

# The Bulletin

Saginaw County Medical Society

March/April 2024 | Volume 81 | No 5

**REGISTER NOW!**  
**Tuesday, April 16<sup>th</sup>**  
**Membership Meeting**  
*"TED Talks"*  
p. 5

**PAIN MANAGEMENT:  
TREATMENT OPTIONS & LEGAL  
RESPONSIBILITIES WEBINAR**  
May 22, 2024 from 6-9 p.m.  
p. 9

**What Parents Should  
Know About ADHD**  
p. 18-19

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The Bulletin can be viewed online at [www.SaginawCountyMS.com](http://www.SaginawCountyMS.com) under the Bulletin tab.

COVER PHOTO: JULIA SCHULTE MCNAMARA AND MARY GALUSKA WELCH –  
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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

# Urgent Call to Action: Halting Medicare Physician Reimbursement Cuts

Tiffany K. Kim, MD

**A**s I am sure most of you are aware, there has been a recent implementation of Medicare physician reimbursement cuts outlined in the [2024 Medicare Physician Fee Schedule](#). This significant 3.4% reduction in physician payment not only threatens the financial stability of our medical practices, but also jeopardizes the quality of care we provide to our patients.

The decision by Congress to allow these cuts to proceed is deeply disappointing, particularly in light of the already challenging healthcare

landscape we navigate daily. With the additional 2% reduction in 2023, physicians like yourselves are facing mounting financial pressures while striving to deliver the highest standard of care to our community.

It is imperative that we take immediate action to address this issue. Congress has the power to intervene and mitigate these detrimental cuts by swiftly passing [H.R. 6683, the Preserving Seniors' Access to Physicians Act of 2023](#). By advocating for this legislation, we can protect not only our own livelihoods but also the well-being of the patients we serve.

Furthermore, it is crucial to emphasize the broader implications of these reimbursement cuts. Medicare rates often serve as a benchmark for private payers, Medicaid, and TRICARE, meaning that any reductions in Medicare reimbursement reverberate throughout the entire healthcare system. This ripple effect exacerbates existing disparities in healthcare access and perpetuates inequities in health outcomes.

As members of the Saginaw County Medical Society, we must mobilize our collective voice to urge our elected representatives to prioritize the needs of

*continued on page 5*



"... physicians like yourselves are facing mounting financial pressures while striving to deliver the highest standard of care to our community."

## PHYSICIAN AND LEGISLATIVE FORUM

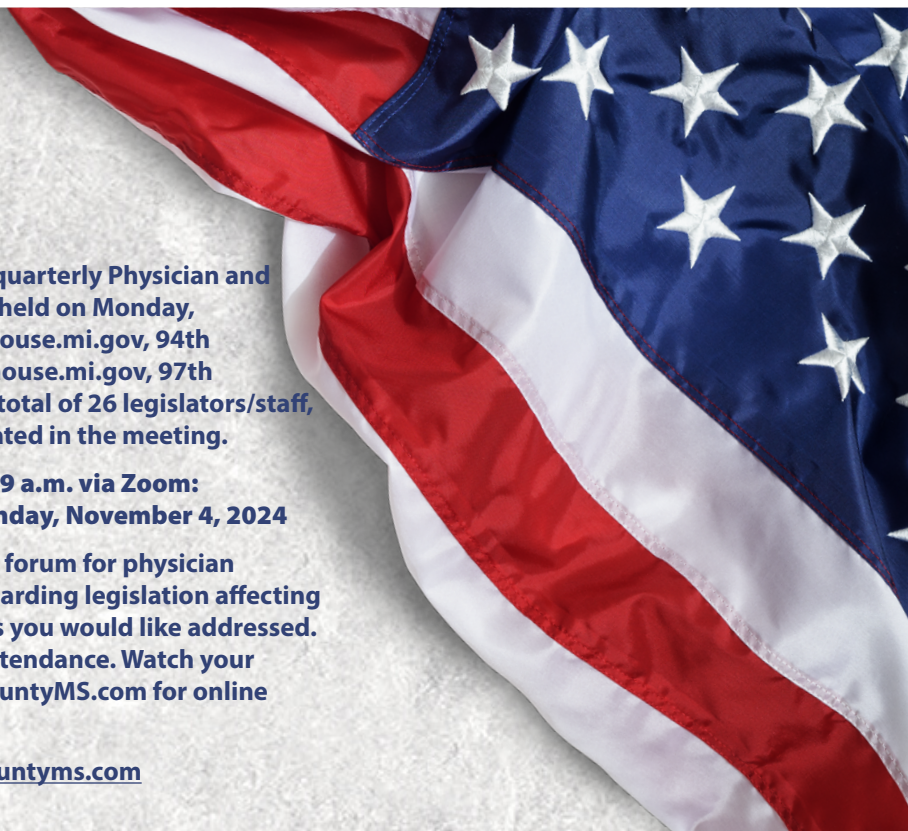
Saginaw County Medical Society  
Genesee County Medical Society

