

The Tribune **health**

BODY AND MIND



UROLOGY CARE BAHAMAS

# Dr Conville Brown marks 32 years of being a nation-builder and pioneer in the medical field

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DR CONVILLE Brown, a pioneer in the field of cardiology in the Bahamas and the Caribbean, is so adamant about serving his country that he turned down a \$300,000 contract to work with a leading hospital in New Jersey – an opportunity which was offered to him three years before completing medical school in 1990.

“I always had the absolute intention of coming back home, so much so that when I finished my last medical report at 8pm on June 30, 1990, at a university in New Jersey, at 7.30am the next morning, I was on a flight to Nassau,” he said.

Eleven hours later, Dr Brown arrived in Nassau and went almost straight to work.

“It was Sunday morning at 10.30am and Monday morning I presented myself to Princess Margaret Hospital to work,” he said.

This year marks 32 years since Dr Brown returned home to accomplish major feats in the healthcare field and 40 years as a physician.

“I turned down the contracts to come home and immediately go \$300,000 in debt,” he said.

Dr Brown purchased cardiology equipment that he said cost more than his family’s home.

“To do that on day one required some commitment. But I was also of the view that my family had already sacrificed tremendously for me to go off (to school); I was the first person in our family to go off to university. To return as a professional and leave

again to go to another country and provide services there and not in our own developing country to me was sacrilege,” he said.

“That was not an option for me. So despite the very prolific contracts that I was being offered, I had to come back home.”

Dr Brown’s decision was met with some criticism, however, that did not deter the determined doctor.

“My response to that was ‘to each his own’ and ‘everyone is entitled to their own opinion’. My opinion (was) to come home, support my family, help to build my country that was in dire need of being built. Nation-building was an obligation, in my opinion, so I had to come back home and make my contribution. Whether I just did it and provided medical services or whether I did it by developing medically services, I had to build my country,” he told Tribune Health.

Dr Brown has been the driving force behind the Bahamas Heart Centre, which he founded in July 1990. As founder, director and physician-in-chief, he has helped the centre build a reputation for excellence.

Graduating at age 16 from Government High School in 1975, the Nassau-born Dr Brown furthered his education in Canada at Acadia University and Dalhousie University, and then in Jamaica at the University of the West Indies. In December 1982, he received his Bachelor of Medicine and Bachelor of Surgery Degree (MBBS) from the UWI.

When Dr Brown returned to the Bahamas in July, 1990, after his residency and fellowship training at the University of Medicine

