

THE BULLETIN

June 2022 VOLUME 99, NUMBER 6

Save the Dates:

Town Hall:

Implicit Bias Training

September 14, 2022

GCMS/GCMSA

President's Ball

November 19, 2022



MSMS
**Last Week Before
Blue Cross and BCN
Transition
to Their New
Provider Portal**

Commit To Fit
**Walk with Ease
Through September**

**Genesee County
Medical Society**

Alliance

President

Lakshmi Tummala

Honored at

The Annual

Alliance

Geranium

Luncheon

THE BULLETIN is published monthly by:
The Genesee County Medical Society

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June 2022 VOLUME 99, NUMBER 6

THE BULLETIN

READ BY 96% OF GCMS MEMBERS

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Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

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By subscription \$60 per year. Member subscription included with Society dues. Contributions to THE BULLETIN are always welcome. Forward news extracts or material of interest to the staff before the 1st of the month. All statements or comments in THE BULLETIN are the statements or opinions of the writers and are not necessarily the opinion of the Genesee County Medical Society .

ARE YOU AT RISK FOR A HEART ATTACK?



There are more than **3 million cases** of **heart disease** diagnosed in the U.S. each year.

Coronary artery disease is the “silent killer,” but some warning signs are apparent. They include unusual pain in the left armpit, arm and upper chest; unexplained heartburn; and malaise, tiredness or “just not feeling right.”
Why be uncertain?

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President's Message

Greetings!

It has been an overwhelming few years, but we are rounding the corner of this pandemic and have come great strides to overcome it!

In recent news, The CDC now recommends booster doses for ages 5 - 11!
Anyone aged 5+ is eligible for COVID-19 vaccination through the Genesee County Health Department.

Following is the latest recommendations and availability, spread the news! As we believe word of mouth by personal testimony is the best way to get the citizens of Genesee County to get their Covid-19 vaccinations.

The Pfizer (mRNA) vaccination is authorized for use in those aged 5 or older.

If under the age of 18, a parent/legal guardian must be present at the clinic when the vaccine is administered. If a parent or guardian is not available, they must print, complete the "Consent for Minor to Receive Immunization" form and send it with the appointed adult. No one under the age of 18 will be vaccinated unless a parent or legal guardian is present or the consent form is completed.

The Moderna (mRNA) COVID-19 vaccine is available to those aged 18 and older.

The CDC and ACIP are recommending individuals receive an mRNA COVID-19 (currently Pfizer or Moderna for the U.S.) over the Johnson & Johnson COVID-19 vaccine for the prevention of COVID -19. They reaffirm that receiving any COVID-19 vaccine is better than being unvaccinated. Therefore, individuals unable or unwilling to receive an mRNA vaccine will still be able to request the Johnson & Johnson COVID-19 vaccine.

The following is attributable to CDC Director, Dr. Rochelle Walensky

"We have made important strides in the year since the COVID-19 vaccination program started. More than 200 million Americans have completed their primary vaccine series, providing protection against COVID-19, preventing millions of cases and hospitalizations, and saving over a million lives. Today's updated recommendation emphasizes CDC's commitment to provide real-time scientific information to the American public. I continue to encourage all Americans to get vaccinated and boosted."

For more information about Covid-19 or the Covid-19 Vaccination, please click [HERE](#).

Thank you for doing your part in protecting Genesee County!

Sincerely,

Khalid Ahmed, MD





Board of Directors

June 28, 2022

6:00 p.m.

*via Zoom

JULY MEETING—RECESSED

Practice Managers

JULY MEETING—RECESSED

Save the Date: August 11, 2022

9:00 a.m.

*via Zoom

Legislative Liaison

Save the Date: September 12, 2022

8:00 a.m..

*via Zoom

Medical Society Foundation

Save the Date: September 21, 2022

6:00 p.m.

Announcement

GCMS members now entitled to a 15% discount on automobile and homeowners insurance.

For details, contact:

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The Zephyr Valve COPD Treatment in Genesee County

August of 2021, I wrote a Bulletin article on a new procedure in Genesee County to treat chronic obstructive pulmonary disease (COPD). The Zephyr Valve is a minimally invasive procedure to treat hyperinflated lungs due to COPD.

The Zephyr Valve does not allow air to be inhaled into the areas of the lungs where the valves have been inserted. The goal is: lung volume reduction in the hyperinflated areas of the lungs. Previously lung reduction was only achieved by with a surgical procedure.

This is a follow up article to discuss the observed patient benefits of the procedure over the past year.

Dr. M. Ghiath Bayasi, MD A Genesee County Pulmonologist experienced with valve lung volume reduction states:

“COPD/emphysema are a group of diseases that affect millions of Americans. It causes profound breathlessness, poor quality of life, shortened lifespan, multiple hospitalizations, and a tremendous burden on health care costs in the United States and throughout the world.

The best treatment for COPD is still smoke cessation. The currently used inhalers also result in significant improvement. Unfortunately, in spite of all these treatments most patients continue to have very poor quality of life due to breathlessness from the severe hyperinflation of the

Lungs.

Bronchoscopic lung volume reduction is a relatively new therapy using a valve that collapses the unhealthy part of the lungs allowing the healthy part to do better, and reduce the emphysema. Scientific data clearly shows improvement in functional status and lung

function and recently there is data to show improved life expectancy.

There are however multiple criteria patients must meet before they are a candidate for zephyr valve lung volume reduction.

A Pulmonologist experienced with bronchoscopic lung volume reduction can help start the qualification process (if the patient is a candidate) and perform the treatment with valve lung volume reduction.”

