

THE BULLETIN

SEPTEMBER 2020 VOLUME 97, NUMBER 9



**Genesee County Bat
Tests Positive for Rabies**

OCTOBER 1st–31st

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**LEGAL ADVISOR:
Beware of Coronavirus
Related Employment
Litigation**

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The Genesee County Medical Society

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SEPTEMBER 2020 VOLUME 97, NUMBER 9

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.

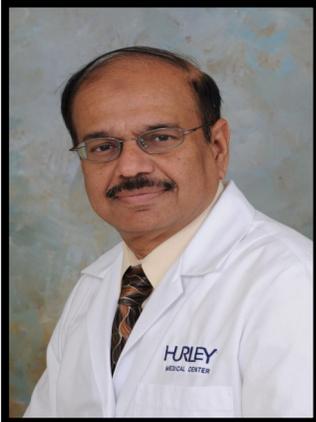
THE BULLETIN

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Qazi Azher , MD

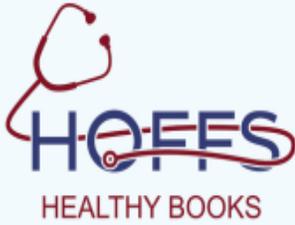


Flu Vaccination!!

The pandemic makes it more important than ever!!

Are you wondering when to get your flu shot? The best time is before influenza (flu) starts circulating widely. For most people, September or October is ideal for protection through the whole flu season, as the immune response from the vaccine wanes over time. And while changes and restrictions due to COVID-19 may make getting a flu vaccine less convenient for some this year, the pandemic makes it more important than ever. Measures that help protect us against COVID-19 — such as distancing, wearing face coverings, and washing hands often — may also decrease the spread of flu. Yet it's more important than ever to get vaccinated. The COVID-19 pandemic has caused shortages of hospital beds, ICU beds, and ventilators even outside of the flu season. During flu season, when both the flu and COVID19 will be circulating, hospitals may again face shortages, limiting their ability to care for people who are seriously ill with the flu, COVID-19, or both. The CDC emphasizes how important it is for as many people as possible to get the flu vaccine this year and issued guidelines for minimizing COVID-19 risks while doing so. Healthcare facilities are taking measures to reduce risk, such as symptom screening, spacing of appointments, and enforcing social distancing and mask-wearing. Please encourage all of your patients, school children and families to get Flu shots well in advance.





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the Date*

*Virtual
President's Ball
November 7, 2020*



September 22, 2020

Board of Directors

6:00 pm, Zoom

October 5, 2020

Legislative Liaison Committee

8:00 am, Zoom

October 13, 2020

Practice Managers

8:00 am, Zoom

October 21, 2020

GCMS Community and Environmental Health Comm.

12:30 pm, Zoom

October 27, 2020

Board of Directors

6:00 pm, Zoom

Announcement

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Farewell to Executive Director Angie Kemppainen

As seasons change in our neighborhoods, staff changes at Genesee County Medical Society are in the air too. Please join us in saying farewell to Angie Kemppainen as The Executive director of Genesee County Medical Society. There have been many tasks that she has poured her time into through her duration with us. We want to thank her for the extraordinary efforts, her pleasant demeanor, and steady business sense. We wish her well on her future endeavors and safety during these uncertain times.

Even though Angie was wearing many hats during her employment with us as Executive Director, she was always task oriented and she fulfilled all of the requirements warranted by the GCMS.

Her friendly smile with enormous knowledge with association activities, she easily sailed through the muddy waters in many occasions. Since she had good relationship with the MSMS, that gave us a tremendous advantage in following through easily between the two organizations.

Having a director like Angie as the best part of GCMS, it is hard to say goodbye and is really saddening to lose a leader like her. May God Bless her with a very happy life and we thank her for everything that she has provided to GCMS, in this journey, especially to me.

Edward Christy MD
Past Present, GCMS





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The Michigan Doctors' Political Action Committee (MDPAC), the political arm of the Michigan State Medical Society, is a bipartisan political action committee made up of physicians, their families, medical 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.

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Beware of Coronavirus Related Employment Litigation

By: Nancy K Chinonis, Employment Attorney at Cline, Cline & Griffin, PC

The coronavirus pandemic has opened the door to several novel employment issues and has added a twist to some common employment scenarios, which could result in litigation if employers don't keep up with evolving guidelines and executive orders relating to Covid-19.

Due to the pandemic, many employers are dealing for the first time with reductions in force, furloughs, changes in the scheduling of employees, and remote work. You should consult with your employment attorney before making any significant changes that affect your employees to ensure that the changes are in compliance with state and federal law, and do not have a discriminatory effect.