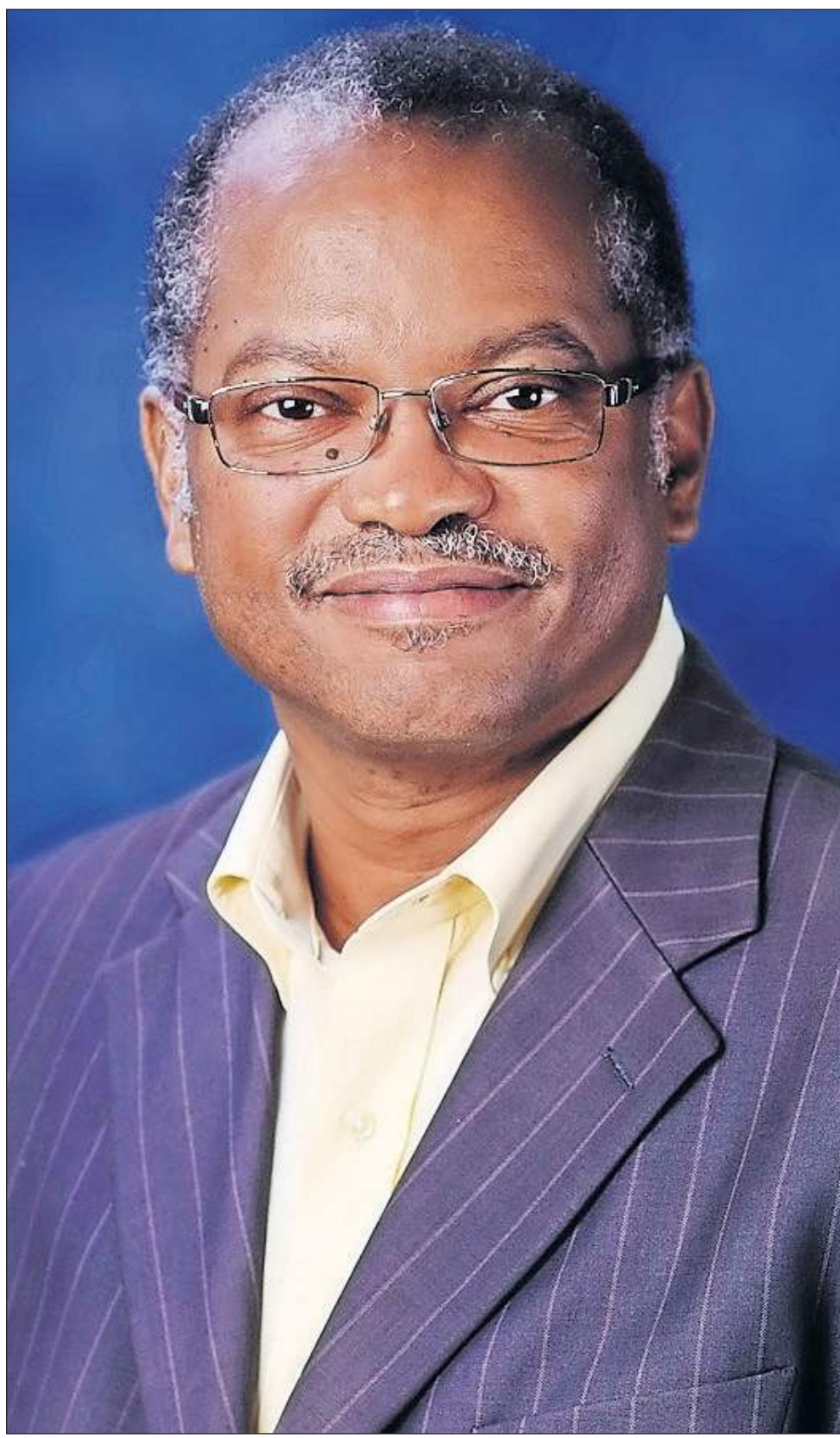
and Dentistry of New Jersey and Newark Beth Israel Medical Centre, he was the youngest qualified internist and cardiologist in the Bahamas and the Caribbean. He received his certification in cardiovascular disease in November of 1991 from the American Board of Internal Medicine. In March 1994, he was the first Bahamian to be inducted as a Fellow of the American College of Cardiology (FACC) and later became a Fellow of the European Society of Cardiology (FESC).

“My first biggest investment when I returned home was my medical equipment. My next biggest investment was the Heart Centre, which in 1993 was over \$1 million. We have since pumped a significant amount of money into the centre. And I would do it again; to build my country because I intend to be in my country,” he said.

One of the milestones in healthcare Dr Brown is particularly proud of is the centre’s partner care model that made access to cardiac care easier.

“Upon coming home in 1990, I realised immediately that half of my family, if not more, half of my friends, if not more, and more than half of the country for sure could not afford my services as a cardiologist, not because I am expensive but because cardiac care is expensive.

“It was very clear that delivering this care was too expensive so what we did was cut the price of that service in half and in some cases less just to make it more affordable for people who were not insured and could not afford private care – that is more than



FOR Dr Conville Brown, it was always important to return after studying abroad to help better The Bahamas.

half of country. We put that model in place and this now therefore 32 years of practicing partner care,” he said.

Dr Brown has been involved in developing many medical enterprises, including the Bahamas Interventional Cardiology Centre at Doctors Hospital, the Sunrise Medical Centre-Hospital Complex in Freeport, Grand Bahama, and the Medical Pavilion Bahamas. The Cancer Centre Bahamas (TCCB) is to date the only radiation therapy centre in the world holding an accreditation by the American College of Radiation Oncology (ACRO) outside North America.

