

Chapter 1 : Marriage and men's health - Harvard Health

With the increasing age of students attending medical school (the American Association of Medical Colleges estimates that 10% of students beginning medical school are 27 years old or older) comes an increasing rate of medical students who are married or who get married while they are still in training.

Next Medical school, marriage, and pregnancy? Right now my long-term-since-high-school boyfriend and I are in undergrad. Because my life will be dedicated to medical school when I get there. I read some blogs on the internet and someone suggested that getting married in the winter of the second year of medical school is ideal. I would want to be married before I have a kid. I worry about this because when I get done with residency I should be about 32 years old. When else would be a good time to have a baby? When I graduate undergrad he should already be in a job unless he ends up going to law school. I guess it helps that he would be a teacher where there could be substitutes if he needed to go on paternity leave or something but I would just like some input on the timing of things. We both just wanna get an idea of what our future will be like. I still want to do that. Do you think it would be a good time to get married and have a kid during that time? I actually would really like to go for my PhD because there are certain programs that will pay for medical school if you do research and get a PhD. I tried to convey they fact that I know I am young. I just want to have a heads up on what type of things I will need to deal with in the future and what I should expect. Just one person was telling me about her No, I have not thought of PA school. I want to be a doctor. I am extremely focused on school. This was just a question that popped up and I thought I would dabble in it

Chapter 2 : Medical school, marriage, and pregnancy? | Yahoo Answers

Through these institutions and organizations, the AAMC serves the leaders of America's medical schools and teaching hospitals and their more than , full-time faculty members, 89, medical students, , resident physicians, and more than 60, graduate students and postdoctoral researchers in the biomedical sciences.

You can read about the price of becoming a doctor here. But did you know that women pay a higher price than men to become a medical doctor. Most women do not even realize the full extent of what they are giving up to achieve their dream. This sacrifice goes beyond money and time. A female doctor is less likely to marry than the average female. Hypergamy in Action Women would prefer to marry a guy that is more successful, makes more money, has a higher status, is taller, and is better educated. As a doctor, few people will earn more. Few people will be as educated. Few people will be as smart. So the mating pool for a hypergamous female has shrunk significantly. On the flip-side, male doctors have quite the advantage when it comes to finding a mate, thanks to hypergamy. And because a typical medical school class will have more females than males, that means the supply of male doctors are low, which drives up the demand. She would be competing with many other women for him. Why choose her over a younger, hotter, and less-threatening woman? A female doctor cannot offer: Medical school at A primary care residency at This is not exactly young, for a woman. And this is a best-case scenario. Most likely, the girl would not smoothly transition from college to medical school to residency. The older women get, the harder it is for them to marry. Fertility decreases with age. Birth defects rises with age. If a guy wants a healthy family, there is less risk by choosing a younger woman. But the pretty doctor was probably prettier as a college student. Beauty is very important for most guys. Look at a young attractive girl and look at her mom. Most likely, there is a big difference for the worse as a woman gets older. The time preparing to become a doctor is immense and does limit the time she can spend with the guy. A guy would prefer a girl that is available instead of one that is constantly busy. But her redeeming factor is her sweet personality. Even if the female doctor was willing to forgo hypergamy and marry down, she may have to try very hard to finding someone. Many guys do not want their girls to make more money than them. Many guys do not want their girls to be more educated than them. Yes, there are some insecure guys out there, but for good reason. Combine that with my list above, it is not looking good for the female doctors. Most Relationships Start Before Medical School From what I have seen, many of my female classmates in a long-term relationship or in a marriage have found their significant other before medical school. Long-term relationships and marriages that are formed during medical school do happen, but they are comparatively rarer. I remember during one of my rotations, one of the residents a bitter, bitter woman shared her concern of remaining alone for the rest of her life. She even asked for my help to send any quality guys her way. The female doctors, who I know for certain are married and remains married , are either super, super attractive "like a model. Or they are foreign doctors and participated in arranged marriages. I am absolutely convinced that quite a few of my female classmates will not find a significant other " married only to their jobs. There is nothing wrong with being single and being dedicated to your job. But if they do want to get married which most girls do want , it is actually quite sad. Au contraire, I promote it. More women doctors means less men doctors. This drives up my value. Out of good conscience and the desire not to see any life ruined by medicine, I write this to help women make the most informed choice " one which will impact them for the rest of their lives. If you are a female, you can react to this in two ways: You can get angry, verbally attack me, and plunge head-first into medicine out of ignorance. You may feel good after doing so, but it does not change your circumstance. It is your life on the line. You can thank me for revealing what was previously left unsaid, carefully consider what I wrote, and make a smart decision knowing all the consequences. I doubt your academic adviser ever talked about this. If this is the choice you make, you are indeed a wise woman. You have been informed. If you want some facts and figures about education and marriage, you can read How the Ascendancy of the Alpha Female Will Impact Marriage. This article is part of the Get into Medical School series. Click on the link if you want more tips and hints about getting accepted into medical school.

