

doctors share their picks, pans, pleasures and fears

Dr. Lili Nasserri travels far and wide—from soaring in a hot-air balloon (and getting engaged!) to Tahiti. Her journeys translate to a side gig as a travel writer (see her story on page 17). As her motto goes: *Carpe diem!*



**My name:** Lili Nasserri

**I live and practise in:** Port Moody, British Columbia

**My training:** MDCM from McGill University and CCFP from Dalhousie University

**Why I was drawn to medicine:** At the age of six, I received a gift from my family physician during a routine visit over the holidays. From that moment on, I decided I would grow up and become a doctor so that I too could give children presents and make them happy.

**My last trip:** Alberta's Dinosaur Provincial Park

**The most exotic place I've travelled:** Tahiti!

**The best souvenir I've brought back from a trip:** A collection of acrylic paintings from Torremolinos

**A favourite place that I keep returning to:** Barcelona

**My car:** Mazda 3 Sport

**My last purchase:** Red leather gloves

**My last splurge:** A trip to Whistler

**Most-frequented store:** H&M

**My closet has too many:** Summer sandals

**My fridge is always stocked with:** Fruits and vegetables

**My medicine cabinet is always stocked with:** Tums!

**My guilty pleasure is:** Dark chocolate—though it has been proven to be good for you

**My favourite exercise/activity:** Cross-country skiing

**My favourite sport to watch:** Who wants to watch when you can go out and play?

**My celebrity crush:** Jonathan Brandis—this was about a million years ago



**I'd want this item with me if stranded on a desert island:** A pen and an empty journal

**My secret to relaxing and relieving tension:** Deep breathing

**A talent I wish I had:** I wish I could sing

**My scariest moment:** Running my first code —v. fib—in a small rural hospital, with no back-up. The patient lived.

**My fondest memory:** Getting engaged on a hot-air balloon

**A big challenge I've faced:** Starting my own family practice

**One thing I'd change about myself:** Appreciate life more

**The word that best describes**

**me:** Adventurous

**I'm inspired by:** Anyone who overcomes a personal challenge

**My biggest ego boost:** When someone reads an article I've written and writes to tell me about how it has affected them.

**My biggest ego blow:** When a patient under my care deteriorates

**I'm happiest when:** Discovering or learning something new

**My greatest fear is:** Something terrible happening to a loved one

**A cause that's close to my heart:** Children that live below the poverty line

**My motto is:** Carpe diem, Seize the day

**Something I haven't done yet that's on my must-do list:** Write a book on women's health

**If I wasn't a doctor I'd be:** A travel writer

CLOCKWISE FROM TOP  
Dr. Lili Nasserri  
in Cadaqués,  
Spain; Spain  
is a favourite  
getaway, includ-  
ing the ancient  
Andalusian town  
Ronda, which  
straddles a  
deep gorge; the  
"adventurous"  
physician and  
travel writer;  
Dr. Nasserri's  
most exotic  
destination,  
Tahiti.



**My ultimate dream vacation:** A cruise around the world with my entire family

**If I could travel to any time, I'd go to:** The future...I'm curious as to what it holds

**My favourite book:** *The Alchemist*

**My favourite movie:** *Groundhog Day*

**My must-see TV show:** *The OC* (now discontinued!)

**My favourite CD:** *Sweet Dreams*

**My first job:** Junior Counsellor at Westminster Day Camp

**The gadget or gear I could not do without:** My Palm Pilot (it's like my external brain!)

**My favourite room at home:** The living room