

# Oral History with Roy Mears



2022.61.1 Oral History Interview Dr. Roy Mears

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## Dr. Ray Mears Interview

This tape has a legal adviser.

Date: October 3, 2022

Interviewer: Courtney Wernham

Question Wernham: This is Courtney Wernham, interviewer today, and today is October 3, 2022. I will be interviewing Dr. Roy Mears. Dr. Mears, how did you first hear about COVID?

Dr. Roy Mears: I first heard about COVID in the news. So, when we were back, when we were still working the news before, it all became COVID and politics and how the two intersected.

Wernham: What do you think the war going to be a concern post-virus?

Mears: At least there's four months or so when it started to actually spread in the US. Because usually, it was not as concentrated in certain areas, and then the first cases started to show up. And then later when the panic started to arise. And that's when I was worried going to be a party-starting thing.

Wernham: And how has COVID impacted you personally?

Mears: In Africa I thought, You know, as a physician, you're an interesting problem as in the cold and slogan, or even traffic or anything like that. The first thing you're concerned with is COVID. Or a lot of COVID related. And the bottom we get into the pandemic, and the news we see. I mean people who had the long-term side effects from COVID. Yes, how to start dealing with that. Or a particular level of often times everything. I mean, it's a whole bunch of questions. A lot less questions asked in the beginning. Now there's a lot more questions asked, but I think that's good. You look at the total picture change. People in fact didn't realize that COVID made you have diabetes, but in a spike, by the way. The simple things that you don't really think about were affected. You have people that die right away because they got sick from the infection, and then, diabetes patients, you know, diabetes, cardiovascular problems, you know, hypertension and anything else affected. And it's like you're sort of spending for a worse patient. You could have up and down the road and it's like a multitude of it. Relationships in the area and the car for one (filled with car). Now you're trying to figure out what they have to give you out of hospital. It's affecting everyone in different areas. I mean, I can only just think here in Canada, we have a lot of people that have had diagnosed people that do change. Because I'm a little less scared of that. I see my daily patients. I take a walk. I have a walk at home today. I became the designated shopper for the house. So, you know, and I'm doing my best to do that. One thing to do is to go outside. That's another affect on me personally. We kept our distance when I first started to go outside. I could find one chair in the room. I'd get out of there because who knows when I could find a spot.

Wernham: And then what about professionally as a Primary Care Physician?

Mears: Professionally, we have been legal with pretty hard. I had just started with a solo practice down in seven months before the pandemic hit. And I just had my first year and the US is a whole. And my practice was already building up and I was getting to about 10 regulars weekly sort of patients. Then the pandemic hit, and we went ready to telemedicine just to keep the doors open. 10%

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