During this pandemic, many employment lawsuits look like typical workplace disputes with additional claims of Covid-19 retaliation or discrimination. It is expected that litigation regarding claims of discrimination, wage and hour claims, whistleblower claims, and claims of retaliation for asserting various Covid-19 protections will increase as this pandemic continues.

It is likely that many employees will allege that they were not properly provided paid sick leave or paid family leave pursuant to the Families First Coronavirus Response Act. These claims maybe made by employees who have received a Covid-19 diagnosis, have been instructed to quarantine, or are vulnerable due to age or a pre-existing medical condition. These type of claims may also be brought by employees who have child-care issues due to the closure of a school or daycare, or individuals who need to care for a family member.

Employers should be consult with their employment attorney before issuing discipline or terminating employee related to absences related to Covid-19. Even when employees exhaust their leave entitlement—or when leave is otherwise unavailable—the employee may be entitled to take time off or work from home as a reasonable accommodation under state and federal law. Refusing to discuss requests for a reasonable accommodation may result in litigation citing violation of the ADA. Moreover, Governor Whitmer has signed several Executive Orders, most recently Executive Order 172, which prohibits employers from disciplining, discharging, and/or retaliating against an employee who stays home when (s)he is at risk of infecting others with Covid-19. Pursuant to Executive Order 172, employers must treat such employees as if they have taken leave under the Paid Medical Leave Act.

Employees are also protected from retaliation pursuant to the Michigan Whistleblower Protection Act if they report a violation or suspected violation of law to a public body. Thus, if your employee reports a suspected OSHA violation, wage and hour violation, or any other suspected violation of law to a public body, including suspected unsafe working conditions related to Covid-19, employers must take care not to retaliate against the employee with regard to the terms and conditions of their employment. An employee who prevails on a whistleblower claim can recover economic damages and payment of their attorney fees if they can prove a causal connection between the adverse employment action and a report of a violation or suspected violation of law to a public body.

Workplace compliance guidelines have frequently changed over the past few months. Employers should routinely check for updates from the U.S. Department of Labor website and the State of Michigan Wage and Hour Division website, which have been updating guidelines and addressing frequently asked questions about leaves of absence, work-from-home arrangements, and wage and hour issues. Despite the novel issues that may arise during this pandemic, many classic best practices for avoiding litigation still apply. Employers should welcome dialog with their employees regarding employment related concerns and maintain confidentiality regarding personal information shared by employees. Employers should continue make sure the reasons behind any employment decisions are well-documented, should discipline become necessary. Finally, employers should work closely with their legal team when dealing with employee discipline, terminations, furloughs, leave requests and other employment decisions. When possible, employers should strive to be flexible and creative when approaching COVID-19- related employment issues. Both employers and employees are navigating new territory. Many employees have legitimate fears about the coronavirus. Mitigating this fear will make the workplace more tolerable for everyone. Supervisors should be trained to be empathetic. Employees who feel that their voices have been heard are less likely to file lawsuits. If you have questions regarding employment concerns related to Covid-19, or questions regarding any other employment-law related topic, contact Nancy Chinonis at Cline, Cline & Griffin, PC (810)-232-3141.



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President's Ball

Virtual

President's Ball

November 7, 2020



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A Call to Volunteer!!

Whatever Happened to Volunteerism?

It is uniquely human to have feelings and emotions that help us to empathize with our fellow beings. Alas, gone are the days when one would take the time to meet and get to know one's neighbor, go door to door to collect money to help with a charity, help prepare meals at a local soup kitchen or donate to a worthy cause. Many women were stay-at-home moms who were busy taking care of housekeeping, family meals and their children's needs like driving them to school and activities. Yet, these spouses found time to volunteer in their children's school, the local hospital or their church. They saw the pleasure of giving than receiving.

Times have since changed, so have lifestyles and priorities. Some spend their leisure time on the golf course or in a gym. Of course, it is important to be healthy and physically fit. I am told that there is no better exercise for your heart than reaching down and helping lift someone else up. Through our willingness to help others, we can learn to be happy rather than be depressed. We need to know that we have an obligation to give back to the community what we take from it.

Although there are twenty four hours in a day and seven days in a week, most people just don't seem to have a couple of hours to spend on community service. They don't seem to realize that without community service, we would not have a vibrant quality of life. It is important to the person who serves as well as to the recipient since it is the way in which we ourselves grow and develop. Audrey Hepburn, one of Hollywood's legends and my favorite actress, once said, "If you ever need a helping hand, it is at the end of your arm. As you get older, you must remember you have a second hand. The first hand is to help yourself. The second hand is to help others."

