

# THE BULLETIN

DECEMBER 2020 VOLUME 97, NUMBER 12

**GCMS HAS A NEW**

**PRESIDENT!**

Please meet

Sunilkumar Rao, DO



**ATTENTION!!**

**Genesee County  
Practice Managers**

**Meeting**

**TIME CHANGE!!**

**Newer TAVR Heart Valve  
Procedure**

**Offered in Genesee County**

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

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DECEMBER 2020 VOLUME 97, NUMBER 12

# THE BULLETIN

READ BY 96% OF GCMS MEMBERS

## FEATURE ARTICLES

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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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Cover photo submitted by:  
Dr. Cyrus Farrehi

## PRESIDENT'S MESSAGE

As we approach the holiday season, I reflect upon what we have endured in the past nine months through this unprecedented pandemic, and cannot remiss to express the gratitude to the profession of medicine which gives us the opportunity to help others in this time of need. It is an honor to serve as your President and represent your needs and advocate for our patients. I am really thankful for the opportunity to represent physicians in our county and confident we as a society are poised to lead any efforts in organized medicine.

The mission and vision of our organization is to advocate for medical practices throughout Genesee County and partnered with Michigan State Medical Society, providing resources and the latest legislative information available to our physicians and medical practices. This year, as GCMS President, I intend to follow the same theme, representing "YOU" and make sure "YOUR" voice is heard. It is an honor to serve alongside some of the finest physicians and provide the latest information on this pandemic, and help navigate based on scientific knowledge and not fear.

As I start my year, as your president I am well aware of the needs and "ask" of our members. First and foremost, to restore trust in our organization so that the members feel inclusive than exclusive. Secondly, focusing on the educational needs of our members with regular opportunities for learning through various CME events partnering with local chapters and lastly, Increase involvement of early career physicians and strengthen our membership as we emerge into the "new normal".

On behalf of your society, I welcome any suggestions and ideas to improve the visibility and gain the trust of members. With the counsel of all our board members and my team supported by the new Executive Director David Hoff and Executive Assistant Jennifer Sanders we are energized to lead our society into next year and solidify our footprint and pave way for new members to get involved and in turn fulfil the professional and practice needs of our physicians.

Wish you a safe and happy holiday season and keep a look out for the exciting events planned for next year.

Friendly  
Sunilkumar Rao, DO,MHA,FACC,FACP,FASE  
President, GCMS



**Sunilkumar Rao, MD**



**DAVID HOFF**  
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**GCMS Community and Environmental Health Comm.**

December— Recessed

**Board of Directors**

December— Recessed

**Legislative Liaison Committee**

January—Recessed

**Practice Managers**

January— Recessed

## *Announcement*

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### Newer TAVR Heart Valve Procedure Offered in Genesee County

I have been associated with cardiac surgery for more than 35 years. Through this period there have been refinements in equipment and innovation to open heart surgery procedures, improving patient safety & patient outcomes.

One of the newer innovative procedures is transcatheter aortic valve replacement (TAVR). TAVR may be an option for patients diagnosed with aortic valve stenosis. The procedure has been available for approximately 10 years in the United States. TAVR is a minimally invasive procedure. A catheter with an aortic valve attached is inserted usually through the femoral artery. The transcatheter aortic valve is deployed into the native diseased aortic valve.

In the past, an open surgical aortic valve replacement (SAVR) was the only option for replacement. This was performed utilizing a heart-lung machine (cardio-pulmonary bypass). TAVR avoids the use of cardio-pulmonary bypass (CPB) and the associated risks with CPB.

Transcatheter aortic valve replacement may also be a good option for patients diagnosed with severe aortic stenosis that are not a candidate for SAVR. The TAVR procedure is associated with shorter length of stay post procedure compared to a SAVR.

I am pleased the TAVR procedure is available in Genesee County. Currently transcatheter aortic valve replacement is available at McLaren Flint Hospital and Ascension Genesys Grand Blanc Hospital.

For more information please contact [executivedirector@gcms.org](mailto:executivedirector@gcms.org)



DAVID HOFF, CCP, MA





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### **Kuala Lumpur, the City of Contrasts and Diversity**

A trip to Malaysia was next on our bucket list. It is one of the most friendliest countries with great tolerance to all religions. We reached our hotel in late afternoon and spent rest of the day relaxing.

The following day began with a visit to Petronas Twin Towers where the national petroleum company of Malaysia has it's headquarters. It was the King's idea to have a grand monument on par with the other man made wonders of the time so that the city can gain as much importance as the other structures. They are the highest twin towers in the world. a panoramic view of the city and its surroundings can be viewed from the observation deck.



