

0:00:00.0 Katie Berlin: Hi, welcome back to Central Line. I'm Katie Berlin and I have a special guest today, which I say every single time, every guest is special. But Dr. Courtney Campbell, I have wanted to meet you for a long time.

0:00:11.7 Courtney Campbell: Oh my gosh.

0:00:12.0 Katie Berlin: I see you on social media all the time, but we have never actually met like shook hands until about an hour ago.

0:00:19.1 Courtney Campbell: Yeah. It's kind of crazy that we've never met before in person, I like to refer to these people that who are friends through socials. I call them my Meta friends because it's like, I know you exist in real life.

0:00:30.8 Katie Berlin: Yes.

0:00:31.9 Courtney Campbell: We've never spoken in person, but yet still we're friends and I've met outstanding people through all these organizations like that, where we develop a rapport and then it's like, but... And then people will ask you, it's always funny when people ask you, So how long have you guys known each other? And you're like, Oh, I just met them five minutes ago. They're like, How is that possible?

0:00:53.0 Katie Berlin: I feel like that's one of the best things about getting older too, is like you really know your people when you meet them. You know if they're gonna be somebody that you click with or somebody that you just don't really have all that much to say to. And that doesn't happen often in this community though, I have to say.

0:01:08.2 Courtney Campbell: It doesn't because we know that there is a commonality. So that's why I am like, and I mean this genuinely, I'm not just saying this 'cause there's a microphone in front of my face. But I'm just so privileged and grateful to meet you.

0:01:19.8 Katie Berlin: Same, yeah.

0:01:21.0 Courtney Campbell: And like see you in person. Because for me it's an honor that we get a chance to share conversation. Because as I get older, what I'm realizing is how precious your time is. Of course when you're super young, you think a lot about finances 'cause you don't have much, you're a student and you're just scraping ends by. So finances become really important in your life. I'm not gonna say they're not but as we get older, you realize just how important people, time, relationships are.

0:01:53.4 Katie Berlin: Yes.

0:01:56.4 Courtney Campbell: I also think one other element too, besides just getting older, is that those lived relationships, those lived experiences and those relationships that you've had, are so critical to contextualize the relationships you're having now. Essentially, what I'm saying is whether or not you've had a negative experience, consider it an investment, and the return on that investment of having that negative experience is the... The return on that investment is meeting an outstanding person. Because as you're meeting that outstanding person, not only are you recognizing them for being so awesome and for being so cool, you're also recognizing them in context to the some of the

people you met who haven't been so cool.

0:02:38.8 Katie Berlin: That's true. Yes. Everything's relative and yeah. We all have a long, by the time we get to be adults, there's a history.

0:02:48.5 Courtney Campbell: Yes. Yeah. That history, it helps us get acquainted and it's important to get upfront and close to that history. Think about ways that we could have improved as a person, think about ways we could have improved that interaction. And as we get close and intimate with that history, then the rewards of that, the rewards of that are these tremendously gratifying experiences with great people. But you can't have, in my humble opinion, you can't have those gratifying experiences without being super acquainted with your history.

0:03:20.2 Katie Berlin: Yeah, absolutely. And kind of owning it, you own it.

0:03:25.8 Courtney Campbell: Yes. Yeah. And it's tough sometimes, and sometimes the toughest experiences are where we learn the most, yes.

0:03:32.6 Katie Berlin: Yes. And you learn it as you go, but you don't realize it till later. [laughter] Sometimes with therapy.

0:03:38.8 Courtney Campbell: [laughter] Right, right. Lots and lots of therapy.

0:03:40.8 Katie Berlin: Lot of therapy.

0:03:41.8 Courtney Campbell: You know what I mean? [laughter] And it's like, Okay. Well, I've talked this through, but you know what's interesting too? And this is my opportunity to be vulnerable here and just admit that I have met so many people who have had therapy and you can tell, or have gone to therapy or currently in therapy, you can tell because the work that they've done on themselves is so self-evident. And my admission here is that I don't currently have a therapist, and I haven't been to therapy, but I'm open to it and I would love... I would absolutely go to it, and I know you're probably gonna roll your eyes, but it's like, I just haven't had time.