Chapter 3 : Marriage and Grad School: Tips to Help Make it Through | hitched

Marriage in medical school is possible if it is a priority and if it is nurtured; if having a busy schedule is the issue, then timing of marriage is not relevant. Marriage requires prioritizing. In college I felt a great desire-and often great pressure-to be involved with many different activities and organizations.

How many people have a significant other during medical school? Well, in my class Class of , 54 students , I count 14 classmates who are currently married, and another 12 of us who are engaged. And there are a whole lot of other people who are in dating relationships. These statistics could be an abnormality unique to my class, but I know there are many students in the other classes here at USCSOMG who are dating, engaged, or married, too. How do you even have time to date someone during medical school??? There may be days or weeks that are harder to do that than others for example, test week is almost never a good time for a date , but there are plenty of good times to have fun outside of school if you plan it right for example, post-test weekends are the best time for dating. What about long-distance relationships during medical school? What are the best date ideas for someone dating a medical student? Admittedly, though, thoughtful surprises during a stressful week of medical school are always appreciated! How do you even have time to plan a wedding? Wedding planning uses those same skills. Personally, I like to use my wedding planning time as a reward for getting through scheduled study time for the day. Does it matter what kind of engagement ring you get, because you are going to be a doctor? However, a lower setting for your ring might be easier for those times when you quickly pull on exam gloves to palpate skin or touch a rash. When is the best time to get married during medical school? Most of my classmates have scheduled their weddings over summer breaks after first and second year, simply because that is when we have the longest breaks during our academic calendar. However, some classmates have gotten married over Christmas break, Labor Day weekend, and even during a normal weekend between rotations during 3rd year. There are plenty of options of wedding dates for those who want to be more creative. Does anyone have kids during medical school? There are several students at our school who have children. I think most of them treat medical school as a job, and they make sure that they leave by dinnertime every day. The rest of us love it when they bring their kids for a visit to school for an evening special speaker or for another event. Yes, this is a real question that one of my classmates has been asked!! And of course the answer is no, although anyone who marries a medical student has to realize that they are taking on a whole lot of student loans and a very time-demanding career “ dating or marrying you is a big commitment for them, too. I never expected to spend four more years here in Greenville, but I could not be more excited to have the opportunity to stay and be a part of this incredible program at the USC School of Medicine in Greenville!

Chapter 4 : Marriage and medical School? | Yahoo Answers

Marriage in medical school is possible if it is a priority and if it is nurtured. Marriage requires prioritizing. Sometimes my wife sacrifices when I have to study all weekend.

