

COMMUNITY

'EXCEPTIONAL FEELING': MISSISSAUGA DOCTOR AMONG CANADA'S TOP 40 UNDER 40

DR. VIPAN NIKORE OF TRILLIUM HEALTH PARTNERS

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Despite his family's work in the medical field, it wasn't until he was in his mid 20s that Vipan Nikore realized he wanted to be a doctor.

"It was always in my blood," said Nikore, whose father, mother, brother and sister are doctors as well.

"I actually was considering it - went into my undergrad thinking about medicine - but in my first year, I actually landed on

computer science."

Even though he didn't start med school at the University of Illinois-Chicago until he was 27, he has gone all in on his medical career and has a resume of someone you would think is much older.

Nikore, 39, is the service medical director at Credit Valley Hospital's department of medicine, was recently named one of Canada's Top 40 Under 40 for 2018, a list compiled by BNN Bloomberg and the National Post.

"It's definitely an exceptional feeling to be recognized among so many talented people in the country," Nikore said.

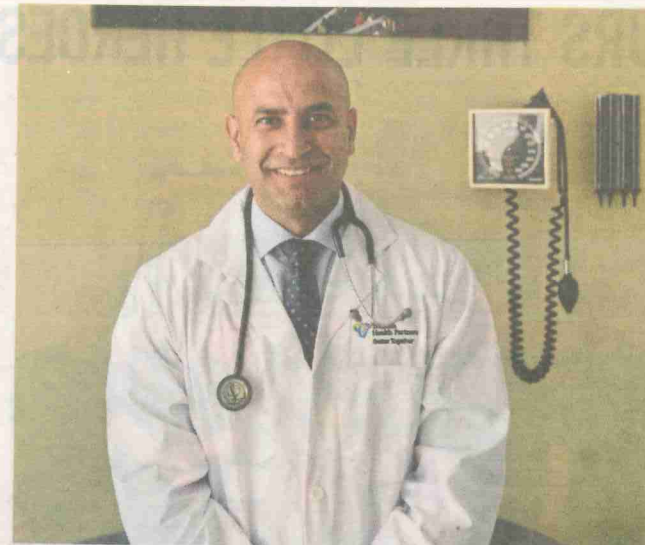
"Because it's focused on leadership and making an

impact, which are two really important things to me, I certainly appreciate it tremendously."

Nikore's role at Credit Valley, one of three hospitals under the Trillium Health Partners chain, is just one of many hats he wears as a medical professional.

He's served prominent roles at the Cleveland Clinic in both Toronto and Cleveland and he's on faculty at the University of Toronto. He teaches leadership and emotional intelligence through a small group teaching module he created.

Nikore is also chief medical director of TD Bank, where he focuses on the health and wellness of



Trillium Health Partners/Photo

Dr. Vipan Nikore, service medical director with the department of medicine at Credit Valley Hospital, is one of Canada's Top 40 Under 40, a distinction passed on to him by BNN Bloomberg and the National Post.

TD's 80,000 employees, along with the organization's strategic health initiatives.

"When you think about it, there's 80,000 employees, so how do you keep those 80,000 employees well, have them have less sick days, have a better quality of life and make it a great

place to work," he said.

Nikore's impact has been documented outside of Canada. He's provided health care to patients in India, Nepal, Ghana, Peru and Haiti.

He's worked at the World Health Organization in Switzerland, UNICEF in India, venture cap-

ital firm Lux Capital in New York and the Ontario Ministry of Health.

As a doctor with Trillium Health Partners since 2014, he oversees a group of 75 physicians at Credit Valley.

He's currently in the midst of establishing a Toronto headquarters for uFLOW (Urban Future Leaders of the World), a non-profit program he created to help underserved youth in five cities in the United States. He says the Toronto branch will be re-branded LYFE and will have a more public health focus.

Nikore and his colleagues at Trillium are building out telehealth and virtual care models to help serve patients remotely in Mississauga.

He enjoys being involved in so many projects he's passionate about and is always on the lookout for another endeavour to take on.

"I'm always thinking about how I can do more and make a positive impact," he said.