

The Bulletin

Saginaw County Medical Society

July/August 2024 | Volume 81 | No 6



**9/17/24 Membership Meeting
Project Sleep
"When Dreams Leave the Night"**
p. 5

**SCMS Health Expo 9/14/24
at Pulse³ Hearts & Paddles
Pickleball Tournament**
p. 10

**April and May
Membership Meetings**
p. 16-19

Bringing physicians together for the common good

www.SaginawCountyMS.com



WE TAKE CARING FOR KIDS VERY SERIOUSLY

Announcing Covenant Children's Hospital at Covenant HealthCare.

At Covenant HealthCare, we've made a serious commitment to safeguarding your children's health. That's why Covenant Children's Hospital offers so many specialized pediatric services and facilities, including:

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- Specialty clinical programs for children including pediatric surgery, pediatric neurology, sleep medicine, diabetes, cardiology, and more with Covenant Medical Group and local providers
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It's this commitment to extraordinary care for every generation that has made Covenant HealthCare the most preferred children's hospital in the Great Lakes Bay Region.

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The Bulletin can be viewed online at www.SaginawCountyMS.com under the Bulletin tab.

COVER PHOTO: (L-R) DAPHNE ALLEN-BARDELL, DRS. CHRIS AND DAFINA ALLEN

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All statements or comments in the Bulletin are those of the writers, and not necessarily the opinion of the Saginaw County Medical Society. Contributions are welcome. We publish committee reports, letters to the editor, public health activities of the members, and some personal items (birthdays, weddings, graduations and like events). The Editor determines which are accepted. Advertisements are accepted as space is available at our going rates. Members may advertise office information, professional services, skills, and procedures, also at our going rates. We do not accept advertisements from non-members, or non-Saginaw hospitals.

The Bulletin is mailed free of charge to SCMS members as part of their membership. Complimentary copies are sent to various other parties. Others may subscribe at the rate of \$50 per year.

PRESIDENT'S LETTER

Farewell Address as President of the SCMS

Tiffany K. Kim, MD

Dear Esteemed Colleagues,
As I reflect on the past two years serving as the President of the Saginaw County Medical Society, I am filled with gratitude for the opportunity to lead such a dedicated and compassionate group of physicians. It has been a privilege to work alongside of you in our mission to promote the health and well-being of our community.

During my tenure, we have faced unprecedented challenges- navigating through the complexities of the healthcare landscape with resilience and unwavering commitment to our patients. Together, we have embraced innovation, adapted to change and continued to deliver exceptional care in the face of adversity.

As I pass the torch to our incoming president, **Dr. Chris Allen**, I have full confidence in his ability to lead our Society with integrity, compassion and vision. Dr. Allen brings a wealth of experience as a pediatric neurologist and sleep medicine physician, and I have no doubt that he will continue to uphold the values and traditions of our esteemed organization.

Dr. Allen, I offer my heartfelt congratulations on assuming the role of President. Your dedication to excellence and passion for improving the lives of our patients make you the ideal leader for our Society. I look forward to witnessing the great strides you will undoubtedly make in advancing our mission and further strengthening our community partnerships.

To the members of the Saginaw County Medical Society, thank you for your unwavering support and dedication. It has been an honor to serve as your president, and I am grateful for the opportunity to have worked alongside such outstanding colleagues.

As I bid farewell to this role, I do so with a deep sense of pride in all that we have accomplished together. A big thank you to our Executive Director, **Joan Cramer**, without her knowledge and dedication, the SCMS would not survive! Our work is far from over, and I am confident that under Dr. Allen's leadership, the Saginaw County Medical Society will continue to thrive and make a lasting impact on the health and well-being of our community.



“Together, we have embraced innovation, adapted to change and continued to deliver exceptional care in the face of adversity.”

PHYSICIAN AND LEGISLATIVE FORUM

Saginaw County Medical Society | Genesee County Medical Society

The SCMS partnered with the GCMS to present the second quarterly Physician and Legislative Forum via Zoom on Monday, June 3. Thank you to [Rep. Matthew Bierlein](#), 97th District (R), and Alex Poirier of [Sen. Kevin Daley's office](#), 26th District (R) for joining us representing Saginaw County.

A total of 20 legislators/staff, SCMS members, GCMS members and MSMS staff participated in the meeting. Issues discussed included the Prescription Drug Affordability Board, Step Therapy Reform and Scope of Practice.

**Mark your calendar for future Forums scheduled from 8-9 a.m. via Zoom:
Monday, September 9, 2024 | Monday, November 4, 2024 (tentative)**

Your participation is important! These meetings provide a forum for physician members to voice their concerns with local lawmakers regarding legislation affecting the practice of medicine. We welcome your input on issues you would like addressed. Representatives from MSMS, SCMS and GCMS will be in attendance. Watch your email and the homepage on our website www.SaginawCountyMS.com for online registration details about a month prior to the Forum.

Questions? Contact Joan Cramer at jmcramer@saginawcountymms.com



CALENDAR OF MEETINGS AND EVENTS FOR 2024-2025*

Monday, September 9, 2024

Physician and Legislative Forum

Time - 8-9 a.m. via Zoom

Saturday, September 14, 2024

Garber Courts, 1760 Fordney Street, Saginaw

SCMS Health Expo at **Pulse³**

Hearts and Paddles Pickleball Tournament

Tuesday, September 17, 2024

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m. *Joint with the Saginaw Valley Osteopathic Society*

Speaker - Julie Flygare, JD

Topic - Project Sleep "When Dreams Leave the Night"

Spouse/Significant Other of SCMS Members Welcome
(dinner fee applies)

Online reservations required

Tuesday, October 15, 2024

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m.

Speaker/Topic - Candidates' Forum for the 2024 Election

Spouse/Significant Other of SCMS Members Welcome
(dinner fee applies)

Online reservations required

Monday, November 4, 2024

Physician and Legislative Forum

Time - 8-9 a.m. via Zoom

Tuesday, November 19, 2024

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting/Annual Budget Meeting - 5:30 p.m.

Tuesday, January 21, 2025

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m. *Joint with the Saginaw Valley Dental Society*

Speaker/Topic - TBD

Spouse/Significant Other of SCMS Members Welcome
(dinner fee applies)

Online reservations required

Tuesday, February 18, 2025

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting - 5:30 p.m.

Tuesday, March 18, 2025

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting - 5:30 p.m.

Tuesday, April 15, 2025

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m.

Speaker/Topic - TBD

Spouse/Significant Other of SCMS Members Welcome
(dinner fee applies)

Online reservations required

Saturday, May 3, 2025

160th Annual MSMS House of Delegates at the Crowne Plaza Lansing West

Tuesday, May 20, 2025

Horizons Conference Center

Board Meeting - 5:30 p.m.

Annual Membership Meeting and Annual SCMS Foundation

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meetings and Program at 7 p.m.

Spouse/Significant Other of SCMS Members Welcome
(dinner fee applies)

Online reservations required



HELP US REACH OUR \$15,000 GOAL!

The SCMS Foundation, a 501(c)(3) nonprofit, needs YOUR tax-deductible support to expand funding programs to attract and retain physicians in Saginaw County. Assistance begins in high school and continues during undergrad, medical school and residency through various funding mechanisms including scholarships, research grants and up to \$20,000 in forgivable loans during medical school.

[Click HERE to make a donation](#) or send a check payable to the SCMS Foundation to: 350 St. Andrews Road, Suite 242, Saginaw, MI 48638-5988 to help the SCMS Foundation attract and retain healthcare providers in Saginaw County. A tax-deductible receipt will be provided.

Questions? Contact Joan Cramer at jmcramer@saginawcountymys.com. Thank you for your consideration of this request!

RETIREES MEET FOR LUNCH!

Retired physicians meet for lunch every Wednesday at 12 noon at **IHOP**,

2255 Tittabawassee Road in Saginaw.

Those attending are responsible for their own lunch, and the informal gathering lasts about an hour.

Join your retired colleagues whenever you like!

THE GROUP ALWAYS MEETS IN THE BACK ROOM.

If you are told no one from the group is there, please go directly to the back room and check for yourself!

If you have questions, please contact Joan Cramer at (989) 284-8884 or

Dr. Caroline Scott at (989) 295-2721.

S.A.G.I.N.A.W. Values: Advocacy

By Louis L. Constan, MD

Have you heard? The Oxford English Dictionary just selected its official word of the year: “rizz,” short for “charisma.” I think there’s a better word though, one that’s been used constantly over the last year—“disproportionately.” You know, the epidemic, or inflation, or chronic disease burdens or pollution...disproportionately affects this or that group. Economically, physically, socially and mentally. Ethnic groups, women, the addicted, the young, the poor, the incarcerated, the uneducated, the ill-housed, the uninsured. High risk groups that suffer in silence; that so often get overlooked by those who could help them. Ignored. Out of sight and out of mind. Marginalized groups that often turn up in emergency rooms, which are not equipped to help them. People with all those pesky “social determinants of health.” Invisible people. Forgotten people. But not to us...to us they are our suffering patients.

Another good word is “advocacy,” which happens to be one of the SCMS’s core values. It literally means “to speak for, or to plead for in a public forum or courtroom.” We advocate for all our patients. They may be unable to speak for themselves...as are the marginalized patients above...or they may be unable to speak for themselves because they do not understand their illness or how medical care works in our dysfunctional medical system. Making a diagnosis and implementing a treatment plan is our *raison d’être*. But that is never easy. The practice of medicine is a never-ending struggle. It is art as well

as science. Coaxing information out of the medically ignorant, distracted or reluctant patients; shepherding them through the various challenges they face to adhere to their treatment plan; making sure they understand the diagnosis. Motivating them to get those tests, to see those consultants, to take that medicine. Computers cannot do this work. Insurance executives cannot do this. Hospital administrators cannot do this. Advocacy. It’s a human activity. It’s our activity. It’s taking responsibility for the patient.

Turning now to our special challenge, doing all this for those disproportionately affected patients. Those even worse off than ordinary patients. They’re sicker, for longer, and have greater difficulty accessing care and following up on treatment plans. It’s tougher helping them. It takes more work. It takes more compassion. It takes more dedication to the values of our profession. When the disproportionately suffering see us, we need to step up our game. And we’ve been doing exactly that.

Advocacy for all our patients, and especially for the disproportionately affected by disease, fits nicely into those core values that define us.

Here are some recent examples of special advocacy by our Society:

- **Patients who were having trouble getting prior approvals.** SCMS/MSMS pushed the state to act. And it did. This, by the way, made us national leaders over this issue.
- **Patients who are uninsured.** We pushed the country to act...and it did. The Affordable Care Act helped

tens of millions. Giving them health and even life itself.