0:04:22.3 Katie Berlin: No.

0:04:23.1 Courtney Campbell: I haven't had time to find one. But everybody who I've met who had either is enrolled in therapy, has gone to therapy, believes in therapy, you can tell because the work they've done on themselves has been tremendous.

0:04:35.5 Katie Berlin: I think that's so true. And I don't think therapy's the answer for everyone. I took 44 years too long to go to therapy. But I think... But now I have a therapist and it's work, man. So I also get why people don't have time. Like, it doesn't just take the hour appointment and you can do it virtually now. So it really is just an hour. But it's not like an hour that you can fit in between meetings or like before right on your way to like a 10 hour day at work. You don't just have your conversation and it's done. You have your conversation and your brain is thinking about it on the way up to the conversation. And then after the conversation, your brain is trying to process everything you talked about, and maybe you're sad or you dredged up stuff that you were like, I never wanted to think about that again in my whole life. And it's very hard. And if it's fun, you're probably not going deep enough.

0:05:26.3 Courtney Campbell: Yeah, no, I get you. And there's analogies there a little bit to exercise, some people are like, Oh, what's your favorite exercise to do? Well, chances are, if it's your favorite that's not where you're having the biggest growth, right?

0:05:38.0 Katie Berlin: Right.

0:05:42.1 Courtney Campbell: If you're on the StairMaster and you're like, I love StairMaster, you're probably not going fast enough. You know what I'm saying?

0:05:46.0 Katie Berlin: I do not love. Does anybody love the StairMaster?

0:05:48.7 Courtney Campbell: Nobody does. And so I'm not saying you need to hate it, but it certainly, there needs to be just a scintilla of discomfort there. And I certainly, I love what you said particularly about the fact that it can be hard. And here's why I love what you said, because the word mental health and mental wellness and mindfulness are certainly buzz-worthy words, and they warrant their fair share of attention. But a lot of times we don't get a chance to talk about the nuances, the details, the nitty-gritty where the rubber meets the road about mental health. We say, Hey, it's important. I agree 100%, but talking about the fact that according to my friends, you are not going to find the best therapist right off the bat. Sometimes it works, sometimes it takes a few attempts. Couple of things you just said about it being hard sometimes, dredging up old memories, it being a challenge, a time commitment. These are all really critical things, in my opinion, to talk about because it's much easier just to say, Yeah, mental wellness is important particularly in vet med, but let's talk about the details. So I appreciate you saying that.

0:06:58.2 Katie Berlin: And money. Copay, if you're lucky enough to have insurance cover it, then like my copay is \$45, I gotta pay \$45 every two weeks to see therapist. Is it worth it to me? Yes. Am I lucky enough to have \$45 every two weeks to spend on this therapy? Yes. And not everybody is. And so definitely it's much more complicated than just like, everybody should have a therapist. But everybody should have something that helps you get out of your head a little bit. It's funny 'cause therapy gets you into your head and I don't believe that I used to say running is my therapy. This is a big fat lie. [laughter], Running is not therapy. Running is...

0:07:38.6 Courtney Campbell: Tell me why it's not therapy.

0:07:41.1 Katie Berlin: Running was escapism. It doesn't...

0:07:41.7 Courtney Campbell: Running away from something literally and figuratively. Yes.

0:07:45.0 Katie Berlin: Yes. But running could help you solve problems, but it's not showing you things that you might need somebody else with training to sort of hold the mirror up for you.

0:07:54.1 Courtney Campbell: That's such a great point.

0:07:56.8 Katie Berlin: But it definitely does help with mental health for me, a hundred percent. Like running, the gym, yoga, all of that stuff, that's really important to me. And I've met a lot of people through the running community also. Do you have like a third space where you don't have to be Dr. Courtney Campbell? And you just, you don't have responsibilities other than just to let

yourself be there.

