THE BULLETIN

OCTOBER 2020 VOLUME 97, NUMBER 10



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

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MSMS OFFICERS 2020

S. Bobby Mukkamala, MD

President

Pino Colone, MD

President Elect

John Waters, MD

Treasurer

DISTRICT DIRECTOR VI

Nita Kulkarni, MD

DELEGATES

Qazi Azher, MD

Laura Carravallah, MD

Ed Christy, MD

Niketa Dani, MD

Deborah Duncan, MD

John Hebert, III, MD

Rima Jibaly, MD

Gary Johnson, MD

Nita Kulkarni, MD

Gerald Natzke, DO

Venkat Rao, MD

Tarik Wasfie, MD

ALTERNATE DELEGATES

Khalid Ahmed, MD

Kiran Devisetty, MD

Asif Ishaque, MD

Sunil Kaushal, MD

Farhan Khan, MD

Paul Kocheril, MD

Sayed Osama, MD

Rama Rao, MD

Lawrence Reynolds, MD

Brenda Rogers-Grays, MD

Elmahdi Saeed, MD

Amanda Winston, MD

EXECUTIVE DIRECTOR

David Hoff, CCP, MA

OCTOBER 2020 VOLUME 97, NUMBER 10

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

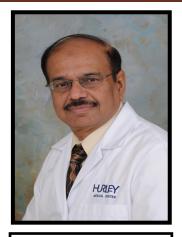
The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

Published by the Genesee County Medical Society Publication Office 4438 Oak Bridge Drive, Suite B, Flint, Michigan 48532 Phone (810) 733-9923

By subscription \$60 per year. Member subscription included with Society dues. Contributions to *THE BULLETIN* are always welcome. Forward news extracts or material of interest to the staff before the 5th of the month. All statements or comments in *THE BULLETIN* are the statements or opinions of the writers and are not necessarily the opinion of the Genesee County Medical Society

PRESIDENT'S MESSAGE



Qazi Azher, MD

We see health care access disparities echoing through our COVID statistics. The pandemic has shone a spotlight on health disparities and created an opportunity to address the causes underlying these inequities.

Recently, our President received care only he would have access to. Literally, in this case, care that even money could not buy. The numbers of African and Hispanic Americans impacted by COVID-19 is much higher in their percentages of COVID-19 cases and deaths than their percentages in society. No doubt, for too many, their limited educational and economic opportunities place them in jobs that put them more at-risk. Many did not have access to preventive and primary care throughout their lives which places them at greater risk of living with underlying health

conditions. Many have also documented how the added stress of living with systemic racism has worn down the effectiveness of their immune systems over their lifetime.

The most pervasive disparities are observed among African American and Latino individuals, and where data exist, American Indian, Alaska Native, and Pacific Islander populations. Preliminary prevalence and mortality estimates in multiple geographic areas, which are being tracked daily, show a consistent pattern of racial/ethnic differences.

Studies are needed to understand the influence of state and local mitigation policies on differences in health services utilization and health outcomes, the role of community-level protective factors and interventions in mitigating the adverse consequences of the sector disruptions caused by the outbreak, the influence of COVID-19—related racism and other types of discrimination, and the role of social determinants of health in influencing preventive health behaviors.

While many hopeful signs are visible on the horizon with promising new treatments and vaccines progressing through the approval process, we also must be more vigilant than ever in the coming months.

DO NOT FORGET getting a flu shot this month is an important way to prepare for the winter months ahead.



OCTOBER 2020 4



DAVID HOFF CEO

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October 21, 2020

GCMS Community and Environmental Health Comm.

12:30 pm, Zoom

October 27, 2020 **Board of Directors** 6:00 pm, Zoom

November 2, 2020 Legislative Liaison Committee 8:00 am, Zoom

November 7, 2020

President's Ball

6:00 pm, zoom

November 10, 2020 **Practice Managers** 8:00 am, Zoom

November 18, 2020

GCMS Community and Environmental Health Comm.

12:30 pm, Zoom

Announcement

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

For details, contact:

POTTER & ROOSE INSURANCE

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DIRECTOR'S MESSAGE

Genesee County Medical Society Welcomes New Executive Director





DAVID HOFF, CCP, MA

I would like to thank GCMS Board of Director's for the opportunity to work with such a vibrant, committed Medical Society.

It has been an honor to work with GCMS this last year in the capacity of a bookkeeper to streamline the accounting irregularities. During that time, I really enjoyed and respected all the advice and input shared by so many of the Board Members.

