

THE BULLETIN

DECEMBER 2021 VOLUME 98, NUMBER 12



- ◆ Genesee County Medical Society Welcomes New President Dr. Khalid Ahmed
- ◆ Check Out the New "Alliance Focus" section of the GCMS Bulletin
- ◆ Pulmonary Rehabilitation Post COVID-19
- ◆ **2021** GCMS/GCMSA President's Ball

GENESEE COUNTY MEDICAL SOCIETY
Organized Medicine's Leading Edge

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

DECEMBER 2021 VOLUME 98, NUMBER 12

THE BULLETIN

GCMS OFFICERS 2021

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Paul Kocheril, MD, President Elect

Sunilkumar Rao, DO, Immediate Past Pres.

Brenda Rogers-Grays, MD, Secretary

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President

S. Bobby Mukkamala, MD

Immediate Past President

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READ BY 96% OF GCMS MEMBERS

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Our Vision

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

Our Mission

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

PLEASE NOTE

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

THE BULLETIN

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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 1st of the month. All statements or comments in THE BULLETIN are the statements or opinions of the writers and are not necessarily the opinion of the Genesee County Medical Society.

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President's Message

Greetings Genesee County Medical Society members! Let me start by saying that it is an honor and a privilege to become the President for this upcoming year. Thank you for this opportunity to serve GCMS as well as the people of our community! It is an honor to follow a team of such dedicated GCMS past presidents, I can only hope to serve Genesee County Medical Society as well as they did. I wish Dr. Sunilkumar Rao, Immediate Past President, success in his future endeavors and hope that he continues to contribute to GCMS in many ways.

Service to others is a large part of the mission of Genesee County Medical Society, and I am happy to be part of such an organization. GCMS believes in improving and pouring into the lives of those people the organization represents, and because of this, I serve in this position with honor.

We rely, as physicians, on each other for teaching, for consultation, for camaraderie, and for support. The Genesee County Medical Society provides one forum to assist in our mutual goals in the medical community. While I am grateful for this opportunity as the new President of Genesee County Medical Society, I would appreciate assistance in steering the organization in a mutually beneficial direction. As members of such a great institution, I invite you to become an active part of our committees, to attend meetings, and to present concerns you may have. I look forward to the upcoming year in serving and partnering with you all.

Thank you,

Khalid Ahmed, MD

GCMS President



Practice Managers
DECEMBER—RECESSED

Board of Directors
DECEMBER—RECESSED

Legislative Liaison
2022 Schedule —TBD

Practice Managers
January 13, 2022
9:00 a.m.

Medical Society Foundation
January 19, 2022
6:00 p.m.

Announcement

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

For details, contact:

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- **Corporate and Transactional Matters**
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Pulmonary Rehabilitation Post COVID-19

The Coronavirus-2019 (COVID-19) pandemic originated in Wuhan, China in 2019. By 2020 COVID-19 had rapidly spread to over 200 countries worldwide.

Common symptoms of COVID-19 are fever, dry cough, sore throat, congestion, sneezing, runny nose, joint pain, abdominal pain, loss of appetite, vomiting, and loss of taste

or smell. A major concern with COVID-19 patients is the effect on the pulmonary system. The virus may cause dyspnea, reduced blood oxygen levels, respiratory failure requiring mechanical ventilation. In severe cases, the pulmonary function becomes compromised with patients requiring ICU care and support.

COVID-19 patients with severe disease develop respiratory failure in the form of ARDS, which is usually managed with intubation and mechanical ventilation

(when non-invasive measures fail). These patients are at an increased risk for developing superimposed bacterial pneumonia, heart failure, pneumothoraces, pulmonary fibrosis and multiple other pulmonary complications. Severe disease carries risk for pulmonary embolism as well, leading to right heart failure which can lead to sudden death or a form of long-term pulmonary hypertension. Most COVID-19 patients requiring ICU care have respiratory involvement and their course is widely variable. The most severe cases may proceed on to ECMO if they are viable candidates (if ECMO is available).

The past 2 years have been extremely challenging managing the pandemic. The prolonged incubation period prior to symptom manifestation has made it very difficult to prevent asymptomatic spread. SARS-CoV-2 has proven to be a resilient and clever virus, with mutations increasing the risk of immunity escape. This makes vaccination critical for all individuals who are eligible—and they should act quickly. The senior citizen population, especially with other health issues, is at a higher risk for COVID-19 complications if they become infected with the virus.