0:08:17.9 Courtney Campbell: Certainly exercise is there, I tend to engage in exercise that requires the maximal amount of mental focus. And so endurance sports are fun, but I do allow, and this is tough for me, I do allow some thoughts about work life. And those sorts of things creep in while I'm trying to get through this endurance activity, whether it be seven/eight miles. Whatever the case is, I'm thinking about other stuff. Now, if I'm sprinting uphill several times on interval training, I'm not thinking about anything else but you gotta get your breath back before you collapse. Or if I'm trying to pick up something very heavy or press it off of my shoulders, if it's so heavy that I'm only thinking about that and I need to get this off of my body's, otherwise my chest caves in, I'm not thinking about, well somebody's... Tommy said this to me yesterday at work, all I'm thinking about at that hour is that.

0:09:19.9 Courtney Campbell: So it goes by different names, high intensity training and all of those sorts of things, but whatever high intensity is for you, that's what I try to do because for me, that's what takes my mind off of anything else. I used to have a bunch of buddies who were veterinary technicians, and shout out to veterinary technicians, just amazing.

0:09:41.9 Katie Berlin: Oh.

0:09:43.6 Courtney Campbell: And on every Sunday they used to be like, Hey, Courtney, let's you wanna meet in my garage and we'll put on some boxing gloves and we'll get a chance to spar each other. Now fortunately, I have had decades and years of experience sparring, but like, they were soccer players. So, for me, what's interesting about combat sports or any sort of boxing or anything like that, wrestling, anything you do jiu-jitsu is that it also tends to do that. You aren't thinking about anything else if you are in some sort of combat athletics and take your choice, whatever it is, if you are being punched, you're not thinking, Huh, I wonder what I'm gonna do tomorrow. No, you're thinking about it. I gotta defend myself. So shout out to anybody who does whatever it is jiu-jitsu, wrestling, boxing, whatever it is, if you're in some sort of combat sport, you know it takes 100% focus.

0:10:34.8 Katie Berlin: You gotta be in the moment.

0:10:36.1 Courtney Campbell: You gotta be in the moment for sure. And I'm sure the cases with lower impact sports like yoga, pilates and stuff like that, do you currently do that or no?

0:10:44.2 Katie Berlin: I do. I taught puppy yoga here.

0:10:46.4 Courtney Campbell: Wow.

0:10:47.0 Katie Berlin: That was really fun.

0:10:47.9 Courtney Campbell: This is huge, this is huge.

0:10:50.2 Katie Berlin: I mean, teaching puppy yoga is like they're there for the puppies.

0:10:53.1 Courtney Campbell: Of course. Of course.

0:10:56.1 Katie Berlin: But also it was on the roof, the pool deck here at the Manchester Grand Hyatt in San Diego at dawn, it did not suck. But yoga is tough because the whole thing is being in the moment and trusting your body, but there's also nothing to distract you. You're not trying to run, push a rock up a hill or pull a sled that weighs a bazillion pounds. And I've done those sports, and I think there's phases in life too. And I used to be in a pushing phase. I used to want to push, push, push and like hit classes and boot camps, and I used to teach P90X LIVE and I would be dead.

0:11:28.8 Courtney Campbell: Did you really? P90X?

0:11:29.8 Katie Berlin: Like just dead. But, and it was amazing. And I don't wanna do that right now, I'm in an allowing phase now.

0:11:40.2 Courtney Campbell: I love it. I absolutely love it. Talk to me about allowing, and not to ask you the question, but I'm fascinated to know.

0:11:44.5 Katie Berlin: Oh that's fine.

0:11:47.8 Courtney Campbell: But talk to me about that allowing phase yoga and how animals are integrated. Because listen, there's gonna be people who get a chance to hear us right now and are like, Okay, this goat yoga, cat yoga, dog yoga. What is all of that? That's a bunch of nonsense. Why are you integrating animals in yoga? And to somebody who's uninitiated to somebody like myself, who I think I've tried yoga twice. So I know nothing. Break it down for me, What is the point of integrating... And you know how much I love animals, right?

