
Reflections

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We come to this world with nothing, and leave it taking with us only feelings and knowledge. This is why I want to share with you some own and borrowed reflections and experiences that reflect my inner thoughts built in the 77 years that I have lived and the 55 years that I have been a doctor.

Speak only if your words are going to improve silence.

There are situations in which concealing the truth means becoming a traitor.

The assets a medical enterprise has are embodied in its people; therefore, surround yourself with honest and talented people, minding their selection and care, encouraging their training as well as their human and professional development, preparing the “today” for the “tomorrow”.

Only a good man can be a good doctor.

What a doctor should do is not to do harm, to prevent disease, to generally improve life quality and quantity, to cure some diseases in an up-dated, efficient, humanistic and ethical way. They should also offer consolation.

Doctors should know how to listen to, watch and ask patients. There are terms, looks, signs and positions that speak for themselves; silences and absences that can be felt—they are open doors to diagnosis.

Doctors should recognize their limitations and work on them, being humble enough so as to say “I don’t know” “I cannot” or “I should not”; sufficiently mature to say “I made a mistake” and brave enough to say “Forgive me”.

Remember that you are not treating a condition but a human being with that condition who is asking for help; to do good brings about happiness and a sense to your life, beyond yourself.

The key to medical activity is the interest that is given to the human being.

Although technology gives value to the Institution, what matters is what you do with technology.

If you want to grow, you have to change. All changes cause uncertainty and resistance; therefore, what it takes is creativity, flexibility, great aptitude for accepting and adapting yourself to what is new, without losing your spirit, without braking yourself and, on top of everything, without losing your inner-self.

Not every change brings about improvement, but improvement always implies change.

The consistent addition of modest achievements leads us to major achievements.

The one who survives is neither the strongest one nor the most intelligent one, but the one who best adapts him or herself to evolution.

To be great you have to think great, with collaborative spirits, with a clear outlook and a passionate attitude. You have to plant first, in rich soil and with high-quality see, that what you want to crop, giving everyone what he or she deserves.

Starting a project takes courage. Giving continuity to a major project takes perseverance, passion and enthusiasm. What is difficult has to be made, what is impossible should be attempted. You *cannot do* if you *are not*.

Thought is a human virtue. The one who is not determined to grow the habit of thinking is losing the greatest pleasure in life.

Creating with an open mind takes thinking, to then search; observing, to then analyze; listening to, to then find; asking, to then learn; doubting, to then reflect; sharing, to then add; be curious, to then investigate; associating ideas, to then create, and only when you know, start managing and doing.

Privileged minds are those which have worked hard in order to be so.

Ideas result from your reason or imagination; you should take your time to reflect on and develop your ideas, encouraging a creative attitude.

Ideas with no actions are hallucinations. When you believe something is possible, look for the alternatives to get it as well and simply as possible. It is facts what give life.

Materialization of ideas requires team work, where everyone works on a part so as to later add every part and share them, keeping his or her identity, values and respect, accepting differences. Here is where individualism and the words “I, me, my, mine” do not exist, and this inspires work, innovation and creativity.

You should surround yourself with people from all backgrounds, who at first may seem completely independent of each other, but then, inter-discipline and trans-discipline play a key role, creating space for collaboration so as to get the best out of everybody and give way to get what you want, learning from one another.

It does not make sense incorporate intelligent and trained people and then tell them what they should do. We incorporate intelligent people for *them* to tell *us* what *we* should do.

It is when ideas are encouraged that it is possible to beat egos, where what matters is recognition of the whole group and the environment.

Jesuits were not purposeless when they recommended marching in pairs—to see more, to think and analyze better, to interchange information and facilitate replacing people when need be. If you march on your own, you will get faster; if you march with somebody else, you will get farther.

We accept, respect and value diversity, what puzzles us, enrich us and help us see reality. Routine and uniformity come as a burden, they mean the denial of thought; diversity is life.

Let's not expect changes when we do the same.

You are not born a creative person; you work hard in order to become one. Creativity is not enough. It also takes an innovative culture, interacting with trained minds which are able to connect humanities, science, technology, management and perseverance.

There is always a “before” that creation stems from. All inventions have past; therefore, nobody ever comes first. Not even yourself. The key to creativity is—knowing how to hide your sources.

Sciences help us find answers and, especially, pose adequate questions.

Knowledge does not end in periods, but in question marks. Increase in knowledge means more questions, and every question in turn is followed by a next question.

Ethics with no science is inefficient, but science with no conscience is scaring.

Example and transparency in our actions are the best to give education. Therefore, do always in a way that your actions can stand as universal rules.

If you get something in this world, remember always that what made it possible is somebody else's achievements and work.

I have tried to serve Medicine, but I have not tried to make Medicine serve me.

I have lived and enjoyed my life enormously, doing what I like, working for tomorrow, not thinking about seeing the end of what I have started, though, but doing my little bit for the long history of Humankind.

The feeling that prevails in me is that of immense gratitude for the life that was given to me to live.

Without family, friends, health and work it is very difficult to be happy.