

The Memorial University Medical Journal

- 2 Land Acknowledgement
- 3 Letter from the Dean of Medicine
- 4 Letter from the Editors
 Lithos: A journal for students run by students
 WCI Janes, M Lamont, H Wallace
- 6 Original Research
 Self-reported comfort and competencies for pain among undergraduate medical students at Memorial University
 WCl Janes, V Curran
- 14 Being Human in Medicine
 How lifestyle medicine drove me to the hospital
 C Neilson
- 16 Opinion
 We are the scars we bear
 G Farrell
- 18 Patient Encounters
 Career advice, of sorts.
 S MacDonald
- 19 Patient Encounters
 Walk briskly. Never run.
 AT Pickett
- 21 Interview
 Rheumatology, collaboration, and modern-day research: An interview with Dr. Proton Rahman B Edwards

Editorial Board

Editor-in-Chief & Founder

lan Janes (UGME)

Senior

Executive Editors

Matthew Lamont (UGME) Robert Hickman (UGME)
Hannah Wallace (RGS) Jessica Barron (RGS)

Junior

Divisional Editors

Clinical Research
Kathryn Dalton (RGS)
Benjamin Edwards (UGME)
Samarth Fageria (UGME)
Robyn Woodrow (UGME)

Medical Education
Claire Neilson (UGME)
Jon Stone (UGME)
Sarah Williams (UGME)

Biomedical Sciences

Leah Curnew (RGS) Liam Payne (UGME) Zachary Visser (UGME)

Community Health

& Humanities

Dawn Curran (UGME)
Queen Jacques (RGS)
Rebecca Lawrence (RGS)
Emily Peddle (UGME)

Web Editors

Senior Junior
Sam Newhook Julia Bruce-Robertson (UGME) (UGME)

Layout Editors

Nehara Herat (UGME) Alan Gou (UGME)

Lithos – The Memorial University Medical Journal Faculty of Medicine, Memorial University St. John's, Newfoundland and Labrador munmedjournal@mun.ca

All articles published represent the opinions of their respective authors and do not reflect the policy of the Editorial Board, Memorial University, or the institution with which the author is affiliated, unless expressly specified. The members of the Editorial Board of this journal, the publisher, nor Memorial University assume any responsibility for errors or omissions in this journal.