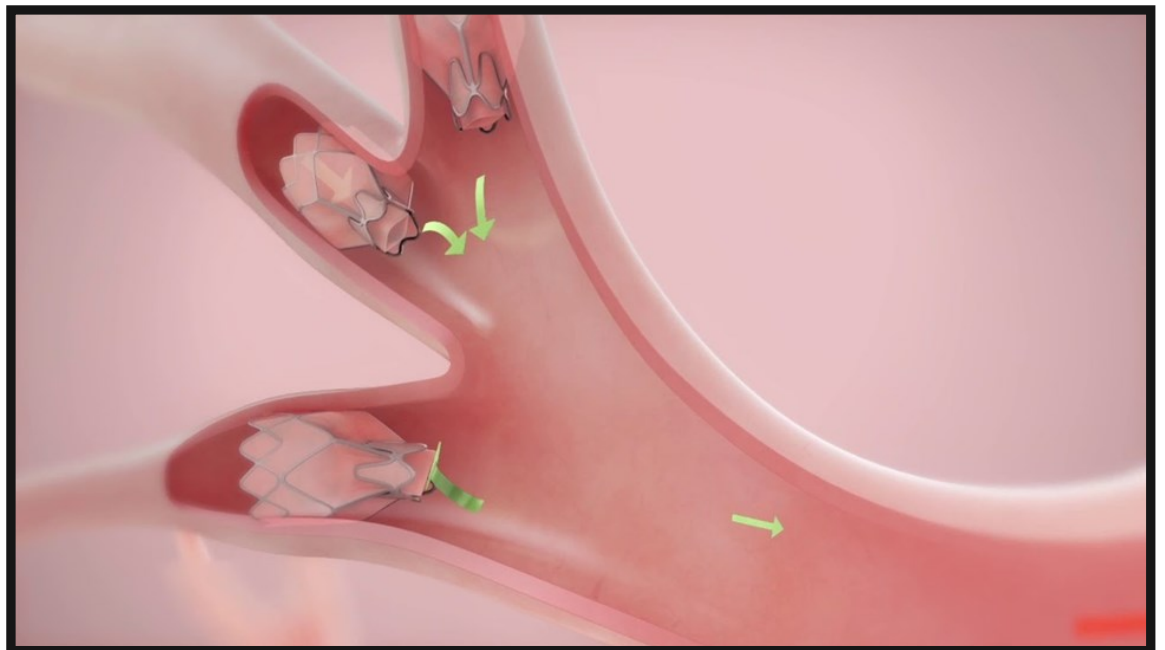
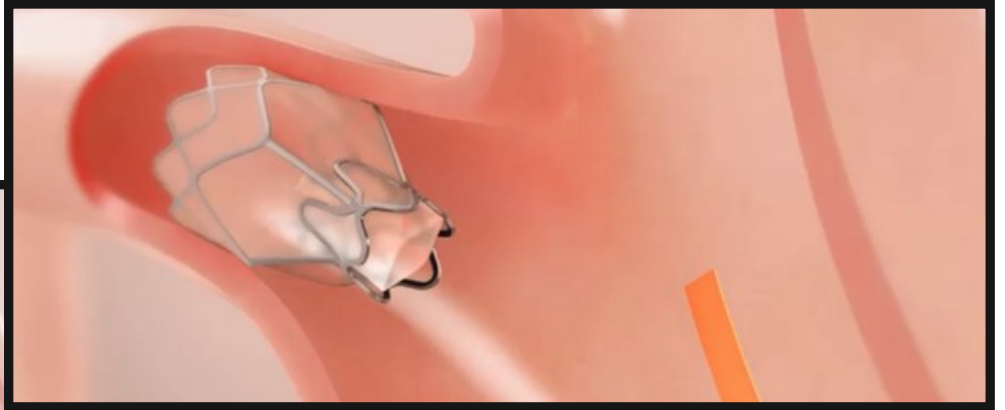
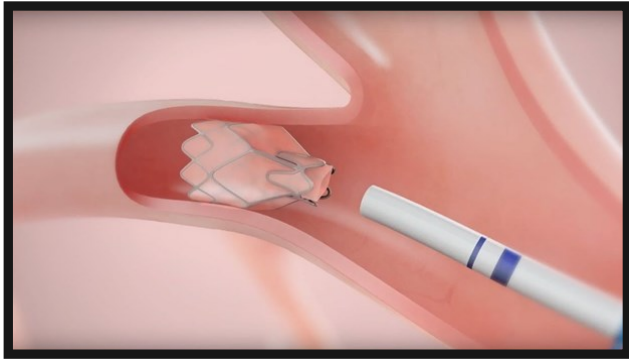
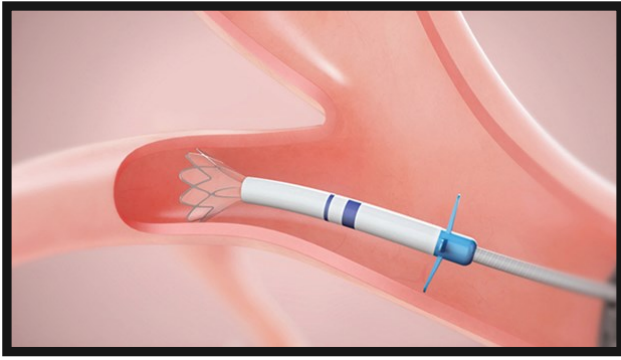
The Zephyr Valve procedure is currently offered at one hospital in Genesee County.

For more information please contact:

Executivedirector@gcms.org



DAVID HOFF, MA, CCP



Another First for Genesee County

There are over 15 million people that suffer from chronic obstructive pulmonary disease in the United States.

Emphysema and chronic bronchitis are 2 forms of COPD but most patients with COPD have some of each. Patients with advanced COPD have severe difficulty in breathing. While medications can help, they frequently result in only partial improvement.

Emphysema/COPD is most commonly caused by cigarette smoking. Severe emphysema can damage the lung in many ways, mainly profound hyperinflation. Patients have difficulty exhaling which results in air trapping, causing difficulty breathing. These changes are predominantly non-reversible.

Common current Treatments for COPD include:

Cessation of smoking which is the best

Oral Medications

Bronchodilators

Supplemental oxygen therapy

Surgical lung reduction

Lung transplant which can be curative at times

In 2018 a new procedure was approved by the FDA for specific patients suffering from severe COPD associated with hyperinflation. Endobronchial lung volume reduction offers a new treatment for emphysema in patients that meet a strict criteria for the procedure. The Zephyr Endobronchial Valve (ZEBV) is a treatment option to help emphysema patients breathe easier and enjoy a better quality of life.

The Pulmonologist must determine if the patient suffering from severe emphysema is a candidate for the Zephyr Endobronchial Valve procedure. Utilizing the guidance of bronchoscopy, tiny one-way endobronchial valves are inserted into the most hyperinflated areas of the lungs. The Zephyr Endobronchial Valve prevents air from entering the hyperinflated area of the lungs while allowing it to deflate. With Zephyr Endobronchial valves strategically inserted: inhalation only occurs to the healthier parts of the lungs. The number of ZEB valves placed is determined by the Pulmonologist and depends on the size of the airway and the location of disease.

The potential benefits for the ZEBV procedure are:

Decreased work of breathing

Improved Quality of Life

Increased lung function

Improved exercise tolerance

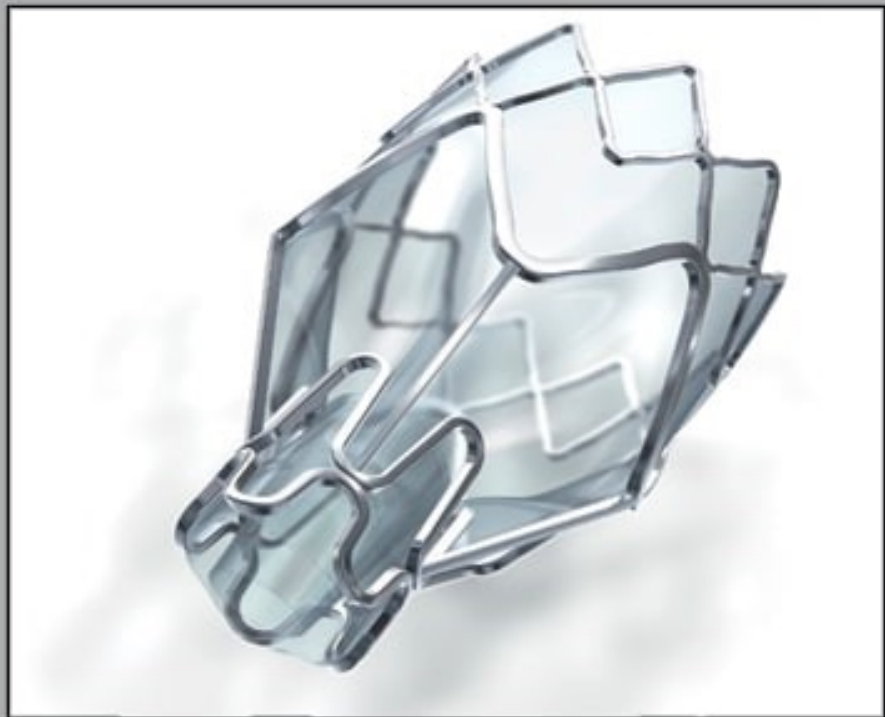
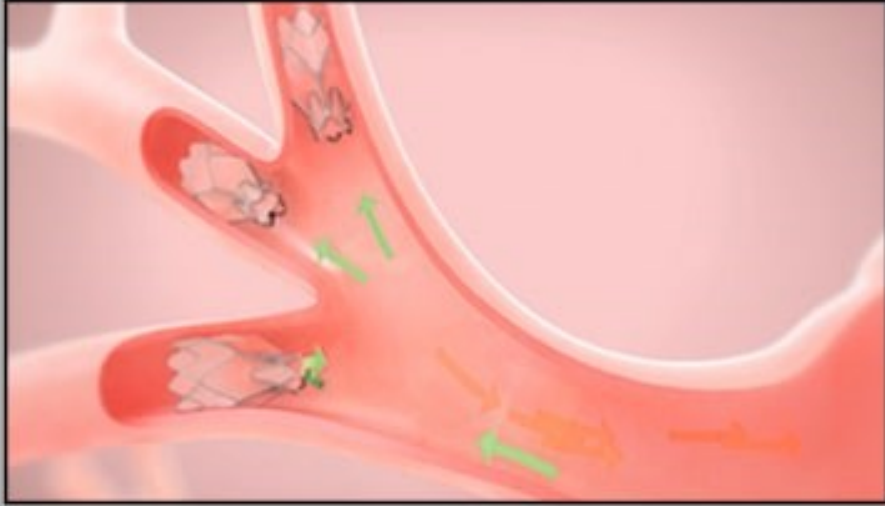
To our knowledge there are currently only 3 hospitals in Michigan offering the Zephyr Endobronchial Valve procedure.

I am very pleased this procedure is available in Genesee County.

This article was written in collaboration with Dr. M. Ghiath Bayasi, MD

For more information, please contact executivedirector@gcms.org

Republished from August 2021





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Save the Date

Genesee County Medical Society

Presents:

GEMS/GEMSA

2022 President's Ball

Honoring GEMS President Dr. Khalid Ahmed

And GEMSA President Lakshmi Tummala

November 19, 2022 @ 6:00 P.M.

Atlas Valley Country Club - Grand Blanc, MI



Last Week Before Blue Cross and BCN Transition to Their New Provider Portal

You need to act now to maintain access to online information for Blue Cross® Blue Shield® of Michigan and Blue Care Network. The last day to access Blue Cross and BCN's Provider Secured Services and web-DENIS is June 21, 2022. Beginning June 22, these tools will be retired and no longer available.

Here's how to find the information you need to register and learn how to use Blue Cross and BCN's new provider portal, Availity Essentials.

Register

To register for an Availity Essentials account, go to the [Blue Cross and BCN Welcome to Availity](#) webpage, scroll down and click *Register for Availity Essentials*.

After registering, your Availity administrator will need to take additional steps for users to access e-referral and Health e-BlueSM. For more information, go to Blue Cross and BCN's [Register for web tools page](#) and scroll down to *Getting access to Blue Cross and BCN tools through our provider portal*.

Train

After you're registered, you can learn how to use Availity Essentials for Blue Cross and BCN one of two ways: Go to the [Availity Get Up to Speed with Training](#) webpage. (Note that this website will be available through October 2022.)

- Within Availity, you can click on *Help & Training*, then click on *Get Trained* and enter BCBSM into the search field at the top of the screen.

Get help

Here's how to find help:

- Call Availity Client Services at 1-800-AVAILITY (282-4548) Monday through Friday, 8 a.m. to 8 p.m. Eastern time (excluding holidays).
- Within Availity, click on *Help & Training* and then click on *Availity Support*.

More information

Here's where you can find it:

[Welcome to Availity special edition newsletter](#)

[Welcome to Availity webpage](#)

[Transitioning to the Availity provider portal frequently asked questions for providers](#)



FREE STROKE SCREENING

Strokes don't discriminate; they affect people of all ages, ethnicities and backgrounds. Fortunately, many strokes are preventable, and you can take steps now to reduce your risk. Begin by understanding the risk factors and find out which are specific to you. Come to our free screening event put on by the Flint Stroke Coalition which is represented by all three Genesee County hospitals and the Genesee County Free Medical Clinic - it could save your life!

Screening includes:

- Diabetes screening- Hemoglobin A1C
- Full Lipid Panel including total cholesterol, HDL, LDL, and triglycerides
- Blood pressure and pulse
- Sleep disorder risk assessment
- Risk-reduction plan
- Results counseling and education

Local physicians, nurses, pharmacists, EMS providers, and other healthcare personnel will be volunteering at the screening in order to help answer your questions!

Think you or someone you know is experiencing a stroke?

Remember BE FAST and call 9-1-1!

2022 FREE STROKE SCREENING DATES

WHEN 9am to 2pm

April 28th
May 26th
June 23rd
July 28th
August 25th
September 22nd
October 27th
December 22ND

Testing made possible by the support of:

Genesee Health Plan

McLaren Flint Community Outreach

Shori and Pervin Majjhoo Neuroscience Fund

WHERE

**Genesee County
Free Medical Clinic**

2437 Welch Blvd

Flint, MI 48504

810-235-4211

www.gcfmc.org

**PLEASE attempt to not eat or drink the morning of the screening for accurate results. Take morning medication with sips of water.*

Government Relations & Physician Engagement Team

msms.org

msms.org



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Legislative Platform & Priorities



MICHIGAN STATE MEDICAL SOCIETY



MICHIGAN STATE MEDICAL SOCIETY

120 West Saginaw Street, East Lansing, Michigan 48823
P: 517 / 337.1351 » E: msms@msms.org

MSMS Legislative Platform & Priorities



MSMS Legislative Priorities

Key priorities of the Michigan State Medical Society (MSMS) and its 15,000 physician and medical student members are as follows:

COVID-19

The COVID-19 pandemic has taken a devastating toll on the physical and mental health of Michigan citizens, as well as the economic health of our state. Additionally, many of Michigan's medical practices are trying to regroup from financial and staffing losses and increased costs to comply with regulatory mandates. By using scientific data to help inform decision-making, MSMS is committed to working collaboratively with stakeholders to end the COVID-19 pandemic, safely re-engage all economic sectors, provide efficient and equitable vaccine distribution, and ensure practice sustainability.

Prior Authorization and Step Therapy Reform

The prior authorization process diverts valuable resources away from direct patient care, can delay the start or continuation of necessary treatment, and can negatively impact patient health outcomes. Step therapy, also known as fail first, is another practice that disrupts patient care by requiring patients to try other therapies before being approved for the treatment that their doctor originally prescribed. MSMS will work closely with the Legislature, regulators, and other stakeholders on ways to reform prior authorization and step therapy processes to ensure transparency, remove unnecessary and costly care delays, and support shared decision-making.

Team-based Care

Patients are best served by a team-based approach to care that provides the maximum amount of choice while ensuring that they benefit from the additional training and expertise that comes from having a physician on the team. A highly functioning health care team is the best way to serve patients. MSMS will continue to promote the role of the physician as the leader of the health care team and oppose any efforts to expand allied health professionals scope of practice that may put patients at risk.