I am a certified perfusionist and have been working at McLaren Hospital for more than thirty-five years. Throughout my career I have been very involved in organized medicine. I sat on the board for Spring Arbor University for four years, and was Vice Chairman of McLaren Institutional Review Board. Along with being the Director of Perfusion for twenty-seven years, I was also the Vice President of Michigan Perfusion Society. I have a master's degree in organizational management, and I am a certified bookkeeper through QuickBooks.

Working at McLaren for many years gave me the wonderful opportunity to work with and get to know many physicians in Genesee County.

I have been married to my wife, Heidi for 31 years and have one son, Matt, whom is 23 years of age and has recently graduated from GVSU.

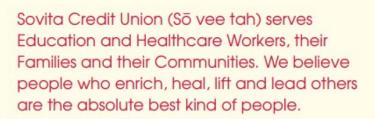
I have learned all the administrative aspects of GCMS including the partnership with MSMS while working closely with our previous Executive Director, Angie Kemppainen and Executive Assistant, Sherry Smith for over 12 months.

Again, I am very excited to be able to work closely with this amazing group of physicians. If you have any questions, concerns or ideas please feel free to contact me directly at Executivedirector@gcms.org or by calling 810-407-4921.





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and money.

Yes
to lifting families.

Yes

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GUEST EDITORIAL

Advocacy is Everyone's Business

Children have a lot of dreams growing up. I am sure, there are many more men and women like my husband, that spent thousands of dollars and endless number of hours studying to become a doctor. It does not end there. For physicians, continuing medical education is required to keep abreast of latest developments in their practice. It takes a very special person to become a doctor as their practice involves stress due to long hours, fear of malpractice suits and they must make do with cuts in reimbursement. In addition, there are health care issues that concerned physicians and their spouses are monitoring like the Smoke-free Work Place Bill, Physical Education in Schools, Tort Reforms and the Chiropractic Scope Bill, to name a few.

Doctors and their spouses need to be involved in organized medicine and play an active role in political advocacy. It is important for physicians to unite to influence legislators because it takes strength in numbers to fight the system. But how many do? We need more people to actively participate in the cause for effective national health care reforms. Helen Keller once said, "Science may have found a cure for most evils, but it has no remedy for the worst of all-the apathy of human beings." This seems especially true for most of us. You probably believe that politicians do not care about what you think or you feel that you do not have the time to contact elected officials and you are not sure what to say to them, or do not understand the legislative system. But, contrary to what you may think, it is possible to influence politicians without spending much money. With this being the election year, your involvement is very crucial.

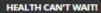
We have all heard that action is the best antidote to despair. Take every opportunity to spread the word through media and your patients, friends and professional colleagues. Advocacy is simple and it is everyone's business. All we need to do is get to know our legislators. One of the most effective ways to participate is to make our views known by writing to our elected government officials. In this age of technology, it is easy to take action on MSMS online Action Center (www.msms.org/ action) or use the telephone as it is our best tool. Use it to call your congressman and ask to speak to legislative aides for health care. Obtain their e-mail addresses and communicate with them as issues arise and, finally, contribute to MDPAC to help fight to protect the practice of good medicine. Please join us to meet our Geneses County elected officer monthly at our Genesee County Legislative Liaison Committee meeting to share your thoughts and objections.



Lakshmi K. Tummala



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!











Activate Your Political Voice

Physician engagement is essential to the success of a promedicine legislature. Current and potential lawmakers want and need to hear from professionals in the field of medicine. On Engage, you will communicate, educate, and activate on the things most important to Michigan physicians.

Engage



F. Dale Roth, MD

(12/18/1927 - 9/7/2020)



Dr. Ferdinand Dale Roth, of Grand Rapids, Michigan, was born December 18, 1927 in Walker Township, Michigan, the son of Ferdinand and Winifred Roth. He graduated from Union High School in Grand Rapids, Michigan. He served and was honorably discharged from both the U.S. Army and the U.S. Marine Corps.

Dr. Roth attended Grand Rapids Junior College and graduated from the University of Michigan Medical School in 1954 with his MD degree. He completed a residency in Ophthalmology and subsequently completed two post-graduate clinical fellowships, one in Glaucoma and another in Retinal diseases with world-renowned pioneer of modern vitreoretinal surgery Paul Cibis, MD at Washington University in St. Louis.

