



THE Bulletin

January 2016 Volume 106, Number 23

**Healthy Recipes and Meal Ideas
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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) 733-6260 Fax (810) 230-3737

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.

This publication
designed and
edited by



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'PERSEVERANCE, PERSISTENCE AND PATIENCE' KEY FOR 2016

The end of the year and the holidays are a time for reflection as well as hope, both personally and professionally. As we look back, we reflect on our accomplishments and our challenges. 2015 stands out for GCMS.

I have never been more proud to be a part of this energetic, respected and powerful organization which not only represents its physicians but, more importantly, gives a voice to the citizens of Genesee County, who might not otherwise be heard. It is not an understatement to say that the Flint water crisis would likely not have addressed without the relentless efforts of the physicians of GCMS who refused to rest until changes were made.

Are we done? Of course not. Although there is a sense of satisfaction with what we have accomplished, we all know there are ongoing challenges of copper and other contaminants, the damage done to the infrastructure, and the infrastructure itself. The funds required are certainly not available locally, which is why the Mayor of Flint has decided to ask for a state of emergency to make federal dollars available.

No one expects changes overnight, but then again, no one expected the change back to Detroit water to be made so quickly.

As we look forward, there is another ever-present crisis facing the citizens of Genesee County, Michigan and the United States: obesity. It can be an overwhelming problem if you try to consider the scope of the problem, the ramifications of both childhood and adult obesity, and the health care costs associated with it.

I believe great things may be accomplished with small steps. Children learn everything from the adult influences in their lives, good or bad. If they grow up eating foods of poor nutritional value, spending hours watching TV or playing video games, that will become their normal. If, conversely, they limit their screen times (video+TV) to no more than two hours per day and eat a more nutritious diet, that will be their normal.

What about adults? This is obviously a very different population. You need to un-teach all those unhealthy habits. I don't believe in trying to change everything overnight is realistic. What I do believe is that it sets the




Pino Colone, MD

person up for failure, and puts him/her on the path to yo-yo dieting and frustration.

I believe in personalizing it and making it more real for each individual. For example, if I learn that my patient eats at a fast food restaurant five days per week, I will recommend gradually reducing to four days per week for a week or two, with one of those days substituting a lower fat option for a burger or other less healthy choice. The point is, the plan should be personalized, attainable, and realistic.

Perseverance, persistence and patience can take us great places...


Please take some time to look at the recipes contained in this issue of The Bulletin. Our Community & Environmental Health Committee put a lot of effort into assembling them. They are good for you, your family, and your patients.



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A NEW YEAR'S CHALLENGE

Happy New Year! I hope everyone had a wonderful holiday season and was able to spend quality time with their families. As we transition from December to January each year, the New Year's traditions and Resolutions ensue. A quick Google search on New Year's Eve traditions around the world demonstrates a wide variety of ways to celebrate the new beginning of the year. In most cases, friends and families gather together, feast, rejoice, and hope for prosperity, good fortune, and health for the upcoming 12 months. Of course, the celebration of the New Year in the United States is not complete without the traditional New Year's Resolution. While each resolution to improve oneself may be individualized, there is a common theme among many of them which includes improved physical and mental well being, better financial stability, higher educational achievement and attainment career goals.

Since this issue represents the New Year and includes multiple healthy recipes, I'd like to gear my discussion to a few thoughts on healthy eating. Healthier diets with better food choices are things we promote on a daily basis. The importance of eating healthy is no secret, and the basics of many disease processes have some risk factor which includes a diet higher in fats and sugars than the



Amanda Winston, MD

human body is able to process. If eating healthy were easy, more affordable, and the "norm," we'd all be doing it. Many New Year's resolutions focus on increasing healthier food choices while limiting the "bad" foods in the diet (sugary beverages, cookies, chips). The majority of us know the good foods from the bad, but the availability, affordability and ease of the healthier options (or lack thereof) does not always make the choice a simple one. I speak for myself when I say my time and energy is limited to focus on cooking the well balanced meal that my family deserves. However, my colleagues and I have had these conversations a time or two, and therefore I know I'm not alone when I say being a doctor and eating healthy is a challenge.

To better assist you with your healthy eating goals for the year, this edition of The Bulletin provides you with many healthy recipes for your perusal. Sometimes the decision to eat healthy is easy, but the decision on what food to eat can be challenging. This year, pledge to take care of yourself. Find the inspiration and motivation. Discuss different plates that you enjoy with friends and family. Wander the aisles of the grocery store and find new fruits, vegetables, and grains that you can try. Look for new recipes and let them guide you! The ideas are out

there and are becoming more available as our society attempts to counteract the obesity epidemic by becoming more health conscious. The energy that we put forth into taking care of everyone else should also be directed to us—let's make sure we keep ourselves healthy too!

As I type this, I think back to the routine resolutions that I fall back on every year: This year, I'll get back into exercise, I'll focus on having healthy food choices in the house for snacks, I'll make sure my family has well-balanced meals available. Of course, this is what I say every year, but it's difficult to achieve. Perhaps now that I've put it out there to such a large audience, I'll be able to hold true this year. This is my challenge, and I challenge you to do the same. Take some time for yourself and your own personal health. Bon Appétit!

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The red will glimmer, shimmer and shine.

Warm up on a cold February night with savory cuisine and smooth cocktails. Join the crowd for the rush of blackjack, craps and roulette. Mix and mingle with friends, hop in the photo booth or find your groove on the dance floor.

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Friday, February 12, 2016

6:30 p.m. at the Flint Farmers' Market

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HAPPY, HEALTHY NEW YEAR!