Telemedicine

Telemedicine has proven to be an effective care delivery method that ensures convenient and timely access to patients. Before the outbreak of COVID-19, insurers covered telemedicine visits to varying extents; however, there were often obstacles such as low reimbursement and restrictions on site of care. Although payers removed some of the regulatory and administrative barriers during the pandemic, these policies are now reverting to pre-pandemic times. Moving forward, payment and service parity for the use of clinically appropriate telemedicine services is critical.

Health Equity

Several events in 2020 brought to the forefront the need to prioritize advocacy addressing systemic policies and other contributing factors that deny historically marginalized groups equal and just opportunities to maximize quality of life and health outcomes. In order to improve the health of all populations, MSMS will work to advance policies that reduce disparities and improve health equity.

Graduate Medical Education (GME)

Studies repeatedly demonstrate that one of the best ways to recruit and retain physicians is via local medical schools and residency programs. GME helps fill the gap in underserved areas by providing extremely low-cost care to those most in need. Michigan has been a leader in expanding medical school class sizes to address the projected demand for physician services, it is imperative that we continue to fund GME slots to allow these future physicians to learn here in Michigan, train here in Michigan, and stay here in Michigan.

Legislative & Regulatory Platform

MSMS has long-standing positions and policies on numerous topics. Following is an overview of the top issues comprising the MSMS legislative and regulatory advocacy platform.

Insurance and Regulatory Advocacy

- Support mental health and substance use disorder parity
- Ensure appropriate access to and payment for telemedicine
- Advocate for adequate and transparent physician networks
- Reduce unnecessary administrative costs

Public Health and Prevention

- Strengthen public health infrastructure
- Support vaccine availability and oppose efforts to weaken Michigan's vaccine laws
- Improve health equity
- Ensure access to evidence-based non-opioid pain care and opioid use disorder treatment
- Reduce childhood environmental hazards
- Reduce gun violence through health screening, patient counseling and expanded access to mental health services

Professional Liability

- Preserve existing tort reforms
- Support higher negligence thresholds in medical liability cases
- Eliminate the lost opportunity doctrine
- Maintain the legislative intent and enforceability of all medical liability tort reforms

Medicaid

- Seek funding parity with Medicare
- Seek funding sources that are fair and sustainable
- Support state funding for the Healthy Michigan Plan
- Ensure access to physician-directed care

Physician Supply and Training

- Increase graduate medical education funding at state level
- Minimize burden of medical school debt

Insurance Contracting Reform

- Limit retroactive audit timeframes
- Support adequate disclosure of fee screens
- Support appeals process that includes independent reviews

Scope of Practice

- Support physician-led, team-based health care
- Support education over legislation as the means of increasing scope of practice
- Oppose independent prescriptive authority by non-physicians
- Support patient right-to-know/health professional credentials disclosure

For more information about MSMS legislative advocacy, please contact:

- Josiah Kissling, Senior Director, State and Federal Government Relations, at jkissling@msms.org
- Scott Kempa, Manager, State and Federal Government Relations, at skempa@msms.org
- Kate Dorsey, Manager, State and Federal Government Relations, at kdorsey@msms.org



June 29

The American Medical Association will host a 90-minute webinar on the **foundations of racism in medicine**. Dr. Emily Cleveland Manchanda, the Director for Social Justice Education and Implementation at the AMA, will give a 60-minute didactic presentation followed by 30-minutes for Q&A. The presentation will include descriptions of:

- Basic terminology around race and racism
- Manifestations of racism in medicine at interpersonal, institutional, and systemic levels
- Recommendations for additional reading and learning for physicians to continue their health equity education

When

Wednesday June 29, 2022 7 - 8:30pm ET

The webinar will be uploaded to AMA's EdHub and 1.0 CME credit will be offered.

If you are interested in attending this webinar, please **register [here](#)**.

Registration is required to

access the Zoom link for this event.



Dr. Emily Cleveland Manchanda



July-Aug. Collaborative Session

The AMA's [Private Practice Simple Solutions](#) are rapid learning cycles designed to provide opportunities to implement actionable changes that can immediately increase efficiency in private practices. Each 8-week learning session will be focused on one topic area. This session will use the AMA STEPS Forward® E/M Documentation Burden Reduction Toolkit as a guide.

Busy private practice physicians will be able to access pre-recorded content presented by subject matter experts at a pace and during a time that works best for them.

When

Session One | Thursday, July 7, 2022, 10 a.m. Central

Recording one release and will discuss:

- Understand guidelines
- Engage key players
- Design workflows

Educate physicians and staff

Session Two | Tuesday, Aug. 16, 2022, 10 a.m. Central

Recording two releases and will provide:

- Panel with subject matter expert on common obstacles identified in asynchronous discussion
 - Presentation on 2 mini-case studies of successful implementation
- Asynchronous discussion (ongoing)

Registration

[Register today.](#)



ATTENTION!

9:00 A.M.

Via Zoom

**ATTENTION: PRACTICE MANAGERS
AND OFFICE STAFF!**

**Genesee County Medical Society addresses issues of concern
for medical professionals!**

Please join GCMS and SOVITA in monthly meetings for
practice managers and office staff of *all member physicians*.

Please email executivedirector@gcms.org to RSVP,

YOU WILL RECEIVE A ZOOM INVITE

NEXT MEETING DATE:

August 11, 2022 9:00 A.M.

*You do not want your Practice Manager to miss out
on these valuable meetings!*



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Become a member: call 810.720.8300 • visit a branch office • go to [sovitacu.org](https://www.sovitacu.org)

THE ALLIANCE FOCUS

The GCMS Alliance Annual Geranium Luncheon

Warwick Hills Golf and Country Club

Tuesday June 7, 2022

It started with a social hour at 10:30 am followed by a business meeting with President Lakshmi Tummala. She welcomed Alliance members and guests, GCMS President Dr. Khalid Ahmed and Executive Secretary Jennifer Sanders. Lakshmi gave a brief review of our 2021-2022 programs and announced that the May 2022 Treasurer Report by Cheryl Thoms was on the table. The Alliance charitable events for 2021-2022 were the Genesee County Committee on Community Peace, the Safe House at the YWCA, the Reach Out and Read program, The Boys and Girls Clubs of Greater Flint and the Healing Hands 5K Walk/Run. Past President Rula Ali conducted a memorial for our Alliance members who died in 2021-22. They were Mary Jo Walter, Past President (1975-1976) Margaret Rabiah, and Past President (1974-1975) Margaret Ann Coriasso. Liesbeth Fernandez gave the invocation and our meal was served.