**Petronas Twin Towers**

Our next stop for the day was at the limestone Batu Caves. The Murugan Temple was built in 2006. The deity was made in three parts at Kuala Lumpur, assembled at the temple premises and painted in gold brought from Thailand. The entire temple and the stairway are decorated in vibrant eye catching colors. The caves have a moisture condensation with water dripping, constantly, like a light drizzle.

The three flights of stairways are a challenge to climb. But, our group succeeded in reaching the summit despite our age and some health issues. The stair ways led to the main temple of Murugan. Also included are Siva, Ganesh, Meenakshi and some other deities. They are all made in granite and decorated beautifully. Visitors from all faiths come to the temple to see it's beauty.





Batu Caves

After a short break for lunch, we continued our tour with a stop at the Royal Palace. The huge white building, with its yellow domes and beautiful landscapes, was a sight to behold! A short ride took us to the National Monument in Plaza Tugu Negara, the oldest green garden of the town that dates back to the eighteenth century. The huge bronze sculpture of soldiers is dedicated to the war heroes.



The Royal Palace





Our next stop was at the Sultan Abdul Samad Building. Built during the British rule, it is now used for government offices. The tour ended with a visit to the Batik manufacturer's workshop where amazing creations are done on silk and cotton. Vegetable dyes are used to color the fabric. The time consuming art is expressed by numerous workers who put in long hours. The end products are, simply, awesome! They are very durable and last several years without any signs of wear and tear. We bought some silk shirts and tops to enjoy for years to come.

The National Monument, Tu Negara

Malaysia Batik



Lakshmi K. Tummala

Thus ended our trip to the marvelous Malaysia.



The Michigan Doctors' Political Action Committee (MDPAC) is the political arm of the Michigan State Medical Society. We are a bipartisan political action committee made up of physicians, their families, residents, students and others interested in making a positive contribution to the medical profession through the political process. MDPAC supports pro-medicine candidates running for the State legislature, Michigan Supreme Court and other statewide positions. **Join today!**

HEALTH CAN'T WAIT



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# ATTENTION

DATE & TIME  
CHANGE

## 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](mailto:executivedirector@gcms.org)

*to receive the zoom meeting invite.*

**NEXT MEETING DATE:**

**January: Recessed**

**February 11, 2020 9 a.m.**

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



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# COMMUNITY TOOLKIT

OPIOIDS: WHAT YOU NEED TO KNOW



## ABOUT OPIOID ADDICTION

Genesee County Opioid Prevention Project



GREATER FLINT HEALTH COALITION



[KnowMoreGenesee.org](http://KnowMoreGenesee.org)

## OPIOIDS: WHAT YOU NEED TO KNOW

If you have recently been prescribed an opioid, are concerned about or struggling with opioid addiction or know somebody that is, this resource will help you better understand opioids. Know more about opioids and get help if needed.

### Opioid Epidemic

The opioid epidemic, a growing nationwide public emergency, does not discriminate the individuals and communities that it impacts. Genesee County is no exception. According to the Michigan Department of Health and Human Services, 131 Genesee County residents died of an opioid overdose in 2017, up from 120 in 2016<sup>1</sup>.

Many more are treated for an opioid overdose. As community members, parents, neighbors, and friends, there is an opportunity to become better informed and help those struggling with addiction.

### What are Opioids?

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.<sup>2</sup> While many people benefit from using prescription opioid pain medications to manage pain under a health care provider's

direction, there is a risk of dependence and addiction. There is also a risk to the community when prescription drugs are diverted for improper use by others.

### Know the Risks and Side Effects of Opioid Use

Prescription opioids have a serious risk of addiction and overdose, especially with long term use. The use of prescription opioids can have a number of side effects even when taken as directed. They include:

- Tolerance – meaning you might need to take more of a medication for the same pain relief
- Physical dependence – meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness

- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating<sup>3</sup>

### Know the Signs and Symptoms of Opioid Addiction or Overdose

Opioid addiction is a disease that affects your brain and your behavior. At first you have control over your choice to start using drugs, however over time your brain actually changes in certain ways creating an urge to use the drug. There are many signs and symptoms of opioid misuse and addiction. They can include: poor coordination, drowsiness, shallow or slow breathing rate, nausea, vomiting, constipation, physical agitation, poor decision making, abandoning responsibilities, slurred speech, sleeping more or less than normal, mood swings, euphoria (feeling high), irritability, depression, lowered motivation, and anxiety attacks.<sup>4</sup>



<sup>1</sup> "The Opioid Epidemic in Michigan." Michigan Substance Use Disorder Data Repository, [mi-suddr.com/opioids/](http://mi-suddr.com/opioids/).

