

Grateful and humbled

Paul Mueller

“Life can only be understood backwards; but it must be lived forwards.”

Søren Kierkegaard



Biography

How my mother would introduce me

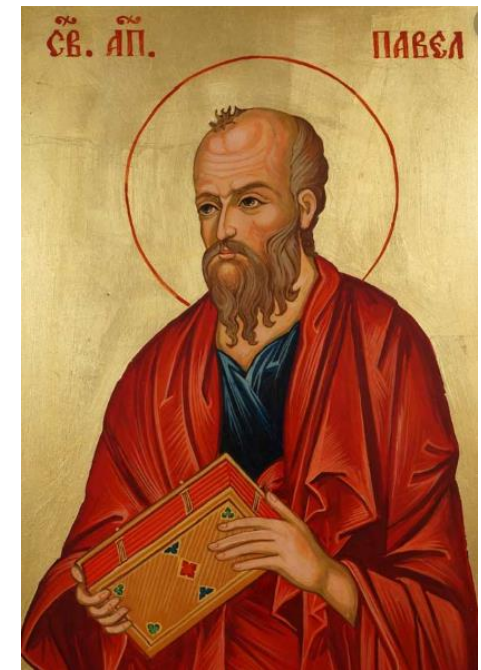
- Devoted son; 5th of 6 children
- Married to Nancy; three children (Luke, Kirsten and Mark)
- Regional Vice President, Mayo Clinic Health System
- Past Chair, General Internal Medicine, Mayo Clinic
- Professor of Medicine and Biomedical Ethics, Mayo Medical School (teacher and researcher)
- Fellow of the American College of Physicians and the Hastings Center
- Associate Editor, *New England Journal of Medicine*
Journal Watch (writer)



Reality

My friend's mother: "And that Paul Mueller, he's no angel"

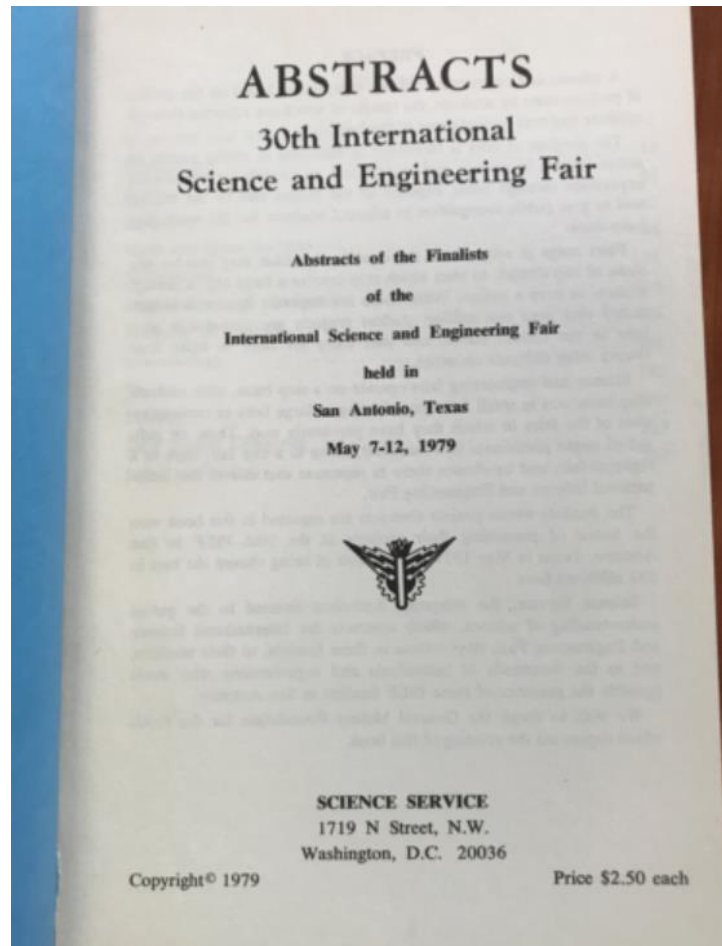
- I think I was named "Paul" for a reason
 - "...sinners; of whom I am chief." (1Tim 1:15)
- Flawed and biased; I make mistakes
 - Working on it
- I am a better person because of my partner, children, friends and colleagues
- I am a better doctor because I work at Mayo Clinic
- Some gifts and preparation, but mostly good fortune
- I don't pray often, but recognize God's hand in my life