COVID-19 virus commonly affects the respiratory system as stated above. Some survivors are at a higher risk of developing post-intensive care pulmonary complications post COVID-19. Some COVID-19 survivors will experience ongoing profound and life altering shortness of breath when none was noted prior to COVID-19. Survivors often develop scarring on the CT scan of their lungs which can take months to resolve. Pulmonary function can be significantly altered post severe COVID-19 with severe impairments in airflow, lung volumes and gas exchange that is measured during routine pulmonary function tests.

Pulmonary Rehabilitation (PR) for post-COVID-19 patients is a good option to help in recovery from severe infection. Pulmonary Rehabilitation includes educational topics like: breathing techniques (pursed-lip breathing and/or diaphragmatic breathing), oxygen therapy, airway clearance, aerobic exercises, strength and endurance training, nutritional guidance, and psychological interventions (if needed). The same curriculum is used for COVID-19 as would be for other pulmonary diseases. Pulmonary Rehabilitation should be recommended after discharge by a physician.

Pulmonary Rehabilitation offers the unique situation of a long-term plan of care. Most Pulmonary Rehab programs also offer a maintenance program, giving graduates the possibility of a lifelong commitment to exercise and wellness.

I am pleased Pulmonary Rehabilitation is available in Genesee County. A referral to pulmonary rehabilitation is extremely helpful for someone suffering from lung problems.

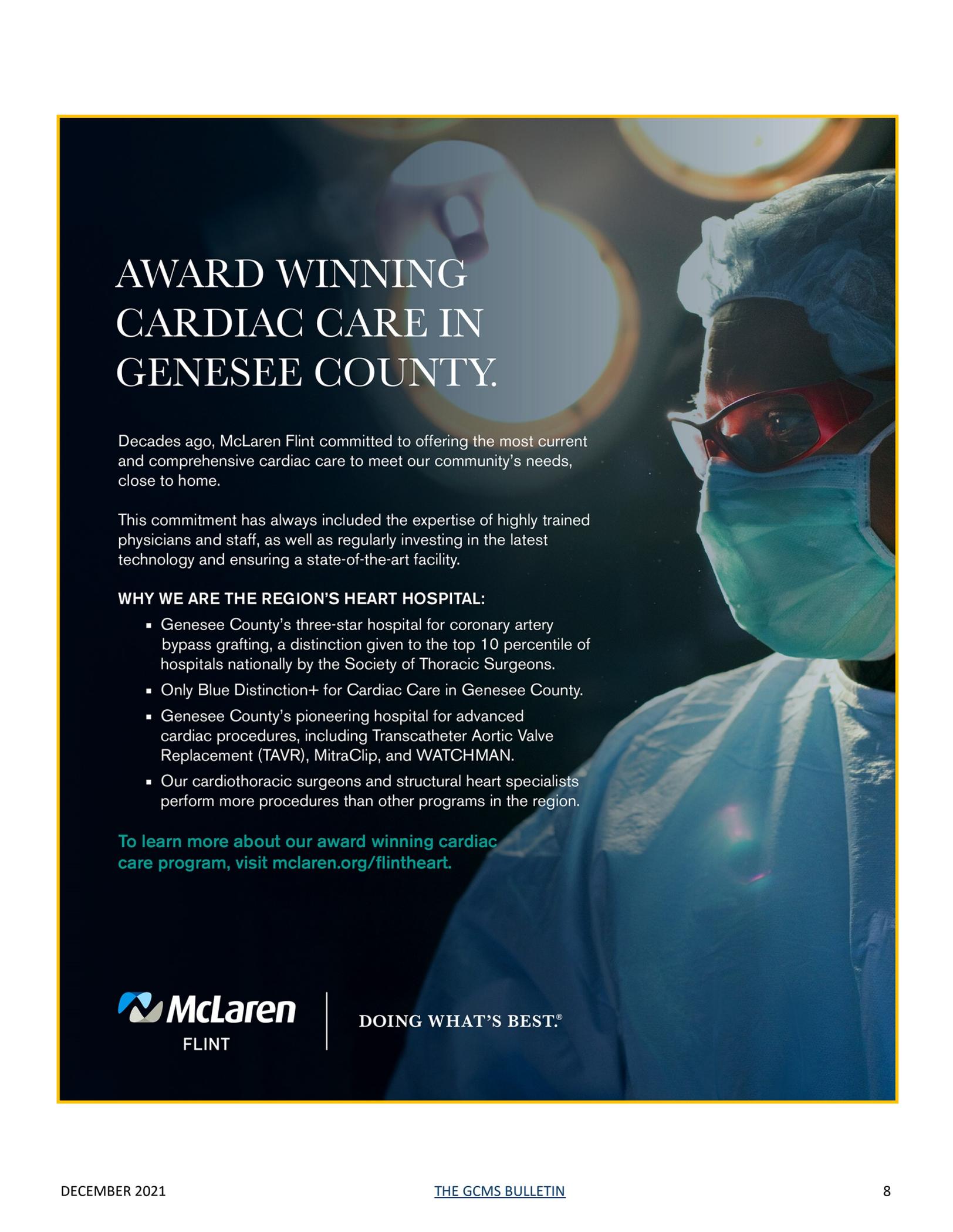
All able individuals should be vaccinated against COVID-19 as soon as possible. Ask your trusted physician or medical professional for further information.