He began medical practice in Flint in the early 1960s. He subsequently practiced in San Francisco until 1976 when he returned to practice in Flint, Michigan. He was the first ophthalmologist in Genesee County to perform retinal laser photocoagulation to treat diabetic and other retinal diseases.

Dr. Roth was a Diplomate of the American Board of Ophthalmology, Fellow of the American Academy of Ophthalmology and active member of the American Medical Association, Michigan State Medical Society, and Genesee County Medical Society. He practiced vitreoretinal ophthalmology until he retired in 1994.

Dale died peacefully at the age of 92 on September 7, 2020 in Beaufort, South Carolina.

Genesee County Medical Society Board of Directors September 22, 2020 Minutes

Present:

Khalid Ahmed, MD Qazi Azher, MD Laura Carravallah, MD Ed Christy, MD Pino Colone, MD John Hebert, III, MD Gary Johnson, MD Paul Kocheril, MD Nita Kulkarni, MD Gerald Natzke, Jr. MD EG Raj, MD Rama Rao, MD Sunilkumar Rao, DO Venkat Rao, MD Brenda Rogers-Gray, MD John Waters, MD

Staff:

David Hoff, CCP, MA Jennifer Sanders

Call to Order

The meeting was called to order via Zoom at 6:05 pm, by Qazi Azher, MD, President.

II. Review of Minutes

The minutes of the August 25, 2020, Board of Directors meeting were presented.

Motion: that the minutes of the August 25, 2020, Board of Directors meeting be approved as presented. The motion carried.

III. Introduction New Executive Director

A) David Hoff accepts position of Executive Director- Dr. Christy introduced.

He is driven and expects to expand our membership as well.

There will be separation between his Executive Director position and the Accounting/ check writing. Dr. Raj or Dr Christy are now positioned to sign GCMS checks. Any amount above \$5,000 must be approved by the board, as before.

Motion: that there is a contract by executive board and approved as presented. The motion carried.

B) Jennifer Sanders is to act as an Executive Assistant to assist David Hoff and will be attending meetings to provide support services including taking minutes, organizing zoom meetings and arranging future meetings.

IV. Reports

A) Financial Update

Finance Committee-

Sale of the building is final. As of July 11, 2020.

The mortgage has been zeroed out. David Hoff will try to reach out to the Accountant in hopes to get the books completed in the next month.

Dr. Christy met with the Accountant on 09/21/2020 to help them expedite the tax filing for the previous years due to failure of doing so by ClickSilver.

2. Balance Sheet-.

Reviewed by Dr. Raj and approved by the board.

- 3. <u>Treasury Report-</u> As of September 22, 2020, there was \$ 68,000 in the Society's bank accounts. It is expected that when membership dues start rolling in, GCMS would be in a better place this fall season and going into 2021. There have been many donors that made donations that caused GCMS to be in the positive territory. This does not include the \$84,514 that is set aside from the sale of the building to cover future unusual occurrences and legal costs. This is due to the ongoing legal matters.
- Donation Update- To date, \$34,150 has been donated to the Society in response
 to the donation request letter sent out earlier this year. 60 members and the
 Medical society foundation contributed. The list will be provided by David Hoff to
 the board members.
- <u>Lawsuit Update-</u> The judge gave one month to meet with lawyers. Rob Bader persists that he was maintaining one account, deducted the rent from the money which GCMS owes for his work done.

Dr Christy further explained that Rob Bader collected \$339,900.00 from GCMS during the last five years. Dr. Waters and Dr. Venkat Rao confirmed that there are no documentations for approval for this amount. In this, Rob Bader was blaming Pete Levine for not maintaining proper documentation. Our lawyers requested more documents to be surrendered by ClickSilver for the payments collected for the last 2 years. Next Court hearing will be on 09/29/2020.

Nominating Committee Report-.

Dr. Venkat Rao to continue as the interim chairman for Legislative Committee during the transition, as Cathy Blight has stepped down. The GCMS to give a gift of appreciation presented at the President Ball to Cathy Blight due to her valuable contribution of many years to the board.

B) Medical Society Foundation- Minutes are accepted by the Board

- Meeting held 08/26/20
- Approved \$400 for access to quick books.
- 3. Dr. Christy was approved a signatory for the checking account.
- Reviewed where we are in litigation with the ClickSilver lawsuit. Allocated up to 20k additional funds for those litigation costs if matched by GCMS.
- Approved adding EMC financials which MSF has taken over as a portion of that ligation with Clicksliver if needed.
- Mrs. Tummala has been offered and accepted the Public Seat on the board.
- 7. Dr Rai was elected the new President.
- 8. Next Meeting will be held sometime after mediation/lawsuit.

