

## Book Review

A PHYSICIAN'S ONGOING JOURNEY OF ADVOCACY

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ROMANCE  
WITH  
MEDICINE

Surendra K. Varma, M.D.



**'My Romance with Medicine- A Physician's ongoing journey of advocacy'**

**An autobiography by Dr. Surendra Varma, MD FACP FRCP DSc (Hon)**

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By- Dhavendra Kumar, MD DCH MMedSc. FRCP FRCPE FRCPI FRCPCH, FACMG, DSc (Hon)  
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**Professor Surendra Varma**, an alumnus of the King George Medical University (KGMU) and a Senior Faculty of the Texas Tech University of Health Sciences (TTUHSc), Lubbock (Texas USA) has come forward to share his rise, fame and experiences spanning six decades in Medicine. He is a widely known, highly respected and distinguished Pediatric Endocrinologist who alongside also excelled as a medical teacher, mentor and superb human being. He is a nationally known expert in Graduate Medical Education and an outstanding leader in Global Health. His personal, unbiased and honest account of his personal and professional life is clearly laid down in the autobiography appropriately entitled 'My Romance with Medicine'. The Chancellor of Texas Tech Systems, Dr. Ted Mitchell, while writing the Foreword, describes Dr. Varma a monumental academician and excellent medical teacher of Texas. He describes Dr. Varma as 'a distinguished-looking octogenarian with a wonderful mixture of Queen's English, Indian, and more than a hint of Texas slang.'

Dr. Varma grew in the famous city of Lucknow in a modest highly educated family. His inherent attraction to Medicine was part of his destiny, as he never looked for any other career. As a young Georgian, his diligence, performance and achievements were admirable leading to Doctor in Medicine (MD) in Pediatrics. He was invited to serve as Lecturer in Pediatrics at the new medical school in Simla (Himachal Pradesh, India), where he decided to expand his future career in USA. He was fortunate to find himself as a Fellow in the prestigious Boston Children's Hospital, Harvard. This was undoubtedly a major milestone in his career. He excelled as renowned clinical pediatrician with special interest in pediatric endocrinology. He had many opportunities but he chose a relatively younger academic base in Lubbock in Texas. He never looked back and continues to serve Texas Tech University (Lubbock) for more than 50 years!

This little book includes Professor Varma's honest self-appraisal and reflections of his life as a Doctor, Pediatric Endocrinologist, Medical teacher, and an enthusiastic devotee to Child Health have earned him many thoroughly deserved accolades. He proudly acknowledges receiving the prestigious DSc (Honoris Causa) from the alma mater KGMU, Honorary Fellowship of the Royal College of Physicians, London, UK (FRCP London), and the Life Time Achievement Award of the Global Association for Physicians of Indian Origin (GAPIO). He founded the international medical education program engaged with foreign medical students' apprenticeships, early career medical fellowships and visiting academic opportunities.

Professor Varma's life time account is inspirational and worth reading by all medics and healthcare professionals to grasp and appreciate the power of far thinking, positive self-image, and commitment to serve patients, families, people and the society at large. As a Georgian and alumnus of the KGMU Department of Pediatrics, it gives me great pleasure and honor to present 'My Romance with Medicine' to all Doctors and all healthcare professionals.

**Dhavendra Kumar**

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