To be a volunteer, all it takes is a caring thought about a fellow being, realizing that one could make a positive difference in another person's life, that all we have in the world is each other and that our lives are meant to be shared. My mother, always, said that it is a crime not to help a needy person. We should think of giving not as a duty, but as a privilege.

As the volunteer spouse affiliate of the Medical Society, the Alliance offers several opportunities to serve our community. I thank all of our members for their time and money spent for goodwill of others who are very much in need.



Lakshmi K. Tummala

John D. McKellar, MPA
Health Officer



Gary K. Johnson, MD, MPH
Medical Director

DATE: September 11, 2020 **END DATE:** September 30, 2020
CONTACT: Danielle Lederer, MS
Epidemiologist
PHONE: (810) 257-3815
RE: **Genesee County Bat Tests Positive for Rabies**

A rabid bat has been identified within Genesee County in Gaines, the third confirmed case of rabies in an animal this year. The three rabid animals this year have been from different areas of Genesee County. The Genesee County Health Department (GCHD) wants to remind residents that it is important to make sure your pets are current on their vaccinations, including rabies. GCHD wants to advise the public, especially children, to avoid contact with wild, stray, and dead animals to protect yourself against rabies.

Rabies is a virus that affects the nervous system of mammals, including humans. A person may contract rabies through a bite, scratch, or saliva from an infected animal. A potential rabies exposure should never be taken lightly. Treatment is available and effective for rabies if medical attention is received shortly after contact. If untreated, rabies is fatal.

Vaccinating all pets under your care with the rabies vaccine is essential to promoting animal and human health. Whether animals are kept indoors or outdoors it is important to make sure they are all protected against rabies. Exposures may occur even in the most unlikely situations so protection against rabies is essential for all animals for which a licensed vaccine exists. This includes dogs, cats, ferrets, horses, cattle, and sheep.

How to prevent the spread and protect yourself from rabies:

- People waking to find a bat in their room or a child's room should capture/collect the bat safely if possible to submit for testing. Test results are a critical component of the decision process for post-exposure prophylaxis. Contact your local health department or animal control agency to arrange for rabies testing.

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- Keep vaccinations up-to-date for all dogs, cats, ferrets and other animals you own. A licensed veterinarian should give the vaccines, and the appropriate boosters can be discussed based on the guidelines.
- Keep your pets under direct supervision or on a leash so they do not come in contact with wild animals that may be carrying rabies. Seek immediate veterinary assistance for your pet if your pet is bitten by a wild animal or exposed to a bat.
- If you or a family member is bitten or scratched by a wild animal, immediately wash the wound with soap and hot water. Contact your physician and state or local health department for further guidance regarding potential rabies exposure to evaluate the need for rabies post-exposure vaccination.
- Do not approach or touch stray, wild, or dead animals. Teach children to never handle unfamiliar animals, wild or domestic, even if they appear friendly.
- Never adopt wild animals, bring them into your home, or try to nurse unfamiliar sick animals to health.
- Keep pets indoors, supervise when outside, and always use a leash when walking to limit their exposure to wild animals that may be rabid.
- Seal openings around your home such as attics, crawl spaces, or areas under your porch or deck, to prevent animals from living there.

For removal of nuisance animals, please contact a permitted contractor, with the Department of Natural Resources, preferably one with both liability insurance and workers compensation insurance. Ensure that the contractor is permitted for the specific animal you wish to be removed. A list of wildlife damage and nuisance animal control contractors in your particular area can be found here:

https://www.michigan.gov/dnr/0,4570,7-350-79136_79608_83071-137162--,00.html. For domestic animals such as dogs or cats and animal care questions, please contact the Genesee County Animal Control at 810-732-1660. For questions regarding human health, contact GCHD at 810-257-1017.