0:12:12.6 Katie Berlin: Yes.

0:12:15.7 Courtney Campbell: So I'm pro animals. What's the point of integrating animals in yoga?

0:12:17.0 Katie Berlin: So I have to say, I was a big skeptic of things like goat yoga for a long time. But I also didn't really love yoga...

0:12:26.9 Courtney Campbell: Got it.

0:12:30.9 Katie Berlin: At that time. Like, I was a pushing phase where I was like, if there's goats there, what are you actually doing? [laughter] You're playing with the goats. And like, what if they climb on you when you're on the ground? They're real pointy. And you were saying earlier that like, if you're smiling during a workout or if you really enjoy the StairMaster, it's probably not like probably you're not doing it quite hard enough. And I think because StairMaster is a building pushing workout... Because it's not a joy workout. You're doing it to build strength and muscle.

0:13:00.3 Courtney Campbell: Absolutely.

0:13:02.9 Katie Berlin: And injury prevention, all the things.

0:13:06.2 Courtney Campbell: 100%.

0:13:09.6 Katie Berlin: But to me there are workouts that are just for joy. And I teach a dance

fitness workout, that's joy. If you're worried about how many calories you're burning, or if your thighs are gonna be smaller, if you do this for a year, you're not doing the workout. You might as well be on the StairMaster. But to do dance and to do yoga, I really feel like those workouts are about joy and about saying like, this is something my body can do and I'm celebrating it, and yes, maybe I wanna get better at it, or I wanna be able to do something else better. And so I'm trying to build endurance or strength for that. But like, you appreciate what your body can do during those workouts because at the end you feel joy. And I think that's what the animals have to do with it.

0:13:48.8 Courtney Campbell: Got it, got it.

0:13:53.1 Katie Berlin: It's really hard not to feel joy when you're doing downward dog and there's a puppy, like you're upside down and there's a puppy sitting there. There was one guy the actually the AAHA-accredited practice of the year owner. Shout out to Upper Arlington.

0:14:03.3 Courtney Campbell: Nice.

0:14:03.4 Katie Berlin: For winning the APOY Award this year.

0:14:05.6 Courtney Campbell: Okay. This is huge.

0:14:11.1 Katie Berlin: And he was in the front row at puppy yoga, and he went into child's pose at the end, which is where his head's like this kind of in a crouch position with his head down on the mat. And a puppy just came along and sat on it.

0:14:17.4 Courtney Campbell: Oh.

0:14:18.6 Katie Berlin: And it was the cutest thing. And everybody was like, Oh, my god. And then he couldn't get up until the puppy got up.

0:14:23.5 Courtney Campbell: Of course you're right. It's like those people who are getting in bed and they sleep on a corner of the bed because they don't wanna disturb their dogs.

0:14:30.5 Katie Berlin: Right. That was me. I had a big dog.

0:14:30.8 Courtney Campbell: Yeah, exactly. You know how it is. And so if you're doing down... What is it? Child's pose, and then a puppy sits on your head, you're not moving.

0:14:37.8 Katie Berlin: No.

0:14:40.8 Courtney Campbell: You're not moving.

0:14:42.8 Katie Berlin: You gotta just wait. And the puppy's gonna move as a puppy. Yes. But I feel like that joy of just watching those puppies sort of cavort around while we were enjoying this beautiful morning on the roof, that to me is the essence of yoga.

0:14:53.3 Courtney Campbell: That is really cool. And here I thought essence of yoga was the state of being comfortable in discomfort or the state of being comfortable in uncomfortable states. And you're saying, no, you can enjoy your workouts with joy and listen for anybody who's thinking

or listening to this, it makes sense Now when you walk by those Zumba classes. And you see they are packed...

0:15:17.4 Katie Berlin: Packed.

0:15:19.8 Courtney Campbell: And full. It's because of what you said, some workouts are just about joy, right?

