

In memoriam – Dr. Carlos Manuel Teixeira Soares de Sousa (3rd July 1935 — 8th March 2010)

A homage penned by two hands... ***By Freire Soares and João Araújo Correia***

It is very difficult to summarize, in a few short words, a multifaceted and rare man like Dr. Carlos Soares de Sousa. We decided to tackle the task together, in a vain attempt to give a fairer picture, without neglecting any of the essential details of his unique personality, which will stand as an example for all those who knew him.

He graduated in Medicine in January 1963 and set off for Angola to complete his compulsory military service, remaining there until 1965. In an accolade attributed to him, we read that he was: "...scrupulously honest, intelligent, and dedicated in the extreme...". And it would be true to say that he retained the same attitude throughout his career, from the first moment, through to the end of his life.

In February 1966 he began his medical career as a Hospital Doctor at the Santo António Hospital (HSA) in Porto. He progressed in the profession due to the merit of his technical performance – a professional *par excellence*: He was an Internist in 1971, Specialist in Internal Medicine in 1975, Head of Service from 1981, and Director of the Internal Medicine Service from 1989 until 1995, when he retired. During his thirty years of service at the HSA, he was General Coordinator of the Library and Director of the *Boletim do Hospital*, a highly regarded publication of great scientific value, which sadly, did not survive beyond the departure of its creator. From 1974 to 1978, he was a member of the Medical Board of Directors, first led by Dr. Albino Aroso and then by Dr. Luís de Carvalho.

He was a brilliant Internist, with a passion for Medicine as a tool capable of explaining the interplay of signs and symptoms, sometimes manifested in known diseases and at others, yet to be discovered. But he always looked beyond the disease and saw the human being, who always reacts in different ways and who obliges the Doctor to adapt, tolerate and understand. He dedicated particular interest, through various

publications and presentations and National and International Congresses, to the pathologies related to lymphatic B disorders, in particular, Multiple Myeloma. He was also a much-loved guest of Professor Freitas da Costa in the Courses in Pneumology at the Hospital Santa Maria, where he assumed the role of commentator of Clinical Cases.

He was a militant internist, actively involved in the resurrection of our SPMI and its dynamization, performing functions of great responsibility in the respective Social Bodies, perhaps once again inspired in the verse of Miguel Torga, which he frequently quoted: "em qualquer aventura o mais importante é partir, não é chegar" (In any adventure, the most important thing is not to arrive but to set off"). Today, we all recognize that our Society has "set off". He was in the SPMI from its restructuring, in 1983, a member of the Board of Directors of the Society from 1991, and was elected as its President in May 2000 for a two-year term. His love of literature led him to take on the position of Director of the journal *Revista Medicina Interna*, from April 2001 to December 2003, conferring on it the demands of perfection, as he did with all printed works, panicking before mistakes or typing errors as publication gives it forums of eternity.

He played an active role in launching pre-graduate teaching in the HGSA, forming part of the Working Group that was set up for this purpose. From 1972 to 1988, he exercised teaching functions at the Dona Ana Guedes School of Nursing. From 1979 to 1995, he was Assistant Guest Professor of Semiology and Propaedeutics on the Graduate course in Medicine of the ICBAS.

As a Supervisor of postgraduate education – General Internship and Specialization, and a teacher at pre-graduate level in the clinical phase of the Graduation in Medicine of the ICBAS, his hallmark of almost paternal moderation, that the students generally recognized in him, was undeniable.

Beyond the doctor and the man of refined manners and irreproachable ethical conduct, we must not forget the multifaceted intellectual. Without any hint of

self-importance, in an almost self-effacing manner, we were surprised when at the drop of a heat, he could talk about the cinema, painting, architecture, or literature. Nothing escaped him, and we marveled how it was possible to have such a memory that everything was worth remembering.

He was not a man driven by fleeting dreams and passions (nearly always ephemeral), but rather, he preferred to see a project through to its mature conclusion, the artist's brush strokes of timelessness, bringing to his to everyday practice, his own individual esthetic sense and unique way of doing things.

An example of availability and mutual assistance, committed to all his employees, a promoter of interested work and extremely committed to all those who formed part of his work team, he was always present throughout the different healthcare tasks, always seeking to lend his support, making his presence and intervention felt, in place and time, addressing the most varied situations of Medicine and Life in the consolidation of values that could not help but mould the personality of all those who were in close contact with him.

The internists he helped to train, many of whom today are active spokespersons in the panorama of Internal Medicine, may well remember him not only as one of the most important figures in Internal Medicine, but also in their own lives.

This is our testimony of the Doctor, the Internist, but also the Man who expressed his individuality. He was a shining example in the continuous and indispensable trail and in the coherence of principles, which are not always easy to adhere to, but which always bring gratifying consequences for the History of man. ■