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# NOTEWORTHY CANADIAN DOCTORS TO FOLLOW ON TWITTER

**From the secure collaboration network**

A list of Canadian physicians actively engaging in the Twitter Medical Community. Plus articles on the newer apps dominating the online medical space.



# Introduction

It comes as no surprise that the use of Twitter and other social media sites such as YouTube, Instagram, and TikTok amongst physicians has exploded. There is a new age of digital doctors who understand how social media plays an important role in both their private and professional lives.

Physicians turn to public and private social networks to share news, identify educational resources, debate policies and provide health information to the greater community. Using social networking sites can help physicians share their ideas easily and build an engaged community.

Many of the doctors featured in this eBook have built significant audiences that have propelled them into micro-celebrity status. They share a mix of both educational and entertaining content and use their influence to improve patient care and health outcomes. We've done our best to compile a collection of noteworthy doctors on Twitter who have an active voice in the social networking medical community and that you should be following!

Disclaimer: The views and opinions of those physicians featured in this eBook do not necessarily reflect the official position of The Rounds. Any physician or HCP featured in this document has an active voice in the Twitter medical community. This document only highlights a small portion of the many amazing physicians sharing content on social.

**Keep reading! You might be surprised to find out which doctors are popular in the #MedTwitter community and on other social media platforms...**





# Noteworthy Canadian Physicians on Twitter

You might be thinking, "there's no way that physicians are on Twitter." Well, think again! Twitter is a popular platform for healthcare updates, opinions and discussions. The medical community on Twitter even has a trendy hashtag, #MedTwitter.

Social media, particularly Twitter, is a promising tool for the medical community with an array of benefits. The platform can remove barriers for patients to better understand their medical treatment. Furthermore, Twitter makes it easy for experts to share and respond to research, clinical problems, case studies, and more.

Hundreds of physicians are taking advantage of these benefits by actively using the platform daily. There is so much information out there that it can be a bit overwhelming at first glance.

The Rounds doesn't want you to get lost in the sea of healthcare-related media available online, so we've compiled 10 physicians to check out on Twitter to get started.

**Over 5,000 Tweets are shared using  
the #MedTwitter hashtag each day!**



## Dr. Theresa Tam

**@CPHO\_Canada/@ACSP\_Canada**

As the Chief Public Health Officer of Canada, Dr. Tam uses her tweets to promote and protect the health of fellow Canadians. With over 270K followers, Dr. Tam is a trusted source when it comes to public health advice and current pandemic statistics.



[→ Follow Here](#)

## Dr. David Jacobs

**@DrJacobsRad**

Dr. Jacobs is the Chair of the Ontario Specialists Association, co-founder of the Coalition of Ontario Doctors and Vice President of the Ontario Association of Radiologists. Dr. Jacobs is very active on his account and will be sure to keep you up to date with his opinions and comments on popular medical articles.



[→ Follow Here](#)

## Dr. Jennifer Kwan

**@jkwan\_md**

Dr. Kwan is an Ontario-based physician, passionate about family practice. Since the onset of the COVID-19 pandemic, Dr. Kwan has been providing her 70K followers with daily updates on the number of active cases, hospitalizations and deaths related to the pandemic in Ontario.



[→ Follow Here](#)

## Dr. Nadia Alam

**@DocSchmadia**

Dr. Alam is a physician, as well as an anesthetist and past President of the Ontario Doctors Association. She uses her platform to give insight into what being a doctor during a pandemic is really like. Her account is also filled with pride for representing female physicians across Canada.



[→ Follow Here](#)

## Dr. Dustin Costescu

**@BirthControlDoc**

Dr. Costescu is an Assistant Professor in the Department of Obstetrics and Gynecology at McMaster University. He also practices subspecialties in Family Planning, Sexual Health and Trans Care. His tweets combine witty humour with educational topics to keep you laughing while learning something new.



[→ Follow Here](#)



Dr. Raj Bhardwaj

**@RajBhardwajMD**

You may have already seen Dr. Bhardwaj on CBC as a weekly health and medicine columnist. He often retweets and shares content that boosts important conversations in healthcare with his followers.



➔ Follow Here

Dr. Kashif Pirzada

**@KashPrime**

Dr. Pirzada is a Toronto-based Emergency Medicine physician. He is also the co-founder of the Twitter account @conquercovid19, a grassroots organization that helps supply healthcare workers with the necessary PPE supplies to handle the pandemic.



➔ Follow Here

Dr. Bolu Ogunyemi

**@OgunyemiMD**

Aside from being a dermatologist and Clinical Assistant Professor of Medicine at Memorial University in Newfoundland, Dr. Ogunyemi is also an advocate and mentor for those underrepresented in the medical field. If you want to further educate yourself on diversity in medicine, following Dr. Ogunyemi is a great place to start.



➔ Follow Here

Dr. Sharon Mulvagh

**@HeartDocSharon**

Not only is Dr. Mulvagh a cardiologist, echocardiographer and Professor at Dalhousie University, but she also aided the development of the Women's Heart Health Clinic in Halifax, NS. Her feed is filled with articles and conversations on ways to better serve Nova Scotians.



➔ Follow Here

Dr. Philippe Chouinard

**@DrPChouinard**

Dr. Chouinard promotes health literacy and neurodiversity alongside her main specialty of care, family practice. With just under 5K followers, Dr. Chouinard is an up-and-coming physician who should be recognized for the amount of valuable content he puts into his feed.



➔ Follow Here





# Noteworthy Canadian Internists on Twitter

With so many great Canadian physicians working as internists, it was difficult to narrow our eBook to include only 10. Each physician's profile is unique, however, they do have one thing in common; using their platform to talk about their enthusiasm for Canadian healthcare outcomes. If you are interested in Internal Medicine or just want some new physicians to follow, we can't recommend these doctors enough!



**Join The Internal Medicine Community  
of Practice on The Rounds**

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## Dr. Katie Wiskar

**@katiewiskar**

As an internist at the University of British Columbia, Dr. Wiskar's work doesn't stop when she leaves her job for the day. Dr. Wiskar took on the task of hosting a podcast called Viruswatch. She and her co-host dive into the short and sweet version of the coronavirus in 15 minutes or less. They provide listeners with a summary of their thoughts as new information continues to be released every day.



[➔ Follow Here](#)

## Dr. Nathan Stall

**@NathanStall**

Dr. Stall works in geriatrics and Internal Medicine in Toronto. His interest in Geriatric Medicine stems from his passion for improving the health care system to fully meet the needs of older Canadians. He focuses a lot of his content on advocating for seniors and the issues facing long-term care homes.



[➔ Follow Here](#)

## Dr. Angela M. Cheung

**@AngelaMCheung**

Dr. Cheung has a long list of positions that she holds. She's an active Internal Medicine specialist, a scientist at the University Health Network, Professor at the University of Toronto, among other roles. Follow Dr. Cheung for the opportunity to ask about her specialty and discover more about the life of an internist.



[➔ Follow Here](#)

## Dr. Kenneth Rockwood

**@Krockdoc**

With many years of experience, Dr. Rockwood is relied on by many for his opinion on topics in health care. Many of his tweets involve responses to popular stories as well as quotes from journals and articles that he deems important. For years worth of knowledge in the medical space, he is the person to follow.



[➔ Follow Here](#)

## Dr. Marcia J. Anderson

**@MarciaJAnderson**

As a Cree-Anishinaabe doctor in Indigenous health, Dr. Anderson practices Public Health and General Internal Medicine in Winnipeg, Manitoba. She is passionate about being an advocate for closing the gaps in health care availability and shows that passion through the content she posts.