Growing up

- Winona: amazing natural setting
- School: wonderful teachers
- I wanted to be both a doctor and a plant biologist
- Bullying victim for several years
- Delivered newspapers for 4 years
- Started science fair in 7th grade
- Started running in 7th grade
- Hung out with nerds and athletes
- Listened to Z-93
- Became an orderly after 11th grade
- Class of 1980





Monroe, B. C.—97	# Rathgaber, S. W.—32
Morello, P. J.—212	Ray, J. V.—185
# Morris, K. M.—10	# Redstone, A. J.—127
# Morris, P. E.—24	# Reeves, P.—56
# Mueller, P. S.—42	# Renuart, S. K.—68



Augsburg

Drawn to Minneapolis

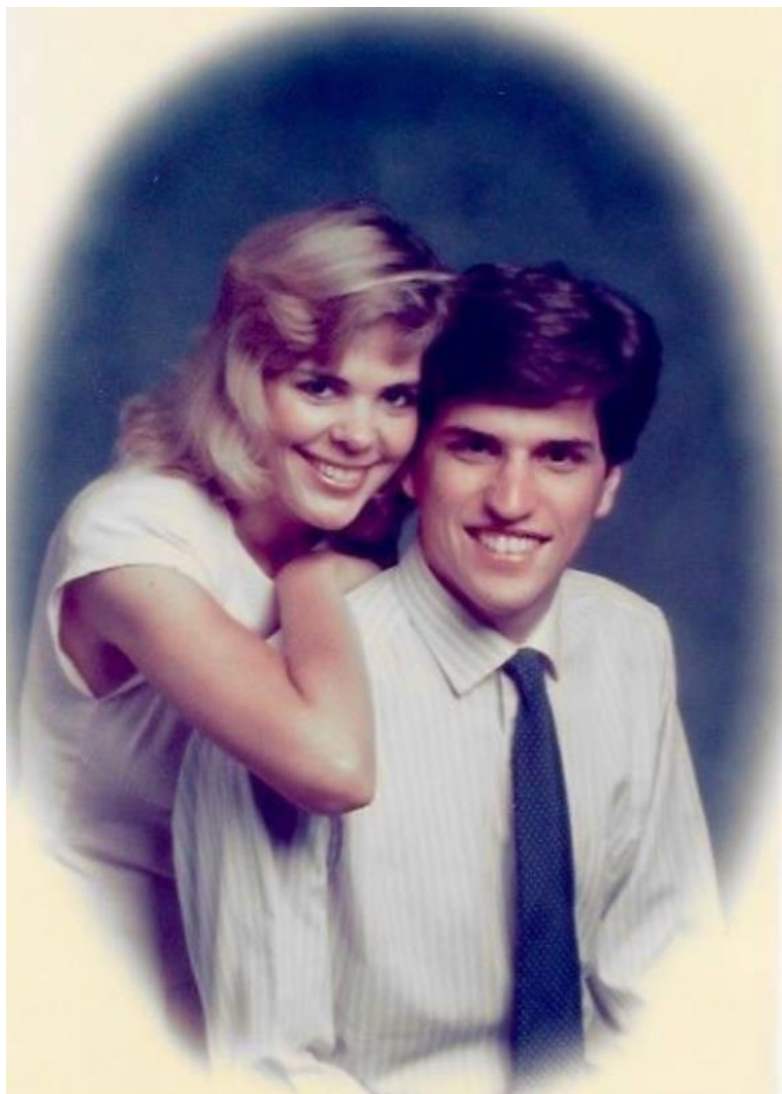
- Challenged and worked hard
- Chemistry major (“pre-med”)
- Added an English minor (first paper: an “F”—a transformative moment)
- Orderly at Saint Mary’s Hospital
- Student senator; Jill Billings was president
- Met my life partner, Nancy
 - Physics tutor
 - Initially I was interested, she was not
 - First date was more than a year later
 - **Most important person in my life**