The SCMS has again partnered with the GCMS to present quarterly Physician and Legislative Forums via Zoom. The first Forum of 2024 was held on Monday, February 5. Thank you to Rep. Amos O'Neal [amosoneal@house.mi.gov](mailto:amosoneal@house.mi.gov), 94th District (D) and Rep. Matthew Bierlein [MatthewBierlein@house.mi.gov](mailto:MatthewBierlein@house.mi.gov), 97th District (R) for joining us representing Saginaw County. A total of 26 legislators/staff, SCMS members, GCMS members and MSMS staff participated in the meeting.

**Mark your calendar for future Forums scheduled from 8-9 a.m. via Zoom:  
Monday, May 6, 2024 | Monday, September 9, 2024 | Monday, November 4, 2024**

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](http://www.SaginawCountyMS.com) for online registration details about a month prior to the Forum.

Questions? Contact Joan Cramer at [jmcramer@saginawcountyms.com](mailto:jmcramer@saginawcountyms.com)





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physicians and patients alike. Here are some actionable steps we can take:

1. **Contact Your Congressional Representatives** Reach out to your senators and representatives to express your concerns about the impact of Medicare reimbursement cuts on your practice and patients. Urge them to support H.R. 6683 and advocate for its swift passage.

[Click HERE to find your representatives](#)

2. **Engage in Grassroots Advocacy** Organize grassroots efforts within our community to raise awareness about the importance of preserving physician reimbursement rates. Encourage patients and colleagues to join our advocacy efforts and amplify our message.

3. **Participate in Professional Associations** Leverage the resources and advocacy efforts of professional medical associations, such as AAFP/ACOG/ACEP/ACP, etc., to amplify our collective voice and advocate for policy changes at the national level.
4. **Educate the Public** Take advantage of local media platforms to educate the public about the potential consequences of Medicare reimbursement cuts on healthcare access and quality. Engage in public outreach campaigns to garner support for legislative action.

Together, we can make a difference in safeguarding the future of healthcare delivery in Saginaw and beyond. Let us stand united in our commitment to advocating for policies that prioritize the well-being of physicians and the patients we serve.

## CALENDAR OF MEETINGS AND EVENTS FOR 2024\*

### REGISTER NOW!

**Tuesday, April 16, 2024 – Horizons Conference Center, 6200 State Street, Saginaw**

**Board Meeting** – 5:30 p.m.

**Membership Meeting** – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

**Spouse/Significant Other of SCMS Members Welcome (dinner fee applies except for residents and medical students)**

**Topic** – TED Talks (Dr. Chris Allen, Dr. Dave Krebs and M-4 Mary Galuska Welch)

**Online reservations are required**

[CLICK HERE TO REGISTER](#) or scan the QR code



**ONLINE RESERVATIONS ARE REQUIRED BY WEDNESDAY 4/10/24**

- **Presentation of Health Angel Award**
- **Update on CMU College of Medicine – Dean George E. Kikano, MD**
- **Update on CMU Medical Education Partners – Samuel Shaheen, MD**

**Online reservations are required**

**Friday, July 12, 2024 – SCMS Golf Outing at Apple Mountain**

**Monday, September 9, 2024 – Physician and Legislative Forum**

**Time** – 8-9 a.m. via Zoom

**Tuesday, September 17, 2024 – Horizons Conference Center, 6200 State Street, Saginaw**

**Board Meeting** – 5:30 p.m.

**Membership Meeting** – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

**Spouse/Significant Other of SCMS Members Welcome – Joint with Saginaw Osteopathic Society (dinner fee applies except for residents and medical students)**

