

Dedicated to Practice Growth  
and Prosperity Since 1982

Volume 44, Number 7

Publisher Scott C. Borowsky

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# Are You **Burnt Out?**

BY BARRY H. BLOCK, DPM, JD

If you're feeling burnt out or have been in the past, you're not alone. As the recent *PM News* Quick Poll results (below) show, almost 90% of podiatrists have at least been somewhat affected by burnout, including about one-third who have been significantly affected.

In light of the stresses put on today's practitioners, these numbers are shocking but understandable. With increasing government bureaucracy (HIPAA, Medicare, EMR, DME audits, etc.), along with rising expenses and stagnant pay, it's no wonder that medicine today is a pressure cooker. Add in enormous student debt and you have a recipe for disaster.

Unfortunately, a consequence of burnout has been a disturbing increase in the number of physicians committing suicide. We owe it to our colleagues to help prevent this unnecessary loss of lives.

If you are struggling with the stresses of practice, we urge you to reach out for help. Your colleagues and professional associations are there to help you. If you feel totally isolated and depressed, call the National Suicide Prevention Lifeline at 1-800-273-8255, which is available 24 hours every day.

There is no easy way to prevent burnout; however, stress experts recommend you 1) get adequate sleep, 2) exercise regularly, 3) develop a hobby, 4) eat a healthy diet, and 5) take frequent vacations. Life today is extremely difficult, but we all need to help each other cope with the life/work balance.

**How has practice burnout affected you?**  
[There are 662 responses]

Not at all	10.73%
Somewhat	25.68%
Moderately	28.85%
Significantly	34.74%

Respectfully Submitted,

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