




URGING STRINGS: HOW I BECAME A DIFFERENT KIND OF DOCTOR!

On the 26th of June, 2015, I was invited to share my story on SALTY BROOKS -- a twitter platform where worthy individuals who have discovered their footing in life and are engaged productively in activities that are purposeful are invited to share the stories of their lives. Enjoy. Be inspired.


 **EMEKA NOBIS**
@iamemekanobis


1. We hate doctors that kill. [#SaltyBrooks](#)

 A DAY AGO


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6. But, a young man became restless after seeing such heinous acts. [#SaltyBrooks](#)

 A DAY AGO


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7. He sees people die everyday but couldn't get used to it like other health workers. [#SaltyBrooks](#)

 A DAY AGO

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8. Something has to be done. The failing health system has to be supplemented or even replaced. [#SaltyBrooks](#)

 A DAY AGO

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9. There has to be a way out. The young man remains restless. Who is this young Nigerian who never set out to become a doctor? [#SaltyBrooks](#)

 A DAY AGO



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10. What did he do to set things right? What revolution is he spreading? [#SaltyBrooks](#)

A DAY AGO



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Why did our guest choose to be a different kind of medical doctor, bearing such a titanic burden?
[#SaltyBrooks](#)

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Why does he spend lots of money and hours to see that people hold their health in their hands and live healthy and happy?[#SaltyBrooks](#)

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What triggered such rare vision and raw passion in a young man like he is? [#SaltyBrooks](#)

A DAY AGO



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Join us today on SALTY BROOKS to read a story that will stir the humanity in you. [#SaltyBrooks](#)

A DAY AGO



EMEKA NOBIS

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It's time for SALTY BROOKS. Let's bid welcome our guest Dr. Malik [@withdrmalik](#) to share his story. [#SaltyBrooks](#)

A DAY AGO



Dr. 'Malik H.
King
@withdrmalik

Thank you very much [@emekanobis](#) [#SaltyBrooks](#)

A DAY AGO



Dr. 'Malik H.
King
@withdrmalik

Evening friends! I am excited because you will be inspired by my story --- and I get excited when people are inspired! [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
King
@withdrmalik

Thanks, again, [@emekanobis](#)! I am happy. And, thanks my friends. I want us all to evolve and be better...with love. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
King
@withdrmalik

1a. I am 'Malik. I didn't cry when I was born. I was irregular. Babies should cry immediately after being born. [#saltybrooks](#)

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1b. It is a sign that they are healthy and, in fact, the crying helps the baby suck more air in and breathe better. [#saltybrooks](#)

A DAY AGO



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1c. Midwives and doctors “beat” newborn babies to make them cry. I was tapped several times and vigorously. I only grunted [#saltybrooks](#)

A DAY AGO



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1d. I didn't cry. I was pink --- and looking healthy. I was breathing fine and calmly. But, I didn't cry. [#saltybrooks](#)

A DAY AGO



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1e. Doctor was called to review me certified me normal & healthy. He asked my mum to take me home whether I cried or not. [#saltybrooks](#)

A DAY AGO



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2a. I grew up that way. I hardly cry. I don't have a childhood memory of me crying, or a pix of me in tears or with catarrh. [#saltybrooks](#)

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2b. Things hardly moved me. I didn't care much about my environment. I wasn't emotional. I was cold. Unresponsive. Reserved [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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2c. I was deeply introverted, quiet and melancholic. I don't talk. I don't cry. I don't ask. And I don't care [#saltybrooks](#)

A DAY AGO



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2d. I didn't care much about playing in the sand, playing husband-and-wife, or playing video games like regular kids. [#saltybrooks](#)

A DAY AGO



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@withdrmalik

2e. I loved being on my own. I didn't care about anyone. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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3a. I had 1 major passion: READING! I was forced to eat, to undress from uniforms, & to watch movies. I would rather be reading [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

3b. I read anything and everything: from pieces of paper on the ground and every sign board at the roadside... [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.