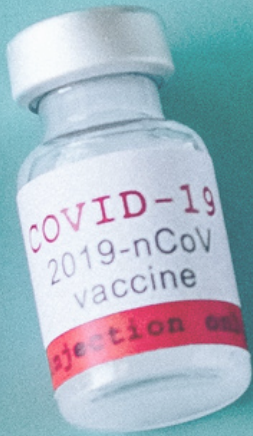
[➔ Follow Here](#)







The work of Dr. Richardson helps ensure Indigenous peoples have a safe and equitable experience within our health care institutions.



Dr. Arnav Agarwal

**@ArnavAgarwalMD**

Dr. Agarwal seems to do it all! After seven years of experience practicing Internal Medicine at the University of Toronto, he has been asked to return to McMaster University to complete his fellowship. In addition to medicine, Dr. Agarwal has a wide range of interests, including social activism, cricket, and the Toronto Raptors. There's something for everyone on his feed!

[➔ Follow Here](#)



Dr. Gabriel Fabreau

**@gabefabreau**

Alongside Internal Medicine, Dr. Fabreau is an Assistant Professor at the University of Calgary. As you scroll through his posts you will see that he is a huge advocate for marginalized groups. Many of his tweets are informative and personal as he highlights the importance of advocating for refugee health in Canada.

[➔ Follow Here](#)



Dr. Lisa Richardson

**@RicharLisa**

Dr. Richardson is the Vice-Chair of Culture & Inclusion at the University of Toronto (UofT) Department of Medicine. Furthermore, she is the Strategic Lead in Indigenous Health at UofT and the Women's College Hospital. Dr. Richardson is an avid tweeter and her feed is filled with inspiring content.

[➔ Follow Here](#)



Dr. Abdu Sharkawy

**@SharkawyMD**

If you're looking for someone who is actively tweeting valuable nuggets multiple times a day, then Dr. Sharkawy is who you should be following! With a witty sense of humour throughout his content, Dr. Sharkawy's followers are happy to be educated about the latest news in healthcare!

[➔ Follow Here](#)



Dr. Irfan Dhalla

**@IrfanDhalla**

Dr. Dhalla spends his days acting as Vice-President and internist at St. Michael's Hospital and as an Associate Professor at the University of Toronto. Dr. Dhalla's 30K+ followers appreciate how he highlights relevant articles and provides his opinion on how healthcare in Canada could benefit from taking advice from other countries on their approach to living with COVID-19.

[➔ Follow Here](#)





# Noteworthy Canadian Pediatricians on Twitter

Pediatricians are an incredibly active group when it comes to posting in the Twitter medical community! As physicians who work with young people who are incredibly impressionable, their work is essential and should be recognized.

The following collection highlights physicians who have an active presence on Twitter and would be valuable to follow.



Interested in  
improving  
children's pain  
management?  
Follow:  
**[@kidsinpain](https://twitter.com/kidsinpain)**

## Dr. Jeremy Friedman

**@DrJFriedman**

Dr. Friedman spends his days acting as both an Associate Pediatrician-in-Chief at the Hospital for Sick Children (SickKids) in Toronto and as a Professor of Pediatrics at the University of Toronto. When he is not spending his time writing and publishing various manuscripts and best-selling books targeted towards parents, you can find him tweeting! Many of his posts reflect his passion for taking care of the unwell.



[➔ Follow Here](#)

## Dr. Samina Ali

**@drsaminaali**

As a Pediatric Emergency physician and pain researcher in Edmonton, Alberta, Dr. Ali truly has her hands full. She considers herself a champion for both professionalism and wellness in the Canadian medical space. As shown lately in her feed, Dr. Ali has been a huge advocate for Black Lives Matter.



[➔ Follow Here](#)

## Dr. Nisha Thampi

**@NishaOttawa**

Dr. Thampi is an Assistant Professor and Pediatric Infectious Diseases Consultant at the University of Ottawa. She is also an Infection Prevention and Control (IPAC) Medical Director at The Children's Hospital of Eastern Ontario (CHEO). Overall, Dr. Thampi shares excellent articles about the latest news in health care, especially news relating to COVID-19, such as hand hygiene.



[➔ Follow Here](#)

## Dr. Simone Lebeuf

**@DrSimoneLebeuf**

Dr. Lebeuf acts as an Adolescent Medicine Pediatrician in the Paediatrics Department at the University of Alberta. She is passionate about working with teenagers because of the vast amount of opportunity and growth in the field of Adolescent Medicine. She is an advocate in every sense of the word and is always looking out for her patients and other Canadians that deserve the best healthcare.



[➔ Follow Here](#)

## Dr. Deepa Kattail

**@DeepaKattail**

Dr. Kattail spends her days as both a Pediatric Anesthesiologist and pain doctor at McMaster Children's Hospital (MCH) and as an Assistant Professor at McMaster University. Aside from that, she is also the Communications Chair at the Society for Paediatric Pain Medicine: Better Care for Children in Pain. As for her Twitter presence, she has over 2K followers who value the pride she has in her job and appreciates her asking tough questions.



[➔ Follow Here](#)



## Did you know?

These pediatricians have a combined following of over 30,000!

Dr. Andrew Lynk

[@andrewlynk](#)

Dr. Lynk is a pediatrician and serves as the Chair of Pediatrics at Dalhousie University. He prides himself on being a child health and patient safety advocate, which he illustrates through his tweets. As you scroll through his feed, you will see that he has shared his thoughts about children going back to school in the midst of the pandemic and does not shy away from sharing articles that advocate for this age group.



[➔ Follow Here](#)

Dr. Rick MacDonald

[@Kidsdoc1Rick](#)

With 7K+ followers on Twitter, Dr. MacDonald has a following that reaches farther than Canada alone. His followers can count on him tweeting all things relevant to the medical space multiple times a day. A quick scroll through his feed will have you eyeing his opinions, for example, mask-wearing – he even changed his Twitter photo to him wearing a neat mask to show how strongly he feels about this subject!



[➔ Follow Here](#)

Dr. Joanna Holland

[@joannalh](#)

Dr. Holland's line of work as a pediatrician does not end after a shift at the IWK Health Centre located in Halifax, Nova Scotia. She also works as an Assistant Professor at Dalhousie University in the Division of General Pediatrics. You can see that Dr. Holland continuously updates her profile with tweets from fellow physicians. Overall, her profile is supportive of the advocacy role that she takes on for her patients.



[➔ Follow Here](#)

Dr. Peter J Gill

[@peterjgill](#)

Dr. Gill is a pediatrician at The Hospital for Sick Children (SickKids) in Toronto, Ontario. Among the many things that he has worked on, one of the most notable is his position as Co-founder of Pedscares – an innovative source of pediatric knowledge that includes interactive cases, podcasts, videos and links to supplement undergraduate learning. Learn more by following Dr. Gill today!



[➔ Follow Here](#)

Dr. Bob Connelly

[@bob\\_connolly](#)

What doesn't Dr. Connelly do? As an educator and recently appointed Department Head of Paediatrics for the Faculty of Health Sciences at Queens University in Ontario, he wears many hats. He is also the President of The Pediatric Chairs of Canada, which represent all university teaching hospitals in Canada. With over 2,500 followers currently, Dr. Connelly is keen to share the latest news in health care with his followers.