**Topic** – TBD

**Speaker** – TBD

**Online reservations are required**

**Tuesday, October 15, 2024 – Horizons Conference Center, 6200 State Street, Saginaw**

**Board Meeting** – 5:30 p.m.

**Membership Meeting** – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

**Spouse/Significant Other of SCMS Members Welcome (dinner fee applies except for residents and medical students)**

**Topic** – Candidates' Forum for the November 5, 2024, Election

**Online reservations are required**

**Monday, November 4, 2024 – Physician and Legislative Forum (tentative)**

**Time** – 8-9 a.m. via Zoom

\*subject to change

# Our Values: Service

By Louis L. Constan, MD

If you ask an economist what all we doctors do he may say something like, "They provide a service of a medical nature." They might even proffer some standard Adam Smith<sup>1</sup> dogma about "Supply and Demand" and how we and the patient are in a financial relationship and how fees are sensitive to the supply of physicians and the demand of patients. The patient consumes the service, evaluates its value and thereby determines what he will pay. Supply and Demand. If everybody seeks their own narrow self-interest, an Invisible Hand will balance everything out and result in the greatest good for the greatest number of people.

Not exactly spot on, when it comes to medical care. What we provide is ever so much more complicated than other services, than selling shoes or cutting hair.

No news to you, dear reader, but it would be nice if someone would explain all this to those in charge who make so many dysfunctional rules and therefore our lives so difficult. I shall now attempt such an explanation. So, listen up Mr. Jerome Powell.<sup>2</sup>

Doctors are different, Mr. Powell. We're directed by our Hippocratic Oath, which requires us to put the patient first, above our own welfare, above our own self-interest. By the way, our marching orders have been with us for 2,500 years, 12½ times longer than your "Fed." They deserve your attention and respect. Here are some of the major differences between us and your typical service provider:

**They:** Actually expect payment for their services before or right after the

service occurs. With them you cannot plead poverty or that you forgot your insurance card or that you left your wallet in the car.

**We:** Would rather call our customers patients because we care about how they are doing more than we care about getting paid. As such, we are easily taken advantage of by the government and insurance companies. What other business willingly acts like this? Insurance companies, who claim, very often, to care about people, will nevertheless decline to issue a policy unless they are paid up front. Government contractors, as a rule, make out like bandits by overpromising and underdelivering. We doctors, in contrast, routinely give more than we take. That's what we call service.

**They:** Go to great lengths to get their customers to come back. SALES! SPECIALS! Here's a coupon. See our ad in the magazine, on TV, online!

**We:** Prioritize patient education, which is basically information that they can use to prevent illness or otherwise take care of themselves at home, without us being involved, without us receiving any reimbursement. That's what **we** call service.

**They:** Frequently make excuses for why they cannot provide their service or why their service will be substandard. "We are experiencing unusually large call volumes." "We are short of staff and cannot seat you at our restaurant." "I was overbooked and could not fix your plumbing when I promised." "I got busy and forgot about you."

**We:** Don't make excuses. Who among us hasn't worked a grueling day when

dog-tired, hungry, in pain? The patient comes first. We do not complain about our personal problems. That's what **we** call service.

**They:** Love to close at 5 PM. Services outside of regular hours are few but highly touted; frequently geared to self-promotion, increasing customer numbers, and extra charges "for the convenience."

**We:** Soup Kitchen servers. Free Health Fair sponsors. Medical Missionaries. Again, our work is to prevent disease and improve community health. We don't get more customers through these services... and we don't profit from them. That's what **we** call service.

There are some providers who view the Hippocratic Oath as outmoded, that view patients as profit centers, that are OK when patients adopt an attitude of "Buyer Beware." I do not subscribe to these views. I know how hard doctors struggle to provide good healthcare in a toxic environment. I have seen it in their eyes as I myself have sat in front of them on their exam tables or laid on their operating tables. Hippocrates lives... and I fervently wish that he continues to do so for another 2,500 years.

So we, as individuals and as members of SCMS, must push on, cherishing our core value of **service to** patients and to society as a whole.

---

The father of modern economics<sup>1</sup>  
Chairman of the Federal Reserve Board, and the  
country's leading economist<sup>2</sup>



Would rather call our customers patients because we care about how they are doing more than we care about getting paid.