King

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3c....to encyclopedias and dictionaries. I could read the Shakespearean Tales as early as primary 3 (helped by my Aunt: Memuna) [#saltybrooks](#)

A DAY AGO



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4a. Reading pays off. I was always at the top of my class & among the best. I ask questions my teachers don't understand. [#saltybrooks](#)

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4b. I was a tiny nerd, a kinda wiz-kid. [#saltybrooks](#)

A DAY AGO



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5a. I loved being on my own. I always dreamed of being a librarian --- reading, living a quiet life, & minding my own business [#saltybrooks](#)

A DAY AGO



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5b. But, everyone --- my family and my family-friends --- said I was too intelligent not to be a medical doctor! [#saltybrooks](#)

A DAY AGO



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5c. I didn't care a bit about what they said. I would simply pick a book and continue reading! I loved being on my own! [#saltybrooks](#)

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5d. I didn't have close friends. I couldn't keep them. They loved talking and playing. I loved being indoors, reading! [#saltybrooks](#)

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6a. I didn't remain that way forever. Obviously, as you now know, that kid is the exact opposite of the present Dr Malik. [#saltybrooks](#)

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6b. Something happened. Some things happened. Like a virus, it changed me: from the centre-core to the outermost circumference! [#saltybrooks](#)

A DAY AGO



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@withdrmalik

7a. While in junior sec sch, one of our neighbors died. He was one of my distant-friends! That meant I wd never see him again! [#saltybrooks](#)

A DAY AGO



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7b. Strangely, that was a paralyzing blow to me! I started talking, (what!) yes, talking to people -- asking questions! [#saltybrooks](#)

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7c. What happened to him? I learned he had Typhoid fever, was taken to the hospital, and died within days. I was very sad! [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

7d. And, for the first time, sympathized, genuinely, deeply with another human being. And, I went back to read. [#saltybrooks](#)

A DAY AGO



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7e. I learned that typhoid is VERY PREVENTABLE! I learned that typhoid is EASILY CURABLE. I learned that my distant-friend... [#saltybrooks](#)

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7f. ...taken to the hospital, treated, & still died! I became deeply depressed and angry at the same time. [#saltybrooks](#)

A DAY AGO



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7g. Out of nowhere, I wished I was a doctor in that hospital! [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

8a. I got distinctions in my Junior WAEC. And, I didn't go for art courses. I didn't prefer being a librarian any longer. [#saltybrooks](#)

A DAY AGO



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8b. A soft anger was driving me, quietly. I didn't want to be on my own any longer. I suddenly miss my distant-friend [#saltybrooks](#)

A DAY AGO



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@withdrmalik

8c. I wrote JAMB. Got to medical school. And, I started getting familiar with the health system and medical practice. [#saltybrooks](#)

A DAY AGO



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8d. I got discouraged. It wasn't what I expected. It wasn't what I wanted. People die every day, anyhow, everywhere! [#saltybrooks](#)

A DAY AGO



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@withdrmalik

8e. We hardly put to practice most of the thing we read and were taught. Many things were wrong. Too many to mention. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

9a. I feel health should be about THE PATIENT. It is a selfless, sacrificial calling made to health workers. [#saltybrooks](#)

A DAY AGO



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@withdrmalik

9b. But the health systems are faulty. The sick, the dying aren't placed at the very centre of the system -- as it should be! [#saltybrooks](#)

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@withdrmalik

9c. Several health workers are arrogant, selfish, and lack good medical knowledge and skills. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

9d. People die of preventable diseases. People die of diseases that have good potent treatments and cures. [#saltybrooks](#)

A DAY AGO



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@withdrmalik

9e. People know little or nothing about their health and how to stay healthy. [#saltybrooks](#)

A DAY AGO



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@withdrmalik

10. I soon became a medical doctor. I had started, so I had to finish. But the health atmosphere wasn't what I dreamed about. [#saltybrooks](#)

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@withdrmalik

11a. And the Nigerian Health system is too bad and outdated! Strikes every day! No drugs. Fake drugs. No equipments... [#saltybrooks](#)

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@withdrmalik

11b. ... Politics and corruption. Health staffs are few and neglected by the government. Too many ills to mentions! [#saltybrooks](#)

A DAY AGO



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King
@withdrmalik

12a. People die. My patients die, helplessly. My friends die. My best friend died. My father died. And my mother died. [#saltybrooks](#)

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12b. I rememeber the last phone call she made to me. She was crying bitterly. A loose interpretation in English would be: [#saltybrooks](#)

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@withdrmalik

12c. "This hospital people are heartless. They shouldn't be here. Please, come & take me home let me die with dignity." [#saltybrooks](#)

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@withdrmalik

12d. She spoke in the Igala dialect. She died few days later. [I miss my mum. May she rests on. Amen.] [#saltybrooks](#)

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13a. Do I blame d health system? YES! Do I blame d health workers? YES! Is that all I will do -- blaming systems & people? NO! [#saltybrooks](#)

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13b. Will I go back to my shell --- quiet, reserved, and on-my-own, minding my business? I guess it's too late! [#saltybrooks](#)