Some of you may have done it already, perhaps considered it, or maybe put it off as impractical. Here we look at some of the issues involved, from four different CMF members who have been there, done that, and got the wedding ring! Initial considerations The Bible is clear when it comes to marriage – it is created by God and is a natural state for his people. It can be a great blessing and stabilising factor in our otherwise busy and turbulent medical lives. However, it is not to be taken lightly. If you are considering marriage, take time alone with God to look deeply into your motives – is it because you fear being alone, feel incomplete as a person or need to fit in within the Christian community? If any of these things could be a motive, pause and take stock. If you do marry, it is important that the timing is correct. It should not be hastened into, but neither should it be delayed if you are both ready and it is what God has planned for you. Consequently, you may need to give serious thought to getting married as a student. There is a lot of literature available that deals with general issues around marriage. So far our marriage has been a great blessing to us. As a final year student the intimacy of marriage has been immensely rewarding. The love and support of another person with whom you live and share your life goes a long way to helping when you are studying hard and dealing with the pressures of the hospital environment. Having a stable home and church life at this stage in your training can aid your survival both physically and spiritually; having someone to share these with enhances their benefit and has definitely helped my relationship with God. Whilst this may not necessarily have to be a spouse – close friendships with other Christians, especially housemates, may well be of similar benefit - it is certainly one of the things I have appreciated about our marriage. However, there are also some aspects that need careful consideration if marrying as a student. Organising a wedding whilst studying is time consuming and stressful, especially if exams are on the horizon. You need to plan carefully to ensure that you allow enough time for wedding preparations, the day itself and a honeymoon. We got married during my elective, which worked very well from this point of view. Working long hospital hours plus study outside of this also means that you may not have as much time to devote to your relationship once married as you would like, and patience and support are needed from both parties in order to minimise the disruption this may cause. Scheduling specific quality time together away from work and daily chores may sound rather formal but is essential in the early stages in order to ensure that work and settling into a new routine and home together do not squeeze it out. If you do elect to get married as a student then certain pointers may be of value: Pray about it and read what the Bible has to say on marriage, as well as other good Christian literature on marriage. Once engaged, try to read the same passages or books and discuss them together. Discuss the issues between yourselves and with close friends, including older Christians. This can yield very valuable advice. If possible, seek advice from people in a similar position to yourselves, or who have been there before. On getting engaged, involve your parents in the wedding planning as this will help strengthen family relationships. If you have non-Christian parents, then being involved in organising a Christian wedding may help them understand your faith and why you have chosen to get married at what they might find a slightly strange time, rather than waiting until you qualify. Decide where you will be living after the wedding and try to go to the same church whilst engaged, then stick to it when married. We moved to a new church in the area where we would be living a few months before getting married. I found it invaluable to have continuity and support from a church when moving house as well as hospitals. As difficult as it may seem at times when juggling medical school and wedding planning, it will be one of the best experiences you will ever have. Mike and I got married when we were 21, knowing full well this was a commitment for life, but with absolute certainty that we wanted nothing more than to spend our whole lives together. Our wedding was at the end of our first clinical year, after we had been engaged for a year. When we started our busy house jobs – in different hospitals with few days off that coincided – we already had two years of married life behind us. I think that gave us a strong foundation. Marriage is a covenant, a binding agreement between two people that is not meant to be broken. You make an agreement