<sup>2</sup> "What Are Opioids?" HHS.gov, [www.hhs.gov/opioids/prevention/index.html](http://www.hhs.gov/opioids/prevention/index.html).

<sup>3</sup> "Prescription Opioids: What You Need to Know." CDC, [www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf](http://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf)

<sup>4</sup> "Opioid Addiction - Pain Relief - Signs of Addiction." Familydoctor.org, [www.familydoctor.org/condition/opioid-addiction/](http://www.familydoctor.org/condition/opioid-addiction/).

It is important to recognize the signs and symptoms of an opioid overdose and act fast to help save a life. Signs of an overdose include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

An opioid overdose requires immediate medical attention. If you think someone is experiencing an overdose, even if you aren't sure, it is best to treat it like an overdose. Follow these steps:

- Call 911 immediately
- Administer naloxone, if available
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking
- Stay with him or her until emergency workers arrive<sup>5</sup>

## Know Naloxone and the Law

Naloxone is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person if their breathing has slowed or stopped due to an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder. Naloxone should be given to any person who shows signs of an opioid overdose or when an overdose is suspected. If you or a loved one is at risk for an opioid overdose, it is important that you have naloxone on hand. Talk to your physician or pharmacist about naloxone when receiving a prescription for opioids.<sup>6</sup>

During a drug overdose, a quick response can save a life. However, people illegally using drugs sometimes do not seek medical

attention during an overdose for fear of alerting police of their illegal drug use. In order to prioritize saving lives, Michigan passed a Good Samaritan law in 2016. Michigan's Good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose in certain circumstances. This law makes saving lives the priority during a drug overdose, not criminal prosecutions of illegal drug users<sup>7</sup>.

## Know that You Have Treatment Options for Managing Pain

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and



therapies available. Opioids are not the first-line treatment for chronic pain, with the exception of cancer treatment, palliative care, and end-of-life care. Nonopioid treatments can provide relief to those suffering from chronic pain and are safer. Talk to your doctor about your options to best manage your pain. Alternative treatments may include:

- Acupuncture
- Chiropractic care
- Cognitive behavioral therapy
- Massage therapy
- Meditation and relaxation
- Physical therapy
- Yoga<sup>8</sup>

## Know How to Practice Responsible Use of Opioids

Whether you are currently taking opioids or considering opioids to treat (acute) pain after surgery or for chronic pain, it is important that you take steps to protect yourself, your loved ones, and your community.

- Be proactive to learn about your options and communicate with your doctor.
- Be honest with your doctor about your health, drug, and alcohol history, as well as your family history.

<sup>5</sup> "Preventing an Opioid Overdose." CDC, [www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf](http://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf)

<sup>6</sup> National Institute on Drug Abuse. "Naloxone." NIDA, 1 Jan. 2019, [www.drugabuse.gov/publications/drugfacts/naloxone](http://www.drugabuse.gov/publications/drugfacts/naloxone).

<sup>7</sup> "Michigan's Good Samaritan Law." MDHHS, [www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_79584\\_79585\\_79587\\_79590-409680--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584_79585_79587_79590-409680--,00.html)

<sup>8</sup> "RX Pain Medications, Know The Options, Get the Facts." SAMHSA, <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

## KNOW MORE ABOUT OPIOID ADDICTION

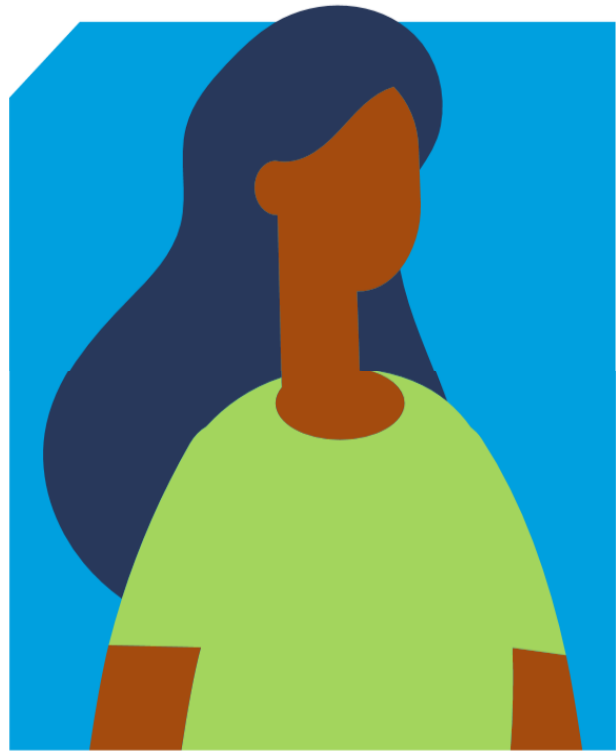
- Always follow your pain care plan and keep your appointments for follow-up care.
- Never take opioids in higher amounts or more often than prescribed.
- Do not combine opioids with alcohol or other drugs that cause drowsiness, such as: benzodiazepines, muscle relaxants, and sleep aids.
- Never share or sell prescription opioids.<sup>9</sup>

