

The University of Michigan Department of Urology

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What's New February 10, 2017

PGY1s

Urology Department Faculty and Staff

4 Items, 24 Minutes

Today, we have an introductory edition of What's New from our first year residents. I want to thank Scott, Lauren, Udit and Adam for writing in the midst of their busy schedules, they all provided extensive and enjoyable contributions that I'm sure you'll all enjoy. So, without further ado, here are our PGY1s.

-Eric Anderson

Dr. Scott Hawken

Thank you for the opportunity to contribute to What's New for the second time! To recap my first exciting installment, I grew up in a suburb of Grand Rapids, MI, and then moved about 30 minutes west to the shores of Lake Michigan to attend Hope College in Holland, MI. I still love to go back and visit Lake Michigan whenever I have the chance. After college, I moved to Ann Arbor for medical school. This was a bit of a blow to my family, who had become die-hard Spartan fans while following my older brother's football career at MSU.

Despite the familial challenges in football allegiances, I enjoyed medical school at UM. During my third year, I chose the urology rotation at the VA as my surgical elective, and quickly developed a passion for the field. Around the same time, I became interested in clinical and health services research, and decided to spend a year working and learning in the Dow Division while pursuing an MSc in clinical research through the School of Public Health. When I started, I didn't fully grasp how fortunate I was to be at Michigan as a student interested in both urology and HSR. Needless to say, that year was an invaluable experience, and after touring the country for residency interviews, nothing quite compared to what I knew Michigan had to offer. I was elated to match here last January!

Now, as an intern, I am learning new things every day, and am greatly enjoying getting to know my co-residents. I'm grateful for all the support and mentorship I've received from the urology department and am looking forward to the next 4.5 years!

Outside of work, I enjoy spending time with my future wife, Shawn, whom I met during my second year of medical school while she was pursuing an MPH in hospital and molecular epidemiology. She is currently in year 3 of *Nof* her PhD work in the department of Microbiology & Immunology. Shawn studies the genomic epidemiology of resistant healthcare associated infections; of course, we have a strict "no hospital shoes" rule in our new house, which we bought last year! Along with becoming homeowners, our other recent adventures have included adopting two rescue cats, Ellington and Ernest. We are looking forward to our next exciting adventure, which is our upcoming wedding this June!



Dr. Lauren Corona

I'll apologize in advance, because this is definitely longer than it is supposed to be. I hail from the Lake Michigan town of Grand Haven-home of the musical fountain, pronto pups, and one of the most beautiful beaches in the world. I grew up with my family of 6 (pictured below). My mom is an elementary school teacher turned funeral home assistant in her retirement and my dad does something in finance. Lucky for me, all but my sister in Seattle are still living in Michigan. My younger brother is a senior here at UofM. My older brother just had a baby in October and I became an Aunt for the first time (picture below). Sophie was born at Mott so I got to go sneak away from work to meet her.



My life in brief is that I went to Notre Dame for undergrad (with the amazing Ted Lee as a classmate), Wayne State for medical school, and now I'm here in Ann Arbor for residency. However, despite the thick Midwestern roots that I have allowed to grow under me, I've also been privy to my own version of a vagabond life. I had the opportunity to study abroad in Rome during undergrad, and since then have had an insatiable desire to see the world.

After college I ventured to Munich, Germany where I worked at the Max Planck Institute examining olfactory pathways in *Drosophila*. While I hadn't initially planned on staying longer than 6 months, life's circumstances at the time quickly changed my plans, and I was able to defer starting med school in the fall to pursue a life and career in Germany. I spent the first year doing some research (including spending about 2.5 months in a lab in Valencia, Spain), learning German, and sauntering around to various parts of Europe. Much to my surprise, I was accepted to study medicine at the LMU/TU in Munich.

My second exposure to urology came while doing Germany's required two-month nursing internship (my first had been working in Tony Atala's lab at Wake Forest during undergrad). I was assigned to the urology ward where my tasks, amongst others, included going to the hospital gift shop to buy beer for the post-op patients. During this stint, I

was able to sneak into the OR at times. It was there with vivid detail I remember watching my first laser lithotripsy and thinking how satisfying it seemed to pulverize those stones. Urology moved even higher on my list of future career choice.

Although my time in Munich was incredible (and luckily I haven't forgotten my German completely thanks to the opportunity to practice with Amir), after completion of my first year, I ultimately decided to return to complete medical school in Detroit. I chose urology as my third year elective and that month solidified my decision to join the field. I was able to do research at Michigan for most of my time in medical school, both with Dr. Englesbe and the young academic surgeons group and Drs. Morgan and DeLancey in urogynecology using the Michigan Surgical Quality Collaborative. I loved being part of the research aspect of medicine and I also loved the Michigan vibe. After interviewing here for urology residency and meeting the amazing group of residents and faculty, I knew I wanted to be here above anywhere else.

I completed my fourth year of medical school with a 2 month trip to South Africa. I spent a month in the trauma pit, resus bays, and operating theatres of Bara hospital. This is the world's busiest trauma center and world's third largest hospital with 3200 beds (the trauma ward shown in picture below). The hospital is in Soweto, a township of Johannesburg that even within South Africa is infamous for being a rough place to work. Calls would get so busy that at times with, for example, five level 1 traumas coming in at the same time, I'd be sent to cover the trauma of least acuity. This involved everything from throwing heart monitor leads on, to lines, foley, chest drain, closing a gushing stab wound with only a colt needle and a razor blade, and no one to help me accomplish any of the above (headlight in my back pocket just in case the power were to go out). The experience was formative in many ways, and it will be a long time before I forget the smell of the Bara pit on a Saturday night.