This article was written in collaboration with Dr. Mark Wheeler, DO and Stacey Hansel, RRT.

Please direct any comments or questions to executivedirector@gcms.org



DAVID HOFF, MA, CCP



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Keep Genesee County Safe!

- 1. Require Masks in your Practice**
- 2. Practice Social Distancing in your Office**
- 3. Educate your Patients on Vaccinations**



Why GCMS??

Genesee County Medical Society

Organized Medicine's **Leading Edge**



MEMBERSHIP

Membership in the Genesee County Medical Society (GCMS) gives you the opportunity to share resources, discuss ideas, and network with some of the most active and respected physicians in the state. You will receive news and information via The Bulletin magazine, meetings, faxes, and emails. Because GCMS is politically aggressive, it can provide its members with myriad opportunities to shape the future of medicine locally, as well as on a state and national level.

When you join GCMS you also join the [Michigan State Medical Society \(MSMS\)](#). MSMS has experts to assist you with practice management, business strategies, third party reimbursements, and contracting issues.



[CLICK TO LEARN MORE AND JOIN](#)

TOP 7 REASONS TO JOIN

1. GCMS is an aggressive advocate on behalf of member physicians with third-party-payers.
2. GCMS is an aggressive advocate on behalf of its members physicians and their patients with state and federal legislatures.
3. When specific issues arise that require immediate action, email lists are institute to communicate directly with members.
4. GCMS convenes monthly meetings with Practice Managers in an effort to head off problems for physician practices and to find solutions to those that are identified.
5. GCMS is a national leader by providing leadership at the state and federal level through volunteer physicians, staff, and Alliance member involvement leadership positions.
6. GCMS is disproportionality influential on behalf of its member physicians and their patients.
7. GCMS holds monthly meetings with federal and state legislators, and communicates with them at other times on as as-needed basis.

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JOIN
GENESEE COUNTY
DOCTORS

IN KEEPING GENESEE COUNTY SAFE!



**THE COVID-19 VACCINATION IS LIFE SAVING
AND CAN STOP THE SPREAD OF THE VIRUS!**

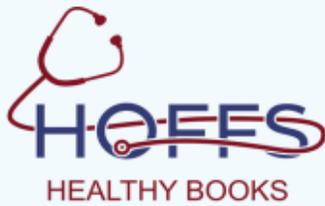
TALK TO YOUR DOCTOR TODAY
ABOUT CONCERNS YOU MAY HAVE.

THE VACCINATION IS FREE!

IF YOU NEED HELP FINDING A VACCINATION LOCATION,
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COVID-19

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Genesee County Medical Society Alliance at Boys & Girls Clubs of Greater Flint

GCMS Alliance members, Lakshmi Tummala, Sabita Tummala, Elizabeth Jordan, Velynda Makhene, Vijaylakshmi Sayal and board member, Tinsi Klein, were accompanied by some members from the Peace Committee of the Chinmaya Mission-Flint, visited the Boys & Girls Clubs of Greater Flint on Wednesday, December 8. The very interesting and informative tour was given by CEO, Mr. Tauzzari Robinson and Fund Development Officer, Emil Robinson. It helped us learn how the Club helps all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. It has been serving youth at their Averill Unit location since 2004 and expanded programming in 2016 to serve Club members at the Peak Extension Site. This facility was, originally, a school which was closed. Several years ago, it was bought for one dollar, and renovated for serving as an After-School Program for Children from underprivileged families in the Flint area.

