



The Philippine Society  
of Otolaryngology -  
Head and Neck Surgery



The Academy for  
Head and Neck Oncology  
of the Philippines



The International Federation  
of Head and Neck Oncologic  
Societies



# IFHNOS

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## P1.2

### Insights of a Seasoned Otorhinolaryngologist

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**Objective:** To provide personal insights on the problems encountered during the aging process and suggests factors that may play roles in order to retire happily and gracefully.

#### Discussion:

I believe that the key problem in the aging process is to balance the factors that are considered important in carrying out one's medical career, such as competency, cognition and general health, versus those factors that are essential in carrying out life's roles, such as family relations, personal interest and financial security. How one perceives and handles these factors early in his medical career is the key towards retiring happily and gracefully.