So that brings me here, back home to Michigan where I couldn't be more excited for the ups and downs that lie ahead over the next 4.5 years of urology residency. As a domer, I never thought I would be one day saying *Go Blue*, but I am thrilled to finally be a Michigan Wolverine and part of this top notch Michigan urology family.

Dr. Udit Singhal

There is no way I'll ever live in Ann Arbor or go to Michigan. That's what was engrained in my head growing up in Columbus, OH as a huge buckeye fan in a family full of them.

Before Columbus, I was born in a small town in India and moved to the United States at the age of five. My passion for medicine was a direct result of my uncle - a general surgeon in India. I would follow him around as he rounded on patients at his hospital and immediately decided I was going to become a doctor (in India, a five year old following around his uncle at the hospital is considered "cute," rather than the huge HIPAA violation it truly is). The pursuit of this passion eventually led me to Ohio State and Wright State for undergrad and medical school. Growing up in Columbus, having a father who is a graduate from the Ohio State Fisher College of Business, and a mother who works at the Ohio State Wexner Medical Center, there is no question that I grew up donning the scarlet and gray.

In medical school, I met my current fiancé, a Michigan resident in the Department of Anesthesiology. Sindhu and I have been lucky to share the joys and struggles of starting residency together, and there is no question that the transition would have been more difficult without her. From our engagement in beautiful Boca Raton, FL last year, to our upcoming wedding in Cincinnati, OH this year, we've realized how blessed we truly are.

My journey did not lead me to Ann Arbor until after the third year of medical school. I realized my passion was two-fold - medicine and research. There was no question that I enjoyed patient care and the surgical world, however, I also knew I wanted to contribute to medicine in a greater capacity. Asking a scientific question and seeking the answer, in my opinion, is of equal importance to healing. A Howard Hughes research fellowship brought me to the University of Michigan to explore these interests further. During this year, for the first time ever, I started to see Michigan for what it truly is - a premier research and academic institution with outstanding people, resources, and facilities.

During the interview season, I was lucky enough to see an array of exceptional programs, yet I kept coming back to Michigan. It was apparent that the program at UM was the best in the country. There is no question these next five years will be difficult and trying, but I am equally as certain that they will be some of the most formative years of my life moving forward. I can confidently say I am fortunate enough to be surrounded by the best faculty and residents in urology. Even more, I could not have picked a better group of co-

residents to begin this journey with in Adam, Lauren, and Scott - there are not three other people that would have been better.

While I will always be a buckeye at heart, it is an honor to be a part of the Michigan family. Now, I am proud to say that there is no place I would rather live than in Ann Arbor and go to Michigan.



Dr. Adam Cole

I'm a Michigander and grew up in West Bloomfield - just ~45 minutes northeast of Ann Arbor - with my parents, two brothers and sister, and a host of non-furry pets. All of us

were born within 5 years of one another, and we are very close. I grew up attending Michigan football games and cheering for the Wolverines, so naturally I was thrilled when I was accepted to University of Michigan for undergrad. I lived in the Markley dorm during my freshman year, coincidentally in the same hall that my dad lived in 35 years earlier. Later that year, in the basement dormitory dining hall, I met Samantha Schwartz, a fellow freshman from New York. We started dating a few weeks later and haven't looked back since. We are getting married this October.

After college, I stayed at U of M for medical school while Samantha moved back to NY for graduate school, to get her MBA and become a CPA. We dated long-distance for 4 years while I was in medical school and while she was studying / working as an accountant in NYC. Long distance relationships are hard, but they can also be well worth the effort. We now live together and are happier than ever.

After I was accepted to U of M medical school, I was introduced (through a mutual friend) to some medical students who were looking for an additional roommate for their 4-bedroom apartment. It seemed like a nice place and they seemed like nice guys, so I ended up living there. Those guys were Spencer Hiller, Heiko Yang, and Zach Koloff - all now urology residents at Beaumont, UCSF, and U of M. There must be something in the water, because oncology fellow Tudor Borza had also previously lived at the same apartment.

As an M3 interested in surgery, I was encouraged by my former roommates to consider urology. I spent a week rotating on the urology service at the VA during my M3 year and I was sold. As an M4, I rotated as a sub-I and fell in love with our program, the residents, and the culture here at U of M. After rotating and interviewing at top programs across the country, I can honestly say that U of M has the best program of them all. I am so fortunate for the support from Samantha, who moved away from her family and job in NY to be with me in AA because she knew how important it was for me to train here. Things worked out with the match, and I was thrilled to learn that Udit, Scott and Lauren would be joining me in AA.

Residency has been exciting, fun at times, and certainly tough. The transition from medical student to resident is substantial, as you are now inundated with responsibility and the authority to make decisions that will affect patients. Sometimes you are asked to perform tasks and procedures that you have never performed before, and it can get chaotic. But you figure it out as you go, and I have never learned so much so quickly. The support from senior residents on both the general surgery and urology services has been amazing and has eased the transition. While it can be challenging to balance clinical duties, studying, research, and spending time with friends / family, I have been able to find (somewhat of) a balance and I consider myself very fortunate. Here is a picture of Sam and me spending a free weekend in northern Michigan.



What's next? Back to the grind. Still a long way to go and a lot to learn; but I am excited for what the next $4\frac{1}{2}$ years have in store.