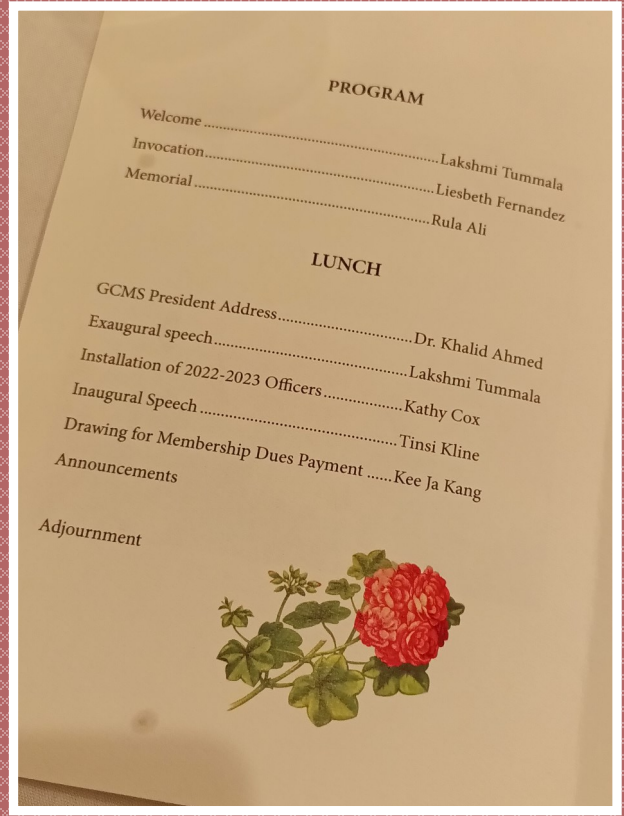
Following lunch, GCMS President Dr. Khalid thanked the Alliance members for their support of GCMS and the Flint community. Lakshmi Tummala thanked the Alliance Board members for serving in 2021-2022. Kathy Cox presented Lakshmi with a gift of a Petoskey stone bracelet for her service as President, Membership Chairperson, Newsletter Editor, President's Ball Chairperson, Program Coordinator and By-Laws Revision Committee member. Then, Kathy Cox conducted the Installation of 2022-2023 Officers: Tinsi Kline President, Rumana Rashid Treasurer and Vijayalakshmi Sayal Secretary. Tinsi Kline gave a brief acceptance speech expressing her reservations of assuming the Presidency and asking for support from our members for 2022-2023 year. She called for a Board meeting to follow our luncheon in the lobby. A drawing was held with gifts for members that had paid their 2022-23 dues. The meeting was adjourned at 1:00 pm. Past Presidents received geraniums and posed for a photos on the steps in the foyer.

-Kathy Cox

Past Alliance President



*GCMSA Past Presidents are honored with geraniums
at the Annual Geranium Luncheon*







GCMSA President Lakshmi Tummala's Exaugural Speech

This past Alliance year has been a very unusual one. We were at a critical point where there was no nomination for President and, therefore, no installation. I volunteered to do it to, simply, keep the once very vibrant and active organization going. We had, in the past, enjoyed the highest membership in the state and won prizes for it. No wonder, other county Alliances still look up to us for our active membership and excellent community projects we support. However, like many other organizations, over time, GCMSA lost several members to death, to those who moved away and the others who chose not to continue their membership for various reasons. Yet, there are many, including all of you here, who believed in our mission and continue to support the Alliance.

I am glad to say we have had a very busy year. With the COVID situation easing, we resumed in-person membership meetings that were well attended. Our fiscal year was kicked off with the International Luncheon in September hosted by Rumana Rashid'. We had special guests attend, including Michigan State Medical Society Alliance President, President-elect and Regional Director. Also in attendance was Genesee County Free Medical Clinic director, Stacey Doyle and Lisa Fockler from the Genesee County Prevention Coalition. In October, we visited the Flint Institute of Arts in October. Mary Ryan took us around to view the beautiful works of Yigal Ozeri. We toured the Boys and Girls Club In November and helped organize the GCMS/GCMSA Presidents Ball that was a huge success, raising over \$30,000.

Since the winter weather in Michigan is unpredictable, we chose to meet at Neighborhood Coffees in January and February, Vijayalakshmi Sayal and Vibha Kaushal opened up their homes to enjoy camaraderie through casual entertaining. In February, we also, attended the Lobby Day organized by Michigan State Medical Society and had a great opportunity to meet some of the legislators to express our concerns regarding medical practice. The McLaren Hospitality House was the venue for the March membership meeting. We had Elizabeth Wise from the Crim Fitness Foundation talk about Mindfulness. The April Meeting featured our very own past president, Liesbeth Fernandez, who is a registered dietitian, do a very informative and interesting presentation on Healthy Diet Lifestyles. In May, we co-sponsored and volunteered at the Healing Hands race. We helped raise over 71,000 to support the treatment of the uninsured and under insured patients at the Genesee County Free Medical Clinic. We chose to continue our monthly board meetings over Zoom to make it convenient for the working members and those who live far away.

In closing, I would like to take this opportunity to thank the board of directors for their cooperation and the entire membership who remained with the our organization. A big thank you goes to the Genesee County Medical Society for their continued support of our newsletter publication and the online board meetings.

Have a great Summer everyone! Stay safe!!



Lakshmi Tummala



Do you have an advertising NEED?

- Are you a Physician **and** you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice **and** you are a member of GCMS and your office has relocated?
- Do you have a business that serves Michigan and business slow?

Let Genesee County Medical Society help!

Genesee County Medical Society Bulletin

(ONLINE MAGAZINE)

Your ad will be featured in the Genesee County Medical Society monthly bulletin that is provided to 1,500+ viewers. The Bulletin can also be found on the GCMS website, and is also published through Calameo virtual magazine. ([HTTPS://En.Calameo.com/](https://en.calameo.com/))

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

A link to the business website or email can be added for **NO** additional fee.

Click here

to connect with GCMS, we can provide your advertising needs!



**all ads placed by Physicians or Medical Practices must have a GCMS membership.



COMMIT TO FIT WALK WITH EASE

Free Walking Program

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Studies show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active
- Improve overall health



UPCOMING SESSION:

**Max Brandon Park
Pasadena Ave. Side Entrance
Mondays & Wednesdays
from 9:00-10:00am
through September 2022**

**weather permitting*

To register, call 810.232.2228 or online at
www.surveymonkey.com/r/C2FPrograms



COMMIT TO FIT!

Virtual Fitness Guide

Commit to Fit!



Visit commit2fit.com to track all of your physical activity and keep track of your fitness goal!

University of Michigan - Flint



Click [HERE](#) for daily workouts!

Crim Fitness Foundation



Visit crim.org for a variety of yoga and mindfulness practices!

Ascension Genesys Athletic Club



Click [HERE](#) for intense & moderate workout videos!

YMCA - 360



Visit ymca360.org for fitness classes of all ages!

Arthritis Foundation



Click [HERE](#) for arthritis exercises!



 **CLICK HERE**

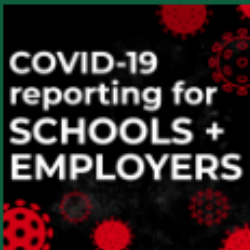
For Daily Genesee County Covid-19 Numbers

 **COVID-19 Summary for Genesee County, Michigan**

[Coronavirus \(COVID-19\) Data Dashboard for Genesee County](#)

 **CLICK HERE**

For Reporting



EMPLOYERS + SCHOOL ADMINISTRATORS:

Do you need to report a laboratory-confirmed positive COVID-19 case?

