

## Painting

### Micro Life

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#### Abstract

#### Description

Painting is what I do to slow my brain and relax my body after a busy day at the hospital. Nothing puts me directly into a flow state like slowly moving acrylic paint across a canvas. This piece titled “Micro Life” depicts the diversity of life constantly surrounding us at the microbiological level everywhere we go. As a strong believer in nutrition and a healthy lifestyle, I know how important our microbiome is to healthy digestion and a properly functioning immune system. On the other side, I have witnessed the devastating effects dangerous microorganisms can have on our already compromised patients. Finally, this painting hangs in my office as a piece of art and a simple reminder to practice vigilant hand hygiene for our patients every day.

#### Keywords

medicine in the arts; painting; cells; microbial life; microorganisms

#### Conflicts of Interest

The author declares no conflicts of interest.

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