

# The University of Michigan Department of Urology

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## What's New October 21, 2016

### Faculty Introduction: Dr. Sapan Ambani

### Urology Department Faculty and Staff

**1 Item, 11 Minutes**

As Dr. Sapan Ambani mentions in his opening paragraph, he's no stranger to the Department or to the What's New platform. By my count, Sapan has already contributed four times:

- Dec. 27, 2013 writing as a Chief Resident
- August 8, 2014 writing as a Fellow
- July 10, 2015 writing with Dr. Khaled Hafez on urology education and resident curriculum
- August 14, 2015 writing as a Fellow

And I might be missing one or two instances! With this impressive track record, it's no surprise that we now hear from Dr. Ambani in his "New Faculty Introduction" edition of What's New. As you'll soon read, Sapan continues our streak of strong faculty introductions, offering great insights into his home life and the state of affairs for stay-at-home fathers (and he does not disappoint when it comes to adorable baby photos). So, without further ado, let's hear from Dr. Sapan Ambani.

-Eric Anderson

#### *Dr. Sapan Ambani*

One of the benefits of being "not-so-new" faculty is that you know enough about my background, which allows me to skip over my life story and focus on "What's New." Since my last entry 1 year ago, there's one shiny, new, drooly thing in my life - Jace! I apologize

for all the upcoming baby pictures. I'm going to spend some time talking about my experience being a part-time stay-at-home dad.



As most of you know, I'm part-time this year. Shoshana is spending 1 year in Pittsburgh doing a Microvascular Reconstructive Plastic Surgery Fellowship and has Jace with her. I spend half of my time in Ann Arbor trying to work hard enough to make sure Dr. Bloom and Dr. Roberts don't regret my hire. The other half, I'm in Pittsburgh taking care of the little guy and stumbling through life as a stay-at-home dad.



The number of American stay-at-home dads doubled over the last 30 years, to a peak of just over 2 million a few years ago. Although a portion of this was involuntary due to the

Great Recession, the overall trend for dads who want to stay at home and take care of their kids is rising. The cultural shift is at its most obvious when looking at the evolution of TV show dads. Over 50 years ago, the typical television Dad was the sole breadwinner that would also be the source of wise words and discipline to their children (e.g. *Leave it to Beaver*). 30 years ago, *Family Ties* and *The Cosby Show* depicted a dual income family where Mom and Dad shared responsibility in providing and caring for their children. The *Simpsons* showed that Dad can be a bumbling idiot, while *Modern Family* shows fathers along the entire spectrum. Over the last couple years, shows like *Up all night*, *Parenthood*, and this season's *Man with a Plan* are built on the premise that the stay-at-home dad is a sight worth seeing. (By the way, I promise I don't watch this much TV and haven't watched most of these shows!)



After nearly 3 months in this role, I can tell you this is easily the hardest thing I've ever done in my life. There is no guidebook or owner's manual. When you open "What to Expect when you're Expecting," every page after the delivery chapter should just say *CHAOS* over and over. It is a state of constant learning and adjustment. Here are just a few of the things I've learned. Pay attention Paholo!:

- No matter what anyone tells you, a surgical residency does not prepare you for having a kid. Unless you're on call 24hrs a day, every single day.
- I didn't know I could have so much anxiety waiting to see my kid roll over
- Sometimes your kid cries because he is hungry or tired. And sometimes, it's because he passed gas and it scared him
- My heart rate is much higher when he has the opportunity to pee on me during a diaper change than when I'm stapling a hilum
- Being the only dad at a baby music class, I have to be comfortable being constantly referred to as "mommy."

- The key to taking care of a baby: "What Would Mommy Do?"
- A 30 minute trip to the museum will not be the difference between a Nobel prize and a high school drop out
- There is no better sound than a robust baby burp
- Mastering the silent walk after putting him to sleep is harder than robbing Fort Knox without being seen in the middle of the day.
- It is possible to take 64Gb of baby pictures with your phone
- A surgical timeout checklist is needed every time you leave the house to make sure all essential baby items are packed. ("Dirty diaper risk - high: due to a recent meal, constant straining, and desire to poop at inconvenient times")
- Apparently teething toys apply to babies, while chew toys apply to pets
- 10% of bath time is spent cleaning him, while the other 90% is spent trying to prevent him from putting soap in his mouth
- Sometimes I think he needs IV fluids due to the amount of fluids lost via drooling
- Hours of crying and lack of sleep can all be made up for with 1 smile

As hard as the past 3 months have been, they have also been the best. I know I'm incredibly lucky to be in a position where I can spend this much time with him. He's a blast to be with, and makes every day a ton of fun. I can't thank Dr. Bloom enough for understanding how important this was to me, and allowing me the opportunity to spend a year this way. And do not worry; although I'm cherishing the time I get to spend with Jace, I'm *very* excited about being full-time next year.



I also need to thank the faculty for covering for me while I'm gone. Many of you have stepped up to help me already, and I am very grateful. It's not easy being out of town when

your patients bounce back, but having such willing partners that all buy in to the team approach makes it so much easier. I owe all of you.

If you're ever in the Pittsburgh area (or need a pit stop during a trip out East), please stop by! Otherwise, I will see you on the 1<sup>st</sup> and 3<sup>rd</sup> weeks of every month!

Go Blue!

"I'm still trying to recover all the sleep I wish I had" - Shoshana Ambani