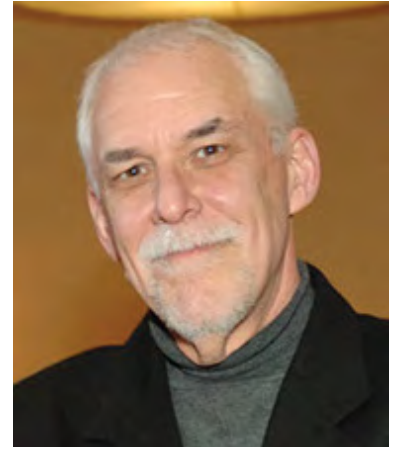
This issue of The Bulletin is very special. It focuses on healthy eating as its primary message by providing healthy recipes for your use and for patient use. The Community & Environmental Health Committee has worked really hard to put this together. They did a lot of editing of recipes in some cases to correct misconceptions of healthy eating habits, and in some cases to tweak them to reduce exposure to unhealthy ingredients.

I plan to spend some serious time with these recipes to try to get back on the path of righteousness as it relates to nutrition. There are very few things that make a person feel better than eating right and exercising hard. That has been my self-preservation strategy for the past few years. I've slipped a little, but I'm going to get back to it.

This issue of The Bulletin contains a really interesting article by Paul Vance of Cline, Cline, & Griffin on texting as it relates to physicians.

We have also included my predictions for the coming year, which were also submitted to Healthcare Michigan.

Happy New Year! May this be a healthy and prosperous one for everyone.



Peter Levine, MPH

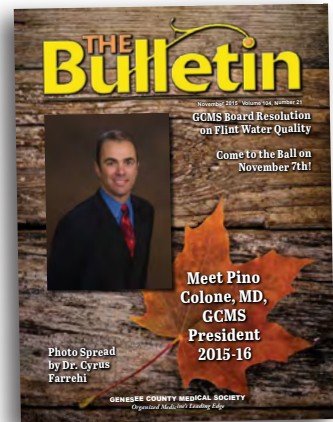
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Genesee County Medical Society Quarterly Dinner Business Meeting
Co-Sponsored by the Genesee County Osteopathic Association

February 4, 2016

A Town Hall Meeting on

DRUG DIVERSION, *AN EPIDEMIC*

Michigan has the 18th highest drug overdose mortality rate in the United States. At the same time, opioid drugs play a critical role in the treatment of pain providing patient benefits when used properly. The February 4, 2016 Genesee County Medical Society Town Hall Meeting will focus on this issue, as well as on what the State of Michigan is planning to do about it.

Presentations will be provided by Senator Jim Ananich, who serves on the Governor's Michigan Prescription Drug and Opioid Abuse Task Force. Senator Ananich is the Senate Minority Leader. A presentation will also be provided by Pino Colone, MD, current GCMS President and Chair of the Michigan State Medical Society Task Force on Opioid Stewardship. An invitation has been sent to a representative of the Michigan Health Professional Recovery Program as well.

More and more attention will be brought to this issue by policymakers, payers, and law-enforcement. This is an element of medicine that members and their staffs need to be vigilant about.

**Physicians, spouses, family members, and staff of GCMS/GCMSA, GCOA
and other interested professionals are encouraged to attend!**

\$35.00 - GCMS Members, Spouses, Practice Managers, & Staff
\$35.00 - Genesee County Osteopathic Association Physician Members & Spouses
\$25.00 - Residents & Students
\$50.00 - All Non-Member Guests

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6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations

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Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.



**Pino D. Colone, MD, sworn in as GCMS President
by Cathy O. Blight, MD at GCMS Board of
Directors meeting of November 24, 2015**

Health Care Michigan Predictions for

2016

by Peter Levine for publication in Healthcare Michigan

2016 will be a fascinating year, as they all are. The fallout from the Affordable Care Act continues, along with its unintended consequences. Third-party payer, hospital consolidation and physician practice mergers, cost controls and layoffs will continue. Michigan appears to be really impacted by this trend. The confusion caused by changing of Medicaid payers in each region of the state will have significant fall out, despite the best efforts of the winners of the bids. These types of changes cannot take place without lots of eggshells getting in the omelet. Some EMR companies will fold, consolidate, and leave doctors and hospitals in the lurch because the feds refuse to limit choices in this arena. Sadly, we are seeing some physicians on their third or fourth EMR because of companies falling by the wayside. What a waste to the system.

It will be most interesting to see if physicians continue to serve the Medicaid population at such a high level in Michigan if all incentives disappear. The Medicaid

reimbursement rate is still abysmal. Without the uplift, we may see major problems with access. As has been asked so many times before: What other component of the state's business environment would accept reimbursement as a contractor, below the cost of providing the care?

Cost containment efforts will have traumatic long-term impacts. Just look at Flint's water issues. It seems that lead's long-term impact on a whole cohort of children will be tested, evaluated and felt for generations because of a short-term decision to save a miniscule amount of money.

Maybe the legislature will spend as much time figuring out how to manage the health of the state as it has spent on the Courser-Gamrat issue.

But what a great time to be involved in health care. The changes are rapid, mind-twisting, and provide opportunities for change and improvement that are incalculable.

Announcement

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Physician Texting In Clinical Practice



By R. PAUL VANCE

In 1996, the Health Insurance Portability and Accountability Act (HIPAA) set specific standards for the disclosure of “Protected Health Information.” Protected Health Information (PHI) includes written, electronic and verbal communications. This encompasses any information that can be used to identify the patient, the patient’s medical condition and treatment, including billing and payment records. Because text messaging is an electronic, written communication, it therefore falls under the purview of HIPAA. (74 Fed. Reg. 42740 (Aug. 24, 2009)).

In this day in age, many physicians may utilize text messaging on their smart phones as part of their clinical practice, especially when it comes to text messaging with staff or other physicians about a specific patient. Undoubtedly, texting can offer physicians numerous advantages for clinical care because it is a fast, convenient and efficient means of sending and receiving information. However, as stated in an article

published by the American Medical Association, “physicians who text other doctors could be exposing themselves to privacy and security violations of the Health Insurance Portability and Accountability Act.”

With the above in mind, although text messaging may offer a convenient way for physicians to communicate with staff or another healthcare provider, the text messages could inadvertently disclose PHI in violation of HIPAA. For instance, what if your mobile device is lost or stolen? What if the recipient’s phone is lost, stolen or otherwise compromised? Without proper safe guards, text messages which contain PHI can potentially be read by anyone, or forwarded to anyone.

