



International
Women's Day



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What advice do you have for young women that want to become a medical professional?

If their vocation is to become a medical professional, I would advise them to go ahead and embrace their passion. I would alert them that the path will not be easy, but women are resilient and strong enough to combine professional success with fulfilling family life. I believe that firstly young women should identify everyday conscious and unconscious gender-related bias and have a proactive attitude to knock them down. I also encourage them to seek and demand solutions to fulfill and enjoy their role as women, wives, and mothers throughout their careers.

What is your top achievement, to date, as a female Gastroenterologist?

I am immensely proud to be the first woman to hold a Full Professor position at the Gastroenterology Department of the School of Medicine (Universidad de la República/ Montevideo, Uruguay) since its creation 76 years ago.

What sparked your interest in Gastroenterology?

As in many cases, it was an early-career Professor who triggered my desire to become a Gastroenterologist. Using "storytelling" as a teaching strategy, mixing geography, world history, art, and medicine, he taught us about digestive pathology and the importance of the GI specialist. Many years later, when I took my master's degree in education, I learned the importance of "memorable educators" in challenging and influencing students. As a Professor, I would like to inspire students and young teachers as that teacher did with me.

What is the most rewarding part of your job?

To receive the affection of the patients and their families showing me that I have been able to help them to overcome a disease or when this is not possible, to cope with it, or to improve their quality of life.

As a University Professor, to see new generations of enthusiastic educators that follow our path in a dedicated and professional way.