- **Patients who are unhoused (homeless).** SCMS members supported T.H.R.I.V.E, a business and medical coalition, in its plans to improve local housing.
- **Patients who are undernourished.** SCMS and individual members supported the Saginaw Soup Kitchen.
- **School children who are hungry and unable to learn because they are hungry.** We supported the enlightened legislators in Lansing who are providing free lunches to each and every Michigan student.
- **Patients who are ignorant of the resources available to them.** SCMS’s “The Doctor Is In” Health Fair.
- **Patients who do not have a doctor.** SCMS doctor referral service. SCMS support for the CMU College of Medicine, ensuring future supply in critical specialties such as Emergency Medicine, Family Medicine and Psychiatry.
- **Patients in third-world countries.** SCMS members in medical missions to the poorest of poor countries around the world. Even to those in war zones.
- **Countless individual SCMS member contributions to our community.** Every time you serve on a community Board, volunteer for a committee at a hospital, provide advice on a medical topic for a school or other community organization; you advocate for patients.

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Advocacy for all our patients, and especially for the disproportionately affected by disease, fits nicely into those core values that define us.

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So, in their great need, all our patients, and especially those who are disproportionately affected by adverse social determinants of health, can count on us to advocate for them.

And should any of them, in frustration over the constant battle they face getting quality healthcare, ever raise their arms to the sky, crying out in frustration: "Who speaks for me," we can proudly reply: "We do!"

OFFICE SPACE FOR SALE

Medical Arts I Building
4705 Towne Centre Road, Suite 304
Saginaw, MI 48604
2,450 Square Feet
Call for details: 989-297-0662

GUEST WRITERS WELCOME!

If you would like to write an article of interest to your colleagues for publication in a future issue of *The Bulletin*, please contact Joan Cramer at jmcramer@saginawcountymys.com for further information.

Articles are not designed for self-promotion, but rather as information for members.

FOR SALE —Handicapped Lift Van

2017 Ford Transit Connect Titanium LWB

29,500 miles

Red w/gray leather interior

Bruno Joey Scooter Lift Installed (value=\$3,000+)

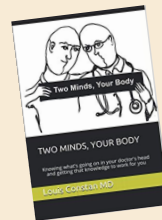
Amigo Mobility Scooter HD w/adjustable seat (\$3,645)

Garage Stored, One Owner

New Battery (September 2023)

\$29,000.00

Call or Text Mary 810-623-0120



If you find it difficult to communicate with your doctor; if you find it hard to get personal attention from an 'impersonal healthcare industry'; if you don't understand all those insurance-company rules; if you don't know how to change your bad health habits; if you think you may be on unnecessary medications;

if you are perplexed by those annoying health-product advertisements; and if you'd like to know which are your greatest health risks - you'll appreciate this Family Doctor's advice, gleaned from 44 years of practice.

Each chapter is illustrated with real-life examples from his and other doctors' practices. Each chapter ends with 'bonus' essays written by the author and published in newspapers and magazines giving the doctor's viewpoint. This will give you a unique perspective and allow you to 'get into the mind' of a doctor. Sweet!

Available on Kindle (different cover but same book) and paperback.

CADUCEUS MEETINGS FOR RECOVERING HEALTH CARE PROFESSIONALS VIA ZOOM

For many years, the SCMS promoted the Caduceus Meetings for Recovering Health Care Professionals in Freeland. I was recently made aware the meetings have been discontinued due to the retirement of the facilitator.

I reached out to several resources around the state, and have learned there are two Zoom Caduceus meetings available to health care industry professionals.

The meetings have adopted many of the principles of 12-Step programs. Caduceus meetings are "closed" meetings for recovering health care professionals including, but not limited to, doctors, nurses, dentists and pharmacists.

Sunday at 7:30 p.m.

Meeting ID 341 745 4172, Password serenity

Monday at 7 p.m.

Meeting ID 527 439 897, Password gratitude

Meets in person on the third Monday in Grand Rapids

Another resource is the Physician Support Line

1-888-409-0141

NOW LIVE

7 days a week - 8am-12am EST

www.physiciansupportline.com

I confirmed they are open to all physicians, residents and medical students from 8 a.m.-12 a.m. seven days a week except for federal holidays. They have volunteer psychiatrists staffing the phone lines. They do not report to any organizations and is a confidential service.

Joan Cramer, SCMS Executive Director

Mission: To prevent suicide through education, advocacy, connection to resources, and support for those impacted by suicide.

Barb Smith Honored with 2024 Health Angel Award

On Tuesday, May 21, 2024, Barb Smith received the **2024 Health Angel Award** at the SCMS Annual Membership Meeting. Barb was also the first Award recipient to receive a standing ovation from the nearly 100 members in attendance. Established in 2009 by **Dr. Debasish Mridha**, the Health Angel Award is awarded to a non-physician who lives and/or works in Saginaw County and has added to the improvement of the health care field in Saginaw County.

Nomination

Barb is the founder and President of the **Barb Smith Suicide Resource & Response Network**, recognized at the state and national level for its advocacy work in suicide prevention. She founded and facilitated one of the first and longest survivors of suicide loss support groups in Michigan for the past 34 years. She was a voice, when there was silence and stigma around suicide survivors in honor of her brother, John.

As a **Victims Advocate** coordinator for the **Saginaw County Sheriff's Dept.**, Barb has responded with first responders to support hundreds of families following a tragic death. Barb started the regional LOSS team (Local Outreach for Suicide Survivors) to meet with families as a follow up to deaths by suicide to bring hope, resources and connections to workplaces, homes and community spaces.

A trainer for **LivingWorks**, she is recognized as a gold level trainer in **safeTALK** and **ASIST**, delivering suicide awareness and after care trainings both locally and nationally, training thousands of people every year.

In 2020, Barb was appointed to the **Governor's Suicide Prevention Commission**, and most recently, she was honored with the **Saving A Life Award** from **Kevin's Song**- a statewide advocacy organization- and was presented the **Michigan Special Honoree Award** from the **National Alliance for Mental Illness (NAMI)**. Locally, her advocacy awarded her the **WAVE Award** for Saginaw County in 2021.

Barb has devoted her life to helping prevent suicide through education, advocacy, connection to resources, and support for those impacted by suicide. Her team of expert trainers deliver evidence-based prevention trainings with the hope of destigmatizing suicide, increasing help-seeking behaviors, and caring for those impacted by suicide. The purpose of her Network is to help people understand the nature of suicide,



Barb and her family - sister Mary Walkowiak, daughter Heather Goldenbogen and husband Frank

how to respond to someone with thoughts of suicide, and how to walk family and loved ones through the aftermath of a suicide.

The Saginaw County Medical Society is proud to present Barb Smith with this year's Health Angel Award.

Acceptance

I am honored to accept this award. There are many deserving people; being selected is meaningful. Starting as grassroots, in my home, my family was my staff (volunteers). Thirty-four years ago, no one talked about mental illness or suicide. It was challenging to get through the doors of many organizations and schools because of the fear that talking about "suicide or mental illness" would trigger someone.

About six years ago, I was at a meeting with **Dr. George Kikano** and others, and he asked where my office was. I was taken aback...I said it is in our home! He and others looked at me a bit confused. I added "so I can work 24/7 jokingly" and save money on bricks and mortar.

Dr. Kikano invited me to come to **CMU College of Medicine** in Saginaw to see how we might partner. He not only opened the doors to the College of Medicine, he opened the doors to opportunities. We received our first "large" grant, allowing me to hire additional staff to meet the needs of the community. Being connected to a well respected medical school was helpful.

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If you are interested in taking a training, please visit our website <https://srrn.net/> for more information and to register. Questions? Contact Holly at holly.kelley@srrn.net or call 989-781-5260 ext. 3.

What a beautiful partnership! Since then, the medical students, residents, faculty and our Network have collaborated on many projects and programs- from Mental Health Awareness Night at the Saginaw SPIRIT game, WNEM Phone Bank, Great Lakes Bay Region Suicide Prevention Coalition (Thank you, Dr. Bala), speaking engagements, and our medical students attending our support group to learn better how to care for people impacted by suicide.

I work closely with **Joan Cramer** who represents the SCMS on our Board. In 2018, she and a team of medical students wrote a "recommendation" to the **Michigan State Medical Society** that all medical schools in the state of Michigan have suicide awareness trainings in their curriculum. It passed unanimously to "encourage" the trainings. It then went to the AMA and was passed again but with edited verbiage- "strongly encouraged" in both the medical schools and for current healthcare providers. Forty-eight percent of people who die by suicide will see some type of health care provider within weeks of their suicide.

What I am most proud of is **Dr. Kikano** and **Dr. Millie Willy** supporting our 1st and 2nd year medical students receiving suicide awareness training, and our 3rd and 4th year students receiving suicide intervention training. I sit on multiple committees around the state including the **Governor's Suicide Prevention Commission**. One of my goals before my term ended was to **REQUIRE** suicide prevention in our medical schools. I was shot down a couple times and told that would **NEVER HAPPEN**. I proudly said **CMU College of**

Medicine has been doing it for six years! We became a model program and finally other medical schools are catching up.

Two weeks ago, I was at a **State Suicide Prevention Conference** with 200 leaders, and someone stood up and proudly said they delivered their first training at a medical school to 80 students and wanted to encourage others to follow suit. She said it was the first school she was aware of doing this. I tried to restrain myself but proudly talked a bit of my other work then said... I had just delivered a suicide prevention training to 120 1st year medical students for the sixth year in a row the week prior to the conference, and that CMU College of Medicine offers ASIST intervention training with ACE's offered to our 3rd and 4th year medical students. I/we got a nice round of applause! Many people came to me afterwards and asked how we got the buy-in. I said it comes from the leaders who "believe" in the importance.

I look forward to continuing our partnership and growing as a community to be one of the most recognized mental health facilities/universities as you work toward opening the **MEDICAL DIAMOND PROJECT**. Six years ago, I remember sitting in the Mental Health Partnership community meeting when it was announced that "the need" to have a central location for mental health care and learning was not only a dream, but a goal. And here we are! Our suicide rates in 2023 were at the highest in history. I know locally the rates are surpassing in 2024.

We need to be the **LEAD** in the State; to set the **STANDARD** on caring for those who struggle with their mental health if we are going to prevent suicide and support quality of life for the people in this region/state. **I HAVE HOPE FOR OUR FUTURE.**

Thank You Key Providers!



The SCMS would like to thank our dedicated Key Providers for continuing to provide support for SCMS Membership Meetings!

Creating a safety network for our community



Our goal is to save lives through **prevention, intervention, and aftercare.**

Our Network trains individuals in evidence-based suicide prevention with the hope of destigmatizing suicide, increasing help-seeking behaviors, and caring for those impacted by suicide.

To request trainings or resources, contact info@srrn.net | www.srrn.net | 989.781.5260

SCMS Leadership for 2024-2025

The following Officers, Directors, Delegates, Alternate Delegates and Peer Review Ethics Committee members were unanimously elected at the SCMS Annual Membership Meeting on Tuesday, May 21, 2024.

