



## Wellness, Cellular Aging, and Burnout: Who or What is to Blame?

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### Physician Burnout



**Objectives:** At the conclusion of this presentation, attendees are expected to:

1. Understand the consequences of chronic stress in medicine
2. Understand what is contributing to increasing burnout rates
3. Explore what effect the EHR has on our wellness or lack thereof
4. Investigate areas for improvement to reduce burnout and promote wellness



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