### Know How to Properly Store and Dispose of Opioids

Learn how to properly store and dispose of unused medications. Always keep your opioids in a safe, locked place, out of reach of family, children, visitors, and pets. Always keep your opioids in their original labeled container, even when you travel. Remember your children and grandchildren! Keep them safe.

If you have unused opioids at the end of your treatment, take steps to safely dispose of them to protect your family and community. Find an approved prescription drug collection site near you, find a medication Take Back event, or properly use your household trash as a last resort. Prescription drug drop boxes can be found at the following Genesee County locations:

- Burton City Police Department, 4090 Manor Drive  
*Mon-Fri 9:00am-5:00pm*
- Clio City Police Department, 505 W. Vienna Street  
*Mon-Fri 8:00am-4:00pm*
- Davison City Police Department, 200 E. Flint Street  
*Mon-Fri 8:00am-12:00pm & 1:00pm-4:00pm*
- Fenton City Police Department, 301 S. Leroy Street  
*Available 24 hours*
- Flint Police Department, 210 E. Fifth Street  
*Mon-Fri 10:00am-6:00pm*
- Flint Township Police Department, 5200 Norko Drive  
*Available 24 hours*
- Flushing City Police Department, 725 E. Main Street  
*Mon-Fri 9:00am-4:30pm*
- Genesee Township Police Department, 7244 N. Genesee Road  
*Mon-Fri 9:00am-5:00pm*
- Grand Blanc Township Police Department, 5405 S. Saginaw Street  
*Available 24 hours*
- Mott Community College Public Safety, 1401 E. Court Street  
In front of Public Safety Building
- Metro Police Authority, 5420 Hill 23 Drive  
*Mon-Fri 9:00am-5:00pm*<sup>10</sup>



### Know That There is Support Available

Remember that opioid addiction is a disease and those suffering should be treated with care and compassion as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor for help and refer to the **Quick Reference Referral Guide for Substance Use Treatment** locations. Consider finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experiences of others and receive emotional and social support.

- Genesee County Families Against Narcotics holds weekly Nar-Anon support meetings every Thursday evening at 7pm. 3515 North Belsay Road, Flint, MI 48506. All are welcome to attend. [www.familiesagainstnarcotics.org/genesee](http://www.familiesagainstnarcotics.org/genesee)
- Additional Genesee County Narcotics Anonymous meeting sites and times can be found online at [www.michigan-na.org/flint-area/meetings/](http://www.michigan-na.org/flint-area/meetings/)

Take the next steps to seek treatment for yourself or your loved one. There is help.

<sup>9</sup> "RX Pain Medications, Know The Options, Get the Facts." SAMHSA, <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

<sup>10</sup> "Proper Disposal: Stop Prescription Abuse." Proper Disposal | Stop Prescription Abuse, [www.stopprescriptionabuse.com/proper-disposal.html](http://www.stopprescriptionabuse.com/proper-disposal.html)

April 2019

# Quick Reference Referral Guide *for Substance Use Treatment*

KnowMoreGenesee.org



**ABOUT OPIOID ADDICTION**

Genesee County Opioid Prevention Project



# KNOW MORE ABOUT OPIOID ADDICTION

As a Genesee County provider encountering changes in legislation regarding utilization of the Michigan Automated Prescription System (MAPS), and navigating the substance use treatment system with your patients, the Greater Flint Health Coalition and its Mental Health & Substance Use Task Force offer this referral guide as an introductory resource.

## The First Step: Accessing Substance Use Treatment

**1** If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) **the Genesee Health System Access Center** at:

- 810-257-3740 (crisis line available 24/7)
- TTY 810-232-6310
- Toll-Free 877-346-3648
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday, 8 am. to 5 p.m.

Please have the following information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)
- Names of current medicines and doctors

- Guardianship or court papers (if applicable)
- Special education or other school records (if applicable)
- Drug (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay, therefore, staff will need to know the household income and number of dependents of the person seeking help. A coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

**2** If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

## Substance Use Treatment Centers in Genesee County and Surrounding Areas

### GENESEE COUNTY RESIDENTIAL CENTERS

#### Above the Water House

4105 Keyes Street, Flint, MI 48504  
(810) 877-2907  
Women's recovery housing for females with addiction/alcoholism with mild to moderate psychological impairments.