The very interesting and informative visit helped us learn how the Club helps all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. It has been serving youth at their Averill Unit location since 2004 and expanded programming in 2016 to serve Club members at the Peak Extension Site. Their Great Futures Vision is to provide a world class Club Experience that assures success is within reach of every young person who enters their doors with all members on track to graduate from high school demonstrating good character and citizenship, and living a healthy lifestyle.

The Club is open to students from 3:00 pm to 7:00 pm during the school year and 9:00 am—2:00 pm during the Summer. The membership fee is \$10/- per year per student, but has now been waived due to the current Covid situation. It is funded by grants from local charitable foundations, donations from the Food Bank, individuals and organizations. The Club is open to all students and serves from 1,000-1,200 students, irrespective of their racial, ethnic or economic background. School closings due to the pandemic have brought the numbers down. However, during the last twenty months, the Club staff has been collecting donations of grocery, food and personal items bags, educational material and delivering them to the students' families in order to encourage them to study at home.

The Programs and activities focus on the following:

Academic Success

The Arts

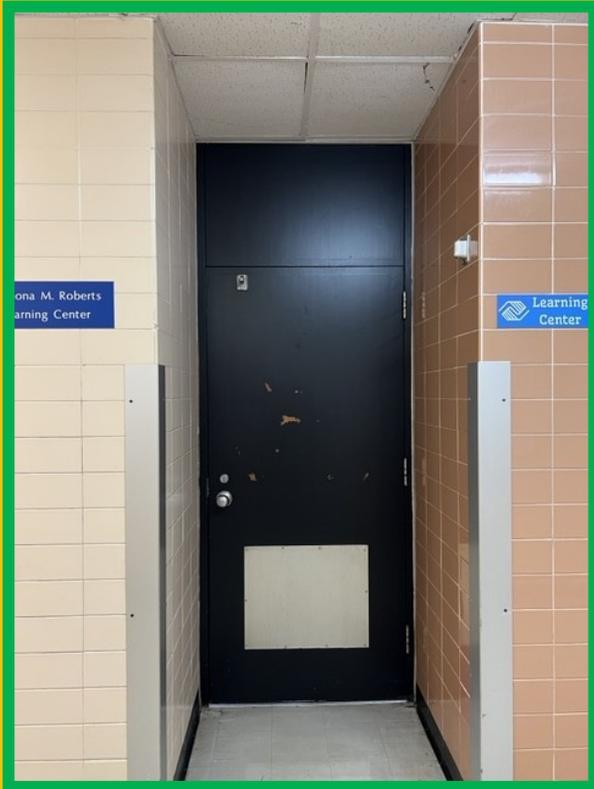
Good Character & Citizenship

Health & Wellness

Sports & Fitness

Teen Programming

We had a chance to visit each room that was designated for the particular activity and came off learning the Club's dedicated service to students. The Boys and Girls Club of Greater Flint has been doing very commendable work and needs to be supported.



