

EDITOR'S NOTE

The Art of Medicine

Issue 16, Winter 2025

Dear Readers,

As students and professionals of both medicine and health humanities, we exist in a liminal space. In one moment, a baby is born, and in another, a devastating prognosis unfolds. We are challenged to build upon our knowledge while also forced to become comfortable with uncertainty. We wrestle with our own identities as patients or caregivers who must simultaneously step into the role of physicians. We witness strength and resilience in others yet also come to intimately understand human fragility.

A life lived at this threshold can destabilize one's sense of self. Art and literature, however, help us to regain it. Creative expression makes sense of the human experience that we are entrusted to care for. Thus, we thank you for engaging in a space that allows our contributors to open their hearts and their minds to you.

This issue of *Iris* explores how we interact with the world, whether that be within ourselves, others, or nature. The cover art, *Symbiosis* by Danielle Schmidt, suggests that we are not separate from the world's surroundings but rather embedded in them. Nature shapes us, just as we shape it. This theme will recur throughout the issue.

In addition to nature, we cannot neglect the role that art plays in our experiences of health. While nature provides the breath which keeps the heart beating, art makes the experience of life breathable. We hope this publication helps you to further appreciate these symbiotic relationships and how they may play out in your life.

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