## 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+)

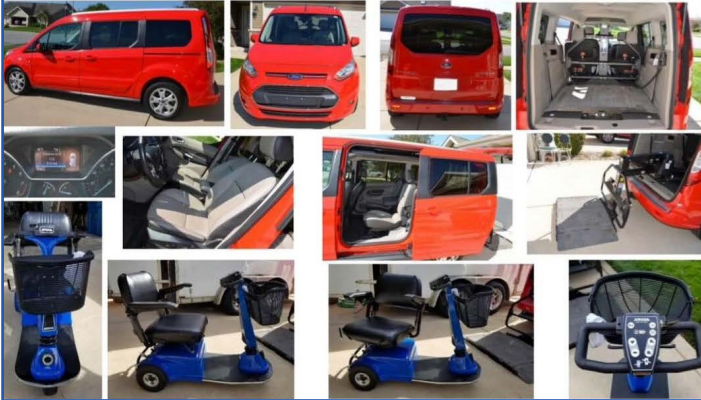
Amigo Mobility Scooter HD w/adjustable seat (\$3,645)

Garage Stored, One Owner

New Battery (September 2023)

\$29,000.00

Call or Text Mary 810-623-0120



## PREMIUM MEDICAL CONDOMINIUM AND EQUIPMENT FOR SALE

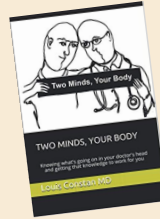
Medical Arts I, Suite 301 (3,200 square feet)  
4705 Towne Centre Road, Saginaw, Michigan  
For sale by owner, David O'Donnell, MD  
Contact (989) 239-9971 for details



## HAPPY DOCTORS' DAY!

*Thank You for Being a Member  
And Serving the Residents of  
Saginaw County for 122 Years!*

Joan M. Cramer, Executive Director  
[jmcramer@saginawcountymms.com](mailto:jmcramer@saginawcountymms.com)  
Cell (989) 284-8884



*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](http://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.



## Walk for Hope 2024

**- WE NEED YOU!**

The Barb Smith Suicide Resource & Response Network is preparing for its **22nd Annual Walk for Hope...**

### Depression and Suicide Awareness 5k Walk/Run.

We are inviting you to be part of this year's event taking place at SVSU on Sunday, August 4, 2024. We anticipate 1,500 participants will attend to help raise funds and awareness for mental health and suicide, and to support those impacted by suicide.



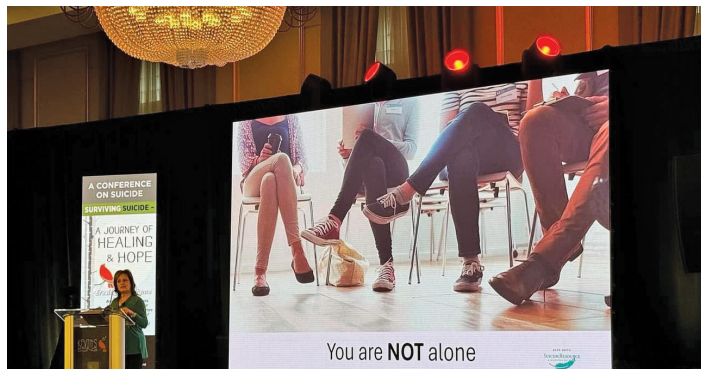
In 2023, our Network **delivered over 100 trainings** and reached over **16,000 people** in the community either through training, podcasts or online awareness campaigns. The Network cared for over **1,500 people** impacted by suicide or needing resources. We are proud to say our Network has been recognized as one of the leading organizations in Michigan to make an impact following the State's recommendations. **In 2021, we lost 57 people to suicide in the Great Lakes Bay Region.** Understanding our preliminary numbers, we know they have increased in 2023. **NOW is the time we need to do more work as a community.**

**Our Network is predominantly funded by grants and donations, with Walk for Hope being our largest fundraising event.** Please consider how significant a role you may want to play in caring for our community by [CLICKING HERE TO REVIEW OUR SPONSORSHIP LEVELS](#). Join us in this powerful mission to decrease suicide and care for those impacted by suicide by becoming a monetary or in-kind sponsor.

