

# Alberta Doctors' Digest

## Shine A Light: Dr. Fred Nicholls (update)

This Shine A Light profile is special because it is the second one for Dr. Fred Nicholls, acknowledging the life-changing care he provides his patients. Dr. Nicholls was first featured in the [May-June 2023](#) issue of *Alberta Doctors' Digest*. Both nominations express deep gratitude for the positive impact he has made on his patients' overall quality of life.

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“Dr. Fred Nicholls is instrumental in helping me recover from [a] workplace accident. Dr. Nicholls operated on my cervical spine almost six months ago to repair nerve impingement and help me to be able to use my arm again. (I continue rehabilitation to strengthen muscles.)

Weeks ago, Dr. Nicholls operated on my lumbar spine to relieve pain and nerve impairment causing me mobility issues.

Although there is some post-operative pain, my leg strength feels better, and cramps are less severe.



“When I see a patient after surgery, walking into clinic standing straight and hear them say they really wish they had come to see me 10 years ago, it makes everything worthwhile.”

- Dr. Fred Nicholls

Dr. Fred Nicholls

I feel that in coming weeks, after healing process is finished and with activity, my strength and mobility will improve.

Dr. Nicholls and his team are excellent health care professionals.

Thank you for your skill and expertise in bringing me back to health.

My family and I are forever grateful.”

Dr. Nicholls is grateful his patients feel well cared for – it’s extremely important to him:

When someone is hunched over, and they have been told that surgery is not possible, feasible or too dangerous, it is extremely rewarding to see them walk into the clinic standing up. Personally and academically, I get much satisfaction in helping people move from a disabled state to functioning at a high level again.”

### **About The Shine A Light Program**

The Shine A Light Program recognizes and profiles AMA member physicians who are making a difference by:

- Spearheading projects that improve patient and/or community life
- Diligently following/tracking patients to ensure coordinated care
- Contributing to Alberta’s vision of a high-performing health care system

We’re looking forward to your [nominations](#) and to shining a light on physicians who put Patients First® in everything they do.