



Dr. Connie Ruffo

I am a family physician retired from 30 yrs of practice, now working as a hospitalist, which allows me to support my primary care colleagues in caring for their patients. As a hospitalist I have found flexibility to pursue my passion- Physician Health. I have been involved in Physician Wellness initiatives for 20 years. My dream is to facilitate the change of the culture of medicine to one that is compassionate and collegial, allowing us to thrive in our calling.



Dr. Herman Kwan

Dr Herman Kwan has been a urologist in South Surrey/White Rock since 2007. He lives locally with his wife and 3 children. When not working he can be found gardening, fishing (or dreaming about fishing) and more recently cycling and trying to play tennis.

Dr. Gagan Dillon

I was born in California, raised in Victoria, BC and then moved to Surrey to attend undergrad at SFU. I am a Family Physician practicing both outpatient and inpatient medicine. I consider shopping and cleaning a form of cardio! In my spare time I like to spend time with my family and friends, host parties (pre-covid) cook, bake, organize spaces and hike.



Dr. Werner Spangehl

Born in Regina, Saskatchewan. UofS grad. In White Rock since 1994. Passionate about my family – amazing wife and 3 kids! Board certified in Lifestyle Medicine. Find the balance: nutrition, activities, sleep, fun, relationships, excitement and passion, relaxing and unwinding, social and spiritual connections, joy and peace ...





Dr. Sulara Guruge

Dr. Guruge works as a locum hospitalist at PAH and a locum family physician in White Rock. Originally from Ontario, he completed his family medicine residency in Nanaimo BC in 2019 and moved to White Rock afterwards. He likes to hike, paddleboard, spend time with friends and family, play board games and enjoy good films. He would love to hear from anyone who wants to chat, whether it's about life, work, or nonsense.



Dr. Brendan Byrne

Brendan's deep passion is to use the latest science to help people change their behaviors and optimize their health. He believes that each of us need our own wellness practice; something that's fun and energizes us, while optimizing our health. Brendan has been a physician and digital pioneer for the past 25 years. Brendan is a life-long runner, a former competitive track athlete, who now runs 20-30 miles a week.

Dr. Kirn Bains

Dr. Kirn Bains was born in Duncan and grew up in the Lower Mainland. He graduated from UBC with a bachelor's degree in pharmaceutical sciences. He then worked as a community pharmacist for several years before returning to school. He earned his medical degree from University of Cork College in Ireland and completed his family medicine residency training at the University of Toronto. He currently works as family physician and GP in oncology. In his spare time, he enjoys sports, travelling, and spending time with his family and friends.



WRSS MDs 4 Wellness Committee