[➔ Follow Here](#)



# Noteworthy Canadian OB/GYNs on Twitter

Now let's refocus on the collection of OB/GYNs on Twitter, an up-and-coming voice in the Twitter Medical Community. Canadian Obstetrics and Gynaecology physicians are known to deal with, debatably, some of the most important health issues in a woman's life. That's why we have chosen to highlight the physicians we believe are the ones that you need to be following on this platform! These Canadian OB/GYNs are unique individuals based on their day-to-day duties and the work they put into advocating for issues that they are passionate about. However, one thing that brings them together with other groups of doctors is their passion for improving healthcare for Canadians, and that alone is something that each of them deserves to be recognized for.



**Join The Obstetrics / Gynecology  
Community of Practice on The Rounds**

**JOIN NOW**





## Dr. Fiona Mattatall

**@FionaMattatall**

With over 12K followers, it is no surprise that Dr. Mattatall finds herself on our list. As an Assistant Professor at the University of Calgary in the Department of Obstetrics and Gynaecology, Dr. Mattatall is also an advocate for women's health, trans health and inclusive care. With a feed that features multiple tweets a day, there is no hiding that she is passionate about the health of her fellow Albertans.



[➔ Follow Here](#)

## Dr. Marjorie Dixon

**@DrMarjorieDixon**

You may recognize Dr. Dixon from her multiple features on Cityline discussing everything from pregnancy during a pandemic to deciding which form of contraception is right for you. Her resume includes being an infertility specialist, gynecology surgeon, women's health advocate and above all being a firm believer in women's empowerment.



[➔ Follow Here](#)

## Dr. Yolanda Kirkham

**@DrYolandaK**

As an OB/GYN, gynecologist and advocate, Dr. Kirkham has also taken on the task of promoting mask-wearing during the pandemic. Her tweets include myth-busting and trying to find the best way to navigate the "new normal" with her patients.

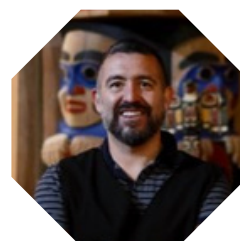


[➔ Follow Here](#)

## Dr. Don Wilson

**@heiltsuk\_paleo**

Dr. Wilson is an Indigenous OB/GYN practicing in Alberta. With multiple tweets daily, Dr. Wilson sure knows how to add a personal connection to the content he shares. Many of his tweets share personal stories about his career as an OB/GYN and his day-to-day life as a farmer and a father of four children. You can bet that you will never be bored when following his account.



[➔ Follow Here](#)

## Dr. Amanda Selk

**@DrAmandaSelk**

Dr. Selk's days are never boring, that's for sure! She is known for her positions as an Associate Professor at the University of Toronto, among others. When she is not tending to each of these commitments, she spends her time hosting the podcast The Vulva Diaries that focuses on vulvovaginal disease education.



[➔ Follow Here](#)



Dr. Glenn D. Posner

**@gdposner**

Dr. Posner is unique in the way that he treats every patient the way he would want his own family member to be treated! As an OB/GYN, Associate Professor and clinician educator at the University of Ottawa, there are very few people that can match the passion he has for this specialty.



[➔ Follow Here](#)

Dr. Genevieve Eastabrook

**@placentadoc**

Dr. Eastabrook is an OB/GYN scientist specifically focused on the placenta and maternal cardiometabolic health. She describes herself as an intersectional feminist and advocates for her patients and women in general. Her tweets combine a witty sense of humour while also focusing on the issues that are impacting Canadians.



[➔ Follow Here](#)

Dr. David Rouselle

**@DRouselle**

As an OB/GYN with years of experience under his belt, there was no way we could leave Dr. Rouselle off of our list. As the past President of the College of Physicians and Surgeons of Ontario (CPSO) in 2017, Dr. Rouselle is a trusted voice among OB/GYNs in the Twitter community.



[➔ Follow Here](#)

Dr. Sony S. Singh

**@DrSonySinghMD**

Dr. Singh is an Associate Professor at the University of Ottawa. When scrolling through his feed, it is apparent that he likes to use his own stories and experiences within the content that he posts. He includes polls for his followers to interact with and always keeps his account up-to-date with the latest events and training opportunities that he is attending!



[➔ Follow Here](#)

Dr. Stephanie Cooper

**@DrStephanieCoo1**

Dr. Cooper spends her days as a high-risk OB/MFM. She's also a passionate advocate for pregnant women, healthcare workers, pregnancy after loss, equality and ultimately quality and safety in obstetrics. Her website is extremely useful for pregnant women as it answers frequently asked questions from mothers and lists resources.



[➔ Follow Here](#)







# Noteworthy Canadian Hematologists to Follow on Twitter

Moving on to Canadian Hematologists, a niche group on #MedTwitter, they make up for their small size with the insights and opinions they offer in the healthcare space. When deciding the specialty we wanted to highlight for our “Noteworthy Canadian Doctors to Follow on Twitter,” it was a no-brainer that each of these physicians deserved a moment to be recognized for their unique contributions on social media.



**Join The Hematology  
Community of Practice  
on The Rounds**

**JOIN NOW**



These physicians have been recognized by others for being a reliable source of information, especially during the COVID-19 pandemic!

Dr. Menaka Pai

**@MPaiMD**

As an Associate Professor of Hematology and Thromboembolism at McMaster University, Dr. Pai is focused on bleeding, clotting, TM, QI, methodology and guidelines. She is always willing to give her opinion on issues and current events and this is something that her followers appreciate from her.



➔ Follow Here

Dr. Michelle Sholzberg

**@sholzberg**

Dr. Sholzberg is a Clinical Hematologist and is the Medical Director of the Coagulation Laboratory at St. Michael's Hospital in Toronto. She also considers herself to be a "bleeding and clotting enthusiast" as featured in her bio. A quick scroll through her profile features many uplifting comments and retweets that she sees as important in the Canadian medical space.



➔ Follow Here

Dr. Yulia Lin

**@dryulialin**

As the Division Head of Transfusion Medicine & Tissue Bank at Sunnybrook Health Sciences Centre and an Associate Professor in the Department of Laboratory Medicine and Pathobiology at the University of Toronto, Dr. Lin definitely works hard. On top of that, she also keeps her 1,500+ followers up to date with the latest news related to Hematology, transfusion quality improvement and patient blood management.



➔ Follow Here

Dr. Jeannie Callum

**@JeannieCallum**

Dr. Callum is a Transfusion Specialist fascinated by transfusion for the hemorrhagic patient and the errors in the transfusion process. She is a Hematologist and Director of Transfusion Medicine & Tissue Banks at the Sunnybrook Health Sciences Centre and an Associate Professor in the Department of Laboratory Medicine and Pathobiology at the University of Toronto. Join her almost 2K followers to keep up-to-date with her tweets!



➔ Follow Here

Dr. Eric Tseng

**@tsengeric**

Being a hematologist at St. Michael's Hospital with a focus on thrombosis medicine is not enough to keep Dr. Tseng busy! He is also an editor of Blood and Clots, a series featured on CanadiEM. This series of online educational resources focuses on some of the most difficult dilemmas faced in medicine today: how to manage patients who are bleeding, clotting, or both.



➔ Follow Here



Dr. Madeleine Verhovsek

**@MVerhovsek**

Dr. Verhovsek is a hematologist and Associate Professor at McMaster University in Ontario. Aside from that, she is also an advocate for social justice, antiracism, health and social policy. She effectively uses her Twitter to highlight issues facing healthcare and ensures that her followers see her as an ally when it comes to supporting patients and fellow Canadians.

