

## Women In Medicine Month



**Mary Arthur, MD, FASA**

Dr. Mary Arthur is a board-certified anesthesiologist and educator based in Augusta, Georgia. She is a Professor in the Department of Anesthesiology and Perioperative Medicine at Augusta University's Medical College of Georgia, where she also serves as Residency Program Director, Vice Chair for Education, and NST Fellowship Director. Her clinical expertise includes cardiothoracic and critical care anesthesia. Committed to global health, Dr. Arthur has participated in medical mission work in Ghana. Along with the Georgia Society of Anesthesiologists, she holds fellowships with the American Society of Anesthesiologists and the American Society of Echocardiography. She is the author of multiple peer-reviewed publications, book chapters, and educational contributions to the field of anesthesiology.

### **What inspired you to remain in an academic setting and take on leadership roles such as residency program director?**

I have always believed that one of the greatest privileges in medicine is the opportunity to teach and mentor. Remaining in an academic setting allows me to shape the next generation of anesthesiologists while also advancing my own knowledge and development. As the residency program director, I am inspired daily by our residents' curiosity, resilience, and drive. Leadership in this space provides me with the opportunity to create an environment where trainees can thrive and where innovation in education directly translates into improved patient care.

### **How has your involvement with the Georgia Society of Anesthesiologists supported your professional growth and goals?**

The Georgia Society of Anesthesiologists has provided me with a supportive professional community and a network of colleagues who share my passion for advancing our field. Through GSA, I've had opportunities to engage in advocacy, education, and mentorship efforts that broaden my perspective and strengthen my leadership skills. The community support has also

deepened my commitment to promoting health equity and career development within the field of anesthesiology.

**You've been involved in medical missions in Ghana. How has this global health work impacted your perspective on anesthesiology and healthcare? How can anesthesiologists contribute to global health initiatives or similar outreach programs?**

My work in Ghana has been transformative. Practicing anesthesiology in a resource-limited setting highlights the importance of adaptability, teamwork, and innovation in ensuring safe patient care. It also underscores the disparities in global access to care that still persist.

Anesthesiologists can make a meaningful impact by sharing knowledge, supporting training programs, and advocating for equitable access to essential resources. Global health work is not only about providing care but also about capacity-building—helping to strengthen local systems for sustainable impact.

This year, our focus was on training local faculty and residents in minimally invasive surgical techniques. We performed several laparoscopic gynecologic and urologic procedures. From an anesthesiology perspective, we focused on the management of laparoscopic procedures, emphasizing the importance of capnography to the local anesthesia team.

Our cases included a 27-year-old male nurse with a pheochromocytoma who underwent a laparoscopic adrenalectomy that was completed in under two hours, was extubated on the table, and transferred to the floor without postoperative pain, which was a new experience for the home program. Several patients with renal failure who had non-tunneled dialysis catheters in their necks also underwent the creation of arteriovenous fistulas for long-term dialysis. The excitement of the surgical residents and faculty, along with the gratitude expressed by the patients, made it worthwhile.

**Outside of your professional life, what activities or interests help you recharge?**

I recharge by spending time with family and friends, traveling, and exploring new experiences. I recently picked up a knack for learning about new cultures through movies. I also enjoy listening to African music and playing tennis. I spent one hour playing singles tennis today with my long-time coach, whom I reconnected with during my visit to Ghana. These activities help me regain the energy and focus I need for my work.

**What advice or encouragement would you give to the next generation of women entering anesthesiology?**

Believe in your potential and don't be afraid to take on roles that challenge you. Seek out mentors who inspire you, but also remain open to mentoring others as you progress. Remember that your voice and perspective are valuable, and that leadership can take many different forms. Most importantly, pursue a career path that excites you and aligns with your values—you belong here, and your contributions will make a difference.