Genesee County Health Department

###

Page 2 of 2

President's Virtual Ball

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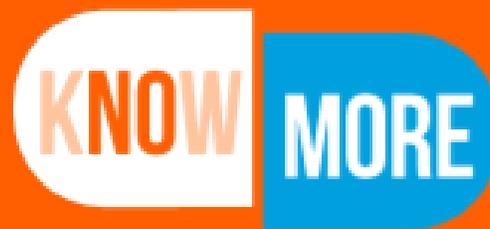
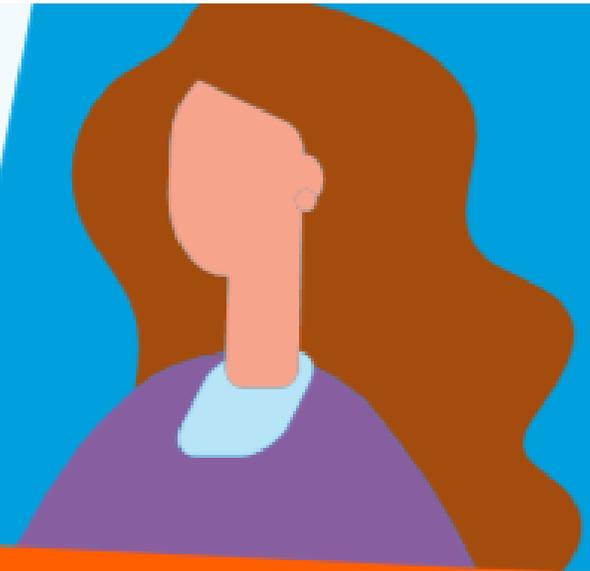
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*GCMS will place ads at its discretion upgrading to premium placement if possible .

COMMUNITY TOOLKIT

OPIOIDS: WHAT YOU NEED TO KNOW



ABOUT OPIOID ADDICTION
Genesee County Opioid Prevention Project



GREATER FLINT HEALTH COALITION



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 2016¹.

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.² 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 sweating³

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.⁴



¹ "The Opioid Epidemic in Michigan." Michigan Substance Use Disorder Data Repository, mi-suddr.com/opioids/.

² "What Are Opioids?" HHS.gov, www.hhs.gov/opioids/prevention/index.html.

³ "Prescription Opioids: What You Need to Know." CDC, www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf

⁴ "Opioid Addiction - Pain Relief - Signs of Addiction." Familydoctor.org, 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 arrive⁵

Know Naloxone and the Law

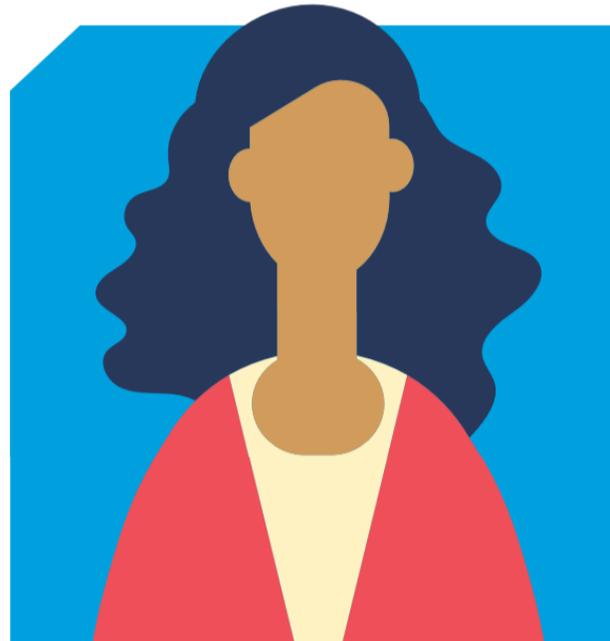
Naloxone is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person if their breathing has slowed or stopped due to an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use 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.⁶

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 users⁷.

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
- Yoga⁸

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.

⁵ "Preventing an Opioid Overdose." CDC, www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf

⁶ National Institute on Drug Abuse. "Naloxone." NIDA, 1 Jan. 2019, www.drugabuse.gov/publications/drugfacts/naloxone.

⁷ "Michigan's Good Samaritan Law." MDHHS, www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584_79585_79587_79590-409680--,00.html

⁸ "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.⁹

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*¹⁰



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
- Additional Genesee County Narcotics Anonymous meeting sites and times can be found online at www.michigan-na.org/flint-area/meetings/

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

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

¹⁰ "Proper Disposal: Stop Prescription Abuse." Proper Disposal | Stop Prescription Abuse, 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@lcministries.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!



FLINTREGISTRY

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 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

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

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

HAPPY BIRTHDAY DOCTOR!