0:15:22.2 Katie Berlin: Yes.

0:15:26.4 Courtney Campbell: Now have I ever done Zumba? No. [laughter] Am I open to Zumba? Absolutely.

0:15:28.4 Katie Berlin: BollyX, for doing... That's what I teach. BollyX.

0:15:29.2 Courtney Campbell: BollyX.

0:15:31.2 Katie Berlin: We're gonna do that, next conference.

0:15:31.9 Courtney Campbell: Should we incorporate puppies into BollyX? Why not, right?

0:15:35.8 Katie Berlin: Connexity 2022.

0:15:37.3 Courtney Campbell: There we go.

0:15:38.9 Katie Berlin: There was...

0:15:39.8 Courtney Campbell: Oh really? You did that?

0:15:41.5 Katie Berlin: The puppies had to be corralled during the dancing.

0:15:43.5 Courtney Campbell: Oh, okay.

0:15:44.3 Katie Berlin: Because like they could get stepped on.

0:15:44.4 Courtney Campbell: Of course.

0:15:44.7 Katie Berlin: It's a little messy, there could be poop and... But yeah, generally speaking, I think any of those workouts that are about the joy of movement and connecting with your body, you could easily incorporate animals into those too.

0:15:58.5 Courtney Campbell: You know what's interesting too, and this is something that I noticed recently [laughter] after I had a bike fall, is that you don't recognize, or a lot of times sometimes the privilege of body movement is lost on you. Where you're like, I don't wanna work out today. I don't wanna do this today. Then all of a sudden, like I did where I fall off my bike, I have a bad sprained wrist and I can't pick up a kettlebell, I can't pick up a dumbbell because I can't make a fist, all of a sudden that peace or that joy is removed from me. And all of a sudden and people always say yes, you don't recognize what you have until it's lost, that's like, it's axiomatic to

say that. But it's very true when you're dealing with health and fitness is that you just don't realize what a privilege it is to have movement until something takes that movement away.

0:16:45.6 Katie Berlin: This AAHA Podcast is brought to you by CareCredit. CareCredit understands that all veterinary teams are busier than ever. To help patients get the care they need. The CareCredit Health and Pet Care credit card allows clients to access a budget friendly financing experience anytime from anywhere on their own smart device. They can learn, see if they pre-qualify, apply, and even pay if approved, all on that smart device with just a tap they have a friendly contactless way to pay over time for the services and treatments their pet needs, whether it be a general referring or specialty hospital, as long as they accept the CareCredit credit card.

0:17:26.6 Katie Berlin: Yeah, totally true. Do you think that's true like about... We have so many discussions now about burnout and attrition having trouble finding qualified team members and all the things seems like people are kind of reluctant to recommend the field to others.

0:17:41.4 Katie Berlin: But you in your social media anyway, and when you talk to people to lay people, people who are not in the veterinary community about veterinary medicine, you seem full of joy and you really seem grateful that this is something that you get to do. And it seems like a get to for you and not a have to, and I feel like that's what you're talking about is that moment where you're like, oh, like no, maybe I didn't wanna work out on Tuesday, but I could, I got to.

0:18:07.9 Courtney Campbell: I got to.

0:18:11.2 Katie Berlin: And there was nobody holding a gun to your head that said you had to.

0:18:12.8 Courtney Campbell: No.

0:18:16.5 Katie Berlin: Do you feel like you take that get to versus have to attitude to work with you and that's one of the reasons you love it so much?

0:18:19.6 Courtney Campbell: That's a great question. I mainly think about your how. Right? I think that there's been a lot of attention towards your why, why are you doing this? And I think that for a lot of us, our why is, A, it's common, we, all of us in some shape or form have an affection towards improving a human animal bond, working on behalf of the animal, advocating on behalf of animals, advocating behalf on health, the human animal bond connection. But how do you do that and your how is aligned with the person that you are. So if you tend to be that kind of person where you're very analytical, then your how may be veterinary forensics. It may be veterinary research, it may be veterinary anatomic pathology.