In 2011, the Joint Commission declared that “it is not acceptable for physicians or licensed independent practitioners to text orders for patients to the hospital or other healthcare setting. This method provides no ability to verify the identity of the person sending the

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text and there is no way to keep the original message as validation of what is entered into the medical record.” (The Joint Commission; Standards FAQ Details; Record of Care, Treatment, and Services (CAMH/ Hospitals); Texting Orders; November 10, 2011.) While the Joint Commission’s comment is seemingly limited to orders, it certainly highlights its concerns regarding use of text messages in the context of clinical practice. In fact, as recent as April 2015, Mark G. Pelletier, R.N., M.S., Chief Operating Officer of The Joint Commission, opined that “[u]sing regular smartphone texting is simply too unreliable for patient care and safety in most cases.” (“The View From The Joint Commission” April 10, 2015, at http://www.jointcommission.org/the_view_from_the_joint_commission/).

In addition to concerns regarding the disclosure of PHI, if a physician decides to utilize text messaging in his or her clinical practice they must be mindful that, pursuant to HIPAA, a patient has the right to access all protected health information that is maintained in a “designated record set.” 45 CFR 164.524. A designated record set includes PHI “used, in whole or in part, by or for the covered entity to make decisions about individuals.” Accordingly, if text messages are used to make decisions about patient care, they would likely be subject to a patient’s right to access the information. Also keep in mind that any text message that involves the transmission of information that could be considered PHI, or is used in the treatment of patients, should be considered part of the medical record and incorporated into the medical record. Furthermore, if a text message includes PHI, the physician must ensure they are compliant with HIPAA requirements regarding record retention of the message for the legally required period of time. Thus, if you simply delete all text messages that contain PHI, it could be a violation of HIPAA.

Given the above concerns, it is strongly suggested that physicians avoid including PHI in their text messages whenever possible. If texting as part of your practice is necessary and/or inevitable, the following are some basic suggestions to mitigate risk:

- 1) Set up password protection on your mobile device;
- 2) Use an encrypted texting network or mobile app which includes autolock and remote wiping;
- 3) Ensure accuracy of all text messages regarding patient care before sending;
- 4) Verify the recipient of your text messages prior to sending;
- 5) Annotate the medical record with any PHI that is received via text message and used to make a decision about a patient.

The above is by no means an exhaustive list of ways to eliminate the risks of texting and potential violations of HIPAA. Whenever a physician has questions regarding HIPAA, he or she should consult an attorney for advice and counsel. For specific questions regarding this article you may contact the author at pavance@ccglawyers.com or 810-232-3141.

Genesee County Medical Society
Board of Directors
October 27, 2015 - Minutes

I. Call to Order

The meeting was called to order at 6:05pm, by Deborah Duncan, MD, President, in the Rapport Conference Room.

Dr. Duncan reported that this is Dr. Thoms' last meeting as a Board Member. He has decided to step aside for younger folks to come in and serve. He will continue to come to future Board meetings as long as he receives notifications. Dr. Duncan also reported that she was very proud of last month's Board meeting. She said it was profound and a real community value.

II. Review of Minutes

Motion: that the minutes of the September 22, 2015 Board of Directors meeting be approved as presented. The motion carried.

III. Reports

A) Community & Environmental Health

Dr. Natzke reported that the Flint Water Technical Advisory Committee had met with GCMS presenting a resolution to move the Flint water source back to Detroit until the Port Huron connection is completed. Dr. Laura Carravalla reported that the Board of Health is also concerned about copper which is a problem for individuals with copper storage disease.

Dr. Carravallah reviewed two documents prepared for distribution by herself, and Drs. Amanda Winston, and Kirti Manjrekar, two med/peds residents related to lead toxicity. Both will be used in The GCMS Bulletin, and sent out to GCMS members, Alliance members, and practice managers.

The Board expressed strong appreciation to the physicians and staff who have been attending so many meetings on the water issue, including Drs. Carravallah, Natzke, Reynolds, Hannah-Attisha, and Peter Levine

B) Finance

Motion: that the Budget-to-Actual report for the period ending September 30, 2015 be approved as presented. The motion carried.

Motion: that the proposed budget of \$249,654 be accepted for fiscal year 2015 2016.
The motion carried.

C) Membership

1. Current NPD GCMS Members for 2015 year

Levine reported a letter will be sent to each of the NPD members for fiscal year 2015

2. New GCMS Members

It was noted that two new members have joined during the past month since the September Board meeting.

D) Greater Flint Health Coalition

Dr. Waters reported that the recent meeting of the Board of Directors of the Greater Flint Health Coalition revolved primarily around the Flint water issue, who did what and when. He noted that the Medical Society, the Greater Flint Health Coalition, and Hurley really pushed the agenda on making lead the cornerstone of the health issues related to the Flint water crisis.

Genesee County Medical Society
Board of Directors
October 27, 2015 - Minutes

E) Presidents' Report

Dr. Duncan complimented the Board on its leadership regarding the Flint water issue.

IV. Other Business

A) Letter Sent to Willowbrook Regarding Medical Staff Privileges

Pete Levine reported that all of the physicians who were dismissed from the Willowbrook medical staff had been reinstated, following intervention by GCMS and PMC.

B) Accolades for Dr. Deborah Duncan

Dr. Cathy Blight noted that she and Dr. Thoms would like to recognize Dr. Duncan for her wonderful work as President of Genesee County Medical Society. Dr. Blight stated that she had a great reign of terror. Dr. Duncan noted that it was enjoyable and fun. Dr. Duncan was very complementary of the Board, Committees, and of staff.

V. Adjournment

No further business appearing, the meeting was adjourned at 7:16pm.

