000 --> 00:55:07.416 And I want to quote something

NOTE Confidence: 0.67390096

00:55:07.416 --> 00:55:08.800 from your book that I think,

NOTE Confidence: 0.67390096

00:55:08.800 --> 00:55:10.385 I think it's just interesting

NOTE Confidence: 0.67390096

00:55:10.385 --> 00:55:12.320 for a medical audience to hear.

NOTE Confidence: 0.67390096

00:55:12.320 --> 00:55:14.142 And then you can sort of have

NOTE Confidence: 0.67390096

00:55:14.142 --> 00:55:15.474 a few last words on this.

NOTE Confidence: 0.67390096

00:55:15.480 --> 00:55:16.859 And this is one of the quotes

NOTE Confidence: 0.67390096

00:55:16.859 --> 00:55:18.560 that I just thought was wonderful.

NOTE Confidence: 0.67390096

00:55:18.560 --> 00:55:19.124 You write,
NOTE Confidence: 0.67390096

00:55:19.124 --> 00:55:20.816 I can't remember what chapter because
NOTE Confidence: 0.67390096

00:55:20.816 --> 00:55:22.679 I forgot to write the page number.
NOTE Confidence: 0.67390096

00:55:22.680 --> 00:55:25.355 Pathology is a fact independent
NOTE Confidence: 0.67390096

00:55:25.355 --> 00:55:26.960 of the observer.
NOTE Confidence: 0.67390096

00:55:26.960 --> 00:55:30.264 I'm going to repeat that pathology is
NOTE Confidence: 0.67390096

00:55:30.264 --> 00:55:33.120 a fact independent of the observer,
NOTE Confidence: 0.67390096

00:55:33.120 --> 00:55:36.683 but how 1 responds to symptoms is
NOTE Confidence: 0.67390096

00:55:36.683 --> 00:55:39.720 drawn from knowledge and experience.
NOTE Confidence: 0.67390096

00:55:39.720 --> 00:55:42.150 And I just felt that that's a
NOTE Confidence: 0.67390096

00:55:42.150 --> 00:55:44.240 wonderful lesson for future doctors.
NOTE Confidence: 0.67390096

00:55:44.240 --> 00:55:45.440 And if there's anything you
NOTE Confidence: 0.67390096

00:55:45.440 --> 00:55:47.200 would like to add in the final,
NOTE Confidence: 0.67390096

00:55:47.200 --> 00:55:48.440 whatever it is, 90 seconds.
NOTE Confidence: 0.8655287

00:55:49.240 --> 00:55:50.596 Yeah, I mean I I still,
NOTE Confidence: 0.8655287

00:55:50.600 --> 00:55:52.483 I think that people think we're going

NOTE Confidence: 0.8655287

00:55:52.483 --> 00:55:54.606 to move towards an era where you

NOTE Confidence: 0.8655287

00:55:54.606 --> 00:55:55.866 know artificial intelligence etcetera

NOTE Confidence: 0.8655287

00:55:55.866 --> 00:55:57.718 can can make lots of diagnosis.

NOTE Confidence: 0.8655287

00:55:57.720 --> 00:55:59.911 I'm sure technology and AI will help

NOTE Confidence: 0.8655287

00:55:59.911 --> 00:56:02.320 us a great deal in certain ways,

NOTE Confidence: 0.8655287

00:56:02.320 --> 00:56:04.276 but medicine will always be an

NOTE Confidence: 0.8655287

00:56:04.276 --> 00:56:06.075 art because illness for everybody

NOTE Confidence: 0.8655287

00:56:06.075 --> 00:56:08.240 is different and the interaction,

NOTE Confidence: 0.8655287

00:56:08.240 --> 00:56:10.160 how they tell their story,

NOTE Confidence: 0.8655287

00:56:10.160 --> 00:56:11.995 a machine cannot distinguish the

NOTE Confidence: 0.8655287

00:56:11.995 --> 00:56:14.193 difference between the sort of the

NOTE Confidence: 0.8655287

00:56:14.193 --> 00:56:16.314 quality of one person's story and the

NOTE Confidence: 0.8655287

00:56:16.314 --> 00:56:18.320 quality of another person's story.

NOTE Confidence: 0.8655287

00:56:18.320 --> 00:56:20.616 So I think that making a diagnosis

NOTE Confidence: 0.8655287

00:56:20.616 --> 00:56:22.693 will always depend on the sort

NOTE Confidence: 0.8655287

00:56:22.693 --> 00:56:24.398 of art of understanding stories.

NOTE Confidence: 0.8655287

00:56:24.400 --> 00:56:26.507 And I think that the making people

NOTE Confidence: 0.8655287

00:56:26.507 --> 00:56:28.528 better will always depend on the

NOTE Confidence: 0.8655287

00:56:28.528 --> 00:56:29.936 relationship between the patient

NOTE Confidence: 0.8655287

00:56:29.936 --> 00:56:30.992 and the doctor.

NOTE Confidence: 0.8655287

00:56:31.000 --> 00:56:32.158 So I think that, you know,

NOTE Confidence: 0.8655287

00:56:32.160 --> 00:56:33.306 medicine may change a great deal

NOTE Confidence: 0.8655287

00:56:33.306 --> 00:56:33.879 in the future,

NOTE Confidence: 0.8655287

00:56:33.880 --> 00:56:35.476 but those bits of medicine won't.

NOTE Confidence: 0.8655287

00:56:35.480 --> 00:56:35.640 Thank

NOTE Confidence: 0.6241412

00:56:37.520 --> 00:56:38.540 you. Thank you so much

NOTE Confidence: 0.6241412

00:56:38.540 --> 00:56:39.920 for your time. We really

NOTE Confidence: 0.6241412

00:56:41.520 --> 00:56:43.024 thank you. I wish I could have seen

NOTE Confidence: 0.6241412

00:56:43.024 --> 00:56:44.480 the audience. That was my one regret.

NOTE Confidence: 0.28758642

00:56:45.240 --> 00:56:47.550 I know. I don't know if we, I don't know.

NOTE Confidence: 0.28758642

00:56:47.550 --> 00:56:48.760 Everyone can, like, come up

NOTE Confidence: 0.28758642

00:56:49.680 --> 00:56:51.030 here. You can describe them

NOTE Confidence: 0.28758642

00:56:51.030 --> 00:56:53.840 to me later. I'm going to

NOTE Confidence: 0.28758642

00:56:53.840 --> 00:56:55.314 take notes. I'll take a picture. Actually,

NOTE Confidence: 0.28758642

00:56:55.314 --> 00:56:57.640 I will make everyone just stay there.

NOTE Confidence: 0.28758642

00:56:57.640 --> 00:56:59.840 I'm going to send a picture so she can

NOTE Confidence: 0.28758642

00:56:59.840 --> 00:57:02.200 see what this weird room was. And it's not

NOTE Confidence: 0.28758642

00:57:03.080 --> 00:57:05.555 equal dashed out, but I'm going to send it

NOTE Confidence: 0.28758642

00:57:05.560 --> 00:57:07.160 to you. All right. OK.

NOTE Confidence: 0.28758642

00:57:07.160 --> 00:57:08.840 Thank you very much. Bye,

NOTE Confidence: 0.3616729

00:57:32.480 --> 00:57:32.760 thanks

NOTE Confidence: 0.3616729

00:57:34.600 --> 00:57:35.160 for my

NOTE Confidence: 0.3616729

00:57:40.520 --> 00:57:40.640 name.