0:19:13.9 Courtney Campbell: If you tend to be more of a doer, then you say, well, how do I improve that human animal bond? Well, it turned out to either be a veterinary surgeon or you're inventing something or you're in orthopedic fellowship or something like that.

0:19:26.0 Courtney Campbell: So for me, I feel like the commonality for all of us is that we are all working on behalf of improving human animal relationships, family pet relationships, human animal bond. The question is, how are you doing that? And is that aligned with who you are? For me, fortunately, my how and how I'm doing that is aligned with who I am. Certainly advocating on behalf of young people who are interested in the field of veterinary medicine, that really fills my

cup, veterinary surgery does. And looking for innovative techniques that also fills my cup. And then teaching and speaking, that also fills my cup. So for me, as long as it's my how is aligned with who I am, then that makes me feel good.

0:20:08.4 Katie Berlin: That makes so much sense, we don't talk about the how that much, like the how is in Simon Sinek's like Start with Why. The how is like secondary and you shouldn't worry so much about the how as long as you have the why, but the why isn't what you're facing every single day when you go to to work. And that makes a lot of sense to me. My overall mission hasn't changed in vet med, but going to a general practice every day, working my appointments, doing my surgeries, coming home, that was the wrong how. And I don't regret having done it, but I don't wanna go back to it. My how now is so different, but I feel like this is where I can actually contribute because I'm happy every day and I'm motivated to go to work.

0:20:53.7 Courtney Campbell: Right. And I like the way you put that because the reality is if you asked me my why I could probably give you a pretty cogent answer. And if I asked you your why, you would give a cogent answer. There's a chance that one of two things either, well, I guess three possibilities. One is that our why would be very similar. The second option, the second possibility I look at is that our why's, as we're saying them, are a little bit different. But I don't disagree with your why. I'm like, Oh, that's mine too.

0:21:22.2 Katie Berlin: That's also my why.

0:21:25.4 Courtney Campbell: That's also my why. And then I guess the third possibility, which is kind of would be that they're totally divergent and we don't agree. But I think that it's likely one or two. In the fact that when I ask you your why and you say it, I'm gonna say that's mine. Or I'm gonna say that's not the way I put it, but I agree.

0:21:39.0 Katie Berlin: Totally.

0:21:43.2 Courtney Campbell: So now that we're both aligned on our why, the question becomes how are we gonna execute it? If you say to me, Courtney, I just really like improving the human animal bond and advocating on behalf of the animals.

0:21:51.6 Katie Berlin: [0:21:52.5] ____ Me too.

0:21:56.6 Courtney Campbell: Right. And me too. But you say, you know what I do, I have this amazing podcast where people get to hear about their experiences in lifestyles of veterinary medicine. And that's how I do it. And I'm like, Oh, I have the same why, but I do mine through surgery. You're like, oh, we have two different styles of execution. But our why is the exact same.

0:22:12.3 Katie Berlin: That's so true. And surgery would never be my how.

0:22:16.8 Courtney Campbell: [laughter] It'd never be your how.

0:22:19.4 Katie Berlin: Absolutely not cannot do that.

0:22:23.4 Courtney Campbell: Oh, geez.

0:22:23.5 Katie Berlin: I've done plenty of surgery.

0:22:23.6 Courtney Campbell: Of course.

0:22:27.0 Katie Berlin: And it was not brave. And it was the surgeries that I knew... I just knew how to do them. And even then when something went wrong, I would basically lose 10 years off my life so that is not for me, emergency medicine...

0:22:35.1 Courtney Campbell: That bead of sweat that pops up on your forehead and your toes start curling and everything.

0:22:39.7 Katie Berlin: Oh, my God. Yep.

0:22:40.9 Courtney Campbell: You're like, oh geez, this is not going the way I want it to go.

0:22:43.4 Katie Berlin: I'm like, is my boss in the building? Can she come in here? Like, can she come in here right now?