#### Flint Odyssey House

529 M.L. King Avenue, Flint, MI 48503  
(810) 238-5888  
Medication assisted treatment, withdrawal management, long-term residential treatment, outpatient services, recovery housing, women's specialty services, adolescent treatment services.

#### Kairos Health Care, Holy Cross

8218 N. Jennings Road  
Mt. Morris, MI 48458  
(844) 452-4767  
Corcoran House Residential Treatment for Women

#### Life Challenge Ministries

**Life Challenge of Southeastern Michigan**  
17667 Pierson Street, Detroit, MI 48219  
1230 Dupont St, Flint, MI 48504  
(844) 355-LIFE  
info@lcmministries.org

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, our goal is more than rehabilitation, Faith based program.

#### New Paths Inc.

765 E. Hamilton Avenue, Flint, MI 48505  
(810) 233-5340  
newpaths.org  
Short and long-term residential treatment, withdrawal management, outpatient services, recovery housing, 23-hour sobering facility, Court ordered treatment programming.

#### Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Highway, Flint, MI 48506  
(810) 234-2678  
Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.





**GENESEE COUNTY OUTPATIENT CENTERS & SUPPORT SERVICES**

**Bio-Med Behavioral Health  
Care INC. - Flint**

1044 Gilbert Road, Flint, MI 48532  
(810) 733-7623  
Outpatient, integrated treatment,  
medication assisted treatment.

**Catholic Charities**

901 Chippewa Street, Flint, MI 48503  
(810) 232-9950  
Outpatient SUD treatment, Court  
ordered treatment programming.

**Families Against Narcotics –  
Genesee County Chapter**

(810) 397-7175  
familiesagainstnarcotics.org  
Information regarding prescription drug  
abuse, local resources, family support  
network. Available to answer questions  
regarding substance use and steps to  
seek treatment.

**Genesee Community  
Health Center**

422 W. 4th Avenue, Flint, MI 48503  
(810) 496-5777  
Integrated health care, treatment  
services for co-occurring disorders,  
medication assisted treatment  
(Suboxone, Vivitrol).

**Hamilton Community  
Health Center**

Multiple Locations  
(810) 406-HCHN (4246)  
Outpatient, substance abuse counseling,  
Vivitrol program.

**Holy Cross Services**

4318 Miller Road, Flint, MI 48507  
(810) 249-9924  
Outpatient SUD treatment, recovery  
housing.



**Hope Network**

1110 Eldon Baker Drive, Flint, MI 48503  
(810) 232-2766  
Free family and addiction services.

**Insight Wellness Center**

4400 S. Saginaw St., Ste. 1370  
Flint, MI 48507  
(810) 223-0199  
Medication assisted treatment, outpatient  
SUD treatment, services for co-occurring  
disorders, pain management, physical therapy.

**Meridian Health Services**

1289-D S. Linden Road, Flint, MI 48532  
(810) 620-7501  
Outpatient care, integrated treatment,  
and family therapy.

**New Oakland Family Center**

2401 South Linden Road,  
Flint, MI 48507  
(810) 957-4310  
Intensive outpatient counseling  
(dual diagnosis – mental health and  
substance use disorder).

**Remedy Exchange Programs  
(outreach services)**

12745 S. Saginaw, Suite 806-144  
Grand Blanc, MI 48439  
(810) 449-0159  
remedyexchange@gmail.com  
PRIME for Life is a program that helps  
youth and adults learn how to reduce  
their risk of alcohol and other drug  
related problems throughout life.

**Sacred Heart - Flint**

2091 Professional Drive,  
Flint, MI 48532  
(810) 732-1652  
Outpatient, integrated treatment,  
medication assisted treatment  
(Methadone, Vivitrol), women's  
specialty.

**The Serenity House of Flint**

954 Church Street, Flint, MI 48502  
(810) 893-1276  
Informational, holistic options for  
recovery from addictions.

## RESOURCES OUTSIDE OF GENESEE COUNTY

### Brighton Center for Recovery

12851 Grand River Road  
Brighton, MI 48116  
(810) 227-1211  
brightonrecovery.org  
Inpatient and intensive outpatient.  
Provides residential, outpatient, dual diagnosis, and detox services. Will accept private insurance, cash, and Medicare.

### Dawn Farms

6633 Stoney Creek Road  
Ypsilanti, MI 48197  
(734) 485-8725  
Adolescent (17+) and adult residential, outpatient. Non-medicated, 12-step based detox is FREE to anyone, even if they do not stay for residential treatment. Transitional housing.