President

Christopher J. Allen MD

President-Elect

Furhut R. Janssen DO

Past President

Tiffany K. Kim MD

Secretary

Caroline G.M. Scott MD

Treasurer

Miriam T. Schteingart MD

Board of Directors

(Three year in line for presidency)

Mary J. McKuen MD

Jennifer M. Romeu MD

Taylor S. Gaudard MD

Board of Directors

(One year)

Kai Anderson MD

Claudia C. Zacharek MD

Kala K. Ramasamy MD

MSMS Delegates

Elvira M. Dawis MD

Anthony M. Zacharek MD

Christopher J. Allen MD

Miriam T. Schteingart MD

Jennifer M. Romeu MD

Karensa L. Franklin MD

Mary J. McKuen MD

Kai Anderson MD

Cecilia E. Kraus-Horbal DO

MSMS Alternate Delegates

Caroline G.M. Scott MD

Thomas J. Veverka MD

Mohammad Yahya Khan MD

Claudia C. Zacharek MD

Furhut Janssen DO

Abishek Bala MD

Taylor S. Gaudard MD

Peer Review Ethics

Committee

Danielle C. Duncan MD

Caroline G.M. Scott MD, Chair

Thomas J. Veverka MD



Hearts and Paddles Pickleball Tournament and Health Expo Saturday-Sunday, September 14-15, 2024

The SCMS is honored to host this year's Health Expo on Saturday, September 14!

The second annual **Hearts and Paddles Pickleball Tournament and Health Expo** powered by **Blue Cross Blue Shield of Michigan** will be held on Saturday-Sunday, September 14-15 at Garber Courts, 1760 Fordney Street in Saginaw. The SCMS will join with **Pulse³** to offer a **Health Expo** to the community on Saturday, September 14.

If you are a new or seasoned pickleball player, **register for the tournament** while space is still available. The cost is \$35 per player and tournament structure will be dictated by the number of teams in each bracket. **Pulse³** reserves the right to combine divisions. This is a non-sanctioned community event.

Click [HERE](#) for more information



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Brittany M. Garza, DO
Emergency Medicine Resident Physician, PGY-3

On October 18, 2023, I married the love of my life, **Andrew**. I have now entered a new phase in my personal and professional life which I am lovingly calling my "Married in Medicine Era." There's really no better feeling in life than sharing love with a special person. On my most challenging days, he is always there as a landing point for comfort and support. My husband is not in healthcare which can have its positives and negatives. On the positive side, we can talk about things other than medicine. Andrew gets to learn about medicine, STEP 3, conferences, and in-training exams through my eyes. On the contrary, it is hard to elaborate on exactly what is going on at the hospital without him having a healthcare background.

Throughout my relationship and new marriage, I have learned so much about how to be a good partner in medicine. Intentionally is key. If both members of the marriage are off work on a certain day of the week, plan to spend quality time together. Whether you plan to do an activity or plan to do nothing at all, stick to that plan. When you're at work, you're at work. When you're together, you're together.

Having a built-in support system in a spouse is an amazing feeling. My husband is more outgoing than I am so he helps me tremendously at networking events and social gatherings. Where I have deficiencies, he has strengths. I truly enjoy bringing him to Saginaw County Medical Society meetings, national conferences and residency events. By taking advantage of these opportunities where Andrew is welcome to attend, we can spend more time together and still accomplish my professional goals. It is also incredibly beneficial for other spouses of residents to meet other residents and their spouses. This helps build a shared community and helps to bridge your two worlds together.


Any relationship, including marriage, can be strained while completing residency. The long hours, fluctuating schedules,

and studying during "off hours" can leave minimal time to spend with your partner. At Central Michigan, there are many resources to take advantage of in times of relationship crisis. Utilizing **The Truism Center** virtual therapy can be incredibly beneficial. They offer individual and couples therapy at all times of the day and week. Even proactive use of these resources can have a profound impact on your relationship.

Ultimately, I'm glad that Andrew is now officially part of the CMU family! Throughout my residency journey thus far, it has been exciting to see all the new significant others and children joining the greater residency family. In the coming years, it is exciting to think of how many new faces there will be!



Throughout my relationship and new marriage, I have learned so much about how to be a good partner in medicine. Intentionally is key.



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<p>MISSION STATEMENT <i>Bringing physicians together for the common good</i></p> <p>VISION STATEMENT <i>We aim to improve the lives of physicians and the patients we serve</i></p>	<p>VALUES STATEMENT</p> <p>Service Advocacy Genuine Health Inclusive Networking Always Learning We Lead</p>
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Osteopathic Medicine in Saginaw

Authors: Justin Morin, DO and Brittany Garza, DO

Osteopathic physicians encompass a large portion of the medical community in Michigan. Michigan State University College of Osteopathic Medicine graduates hundreds of osteopathic physicians yearly, many of which choose to continue their medical education in Saginaw. The 2024 Match Cycle matched nine DO medical students to CMU residency programs. To new osteopaths reading this piece, there are many ways to get involved in the osteopathic community in Saginaw! To those less familiar with osteopathy, keep reading to learn more!

Osteopathic manipulative medicine (OMM) is a large component of osteopathy. When taken in consideration with traditional medicine, OMM adjunctively gives physicians the opportunity to help the patient feel better by increasing range of motion, decreasing hypertonicity of muscles and soft tissue, and therefore improve overall function for the patient. Often with 400 hours of additional training throughout the course of medical school in OMM, DO residents come equipped to manage the musculoskeletal complaints of their patients. Many osteopathic physicians, particularly in family medicine and internal medicine, practice OMM in their clinics. Within the emergency medicine residency program, we also have osteopathic mentors who teach both osteopathic and

allopathic residents OMM during our weekly didactic sessions so we can use the techniques in the emergency department.

Further, the Saginaw Valley Osteopathic Society hosts several meetings yearly for osteopaths of all specialties. Meetings are held at a variety of locations in Saginaw, Midland and Bay City. Meetings consist of talks given by residents and faculty about interesting case studies, research being performed or strategies for improvement. There is great comradery amongst attendees and I highly recommend joining the society. For membership information, please contact Erica Pina at livelocalevent@gmail.com.

If you are an osteopathic resident interested in getting more involved with advocacy and networking with other osteopaths from across the state, consider joining the Michigan Osteopathic Association Council of Interns and Residents (MOA CIR). With joining, you can stay up-to-date on advocacy issues affecting osteopathic physicians from across the state. There are also plenty of social events throughout the year to keep it fun! For more information, send an email to moa.cir@gmail.com.

Ultimately, osteopathic medicine is very much alive in Saginaw! Whether you are a DO wanting to get more involved or you are an allopath who needs some OMM, there are so many ways to get connected.



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159th Annual House of Delegates

The 2024 House of Delegates (HOD) was held on Saturday, May 11, 2024, at **The Crowne Plaza** in Lansing. This year marked the first one-day in-person HOD, with all Reference Committees and online testimony presented virtually in the weeks leading up to May 11.

Representing the SCMS at the HOD were **Christopher J. Allen MD, Kai Anderson MD, Abishek Bala MD, Elvira M. Dawis MD, Miriam T. Schteingart MD** and **Caroline G.M. Scott MD**. Also attending were **Joan Cramer, Anushree Jagtap M4, Mildred J. Willy MD**- Region 7 Representative and **Anthony M. Zacharek MD** representing the Michigan Academy of Plastic Surgeons.

Dr. Allen was a member of Reference Committee B- Legislation, and Dr. Zacharek was a member of Reference Committee D- Public Health.

The Delegates met at the **Saginaw Country Club** on Wednesday, April 10 to review and discuss all resolutions submitted to the HOD. Dr. Willy led the meeting of delegates.

The SCMS submitted three resolutions and supported one additional resolution this year:

- **#02-24 Anti-Racism Training for Medical Students and Medical Residents**, authored by **Kai Anderson MD** and **Samantha Hess M4**, was assigned to Ref Com E- Scientific and Educational Affairs.
 - o The Ref Com amended the resolved portions, and the Resolution was approved as amended.
- **#03-24 Partnership with Mental Health Providers and Law Enforcement**, authored by **Kai Anderson MD** and **Anushree Jagtap M4**, was assigned to Ref Com D- Public Health.
 - o The Ref Com amended the resolved portions, and the resolution was approved as amended.
- **#04-24 Plastic Surgery Medical Tourism**, authored by **Magdalena Iannello M2, Alexia Lucas M2** and **Anthony M. Zacharek MD**, and introduced for the Michigan Academy of Plastic Surgeons, Michigan College of Emergency Physicians, and Saginaw County Delegation was assigned to Ref Com D- Public Health.
 - o The Ref Com amended the resolved portions, and the resolution was approved as amended.
- **Resolution #22-24 Restructure Student Dues Assessment**, authored by **Steven Daveluy MD**, introduced for the Genesee, Ingham, **Saginaw**, Washtenaw, and Wayne County Delegations, was assigned Ref Com C- Internal Affairs, Bylaws, and Rules
 - o **RESOLVED:** That the MSMS Bylaws be amended as follows:
 - 2.60 STUDENTS (MEDICAL STUDENT SECTION) - Medical students may become members of the State



(L-R) Drs. Chris Allen and Abishek Bala, Anushree Jagtap, Drs. Miriam Schteingart and Elvira Dawis, Joan Cramer, Drs. Caroline Scott, Millie Willy, Kai Anderson and Tony Zacharek

Medical Society through a component society or directly through the MSMS Medical Students Section. Except as provided in Section 12.10 of these Bylaws, they may not vote or hold office. They may be appointed to MSMS committees as student members. State Society dues shall be **set proposed** by the Board of Directors to cover administrative costs of membership **except in the first year of membership and approved by the House of Delegates**. Component dues for students shall be determined at the local level.

- o The Committee received testimony that the new membership dues for students implemented in July 2023 was prohibitive to some students. The Committee supported this resolution as it still preserves the Board of Directors fiduciary responsibility to set the dues but provides the House of Delegates oversight and final approval. The resolution was approved as amended.

THANK YOU to the Delegates and Alternate Delegates who devoted so much of their valuable time to represent the SCMS.

Click HERE to review the Final Action Report of all Resolutions submitted to the 2024 HOD.

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Renewing Your Medical License in 2024 or 2025? What you Need to Know!

As a reminder, physician license renewals are quickly approaching. One third of licensed osteopathic and allopathic physicians are required to renew their three-year license every year. Please see the information below to assist with the process and requirements.

[CHECK YOUR LICENSE NOW](#)

[MICHIGAN MEDICAL DOCTOR \(MD\) LICENSING GUIDE](#)

[MICHIGAN OSTEOPATHIC PHYSICIAN \(DO\) LICENSING GUIDE](#)

[BUREAU OF PROFESSIONAL LICENSING MEDICINE FAQs](#)

In October of 2021, the Bureau of Professional Licensing (BPL) migrated over 700,000 licenses to a new licensing platform called MiPLUS. The benefits of MiPLUS include an online account and an electronic application. As soon as your license is issued or renewed, you will receive an electronic copy of your license via email. Electronic copies of licenses are also stored in your MiPLUS account and can be accessed at any time.

