

Dr. Kowalski: A Leader in Anesthesiology and Advocate for Physician Wellbeing

Houston Native Combines Clinical Expertise with Passion for Career Sustainability and Wellness in Healthcare



New York City, New York Dec 4, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Kowalski, a distinguished Professor in the Department of Anesthesiology and Perioperative Medicine at The University of Texas MD Anderson Cancer Center, has made significant contributions to both clinical care and the advancement of physician wellbeing. With deep roots in Houston, her educational journey began at St. John's School, followed by Rice University and the UT Houston Medical School, culminating in her residency in Anesthesiology at UT Houston.

Since joining MD Anderson in 1993, her dedication to advancing anesthesiology has been matched by her commitment to enhancing the professional lives of her colleagues. As the Clinical Faculty Representative to the institutional council CREWS (Career Resiliency Engagement Wellness & Sustainability), she plays a crucial role in promoting wellness initiatives within the institution. Her impact extends beyond MD Anderson as she represents the institution on the University of Texas System Task Force for Physician Wellbeing, advocating for sustainable practices that support healthcare professionals across Texas.

Dr. Kowalski is also a national leader in addressing physician burnout. She founded and chairs the "Burnout to Brilliance" symposium, a Continuing Medical Education (CME) program that focuses on physician well-being and career sustainability. Her innovative approach to these critical issues reflects her dedication to fostering a supportive environment for healthcare providers. Furthermore, she and her sister established the Charles S. DeJohn, MD, PhD Scholarship fund, aimed at promoting wellness and career sustainability in medical education.

In addition to her professional pursuits, she actively supports charitable initiatives. She has served as an advisor for Kids 4 Kids With Cancer, a charity founded by her sons that has awarded nearly \$100,000 to childhood cancer survivors, demonstrating her commitment to community service and advocacy.

Outside of her professional and philanthropic endeavors, Dr. Kowalski is an accomplished artist and was honored as the 2019 Physician Spokesperson for The Arts of Healing. She cherishes her time with her husband of 28 years and their two sons, ages 24 and 22, emphasizing the importance of family in her life.

Learn more about Dr. Alicia M. Kowalski:

Through FindATopDoc.com, <https://www.findatopdoc.com/> or through The University of Texas MD Anderson Cancer Center, https://faculty.mdanderson.org/profiles/alicia_kowalski.html

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