

Proudly Announces the Physician, Midwife or Nurse Practitioner of the Month for **JUNE, 2021**



Dr. Noha Fossen

Obstetrics and Gynecology

The VJHPS is pleased to announce **Dr. Noha Fossen as June's 2021 Physician of the Month**. We salute Dr. Fossen for exemplifying the qualities of an excellent physician, and we are pleased to have Dr. Fossen as a respected member of our medical staff since November 2018.

Background and Training

Bachelor of Science in Nursing: University of Ottawa
MD: University of Ottawa
Residency: Ditto

Nominator's Comments (Dr. Willem Buys):

I have nominated Dr. Noha Fossen both on the premise of spending time with her in the hospital and getting to know her as a friend in the beautiful valley we live in.

When the pandemic hit, I dusted off my book on bread baking, and broke out the bags of flour and the precious pot of yeast I was able to secure from our local grocery store, when everyone hoarded all that, as well as a roll of toilet paper and bottle of baker's yeast (I did not have a secret stash of sourdough starter as most other bakers have for the unforeseen event of a looming pandemic...) But pretty soon I met my match – Dr. Noha Fossen bakes the BEST challah in the whole of British Columbia – frankly possibly all of Canada! I call her the Dough Diva.

When I asked Noha what inspired her to become a physician, over an espresso at Ratio, she fell silent with an: “Oh boy”. “I based my choice of career on the question of ‘What do I like’ – with the answer of ‘people and health’ driving my inspiration to first pursue a degree in nursing.” – was her answer. Noha loved caring for people as a nurse, but then decided to deviate her course towards a more executive role and applied for medicine. Noha’s greatest quality: “I say what I mean, and I mean what I say”.

Noha has been involved in setting up a peri-mortem C-section kit for the Emergency Department, Labour and Delivery Unit, and the Intensive Care Unit. Noha is part of the MoreOB Core Team and serves as the representative for the Department of Obstetrics and Gynecology on the Physician Engagement Group. The apex of Noha’s heart points towards her two beautiful children, Lucy (5 and a half years old) and Wes (17 months old). Noha played the French horn for many years and was a member of *l’Orchestre symphonique des jeunes de l’Ontario français*. She also played with the Governor General’s Foot Guards

for two years! [hats off]. She also likes to increase her VO₂ by playing volleyball and soccer. Noha's hobbies outside of medicine include BAKING THE BEST CHALLAH IN CANADA and joining her kiddos with their crafts.

When asked who in particular she could not do her job without, she replied: "My husband, 100%", "... and Anesthesia". If Noha could choose one meal to eat for the rest of her life it would be bread and cheese (her own challah of course).

Being the superhero that she is, her superpower is "super speed" – she would also love to be able to teleport. Should her wish to be able to teleport come true, her choice of destination would be the magical island that is Santorini.

Noha enjoys many artists and genres of music but she always loves listening to her husband Mark play and sing. [I absolutely recommend checking out his music!]. Her favourite book is *The Prophet* by Kahlil Gibran. In second place she chose *When Breath Becomes Air* by Paul Kalanithi. Her favourite movie is *La vita è bella (Live is Beautiful)* and her favourite drink is coffee, with a splash of heavy cream.

We are very privileged to have Dr. Noha Fossen as part of our medical team! Congratulations again!