If you have any questions, please contact us at (989) 781-5260 or email [info@srrn.net](mailto:info@srrn.net). Thank you! *With sincere appreciation, Barb Smith, President, Barb Smith Suicide Resource & Response Network*

### Kevin's Song 8th Annual Conference on Suicide

The three-day Conference was held in late January in Plymouth, Michigan. The Conference brought together 250 educators, mental health professionals, professional trainees and students, business and community leaders, as well as, members of the public, survivors of suicide loss and attempt survivors. The speakers and presentations addressed all aspects of this public health crisis in an effort to better understand and prevent suicide. The mission of the **Kevin's Song Conference on Suicide** is to break down the barriers to build pathways to better



models of prevention and treatment in order to save lives. **Barb Smith**, President of the **Barb Smith Suicide Resource & Response Network**, delivered a keynote to 100 participants on suicide grief that was also live streamed.



On Friday of the Conference, **Leo Nouhan** (co-founder of **With One Voice**) gave a shout out, acknowledging the work that **CMU College of Medicine** is doing to help prepare the next generation of healthcare providers to better care for patients, colleagues and community members who are struggling with their mental health and suicide thoughts. Leo noted that CMU College of Medicine is one of the leaders in the state supporting our students having the opportunity to take suicide intervention trainings within their program

### UPCOMING TRAININGS

Monday-Tuesday 6/17-6/18/24, ASIST Midland, MI

Monday-Tuesday 7/15-7/16/24, ASIST Midland, MI

If you are interested in taking a training, [please visit our website](#) for more information and to register. Questions? Contact Holly at [holly.kelley@srrn.net](mailto:holly.kelley@srrn.net) or call 989-781-5260 ext. 3.

## NOTICE OF NEW EMAIL ADDRESS

Effective 10/18/23,

Joan Cramer's new email is

[jmcramer@saginawcountymys.com](mailto:jmcramer@saginawcountymys.com)

Please update your contact list and address book, and check your spam/junk folder for missed messages since the update

Thank you!



*Proudly presented  
in partnership with:*



INGHAM COUNTY MEDICAL SOCIETY



# Multi-County Pain Management: Treatment Options & Legal Responsibilities

Wednesday, May 22, 2024  
Zoom Webinar from 6-9 p.m.

**Cost:**

No cost for SCMS Members  
(included in membership)  
Non-members \$100  
payable in advance

**FOR MORE  
INFORMATION AND  
TO REGISTER,  
CLICK HERE  
or Scan the QR Code**



Join us for our inaugural multi-county educational webinar featuring experts on pain management and addiction from across the state.

Completion of this webinar fulfills LARA's 3-hour requirement in the area of pain and symptom management, including the new 1-hour minimum of controlled substance prescribing training, as well as, 3 hours towards the 8-hour MATE training requirement.

**Upon completion of the webinar, physicians should be able to:**

- Describe the use of opioids and other controlled substances
- Identify integration of treatments
- Describe the stigma of addiction
- Describe alternative treatments for pain management
- Identify ways to counsel patients on the effects and risks associated with using opioids and other controlled substances
- Describe how to utilize the Michigan Automated Prescription System (MAPS)
- Identify state and federal laws regarding prescribing and dispensing controlled substances
- Describe security features and proper disposal requirements for prescriptions

## Speakers:

### Michael Danic, DO



Dr. Danic serves as chairman of the Department of Anesthesiology at Ascension Genesys Hospital, and medical director for the Surgery Center at Health Park. Dr. Danic co-founded Ascension Genesys Hospital's Medication Assisted Treatment for Inpatient Opioid Use Disorder program (Buprenorphine team).

### John A. Hopper, MD



Dr. Hopper is the System Department Chair for Internal Medicine at Trinity Health Ann Arbor and Livingston Hospital. His clinical work is with IHA Recovery Medicine and IHA Hospital Medicine. He is recognized as a national expert in addiction medicine.

### Narasimha R. Gundamraj, MD



Dr. Gundamraj is with Pain Management Centers of Lansing and practices at Sparrow Pain Management Center in Lansing. He is board certified in Anesthesiology with added qualifications in Pain Management.

**Statement of 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 the joint providership of Michigan State Medical Society and Ingham County Medical Society. The Michigan State Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

**AMA Credit Designation Statement:** The Michigan State Medical Society designates this live activity for a maximum of 3 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## News You Need to Know About BWell

### Saginaw's Comprehensive Community Health Improvement Plan & Upcoming Initiatives

BWell Saginaw and its 13 coalition partners recently unveiled a comprehensive **Community Health Improvement Plan (CHIP)** based on the latest community health assessment concluded in late 2023.