about what your relationship is going to be. Even today the ceremony follows an ancient pattern seen in the covenants of the Bible. It includes making promises before witnesses, giving and receiving rings as a sign of the covenant, and sharing a meal to celebrate. Medical school leaves little time for focussing on God, studying the Bible and being in fellowship with other Christians. Growing together spiritually within a marriage is an especially exciting aspect, and only those who have experienced it will understand this special blessing from God. Do keep in mind, though, that marriage is another big time commitment and you will certainly need to be disciplined about how you spend your time spread between each other, medical commitments, family, church and other interests. This is especially so once you qualify, as life will change almost beyond recognition, with increased responsibility, stress, politics and antisocial hours. However challenging marriage is during student life, it will be far harder after collecting that degree – if you are very near the end of your course it may be better to wait a while, as it will be easier to understand whether you are both able to make the sacrifices demanded by medicine and have enough left over for each other. As a marriage takes a lot of resources to keep things running smoothly, be prepared to renegotiate the time you have and the activities you share with your friends. You will have fewer opportunities to study with other medical students and pick up useful nuggets unless you are marrying a medic. Thankfully, this is in part compensated for by the fact that you have a willing volunteer to practise OSCEs on! If your spouse is not medical, marrying as a student can have important benefits. Getting used to social interactions between medics can take some doing and it takes someone from the outside to realise what a strange bunch we are! It is easier to introduce a spouse to medical peculiarities during student years than to fling them in at the deep end at a hospital summer ball. Undergraduate medicine is a costly affair and it can be difficult to complete it without financial support from others; many of us are fortunate enough to have generous parents who can provide for us. Decide together how you would be able to cope financially when married. If you are unable to support yourself, it is difficult to promise at the altar to take responsibility for the welfare of another. Three months after marrying, my wife became seriously ill and unable to work. We then survived the next seven months on miraculous blessings from God, our savings and state benefits. Although it was stressful, we managed and feel more able to face other challenges as one united and independent family unit. I am not sure whether as a man I felt more responsible to provide for us and therefore was more frustrated at my powerlessness to do so. The extra stress certainly impacted on already difficult preparations for finals. It was only during this testing time that I realised important fundamentals – medicine had been the focus of my time, energy and passion for five years and I had a lot invested in it. Your direction must first and foremost be towards building up and working on your marriage rather than medicine – putting your marriage first may mean that you will not climb as high or achieve as much within medicine. One final consideration is that junior doctors are expected to be a mobile bunch. Even registrars may be on rotations that include hospitals miles away from each other. Anyone marrying a medical student should be aware that they may have to move house frequently for the next ten years. Some couples compromise by living apart during the week which I think is biblically and emotionally a dangerous thing to do or by a non-medical spouse changing jobs much more often than would be comfortable. Despite my sometimes discouraging advice, marriage as a medical student can and does work. As Jo and I put God first in considering marriage and its timing, we in no way regret it. We have been truly blessed and matured by our experiences and if we had not married at that specific time, we may never have married. If you feel called to marry then after considering the above points and continuing to seek God in the matter then walk forwards with confidence. My motivation in writing is to help those enclosed in a world of romance to keep their feet on the ground and both eyes on God. Remember that God is with you and he will bless your marriage and allow it to prosper if you remain close to him. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. We had known each other from our home church before medical school and had been dating since before I started there. We had planned from the beginning to marry at some point, but initially had held the opinion that we should wait until after medical school and get our studies over first. But after some thought we realised that, as medical students, we would never again have as much time as we did then. Since finishing finals our lives have only got busier, with more responsibility, so in fact marrying at medical school was the perfect time. It

was a great support to have two or three years of marriage under our belts before we hit house jobs and all the stress that they entailed. Looking back we would have done the same again and would certainly recommend it as an option to students who are serious about each other. Marrying at medical school meant that we had time for each other before life got really difficult!

Chapter 5 : Married to a Medic | Surviving medical school, marriage, and life

by Reese Imhof. Being married in medical school has its challenges along with its advantages. My wife Nicole and I had our wedding less than a year before I entered Mayo Clinic School of Medicine.

Men of a certain age may remember the tune, if not the words: Love and marriage, love and marriage, Go together like a horse and carriage. Much has changed, obviously, since the horse and buggy days. And when it comes to marriage, there have also been enormous changes since Sammy Cahn penned his romantic lyrics in the Ozzie and Harriet era. Many people find love without getting married, and many marriages turn loveless and hostile as divorce rates soar. Single parenting is now common, and society is becoming increasingly comfortable with various patterns of cohabitation. The many social, economic, psychological, and spiritual ramifications of these huge changes have been the topic of much discussion and debate, and more will follow.