Click the button to email the Communicable Disease team at GCHD-CD@gchd.us or call (810) 257-1017

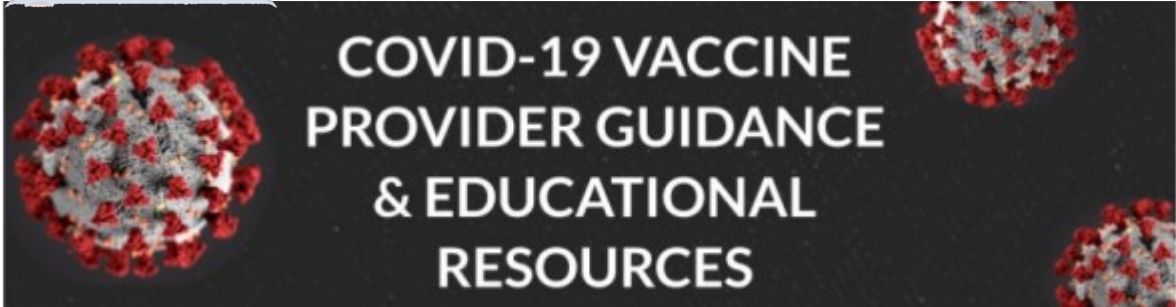
 **CLICK HERE**

For State of Michigan Covid-19 Information





 [CLICK HERE](#)



COVID-19 VACCINE

The COVID-19 pandemic demonstrates how diseases without vaccines can devastate economic and public health. Vaccines have reduced and, in some cases, eliminated many diseases. In the U.S., there is currently no approved vaccine to prevent COVID-19. MDHHS is working with the CDC and Michigan stakeholders to prepare and plan for when the vaccine is available. The initial draft of our state's plan is now available and will be updated often in the coming months. Visit regularly for the most recent information on the COVID-19 vaccine and Michigan's preparations.

[COVID-19 VACCINE PLAN](#)

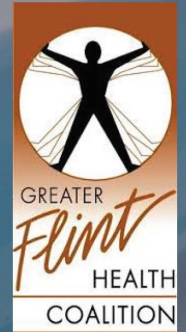
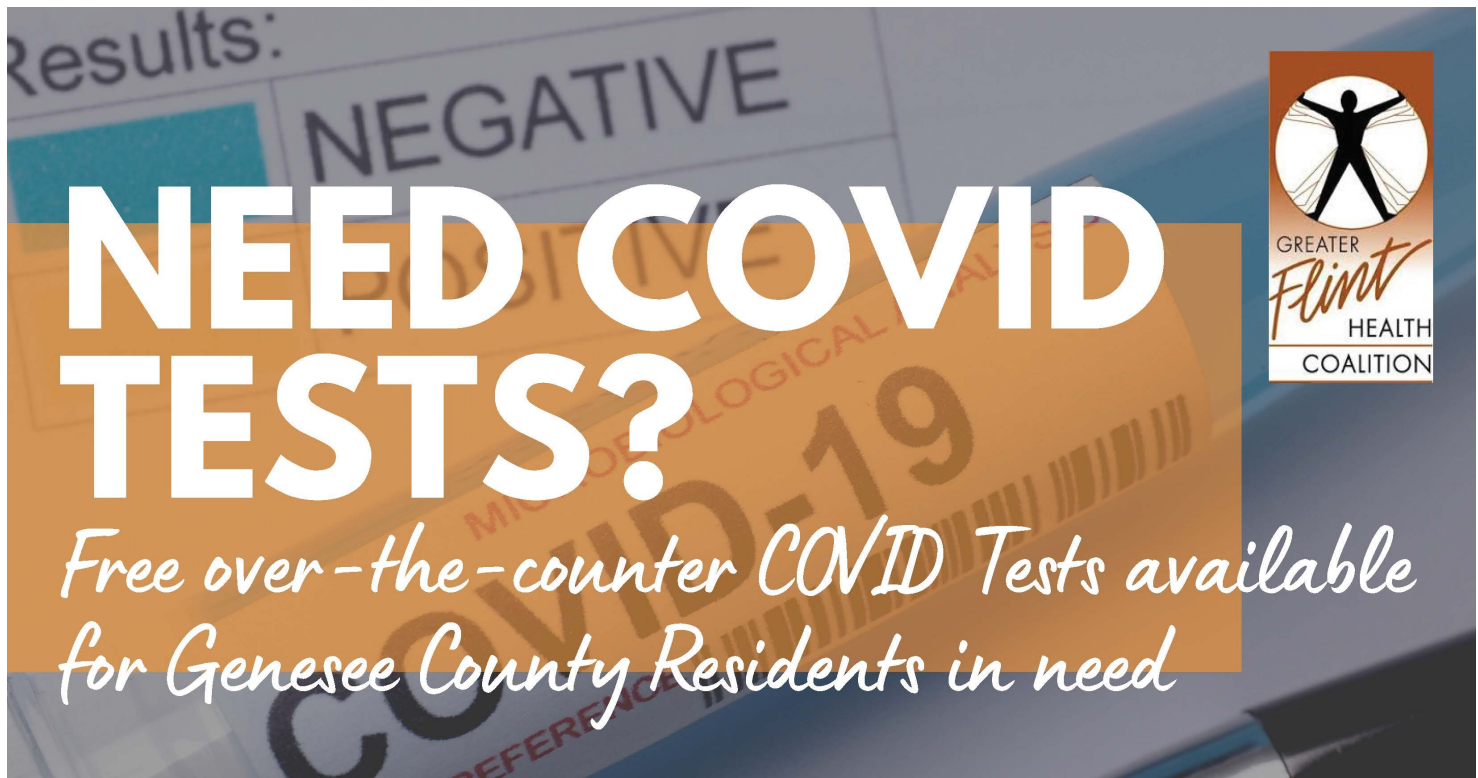
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[COVID-19 VACCINE RESOURCES](#)

[IMMUNIZATIONS DURING COVID-19](#)

[CDC FAQs](#)

[PROVIDER GUIDANCE & EDUCATION](#)



NEED COVID TESTS?

Free over-the-counter COVID Tests available for Genesee County Residents in need

CAN'T FIND A TEST IN-STORE? WE CAN HELP!

If you are a community-based organization with clients in need, contact Genesee CHAP to receive a bulk delivery of tests.

Are you a resident, a school, or medical practice? If so, make a referral to CHAP to receive a free COVID-19 OTC test, delivered within 24 hours.

Free COVID-19 tests available for all who need one. Limit 6 per household.

Make a Referral to Genesee CHAP

- Call 810-953-2427
- Utilize the Community Referral Platform
- Fax Genesee CHAP Referral Form
- Visit gfhc.org/CHAPreferrals



Request "OTC COVID-19 Test" and note "Urgent". Genesee CHAP will deliver test(s) to the individual's home within 24 hours.



USING & REPORTING SELF-TESTS | COVID-19 |

1

Follow instructions very carefully.



2

Use the QR code below for more information about self-testing and how-to videos.



3

If your results are positive

Report results to GCHD at www.gchd.us or click [here](#).

Isolate yourself from others for 5 days following symptom onset (if symptomatic) or positive test result (if asymptomatic).

Tell your close contacts that they may have been exposed to COVID-19.

Call GCHD at 810-344-4800 if you are unable to use online resources.