Respectfully submitted,

Peter Levine, MPH
Executive Director



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Healthy Recipes and Meal Ideas for You and Your Patients

The GCMS Community & Environmental Health Committee would like to make the following caveats for all recipes:

- That, when available, wild-caught fish always be used, instead of farm-raised fish
- That non-genetically modified organisms be used when available
- That organic meats, grains, vegetables, and fruits be used when possible
- That flavor enhancers, such as MSG, and sodium, be avoided as much as possible
- That meat and eggs be free-range and organic
- That no high-fructose corn syrup or refined sugars be used at any time

Arroz Con Gandules with Poached Tilapia

This recipe may not meet requirements for low-salt diet – GCMS C&EH Committee statement • Serves 8

Ingredients

1/2 cup onion, chopped	3 cups water
1/2 green pepper, chopped	2 cups rice
2 cloves garlic, minced	
1 15 oz. can Goya Green Pigeon Peas, drained	3 filets of tilapia
1 packet Sazon Goya con Culantro y Achiote	1 small lemon
1/2 cup Goya Tomato Sauce	Adobo with cumin to taste

Instructions

Heat a large skillet over medium heat. Add onions and peppers; cook 3 minutes. Stir in garlic and cook 2 minutes longer. Add remaining ingredients except rice. Bring to a boil. Stir rice; cover, reduce heat and simmer 20 minutes or until rice is tender.

French Apple Cake

Ingredients

4 unpeeled organic apples, diced into 1-inch chunks.(any 4 varieties and colors of choice)
Mix these ingredients for batter :

1/2 cup whole wheat flour	Pinch sea salt
1/4 cup Xylitol sweetener	1/2 tsp. aluminum free baking powder
2 eggs, room temperature	1 tsp. pure U.S. vanilla
4 tsp. melted butter	2 tbsps. spiced rum (optional)

Instructions

Fold in unpeeled organic diced apples
Place in 9-inch spring form pan
Bake 1 hour at 375°F

Favorite Salad

Ingredients

- | | |
|--|-------------------------------|
| 1 organic grapefruit, peeled and chunked | 1 organic green onion, minced |
| 1 organic orange, peeled and chunked | 1 oz. fresh lime juice |
| 1 organic mango, peeled and chunked | 1 oz. organic honey |
| 1 organic avocado, peeled and diced | |

Instructions

Mix and toss the ingredients together. Serve and enjoy!
Optional: try adding ½ tsp. organic chili powder or curry powder

Almond Crusted Fish

Ingredients

- | | |
|---|---|
| 1 lb. mild white fish filets (orange roughy, sole, perch, etc.) cut into eight 4-oz. pieces | 1 1/2 tsp. grated lemon or lime rind (optional) |
| 2 1/2 Tbs. sliced almonds, crushed | 1/2 tsp. Worcestershire sauce |
| 2 1/2 tsp. margarine, melted | 1/2 tsp. paprika |
| 1/2 Tbs. lemon or lime juice | 1/8 tsp. pepper Nonstick spray |

Method

1. Preheat oven to 400 degrees. Coat an 11"x15" baking pan with nonstick spray.
2. Rinse and pat fish dry with paper towels. Arrange in a single layer in baking dish.
3. In a small bowl, mix almonds, margarine, lemon juice, lemon rind, Worcestershire sauce, paprika, and pepper.
4. Spread above mixture evenly over fillets.
5. Bake 12 to 15 minutes or until fish flakes easily.

Equipment

- | | | |
|---------------------|---------------------------|---------------------|
| 11"x 15" baking pan | Grater | Mixing spoon |
| Small mixing bowl | Measuring cups and spoons | Spatula for serving |

Seasoned Roasted Potatoes

Yield: 4 servings

Ingredients

- | | |
|---|-------------------------------|
| 2 medium baking potatoes, cut into bite-size pieces | |
| 1 Tbs . olive oil | 1/4 tsp. salt |
| 1 tsp. parsley flakes | 1/4 tsp. dried thyme, crushed |
| 1/2 tsp. chili powder | 1/4 tsp. garlic powder |
| 3/4 tsp. paprika | Coat pan with olive oil |

Instructions

1. Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.
2. Cut each potato into bite-size pieces. In a large bowl, toss potatoes with olive oil.
3. Combine remaining 6 ingredients in a small bowl. Sprinkle over potatoes. Toss to coat. Spread on a baking sheet prepared with olive oil coating.
4. Bake uncovered for about 45 minutes, turning occasionally, until browned and tender.

Equipment

- | | | |
|-------------------|------------|------------------|
| Baking sheet | Small bowl | Measuring spoons |
| Large mixing bowl | Spatula | |

Fruit and Slaw Salad

Ingredients

Combine 1 small bag organic coleslaw vegetables with the following julienned fruit:
1 organic mango, thinly sliced 1 organic Asian pear, thinly sliced
1 organic pear, thinly sliced 1 organic apple, thinly sliced

Dressing

1 oz. fresh lime juice
1 tsp. Dijon mustard
Pinch sea salt and pepper

Tip: May also dress with balsamic vinaigrette

Protein Banana Cake

Ingredients

2 mashed bananas 1/2 tsp. baking powder
3 egg whites 1 tsp. stevia
5 tablespoon vanilla protein powder of your 1/2 tsp of cinnamon
choice (whey, not soy)

Instructions

Spray ramekin with Pam or very light olive oil
Bake at 350 for 15-20 minutes
Serve with a few sliced strawberries, apples or pomegranate seeds

Pumpkin Herb Biscuits

Yield: 6 servings

Ingredients

1/2 cup all-purpose flour	1/4 tsp. nutmeg	1/4 cup canned pure organic pumpkin (not pie filling)
1/2 cup whole-wheat flour	1/4 tsp. salt	1/4 cup organic buttermilk (or skim milk)
1 1/2 tsp. baking powder	1/8 tsp. black pepper	1 1/2 Tbs. organic canola oil
1 Tbs. chopped fresh chives (or 1 1/2 tsp. dried chives)	2 Tbs. beaten organic, free-range whole egg or egg whites	Coat pan with olive oil