Baltimore

Johns Hopkins School of Medicine (1984-1988)

- First year: told to “try harder”
- Second year: Nancy moved to Baltimore for graduate school (aerospace engineering) at the University of Maryland
- Third year: Nancy and I were married
- Graduated without knowing what I wanted to do
 - Gradually awakened to issues such as urban decay, poverty and racial disparities
 - HIV epidemic emerged
 - Violence and crack cocaine overwhelmed Baltimore
 - Advised to consider a year studying public health
 - After receiving her master’s degree, Nancy worked for the Navy in Washington, DC



Baltimore

Public health (1988-1989)

- “Road to Damascus” moment
- Amazing curriculum and classmates
- Learned knowledge and skills that I still use today
- World events (Tiananmen Square, Berlin Wall, apartheid, etc.)
- I came to appreciate how blessed we are
- Shift in world view
 - No longer “about me”
- Emerging interest in biomedical ethics
- I got a call from Dr. Stobo



Baltimore

Residency, chief residency and first years of practice (1989-1995)

- Grueling internal medicine residency program
- Chief resident year
 - >1,500 inpatients of whom more than half had AIDS
 - Daunting social issues
- Worked for 3 years where HBO's *The Wire* was filmed
- Luke and Kirsten were born
- By 1995, change beckoned: odd “fit” as a general internist at Johns Hopkins; sense of not making a difference; Luke was approaching kindergarten
- Paged to a “507” number while giving a lecture to residents on sterile pyuria





Rochester

- Moved to Rochester during July 1995 and Mark was born shortly thereafter
- All three of our children graduated from Mayo High School
- Nancy taught physics and chemistry at MHS
- I taught medical students, residents, fellows and doctors in practice
 - Interviewing and physical examination skills, hospital medicine ward rounds and biomedical ethics
- Chair of General Internal Medicine for 9 years
 - Executive Health, International Health, Women's Health, Breast Clinic and other sections
- One patient launched my career in biomedical ethics



EDITORIAL

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MAYO CLINIC PROCEEDINGS

Technological and Treatment Imperatives,
Life-Sustaining Technologies, and Associated
Ethical and Social Challenges

La Crosse

- Early 2018
 - Winding down as GIM chair
 - Stopped by an elevator to tie my shoes and Dr. Williams walked out (“Do you have a minute?”)
- Visited La Crosse a following Sunday afternoon
- Impressive people including MCHS leadership, especially Dr. Gostout
- Began October 1, 2018
 - The Joint Commission arrived the same day
- Observations after 1 year





Influencers

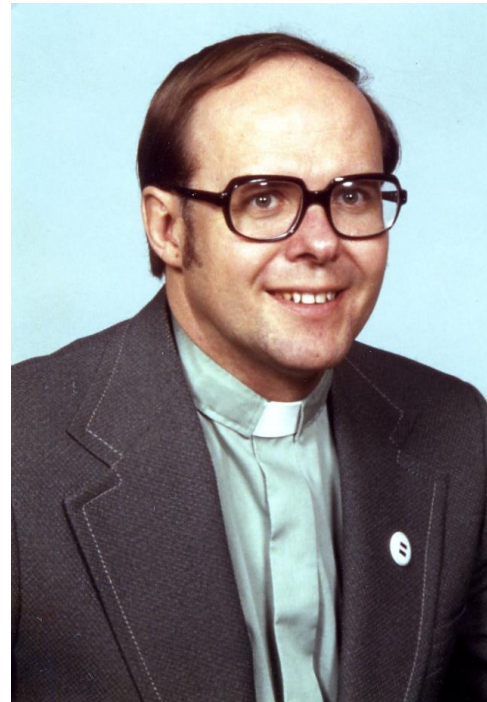
My dad, Everett Mueller



Importance of a spiritual life, vocation, the right partner, and community service.