4



If you are at an increased risk of becoming very sick, treatment maybe be available. Contact your health care provider right away if your test result is positive.



www.cdc.gov/covidtesting

CS324605-L 02/08/22

Your Membership at Work

- ◆ GCMS Members and MSMS Staff joined together with State Representatives in discussions about important Legislative issues.
- ◆ GCMS Practice Managers met with Molina and discussed ongoing billing issues.
- ◆ GCMS helped Genesee County residents with contacts, resources and explanations.
- ◆ Medical Society Foundation discussed ways to raise funds for our community.
- ◆ GCMS begins initial planning to honor GCMS Dr. Khalid Ahmed and GCMSA President Lakshmi Tummala at our next President's Ball. Save the Date November 19, 2022!



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Genesee County
Medical Society Members
Please Join Us!

To discuss **IMPORTANT** Legislative topics with
Michigan State Medical Society, and Michigan Representatives



Next Quarterly Legislative Liaison meeting via Zoom:

September 12, 2022

To join the GCMS Legislative Liaison meeting email notification list

Please email GCMS Executive Director, David Hoff

ExecutiveDirector@gcms.org



Cosmetic Gynecology

Some of you reading this article may have a smirk on your face, a raised eyebrow or you may have completely dismissed the fact that there is a need for a subspecialty like this. Don't worry, you're not the only one.

There are many who think just like you. Nothing has caused so much controversy and debate in gynecology as the words "cosmetic gynecology." Also called aesthetic gynecology or intimate gynecology procedures, cosmetic gynecology is a blend of cosmetic procedures and gynecology with a majority of these procedures purely cosmetic and not medically necessary. They are done to aesthetically improve the look and the functionality of female genitalia and the woman's body.

So, if they are not always medically necessary then why do them? Because "not always" doesn't mean never; sometimes excessive tissue in the genitalia can cause discomfort, chaffing, difficulty cleansing the area as well as limitation on wearing certain kinds of clothing. In each of these cases, performing these procedures will make a huge difference in the quality of life for the woman.

Cosmetic surgery is widely accepted today. When someone has a tummy tuck, abdominoplasty or breast augmentation people don't even bat an eye, but as soon as we talk about cosmetic gynecology all red flags go up. So why this reaction? Why do we get so hypersensitive about it? Most of it stems from the stigma associated with genital mutilation, but that is not cosmetic gynecology. Genital plastic surgery has nothing to do with genital mutilation. In fact, it is completely opposite to mutilation surgery.

Cosmetic gynecology procedures are done to empower a woman, give her confidence and help improve the functionality of the genitalia. It is also done for those women who unfortunately had a genital mutilation in the past that they did not ask for and were forced into. So why should they suffer and not be allowed to enjoy or have a choice of sexual pleasure? Do you think it's wrong? If you do, then no need to read this article further. If you are sympathetic to these women and other women in general, keep reading to learn more about cosmetic gynecology.

Genital cosmetic procedures date back to times of pharaohs in ancient Egypt. Unfortunately, not much information is available until the mid-1980s when data began to be collected. Decades later detailed information is available. Since 2011, there has been a rapid increase of 64% in cosmetic procedures. According to the American Society of Aesthetic Plastic Surgeons, 58% of women between the age of 19 to 34, 54% of women aged 35-50 years and 2 to 4% of women less than 18 years old are undergoing these procedures. The possible reason for the increasing number is because all cosmetic procedures have increased 7 to 8 folds in the last several years. With the increased use of social media globally, cosmetic surgery is now socially accepted.

A majority of cosmetic surgeries are simple outpatient procedures done under local anesthesia with minimal risk. The risks associated with these procedures could be infection, bleeding, seroma or hematoma, irregular contouring or shape, etc. Most risks are easily treatable or fixable. Proper patient selection plays a very important role. Patients need to be educated about the procedures, making the decision at her own free will and with realistic expectations. Patients with body dysmorphic disorders and serious comorbid conditions should be avoided.

With advancement of science and the use of biologic materials, as well as energy devices, non-invasive or minimally invasive procedures have been added to what used to be only surgical procedures. For example, the use of laser and radio frequency waves has helped in the treatment of vaginal dryness and painful sex after menopause as well as stress urinary incontinence. Botox injections given into perineal muscles for treatment of superficial dyspareunia is another way of using neurotoxin for dyspareunia as well as vaginismus. Platelet rich plasma, or PRP, has been shown to be beneficial in the treatment of an orgasm, low sex drive, vaginal dryness, urinary incontinence and lichen sclerosus. These treatments are also referred to as "vaginal rejuvenation" and are often marketed under the O-Shot, created by Dr. Charles Runels. Additionally, PRP is added to the labial fat transfer or labial biological injections in case of atrophy of the labia majora and treatment of women with genital mutilation surgery for creating new labia majora.



The newest addition to cosmetic procedures is the use of biodegradable surgical sutures called polydioxanone, or PDO threads. Originally FDA-approved for nonsurgical facelifts (also known as “the lunchtime facelift”), PDO threads are hair thin, and they dissolve overtime. As they dissolve, they stimulate production of collagen and hyaluronic acid and hence the effects last for a long time. PDO threads have also been shown to be successful for the treatment of stress urinary incontinence without the complication of a vaginal sling procedure. Used in the vulva, the threads can be used both for the treatment of lichen sclerosus and saggy vulva. It’s a simple 30 minute in-office procedure under local anesthesia with minimal complications. It is very popular in European countries.

While these nonsurgical procedures have come a long way, there are times when surgical cosmetic procedures are necessary. These include:

Labiaplasty - This includes labia majoroplasty and labia minoroplasty. They can be done together or independently and are completed to reduce the size and/or shape of the labia to make it more comfortable and more symmetrical. This will also help keep the area clean, decrease recurrent infections and decrease discomfort during sex.

Monsplasty - Mons pubis surgery, or monsplasty, is done when there is overhanging tissue of the skin flap at the mons pubis. This excess skin is often seen in patients who have had a rapid weight loss, especially after bariatric surgery, or in patients who had an abdominoplasty procedure and the surgeon did not address the mons area.

Clitoral hood reduction - The clitoris is covered with a thin layer of skin called a clitoral hood. A lot of women have excessive skin covering the clitoris which will bury the clitoris completely making clitoral stimulation very difficult. Removal of this excess skin helps treat this problem.

Vaginoplasty and perineoplasty are the two procedures which can be done independently or together depending on the patient. The aim of these procedures is to decrease the caliber of the vagina and increase the tightness of the vagina by suturing the perineal muscles together. Vaginal laxity is commonly seen after multiple childbirths, vaginal delivery of a large baby or instrumental delivery. Improper repair of the vaginal laceration can also cause a problem repaired by a vaginoplasty and perineoplasty.

Hymenoplasty - There are two different hymenoplasty procedures; one occurs when a hymen is very tight and there’s a thick band which makes sexual penetration impossible. The band can be removed surgically increasing the opening of the hymen. The second hymenoplasty occurs when the hymen is reconstructed again and re-created because of a religious or cultural reason.

No one is as well-versed as a trained ObGyn in female anatomy. Traditional residency training teaches how to take care of a female patient and the medical conditions they may have. But, the training does not talk about cosmetic procedures at all. Plastic surgeons, though well-trained in cosmetic outcomes, have limited knowledge of female genitalia, but are often the surgeons offering these procedures. For cosmetic gynecology procedures it should be a gynecologist but due to a lack of cosmetic training in a traditional training program gynecologists usually shy away from these procedures.

