

Health Hats: I'm bursting with excitement. I am partnering with my new friend, Phee Marcial, to produce a series about Phee's experience with severe endometriosis. Phee is an artist, storyteller, and expert in the classics. Phee and I have met and recorded seven hours together. We have two interviews scheduled. Phee created an image for our series.

This intro is about that image. Readers and viewers can see the image. Listeners can hear it described on the podcast audio. We encourage listeners to watch, and we hope you enjoy this intro as much as we did

Welcome to Health Hats The Podcast. I'm Danny van Leeuwen, a pathologically optimistic, catastrophizing, saxophone tooting, old white man of privilege with MS. I'm a nurse and a C-suite survivor. I've led the implementation of electronic health records and walked end of life journeys with my family.

Healthcare is an awesome circus. Let's wear some hats, make sense of this, and see if we can find our way to best health.

one of the things that's really interesting about this is that it's three-dimensional.

This is a three-dimensional picture. So this person is wearing some kind of wispy clothing that you can see through. It has movement. This is an image of a person lunging forward, I was gonna say with their chest, but it really isn't. It's with their hips. Leading with their hips, with their hair flowing in the background

What do you see?

Phee Marcial: Yeah. Their kind of armor is indistinguishable from their body. The, the color seems to suggest that this armor is some kind of metal. Their right arm and both of their legs below the, the quads basically are made of this metal. So is their, the majority of their chest and some of their neck.

And there's very heavy contrast light coming from the east falling in a kind of-

Along the, the front of the figure's body and casting a shadow towards us behind them. And there is some kind of gore dripping from the figure's right arm onto the ground and staining some of their body



Health Hats: okay.

Phee Marcial: So this is a piece that I made some time after surgery. Whether it specifically had anything to do with surgery is, I think, irrelevant because that's how art feels when you're living in a body. But I have been developing this character for a long time and wanted to play with light and color a little bit more.

It began as most of the works that I'm proudest of do with just sort of- sketching out what—whatever was in my head on paper, on my tablet. And usually completely in black and white. Almost always how figure interacts with light and shadow. And the color came later. I didn't really know at first if the color would distract from the kind of movement and the, yeah, the, the visceral nature of that movement. The sense of sharpness. And Yeah. I-- it's always nice when color kind of manifests itself without really being asked. I think that's one of the most wonderful ways to engage with color, at least for me.

So it was very exploratory actually. I typically work in a super regimented way. I like to be organized. Which, yeah, you may not get from the actual visual result, but I am typically quite rigid with my process, so it's nice to see something turn out that is more free, that's definitely something that I've been noticing in my work more that I've had to adapt to what is available to my physical body and my, my health at any given moment.

And so it makes me-- it has the opposite effect of what I would expect which is it makes me more free rather than more rigid. I think because I want to be able to sort of-- it feels more precious, right? The time that I get to spend in that space. So it's fewer and further between but more precious. Yeah.

Health Hats: What I like about it is is the, first of all, the power. This is a very powerful image of a powerful person that is has an outside and an inside, and you can really feel that outside and inside are really connected and that y- you, you allow us to see movement, you allow us to see pain, you allow us to see strength.

I'm floored by it and I am so looking forward to having this conversation with subsequent, with each episode and to see, how it, How it colors our understanding of you and endometriosis. Thank you.

Phee Marcial: Thank you.



Health Hats: Are you ready for the first episode? Watch for it in two weeks. What do you see in Phee's powerful artwork? Do you wanna see more?