C) Membership Updates

 David Hoff is setting new goals to obtain new members. With the goal of 50 additional members for this membership period.

Current Membership 2020

- Active Members= 193
- Active Emeritus= 44
- Emeritus= 114
- Medical Students 3
- Lost Members from 2019 to 2020= 45

- The cost for Emeritus GCMS membership is \$0. Further discussion, board approved to keep the dues as \$0 since most Emeritus members donated money recently to GCMS.
- Most of the Board Members were concerned that we only have 3 medical students as members. We decided to reach out to the hospitals and recruit more medical students and residents.
- 4. David Hoff presented a comparison chart of membership dues collected from various counties in Michigan. Our GCMS dues (\$385) is the highest among all the counties. After a heated discussion all agreed to keep the current dues for the moment until our financial situation and legal cases are cleared.

D) MSMS Update

- 1. Dr. Nita Kulkarni confirmed that the following issues are still not resolved
 - a. The Surprise Billing
 - Scope of practice Expansion

She also requested that members continue to support MDPAC so that they can sponsor the legislative branch to approve the above bills in our favor.

E) Community & Environmental Health

- The meeting for September was canceled. Plans to meet again in October 21, 2020. A full report will be given at next month's meeting.
- Dr. Gary Johnson presented that Eastern Equine Encephalitis (EEE) has been reported in Michigan. Areal treatment began to help reduce spread of disease by mosquito.
- Covid-19 booming in the county. Instant Command System Meeting was on 09/22/2020:

Covid-19 case counts are 3583, up by 24 in the county. 281 deaths. There is a current outbreak in McLaren Psych unit, 11 pts and 4 staff are positive. Inpatient Hospital count is down to 33. Genesys= 11, Hurley= 1, McLaren= 21. There will be a mobile unit for testing in the community.

Dr. Gary Johnson also promised to pass on the information about rapid Covid-19 testing to David Hoff to distribute to all members.

F) President's Report

No report given this month.

G) Legislative Liaison Committee Report

Because of the Labor Day Holiday, there was no meeting in September. Next meeting is October 5, 2020 via zoom. Advocacy is the bread and butter of this County. Please log in for the meeting. Dr. Venkat Rao will act as Chairman since Dr. Blight is retired.

H) Greater Flint Health Coalition Report

- Dr. Waters Presented that Covid-19 case trends, response strategies, school, testing sight updates were discussed.
- Update of the state budget with the cutting of the funding to Genesee Health Plan was discussed.

3. The issue with Dr. Brenda Rodgers attending the GFHC Board Meeting was raised by many Board Members. After discussing, it was decided that Dr. Waters wants to continue to represent GCMS for another year. Board requests the Executive Director and Dr. Waters to arrange the meeting with the GFHC Board members to resolve this issue. GCMS requests to notify the GFHC Board to terminate Mr. Pete Levine's representation on behalf of GCMS since he is no longer employed by GCMS.

Further discussion of Dr. Brenda Rodgers may attend GFHC Board as an alternate for the GCMS Executive Director since the Executive Director for GCMS is working part time and is unable to attend all the meetings.

The Board requests that David Hoff and Dr. Waters to resolve this issue before the next board meeting.

V. New Issues

All the Board Members are concerned that the issue of Board of Commissioners is proposing on subtracting \$1.5 million out of 9 million out of millage. This may cut the funding to Genesee Health Plan and may affect the care provided to the Medicaid population through the Genesee Health Plan.

VI. Next Meeting

October 27, 2020

VII. Adjournment

No further business appearing, the meeting was adjourned at 7:35 p.m.

Respectfully submitted.

David Hoff, CCP, MA, Executive Director

You're Invited to The President's Virtual Ball

When: November 7, 2020 @ 6 p.m.

Via: Zoom

Price: \$85.00/ticket

**A voucher for dinner will be mailed to your address for each ticket purchased. You will have a choice from many participating restaurants,

During the challenging times of this pandemic, we hope everyone will continue to show support and reverence as we come together (virtually) to Celebrate and thank Dr. Qazi Azher for his dedication during a year with so much uncertainty.

Dress up, turn on your device and join us in celebrating Genesee County Medical Society and the Great Institution that we all have come to know and love.

