

CUAJ

Canadian Urological
Association Journal

Journal de l'Association
des urologues
du Canada

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CUAJ is once again supporting a

RESIDENT ESSAY CONTEST



Canadian residents in any year
of training are eligible to enter.

ESSAY TOPIC

Wellness: Resilience or respite?

SPECIFICATIONS

≤600 words; ≤3 references

CONTEST END DATE

May 4, 2026

PRIZE

Winning essay will be announced
at the CUA 2026 Annual Meeting,
published in the *CUAJ* August print
issue, and will take home a \$500
cash prize.



To enter, simply submit your essay via email to adriana.modica@cua.org

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