Historically, healthcare organizations have worked independently to address Saginaw's biggest public health issues. COVID-19 brought them together in an unprecedented way to respond collaboratively to the community's pandemic-related needs for standards of care, testing, vaccination and treatment. The partners are sticking together to apply a COVID-like sense of urgency to THREE health priorities revealed in a 2023 community health needs assessment: **Obesity & Chronic Disease, Maternal & Child Health, and Mental Health & Substance Use.**

The CHIP outlines 12 strategies – each assigned a workgroup - to help move Saginaw County from 76th out of 83 counties for health outcomes to one of Michigan's Top 25 healthiest communities.



One of the first initiatives of the CHIP is an **Obesity Summit** planned for April 12, 2024, from 8:30am-1pm at SVSU's Ott Auditorium. [Please see the flyer on the facing page. Register here for the event](#), which includes 3 FREE CME credits.

The goal of the Obesity Summit is 1) to unite Saginaw County healthcare providers around an understanding of the prevalence of obesity and urgency of action; 2) introduce a more uniform standard of care for overweight and obese patients; and 3) unveil new local resources to help providers educate and support patients. Among the topics will be a more comprehensive measure of "healthy body status" including BMI, waist circumference and other metabolic indicators.

#### Obesity Initiatives: Why and Why Now?

- Recent statistics show obesity rates have TRIPLED in one generation in our nation.
- Left unchecked, the current generation of children may have shorter life expectancy than their parents.
- It's impact on Saginaw County is profound.

- o 75% of our population is overweight or obese, a statistic that represents as many as 142,000 people with poor physical and emotional wellbeing along with increased risk for obesity, type II diabetes, hypertension, cardiovascular disease and certain cancers.
- o In addition, according to 2023 Community Health Risk Assessment, 1 in 3 Saginaw County children are overweight – 1 in 6 are obese.
- o The total percent of middle school students who are obese increased by 10% in one year.
- We're overdue in having health conversations with patients about their weight.
- Physicians can now empower patients – without fear of shaming them – with added resources provided by the BWell Saginaw Partner Coalition.
- BWell partners are looking for pilot practices to introduce and perfect a provider toolkit including:
  - o Prescriptions for physical activity individualized for patients with the most common co-morbidities, including list of local free and low-cost options.
  - o Access to local exercise scientists/kinesiologists who will work with providers to tailor exercise recommendations for patients with specific barriers.
  - o Patient follow-up to check progress between office visits.
  - o Prescription for nutritional education, including referral to free virtual coaching sessions with local dietitians, online video library, plus access to ongoing online support groups.
  - o Printed and online patient education materials.
  - o Resources for having healthy and culturally sensitive conversations with patients about weight.
  - o Feedback on clinical outcomes, including follow-up data on how this initiative changes Saginaw County patient data.

#### Next Steps?

- Attend the Obesity Summit on April 12, 2024. [Register here.](#) It will be recorded for those unable to attend.
- Attend upcoming PHO and medical society meetings dedicated to obesity to learn more.
- Watch your email for continued communication about BWell Saginaw and obesity education resources.
- If interested in participating as a pilot practice or receiving updates about the provider toolkit under development for distribution to all providers, email [Delicia.pruitt@saginawcounty.com](mailto:Delicia.pruitt@saginawcounty.com).

*The BWell Saginaw Partner Coalition includes Ascension St. Mary's, CMU Medical Education Partners, Covenant HealthCare, Great Lakes Bay Health Centers, HealthSource Saginaw, Michigan Department of Health & Human Services, Michigan Health Improvement Alliance, Saginaw Community Foundation, Saginaw County Community Mental Health Authority, Saginaw County Health Department, Saginaw Intermediate School District, Saginaw Valley State University, and United Way of Saginaw County – will speak in one voice to educate the community about health priorities and encourage engagement in solutions created by the plan.*





# Obesity Summit 2024

*It's Time to Have Healthy Conversations with Patients About How Weight Impacts Health*

**April 12, 8:30am-1pm**

**Saginaw Valley State University, Ott Auditorium**

*3 FREE CME (and other continuing education) credits*



**REGISTER HERE (Free Event)**

(Scan the QR code or visit

<https://survey.alchemer.com/s3/7708317/2024-obesity-summit>)