### Grace Centers of Hope

35 E. Huron Street, Pontiac, MI 48342  
(855) HELP-GCH  
Adult residential, family and life-skills programs.



### Henry Ford Maplegrove Center

6773 W Maple Road  
West Bloomfield, MI 48322  
(248) 661-6100  
henryford.com  
Outpatient and inpatient for adults.  
Outpatient only for adolescents.

### Kairos Healthcare Adolescents

3400 South Washington Road  
Saginaw, MI 48601  
(989) 755-1072  
Adolescent and adult residential, integrated treatment, informational, prevention and problem assistance, outpatient screening assessment referral and follow-up.

### Meridian Health Services

1255 N Oakland Blvd  
Waterford, MI 48327  
(248) 599-8999  
Detox, adult residential, inpatient and outpatient care, integrated treatment, and family therapy.

### Sacred Heart – Memphis

400 Stoddard Road  
Memphis, MI 48041  
(888) 804-7472 Admissions  
(888) 802-7472 Admin  
Adult residential, detox inpatient, case management, early intervention, integrated treatment, peer recovery and support, screening assessment referral and follow-up, Methadone.  
Residential admissions:  
(888) 804-7472 or (734) 284-0070  
Monday-Friday, 8:30am-5:00pm  
Emergency admissions:  
(888) 804-7472, ext. 266, weekdays, weekends, and holidays. Sliding fee scale, Medicaid, ABW, and most health insurance.

### Salvation Army Harbor Light

42590 Stepnitz Drive  
Clinton Township, MI 48036  
(586) 954-1838  
Adult residential/outpatient, case management, detox, screening assessment referral and follow-up.

### Serenity Therapy Center

745 Barclay Circle, #305  
Rochester Hills, MI 48307  
(586) 219-7010  
serenityhelp.com  
Outpatient, addiction counseling, family therapy, and interventions.

### Teen Challenge of Western Michigan

440 Pontaluna Road  
Muskegon, MI 49444  
Men's Phone: (231) 798-7927  
Women's Phone: (231) 798-2702  
Email: info@wm-tc.com  
wm-tc.com/contact-us  
One year residential program. Faith based.

### Vision Quest Recovery

Port Huron, MI  
info@visionquestrecovery.com  
Program Director: (810) 937-6279  
Assistant Program Director:  
(248) 421-8143  
Transitional housing program, 12-step program, structure, guidelines.

*Disclaimer: Resource details provided by Families Against Narcotics. All information was accurate at time of printing. Information is subject to change.*

*This program is supported by the Michigan Health Endowment Fund.*





*Join the thousands!*



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*Get Connected. Get Supported. Get Counted.*

**flintregistry.org**

**ENROLL TODAY!**

**4 EASY STEPS**



**1. GO TO  
FLINTREGISTRY.ORG**



**2. CLICK "START  
HERE" BUTTON**



**3. COMPLETE PRE-  
REGISTRATION FORM\***



**4. BEGIN THE  
ENROLLMENT SURVEY**

\*After you complete the pre-registration form, you will receive a letter, text, or email from us with secure instructions on how to begin your enrollment survey.

Once you fully enroll, the Flint Registry will help connect you to services that will improve your health.

*You will also get \$50 Thank You check in the mail.*

If you have already completed the pre-registration form, call 833-GO-FLINT or email [flintregistry@hc.msu.edu](mailto:flintregistry@hc.msu.edu) for your survey code.

*You may also call us to fully enroll over the phone!*

**FOLLOW US!**

 [@flintregistry.org](https://www.facebook.com/flintregistry.org)  [@flintregistry](https://www.instagram.com/flintregistry)  [@FlintRegistry](https://twitter.com/FlintRegistry)

Michigan State University College of Human Medicine received funding for this work from the Centers for Disease Control and Prevention (CDC), Grant #NUE2EH001370.



# FLINTREGISTRY

*Get Connected. Get Supported. Get Counted.*

[flintregistry.org](http://flintregistry.org)

---

## Why are people joining?

**“One of the reasons I joined  
the Flint Registry was because of  
the education  
and the connections.”**

– Pastor Read,  
Joy Tabernacle Church


.....