Dr Brown led a team of professionals and performed the first cardiac stem cell treatment on a medical tourist in the country at the Bahamas Interventional Cardiology Centre (BICC), Doctors Hospital. In January this year, he was recognised for his invaluable contributions to the stem cell field by former Prime Minister Perry Christie.

He has also been recognised for his contributions by the Medical Association of the Bahamas in 1999 and 2004, when he was dubbed “a legend in the field of medicine in the Bahamas”.

He was Jones

Communications Network’s Civil Society Person of the Year in 2009 and is a long-serving member and trustee of the Sir Victor Sassoon Heart Foundation, a former president of the Caribbean Cardiac Society and Council, and a consultant cardiologist at Princess Margaret Hospital and Doctors Hospital.

Dr Brown is married to Dr Corinne Sin Quee-Brown, a paediatric haematologist and oncologist, and they have three children: Conville Stephan, Corey Samuel and Chelsea Samantha. He is a member of the Church of Christ the King in Ridgeland Park West.

## WORKOUT AT HOME - THE BEST FITNESS CHANNELS ON YOUTUBE

By **CARA HUNT**  
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SUMMERTIME is the perfect for going outside and getting some much-needed fresh air and exercise.

But sometimes grabbing a few hours to walk in the park or along the beach can be difficult.

And as the kids head back to school, finding time for those afternoon workouts may be more challenging still. There is of course the gym for a quick 30-minute workout, but it’s not everyone’s scene.

But as with almost everything these days, there are some great online resources to help you achieve your goals.

YouTube is a great way to supplement your summer outdoor workouts. You may even consider propping up your phone or electronic device out of doors.

And if you grab a friend to log in the same time as you, you have an accountability partner in your workouts.

Here are a few YouTube channels that will get you moving, but

please remember to follow at your own pace and according to your doctor’s recommendations.

• **Growwithjo; 2.48 million subscribers**

It’s easy to see why fans love this channel. It’s the perfect choice for beginners or anyone who wants to have a fun workout that does not seem intimidating. She does a little bit of everything with a focus on cardio. Think a fun at-home dance class like a country showdown and a 14-minute dance workout to the “Encanto” soundtrack, or a fat-burning session to the sounds of 90s’ boybands.

Jo has a background as a personal trainer and coach, and has studied Kinesiology at McMaster University, so she knows how to get the body moving right.

• **Indoor Cycling Videos; 118,000 subscribers**

If you have an exercise bike, Indoor Cycling Videos is an awesome channel to visit. It features videos of rides averaging half an hour to about 70 minutes (but



some really long rides as well) featuring some of the most gorgeous European countrysides imaginable. You will be transported by the beautiful scenery as you ride away the pounds.

• **Cosmic Kids Yoga; 1.33 million subscribers**

Kids have a lot going on and need a way to focus their emotions and lower their anxiety levels. Yoga can offer so many benefits for a kid’s life. Combine that with a fun video pairing a yoga workout with some of their favourite characters and you have recipe for success.

Your kids will love joining host

Jaime as she teaches them yoga in bright, colourful videos with an educational component. Think yoga featuring the Hulk, “Star Wars” characters or the ponies from “My Little Pony” – say “neighmaste!”

• **POPSUGAR Fitness; 6 million subscribers**

If you are looking for that classic workout video (think group cardio) then POPSUGAR is a great channel to subscribe to.

It truly is a versatile channel offering a little bit of everything

GROW With Jo is one of most popular and fun fitness channels.

– dance, cardio, Pilates and workouts targeting specific areas of the body.

• **Chloe Ting; 24 million subscribers**

Are you looking for a channel that features intense workouts for all your fitness needs, then hit the subscribe button on Chloe Ting. In addition to her weekly workout videos, she also provides healthy food recipes and workout schedules.

Chloe’s channel blew up during the pandemic when many people were forced to work out at home.