Due to the functionality of MiPLUS, **paper copies of licenses will no longer be automatically mailed upon issuance or renewal.** Instead, licensees will be able to choose if they'd prefer to have a copy of their license mailed to them during the application or renewal process. Licensees benefit because an electronic copy is immediately available to them.

To access your MiPLUS account, please visit www.michigan.gov/miplus. If you have any questions, please contact bplhelp@michigan.gov or 517-241-0199.

Every 3 Years

Medical doctors are required to complete 150 hours of continuing education of which a minimum 75 hours of the required 150 hours must be earned in courses or programs designated as Category 1 programs. The remaining 75 hours may comprise of Category 1 and 2 credits within the maximums allowed. [Click HERE for a brief description](#) of each category and the number of allowable hours and acceptable documentation.

Osteopathic physicians are required to complete a minimum of 60 hours in Category 1. [Click HERE for a brief description](#) of each category and the number of allowable hours and acceptable documentation.

Required CME

Within the 150 hours of continuing medical education, a minimum of one hour of continuing education must be in the area of **medical ethics** and three hours must be in the area of

pain and symptom management (with at least one of the three hours specifically on controlled substance prescribing).

In addition, effective June 2022, a minimum of three hours every three-year relicensing cycle is required in **Implicit Bias** education. Renewals in January 2023 need one hour; renewals in 2024 need two hours; **and renewals in 2025 need three hours. Then after, every three-year renewal cycle will need to report three hours. Hours earned after June 2021 can be used.**

One-Time Requirements

Effective January 4, 2019, LARA announced a one-time **Opioids and Controlled Substances Awareness Training Standards for Prescribers and Dispensers of Controlled Substances.** This is separate from continuing education for an individual seeking a controlled substance license or who is licensed to prescribe or dispense controlled substances. Please refer to the information published after this article on the [Michigan Collaborative Addiction Resources & Education System](#) for more information and free trainings.

Also, separate from continuing medical education requirements, physicians must complete a one-time **human trafficking** requirement.

Renewal Grace Period

There is a 60-day grace period in which you may renew your license without having to go through the relicensure process. If you renew during the 60-day grace period, there is an additional \$20 late fee when you renew your license.

However, if your license is not renewed within the 60-day grace period after your expiration date, your license will lapse. The expiration date will reflect the original expiration date - it will not include the grace period. For example: If your license expires January 31, you have until April 1 to pay your renewal fee. If you do not renew by April 1, the end of the 60-day grace period, your license is considered lapsed as of January 31. **Please note that when your license lapses, you can no longer practice your profession, nor can you identify yourself as a licensed individual.**

If you have not completed your CME requirements by your license renewal date, you are allowed to use this grace period to complete those credits. Do not submit your renewal prior to completing your CME but do not exceed the 60-day period.

Continuing Medical Education Waivers

The Board of Medicine may waive the continuing medical education requirements for a license renewal if the failure of the licensee was due to the licensee's disability, military service, absence from the continental United States, or a circumstance beyond the control of the licensee which the board considers sufficient.

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To request a waiver, a written request must be submitted by mail to Bureau of Professional Licensing, Attn: Board of Medicine, P.O. Box 30670, Lansing, MI 48909, or by email to BPLHelp@michigan.gov and will need to include supporting documentation for the reason for the waiver. A waiver cannot be requested after an application for renewal has been submitted. The Board cannot prospectively waive continuing education requirements.

Renewing Your License

Physicians will be sent a renewal notification to both your mailing and email address on record approximately 90 days prior to the expiration date of your license. You will not be able to renew before that time. Remember to notify LARA of any address change by submitting a MiPLUS modification.

LARA states that it is the providers responsibility as a licensed health professional to renew your license on time. Failure to receive the renewal postcard, email notification, or to notify LARA of an address change does not exempt physicians from renewing their license on time.

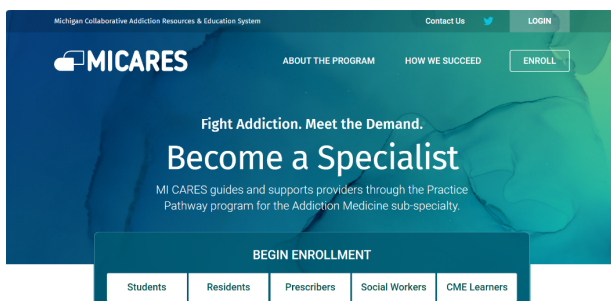
To renew your license, go online to your MiPLUS account at www.michigan.gov/MiPLUS. Renewal payments can be taken by using a debit or credit card containing a Visa, MasterCard, American Express or Discover logo.

Online CME Courses

[Online CME courses including the required content areas are available here>>>](#)

[Details on the required and one-time CME are available here>>>](#)

For more information or for questions on **Online CME Courses**, please contact [Brenda Marenich](#) or [Rebecca Blake](#) at MSMS.



The MI CARES program is designed to:

Support physicians applying for Addiction Medicine certification through the Practice Pathway with the American Board of Preventive Medicine (ABPM).

- Identify areas outside of direct patient care to ensure required hours of experience in Addiction Medicine research, teaching activities, and administration are met, utilizing collaborative resources.

- Properly assess a provider's current roles and responsibilities and how they can translate to meet the time-in-practice requirements for Addiction Medicine certification.
- Provide a robust overview of the Addiction Medicine core content for the board exam.

What to Expect

Physician participants gain access to all MI CARES' asynchronous learning modules, no-cost CME and assistance during the application process.

End Result for Physicians:

- CME credits
- Unlimited access to modules
- Application tools and support from MI CARES staff

Benefits of Addiction Medicine Certification

The American Board of Medical Specialties (ABMS) and the American Society of Addiction Medicine (ASAM) list a variety of benefits of board certification. Some benefits include:

- Joining a distinguished community of physicians whose priority is the advancement of patient care and safety.
- Helping bridge the gap between almost 22 million people struggling with substance use disorder, and approximately only 5,500 specialists nationwide.
- Increased practice-based and clinical efficiencies, and enhanced communication with colleagues, patients and caregivers.
- Possible increase in compensation; it is estimated that physicians with board certification earn 67% more than those without it.

MI Success

MI CARES set two ambitious goals. One, to increase the Addiction Medicine workforce in Michigan, and two, to implement an Addiction Medicine curriculum into undergraduate medical education. Initially, MI CARES was developed as a regional initiative to address the need for Addiction Medicine specialists in Michigan.

Today, physicians from all over the U.S. are enrolling in MI CARES' Practice Pathway program to meet the rising demand for addiction specialists in their own communities. MI CARES has a dedicated, knowledgeable, and professional staff to support our participants, content experts to help develop our evidence-based curriculum, and medical students setting the stage as the next generation of leaders in the field of Addiction Medicine.

Statistics

- National – 52 new board-certified physicians since 2021
- 95% of participating physicians said MI CARES simplified the certification process
- MI CARES Enrollees – 975 since 2019

For more information, visit micaresed.org

May Meeting Minutes

The Saginaw County Medical Society and Saginaw County Medical Society Foundation Annual Membership Meetings were held on Tuesday, May 21, 2024, at Horizons Conference Center. **Tiffany K. Kim MD**, President, called the meeting to order at 7:05 p.m. Dr. Kim welcomed **Dean George E. Kikano MD**; **Barb Smith** - Health Angel Award Winner and her guests; Foundation Essay Contest Winners and their families; **Daphne Allen-Bardell**, mom of incoming president, **Christopher J. Allen MD**; and members, Foundation Board members, residents and medical students.

Dr. Kim thanked the following Key Providers in attendance for their ongoing support of SCMS programs:

- **Covenant HealthCare – Dr. Matt Deibel**;
- **HealthSource Saginaw – Katie McDonald**, Medical Rehabilitation Program Executive; and
- **Healthway Compounding Pharmacy – Larry Greene** and **Eddie Wright, PharmD**

Dr. Kim asked for a moment of silence for members and former members who passed since the last annual meeting:

- **Joseph N. Aquilina MD** 8/21/23
- **Shawn M. Ingles DO** 11/17/23
- **James R. LaFleur MD** 1/29/24
- **Phillip W. Lambert MD** 12/12/23
- **Gerald B. Thomas MD** 9/28/23

Dr. Kim introduced new members attending their first meeting:

- **Nicole Ireland** M-4
- **Anushree Jagtap MD** – PGY-1 Psychiatry
- **Bradley Krajkowski DO** – PGY-1 Family Medicine

o It was noted Dr. Krajkowski was the first place winner in the 2015 SCMS Foundation Essay Contest, "Why I Want to Be a Physician in Saginaw County" when he was a senior at Nouvel Catholic Central

- **Ayushi Kumar** M-3
- **Jaspreet Nanner MD** – rising PGY-2 Internal Medicine
- **Emily Ridge** M-4

Dr. Kim then conducted business of the SCMS:

- The Minutes of the April 16, 2024, Membership Meeting were attached to the Agenda. **MOTION: Approve the April Meeting Minutes as presented. MOTION APPROVED.**
- Reminded members of their last chance to register for the **Multi-County Pain Management: Treatment Options & Legal Responsibilities Webinar** that fulfills LARA licensure requirements co-hosted by the SCMS that will be held on Wednesday, May 22, 2024.
- The next **Physician and Legislative Forum** is scheduled for Monday, June 3, 2024, from 8-9 a.m. via Zoom.

PRESENTATION OF MEDALLION AND INSTALLATION OF SCMS PRESIDENT

- Dr. Kim installed **Christopher J. Allen MD** as the 119th President of the Saginaw County Medical Society. Dr. Allen then gave his presidential address, including his goals for the coming year.
- Dr. Allen then presented a plaque to Dr. Kim and thanked her for serving in various positions on the SCMS Board, with the past two years as President.
- Dr. Allen welcomed **Anthony M. Zacharek MD**, Past

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L-R: Drs. Claudia Zacharek, George Kikano, Tom Veverka and Nicholas Haddad ; Drs. Chris Allen and Tiffany Kim; Drs. Nicholas Haddad, Sam Shaheen, K.P. Karu, Raghu Sarvepalli, Tony Zacharek, M.Y. Khan and Waheed Akbar

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- President and Chair of the Nominating Committee to the podium. Dr. Zacharek presented the Slate of Nominees for Officers, Directors, Delegates, Alternate Delegates and the Peer Review Ethics Committee for 2024-2025. **Thomas J. Veverka MD** was nominated to serve as an Alternate Delegate at the SCMS Board Meeting held immediately prior to the Annual Membership Meeting and was added to the Slate of Nominees. There were no nominations from the floor. **MOTION: Accept the Slate as presented by the Nominating Committee for 2024-2025. MOTION APPROVED.**
- On behalf of the Board and Members, Dr. Allen thanked **Waheed Akbar MD** for 30 years of service on the Board, including serving as President; **Judy V. Blebea MD** for three years of service and **Elizabeth M. Marshall MD** for three years of service. He also thanked **M. Amir Saiyed MD** for serving as Resident Representative on the Board, and newly graduated **Drs. Mary Galuska Welch** and **Julia McNamara Schulte** for serving as Medical Student Representatives on the Board.
 - The SCMS Annual Meeting was adjourned.