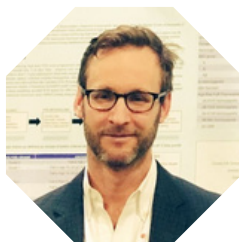


➔ Follow Here

Dr. Jacob Pendergrast

**@apothecaryman**

Dr. Pendergrast's profile is filled with tweets about transfusion medicine and clinical cases. He also spends his time as a member of the University of Toronto Quality in Utilization, Education and Safety in Transfusion research program. He is a part of a dynamic group of researchers recognized for setting and changing transfusion practice.



➔ Follow Here

Dr. Sumedha Arya

**@sumedha\_arya**

Currently, Dr. Arya is a Hematology fellow at the University of Toronto. As her bio states, she is an immigrant, settler, writer and an ally – all of which are reflected throughout her tweets. She has had an active voice in standing up for those with bleeding disorders and has contributed to many conversations surrounding the Black Lives Matter movement.



➔ Follow Here

Dr. Nancy Olivieri

**@DrNancyOlivieri**

Dr. Olivieri pursued training in Internal Medicine and Hematology at McMaster University, University of Toronto, and Harvard University, and over the past 25 years has sustained continuous funding for research for hemoglobin disorders. Most notably, she and Professor David Weatherall founded Hemoglobin® to help provide children in Asia with improved care to preserve their lives and quality of life.



➔ Follow Here

Dr. Terrance Comeau

**@SCTNB**

Dr. Comeau is an Associate Professor in the Division of Hematology at Dalhousie University, however, he may be more commonly known for his position as the Director of the New Brunswick Stem Cell Transplant Program at Horizon Health Network. He also runs a website that features Hematology and Stem Cell Transplant Resources.



➔ Follow Here

## Did you know?



**Dr. Jacob Pendergrast**  
**@apothecaryman**

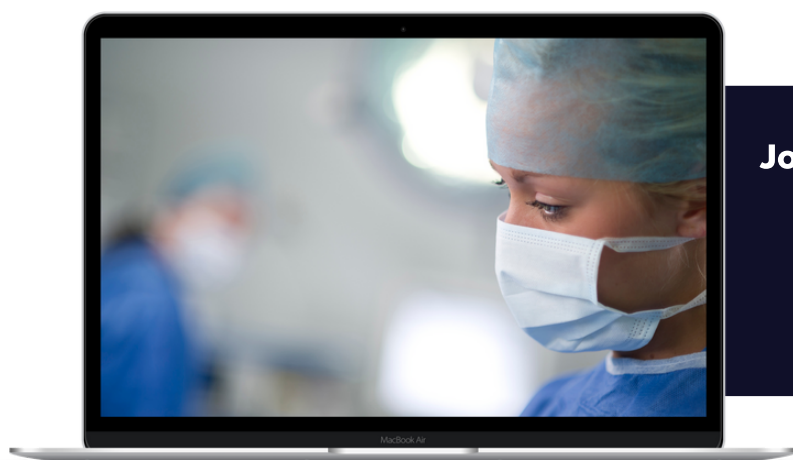
Dr. Pendergrast has been an active member of #MedTwitter for over a decade! Now that's a lot of tweets.





## Noteworthy Canadian Anesthesiologists on Twitter

Next up, Canadian anesthesiologists are not a specialty that will put you to sleep when it comes to their activity on Twitter. This collection features Anesthesiologists across the country, each with their own interests and opinions featured on their feed. Continue reading to discover The Rounds' noteworthy Canadian physicians that should be added to your list of followers!



**Join The Anaesthesiology Community of Practice on The Rounds**

**JOIN NOW**



## Dr. Laura Duggan

**@drlauraduggan**

We would be shocked if you haven't heard about Dr. Duggan on Twitter yet! With 9K+ followers and counting, she is a staple in making the anesthesiology community on Twitter what it is today. As an anaesthesiologist, airway researcher, and anaesthesia editor, she is nothing short of busy!



[➔ Follow Here](#)

## Dr. Fiona Campbell

**@DrFCampbell**

Dr. Campbell has quite the resume under her belt! She is a pediatric pain anesthesiologist at The Hospital for Sick Children (SickKids) in Toronto and a Professor at the University of Toronto. She was also the past President of the Canadian Pain Society. A quick scroll through her feed shows a variety of articles about the latest in anesthesia in Canada and features multiple webinars and events that she has participated in.



[➔ Follow Here](#)

## Dr. Dolores McKeen

**@Dolores\_McKeen**

Dr. McKeen is known to be an active member of Twitter. From her multiple retweets a day, her account is a source for some of the most up-to-date and reliable information in Canadian health care. As the current President of the Canadian Anesthesiologists' Society and a Professor in the Department of Anesthesia at Dalhousie University in Halifax, she is by far a trusted source to follow on Twitter.



[➔ Follow Here](#)

## Dr. Vishal Varshney

**@VarshneyMD**

As a current Anesthesiologist and Pain Medicine physician at Providence Health Care in Vancouver, BC, Dr. Varshney has a long portfolio of past work he has done in the anesthesiology space. He was the Board Chair for the Resident Doctors of Canada and was the past President of the Resident Doctors of BC. You will see that his account highlights the appreciation and love he has for being a part of this unique speciality.



[➔ Follow Here](#)

## Dr. Colin J. L. McCartney

**@colinjmccartney**

Dr. McCartney is a Professor at the University of Ottawa and is the Head of Anesthesiology and Pain Medicine at The Ottawa Hospital. When he is not performing these duties, you can find him writing! Dr. McCartney has published over 100 articles in peer-reviewed journals and has his own blog featuring many posts including the "Seven Steps to Becoming a Successful Doctor".



[➔ Follow Here](#)



## Dr. Taylor Zhou

**@canibagthat**

Dr. Zhou is an anesthesiologist in Toronto with an interest in trauma, critical care, and QI. His feed features a mix of health care news as well as content about his personal life that his followers appreciate. With many photos highlighting the latest meals that he has made at home, it is clear that Dr. Zhou uses Twitter as a place to let his many interests and passions shine!



➔ [Follow Here](#)

## Dr. Sal Spadafora

**@SalSpadafora1**

Meet Dr. Spadafora! He spends his time working as the Vice Dean in the Faculty of Medicine at the University of Toronto and as an anesthesiologist at the Mount Sinai Hospital. Lately, his profile has been filled with content regarding the evolving COVID-19 situation in Canada. He also has no problem retweeting relevant information from other Canadian physicians.



➔ [Follow Here](#)

## Dr. Alana Flexman

**@AlanaFlex**

Currently, Dr. Flexman's Twitter feed consists of daily tweets regarding current medical news! This is just one reason why her 2K+ followers continue to support her on this platform. With her frequent sharing of research and articles about anesthesiology and beyond, you can ensure that you will learn something new each day from Dr. Flexman.



➔ [Follow Here](#)

## Dr. Greg Bryson

**@gibryson**

As an Associate Professor in the Department of Anesthesiology and Pain Medicine at the University of Ottawa, Dr. Bryson has many academic and clinical interests including the care of aging surgical patients, perioperative medicine, the use of administrative data to improve quality and outcome, and academic publishing. To follow along with his journey in the Canadian medical space, give him a follow!