Learning Center



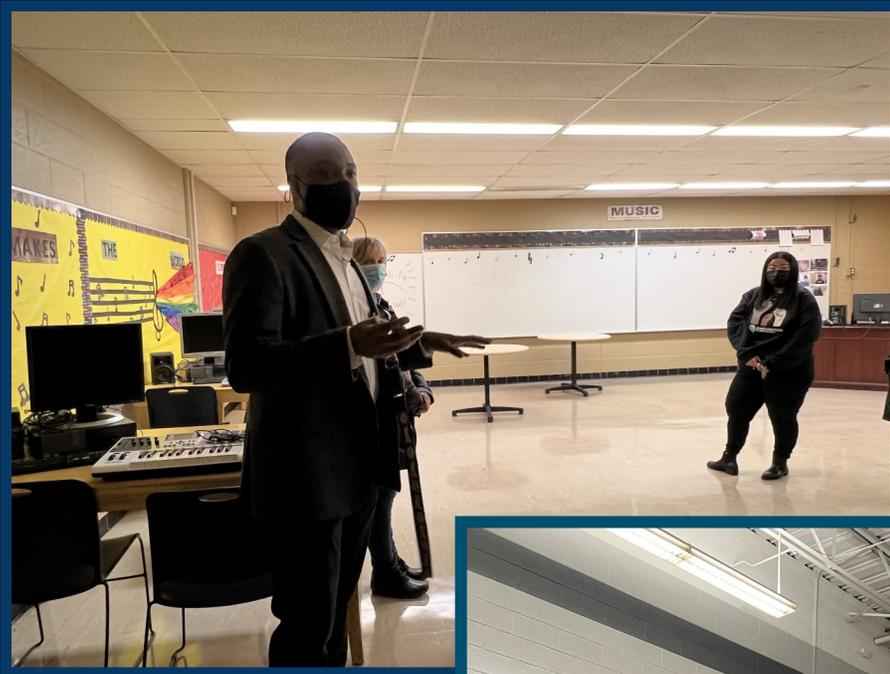
Inside the learning center



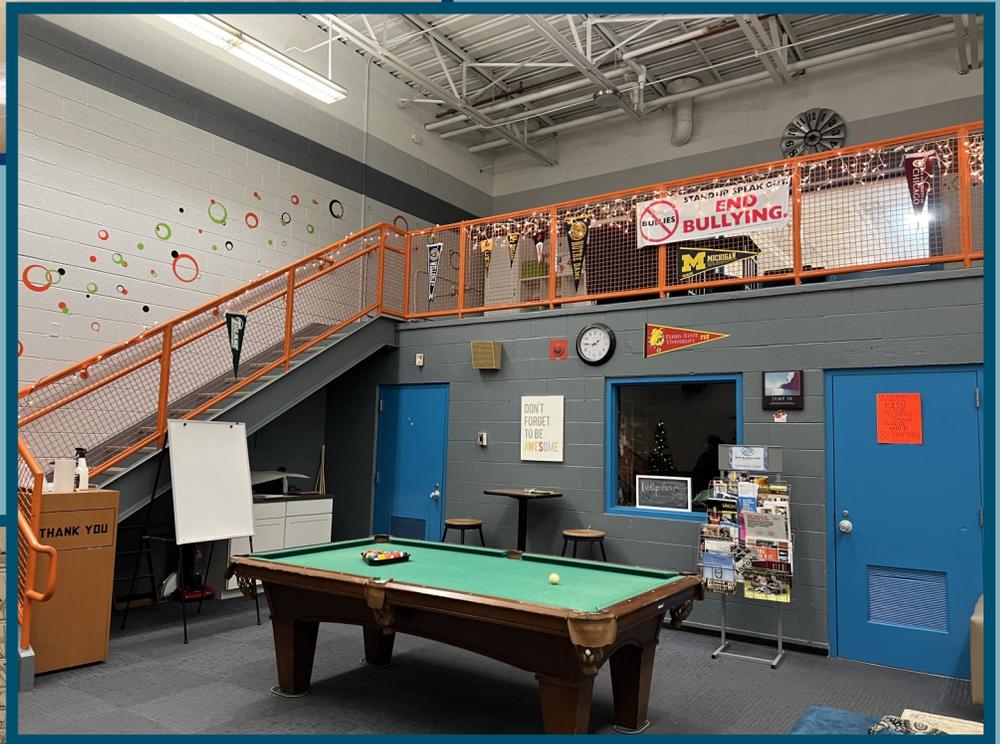
The Recreation Room



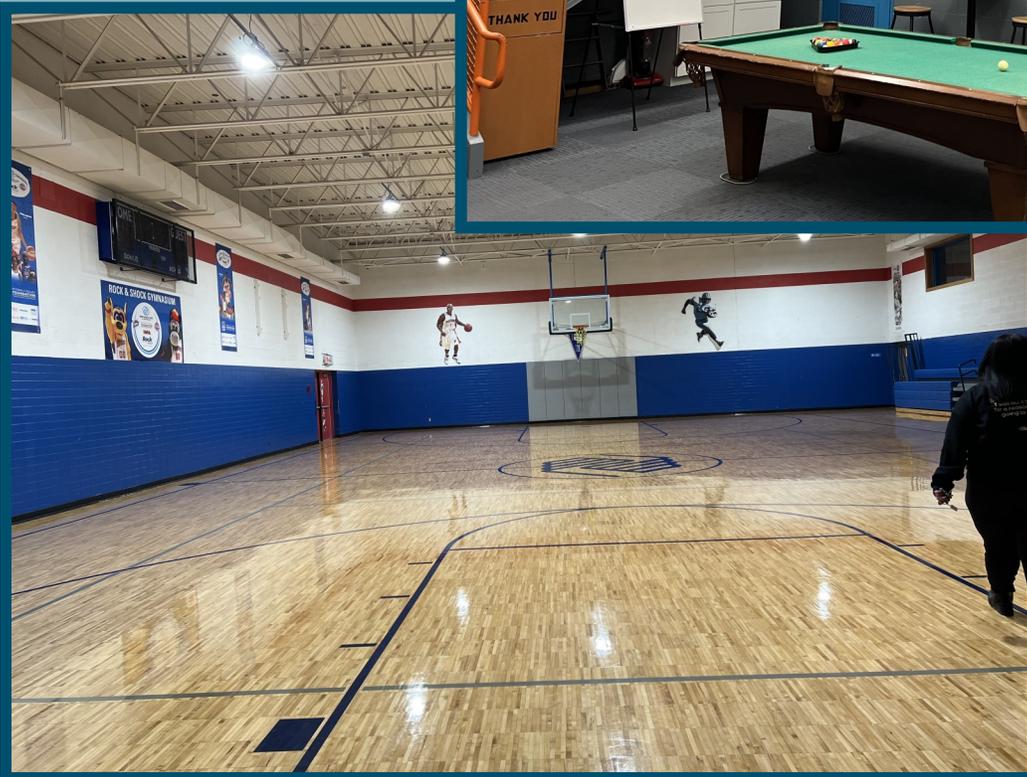
The Arts Center



Media Room



Theater



Gymnasium



Auditorium



Another view of the auditorium



GCMSA members with the Club staff (L-R): Velynda Makhene, Elizabeth Jordan-4th, Vijayalakshmi Sayal-5th, Tinsi Klein-6th, Sabita Tummala-7th and Lakshmi Tummala-8th.



Lakshmi Tummala

**VIA
ZOOM**

ATTENTION

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

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

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

Please email executivedirector@gcms.org to RSVP,

YOU WILL RECEIVE A ZOOM INVITE

NEXT MEETING DATE:

January 13, 2022 9:00 A.M.

***You do not want your Practice Manager to miss out
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Easy Ways to Donate to the Medical Society Foundation:

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

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

To make a gift, simply use these words:

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

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

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



Don't Forget!
Donations are tax deductible!

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



