



Xiangqian Li and Jiaqi Liu demonstrate a physical exam during the opening skit at Healthcare Day.

## OUTSIDE THE TOWER

# Acting to build trust

**M**y 5-foot 9-inch, 160-pound frame hunches over in pain. “I am Macho Man,” I declare to the crowd, “but because of my back pain, I can’t even pick up a strawberry!” Suddenly, a white-coated angel appears beside me. I look up in awe. “Can you relieve my pain?” Thus begins the opening sketch at Healthcare Day in Shanghai, China.

Since 2012, I and others from Zhongshan Hospital at Fudan University have been holding Healthcare Day in Community, a quarterly event in which medical scientists from different departments provide health counseling and services for local residents.

As the skit continues, the white-coated angel explains the physiology behind back pain and shows me, Macho Man, how to prevent muscle strain. He models the correct way to lift a heavy load and demonstrates how a physical exam would diagnose the problem. Then he leaves the stage and walks through the audience, looking for other people in need.

During Healthcare Day, community members have the opportunity to ask scientists about genes, tissue engineering, cancer, and cutting-edge medical research. We advocate a healthy lifestyle and give relevant advice about exercise habits, weight control, and proper diet. This event builds trust between the community and medical scientists. We hope more medical scientists and doctors in China will join us in stepping out of the hospital and sharing health science with the public.

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