Men, marriage, and mortality A major survey of , American adults found that married men are healthier than men who were never married or whose marriages ended in divorce or widowhood. Men who have marital partners also live longer than men without spouses; men who marry after age 25 get more protection than those who tie the knot at a younger age, and the longer a man stays married, the greater his survival advantage over his unmarried peers. But is marriage itself responsible for better health and longer life? Some have argued that self-selection would skew the results if healthy men are more likely to marry than men with health problems. But research shows the reverse is true: Another potential factor is loneliness; is the institution of marriage linked to better health, or is it simply a question of living with another person? Although studies vary, the answer seems to be a little of both. People living with unmarried partners tend to fare better than those living alone, but men living with their wives have the best health of all. Numerous studies conducted over the past years suggest that marriage is good for health. More recently, scientists have begun to understand why married men enjoy better health than their single, divorced, and widowed peers. Are educated wives heartbreakers? In the s, several studies suggested that men whose wives had more education than they had were more likely to die from coronary artery disease than men married to less educated women. With more and more women getting advanced degrees, that might give some single guys pause. And a study reported that men married to more educated women also enjoyed a lower death rate than men married to less educated women. In the contemporary world, smart wives promote healthy hearts. **Marriage and the heart** If marriage protects health, the heart would be a likely beneficiary. Japanese scientists reported that never-married men were three times more likely to die from cardiovascular disease than married men. And a report from the Framingham Offspring Study also suggests that marriage is truly heartwarming. Scientists evaluated 3, adults over a year period. In the Framingham study, marital happiness did not seem to influence the overall protective effect of marriage. But in other studies, marital unhappiness and stress have been linked to an important cardiac risk factor, hypertension. But even after this serious problem has developed, a supportive marriage is associated with improved survival. **Marriage and cancer** The well-established links between stress, depression, social isolation, and heart disease make it easy to see how a good marriage might protect the heart. But cancer is a different matter. Indeed, there is little evidence that marriage reduces the overall risk of getting cancer. Still, marriage can influence the outcome. For example, a study of 27, cancer cases found that unmarried individuals were more likely to have advanced disease at the time of diagnosis than married persons. Unmarried patients were less likely to receive treatment than married patients “ but even among people who received cancer therapy, marriage was linked to improved survival. Patients who have intact marriages when cancer is diagnosed have better survival than patients who are separated at the time of diagnosis. Prostate cancer is a particular concern for men. To find out how marriage affects survival, scientists from the University of Miami investigated , men with the disease. Over a year period, married men survived far longer median 69 months than separated and widowed patients 38 months ; men who had never married had an intermediate survival rate 49 months. And researchers from Harvard and UCLA have identified similar survival benefits for married patients with bladder cancer, a predominantly male disease. Other health issues Although the data are sparse, marriage appears to have a positive effect on a variety of health outcomes.

Mental health is the most prominent; married men have a lower risk of depression and a higher likelihood of satisfaction with life in retirement than their unmarried peers. In contrast, widowhood boosts the likelihood of sexually transmitted diseases in men, but not women. That may or may not be true, but according to Italian researchers, married couples do have similar cardiac risk factors. In their report, the scientists reviewed 71 earlier studies that covered more than , couples. All in all, the spouses demonstrated many shared risk factors, including hypertension, diabetes, cholesterol, obesity, and smoking. Some of the similarities can be explained by the tendency for people to choose spouses like themselves, and some of the shared risk factors depend on lifestyle habits partners have in common. Divorce also triggers a sharp increase in the rate of suicide by men, but not women. Bereavement Because women live longer than men, women are far more likely to lose a spouse than are men. But spousal bereavement is actually more serious for men, and a study from California tells just how serious it is. The study did not measure the psychological and socioeconomic burdens of bereavement. Instead, the researchers focused on another impact of spousal bereavement, the mortality of the surviving spouse. The study tracked 12, married people over a to year period. During that time, 1, men and 3, women lost their spouses. Healthy men who lost a wife were 2. The risk was greatest from seven to 12 months after the loss, but an elevated death rate persisted for more than two years. Shakespeare was right when he wrote of "deadly grief. Another factor is social isolation. And a study of 1, men in the Boston area linked the death of a spouse to a decline in testosterone levels comparable to the drop that occurs during 10 years of aging. Same-sex couples Do the health benefits of marriage extend to same-sex spouses or partners in civil unions? Because such pairings are uncommon and new in the U. But same-sex partnerships were sanctioned in Denmark in , and a study evaluated 4, men and 3, women who entered such relationships between and The men who were in same-sex partnerships before highly effective anti-HIV drug therapy became available in had a high mortality rate. Women and men who entered same-sex unions after had mortality rates similar to the general population after a small excess during the first few years of their union. Explanations Good marriages promote health and longevity, but stressful and shattered marriages have the opposite effect, especially for men. The explanations fall into three categories: The biological explanations center on stress. Martial conflicts produce elevated levels of stress hormones such as adrenaline, which raise blood pressure. Marital stress also triggers the production of cytokines, small proteins that set the inflammatory cascade in motion. Inflammation is a newly recognized cardiac risk factor, and divorced men have higher levels of inflammatory markers than married men. The behavioral factors are no less important. They are less likely to exercise but are more likely to smoke, drink excessively, and engage in other risky behaviors. In contrast, married men are more likely to get regular medical care and to benefit from a higher standard of living. But while senior citizens who live with a spouse get better preventive care than those who live alone, elders who live with an adult child do not get better care. Loneliness, depression, and social isolation also contribute to the excess mortality associated with bereavement, divorce, or never having married. Perspectives Many men marry for love, some for money, and others for a variety of personal and family reasons. Until now, at least, few have married for health. Happily married men might add health to the things they thank their wives for. Unhappily married men should work with their wives to reduce stress and improve their relationship. That means making wise choices about diet, exercise, alcohol, and other health behaviors. None of this will earn a marital deduction on your form, but it will improve your health.