CALL TO ORDER OF THE SCMS FOUNDATION ANNUAL MEETING

- Dr. Allen called **Thomas E. Damuth MD**, Immediate Past President of the SCMS Foundation, to the podium.
- Dr. Damuth called to order the Annual Meeting of the SCMS Foundation, and conducted the following business:
- Noted all SCMS members are also members of the SCMS Foundation.

- Reviewed the work of the Foundation which includes:
 - o Providing low interest loans to medical students with ties to Saginaw, with a maximum of \$20,000 in loans available during medical school;
 - o Forgiving loan interest if the loan recipient returns to Saginaw to practice upon completion of their residency;
 - o Forgiving 25 percent or a maximum of \$5,000 loan principal per year if the recipient returns to Saginaw to practice after completion of their residency and is a dues paying member;
 - o Awarding scholarships to Saginaw County high school students who are interested in becoming a physician;
 - o Providing research grants and scholarships to medical students and residents through CMU College of Medicine, including funding awards for the annual CMU Research Symposium.
- Reviewed the Annual Report of the Foundation.
 - o Dr. Damuth stated the Foundation has current investments of approximately \$236,000 and \$192,000 in outstanding loans, for a total of over \$428,000 in assets.
 - o More than \$115,000 of outstanding loans are to CMU medical students and residents.
 - o He noted in the last five years, the Foundation has forgiven \$65,000 plus interest to several loan recipients who returned to Saginaw to practice, with another \$45,000 currently in the loan forgiveness program.
 - o Dr. Damuth stated that because of changing times, the Foundation Board has decided to forego the annual

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L-R: Brad Krajkowski DO and fiancée Shannon Kelly RN; Helsa Thomas and Family; Dev Patel and Family; Covenant's Dr. Matt Deibel

golf outing, and will instead begin a fundraising campaign this summer. He asked members to be generous with their giving to help continue and expand efforts to attract and retain physicians in Saginaw County.

- Dr. Damuth then conducted the election of Trustees to the Foundation Board.
 - o Foundation Bylaws require a minimum of six and maximum of nine Trustees. **Mohammad Yahya Khan MD** was nominated to fill an open six year term as Trustee. **MOTION: Elect Mohammad Yahya Khan MD to serve as a SCMS Foundation Trustee. MOTION APPROVED.**
 - o The following Trustees were elected to serve two-year terms as Officers at the Annual Foundation Board Meeting in May: **Iris A. Marteja-Manlapit MD** - President, **Steven J. Vance MD** - Vice President/ Secretary, and **Sarosh Anwar MD** - Treasurer. Additional Trustees are **Christopher J. Allen MD, John Blebea MD, Thomas E. Damuth MD, Matthew D. Deibel MD** and **James A. Fugazzi MD**.
- Dr. Damuth then presided over the awards for the **15th Annual Foundation Essay Contest**. The contest is open to Saginaw County high school juniors and seniors interested in becoming a physician and practicing in Saginaw County. Dr. Damuth asked Foundation Trustees Drs. Allen, Anwar, Deibel, Khan and Vance to join him at the podium. The following awards were presented:
 - o **Dev Patel**, a Senior at SASA, won first place and was awarded \$1,000.
 - o **Helsa Thomas**, a Senior at SASA, won the **Zubeda S. Khan, MD Memorial Scholarship** and was awarded \$1,000.
- Presentation of **Health Angel Award**
 - o Dr. Damuth reminded members that **Debasish Mridha MD** invested funds into the Foundation in

2009 for establishment of an award to a non-physician who lives and/or works in Saginaw County, and has added to the improvement of the health care field in Saginaw County.

- o The winner of the **2024 Health Angel Award** is **Barb Smith**, Founder and President of the **Barb Smith Suicide Resource & Response Network**. Dr. Damuth read Barb's nomination, and invited her to the podium to accept her award. Barb thanked the **SCMS** and **Dr. Mridha** for the award, and gave an update on the Network and the wonderful relationship they have with **CMU College of Medicine**.
- The SCMS Foundation Annual Meeting was adjourned.

PROGRAM

- Dr. Allen welcomed **Dean George E. Kikano MD** to the podium who gave an update on the **CMU College of Medicine**.
- Dr. Allen then welcomed **Samuel Shaheen MD** who gave an update on **CMU Medical Education Partners**. Dr. Allen thanked Dean Kikano and Dr. Shaheen for speaking, and congratulated the Essay Contest and Health Angel Award winners. He reminded the students to contact the SCMS Foundation for a loan once they are accepted into medical school.

The next Membership Meeting will be held on **Tuesday, September 17, 2024**, at Horizons.

There being no further business, the meeting was adjourned at 8:08 p.m.

Respectfully submitted,
Joan M. Cramer
Executive Director



L-R: HealthSource - Dr. M. Sohail Jilani, Katie McDonald and Dr. Dave Wiersema; Barb Smith SRRN - Heather Goldenbogen, Barb Smith, Holly Kelley, Anne Kennelly and Lisa Sullivan; Healthway Pharmacy - Larry Greene and Eddie Wright

April Meeting Minutes

The Saginaw County Medical Society Membership Meeting was held on Tuesday, April 16, 2024, at Horizons Conference Center. **Tiffany K. Kim MD**, President, called the meeting to order at 7 p.m. Dr. Kim welcomed members, residents, medical students and guests.

Dr. Kim thanked the following Key Provider in attendance for their ongoing support of SCMS programs:

- **Renue Physical Therapy – Tom Hetzner, Kate Maurer PT, DPT** and **Brandon Worden PT, DPT**

Dr. Kim then conducted business of the SCMS:

- The Minutes of the January 16, 2024, Membership Meeting were attached to the Agenda. **MOTION: Approve the January Meeting Minutes as presented. MOTION APPROVED.**

- Introduced new members attending the meeting:

- o **Sheikh Jibrán Ajaz MD** – PGY-2 Internal Medicine
- o **Maliha Berner M-4**
- o **Kinga Budnicka MD** – PGY-3 Internal Medicine
- o **Ellen Davidek M-4**
- o **Robert Kasemodel MD** – PGY-2 Internal Medicine
- o **Afrasyab Khan MD** – PGY-1 Internal Medicine
- o **Denise Mourad MD** – PGY-1 Internal Medicine
- o **Jonathan Stansbie M-4**
- o **Matthew Welch M-4**
- o **Benjamin West M-2**

- Encouraged members to stay up-to-date with the SCMS by reading **The Bulletin** which is available on our website www.SaginawCountyMS.com under the Bulletin tab.

- Encouraged members to contact their Senators and voice their opinion on **Senate Bill 279 - Scope of Practice.**

- Announced the **Multi-County Pain Management: Treatment Options & Legal Responsibilities Webinar** that fulfills LARA licensure requirements co-hosted by the SCMS on Wednesday, May 22, 2024.

PROGRAM

Three SCMS members presented TED Talks:

- **Mary Galuska Welch M-4** “Our Future Isn’t Burnout!”
- **Christopher J. Allen MD** – “Being a Physician and Social Media Content Creator”
- **David B. Krebs MD** – “Piloting for Pleasure”

The next meeting of the SCMS will be held on **Tuesday, May 21, 2024**, at Horizons.

There being no further business, the meeting was adjourned at 8:23 p.m.

Respectfully submitted,

Joan M. Cramer

Executive Director



Top L-R: Michele and Dr. Dave Krebs, Mary and Matt Welch, Drs. Dafina and Chris Allen; Middle L-R: Drs. Aaron Smith, Albert Manlapit, Iris Martėja Manlapit and Tim Kaufman; Bottom L-R: Key Provider Renue Physical Therapy – Tom Hetzner and Kate Maurer

Author: Alexandria Jones

CMU Medical Education Partners Welcome Board-Certified Physicians

CMU Medical Education Partners welcomes the addition of board-certified Maternal Fetal Specialist, **Radha Cherukuri, MD** and Pediatrician, **Thomas D. Schomaker, DO**. These physicians offer patient-centered medical care at **CMU Health Women and Children's Center** located at 1000 Houghton Ave. in Saginaw.

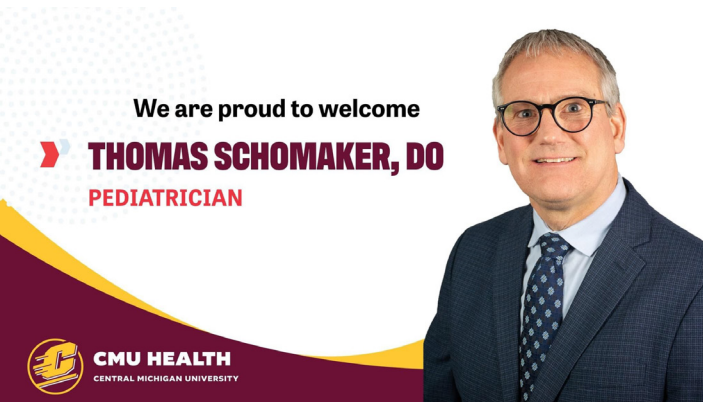
"We are fortunate to attract excellent physicians to the Great Lakes Bay Region who have a long-standing passion to care for their patients," said President and CEO, **Samuel Shaheen, MD** of CMEP.

About Dr. Radha Cherukuri



Dr. Cherukuri provides specialized care for expecting mothers with high-risk pregnancies. She completed her obstetrics and gynecology residency in Brooklyn, NY, along with a fellowship in maternal/fetal medicine at SUNY Health Science Center. She has been practicing maternal/fetal medicine in Saginaw for 35 years. Patients must be referred to Dr. Cherukuri by their primary obstetrics & gynecology physician.

About Dr. Thomas Schomaker



Dr. Schomaker is a board-certified pediatrician specializing in primary care pediatrics. He earned his medical degree from Michigan State University and completed his residency with

St. John Hospital and Medical Center in Detroit. With 30 years of practicing medicine, Dr. Schomaker's expertise includes wellness, development and preventative care, treatment of minor illnesses, acute, chronic, and recurrent health problems. Dr. Schomaker is accepting new patients. Call 989-746-7500 to become a new patient or for more information.

Annual Symposium Celebrates Medical Research Accomplishments

The monetary awards were generously provided by our valued partner, the Saginaw County Medical Society Foundation

Author: Kelly Belcher

On Friday, April 26 the **Dow Event Center** in Saginaw hosted the annual **Research Symposium** for the **CMU College of Medicine** and **CMU Medical Education Partners**. This event was the ninth joint symposium celebrating the research accomplishments of faculty, residents, fellows and students.

Over 150 abstracts were submitted for the symposium; of these twelve were chosen for oral presentation and 132 were displayed as posters. The research topics were diverse, spanning multiple disciplines and including studies from the Mt. Pleasant, Saginaw and Detroit campuses, as well as, some from outside research institutions.

