



REFLECTIONS ON CHANGE

As human beings, we are constantly reminded of time's arrow as the world around us changes. For a photon traveling through space at the speed of light, however, there is no passage of time. Nothing in its world changes. If it stopped moving, it would have no mass; therefore, it would not exist. But its disappearance would be what changed. To put it another way, as things change, we are reminded that they exist—or at one time did.

A reflection in a mirror is created by photons moving and changing position. Without change, images cannot reflect. As we practice medicine, if we fail to reflect on what we do, we will not change to improve. Unless you can figure out a way to travel at the speed of light (impossible as you would then have infinite mass), you will change, just like diagnostics and treatment approaches do over time. In this issue of *GT*, contributors reflect on changes they have made in the clinic and OR and emphasize that even seemingly small adjustments can yield significant effects on patient care. ■

ARSHAM SHEYBANI, MD

CHIEF MEDICAL EDITOR