Method

1. Preheat oven to 475 degrees . Spray a baking sheet with nonstick spray.
2. Combine first 7 ingredients (flour through pepper) in a large bowl. Make a well in center.
3. Beat egg with a fork, in a medium bowl. Add pumpkin, buttermilk, and canola oil. Stir until blended. Add pumpkin mixture to flour mixture. Mix until a dough forms (do not overmix).
4. Turn dough out onto a floured board or work surface. Press into 1-inch thickness. Cut with 2-inch round cutter. Arrange on the prepared baking sheet.
5. Bake for 12 to 15 minutes until golden on top. Serve warm or at room temperature

Equipment

Baking sheet	Medium mixing bowl	Measuring cups and spoons
Large mixing bowl	Mixing spoon	

Mini Meatloaves with Barbecue Sauce

Yield: 6 servings

Ingredients

1 1/4 lb. extra-lean free range organic ground beef
1/2 cup quick oats (not instant) 1/3 cup minced onion
1/4 cup dry breadcrumbs or cracker crumbs 3/4 cup organic evaporated skim milk
1 free range organic eggs
1 Tbs. chili powder 1/4 tsp. garlic powder 1/8 tsp. sea salt
1/8 tsp. black pepper
3 Tbs. barbecue sauce (please see addtl. recipe for sauce)

Method

1. Preheat oven to 375 degrees . In a large bowl, combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. (Using your hands works best.)
2. Divide mixture evenly among the 12 cups of the pan, pressing down lightly.
3. Spoon approximately 1 1/2 tsp. barbecue sauce over each muffin.
4. Bake for 30 to 35 minutes or until meat is no longer pink in center.

Equipment

Large mixing bowl
12-cup muffin pan
Mixing spoon
Measuring cups and spoons
Spatula for serving

Egg White and Sprouted Wheat Bread French Toast

Ingredients

Ezekiel Bread or another low sodium sprouted wheat bread
egg whites
cinnamon
stevia
natural vanilla

Instructions

Take several pieces of Ezekiel Bread, or another low sodium sprouted wheat bread
Dip in a mixture of egg whites, cinnamon, a bit of stevia and natural vanilla,
Fry in pam or a touch of olive oil until brown on both sides
Serve with a few sliced strawberries, apples or pomegranate seeds

Honey Barbeque Baste

Makes 1 cup

Ingredients

1 tbsp. olive oil
1/4 cup minced onion
1 clove minced garlic
1 - 8oz. can low sodium, tomato sauce (no high fructose corn syrup)
1/3 cup organic honey
3 tbsp. vinegar
2 tbsp. dry sherry
1 tsp. dry mustard
1/2 tsp sea salt
1/4 tsp. ground black pepper

Instructions

Heat olive oil in medium saucepan over medium heat until hot.
Add onion and garlic; cook and stir until onion is tender.
Add remaining ingredients and bring to a boil; reduce heat to low and simmer for 20 minutes.

Pinto Bean Burgers

Ingredients

- | | |
|--|--|
| 1 (15 oz.) can organic, salt free pinto beans – rinsed and drained | |
| 1 cup gluten free panko-style bread crumbs | ¾ tsp. coarse sea salt, divided |
| ¼ cup shredded mild cheddar | ½ tsp. ground cumin |
| ¼ cup finely chopped organic red onion | 5 grinds black pepper, divided |
| 1 tbsp. finely chopped fresh, organic cilantro leaves | 1/8 tsp. ancho chili powder |
| 1 tbsp. salt free, high fructose free ketchup | 1/8 tsp. ground coriander |
| 1 tbsp. liquid from organic, salt free, canned chipotle chilies en adobo | ¼ cup olive oil, divided |
| | 4 gluten-free burger buns, split and toasted |

Instructions

1. Combine first 12 ingredients for pinto bean burgers in the bowl of a food processor. Purée until mixture comes together, about 20 seconds. Turn out into a bowl, and gently knead with hands. Form mixture into four ½-inch thick patties and indent center of each a bit with fingers.
2. Heat half of the oil in a 12-inch, heavy, non-stick sauté pan over medium-high heat. When hot, add burgers and cook until golden brown on both sides, turning halfway through and using remaining oil when pan gets dry, about 8 minutes total.
3. Place a patty on half of each bun. Top each patty with two tablespoons of fresh guacamole and 1½ tablespoons of fresh, organic pico de gallo. Serve immediately.

Watermelon Salad with Arugula or Spinach Greens

**Is it a Desert or a Salad? It is whatever you want it to be! Refreshing, Healthy, and Easy!!
Watermelon Salad is the perfect, quintessentially healthy addition to any summer meal.**

Watermelon is diet friendly and low in saturated fat, cholesterol and sodium. Watermelon is also rich in an amino acid called L-arginine, an essential amino acid that helps blood vessels relax and improve circulation. One slice of watermelon (or 10 oz.) has 1/3 of the recommended daily value of vitamins A and C as well as potassium. One cup of watermelon has 46.2 calories, 11.6g of carbohydrates and 9.5 grams of sugar and a total fat content of .2 grams. In addition, it is rich in omega 6 fatty acids of 77.0 mg.

Ingredients

- | | |
|--|--|
| 3 tablespoons extra virgin olive oil | 2 cups of baby spinach leaves or arugula (or use both) |
| 2 tablespoons white balsamic vinegar
(or dark balsamic, if preferred) | 1 cup grape tomatoes |
| 1 pinch kosher salt | 1/2 cup of crumbled feta cheese |
| | 2 cups of bite sized chunks of watermelon |

Method

1. Whisk together olive oil, balsamic vinegar, and salt in a bowl and set aside.
2. Chop arugula and spinach. Place in a large bowl. Add tomatoes. Drizzle the vinaigrette over the salad mixture and toss together.
3. Add feta cheese and watermelon to serve.
(Toasted pine nuts or sunflower seeds or slivered almonds may also be added for crunch and protein, if desired.)

Zucchini Oven Fries

Ingredients

Cut 2 (12 oz.) zucchini into 3-inch sticks

In a bowl, mix together:

½ cup panko bread crumbs

¼ cup shredded parmesan

1/8 tsp. ground cumin

½ tsp. garlic powder

1 tsp. dried oregano

¼ tsp. paprika

1 tsp. kosher salt

Add 2 tsp. olive oil and mix with fingertips until combined

Instructions

In a separate bowl, beat 2 egg whites until frothy.