All the posters and oral presentations were evaluated, and the winners in each category were announced at the end of the event. The monetary awards were generously provided by our valued partner, the **Saginaw County Medical Society Foundation**.

Oral Presentations

- First place: Alan Ross and Deepti Sanku

Basic Translational Research

- First Place: Nick Chiaramonti

Case Reports

- First place: Camille Chan

Clinical Research

- First place: Alexia Lucas

Population Health

- First place: Michelle Azar

Quality Improvement/Medical Education

- First place: Catherine Barrington

CMU College of Medicine Celebrates 2024 Commencement

Author: Kelly Belcher

One hundred graduates accepted their degrees at the **CMU College of Medicine 2024 Commencement Ceremony** held on Friday, May 3 at McGuirk Arena. These new physicians

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began medical school in the fall of 2020, when the world was in the midst of an unprecedented medical crisis. Despite numerous uncertainties, they began their studies with confidence and enthusiasm.

Over the last four years, these students faced many challenges. As public health recommendations changed, they adjusted to fluctuating teaching methods and learned, in real-time, how quickly medical advancements can occur. They gave their time to volunteer at COVID testing sites and vaccine clinics to provide essential services to our community members. In the face of turmoil, the Class of 2024 preserved through the stresses of both a rigorous educational program and a devastating global pandemic. As a testament to their resilience and dedication, the Class achieved an outstanding 100% match rate and will now move on to continue their training in their respective residency programs.

The ceremony also included the presentation of the inaugural **Dr. George E. and Mona Kikano Leadership in Medical Education Awards**. Dr. Kikano has been the Dean of the College of Medicine since 2015, and became the CMU Vice President for Health Affairs in 2018. Dean Kikano is passionately committed to teaching, community partnerships and access to care, as well as, to the College's mission to educate diverse students and train culturally competent physicians. He is steadfast in his belief that the success of the College is due to the faculty and staff's commitment to fulfilling this mission. In that spirit, the Leadership in Medical Education Award was established to recognize the contributions of one deserving faculty member and one outstanding staff person who exhibit outstanding leadership in their field.

The **Leadership in Medical Education Faculty Award** was presented to **Wendy S. Biggs, MD** for her exemplary work as the Director of College's Comprehensive Community Clerkship. She has aligned the curriculum with that of the national family medicine clerkship and built a network of community physicians who devote their time to educating students in their offices. Dr. Biggs is also a devoted mentor and recently took on the additional role of Assistant Dean for Career Counseling and

Student Engagement. In 2022, she received the **AMA Women Physicians Section Inspiration Award** in recognition for her ongoing support for fellow physicians, residents and students. Dr. Biggs embodies the values of the College and is most deserving of this award.

Jessica Tuck, the Simulation Operation Specialist at Covenant HealthCare Simulation Center received the **Leadership in Medical Education Staff Award** for her commitment to creating educational opportunities through sophisticated medical simulation events. Jessica works with both students and residents from the College and provides services to outside residency training programs, nursing schools and the community at large. She establishes a comfortable, collaborative environment and her creativity has resulted in the development of excellent simulation scenarios. Jessica is passionate about the mission of the College and received this award because of her dedication to the ultimate goal of superb medical education.

Milestone Graduation for CMU Medical Education Partners

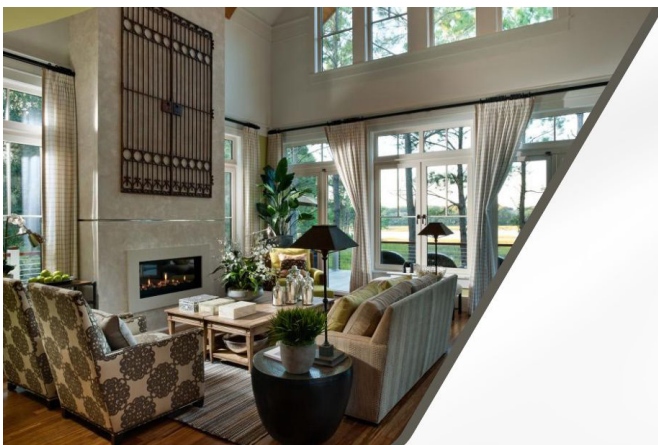
1,000th resident completes training in Saginaw

Author: Kelly Belcher

On Friday, June 14, **CMU Medical Education Partners** hosted a graduation ceremony for 41 physicians who completed their residency and fellowship programs. Most of these learners started this phase of their training in the middle of a pandemic, facing rapid and unprecedented changes in the health care system. This class showed tremendous capability and adaptability as they learned to trust themselves and their colleagues to care for patients during a global medical crisis.

The **CMU College of Medicine** and **CMU Medical Education Partners** strive to provide doctors for our region and throughout our state. Twelve percent of these graduates will continue their work in Saginaw and 32% will remain in Michigan. Just over 30% of this class will be continuing their

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training in fellowship programs. Of the students headed into practice, nearly 40% will be caring for patients in designated health professional shortage areas. By providing medical care for our rural and underserved populations, our graduates advance our mission and have a positive impact on overall health outcomes.

This year's graduation ceremony also marked a significant milestone for graduate medical education (GME) in our region with the graduation of our 1,000th resident. The first residency program in Saginaw began in 1947, providing clinical obstetrics training to physicians just out of medical school. In 1950, an internal medicine residency program began. Then, in 1968, the area's three major hospitals collaborated to form **Saginaw Cooperative Hospitals**, a separate organization to oversee all GME programming in the city. At that same time, they established a general surgery residency program and one of the first family medicine residency programs in the country.

Over the last five decades, GME programming has grown and expanded to meet the needs of our region. As CMU Medical Education Partners, our GME programming now consists of eight accredited residency programs including emergency medicine, family medicine, general surgery, internal medicine, ob/gyn, pediatrics, psychiatry and podiatry, as well as, a child and adolescent psychiatry fellowship. Currently, more than 170 residents are in training and each year there is more demand for capacity. Our GME programs accepted 54 residents in 2023, which was the largest class in our history at the time. This was surpassed in 2024, when 58 residents matched into these programs.

CMU Graduate Contributes Over \$5.1 Million to College of Medicine

New endowed scholarship honors care and empathy of students, residents

Author: University Advancement | Media Contact: Aaron Mills

The estate of Central Michigan University alumnus **Bruce E. Livingston** has made a gift of more than \$5.1 million to provide scholarships for students enrolled in the College of Medicine. The gift, which will create the **Bruce E. Livingston Endowed Medical Scholarship**, is the largest in the medical school's history and will create a lasting legacy at the university.

Livingston grew up in Saginaw. He graduated from Central Michigan University in 1961, with a Bachelor of Arts degree with a double major in both Social Science and English, and again in 1969, with a Master of Arts degree in English. Livingston's endowment states that he felt welcomed as a CMU student and had fond memories of his time on campus. He remained in the region throughout his life, serving his community as an educator.

Several years back, Livingston was admitted to a regional hospital for treatment and received care from CMU medical

students and residents. Although he had always feared hospitals, Livingston said the students' empathy and compassionate care lessened his anxiety and calmed his fears. Those impactful visits were the impetus for Livingston's decision to create an endowment in support of the College of Medicine.

Livingston passed away in 2021. The Bruce E. Livingston Endowed Medical Scholarship, established by his estate in 2023, will support students enrolled in the College of Medicine. It will assist qualifying students with the cost of attendance and a portion is allocated for student research. Preference will be given to students who reside in Michigan.

CMU College of Medicine Upcoming Events

CMU College of Medicine Clinical Faculty Retreat

Audience: Physicians that hold CMU College of Medicine faculty appointments

When: Wednesday, September 11, 2024

Time: 5:30-7:30 p.m.

Location: Saginaw Education Building, CMU College of Medicine

RSVP: <https://forms.office.com/r/uYM8E489eK>

CMU College of Medicine Recognition and Awards Ceremony

Please save the date! We are excited to invite foundational sciences and clinical faculty, community educators, CCC and ICE preceptors, accompanied by one guest each, to a night of celebration and recognition!

2024 Faculty Recognition and Awards Ceremony

When: Thursday, October 10, 2024

Time: 6 p.m.

Location: Midland Country Club, 1120 W. St. Andrews, Midland, MI 48640

Dress: Formal

RSVP: <https://forms.office.com/r/gvETDkk0FV>

Dr. Romeu Named MAFP Educator of the Year

Help us congratulate **Jennifer M. Romeu MD, FAAFP** who is the 2024 recipient of the **Michigan Family Medicine Educator of the Year award** presented by the **Michigan Academy of Family Physicians (MAFP)**!

This award is given to an educator who has made outstanding contributions to family medicine undergraduate, graduate, and/or continuing education in Michigan.

Dr. Romeu is the associate program director for the Family Medicine residency program at CMU Health.

Congratulations, Dr. Romeu!



SAVE THE DATE!

The College of Human Medicine Department of Pediatrics & Human Development
Cordially invites you to attend the 33rd Annual Robert M. Heavenrich, MD Endowed Lecture

Thursday, October 24, 2024

MSU-Sparrow Pediatric Grand Rounds Sparrow Hospital Auditorium

8-9 a.m. or join by Zoom

<https://msu.zoom.us/j/94818971800>

Passcode: 446175 | Webinar ID: 948 1897 1800

“The Future of the Pediatric Subspecialty Workforce”

Learning Objectives:

- Understand the recent trends in pediatric resident and fellowship application
- Understand the financial and other barriers to recruiting pediatric subspecialists
- Learn the potential changes which are necessary for improving access to pediatric subspecialty care

Special Statewide Noon Talk Sparrow Hospital Auditorium

12-1 p.m. or join by Zoom

<https://msu.zoom.us/j/94818971800>

Passcode: 446175 | Webinar ID: 948 1897 1800

“Caring for Children and Trainees in Rural America”

Learning Objectives:

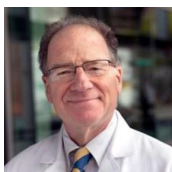
- Understand the changes in distribution of pediatric subspecialists
- Learn of different care models for care in rural areas
- Learn about the WWAMI model for medical education in rural States

Pediatric Grand Rounds and Noon Lecture Virtual Access

<https://msu.zoom.us/j/94818971800> | Passcode: 446175 | Webinar ID: 948 1897 1800

Frederick P. Rivara, MD, MPH

Seattle Children's Guild Association Endowed Chair in Pediatric Outcomes Research | Vice Chair and Professor, Department of Pediatrics | Adjunct Professor of Epidemiology University of Washington



Frederick P. Rivara MD, MPH – Dr. Rivara is the holder of the Seattle Children's Guild Association Endowed Chair in Pediatrics, Vice Chair and Professor of Pediatrics and adjunct Professor of Epidemiology at the University of Washington. He is Editor-in-Chief of *JAMA Network Open* following 17 years as Editor-in-Chief of *JAMA Pediatrics*. He served as founding director of the Harborview Injury and Research Center in Seattle, and has devoted his career to studying injury and injury prevention.

