

BETWEEN TWO FELLOWS

A conversation on the joys of #GeriTwitter & #MedTwitter



While I consider myself up-to-date on social media, I was recently educated on the power of Twitter and its impact in the medical world from my co-fellow and friend, Dr. Mariah Robertson. To be honest, I felt that yet another social media outlet would be more cumbersome than beneficial during my time in fellowship. I have since changed my mind!

Dr. Robertson has found great benefits on Twitter, both personally and professionally. We recently sat down to do a Q&A in hopes that her knowledge could help other fellows-in-training begin their journey on #medtwitter and #geritwitter and experience the same benefits!



WHY DID YOU JOIN TWITTER?

You are much kinder in your description of what you thought about Twitter before joining. I thought it was for angry politicians and famous stars to post on a whim and I was not about to jump into something that felt like it might waste my time. But then some of my favorite people in medical education were posting incredible pearls and bite-sized teaching. I decided to join when I was a Chief resident. I realized I only had to follow people I wanted to hear from and that I was learning something new every day. I was immediately hooked.



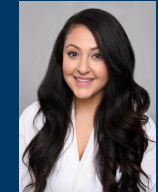
WHAT'S THE DIFFERENCE BETWEEN TWITTER & OTHER OUTLETS?

Twitter only allows 280 characters and is designed for bite-sized pieces of information. I keep Twitter as a more professional platform for myself. I don't post pictures from my family and I have an open account, which means anyone can engage with me. I find this beneficial because that allows me to meet professionals from other disciplines, but also patients or caregivers who are struggling with things I talk about in my tweets. It is pretty cool!



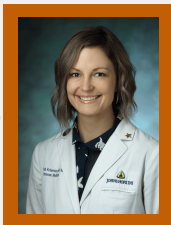
TWEET @AMERGERIATRICS #AGS20

Tell us what you're looking forward to most at the AGS Annual Meeting.



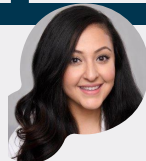
Chitra Hamilton, MD
@ChitraHamilton

Mariah Robertson, MD
@MLRobertsonMD



WHAT HAVE YOU ENJOYED MOST ABOUT USING TWITTER AS A TRAINEE?

I have been able to learn from and connect with the greatest minds in medicine across the globe. When you pick a training program, there's worry you are missing out on meeting people at other institutions. Twitter can be an incredible way to connect. It also eliminates some of the fears you feel when you're meeting someone for the first time at a conference and you might think you don't know what to say. You get to start the conversation on Twitter, and it naturally feels easier to meet them in person! I have already met a few of my Twitter idols and it has been so inspiring when they tell ME they like my content. Say WHAT!?!?



HOW DO I GET STARTED?

AGS has some great #tweetorials [here](#). But my tip is to just go for it! Don't be discouraged if people don't "like" or "re-tweet" everything you say. It shouldn't be about that. And also, you don't have to tweet at all; you can just follow people and get a lot out of what they post. My engagement ebbs and flows. Some days I engage a lot and others I just follow along and learn a ton. As far as who to follow goes, start finding a few people you're interested in and it'll lead to a snowball effect!



▼ @MLRobertsonMD's Recommended Follows:
(click for more!)

▼ @nlundebjerg
Nancy Lundebjerg, AGS CEO

▼ @RZChipMD
Dr. Ryan Chippendale

▼ @CchristmColleen
Dr. Colleen Christmas

▼ @jesscolburn
Dr. Jessica Colburn

▼ @EWidera
Dr. Eric Widera

▼ @dochitect
Dr. Diana Anderson

▼ @geri_doc
Dr. Kevin Covinsky

▼ @LPerrytheGeriMD
Dr. Laura Perry

▼ @DrNakhleh
Dr. Rasha Nakhleh

▼ @AlexSmithMD
Dr. Alex Smith

▼ @msehgalmd
Dr. Mandi Sehgal

▼ @Lm_solberg
Dr. Laurence Solberg

▼ @MCarneyMD
Dr. Maria T. Carney

▼ @docrck
Dr. Reena Karani