0:22:46.9 Courtney Campbell: Of course. Of course. Because that square what do you wanna call it though, that square inches, six inches in front of your face is your reality and people outside of that reality don't quite understand what's happening. In that your reality can change in a heartbeat. So as your nurse anesthetist is talking to you and they're in a good mood because they just went to a nice concert last night and they're talking to you about it. That's great. But then your reality, your reality has just changed a second ago. And now, even though you are in the same room, less than a foot apart, you two are having two totally different experiences. And I think a lot of people don't understand that.

0:23:29.1 Katie Berlin: Yes. And then the poor technician, when you're like, Go get Dr. Wade right now. My former boss, Dr. Lisa Wade, shout out, 'cause she never would come and be like, What? She would come and be like, Okay, what's going on? And she's already like scrubbing. [laughter]

0:23:44.2 Courtney Campbell: She's like, I'm gonna have to come in no matter what. It's not gonna be just a peek. It's gonna be a peek and give some advice. It's gonna be like, I'm gonna need to scrub into this.

0:23:52.1 Katie Berlin: Right. And like if the veterinary technician comes out and is like, Dr. Wade, you need to come right now then it was going to be a scrubbing situation.

0:24:01.3 Courtney Campbell: Oh, for sure. And if I get quiet that sort of, I'll also too, you know with that phenomenon where if you're looking for a certain address, you turn down the radio, it's like that doesn't help you see the street signs any better 'cause you turn down. Same thing in surgery. It's like, okay, if I turn off the music. Well that's not helping the bleeding situation.

0:24:21.0 Katie Berlin: No.

0:24:21.1 Courtney Campbell: But in all seriousness though, of course it helps your concentration and your focus.

0:24:26.1 Katie Berlin: And plus if it's like Disney, then that's a problem. Like I don't want Disney while I'm looking for a bleed.

0:24:30.9 Courtney Campbell: Exactly. Exactly. We don't talk about Bruno. And you're like, No, okay. We've gotta figure out something other than this. You know what I mean?

0:24:38.8 Katie Berlin: Well, so I had some questions to ask you. And I'm not gonna ask any of them because I like this conversation better. I feel like this is a person more personal conversation with you than a lot of people get. And I'm really, I feel really privileged to have had it.

0:24:52.3 Courtney Campbell: Oh, I feel overjoyed and I don't even know the time. I'm not even thinking about time but I know it flew by.

0:24:58.3 Katie Berlin: Yeah, it did, it really did.

0:25:00.1 Courtney Campbell: And so I'm just really grateful to have the opportunity to talk to you and to meet you in person and all of it is happening all at once.

0:25:05.8 Katie Berlin: I know.

0:25:05.8 Courtney Campbell: That's crazy.

0:25:07.0 Katie Berlin: Yes. And it's the end of a very busy conference.

0:25:10.8 Courtney Campbell: It is.

0:25:11.8 Katie Berlin: Two long days of talking for you. 'cause You were helping with the Pathway Event for Blend yesterday.

0:25:15.1 Courtney Campbell: Yesterday.

0:25:16.3 Katie Berlin: And then a whole lot of lectures today. So I really appreciate you sticking around to do this.

0:25:21.1 Courtney Campbell: Of course, of course.

0:25:22.3 Katie Berlin: You are closing out this central line recording session here at AAHA CON. So I couldn't thank you more.

0:25:29.2 Courtney Campbell: Well, this is great. And I hope that they saved something for last.

0:25:34.4 Katie Berlin: Yeah, absolutely.

0:25:34.9 Courtney Campbell: I won't say the best, but something.

0:25:37.9 Katie Berlin: I mean, there were a lot of good people [0:25:38.0] ____.

0:25:38.0 Courtney Campbell: A lot good people. Okay. They saved something for last. Okay.

0:25:39.8 Katie Berlin: Thank you, Dr. Courtney Campbell. Thanks so much. And thanks to all of you for listening and watching. We'll catch you next time on Central Line.