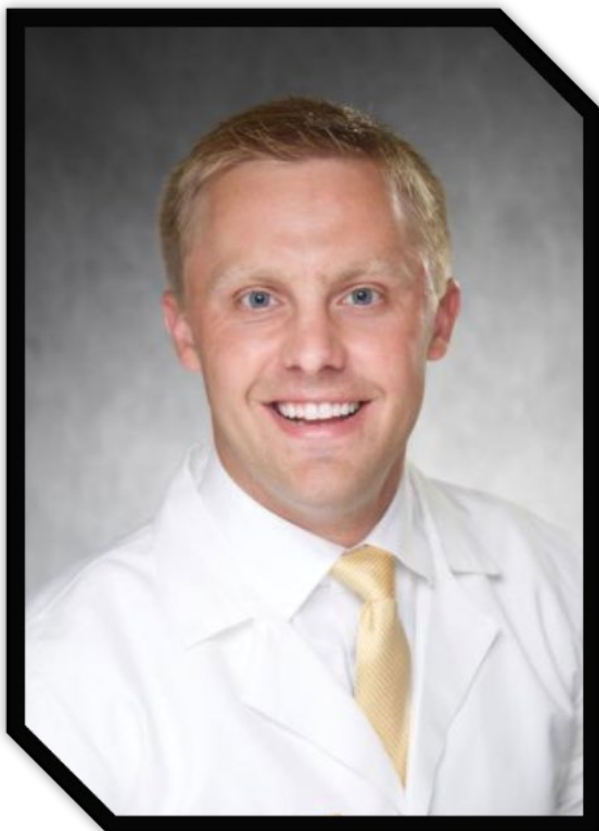


Proceedings in Obstetrics and Gynecology's Top Docs

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**If you had not chosen medicine as a career, what field might you have gone into instead? Why?**

If not medicine probably teaching or a trade that allows for creativity but still requires hands-on work like farming or landscaping. Aside from playing for the Chicago Bulls, my first real career aspiration was to become an elementary school teacher. I also like working outdoors with my hands on projects that I can be proud of...if I finish them.

**Why did you choose to specialize in Obstetrics and Gynecology?**

Obstetrics and gynecology offered variety. At the end of medical school, I was feeling pulled towards both surgical and primary care environments and OB-Gyn offered a great opportunity to blend this dichotomy of medical career pathways.

**Who in Obstetrics and Gynecology do you find most inspirational? Why?**

ALL of my colleagues past and present have their own important niche in the field that serves to inspire myself and others—it seems to be a field that at our institution at least selects for good people! At one time or another I have certainly leaned on

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different people for help in different areas of my practice—such that my collective preferences and routines are often hybrid plans drawing from many mentors and colleagues. As I get farther away from my experience as a resident, I also find myself more and more inspired by our residents’—some of them have never known the provider lifestyle outside of the COVID-19 Pandemic.

**What have you enjoyed most about your clinical experiences? Why?**

In recent years I've really enjoyed the teamwork and continuity of care relationships that have developed between me, my support staff, and our patients. I've helped some patients through many pregnancies.

**Why did you choose to work in an academic setting?**

I chose academics, again, for the variety as well as the educational aspects—serve as a teacher to others but also remain a lifelong learner myself. I really enjoy the genuine enthusiasm that medical students bring to our institution and I value the longer-term relationships we as faculty develop with residents. If it weren't for the educational opportunities, I would probably be working in a totally different capacity and setting.

**What is the best part of working in academics?**

The best part of academic medicine is the community—the community of academic providers is strengthened by collegiality, respect, and aligned goals of

providing evidence-based care and educating the next generation of providers.

**If you could give one piece of advice to medical students considering entering your field, what would it be?**

Particularly to men considering a career in women's health I would say don't be worried or anxious about being excluded from patient care teams—yes it happens, but it happens less and less the farther along in training you get.

**If you could give one piece of advice to other practicing physicians in your field, what would it be?**

I feel underqualified to give any general advice to my peers—except to say take protected time off often, because you deserve it.

**How do you balance work life and home life in your busy career?**

I'm still learning to do this, but I feel that I gain more insight and have improved strategies and habits to help with each year of experience I get under my belt. Two books have been important in driving this improvement for me-- 'Atomic Habits' by James Clear and 'Peace is Every Step' by Thich Nhat Hahn.

**How would you summarize your personality using just three words?**

IN—TRO—VERT

**Which book (fiction or non-fiction) would you recommend for people in**

**you field to read?**

Walter Isaacson wrote a great biography on Leonardo Da Vinci, which I've listened to probably 3-4 times in the past few years. Also, 'A Brief History of Time' by Stephen Hawking. Both are full of deep and creative thoughts as well as having foundations in science and medicine. I still remember where I was in my yard while mowing and listening to an audiobook when I first started to understand the basics of a black hole!

**If you could change one thing about the world we live in, what would it be? Why?**

I wish no one had to be hungry or worry about having enough food for themselves or their family.

**Who is the person in your life you**

**would most like to thank?**

I am very thankful for my wife Jaclyn, the other Dr. Haugsdal—whether directly or indirectly, we have worked together to accomplish a lot!

**What do you feel is the most important attribute(s) of a successful medical educator?**

Part of being an effective medical educator is that you need to develop patience and an understanding that teaching is an investment of time and energy—it is naturally inefficient!—and the returns on that investment may be slow and indirect. But that's how we all got where we are, someone invested their time and energy in us without any expectation of a direct or immediate return on that investment.