➔ [Follow Here](#)

## Dr. Vishal Uppal

**@Ropivacaine**

Dr. Uppal is an up-and-coming physician to watch on Twitter! As an Associate Professor in the Department of Anesthesia at Dalhousie University in Halifax, Dr. Uppal's research interests include improving the safety and efficacy of regional anesthesia techniques in high-risk patient populations. For the most current information related to anesthesia, add him to your list of physicians to follow!



➔ [Follow Here](#)

# Did you know?

These physicians are located all across Canada, from Ottawa to Halifax to Vancouver!





# Noteworthy Canadian Neurologists on Twitter

When deciding which specialty to feature next in our eBook, Neurology was a no-brainer. These physicians are nothing short of interesting, continue reading to uncover the collection of noteworthy Canadian neurologists that we believe you will LOBE!



**Join The Neurology  
Community of Practice on The Rounds**

**JOIN NOW**



Dr. Catherine Zahn

**@CatherineZahn**

Being CEO of the Centre for Addiction and Mental Health is not Dr. Zahn's only job. She is also a champion and advocates for the integration of psychiatry and neuroscience into mainstream medicine to promote equitable access for all. Dr. Zahn shares inspiring and uplifting content on her platform daily.

[➔ Follow Here](#)



Dr. Gwynedd Pickett

**@gpsforthebrain**

We would be shocked if you have not yet come across Dr. Pickett on Twitter! With over 37,000 tweets she shares her experiences as a neurosurgeon and Associate Professor at Dalhousie University. As a mom, archery enthusiast, knitting fanatic, and skilled backwoods camper - she has an array of interests that she shares with her followers!

[➔ Follow Here](#)



Dr. Matt Burke

**@MattBurkeMD**

Dr. Burke is a neurologist and the TBI Program Director at the Sunnybrook Research Institute in Toronto, ON. His Twitter network is up-to-date with the latest news on neuropsychiatry, traumatic brain injury, placebo effects, and so much more. If you want to stay informed on all that is happening in Canadian in these areas then Dr. Burke is definitely one to watch.

[➔ Follow Here](#)



Dr. Kaylynn Purdy

**@KP\_MD2018**

As a busy neurology resident at the University of Alberta, Dr. Kaylynn Purdy still finds time to be active on Twitter daily! She shares her passion for rural health, neurocritical care, medical education, and athletics and military medicine with her 4K+ followers. Join her following to stay up-to-date on her journey to becoming a fully licensed physician.

[➔ Follow Here](#)



Dr. Chris Watling

**@ChrisWatling3**

Meet Dr. Chris Watling! Between his professions as a neurologist and a professor at Western University, Dr. Watling consistently shares personal and professional experiences on his Twitter platform. He continues to educate many through his podcast The Huddle which discusses coaching within medicine's professional culture.

[➔ Follow Here](#)





Dr. Katie Wiltshire

**@MDforChange**

When thinking about whom to add to your following list on Twitter, Dr. Katie Wiltshire should be on your mind! Dr. Wiltshire is an active user who shares her opinions on the things she's most passionate about; quality healthcare, provincial and city politics, and medicine. As a parent, partner, and neurologist Dr. Wiltshire is bound to bring value to your timeline!



➔ Follow Here

Dr. Andrew Micieli

**@MicieliA\_MD**

Being in his fifth post-graduate year is not enough to keep Dr. Micieli busy! He is also the author of 'The Code Stroke Handbook' - a book that contains key information on acute strokes to help clinicians provide the best patient care. As well, he runs a Twitter account called @Neurology\_facts for doctors of all subspecialties and levels of training. Dr. Micieli's tweets are ones you don't want to miss out on!



➔ Follow Here

Dr. Julie Robillard

**@ScientificChick**

Dr. Robillard, an active Twitter user with over 5,000 tweets, should be up next on your following list! As an Assistant Professor at the University of British Columbia and Director of the NEST Lab, she will bring great value to your feed. In her bio, Dr. Robillard states that she is an advocate for "fact over fiction" when it comes to brain health and that's surely reflected through her insightful posts!



➔ Follow Here

Dr. Baptiste Lacoste

**@baptistelacost3**

Dr. Lacoste, an Assistant Professor at the University of Ottawa and scientist at the Ottawa Hospital Research Institute is another active user on Twitter. Join his network of just over 1K followers to learn more about his work with neurodevelopment, endothelium, metabolism, strokes, and autism. His tweets are among those that you don't want to miss!



➔ Follow Here

Dr. David Steven

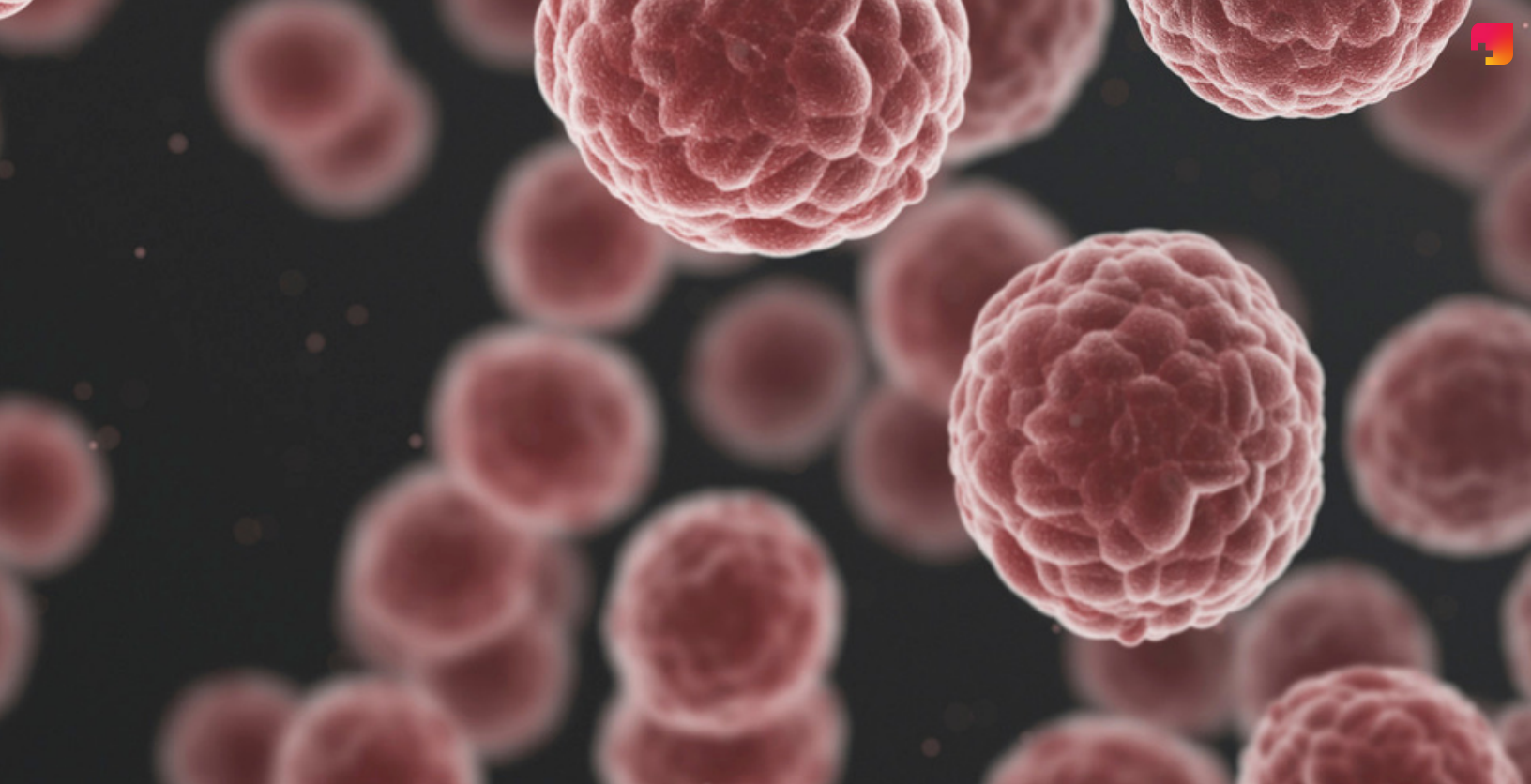
**@epilepsysurgeon**

Dr. Steven, Professor and Chair of Clinical Neurological Sciences at Western University is a physician we confidently recommend following. Dr. Steven shares his knowledge and opinions on all the latest news in Canadian medicine to his network of over 2K followers.



