

From Emergencies at work to an emergency at home — Huron Valley-Sinai moms in medicine tell us how they do it all



Being a mom is a balancing act. Being a mom who's also a doctor means balancing the needs of her patients with the needs of her family. For a special Mother's Day Health News, three female physicians at Detroit Medical Center's Huron Valley-Sinai Hospital all told similar stories with a common theme of how they do it by setting realistic expectations, negotiating priorities and establishing a community built on care and support.

"It honestly takes a village," said **Dr. Diana Silas**, is a 37-year-old orthopedic surgeon from Commerce Township with two boys at home (one is 3 years old and the youngest 18 months). Silas works in a field where most orthopedic surgeons are male, so having an-

other mom to talk to while at work isn't always an option. "You have to use the community around you...I have my husband, parents, nanny, medical assistants, and others who all come together to help." She also says the staff at Huron Valley-Sinai Hospital is truly a "community built on care."

Dr. Hsin Wang, a 46-year-old OB/GYN who lives in West Bloomfield, has two teenagers at home – a 16-year-old girl and a 13-year-old boy. As an Obstetrician, Wang delivers babies and performs gynecological surgeries. "I deliver babies between 9am and 5pm or after 10pm so that I can optimize my time with my kids between 5 and 10pm, Wang says. "When the kids were really little, I would see my patients

in the office and the hospital between 8am and 5pm, come home, have dinner with the family, enjoy family time, put the kids to bed, then go back to the hospital after they were asleep, and deliver babies." Wang also credits her husband, who is also a physician, for being very supportive. "He will take over the cooking, laundry, and taking the kids to their many school and social activities to help," she said. "I put a lot of energy into being the best doctor I can be."

Dr. Arti Madhavan, a 47-year-old with a family practice in Farmington, Hills, has a daughter who is in her freshman year of college at Northwestern University, and a son who is a junior at Cranbrook. Her philosophy – you cannot be everywhere. "There are times we have to put family first and times we have to put career first and accept that," Madhavan said. "My kids have grown up with that realization that mom has people who depend on her and we're all in this together."

This Mother's Day, join the Detroit Medical Center and Huron Valley-Sinai Hospital as we celebrate and thank all the amazing moms at our hospitals and in the communities we serve for all they do to care for their families.

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