Toss zucchini sticks in the egg whites.

Working in batches, transfer sticks to the bread crumb mixture, press crumbs into the zucchini and place on a baking sheet.

Bake at 450°F until golden and just tender, about 12 min.

Serve immediately.

Paleo Pizza

Yield: 6 servings

Ingredients

1 cup tapioca flour

(plus a little more for rolling dough)

1/3 cup coconut flour, separated from 3 tablespoons of coconut flour

1/4 teaspoon sea salt

½ cup olive oil

½ cup warm water

1 large egg, whisked (you can use egg white too)

1 1/2 cups of sliced tomatoes or 1 cup of pureed sodium free tomatoes.

Chopped fresh veggies and meats (unprocessed)

Fresh sliced mozzarella cheese ~2/3 lb.

Instructions

1. Preheat oven to 450 degrees F
2. Combine the tapioca flour, salt and 1/3 cup coconut flour in a medium bowl. Mix well.
3. Pour in oil and warm water and stir. Add the whisked egg and continue mixing until well combined.
4. Add two-three more tablespoons of coconut flour – one tablespoon at a time – until the mixture is a soft but somewhat sticky dough.
5. Place dough on a surface sprinkled with tapioca flour and knead it gently until it is in a manageable ball that does not stick to your hands.
6. Place the dough ball onto a sheet of parchment paper. Use a tapioca floured rolling pin to carefully roll out the dough until it is fairly thin. Be careful not to handle the dough too much so it doesn't get too dense.
7. Place rolled-out dough (still on parchment paper) into preheated oven onto a hot pizza stone or a sheet pan.
8. Bake for 12-15 minutes, depending on how "done" the crust should be, BEFORE putting on toppings.
9. Remove from oven and cover the dough with sliced tomatoes or sodium free tomato puree.
10. Add Mushrooms and other vegetables and unprocessed cooked meats
11. Cover all with fresh mozzarella cheese.
12. Place back in oven and cook until the cheese is bubbly and browning.
13. Remove from oven and allow to sit for 5 minutes to allow easy cutting.

Sweet Potato Puffs

Yield: 4 servings

Ingredients

1 lb. organic sweet potatoes	4 1 1/2 tsp. grated organic orange peel
2 1/2 Tbs. organic orange juice	1/4 tsp. ground nutmeg
3 Tbs. beaten organic, free-range egg or egg white	2 Tbs. finely chopped organic pecans or walnuts
	Coat pan with olive oil

Method

1. Preheat oven to 350 degrees. Spray cookie sheet with nonstick spray.
2. Peel and cut potatoes into 1-inch pieces. Place in medium saucepan, cover with water, and bring to a boil. Cook 10 to 15 minutes until tender. Drain, place in large bowl, and mash until smooth.
3. Add remaining ingredients, except for nuts.
4. Spoon mixture onto cookie sheet in 4 mounds. Sprinkle with nuts.
5. Bake 30 minutes, monitoring frequently as to keep from burning.

Equipment

Medium saucepan	Strainer	Potato masher or mixer	Cookie or baking sheet
Large bowl		Measuring cups and spoons	Spatula

Homemade Granola — with What's in Your Pantry

Ingredients *(Think of this as a Ratio)*

4 cups rolled oats	1/2 cup olive oil
2 cups any mix of chopped nuts and/or seeds	1/4 cup organic honey
1 cup mix of dried fruit (chopped roughly, if large)	

Instructions

1. Preheat oven to 350F.
2. Prep a baking sheet. (Line it with aluminum foil if you want easy cleanup) Grease it a little.
3. Mix your coating (oil & syrup) in a small saucepan and put over low heat.
4. Dump your 4 cups of oats and your 2 cups of mixed nuts & seeds into a large bowl. (Don't add dried fruit.) Mix.
5. Check on your coating. Is it bubbling yet? If not, turn the heat up a little.
6. Once bubbling, stir the coating, and pour it over the oats and nuts.
7. Stir the whole mixture. You can add some kosher salt, but we don't.
8. Pour it in the pan, spread it out, and put it in the oven.
9. Bake it until it's golden (about 30 minutes), stirring every 10 minutes or so for even cooking.
10. Add dried fruit and let it cool. Store it in an airtight container.
11. Make notes somewhere about how you think it could be improved for next time.

Spicy Mustard Chicken

Ingredients

4 boneless free-range chicken breasts, sauté in
2 tbsp. olive oil

Instructions

Add and bring to simmer, 15 minutes:

1/2 cup white wine (substitute chicken or vegetable broth)	1 tbsp. Dijon mustard 1 tsp. herbs (tarragon, thyme, sage)
---	---

Add in extra wine or broth as needed while simmering

Add in 1/2 cup plain yogurt or low fat sour cream

Serve over brown rice or whole wheat noodles. Add onion and garlic; cook and stir until onion is tender.

Thick Turkey Chili

Ingredients

1 tsp. organic canola oil	1/2 tsp. bottled minced garlic)	extralean ground beef
1/2 medium onion, diced	1 1/2 tsp. chili powder	2 cups tomato sauce
1/2 medium organic green bell pepper, diced	1/2 tsp. cumin	(reduced-sodium, if available)
1 organic cloves garlic, minced (or 1/8 tsp. garlic powder or	1/8 tsp. pepper	1/2 (5-6 oz.) can tomato paste
	1 lb. lean organic, free-range ground turkey breast or	

Method

1. Heat oil in a large pot or saucepan over medium heat.
2. Sauté the onion, bell pepper, and garlic until tender and onion is translucent. Add spices and cook for 1 minute.
3. Add turkey and cook for 5 to 7 minutes or until no longer pink. Drain off any fat; set aside for proper disposal.
4. Add tomato sauce and tomato paste. Simmer, covered for 20 to 30 minutes until flavors are blended and chili is thick.
5. Ladle into bowls and serve immediately.