➔ Follow Here





# Noteworthy Canadian Oncologists on Twitter

The following group of medical, surgical, and radiation oncologists can be trusted to deliver you quality content. Keep scrolling to discover The Rounds' collection of noteworthy Canadian Oncologists on Twitter!



**Join The Oncology Community of  
Practice on The Rounds**

**JOIN NOW**





## Dr. Mary Gospodarowicz

**@MaryKGE**

Meet Dr. Mary Gospodarowicz, a leader in the global Radiation Oncology community! As a past President of the Union for Cancer Control, her devotion to reduce and manage cancer worldwide is reflected through her 7,500+ posts on Twitter. Dr. Gospodarowicz regularly shares her insights on oncology, personal development, and life - it is guaranteed that joining her network will bring great value to your timeline.



[➔ Follow Here](#)

## Dr. Aly-Khan Lalani

**@LalaniMD**

Assistant Professor at McMaster University, Dr. Lalani is up next on our top 10 list. Dr. Lalani focuses his research and academic efforts on genitourinary and rare cancers, making him a driving force in the Medical Oncology space. The Hamilton Health Sciences physician actively touches on his research projects and findings based on cancer therapies through the form of short, entrancing tweets!



[➔ Follow Here](#)

## Dr. Jonathan Spicer

**@DoctorJSpicer**

Based out of Montreal, Quebec, Dr. Spicer is making a splash in the Surgical Oncology community through his Twitter efforts. Dr. Spicer currently serves as the Medical Director of the McGill Thoracic Oncology Program and as a Chest Surgeon at the MD Anderson Cancer Centre. His network is constantly updated with the relevant news and discoveries about surgical-based oncology.



[➔ Follow Here](#)

## Dr. David Palma

**@DrDavidPalma**

Dr. Palma is a strong voice in the Oncology community, with specifics in Radiation Oncology. While he is not teaching at the University of Western Ontario or working at the London Health Sciences Centre, Dr. Palma prides himself on being a loving father and an avid runner. Additionally, he is the author of "Taking Charge of Cancer" - a resourceful book dedicated to helping patients understand their treatment options and how to make empowered medical decisions.



[➔ Follow Here](#)

## Dr. Natalie Coburn

**@DrNCoburn**

Dr. Natalie Coburn is a Surgical Oncologist at the Sunnybrook Health Sciences Institute located in Toronto, ON who specializes in gastric, pancreatic, and liver cancers. Dr. Coburn's Twitter consists of 4,400+ tweets centered around oncology, and as of late the Novel Coronavirus. Her strong activity on the platform is bound to bring a wide range of education to your timeline.



[➔ Follow Here](#)

## Dr. Alex Louie

**@DrAlexLouie**

Dr. Louie is a Radiation Oncologist located in Toronto. Dr. Louie's network of over 1K followers receives the latest and greatest news about the radiation sector of oncology. Dr. Louie brings a light-hearted approach to his tweets making it feel like he is talking right to you!



➔ Follow Here

## Dr. Julie Hallet

**@HalletJulie**

Introducing Dr. Julie Hallet! Dr. Hallet is a Surgical Oncologist currently working in Toronto, ON but is a proud Quebec City native. She shares her up-to-date evidence and opinions on the liver, pancreas, and biliary cancers. Dr. Hallet's content ranges from oncology to her current personal enjoyments - allowing you to find interest in every one of her posts! Join Dr. Hallet's social network of 3K+ followers and learn all the ins and outs of what is going on in #MedTwitter.



➔ Follow Here

## Dr. Daniel Heng

**@DrDanielHeng**

Dr. Daniel Heng is a Medical Oncologist based out of Calgary, Alberta who specializes in urologic cancers. Dr. Heng regularly shares the research and educational successes of not only himself but the Medical Oncology community as a whole. His following of 2,900+ people is nothing short of educated thanks to his Twitter activity and content.



➔ Follow Here

## Dr. Antoine Eskander

**@DrTonyEskander**

Dr. Eskander is a Head and Neck Oncologist at the Michael Garron Hospital in Toronto who is passionate about health services, quality and safety in medicine, and clinical epidemiology. Dr. Eskander shares his personal and professional passions with his network regularly - meaning there is always something new to learn from him!

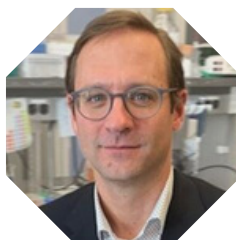


➔ Follow Here

## Dr. Danny Vesprini

**@Dr\_Vesi**

Last but not least, meet Dr. Danny Vesprini! The Radiation Oncologist from the Sunnybrook Odette Cancer Centre can be classified as a key piece in the Oncology side of #MEDTwitter. His recent medical discoveries can be found on his platform alongside a wide range of content consisting of sports, politics, and lifestyle. Join his network of almost 1,200 people for daily oncology education and insights.



➔ Follow Here





# Noteworthy Canadian Dermatologists on Twitter

There is so much excellent dermatology content surfacing on social media! That's why we've been challenged to put together a list highlighting noteworthy Canadian Dermatologists to follow on Twitter. This collection is by no means exhaustive, these physicians accurately represent the strength and knowledge of the Dermatology community on #MedTwitter. Be sure to give each of them a follow for all the recent and relevant updates!



**Join The Dermatology Community of Practice on The Rounds**

**JOIN NOW**

**Over 200 Tweets are shared using the #DermTwitter hashtag each day!**



### Dr. Abdulhadi Jfri

**@AbdulhadiJfri**

Dr. Jfri has made over 40 publications at a young age. Using his years of accumulated knowledge, Dr. Jfri shares plenty of content on Hidradenitis Suppurativa, among other dermatological topics. Besides providing such important info on social media, he shows how personable he is with some very relatable lifestyle tweets.



[➔ Follow Here](#)

### Dr. Béatrice Copps

**@drcopps**

Dr. Copps spends her time advocating tweeting about her passions, social justice, dermatology, and her puppy Georgia. She is a dermatology resident at the University of Toronto during the day, but online, she is truly a social justice advocate (with 8K+ Twitter followers)! To add to her credentials, Dr. Copps studied at McGill University, where she wrote two published studies. Don't miss out on her content.



[➔ Follow Here](#)

### Dr. Jeff Donovan

**@DonovanMedical**

Dr. Donovan is a board-certified dermatologist working out of British Columbia. He began his medical journey by studying at the University of Toronto's Department of Medicine. Dr. Donovan now owns Donovan Hair Clinic, specializing in challenging cases of hair loss. Learn more about his work by following him on Twitter!