Influencers

My father in-law, Pastor Roger Mackey



Courage in the face of
opposition and criticism;
integrity; it's about love.

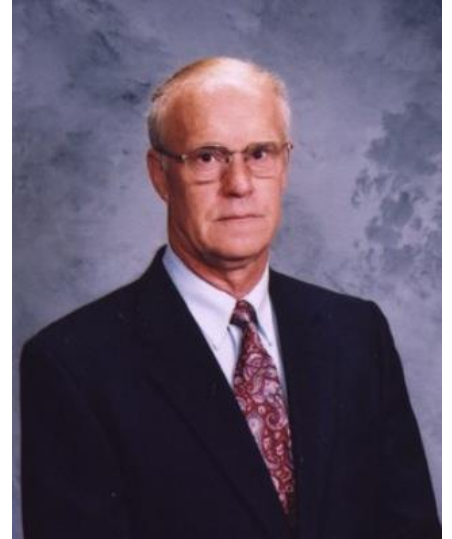
Influencers

Coach Jim Flim



Cross Country is a combination of many things: dedication, pride, upsets, joy, victories, and hard work. All these things added to our season, one that we will never forget. We will also never forget Coach Flim, who taught us "mental toughness" and how to be men. His inspiration will stay with us the rest of our lives.

Paul Mueller



Believe in yourself and achieve your potential; "mental toughness".

Influencers

Professor John Holum



Faith and reason are
not incompatible.

Influencers

Dr. David Hellmann



Best doctor I know;
incredible role
model and
exemplar of
equanimity.



Influencers

Sir Donald Irvine



Advocated for disclosure of patient care quality, safety and professionalism data. Criticized by his peers, he was ultimately knighted for his work. Dashing.

Influencers

His Holiness the 14th Dalai Lama



We are one race—the human race. Focusing on our differences will inevitably lead to conflict. Compassion is the solution.

Influencers

Luke, Kirsten and Mark



Influencers

My wife, Nancy

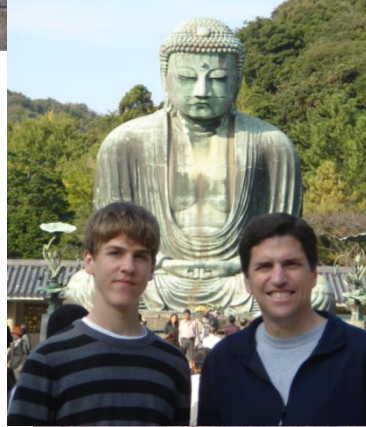


Passions

In addition to family, vocation, etc.

- Friends
- Walking and hiking
- Genealogy
- Reading, especially science fiction
- Live Shakespeare
- Dogs
- Fishing
- Skiing
- Travel
- Plants
- Higher education
- Diversity and inclusion
- Making our communities better
- I am a believer





I have a quirky sense of humor



Kid Snippets: "Basketball Class" (Imagined by Kids) - YouTube



Other factoids

- I don't sleep much, but every now and then I enjoy a very long nap
- I watch sports
 - Twins, Timberwolves, Lynx, Wild, Gophers...Vikings
- You may see me picking up trash along US 14/61 by Pettibone Park
- I am a grandfather



Future of medicine

Major changes happening; our region will be not be spared

- Shift away from bricks and mortar; smaller, more nimble facilities
- Novel, inexpensive and convenient screening and diagnostic tests
- Less invasive, more effective treatments
 - Outpatient hips and knees; off-pump (beating heart) cardiac bypass, proton beam, etc.
 - Individualized medicine
- Artificial intelligence
- Virtual care
- Right diagnosis and care anytime and anywhere
- “The patient will see you now”

How Google and Mayo Clinic will transform the future of healthcare



Why I am a Rotarian



Basic Education
and Literacy



Maternal and
Child Health



Peace and Conflict
prevention / resolution



Disease
prevention and
treatment



Water and
Sanitation



Economic and
Community
Development



Grateful and humbled

Live long and prosper!