**“Making people comfortable  
enough to open up about their  
concerns and feel free to share  
their story; I feel like that’s one of  
the biggest things helping people  
heal in this city.”**

– Aaron Neeley,  
Flint Registry interviewer and resident

---

 833-GO-FLINT

 [flintregistry@hc.msu.edu](mailto:flintregistry@hc.msu.edu)

## 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](mailto:executivedirector@gcms.org)**

# HAPPY BIRTHDAY DOCTOR!

## DECEMBER

Samiullah Sayyid, MD.....	1	Lily LIM, MD.....	10	Edgardo Paguio, MD.....	26
Sridhar Rao, MD.....	3	Randy Hicks MD, MBA.....	12	Paul Schroeder, MD.....	30
Sumathi Mukkamala, MD.....	4	John Martin, DO.....	14	Leon Friedman, MD.....	30
Paul Lauber, MD.....	5	Kelsey Lawrence, MD.....	16		
Randall Sturm, MD.....	5	Edward Stack, MD.....	17		
Eduardo Reyes, MD.....	7	Gagandeep Singh, MD.....	19		
Miriam Pellerito, MD.....	7	Nigel Bramwell, MD.....	21		
Vaibhav Sahni, MD.....	7	Siavosh Varjavandi, MD.....	22		
Stephen DeFriez, DO.....	8	Rao Botta, MD.....	22		
Mary Marshall, MD.....	9	Peter McLeod, MD.....	23		
Mona Hanna-Attisha, MD, MPH.....	9	Abd Alghanem, MD, FAC.....	25		

## JANUARY

Abdelmajid Jondy, MD.....	1	Philip Hardy, MD.....	13	Lawrence Ashker, DO.....	23
Mousa Mohamed, MD.....	1	Epifania Aranas, MD.....	13	Alpesh Korant, MD.....	24
Elmahdi Saeed, MD.....	1	Samuel Dismond, MD.....	14	Alan Morgan, MD.....	25
Khalid Ahmed, MD.....	1	Balvant Ganatra, MD.....	14	Roderick Smith, MD.....	25
Jason Evans, MD.....	3	Ajay Srivastav, MD.....	14	Cyrus Farrehi, MD.....	26
Martin Lapa, DO.....	3	Boleslaw Pietruszka, MD.....	15	Paul Karr, MD.....	26
Cathy Chen, MD.....	5	Nil Barua, MD.....	15	Rodolfo UyHam, MD.....	27
Manjit Grewal, MD.....	5	Gary Roome, MD.....	15	Joseph Luna, MD.....	27
Ashley Richardson, DO.....	6	Ravinder Singala, MD.....	15	George Politis, MD.....	28
Gwendolyn Reyes, MD.....	8	J. Rajkumer Pandyan, MD.....	16	Eranio Malto, MD.....	28
Celso Samaniego, MD.....	9	Azmy Allam, MD, FACP, FCCP, DABSM..	17	Geeta Rode, MD.....	28
George Greidinger, MD.....	10	Silvia Gomez-Seoane, MD.....	19	Robert Flora, MD, MBA, MPH....	28
Shafi Ahmed, MD.....	10	Heedong Park, MD.....	20	Joel Beene, MD.....	29
Raafay Sophie, MD.....	11	Laxmi Devisetty, MD.....	21	Anant Patel, MD.....	29
Jagdish Bhagat, MD.....	12	Harris Dabideen, MD.....	21	Ahmad Kaddurah, MD.....	30
Syed Ahmed MD, FACC.....	12	Frederick Sherrin, MD.....	23	Daniel Zelko, MD.....	31



## 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/))**

1/4-page ad \$100/month

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!

## Virtual Fitness Guide

### Commit to Fit!



Visit [commit2fit.com](https://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](https://crim.org) for a variety of yoga and mindfulness practices!

### Ascension Genesys Athletic Club



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

### YMCA - 360

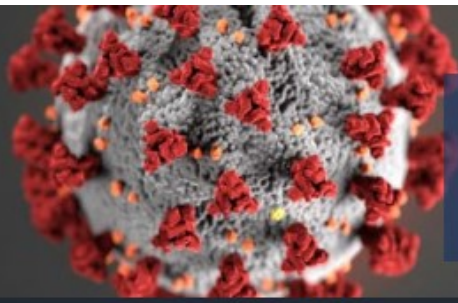


Visit [ymca360.org](https://ymca360.org) for fitness classes of all ages!

### Arthritis Foundation



Click [HERE](#) for arthritis exercises!



## Frequently Asked Questions and Resources

### Abbot BinaxNOW Antigen Test

[Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

#### **What is the Abbot BinaxNOW™ antigen test?**

The Abbot BinaxNOW™ COVID-19 test is a minimally invasive nasal swab test that detects the presence of protein antigens from SARS-CoV-2. The test must be administered by a health professional, or staff who have completed training on its use, and yields results in 15 minutes without any additional equipment. The following documents provide much greater detail on the test:

- [U.S. HHS BinaxNOW fact sheet](#)
- [FDA BinaxNOW COVID-19 Ag Card](#)
- [CMS FAQ on Antigen Testing in Skilled Nursing Facilities](#)

#### **Who can order an Abbot BinaxNOW™ antigen test?**

Only licensed healthcare practitioners can order this point-of-care test. At a minimum, a licensed nurse may order the test. Facilities that do not have a licensed healthcare practitioner on site should contact their local health department's medical director for assistance.