[➔ Follow Here](#)

### Dr. Lisa Iannattone

**@lisa\_iannattone**

Next is Dr. Lisa Iannattone. She studied at both Harvard and Université de Montréal. This tri-lingual doc can speak English, French, and Italian too! Not to mention that she has a fierce background of experience with the Canadian Dermatology Association, Dana-Farber Cancer Institute, and Brigham and Women's Hospital; Dr. Iannattone now works as an Assistant Professor for the Université de Montréal.

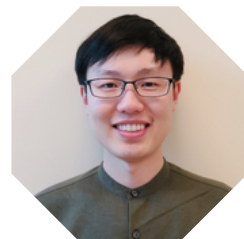


[➔ Follow Here](#)

### Dr. Harry Liu

**@harryliumd**

Dr. Harry Liu is currently in the dermatology residency program at the University of British Columbia. Previous to this, he attended the University of Calgary, University of Alberta, and McGill. The University of Alberta selected his research as one of the AEM's top ten papers in 2018. Dr. Liu's knowledge and passion are sure to shine through on your Twitter feed.



[➔ Follow Here](#)

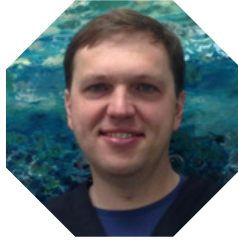




## Dr. Mike Kalisiak

**@MikeKalisiakMD**

Dr. Kalisiak is a highly active physician with a background in both medicine and business. After receiving his MD from the University of Alberta, Dr. Kalisiak earned his MBA from the University of Toronto. Currently, he is a board member of HaloHealth, a network of advisors and investors in healthcare ventures. Aside from all of this, he continues to practice dermatology privately on the side.



[➔ Follow Here](#)

## Dr. Sandy Skotnicki

**@DrSkotnicki**

Dr. Sandy Skotnicki, specializes in skin allergies, among other dermatological concerns. In addition to her busy schedule, she has made time to write her best-seller, *Beyond Soap*, where she uncovers the cause of many skin irritations and provides guidance on how to recover one's skin microbiome. Dr. Skotnicki's Twitter feed is full of such insight and practical tips, much like her book!



[➔ Follow Here](#)

## Dr. Anatoli Freiman

**@AnatoliFreiman**

Despite being a busy dad of four, a runner, swimmer, dermatologist and medical director of the Toronto Dermatology Center, Dr. Anatoli Freiman somehow still manages to keep up on Twitter and be an active member of The Rounds community by having hosted multiple dermatology events! Follow Dr. Freiman for helpful information such as summer skincare tips or dealing with common conditions like rosacea.



[➔ Follow Here](#)

## Dr. Sabrina Nurmohamed

**@snurmoh**

Dr. Nurmohamed has attended three prestigious universities thus far and has settled down in Vancouver, BC. She finished her residency at the University of Calgary in September of 2020 and is now working as a dermatologist full-time at West Dermatology. Not only does she tweet relatable content, but she is also a social justice advocate and posts a ton of helpful dermatology content.



[➔ Follow Here](#)

## Dr. Harvey Lui

**@HarveyLui**

For over twenty years, Dr. Lui has been the medical director of The Skin Care Centre, the Lions Laser Skin Centre, and the Psoriasis & Phototherapy Clinic. This award-winning physician won the University of Killam Prize for the quality of his work. This quality shines through on his Twitter account, where he shares fascinating tidbits about dermatology.



[➔ Follow Here](#)





# The Rise of Tik Tok Docs

## Meet Canada's Top Tik Tok Docs!

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Tik Tok's medical community regularly touches on subjects such as Dermatology, Mental Health, General Medicine, and Sexual Health. There truly is something for everyone on Tik Tok! However, the new Tik Tok Docs fascination thrives based on their reliability in terms of credible information. The safety and security of the app are still in question and raise a fair amount of concerns about if doctors should be engaging with users on the platform.







**@dr.naheedd**

**135**  
**Following**

**12K**  
**Followers**

**200K**  
**Likes**

**About profile**



Dr. Naheed Dosani is a Toronto-based Palliative Care Physician and healthcare justice advocate with close to 11,200 followers and counting on Tik Tok and has accumulated 199,500+ likes on his light-hearted and educational videos! Dr. Naheed's goal on the app is to teach the younger generation about the COVID-19 virus through an upbeat approach.

Dr. Naheed not only uses his following to educate people on medicine but also social justice movements. As a strong ally of the Black Lives Matter movement, he starts those difficult conversations about social inequality and racial injustice. Overall, Dr. Naheed's platform is a pillar of success in many different aspects.



**@drgigiosler**

**446**  
**Following**

**20K**  
**Followers**

**180K**  
**Likes**

**About profile**



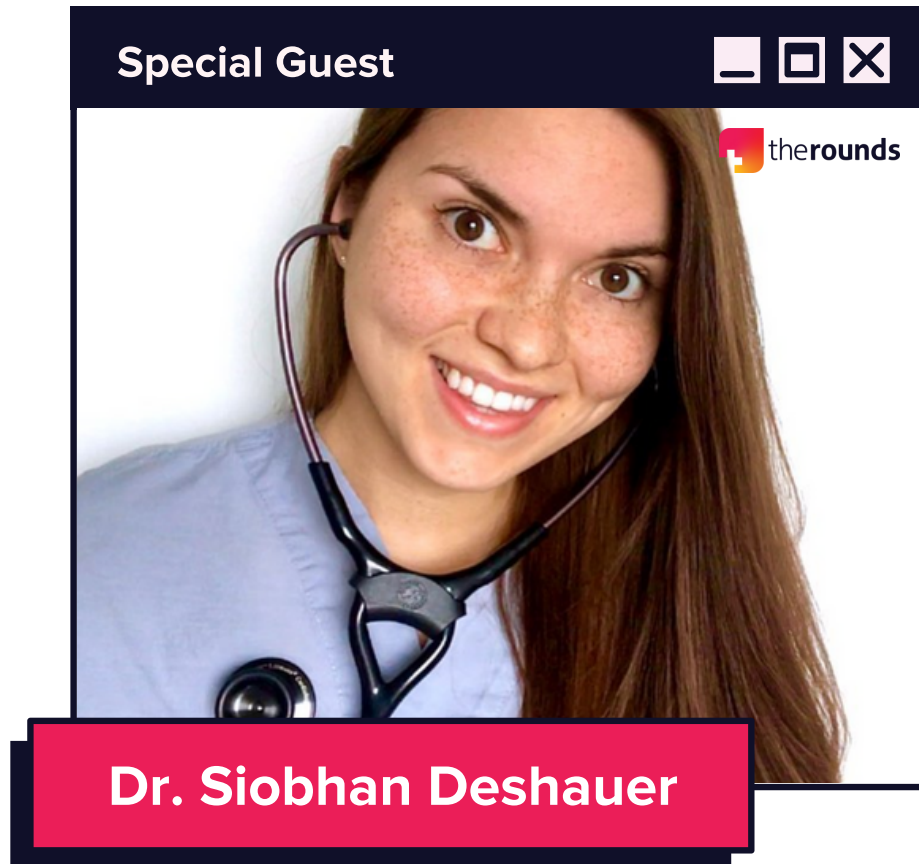
Our next Top Tik Tok Doc is Dr. Gigi Osler from Winnipeg, Manitoba and past President of the Canadian Medical Association. Through her network of 17,500+ followers, Dr. Osler connects the medical community to their patients. In recent months, her content has been geared towards highlighting the key information about the Novel Coronavirus and how to avoid contraction. Some of Dr. Osler's most viral videos include a series of her sharing her experience of receiving the COVID-19 vaccine. Her content shows her audience the true triumphs and tribulations that those in the medical community are currently facing. Dr. Osler's channel accurately represents the Tik Tok Docs' goal of humanizing professions in the medical world.