Do you have an advertising **NEED**?

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

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Genesee County Medical Society Bulletin

(ONLINE MAGAZINE)

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

1/4-page ad \$100/month

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

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

[Click here](#)

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



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



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Crim Fitness Foundation



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Ascension Genesys Athletic Club



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YMCA - 360



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Arthritis Foundation



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For Daily Genesee County Covid-19 Numbers

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

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

 **CLICK HERE**

For Reporting



EMPLOYERS + SCHOOL ADMINISTRATORS:

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

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

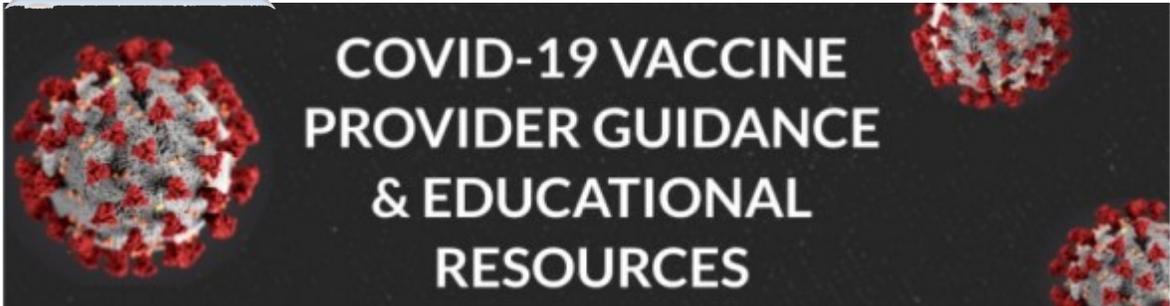
 **CLICK HERE**

For State of Michigan Covid-19 Information





 [CLICK HERE](#)