Please click here to RSVP!

***Please see attached our sponsorship flyer, consider a gift of sponsorship to help GCMS continue helping our community!





President's Virtual Ball



Premiere - \$10,000 Level Sponsor

Includes: One Full-Page Ad* in the January 2021 GCMS Bulletin, a link to your website from your ad, special mention in advertising and promotions relating to the Presidents' Ball, acknowledgement in the event program and at the virtual podium, and a sponsorship of a Dinner Business Meeting.

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Gold Star-Generous Donation

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

Please click HERE to make your generous donation!











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 &}quot;Opioid Addiction - Pain Relief - Signs of Addiction." Familydoctor.org, www.familydoctor.org/condition/opioid-addiction/.

KnowMoreGenesee.org

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



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 users?

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



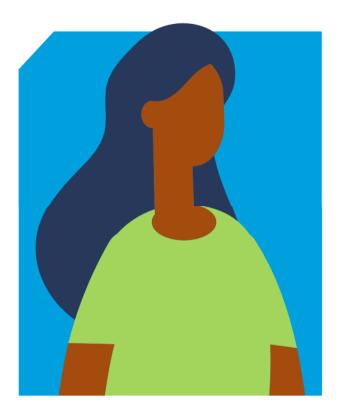
- Always follow your pain care plan and keep your appointments for follow-up care.
- · Never take opioids in higher amounts or more often than prescribed.
- Do not combine opioids with alcohol or other drugs that cause drowsiness, such as: benzodiazepines, muscle relaxants, and sleep aids
- Never share 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-5:00pm¹⁰



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**

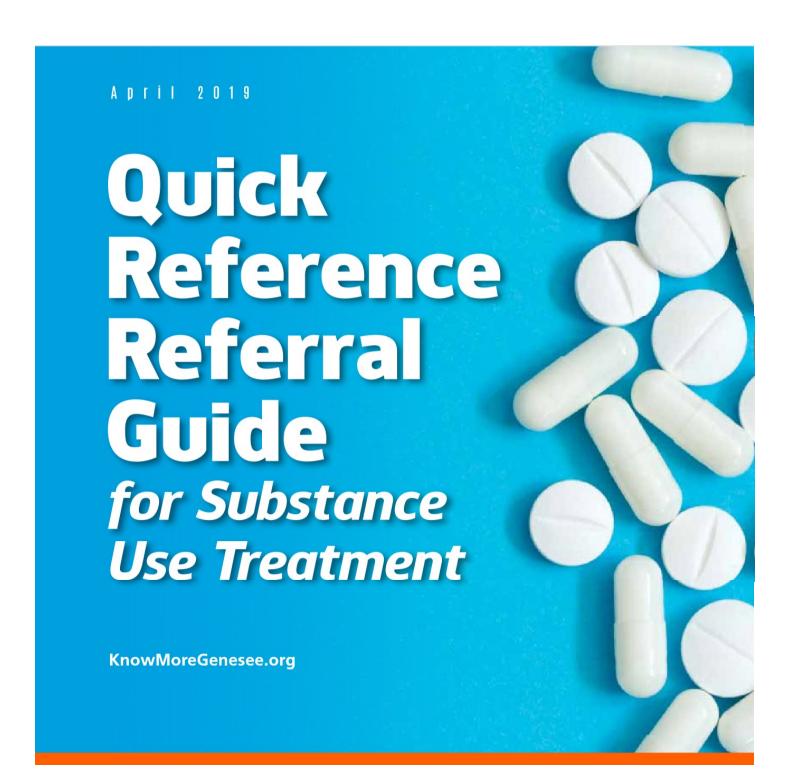
Treatment locations. Consider finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experiences of others and receive emotional and social support.

- 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/flintarea/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.







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 a.m. 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.

treatment programming.

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

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.





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



M 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.



HAPPY BIRTHDAY DOCTOR!

