



SKIN DEEP

Dr. John Curran is the Lead Physician at the Aesthetic Skin Clinic, Belfast and mentors the medical team at all clinics. He chats to *Ulster Tatler* about a typical working day.

WHAT IS YOUR JOB TITLE?

Cosmetic Dermatologist and Lead Physician of the Aesthetic Skin Clinics.

WHAT TIME DOES YOUR TYPICAL DAY BEGIN?

I love reading about people like Mrs Thatcher who only need 4 hours sleep. I have to be dragged out of bed kicking and screaming. My favourite thing is pressing the 'snooze' button at least twice each morning. When I fly to Belfast I have to get up at 5.40 am. It's a labour of love!

HOW DO YOU PREPARE FOR YOUR WORKING DAY?

I swim 50 lengths, then spend 1/2 hour in the gym... then I wake up! Really, I always try to look at the appointments booked the day before and plan ahead mentally. Everybody is different and it really does take careful forethought and a review of your consultation notes to achieve the best outcome.

PROVIDE A BREAK-DOWN OF A TYPICAL WORKING DAY?

I am so lucky. I meet such interesting people during the day that I have to keep reminding myself that it is work. How would I describe my typical day? Busy, then some more, challenging, exciting and fulfilling. I don't have typical days. Every day is different.

WHAT ARE YOUR TYPICAL WORKING HOURS?

Like every doctor, I think about my patients 24 hours a day (but don't worry, unlike some of my lawyer friends I don't charge for it)... I am always contactable as I give all the patients my mobile number.

DO YOU WORK AS PART OF A TEAM, OR MAINLY ON YOUR OWN?

"I must have been very *good* in another *life*. I have the *best* job in the *world*."

Only a fool thinks they can do it all themselves. I work with a wonderful group of colleagues, both medical and non-medical who really care about the patients. We are tough on each other when we under perform. It is not uncommon for a cross receptionist, when I am running behind, to admonish me for keeping 'her' patients waiting. I love that attitude.

DO YOU WORK TO TIGHT DEADLINES?

I like to think of each of my patients as a work in progress. This is one field in medicine where you have all the time in the world. You want to exceed their expectations. Nothing should be rushed.

HOW DO YOU FEEL ABOUT YOUR 'JOB'?

There is a saying in medicine, "You get the patients you deserve." I must have been very good in another life. I have the best job in the world.

HOW DID YOU GET TO WHERE YOU ARE NOW?

I am in Belfast this morning, so the funny answer is generally by plane! I should have learnt to fly when I was young and foolish. I seem to spend more time in the air than driving.

HOW DO YOU RELAX IN YOUR SPARE TIME?

Christine and I are banned from going out anywhere trendy in Guernsey by our children, in case pictures of their embarrassing parents end up on Facebook the next morning. However we can still get away with it in Belfast, but the doormen seem more and more reluctant to let us in! The reality is that we love to spend our time catching up with our friends, most of which we have known since school. We also travel a lot, which since the kids have grown up, is our guilty pleasure.