Event Coordinator: Liz Stanton, stanto52@msu.edu ~ (517) 355-3308

Michigan State University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Pediatric Grand Rounds: Michigan State University designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Noon Lecture: Michigan State University designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MEMBER NEWS

These Mid-Michigan Women Physicians Connected Professionally. Their Peers are Benefiting.

Courtesy of [The Saginaw News/MLive.com](#)

Justin Engel | jengel@mlive.com

They hoped “maybe 10 people” would show up. But the decision last year by two doctors to organize a semi-informal gathering for medicine-practicing, Mid-Michigan women attracted nearly 100 of their peers to the latest of two meetings. The following could grow larger by the next meeting, the two friends said.



(from left) Drs. Rania Esteitie and Kala Ramasamy founded Mid-Michigan Women Physicians in 2023. Photo courtesy of The Saginaw News/MLive.com

Drs. Rania Esteitie and **Kala Ramasamy** travel in the same medical industry circles in the region, and considered each other professional acquaintances, as well as, friends. They met regularly to talk shop.

Last fall, they decided to test the level of demand for networking from other women in the region's health care industry. Their creation — **Mid-Michigan Women Physicians** — formed in October. “After a lot of challenges I personally went through, I sought out mentorship from other female physicians in the area,” said Esteitie, a pulmonary critical care physician at Covenant HealthCare and a faculty member at Central Michigan University's College of Medicine. “So, (Ramasamy) and I started talking last year about: We wanted to create a safe space and a sense of community for women in the medical field to connect, collaborate and support each other on their professional journeys.”

Their goal: Establish a network where women physicians and medical students could share resources and address unique challenges facing women in the industry. “We didn't have an agenda,” said Ramasamy, a primary care physician who teams with her sister as owners of **Karu Medical Associates** in Saginaw Township. “Initially, we just wanted to gauge interest and just see what people wanted (from Mid-Michigan Women Physicians),” Ramasamy said. “We wanted to know, ‘what is it that you need and how can we be helpful to each other?’”

The level of response from interested participants exceeded both founders' expectations. “We were thinking 10 people or so would come,” said Esteitie, who solicited interest via texts and emails to a few of her peers. The inaugural meeting in the fall at **Retro Rocks** in Saginaw's Old Town district attracted 75 people from hospitals and private practices across Bay, Midland and Saginaw counties.

“And then there was the outpouring of support we got from people who weren't able to show up because of scheduling conflicts,” Esteitie said. “We saw so much interest and requests to have these ongoing meet-ups and networking events.” About 85 people showed up for the group's second gathering, hosted in January at **Bayne's Apple Valley** in Tittabawassee Township. “We've clearly seen there was a need and an interest and motivation,” she said. “We're really excited about that.”

The group generated enough engagement that Esteitie and Ramasamy created a [Facebook page for Mid-Michigan Women Physicians](#) to distribute information and share meeting dates. A website remains in the development phase.

The idea of a women-centered health care networking group in mid-Michigan isn't new, said the founders of Mid-Michigan Women Physicians. A similarly themed group formed in the region about a quarter-century ago but fizzled out.

The moment was ripe for such an endeavor here this time, Ramasamy said. There are more women in the industry in 2024 than 25 years ago. And, since then, CMU's College of Medicine attracted to Saginaw more young medical professionals — and prospects — who could benefit from networking with experienced peers.

“Having that individual attention from a physician that's older — like me — and mentoring them and saying, ‘this is a great place to be,’ hopefully we can retain some of these students,” said Ramasamy, a Saginaw native. She said plans remain in development for the next Mid-Michigan Women Physicians meeting, likely to gather sometime in July. “It's really nice to be able to build that rapport, build that support and be able to help break down barriers to promote gender equity in the field of medicine,” Esteitie said.

NEW MEMBERS

We welcome the following new members to the Saginaw County Medical Society!

Jordan P. Brand MD

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Surgery - Orthopaedic

APPLICATION FOR MEMBERSHIP

FIRST READING:

Application for membership for first reading at the September 17, 2024, Board Meeting:

Melanie L. Mihlstin MD

Andersen Eye Associates

Specialty: Ophthalmology, Board Certified 2021

Medical School: Wayne State University School of Medicine, 2014

Fellowship: Kresge Eye Institute Quality Improvement Fellow, Detroit, MI, 2014-15

Transitional: Detroit Medical Center, Sinai Grace Hospital, Detroit, MI, 2015-16

Residency: Kresge Eye Institute/Wayne State University, Detroit, MI, Ophthalmology, 2016-19

Sponsors: Doctors David B. Krebs and Miriam T. Scheingart

BIRTHDAYS

JUNE

Happy Belated Birthday!

Manuel M. Perea MD

Happy Special Birthday!

Khurshid Ahmad MD

Sukaina A. Alali MD

Christopher J. Allen MD

Abishek Bala MD

Usha K. Bulusu MD

William M. Capina MD

George A. Carty MD

Lahib Doua MD

Ashley Elliott MD

Steven G. Fettinger MD

Ahmed A. Ftouni MD

Rao V.C. Gudipati MD

Val Hereza MD

James R. Hines MD

James J. Jesko DO

Joseph W. Jolly MD

Larry S. Kelly MD

Tiffany K. Kim MD

John A. Kremski MD

Olivia V. Lossia MD

Lakshmana R. Madala MD

Binu Malhotra MD

Albert S.M. Manlapit MD

Elizabeth M. Marshall MD

Rama C. Mulpuri MD

Juliette M. Perzhinsky MD

Miroslav Predny MD

Joshua Z. Rarick MD

Todd G. Richardson MD

Chad D. Ringley MD

Vishal Saini MD

Bahar Salehi MD

Raghu Sarvepalli MD

Robert A. Sasso MD

Keith E. Scharf MD

Rachel T. Swanson MD

Usheem Syed MD

Joseph E. Talbot MD

William G. Underhill MD

Thomas J. Veverka MD

Antonio J. Williams, Sr. MD

JULY

Happy Belated Birthday!

Mark S. Adams MD

Kai Anderson MD

Michael Bernard DO

Khristian S. Burke *Student*

Joan M. Cramer

Thomas E. Damuth MD

Clinton Dsouza MD

Daniel J. Dunaske DO

Lisette Estrada MD

Jerry J. Evans MD

Norah C. Fanning *Student*

Ryan J. Farley MD

Ramakrishnayya Gadam MD

Brittany M. Garza (Ladson) DO

Taylor S. Gaudard MD

Megan S. Graham MD

Syed R. Hassan MD

Mirza J. Hussain MD

Ronald L. Jenson MD

Nicholas J. Lettner-Knowlton MD

Colleen A. Linehan MD

Venkat Maganti MD

Mara J. McMurray DO

Therese G. Mead DO

Dakota Nerland DO

Dermot D. O'Brien MD

David B. O'Donnell MD

Irfan Oymagil MD

Kathrin M. Parisi MD

Donald B. Passal MD

Jared Pugh DO

Jamie L. Ross MD

Jisselly Salcedo MD

Galileo A. Sarmiento MD

Gerald R. Schell MD

Frank P. Schinco MD

Sue C. Tobin DO

David D. Udehn MD

Steven J. Vance MD

AUGUST

Amro Ali MD

Michael J. Argyle MD

Catherine A. Barrington MD

Ronald C. Barry MD

Sussan M. Bays MD

Jordan P. Brand MD

Steve Dang DO

Rebecca Dimanche MD

Michael L. Fiore MD

Karensa L. Franklin MD

Mehtab S. Galeh MD

Mark J. Heinzelmann MD

Tanner M. Hewitt DO

Perlita P. Ilem MD

Amanpreet Khosa MD

Mathew P. Kunz MD

Christopher M.T. Le DO

Harold B. Lenhart MD

Ruth M. Licht DO

Miles P. Light MD

Amita Kakarla Maganti MD

Vasil Mamaladze MD

Marvi Memon MD

Bradley T. Miller MD

Steve Min DO

Justin J. Morin DO

Charles E. Mueller MD

Gopi K. Nallani MD

Sujal G. Patel MD

Alina Philip DO

Mindy L. Prows DO

Zakir H. Qureshi MD

Ramesh Penumetsa Raju MD

Nikita Roy MD

Gayatri K. Shanker MD

Manoj Sharma MD

Andrew C. Simon DO

Chander W. Srinivasan MD

Michael W. Sullivan MD

Presley Sylvester-Omorodion MD

Lodewijk J. vanHolsbeeck MD

Ciara J. Yoap MD

Claudia C. Zacharek MD

Ahmad Shereff Zaky MD



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Designer for the Saginaw County and Macomb County Medical Societies

Lori Krygier | Senior Graphic Designer | 989.239.1056 | lorikrygier.com

Ascension St. Mary's Hospital Elevates Grade in Latest Leapfrog Hospital Safety Ratings

Ascension St. Mary's Hospital upgraded its Hospital Safety Grade to a "B" for spring 2024, as awarded by **The Leapfrog Group**. This marks a notable improvement from the previous rating in fall 2023, reflecting the hospital's ongoing dedication to patient safety and quality care.

Ascension St. Mary's Hospital has consistently focused on enhancing health protocols and patient safety measures. The elevated "B" grade from The Leapfrog Group is a testament to the relentless efforts and unwavering dedication from associates and medical staff. This recognition not only highlights achievements but also reinforces the ongoing commitment to creating environments of the highest quality and safest care for all served.

The Leapfrog Group is an independent, national non-profit organization committed to healthcare quality and safety. Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 30 measures of publicly available hospital safety data to assign grades to nearly 3,000 U.S. general acute-care hospitals twice per year.

Ascension St. Mary's Hospital Heart Care Team Offers Next-Generation Therapy

Ascension St. Mary's Hospital continues to be a mid-Michigan leader in treatment options for cardiovascular care. The hospital recently celebrated the first **WATCHMAN FLX PRO™** implant in the region, as well as, the 400th overall WATCHMAN implant for the hospital. Similar to the previous WATCHMAN device, the latest advancement builds upon its proven success and safety to treat patients with atrial fibrillation (AFib) who are not able to take blood thinners. The new WATCHMAN FLX PRO™ offers an additional layer of protection for patients – its drug-coated fabric facilitates faster healing and further reduces the risk of thrombus formation. Congratulations to the entire team on their achievement.



Pictured front row, l-r: Sherri Scholtz, RN; Jennifer Ellison, RCIS; Brandi Horgan, RN; Dawn Guymer, RDCS; and Dannel Awad, RN. Back row, l-r: Jake Foster; Peter Fattal, MD; Jennifer Brown, RN; Safwan Kassas, MD; Brenda Wagner, RT; Greg Rhodes, RCIS; and Kathy Dezelah, RT. Not pictured: Asim Yunus, MD.