One thing you might want to consider is that if you get married before or during medical school and the other half is working and then you get divorced he or she will forever get a percentage of your earnings, seeing as how he or she "technically" supported you while you were in medical school.

We started talking at a school-wide social that I had organized. At the time, Alan was a second-year student and I was a first year student. When did you get married? We got married five months before graduation, which was the ideal time for us. The second half of fourth year of medical school usually carries a lighter course load, especially if you plan it that way. Traveling for residency interviews made it a little difficult to finalize wedding details, but Amber made sure everything was in place. Our classmates had become some of our best friends in the last four years, so having our wedding before everyone split up for residency was absolutely perfect. How did you handle stress and competing schedules? Our schedules actually did not compete that much. Alan was awarded the Doris Duke Research Fellowship between his third and fourth year of medical school, so he took a year off while I completed my third year. This allowed us to begin our fourth year together, and we were able to coordinate our schedules to do away rotations at the same location and at the same time. Our school was quite flexible in allowing us to make last minute changes and match certain rotations to accommodate for things such as our honeymoon. As for stress relief, having both of us in the medical field made it easier to understand the day-to-day pressures of working in a hospital. We both knew what it felt like to be medical students and, depending on the rotation, just how difficult it could be at times. It also was easier not to have stressful rotations simultaneously, so whichever one of us was less busy could help manage the day-to-day stresses, such as cooking and cleaning. How did marriage affect where you applied for residency positions and how did you decide where you wanted to go? Are your residencies the same length? Marriage affected percent of our decisions of how and where we applied for residency. The couples Match can be a daunting process if you are not prepared or familiar with the process prior to applying. Although it is possible for couples to match to programs that are geographically far from each other, our goal was to be in the same city, if not the same hospital. A complicating factor for Alan was that he had one year of preliminary internal medicine prior to his neurology residency, and not all neurology programs have that one year built in. As a result, we found ourselves potentially trying to match three residencies: The most influential factors in our decision were geographical location and program strength—it was not easy finding cities that we both wanted to live in that had good programs for both pathology and neurology. Also, I was very specific about which programs I was applying to. As a result, the number of programs I could apply to were limited, thereby limiting the number of programs to which Alan could apply. First, we made individual lists of programs that interested us and then compared the lists to find similarities. This was especially difficult and we found ourselves meeting and splitting up all over the country for three months. During the interview process, we each took notes and made our own rank lists independently and then compared them after the final interview was done. The deliberation process was very difficult as there were not many locations and programs that we both liked. The bottom line is that compromising was key. This was one of the two options we planned for. Had I not gotten into a combined program, I would have finished in three years, and we had decided that I would attempt to start a fellowship away from Alan, an option we desperately did NOT want. As stated above, the couples Match process naturally yields itself to sacrifices from both people. We could not imagine starting the stressful experience of residency without the support and love from each other. While we did have to apply to and interview with more programs than a typical med student, all the sacrifices of the interview process were well worth it. Luckily, neither of us had to sacrifice much of our career goals for the sake of living in the same city. Living in Philadelphia and the programs we are now a part of are definitely what we wanted. What advice would you give other students who are considering marriage during medical school? Getting married during our last year of medical school while we still had few responsibilities was the best decision for us. We were able to relax, take a lot of time off, and celebrate our special day in blissful ignorance of the demands of our upcoming residencies. Another important thing to keep in mind is the desired location of the wedding.