## AGENDA:

**8am-8:30am**

**8:30am-9am**

**9am-10am**

**10am-11am**

**11am-12 noon**

**12 noon-1pm**

**Registration, continental breakfast**

**Saginaw's Prescription for Improving Healthy Body Status**, presented by Delicia Pruitt, MD, Medical Director, Saginaw County Health Department

**Keynote speaker**, Rebecca E Hasson, PhD, FACSM, Associate Professor, Kinesiology, Assistant Professor, Nutritional Sciences, University of Michigan School of Public Health

**Obesity Medicine Update**, presented by Dafina Allen, MD, Wise Weight Management

**Breakout sessions (Choose one)**

**Exercise is Medicine**

– Gena Guerin, PhD, Assistant Professor of Kinesiology, Saginaw Valley State University

**Obesity & Mental Health**

– Adrian Greene, LMSW, Saginaw Public Schools

**Obesity Beyond BMI:**

**Body Scan** – Dafina Allen, MD, Wise Weight Management

**Nutrition 201:**

**Beyond the Basics** – Susan Olguin, RD, Saginaw County Health Department

**Box lunch** (takeout or stay to network with colleagues)

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Photo courtesy of Steven Frank Imagery

*Privileged to lead this effort with Peter Fattal and Jiri Fischer. Thank you to all of our community partners, sponsors, volunteers and fans! Still going strong after 16 years! Dr. Steve Vance*

### **CMU's Pulse<sup>3</sup> Endowment Committed to Living, Learning and Lifesaving - Shocks and Saves Hockey Game raises funds for AED devices in our region**

Author: Kelly Belcher [kelly.belcher@cmich.edu](mailto:kelly.belcher@cmich.edu)

On April 27, 2023, community member **Ed Coates** was performing at an event in Midland. After his set, he put his instrument in his car and suffered a sudden cardiac arrest. Ed was with his family, including his son-in-law, **Dr. Toby Long**, who assisted EMT's in their response efforts. Ed's wife, **Cindy**, was on site when paramedics used an AED on her husband and felt tremendous relief when, after three shocks, she heard them say "we've got a heartbeat!" Ed knows how very lucky he is. "The likelihood of survival if you have a cardiac arrest outside of a hospital is very low, less than 10%," he said. "Having the paramedics respond within seconds or minutes was very impactful. I am alive because of the first aid rescue using the AED."

Every year in the U.S., more than 300,000 people suffer from a sudden cardiac arrest and the ability to survive is dependent upon the capability of the community to respond. When someone is having sudden cardiac arrest, the time to defibrillation is critically important. For every minute that a person is in cardiac arrest, they lose 10% survivability; by 10 minutes their chance for survival is dismal. The first link in the chain of survival is the bystander; community members caring for one another.

"There are wonderful paramedics, physicians and nurses in our community who render great care, but they can't be everywhere," said **Steven Vance, MD**, Executive Director of **Pulse<sup>3</sup> Endowment** and Associate Dean of Clinical Education at **CMU College of Medicine**. "The key to getting defibrillation in those first 10 minutes is to make AEDs available for bystander use."

One of the main initiatives of the Pulse<sup>3</sup> Endowment is to make Automatic External Defibrillators (AEDs) available throughout the region by putting them in places where the people are- locations like schools, churches, athletic venues,

movie theaters, airports and other local businesses. There has been a tremendous response to these efforts. Since the beginning of the initiative, these devices have saved a number of lives in our communities. As a result of Pulse<sup>3</sup>'s work, the survival rates to hospitalization became the greatest in the state.

The **Pulse<sup>3</sup> Foundation** was formed in 2013 when the **Michigan Cardiovascular Institute Foundation** shifted its focus toward community outreach and increased impact on cardiovascular wellness in the Great Lakes Bay Region. The idea behind Pulse<sup>3</sup> is the power of three. This is reflected in the mission of living, learning and lifesaving, as well as, in the Tri-City service area of Saginaw, Midland and Bay City. Additionally, the average person has 3 billion heartbeats in their lifetime, making the power of three even more relevant to the efforts of improving cardiovascular health.

In 2022, the CMU College of Medicine accepted oversight of the organization as the Pulse<sup>3</sup> Endowment and pledged to continue the mission of living, learning and lifesaving while supporting medical education and improving heart health in our community.