High-Tech Cameras Added to Ascension St. Mary's Hospital Surgery Department

Ascension St. Mary's Hospital enhanced their operating suites with the latest surgical technology. **Ascension St. Mary's Foundation** funded the \$1.2M investment to upgrade minimally invasive cameras and video systems in nine operating rooms, equipping each with advanced 4K visual technology that allows surgeons to see anatomy in greater detail with superior image clarity. This higher resolution imagery benefits multiple surgical specialties including neurosciences, orthopedics, cardiovascular, urology, bariatrics, colorectal, gynecology and general surgery. The investment provides patients with high-quality care and supports improved surgical outcomes.



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2024 Comprehensive Obesity Care Symposium

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Date and Time:

FRIDAY, SEPTEMBER 27, 2024

8:15 am-8:55 am • Registration & Exhibits

8:55 am-3:00 pm • Presentations

Location:

HORIZONS CONFERENCE CENTER

6200 State Street, Saginaw, Michigan 48603



Register Online at:

covenanthealthcare.com/bariatric-symposium
or scan the QR Code



Tuition Cost:

Physicians \$100/Non-physicians \$50

EARLY BIRD REGISTRATION:

- Before August 27: Physicians \$75/Non-physicians \$35
- Before September 13: Physicians \$85/Non-physicians \$45

DEADLINE FOR REGISTRATION: September 25, 2024

Program Description:

This program offers up-to-date research, care guidelines and options for adolescents and adults afflicted with the disease of obesity and associated co-morbid conditions.

Target Audience:

Physicians, advanced practitioners, nurses and allied health professionals involved in the care of obese patients.

Program Objectives:

- Identify obesity as a chronic, relapsing disease with multiple contributing factors including genetics, metabolism, culture, illness and psychological issues.
- Review the pathophysiology of obesity and its effects on various organ systems.
- Describe current evidence-based surgical and non-surgical treatments for obesity.
- Discuss the barriers to care that patients and physicians are presented with.
- Provide evidence-based information about the various options that are available for patients seeking treatment for obesity.
- Explain the causes and consequences of childhood obesity and available treatment options.

For More Information:

Contact 989.583.4683 or
lpalmer@chs-mi.com

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2024 Comprehensive Obesity Care Symposium

AGENDA

TIME	TOPIC	PRESENTER
8:15 am–8:55 am	REGISTRATION & SPONSOR EXHIBITS	
8:55 am–9:00 am	Welcome and Opening Remarks	Chad Ringley, MD Bariatric/Metabolic Surgery Medical Director Covenant Surgical Specialists
9:00 am–9:30 am	The Disease Burden Associated with Obesity	Amer Issa, MD Endocrinologist Issa Endocrinology & Weight Loss Center
9:35 am–10:05 am	Obesity and Joint Replacement	Adam Cote, DO Orthopedic Surgeon, Covenant Orthopaedics
10:10 am–10:40 am	Medical Nutrition Therapy for Weight Management	Misty Potts, RDN Bariatric Adult and Pediatric Dietitian Covenant Surgical Specialists
10:45 am–11:15 am	Medical Management of Obesity	Dafina Allen, MD, DABOM Obesity Medicine, Wise Weight Management
11:15 am–12:15 pm	LUNCH & SPONSOR EXHIBITS	
12:15 pm–12:45 pm	The Role of Primary Care in Obesity Management	Tessa Dake, MD Family Medicine, Covenant Medical Group
12:50 pm–1:20 pm	Benefits and Pitfalls of Bariatric Surgery, Before and After Surgery	Chad Ringley, MD Bariatric/Metabolic Surgery Medical Director Covenant Surgical Specialists
1:25 pm–1:55 pm	Childhood Obesity	Mary Moore, MD Bariatric Pediatric Medical Advisor Pediatric Rheumatology, CMU Health
2:00 pm–2:30 pm	Pediatric Surgical Intervention	Jason Kuhn, DO Bariatric and Metabolic Surgeon Covenant Surgical Specialists
2:35 pm–2:40 pm	Closing Remarks and Wrap-Up	Chad Ringley, MD Bariatric/Metabolic Surgery Medical Director Covenant Surgical Specialists
2:40 pm–3:00 pm	ADJOURN	

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint providership of Central Michigan University College of Medicine and Covenant HealthCare. Central Michigan University College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Designation: Central Michigan University College of Medicine designates this live activity for a maximum of 4.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosures: Amer Issa, MD, speaker, is a speaker for Novo Nordisk. All relevant financial relationships listed for this individual have been mitigated. None of the other planners and speakers have relevant financial relationships to disclose with ineligible companies.

Covenant Medical Group Welcomes

Dr. Jakub Malarz Joins Covenant Medical Group- Primary Care

Covenant HealthCare welcomes **Jakub B. Malarz, MD**, as a member of the Covenant Medical Group. Dr. Malarz joins the Covenant Primary Care team. His office is located at 16440 Gratiot Road, Hemlock, MI 48626 and he can be reached at 989.583.0660.



Dr. Ruth Licht Joins Covenant Medical Group- Primary Care

Covenant HealthCare welcomes **Ruth M. Licht, DO**, as a member of the Covenant Medical Group. Dr. Licht joins the Covenant Primary Care team. Her office is located at 3400 N. Center Road, Saginaw, MI 48603 and she can be reached at 989.583.5574.



Covenant HealthCare Recognized by the American Heart Association

The American Heart Association presented Covenant HealthCare with the **Get With The Guidelines® - Stroke GOLD PLUS** with **Target: Stroke Honor Roll Elite Plus** and **Target: Type 2 Diabetes Honor Roll** award for proven dedication to ensuring all stroke patients have access to best practices and life-saving care.

Covenant has received the **American Heart Association's GoldPlus Get With The Guidelines® - Stroke** quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Covenant HealthCare also received the **American Heart Association's Target: Stroke Honor Roll Elite Plus**. To qualify for this recognition, hospitals must meet specific criteria that reduce the time between an eligible patient's arrival at the hospital and treatment with thrombolytic therapy.

Additionally, Covenant HealthCare received the **American Heart Association's Target: Type 2 Diabetes Honor Roll** award. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

For more information, visit www.covenanthealthcare.com/stroke

Save the Dates:

- **Covenant HealthCare Foundation: Red Carpet Events-** Thursday and Friday, August 8 and 9, 2024
- **Covenant Comprehensive Obesity Care Symposium-** Friday, September 27, 2024
- **Covenant HealthCare Foundation: Covenant Kids Gala-** Friday, October 18, 2024

PEER REVIEW ETHICS COMMITTEE

The Saginaw County Medical Society has a **Peer Review Ethics Committee ("Committee")** which is comprised of Caroline G.M. Scott, MD-Chair, Danielle C. Duncan, MD and Thomas J. Veverka, MD. Members of the Committee are elected by the membership.

The following is the definition of the Committee pursuant to Chapter IX Conduct and Discipline of Members of the SCMS Bylaws:

Section 5. **PEER REVIEW ETHICS COMMITTEE.** This Society shall have a standing committee designated the Peer Review Ethics Committee, charged with duties and powers concerning the maintenance of standards of

conduct and discipline of members including the duties and powers specifically set forth in this chapter. Whenever any matter of alleged misconduct is referred to the Peer Review Ethics Committee, such Committee shall have the right to conduct investigations and hearings thereon, both informal and formal, and to make findings of fact and recommendations for discipline.

If you need to refer a matter to the Committee, please contact Drs. Scott, Duncan or Veverka, or Joan Cramer at the Saginaw County Medical Society office. All matters are confidential and are not to be disclosed to the Board or membership.

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SACRED HEART MERCY HEALTH CARE CLINIC

Annual Saint Luke Lecture Series Thursday, October 17, 2024

Restorative and Technological Approaches to Male and Female Infertility: Differentiating the Diagnoses, Treatments and Outcomes

Dr Craig Turczynski, PH.D.
Reproductive Physiologist

Description: A comparison of conventional approaches such as assisted reproductive technology with restorative approaches for the diagnosis and treatment of infertility.

Presentation objectives:

1. Differentiate how assisted reproductive technology and restorative reproductive medicine approach the diagnosis and treatment of infertility.
2. Compare and contrast the potential benefits, risks, and side effects .
3. Cite the outcomes and considerations based on causality.

Target Audience: MD/DO, Advanced Clinical Practitioners, Other Interested Parties

Thursday, October 17, 2024

Dinner: 6:30 pm

Lecture: 7:30 - 8:30 pm EDT (1.0 hours)

Our Lady of Grace Educational Center

1965 Michigan Ave, Alma, MI 48801

Register at: notices@sacredheartmercy.org

Presentation will be live-streamed



Additional presentations:

- **October 17, 2024 in Saginaw 7:45-8:45 am:** Room 1016, Central Michigan University College of Medicine Education Building | 1632 Stone St, Saginaw, MI
- **October 17, 2023 in Alma 12:00 - 1:00 pm for MyMichigan Health System (Virtual)**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Central Michigan University College of Medicine and Sacred Heart Mercy Health Care Center. CMU College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Central Michigan University College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosures: Craig Turczynski, PhD, speaker, is an independent contractor for Bloom Health, PBC. All relevant financial relationships have been mitigated.

None of the planners have relevant financial relationships with ineligible companies to disclosure.

2024 KEY PROVIDERS



These Area Businesses Support Saginaw County Medical Society Membership Meetings. When you have a need for a service, please consider our Key Providers.

CALENDAR OF MEETINGS AND EVENTS FOR 2024-2025*

Monday, September 9, 2024

Physician and Legislative Forum

Time - 8-9 a.m. via Zoom

Saturday, September 14, 2024

Garber Courts, 1760 Fordney Street, Saginaw

SCMS Health Expo at Pulse³

Hearts and Paddles Pickleball Tournament

Tuesday, September 17, 2024

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m. *Joint with the Saginaw Valley Osteopathic Society*

Speaker - Julie Flygare, JD

Topic - Project Sleep "When Dreams Leave the Night"

Spouse/Significant Other of SCMS Members Welcome (dinner fee applies)

Online reservations required

Tuesday, October 15, 2024

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m.

Speaker/Topic - Candidates' Forum for the 2024 Election

Spouse/Significant Other of SCMS Members Welcome (dinner fee applies)

Online reservations required

Monday, November 4, 2024

Physician and Legislative Forum

Time - 8-9 a.m. via Zoom

Tuesday, November 19, 2024

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting/Annual Budget Meeting - 5:30 p.m.

Tuesday, January 21, 2025

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m. *Joint with the Saginaw Valley Dental Society*

Speaker/Topic - TBD

Spouse/Significant Other of SCMS Members Welcome (dinner fee applies)

Online reservations required

Tuesday, February 18, 2025

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting - 5:30 p.m.

Tuesday, March 18, 2025

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting - 5:30 p.m.

Tuesday, April 15, 2025

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m.

Speaker/Topic - TBD

Spouse/Significant Other of SCMS Members Welcome (dinner fee applies)

Online reservations required

*subject to change **