It is time to change that. We need to broaden the outlook and have more open-minded programs that will train residents in these cosmetic procedures. I started my training in cosmetic gynecology in 2005. I was already in a private practice and had limited time. At that time there were a limited number of courses available, but I achieved my dream of getting fellowship training with the International Society of Cosmetic Gynecology and have been a fellow now for a few years in this field. Now a growing field, this is a very exciting time and the perfect time to spread the word that there are many options and solutions. If you have a patient who suffers or is interested in these procedures, don’t brush it off. Offer her the solutions and she will be forever grateful.

Written by and views of Mona Hardas, MD, FACOG

GHS Intensive Crisis Stabilization Services for Children and Young Adults



The GHS Children's Intensive Crisis Stabilization Team (ICSS) provides mobile crisis stabilization services, 7 days a week between 8:00am and 7:00pm to all children, youth, and young adults (ages 0-21) who reside in Genesee County. Calls during other hours are helped by our Crisis Line mental health professionals.

Reasons to call GHS:

- If you feel your child/youth is in a crisis
- The child/youth may hurt themselves or others
- The child is experiencing overwhelming confusion, anger, or emotional unresponsiveness

If you aren't sure if ICSS is needed, give us a call and we can help to explore options.

What happens when the GHS Intensive Crisis Team is called?

The team will provide an on-site intervention with the identified child or youth, and their support system. The team's main focus will be to help assess the crisis, utilize de-escalation techniques, help the child/youth and their family or support system to help with what is needed and to help determine next steps and long-term care.

Other services include:

- Crisis and Safety Planning
- Referrals to needed services
- Education on resources, diagnosis and services
- Collaboration and problem solving

* Psychiatric consults, as needed (does not include medication review for prescription)

** Intensive Crisis Stabilization services cannot be provided to individuals who are currently residing in inpatient settings: Jail/detention centers or residential settings (i.e. child caring institutions, crisis residential, etc.).

GHS Intensive Crisis Stabilization Services for Children

810.257.3740 877.364.3648

420 W. Fifth Avenue, Flint 48503 • www.genhs.org

Supported by funds from Substance Abuse and Mental Health Services Administration, Center for Mental Health Services through the Michigan Department of Health and Human Services.

Easy Ways to Donate to the Medical Society Foundation:

The Medical Society Foundation is engaged in a Capitol Campaign. The purpose of the Campaign is to grow the corpus to support the charitable activities of the Genesee County Medical Society. Those activities include public and community health, support for the underserved, and wellness initiatives.

To continue its good work, the Medical Society Foundation is asking you to consider leaving a legacy gift to the Foundation. If all, or even a significant portion of our membership left just a small part of our estates to the Foundation, the Foundation could continue helping this community in so many ways, by supporting the Medical Society.

To make a gift, simply use these words:

In your Trust, "Grantor directs Trustee to distribute ___% of all assets then held in Trust or later added to this Trust to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing board of directors in furtherance of the purposes of the Foundation."

In your Will, "I give, devise and bequeath ___% of my Estate to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing Board of Directors in furtherance of the purposes of the Foundation."

While this is not a subject that is comfortable to broach, it is an opportunity to support the Foundation which supports the Medical Society's charitable activities on behalf of the membership. Please give. You can give via a trust or will. You can give from your IRA. You can give appreciated stock, and you can give cash. Please support the organization which does so much on behalf of the medical community and the patients we serve.



Don't Forget!
Donations are tax deductible!

Please contact GCMS at 733-9923 or email executivedirector@gcms.org

Genesee County Medical Society invites you to a Quarterly Business Meeting and a Medical Community Town Hall

Gender Preferences Subconscious
Cognition Unconscious Judgement
IMPLICIT BIAS
Stereotypes Behavior Disrespect
Prejudice Race Research Decisions
Unfair Ethnicity Psychologist
Reaction Beliefs People Groups
Social Hidden Subtle Train



MANDATORY TRAINING!
Michigan Mandated June 1, 2022

**FREE to GCMS
Members!**

Save the Date:
September 14, 2022
Via Zoom



Jennifer Edwards-Johnson, DO, MPH is an Assistant Professor in the Department of Family Medicine where she is the Course Director for the “Caring for Underserved Patients” Intersession for first and second year students. She recently received a HRSA K-award to fund her research interests, which include developing strategies to recruit and retain underrepresented minority medical students and health disparities education. Dr. Edwards-Johnson has served as the assistant clerkship director for family medicine, and is a faculty member with the Sparrow-MSU Residency program, where she enjoys teaching and mentoring residents and developing curricula around the care of underserved populations. She currently serves as the faculty advisor for the Student National Medical Association (SNMA) and the Family Medicine Interest Group (FMIG) and is a faculty mentor for several student research projects. She earned her DO degree at Michigan State University College of Osteopathic Medicine, her MPH from the University of Michigan, and completed her residency education at St John Providence Hospital in Southfield.

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Peer Coaching—talk with someone who has walked in your shoes that can help you grow both personally and professionally

- Six sessions per incident
- Physician or provider chooses coach from a panel of coaches



Counseling, available in either face-to-face or virtual sessions; addressing stress, relationships, eldercare, grief, and more

- Six sessions per incident
- Available to all extended family members



WorkLife Concierge, a virtual assistant to help with every day and special occasion tasks, 24/7



VITAL WorkLife App—Mobile access to resources, well being assessments, insights, and more

RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

SafeHaven™ includes Well Being Resources from VITAL WorkLife—confidential and discreet resources designed to reduce stress and burnout, promote work/life integration and support well being for you and your family.

TO LEARN MORE, VISIT
www.MSMS.org/SafeHaven

To support the needs of physicians and health care providers struggling with stress, burnout, and the effects of COVID-19, the Michigan State Medical Society (MSMS) and VITAL WorkLife have partnered to offer a comprehensive set of well being resources and confidential counseling services for their use, SafeHaven™.





120 West Saginaw Street | East Lansing, Michigan 48823
517-337-1351 | msms@msms.org | www.msms.org

Application Code: _____

State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at www.joinmsms.org



- I am in my first year of practice post-residency.
- I am in my second year of practice post-residency.
- I am in my third year of practice post-residency.
- I have moved into Michigan; this is my first year practicing in the state.
- I work 20 hours or less per week.
- I am currently in active military duty.
- I am in full, active practice.
- I am a resident/fellow.

Male Female

First (legal) Name: _____ Middle Name: _____ Last Name: _____ MD DO

Nickname or Preferred Form of Legal Name: _____ Maiden Name (if applicable) _____

Job Title: _____

W Phone _____ W Fax _____ H Phone _____ H Fax _____

Mobile: _____ Email Address _____

Office Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

Home Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

*Please base my county medical society membership on the county of my (if addresses are in different counties): Office Address Home Address

*Birth Date: ____/____/____ Birth Country _____ MI Medical License #: _____ ME #: _____

Medical School _____ Graduation Year: _____ ECFMG # (if applicable) _____

Residency Program _____ Program Completion Year _____

Fellowship Program _____ Program Completion Year _____

Hospital Affiliation _____

• Primary Specialty _____ Board Certified: Yes No

• Secondary Specialty _____ Board Certified: Yes No

Marital Status: Single Married Divorced Spouse's First Name: _____ Spouse's Last Name: _____

Is your spouse a physician?: Yes No If yes, are they a member of MSMS?: Yes No

Within the last five years, have you been convicted of a felony crime?: Yes No If "yes," please provide full information: _____

