Life After Being A Busy Successful Surgeon: When and How to Stop Operating and Still Have a Useful Enjoyable Life

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Financial Disclosures

NONE

Personal Story

My Father
- Senior Orthopedic Surgeon
- Poor retirement planning
- Unable to leave surgical practice at 82
- Lost partners and colleagues

Unfortunate Consequences
- Unhappy and lonely
- Early Dementia
- Medical problems
- Unwilling to accept loss of surgery
- Unfortunate death in 2018

What Happens with Aging?

- Changes in physical abilities-
  - Strength → eyesight → dexterity → cognition
- Distance from original education: increased complications and liability
- Compensatory mechanism
  - Knowledge
  - Experience
  - Reputation

Retirement

SVS Data: Retirement
- 49.1% of retired vascular surgeons (2017 SVS Survey) retired before 65
- 18% will retire in the next 5 years
- Issues: call, less money in the job, less appreciation from institution and need for more vacation

Senior vascular surgeon
- Does not want to retire
- Loss of identity
- Affects social life
- Financial burden: divorce/ mortgage/ older children in college/ poor financial planning
- Afraid of loss of purpose
- Fear of death

Fair Negotiation
Reality

- Have to retire!
- Physical and Mental limitations
- Medical-legal world today
- Possible role:
  - Grooming future young surgeons
  - Teaching pearls of vascular surgery
  - Assisting in cases rather than being primary surgeon
- Shortage of providers means opportunity to help but not resist the change in role

A Senior/Junior Win-Win?

Failure to Accept Reality: Consequences

- Behavior/Anger at work can effect privileging
  - OPPE and FPPE
  - Disruption
- Loss of family and friends
- Affecting friendships with fellow surgeons and partners
- Isolation

How to Retire: Conclusions

- Financial planning: Now
- New hobbies
- Acceptance of changing role
- Engagement with extended family
- Travel
- Changing role: Mentorship and elective help

When you stop living at work and start working at living — Retirement.