

The way to learn

Ben Cady, M.D., wins student Humanism in Medicine Award

With a passion for the arts and medicine, Ben Cady, M.D., '08, is sure to live up to the Humanism in Medicine Award he received at this year's graduation ceremony.

Regular **aspects** readers will recognize Dr. Cady from the previous issue, which featured an article about the play *Wil*. Ben was part of the ensemble cast and also taught the cast about medical procedures. Acting is nothing new to Dr. Cady, who majored in creative writing at Vanderbilt University. In high school, he acted in many plays.

SIU's problem-based learning program along with the strong humanities program made SIU an easy choice for Ben four years ago.

"SIU's program was the way I wanted to learn," he says. He and his siblings used to watch babies in the nursery while his dad, Brian Cady, M.D., (a 1984 alumnus of the family practice residency program) did his rounds in Ben's hometown of Hillsboro, Ill. "I knew I wanted to deliver babies in a small town, too," Ben says.

In medical school, he continued a love for the arts and gravitated to the events and programs sponsored by the humanities department. As a second-year student, he served as a co-editor of *SCOPE*, the literary magazine of SIU School of Medicine. "When I heard about *SCOPE*, I knew I wanted to be a part of it," he says.

Recognizing the humanistic qualities of Ben Cady, the Department of Medical Humanities featured him in an SIU Hometown Housecall episode about the department. "Art and science are not separable," Ben said in the episode. "They go hand in hand. Being a physician, you will do both. You have to be talented in both, not balancing one, but embodying both. ... You can't do it successfully without the sciences, but you can't care for patients and help them if you don't have the art of being a good listener and be willing to help anybody."

As you read this, Dr. Cady is in his first days of residency at the University of Utah. "I wanted to go away for residency, to see life in a new place. But I will be back in Illinois." He plans to return to Hillsboro and practice family medicine. "I want to be a patient advocate," he says. "I want people to stop me in the grocery store or call out to me in a football stadium with their problems." He recalls one of his SIU physician educators saying to a patient, "You are the most important person in the room. Don't let us forget that." Ben says, "I'm going to say that to my patients." ●●●