OCTOBER

Eleuterio Lumaque, MD	1
Walter Barkey, MD	2
Alexey Levashkevich, MD	3
Randolph Schumacher, MD	4
George Predeteanu, MD	4
Lewis Twigg, MD	5
Miguel Perez- Pascual, MD	5
Anyhony Parillo, MD	6
William Macksood, MD	6
Ahmed Arif, MD	7
Jack Price, MD	8
Nettleton Jack, MD	9
Lee Perry, MD	10
Prasad Kommareddi, MD	10
Behrouz Moghtassed, MD	10
Abdul Hassan, MD	10

Chandulal Malde, MD	10	S. Peter Almeida, MD
Kavita Rajkotia, MD	11	Allan Ebert, DO
Robert Weber, MD	11	Vernon Urich, MD
Prjesh Patel, MD	12	Adrianne Kimler, MD
Jerome Kasle, MD	13	Alex Solik, MD
Hemant Thawani, MD	13	Giovanni DiGiannantonio, MD
Naraharisetty Rao, MD	14	Gail Cookingham, MD
Krishna Shah, MD	15	Duane Bailey, MD
Amitabha Banerjee, MD	15	Robert Yochim, MD
Tai Kang, MD	15	Kevin Gaffney, MD
John Dobson, MD	16	Ryan Chartrand, DO
Mohammed Syed, MD	16	Christopher Conlin, MD
Sunil Kaushal, MD	16	Vicente Carino, MD
Frederick Bruening, MD	18	Edgardo Balde, MD
James Chambers, MD	19	Chistopher Curkrowski, MD
Wayne Kinning, MD	19	Daniel Ryan, MD
		Philip McDonald, MD

NOVEMBER

Gerald Berner, MD	1 2 2 3 4 6 9 9
James Culver, MD	10
Alison Kinning, MDBarbara Mercer, MD	13 14

Nikhil Vora, MD	15
Gerald Natzke, JR, DO, FAAEM	16
Manulal (Michael) Lala, MD	17
Shady Megala, MD, FACP	17
Vishwas Vaniawala, MD	18
Brenda Rogers-Grays, DO	19
Jamal Farhan, MD, FACS	19
A. George Dass, MD	19
Dennis Pank, MD	20
Alan Goldberg, MD	22
J. Bernard Sloan, MD	23

John Mcllduff, MD	24
Mostafa Abuzeid, MD	25
Daniel Anbe, MD	26
Rachel Hulen, MD	26
Robert Joynt, MD	27
Stephen Wang, MD	27
Ali Mohammed, MD	28
Chintanbhai Patel, MD	29
K V Matthew, MD	30
-	

10 Years Committed to Fitness!



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!
- 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









Commit to Fit!



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

University of Michigan - Flint



Click <u>HERE</u> for daily workouts!

Crim Fitness Foundation



Visit <u>crim.org</u> for a variety of yoga and mindfulness practices!

Ascension Genesys Athletic Club



Click <u>HERE</u> for intense & moderate workout videos!

YMCA - 360



Visit **ymca360.org** for fitness classes of all ages!

Arthritis Foundation



Click <u>HERE</u> for arthritis exercises!





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 executive director@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





and we will put that knowledge to work for you.

810.750.6822 mktg@TheRybarGroup.com www.TheRybarGroup.com

31 Years of Innovative Strategies. Exceptional Results.

Over the past 30 years, The Rybar Group has worked tirelessly with providers nationwide across the spectrum of healthcare management and compliance issues, strategizing, implementing, appealing, negotiating and successfully resolving engagements.





State and County Medical Society MEMBERSHIP APPLICATION

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



Membership

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

O Male Female

First (legal) Name:	Middle Name:	Last Name	::		O MD	O D0
Nickname or Preferred Form of L	Legal Name:		Maiden Name (f applicable)		
Job Title:						
W Phone				H Fax		
Mobile:	Em	ail Address				
Office Address O Preferred	d Mail O Preferred Bill	O Preferred Mail and Bill				
City:			State:	Zip:		
Home Address O Preferred	d Mail O Preferred Bill	O Preferred Mail and Bill				
City:			State:	Zip:		
*Please base my county medica	al society membership on the co	ounty of my (if addresses are in	different counties): O Office Address	Home A	ddress
*Birth Date://	Birth Country	MI Medical Licer	nse #:	ME #:		
Medical School		Graduation Year:	ECFN	NG # (if applicable)		
Residency Program			Program (Completion Year		
Fellowship Program			Program (Completion Year		
Hospital Affiliation						
Primary Specialty				Board Certified:	○ Yes	O No
Secondary Specialty				Board Certified:	O Yes	O No
Marital Status: O Single	O Married O Divorced Spo	ouse's First Name:	Spo	use's Last Name:		
Is your spouse a physician?:	O Yes O No If yes, are t	hey a member of MSMS?: O	Yes O No			
Within the last five years, have	you been convicted of a felony (crime?: O Yes O No	lf"yes," please pro	vide full information:		