Equipment

Large saucepan or pot	Ladle	Measuring cups & spoon
Spatula	Colander (for draining fat)	

Zucchini Cake

Mix ingredients in bowl, set aside

3 cups whole wheat flour	3/4 tsp nutmeg
1 tsp. sea salt	2 tsp. baking soda
1 1/2 tsp cinnamon	1/4 tsp. aluminum free baking powder

In a mixer, blend on low speed until thick

- 1/2 cup of Xylitol sweetener
- 1 1/4 cups of organic canola oil
- 3 organic free range eggs
- 2 tsp. pure U.S. vanilla

Instructions

- Stir in 2 cups shredded organic zucchini (packed cups) to flour mixture, mix well.
- Pour into 12" x 18" pan.
- Bake at 350°F for 50-60 minutes
- Check with toothpick after 45 minutes of baking. The toothpick will come out clean when done

Creamy Macadamia Frosting:

Ingredients

1/2 cup raw macadamia nuts (soaked overnight, drain and rinse)	1/4 cup organic maple syrup
1/2 cup raw cashews (soaked overnight, drain and rinse)	2 tbsp. organic coconut oil
1/4 cup almond milk	1 tsp. pure U.S. vanilla
	2 tsp. fresh lemon juice
	1/2 teaspoon sea salt

Instructions

- Combine frosting ingredients into a high speed blender.
- Start blender on low and gradually increase speed (the mixture will be very thick at first). Add an extra tablespoon of almond milk if necessary to get the blade moving. Taste and add organic maple syrup or fresh squeezed lemon juice to add sweetness and/or tangy flavor.
- Blend until very smooth.
- Chill for at least 30 minutes to firm frosting before spreading.

YOUR \$\$\$ AT WORK

- GCMS continued work on coordination of the State Innovation Model proposal for all of the local ACO's under the auspices of the Greater Flint Health Coalition
- GCMS worked with the local legislative delegation to block several bills relating scope of practice
- GCMS planned for February Dinner Business Meeting on drug diversion issues
- GCMS continued to work on the Flint water issues

Issues of Serious Concern for Medical Practices!

Don't let your practice manager miss these important meetings!



Held 4th Thursday of each month from 8am to 10am.

The following topics are tentatively scheduled, and subject to change

January Topic:

ICD-10 Update, Top payers will provide information on ICD-10 definitions and deficiencies that practices need to be aware of.

February Topic:

Great Lakes Health Connect
– Impact on Practices

**Genesee County Medical Society | Rapport Conference Room
4438 Oak Bridge Drive, Suite B | Flint, MI 48532**

**Light breakfast
available – coffee, tea,
yogurt, fruit cups and
granola bars**

DECEMBER LEGISLATIVE LIAISON COMMITTEE MEETING

On December 7th, the GCMS Legislative Liaison Committee met with Representative Joe Graves, as well as Clyde Edwards from Representative Sheldon Neeley's office, Nicole Derusha-Mackey from Representative Pam Faris' office, and Tim Sneller of Representative Charles Smiley's office. Among those present were, Gary Paavola, Drs. Cathy Blight, Ed Gullekson, Peter Thoms, and Venkat Rao. Also in attendance was Joe Neller of Michigan State Medical Society's staff, along with GCMS staff, Peter Levine and Sherry Smith.

Neller reviewed the discussions of the State Drug Diversion Task Force. Pete Levine reported that the GCMS February Dinner Business Meeting will cover this issue. Neller reported that MSMS is seeking to have the legislature appropriate funds to upgrade the MAPS system.

A bill is coming to the legislature to tighten up medical marijuana laws. There is concern that there might be a ballot question to fully legalize marijuana in 2017.

Legislation is still in the legislature to expand CRNA scope of practice. MSMS continues to strongly oppose it.

The 2017 state budget will begin being discussed immediately upon the legislatures return in January. From the MSMS perspective, graduate medical education and Medicaid are the two budget critical issues.

There are two bills before the legislature which would allow automatic reciprocity between states that agree to it.

Bills before the Senate and House have been presented to eliminate board certification as major criteria for hospital and third-party payer panels. This is MSMS' biggest focus for this year.



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Genesee County Medical Society Quarterly Dinner Business Meeting
Co-Sponsored by the Genesee County Osteopathic Association

February 4, 2016

A Town Hall Meeting on

DRUG DIVERSION, *AN EPIDEMIC*

Michigan has the 18th highest drug overdose mortality rate in the United States. At the same time, opioid drugs play a critical role in the treatment of pain providing patient benefits when used properly. The February 4, 2016 Genesee County Medical Society Town Hall Meeting will focus on this issue, as well as on what the State of Michigan is planning to do about it.

Presentations will be provided by Senator Jim Ananich, who serves on the Governor's Michigan Prescription Drug and Opioid Abuse Task Force. Senator Ananich is the Senate Minority Leader. A presentation will also be provided by Pino Colone, MD, current GCMS President and Chair of the Michigan State Medical Society Task Force on Opioid Stewardship. An invitation has been sent to a representative of the Michigan Health Professional Recovery Program as well.

More and more attention will be brought to this issue by policymakers, payers, and law-enforcement. This is an element of medicine that members and their staffs need to be vigilant about.

**Physicians, spouses, family members, and staff of GCMS/GCMSA, GCOA
and other interested professionals are encouraged to attend!**

\$35.00 - GCMS Members, Spouses, Practice Managers, & Staff
\$35.00 - Genesee County Osteopathic Association Physician Members & Spouses
\$25.00 - Residents & Students
\$50.00 - All Non-Member Guests

Flint Golf Club
3100 Lakewood Drive
Flint, MI 48507

6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations

RSVP's requested by January 28th, 2016

Please mail your reservation payment to:
Genesee County Medical Society
4438 Oak Bridge Drive, Suite B
Flint, MI 48532

Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.