#### **Who can order an Abbot BinaxNOW™ antigen test?**

Only licensed healthcare practitioners can order this point-of-care test. At a minimum, a licensed nurse may order the test. Facilities that do not have a licensed healthcare practitioner on site should contact their local health department's medical director for assistance.

#### **Who can perform this test?**

The test can be performed by health care professionals or individuals who have completed training on its use. This can include doctors, nurses, medical assistants and technicians, pharmacists, employer occupational health specialists, and other individuals who have completed training.

#### **How can I get trained to use Abbot BinaxNOW™ tests?**

Training videos, modules and FAQs can be accessed on [Abbott's website](#). The resources are designed to provide the training necessary to successfully test individuals using BinaxNOW™. The MDHHS Bureau of Laboratories has also created a [training video](#). At a minimum, a person who performs the testing must complete both the online training from Abbott and the MDHHS Bureau of Laboratories.

[Abbott BinaxNOW training materials](#)

[MDHHS Bureau of Laboratories BinaxNOW™ training video](#)



For more information, visit [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus).



 **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**



**COVID-19 reporting for SCHOOLS + EMPLOYERS**

**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](mailto:GCHD-CD@gchd.us) or call (810) 257-1017

 **CLICK HERE**

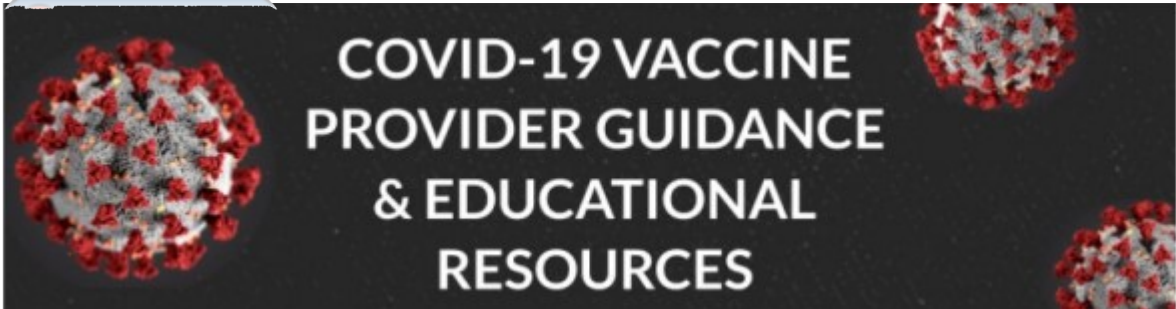
**For State of Michigan Covid-19 Information**







 [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](#)

 [CLICK HERE](#)

[COVID-19 VACCINE RESOURCES](#)

[IMMUNIZATIONS DURING COVID-19](#)

[CDC FAQs](#)

[PROVIDER GUIDANCE & EDUCATION](#)



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TIME**



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## Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of your holiday sentiments while supporting important health related causes.

The Medical Society Foundation has been coordinating physician giving in Genesee County since 1987. This holiday season, why not use the Foundation to make sure your gifts to family, friends and colleagues help to improve the health and well-being of our community.

By giving to the Medical Society Foundation, you receive a great year-end tax benefit at the same time you tell others how much their health- really means to you.

The Medical Society Foundation funds have been used to support the charitable activities of the Genesee County Medical Society.

Contributions can also be made in memory of an individual or to honor someone.

For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact **GCMS at 733-9923** or email [executivedirector@gcms.org](mailto:executivedirector@gcms.org)

*Medical Society Foundation Mission Statement: The Medical Society Foundation is organized and does operate for the purpose of supporting continuing medical education and health-related charitable activities that further the cause of medicine.*

### Mail your donations to:

**Medical Society Foundation**  
**4438 Oak Bridge Drive, Suite B**  
**Flint, MI 48532-5400**



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™



How Do You Lower Your  
**Risk of Getting  
SHINGLES?**



**VACCINATION-VACCINATION-VACCINATION-VACCINATION**

*2020*

*President's Ball*

*Sponsors*



*For giving to GEMS!*

Application Code: \_\_\_\_\_

# State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at [www.joinmsms.org](http://www.joinmsms.org)

Join  
GCMS/MSMS

Renew  
Membership

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

\_\_\_\_\_  
\_\_\_\_\_