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“Looped in”

Cover design by: Leah Bennett

It feels good to have the ability to make choices about our health. Get some sleep, take a walk, eat your veggies.

But not everyone has the luxury to make these choices. Many are restricted by factors that decrease our length and quality of life. It doesn't feel fair that the quality of our health can be dictated by pre-assigned societal and biological classifications.

It is the role of physicians to investigate how factors like these can weave into our lives. Inspecting the social determinants of health impacting each patient can allow physicians to provide equitable healthcare. With each person in front of you, speculate what things are driving them and what is stalling them.

I invite you to explore this piece titled “Looped in”. The twelve different social determinants of health contribute to the overall tapestry, representing life and health. Within this piece you may find some hidden trinkets: material from a surgical cloth, a family photo, lace from my grandmother's tablecloth, an expired bougie, and a text from a friend. Each fibre represents a moment in life, not one untouched by these social determinants of health.