SEPTEMBER

Brian Shaprio, MD.....	1	Paul Telehowski, MD.....	8	Saqib Ahmad, MD.....	22
Ramotsumi Makhene, MD.....	4	Robert Soderstrom, MD.....	9	Terry Krznarich, MD.....	25
Douglas Congdon, DO.....	4	Scott Garner, MD.....	11	Michael Gedwill, DO.....	25
Bonita Wang, DO.....	4	Ishwar Dass, MD.....	13	Burt Parliament, MD.....	26
Sana Ahmed, MD.....	4	Leroy Johnson, MD.....	16	Keith Heslinger, MD.....	27
Damayanthi Pandrangi, MD...	5	John Doyle, MD.....	16	Eugene Chardoul, MD.....	28
Anish Bansal, MD.....	5	Albert Macksood, MD.....	18	Rosario Villareal, MD.....	28
Alexander Chan, MD.....	6	Theodore Fellenbaum, MD, FACOG, ASCCP	18	Sergio Ponze, MD.....	28
Joyce Fahrner, MD.....	7	Michael Beer, MD.....	18	Raad Al-Khouri, MD.....	28
Linda Lawrence, MD.....	7	Pongchayut Surapipith, MD.....	20	Peter, Moody.....	29
Joseph Kingsbury, DO.....	8	Susan Mosier-LaClair, MD.....	21	Manoharan Eustace, MD.....	29
				Robert Molnar, MD.....	30

OCTOBER

Eleuterio Lumaque, MD.....	1	Chandulal Malde, MD.....	10	S. Peter Almeida, MD.....	19
Walter Barkey, MD.....	2	Kavita Rajkotia, MD.....	11	Allan Ebert, DO.....	20
Alexey Levashkevich, MD.....	3	Robert Weber, MD.....	11	Vernon Urich, MD.....	20
Randolph Schumacher, MD.....	4	Prjesh Patel, MD.....	12	Adrienne Kimler, MD.....	21
George Predeteanu, MD.....	4	Jerome Kasle, MD.....	13	Alex Solik, MD.....	21
Lewis Twigg, MD.....	5	Hemant Thawani, MD.....	13	Giovanni DiGiannantonio, MD.....	21
Miguel Perez- Pascual, MD.....	5	Naraharisetty Rao, MD.....	14	Gail Cookingham, MD.....	22
Anyhony Parillo, MD.....	6	Krishna Shah, MD.....	15	Duane Bailey, MD.....	23
William Macksood, MD.....	6	Amitabha Banerjee, MD.....	15	Robert Yochim, MD.....	26
Ahmed Arif, MD.....	7	Tai Kang, MD.....	15	Kevin Gaffney, MD.....	26
Jack Price, MD.....	8	John Dobson, MD.....	16	Ryan Chartrand, DO.....	27
Nettleton Jack, MD.....	9	Mohammed Syed, MD.....	16	Christopher Conlin, MD.....	27
Lee Perry, MD.....	10	Sunil Kaushal, MD.....	16	Vicente Carino, MD.....	27
Prasad Kommareddi, MD.....	10	Frederick Bruening, MD.....	18	Edgardo Balde, MD.....	27
Behrouz Moghtassed, MD.....	10	James Chambers, MD.....	19	Chistopher Curkrowski, MD.....	28
Abdul Hassan, MD.....	10	Wayne Kinning, MD.....	19	Daniel Ryan, MD.....	29
				Philip McDonald, MD.....	31



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!

10 Years Committed to Fitness!



Fall 4 Fitness Challenge



1,000 Minutes in One Month! OCTOBER 1-31, 2020

CHALLENGE GOAL:

A one-month physical activity challenge that encourages employees to represent their organizations by being physically active. It is open to all area businesses, organizations, and community groups interested in bringing wellness to the workplace and competing with other organizations.

CHALLENGE PRIZES:

ORGANIZATIONS with the highest levels of participation and average minutes of physical activity will receive:

- Trophies and Bragging Rights
- Additional Raffle Chances for Cash Prizes

INDIVIDUALS who reach the challenge goal of 1,000 minutes of physical activity during October will be eligible for prizes including:

- Cash Prizes
- Wearable Fitness Devices
- Gift Certificates

Registration your team today at www.surveymonkey.com/r/Fall4Fitness2020



GET STARTED:

Participating in the Fall 4 Fitness Challenge is as easy as 1-2-3.

- 1 Log on to **commit2fit.com**.
- 2 **Earn points for being active!** Begin tracking your activity – just 35 minutes each day – and you are automatically entered into the challenge. Remember: All activity counts!
- 3 Participate in **free fitness classes, work together daily** with your team members, and **track all your physical activity** to be eligible to win both organizational and individual incentives.

Visit www.commit2fit.com





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

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



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31 Years of Innovative Strategies. Exceptional Results.
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Application Code: _____

State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at 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: _____

Within the last five years, have you been the subject of any disciplinary action by any medical society or hospital staff?: Yes No

If "yes," please provide full information: _____

I agree to support the County Medical Society Constitution and Bylaws, the Michigan State Medical Society Constitution and Bylaws, and the Principles of Ethics of the American Medical Association as applied by the AMA and the MSMS Judicial Commission.

Signature _____ Date: _____

County Medical Society Use Only
Reviewed and Approved by: _____