COVID-19 VACCINE

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

[COVID-19 VACCINE PLAN](#)

 [CLICK HERE](#)

[COVID-19 VACCINE RESOURCES](#)

[IMMUNIZATIONS DURING COVID-19](#)

[CDC FAQs](#)

[PROVIDER GUIDANCE & EDUCATION](#)



Medical Society Foundation

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

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

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

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

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

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

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

Mail your donations to:

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

The GCMS/GCMSA 2021 Presidents Ball

Rocks Atlas Valley Golf Club

The much eagerly awaited 2021 Presidents Ball to honor presidents of GCMS and GCMSA was held on Saturday, November 20 at the Atlas Valley Golf Club. The theme for the evening's gala was, Bollywood Night which appealed to many. We had record sponsorships and attendance. Guests were greeted by a very pretty and colorful decoration on a table in the lobby. The elegant and spacious venue was decorated with black, white, and silver balloons. Pink up-lights were placed against the walls. Black table linens were used to offset LED lights in clear vases. It all gave a ritzy, glamor look to the banquet hall.

Guests arrived at the black-tie event looking forward to a great celebration. Spicy samosas, savory spring rolls and scrumptious crab cakes were served as appetizers with a full bar of choice drinks to go with them. Later, the guests moved on to the banquet hall for a business meeting and festivities. GCMS Executive Director, David Hoff welcomed the guests. He introduced GCMS President Dr. Sunil Rao and GCMSA President Lakshmi Tummala. The two spoke briefly about their respective organizations and thanked them for having the opportunity to serve. The meeting adjourned for dinner. House salad and rolls, including Indian flat bread, naan, were followed by a choice of three entrees, vegetarian, Indian tandoori style chicken and salmon. Coffee, tea and assorted beverages were included.

The business meeting resumed after the delicious dinner. Dr. Rao gave his farewell speech, followed by incoming President Dr. Khalid Ahmed's address. The dessert buffet opened with guests treated to delectable mango kulfi (Indian ice cream), baklava, assorted mini cheesecake bites and fruit. It was, then, time for a very lively dance entertainment. Young high school student, Anurag Komaragiri, served as DJ and led the evening's entertainment with his amazing peppy number, "Celebrate Good Times" by Kool And The Gang. Guests moved on to the dance floor to jive to the popular song. That was followed by some dances in the Bollywood style with Neelam Puri and her students' energetic and riveting dance moves. They were accompanied by several guests who, instantly, picked up the patterns. Anurag, then, sang a great mix of English pop and Indian movie songs. He was joined by his mother, Vasudha, who is a professional singer and music teacher. The two sang till the end and brought the house down.

All agreed that the 2021 GCMS/GCMSA Presidents Ball was a blast!!























GHS Intensive Crisis Stabilization Services for Children and Young Adults



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

Reasons to call GHS:

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

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

What happens when the GHS Intensive Crisis Team is called?

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

Other services include:

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

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

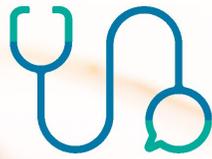
** Intensive Crisis Stabilization services cannot be provided to individuals who are currently residing in inpatient settings: Jail/detention centers or residential settings (i.e. child caring institutions, crisis residential, etc.).

GHS Intensive Crisis Stabilization Services for Children

810.257.3740 877.364.3648

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

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



safe haven™
CONFIDENTIAL SUPPORT

SAFEHAVEN™

PHYSICIAN AND PROVIDER WELL BEING PROGRAM

Rediscover meaning, joy, and purpose in medicine.

SafeHaven™ ensures that physicians and health care providers can seek confidential assistance and support for burnout, career fatigue, and mental health reasons.



In-the-moment telephonic support by a licensed counselor, 24/7



Legal and financial consultations and resources, available 24/7



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

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



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

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



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



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

RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

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

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

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





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

Application Code: _____

State and County Medical Society MEMBERSHIP APPLICATION

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



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

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

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

Job Title: _____

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

Mobile: _____ Email Address _____

Office Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

Home Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

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

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

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

Residency Program _____ Program Completion Year _____

Fellowship Program _____ Program Completion Year _____

Hospital Affiliation _____

• Primary Specialty _____ Board Certified: Yes No

• Secondary Specialty _____ Board Certified: Yes No

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

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

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