Regardless of where our residency was going to be, we wanted our wedding to be in Phoenix, our hometown. Planning a wedding from long distance and working 80 hours a week can be particularly difficult, but not impossible. However, wedding and residency aside, the most important fact is to always remember why you are marrying that special person. Residency WILL be filled with stress and anxiety, but it will NOT be permanentâ€”your significant other will be permanent and will always be there to support you. Even though we are just starting out in residency, this is a fact that helps us through every single day!

Chapter 7 : Marriage and Medical School | Meet Mayo Med

The CU School of Medicine is top-ranked in primary care, pediatrics and family and rural medicine. We offer degrees in doctor of medicine, physical therapy, physician assistant, medical science in anesthesiology, genetic counseling, modern human anatomy.

By Reese Imhof by Reese Imhof Being married in medical school has its challenges along with its advantages. Sharing the experience of being a part of the Mayo Clinic family has brought us closer during a time when being in a relationship sometimes feels quite difficult due to the demands of studying, class schedules, and other responsibilities that come along with medical school. Living with your spouse or partner in medical school is great because your support system is right there in the same household. Besides practical support such as cooking meals or making sure I have clean clothes on weeks when I have a very hectic schedule, the emotional support Nicole provides is a lifesaver during high stress periods of medical school. Successfully managing stress during my first year of medical school has been an ongoing process. Having a supportive spouse, who is there for me to talk to and always encourages me to keep doing my best, has been very important to me. Supporting each other in our educational and professional goals has always been a part of our relationship. I also remember being there for her in times of high stress. Overall, having the support of a spouse or partner during medical school can be amazing so long as you and your partner understand that there will also be difficult times and long days to get through. I look forward to seeing what the next few years of medical school will yield and how my relationship with my wife will continue to grow and be strengthened. Try new things together – Do something different to break out of your routine. Be open to doing something completely new. Nicole even got me to try dancing lessons with her. When we were in our Anatomy block, I would always stay in the lab or in the library until late at night. Nicole would drive to the school after she was done with work to bring me dinner she cooked, or she would just stop by with our dog in the car so I could take a short break with them. I was so grateful to her for this and I wanted to make sure she always knew how much these little moments we had together meant to me. There are some real sacrifices that your partner will have to make. I had exams on her birthday and the day after her birthday, so we barely saw each other. She was so understanding as she always is, but I wanted to make it up to her. I surprised her with tickets to a concert I knew she really wanted to see and I planned a weekend getaway. In med school there will be times when you are completely swamped with work, but there will also be periods when you have more free time. Take advantage of the free time and plan something fun for your partner. He is a native New Yorker who worked as a graphic designer and entrepreneur before coming to medical school. He loves living in Rochester with his wife, Nicole, and their dog and two cats. His hobbies include biking, running, hiking, photography, and writing.

Chapter 8 : Married in Medical School: Our Experience Â» in-Training, the online magazine for medical stu

Surviving medical school, marriage, and life. It's no secret that grades and tests are a crucial part of getting into medical school and succeeding as a doctor.