HAPPY BIRTHDAY DOCTOR

JANUARY

Khalid Ahmed, MD 1	Syed Ahmed, MD 12	Alpesh Korant, MD 24
Muhammad	Jagdish Bhagat, MD 12	Alan Morgan, MD 25
Almansour, MD 1	Epifania Aranas, MD 13	Roderick Smith, MD 25
Bharath Jakka, MD 1	Ramesh Chheda, MD 13	Cyrus Farrehi, MD 26
Abdelmajid Jondy, MD 1	Sana Haq, MD 13	Sandeep Grewal, MD 26
Rita Lang, DO 1	Philip Hardy, MD 13	Paul Karr, Jr., MD 26
Martin Lapa, DO 1	Abdurrahman Arif, MD 14	Joseph Luna, MD 27
Mousa Mohamed, MD 1	Samuel Dismond, Jr., MD 14	Jagdish Mirchandani, MD 27
Robert Ormond, MD 1	Balvant Ganatra, MD 14	Rodolfo UyHam, MD 27
Elmahdi Saeed, MD 1	Ajay Srivastava, MD 14	Ranine Ghamrawi, MD 28
Surya Thota, MD 1	Nil Barua, MD 15	Nancy Kursik, MD 28
Carlton Dettman, MD 2	Boleslaw Pietruszka, MD 15	Eranio Malto, MD 28
Faisal Mawri, MD 2	Gary Roome, MD 15	George Politis, MD 28
Jason Evans, MD 3	Ravinder Singala, MD 15	Geeta Rode, MD 28
Leena Jindal, DO 4	J. Rajkumer	Ghanem
Cathy Chen, MD 5	Pandyan, MD 16	Almounajed, MD 29
Manjit Grewal, MD 5	Brad Sweda, MD 17	Joel Beene, MD 29
Dorothy Mikat, MD 5	Silvia	Ronald Coriasso, DO 29
William Melton, MD 6	Gomez-Seoane, MD 19	Anant Patel, MD 29
Vickie Mello, DO 9	Heedong Park, MD 20	Parul Sud, MD 29
Celso Samaniego, MD 9	Gregory Casey, MD 21	Shourya Tadisina, MD 29
Shafi Ahmed, MD 10	Harris Dabideen, MD 21	Joseph Armovit, DO 30
George Greidinger, MD 10	Lawrence Ashker, DO 23	Ahmad Kaddurah, MD 30
Magdalene	Amina Chaudhary, MD 23	Olufunmilola
Gyuricska, MD 10	Frederick Sherrin, MD 23	Ogbonlowo, MD 31
Patrick Chang, MD 11	M Nabil Dada, MD 24	Daniel Zelko, MD 31

HAPPY BIRTHDAY DOCTOR

*November's birthday announcements were inadvertently printed in December's Bulletin.
Below are December's birthday announcements.*

DECEMBER

Piyush Patel, Jr., MD 1	Lily Lim, MD 10	Rao Botta, MD 22
Samiullah Sayyid, MD 1	Whei Lim, MD 10	Siavosh Varjavandi, MD 22
Sridhar Rao, MD 3	Ureddi Mullangi, MD 11	Peter McLeod, MD 23
Basim Towfiq, MD 3	Frank White, MD 11	Abd Alghanem, MD 25
Sumathi Mukkamala, MD 4	Randy Hicks, MD 12	Edgardo Paguio, MD 26
Carmen Paredes Saenz, MD 4	Yogesh Jagirdar, MD 12	Mohammad Ashraf, MD 27
Paul Lauber, MD 5	Tejal Joseph, MD 12	Robert Michels, MD 27
Randall Sturm, MD 5	John Martin, DO 14	David Dobies, MD 28
Miriam Pellerito, MD 7	Rod Golovoy, MD 17	Saqib Hasan, MD 28
Eduardo Reyes, MD 7	Rubin Raju, MD 17	Haesook Kim, MD 28
Vaibhav Sahni, MD 7	Edward Stack, MD 17	David Eilender, MD 29
Stephen DeFriez, DO 8	F. Dale Roth, MD 18	Evelyn DelRosario, MD 30
Mona Hanna-Attisha, MD 9	Gagandeep Singh, MD 19	Leon Friedman, MD 30
Mary Marshall, MD 9	Elna Saah, MD 20	Paul Schroeder, MD 30

Did you recognize...
Linda Lawrence, MD



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Contact 810-610-0965

PHYSICIANS NEEDED

at the Emergency Medical Center of Flint Various shifts available for part-time, as well. Must be willing to do minor stitches, infants & children, splinting, and minor eye & ear procedures. This is a classic urgent care much like family practice. Hours of operation 9:30am – 9pm, 7 days a week, closed on major holidays Located at 2284 S. Ballenger Hwy., Suite 2, Flint, 48503.

Contact Pete Levine at 810-733-9925.

AUTOCLAVE NEEDED

by not-for-profit urgent care center. Please contact Brenda at bcraft@gcms.org or call (810) 232-2710.

Check Out Our Website www.gcms.org

GCMS MEETINGS

— January 2016 —

Legislative Liaison Committee, 1/4
 Recessed

Bulletin Committee, 1/6
 7:30am, GCMS Office

2015 Ball Committee Wrap-Up, TBD

C-Section Task Force, 1/25
 6pm, GCMS Office

Finance Committee, 1/26
 5:30pm, GCMS Office

Board of Directors, 1/26
 6pm, GCMS Office

**Community & Environmental
 Health Committee, 1/27**
 12:30pm, GCMS Office

Practice Managers, 1/28
 8am, GCMS Office

MSF Fundraising Committee, 1/28
 6pm, GCMS Office

SAVE THE DATE!
GCMS/GCMSA President's Ball
 November 12, 2016
 Genesys Conference & Banquet Center

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State & County Medical Society Membership Application

Application Code:

- I am in my 1st year of practice post-residency.
- I am in my 2nd year of practice post-residency.
- I am in my 3rd year of practice post-residency.
- I have moved into Michigan, and this is my first year practicing in the state.
- I work 20 hours or less per week.
- I am currently in active military duty.
- I am in full-active practice.

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: _____

Cell: _____ Email: _____

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, has your license to practice medicine in any jurisdiction been limited, suspended or revoked?: 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

When completed, please mail to MSMS or Fax to (517) 336-5797. Thank you!