5 Minutes with the Medical Youtube Star

# ViolinMD

Hosted by



Dr. Siobhan Deshauer is the definition of a social physician in the Canadian healthcare space and might be better known as ViolinMD – the name that she goes by on her social media accounts. Between managing her YouTube channel with over 800,000 subscribers and working as a full-time 4th-year resident doctor, Dr. Deshauer is nothing less than busy! We were lucky enough to have her answer a few questions and highlight her in our “Rapid Rounds” blog series.



**Dr. Deshauer has over  
800,000 subscribers  
on her channel!**



**SUBSCRIBE**



## **1. What is your job and specialty? What attracted you to this specialty?**

I'm a 4th-year resident doctor, specializing to become a rheumatologist. I think rheumatology is fascinating because you encounter diagnostic challenges, exciting treatment options and the opportunity to educate and advocate for patients suffering from chronic diseases. I love the diverse patient population that we treat: young, elderly and even pregnant patients! You see stable patients in the clinic setting and critically ill patients in the ICU. Rheumatologic disease affects every organ in the body, which means I get to put my internal medicine training to use on a daily basis.

Most of all, I value the long-term relationships that you develop with patients. Since most rheumatologic conditions are chronic in nature, you follow patients for years, which allows for a strong therapeutic relationship. It is extremely satisfying to help a person regain their quality of life and decrease their pain and suffering, whether that's with a simple joint injection or with an exciting new biologic therapy.

## **2. What are the dangers and opportunities for social media in medicine?**

The dangers of social media in medicine largely revolves around professionalism. I believe it's important to be aware of the image you portray on social media and to avoid content that might erode the trust in the physician-patient relationship. Similarly, blurring the lines of personal and professional identities can also become complicated. Personally, my rule of thumb is to share things on social media that I would have no problem telling a patient in my office.

In contrast, there are many opportunities and benefits to social media in medicine. It allows the opportunity to provide free education to the public and healthcare providers alike. This also provides a new avenue for research on the best ways to provide education on social media platforms. When done properly, it can strengthen the trust between the public and physicians. I believe this is extremely important since misinformation is so prevalent and it can be difficult for the public to know where to turn for reliable information.

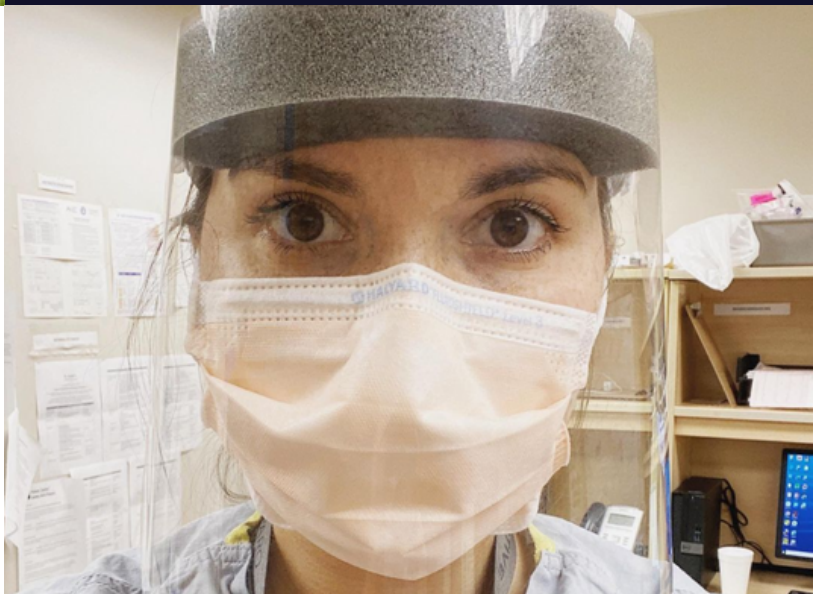




### 3. Between creating content for your popular social channels and working as a full-time resident, how do you find balance? Have you ever felt physician burnout – if so, how did you deal with it?

I have certainly felt moments of profound physical and emotional exhaustion during residency, particularly on rotations with frequent 26-hour call shifts. I still cared about my patients and still enjoyed myself at work, but when I walked out of the hospital I felt as if I had nothing left, and that's something I had never experienced before. Was that the beginning of burnout or was it just pure exhaustion from such long hours? I'm not sure, but I do know that it was not sustainable. At those times I would lean on my friends and family, prioritize sleep when possible and limit the number of extra projects I got involved with. It seems simple, but at the moment it can be really tough.

I've come to realize that life is like walking a tightrope. The best tightrope walkers look completely stable and balanced, but the reality is they are constantly adjusting as they go. Balance is not a single fixed state. We are always in flux, and so are the aspects of our life that we are balancing. So I believe the best approach is to build your self-awareness and learn to recognize the warning signs that tell us we need to adjust. One big adjustment I made was decreasing the frequency with which I was uploading YouTube videos in the second half of my internal medicine residency.



## Introducing ResilienceRx

ResilienceRx is your free forum for discussion, sharing, learning, laughing and growing with your medical peers in one safe, gated community.

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Founded in 2012, The Rounds has been modernizing how physicians access and share information because we believe sharing knowledge saves lives. The Rounds is the first secure collaboration network of its kind with a mission to improve global healthcare outcomes by connecting the medical community.

Physicians join The Rounds to connect with peers and experts across therapeutic areas in a secure environment.

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**FREE TO REGISTER**

Free for all physicians with verification

## Why Physicians Choose The Rounds

### Join a community of practice

Connect rapidly with other experts in a particular disease area, participate in real-time crowd-sourced discussions, and interact with peers.

### Gain continuing medical education credits

Gain certified, self-learning credits for every hour you spend on The Rounds and generate credit reports through a few simple clicks.

### Join clinical challenges

Participate in mystery clinical challenges or solve your own patient challenges through medical crowdsourcing.

### Ask a question in an AMA

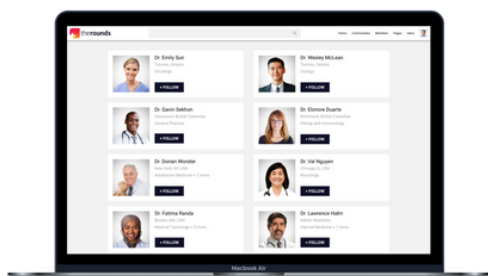
Participate in Ask-Me-Anything events featuring medical experts who share their experience and up-to-date evidence.

### Engage in association discussions

Connect and collaborate with colleagues in affiliated medical specialties. Engage in discussions, share resources and form working groups.

### Attend The Rounds LIVE

Personalize your experience on The Rounds by participating in a live webinar from your mobile device or laptop.



"The Rounds identifies communities of physicians that have similar interests. It is a good means of communicating practice tips with many physicians I could not have reached using traditional CME activities."

— Dr. Ronald Grossman, Respiriologist  
Professor of Medicine, University of Toronto

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