We are members of the AMA Alliance and we know that support for the family of medicine is most comforting when it is provided by the family of medicine. Everyone knows that medical school and residency are stressful for young physicians. Our new blog offers resources to provide specific support for partners of physicians in training, as well as assistance in finding an Alliance in your area. We know that support for the family of medicine is most comforting when it is provided by the family of medicine. To learn more about the Young Member Connection please view our first blog entry here. We finish all the tucking and praying and reading and singing and last-minute drinks of water, and we field all of the ingenious stalling techniques and finally go downstairs around 8: But - again - thanks to the DVR, we can rewind. Then, of course, we re-establish Rule 1. On one hand, I love reading their stories and so appreciate their sharing the struggles they have. On the other hand, my stomach turns because I have been there, and I know how excruciating it can be. Had the wedding on Friday night, and he was back in class on Tuesday morning. Those two crazy kids had no clue what they were getting into. What have I learned? Each year brings new challenges to his career and to our family, and finding the delicate balance between the two is a constant challenge. The good news for us and for others in a medical marriage, particularly those like us who got in at the beginning, is that it does get better. If your marriage can survive med school and internship and residency and fellowship, then the rest will seem so easy in comparison. You will have survived the worst. Hope for the best, expect the worst. This was my mantra through residency. If he is on-call, expect him to be gone all night. Expect to eat dinner alone, to pick up the kids from practice, to put them all to bed by yourself, to clean up the kitchen by yourself, to spend the evening with a book or the DVR instead of your husband. But his being with you should always be Plan B. It may sound cynical, but it is survival. Take the small amounts of time you have and focus solely on each other. Some days, this may consist of a single phone call in between surgical cases. Even if that is all you get, be all there. Make the most of what you have. This can be a tricky one, but I cannot give it enough weight. You absolutely must have friends who are also medical spouses. No one else in the world is going to completely understand what you are going through â€” not even your own family. That kind of support breathes life and sustains you like nothing else. I met my best friend in the world during residency training. Both of our husbands were ophthalmology residents, and our kids were born within months of each other; they too became the best of friends. Neither of us had family within miles, so we were family to each other for three years. We live on opposite ends of the country now which we all hate , but we are still as close to each other as we were during residency, and every summer we take a family vacation together. No one else understands my life like she does. Which leads me to the second point about friends: Be careful to whom you complain. Along the same vein, I have to be careful about what I say to my non-medical friends. I had no clue! She thought we were on the verge of divorce. Non-medical friends and family are going to make assumptions about your life. Many times while Michael was in training, I found myself having to explain the entire training process to our non-medical friends and defining words like STEP I, Match Day, internship, boards, and even residency. I remember one instance during medical school explaining to a friend that no, he is not able to work and go to school at the same time. Now that Michael finished training and is now in practice, we still find ourselves defending our life and battling assumptions. Believe it or not, we still get to the end of the month and wonder where it all went. So you have to grow a thick skin and learn to ignore it. My wise old aunt gave me this sage advice: The non-medical world has no clue how it all works. We know only because we are submersed in it. Take care of yourself. We, too, need to breathe. Your life is revolving around your husband and his career. Your time together revolves around his work schedule, you have no money to pursue your own dreams, and if you have kids, you spend much of your time caring for them alone. Somehow, in the midst of all that, you need to nurture your own spirit and do the things you love to do. Take care of the person your husband first fell in love with. Finding that balance during training is complicated, and it will look different

for each one of us, but talk with your husband and find a way to make it happen. If you have kids, I would highly recommend finding room in your meager budget for a Parents Day Out program or preschool. Either way, the break from your kids will feed your soul and allow you a little time to take care of yourself. My lack of respect for my husband and his career has shredded our marriage on more than one occasion, but particularly during his first year of residency. We went into our marriage with the conviction that divorce would never, ever be an option â€” but let me tell you, if it were, we would have gone there. It was that bad, and it was mostly my fault. Let me again assure you that I am not at all devaluing us as women and wives. Each of us has gifts and contributions that are essential. We are each uniquely gifted to bring hope and healing to the world, and we should do so with every opportunity we are given. As we are all aware but probably not to the full extent, they are under incredible pressure. That is a huge burden for anyone to bear. Medical training is rightfully brutal because of the magnitude of this burden they are choosing to take on. During training, our husbands are grilled, yelled at, and belittled. They are expected to know their stuff, which is why they work for 14 hours a day and then come home if they come home and study for another hours. This puts us, as their wives, in a precarious yet very powerful position. We value our marriages. We want to spend time with them. But they have chosen a very demanding career that requires more time and energy than they have, and we hold the power to make them better. He could be the surgeon he needed to be because the one woman he loves the most has empowered him to be so. We, as wives, need to believe in our husbands. We need to give them a safe place to come home to after being run through the garbage disposal all day. They need â€” and deserve â€” our respect. Yes, their careers put an extra burden on us as their wives. I have learned in thirteen years of medical marriage that you can, in fact, have a loving, fulfilling, vibrant marriage. It takes more work and tears and effort than you ever thought you were capable of, and it never will be easy. But remind yourself of this: Emerson Eggrichs, is a great resource for learning ways to show our husbands respect and how they will in turn respond lovingly.

Chapter 9 : Married In Medical School â€” MomMD Cross Post â€” MamaDoctorJones

Well, I'll be starting medical school in the fall and have a question for you. You see, my girlfriend and I have talked about getting married in the near future. The thing is, I don't know if that would be possible during medical school, or if I should wait until I'm done or almost done.