A DAY AGO



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14a. I took a blank paper and a pen. I started writing. I started thinking, brain storming. Praying. Meditating. Reading. [#saltybrooks](#)

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14b. Health is too important to be left on auto-run --- it has to be decisively guided and directed. [#saltybrooks](#)

A DAY AGO



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14c. Health is life, literally. Health is too important for the health systems to be left poor and ineffective. [#saltybrooks](#)

A DAY AGO



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14d. The way people are treated and healthcare is delivered is discouraging. If it cannot be changed, it has to be replaced... [#saltybrooks](#)

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14e. ...If it is wants to change, it will be supplemented (and assisted and helped). This is war. This is coup. This is serious [#saltybrooks](#)

A DAY AGO



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15a. People are dying. I am restless. I have seen a vision. I have a tight, solid plan. It is clearly written. #saltybrooks

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15b. I have had project managers & management consultants run through it, back & forth, to check the possibility & feasibility #saltybrooks

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@withdrmalik

15c. Some nuts and bolts have to be fixed. And it is running already. That is why I am talking to you today. #saltybrooks

 A DAY AGO



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16a. This is twitter. And economy of words is the spirit. I avoid technical details, for now. #saltybrooks

 A DAY AGO



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16b. ...But the goal of my passion is simple --- to help YOU be healthy and stay healthy. #saltybrooks

 A DAY AGO



Dr. 'Malik H.
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@withdrmalik

16c. The table has been turned: It's now about YOU --- and YOUR wellbeing. To help YOU take charge of YOUR life and health. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

16d. To put your health in your hands. To give you all the knowledge, skills, and opportunity to be healthy and happy. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

17a. I use the social media a lot. I do online and phone consultations, a lot. I teach people. I give health tips. [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.
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@withdrmalik

17b. I offer nutrition advice. I suggest sex tips. I listen to people's health complaints, fears, & concerns... [#saltybrooks](#)

A DAY AGO



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@withdrmalik

17c. I tell them what to do to be fine again. I connect people with reliable doctors, caring midwives, trusted laboratories,... [#saltybrooks](#)

A DAY AGO



Dr. 'Malik H.

King

@withdrmalik

17d ...genuine pharmacies, and skillful specialists --- both in Nigeria and abroad. [#saltybrooks](#)



A DAY AGO



Dr. 'Malik H.

King

@withdrmalik

17e. People are given health services that make them smile and health products that make them happy. [#saltybrooks](#)



A DAY AGO



Dr. 'Malik H.

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17f. I do everything to assist and supplement the failing health systems. Why? For gain? No, I don't get paid for all these. [#saltybrooks](#)



A DAY AGO



Dr. 'Malik H.

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@withdrmalik

17g. ...Then, why? Because I know what it means to lose people that are dear to you! [#saltybrooks](#)



A DAY AGO



Dr. 'Malik H.

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18a. I make sure I walk within the boundaries of medical ethics and regulations. I honor the noble medical profession. [#saltybrooks](#)



A DAY AGO



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18b. ...I make sure I respect those that deserve to be respected. I make sure I do not make profit a priority. #saltybrooks

 A DAY AGO



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@withdrmalik

19. I do these because it makes others feel good. And then, I feel good. And, God smiles at it all. #saltybrooks

 A DAY AGO



Dr. 'Malik H.
King
@withdrmalik

20a. I do this in remembrance of my best friend, Dr. Nev Orkuma Orseer. And for my Mother and Father. #saltybrooks

 A DAY AGO



Dr. 'Malik H.
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@withdrmalik

20b. ... And in memory of my childhood distant-friend whose death woke me up and broke my shell --- #saltybrooks

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20c. ...and taught me that, in some aspects of life, you can't afford to be "on your own". #saltybrooks

 A DAY AGO



Dr. 'Malik H.

King

@withdrmalik

20d. Sometimes, you have to go beyond “minding MY business”. People need help. People need health. [#saltybrooks](#)

 A DAY AGO



Dr. 'Malik H.

King

@withdrmalik

20e. And, finally, I do all these for YOU. Thanks for being here. [#saltybrooks](#)

 A DAY AGO



Dr. 'Malik H.

King

@withdrmalik

20f. If you've any health or health-related issue u're struggling with, contact me. If u know anyone I could help, link us up! [#saltybrooks](#)

 A DAY AGO



Dr. 'Malik H.

King

@withdrmalik

20g. My name is Dr. 'Malik Haruna King. Good evening. [#saltybrooks](#)

 A DAY AGO