The **Shocks and Saves Hockey Game** continues to be Pulse<sup>3</sup>'s signature event. The concept originated in a meeting between **Peter Fattal, MD**, a cardiologist with **Ascension Riverfront Cardiology** and **Jiri Fischer**, a former **Red Wings** hockey player who had survived a sudden cardiac arrest while playing a televised hockey game in 2005. They wanted to develop an event to raise awareness and funds to improve cardiovascular health and to provide the tools necessary for community members to respond to sudden cardiac arrest. Shocks and Saves features **Red Wings Hockey Alumni** facing off on the ice against local healthcare professionals. Proceeds from this event go toward AEDs and heart health education.

Since its inception, Shocks and Saves has raised over \$1 million and placed 350 AEDs throughout the region, leading to 14 lives saved. **This year's game took place on January 27, 2024, and raised over \$60,000 to support the purchase of AEDs for our community.** We are so grateful to all the players and attendees who made this event such a success!





**Dr. Mary Jo Wagner Honored With First Gloria Kuhn Award**



Congratulations to **Mary Jo Wagner, MD** on being selected as the first recipient of the **Gloria Kuhn Award for Outstanding Mentorship and Allyship in Emergency Medical Education**. The award was created in honor of Dr. Gloria Kuhn for her profound effect on Emergency Medical Education, and is given in recognition to one **CORD - Council of Residency Directors in Emergency Medicine** senior faculty member for demonstrating exceptional mentorship and allyship in Emergency Medical Education.

Dr. Wagner is a **Central Michigan University College of Medicine** professor and the Chief Academic Officer and Designated Institutional Official for **CMU Medical Education Partners' Office of Graduate Medical Education**. She is also a practicing emergency medicine physician at **Covenant HealthCare** and **Ascension St. Mary's**. Thank you for all you do for our students, College and community!

**Dr. Nicholas Haddad Research Published**

Congratulations **Nicholas Haddad, MD**, infectious disease specialist and **CMU College of Medicine** Associate Professor, on research published in the **January 2024 edition of Antibiotics on MDPI** titled, **A Review of the Clinical Utilization**



**of Oral Antibacterial Therapy in the Treatment of Bone Infections in Adults**, along with co-authors Jibrán Ajaz, MD; Lina Mansour, PharmD; Robert Kasemodel, MD; Jennifer Jarvis, PharmD; John Jarad, MD; Haley Gorski, PharmD; and Maddie Carr, PharmD.

The paper is the result of a nearly year-long endeavor between CMU's College of Medicine Internal Medicine residency and the pharmacy departments at our affiliates **Covenant HealthCare** and **Ascension St. Mary's**. This project examined the effectiveness of oral antibiotic treatment for chronic osteomyelitis, typically treated with prolonged courses of IV antibiotics and surgical debridement of necrotic bone. Over the past 40 years, there has been no paradigm shift in the approach to treatment; this important collaboration is a testament to collaborative medical education in our community.

In this paper, the team reviewed literature evaluating oral antibiotic therapy in the management of chronic bone infections since 1975. The primary objective was to promulgate clinical recommendations on the use of oral antibiotics in bone infections in the context of initial therapy, transition from intravenous therapy and the role of chronic suppression. The secondary objective was to summarize current knowledge of specific oral antimicrobial agents that are commonly utilized, together with a synopsis of the available literature pertaining to their pharmacokinetic/pharmacodynamic properties and duration of therapy in bone infection.

Learn more at <https://www.mdpi.com/2079-6382/13/1/4>

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# January Meeting Minutes



Dr. Tiffany Kim and Lauren Herline

The Saginaw County Medical Society Membership Meeting was held on Tuesday, January 16, 2024, at Horizons Conference Center. The meeting was joint with the Saginaw County Dental Society. **Tiffany K. Kim MD**, President, called the meeting to order at 7:02 p.m. Dr. Kim welcomed members, residents, medical students, dentists and guests.

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

- **Covenant Wound & Hyperbaric Medicine – Julian Dortman NP and Becky Williams**

- **HealthSource Saginaw – Leslie Collings and Kate McDonald**
- **Healthway Compounding Pharmacy – Larry Green and Edward Wright, PharmD**
- **Renue Physical Therapy – Tom Hetzner, Roland Leonora PT and Mel Svorinic, PT, DPT, OMPT**

Dr. Kim then conducted business of the SCMS:

- The Minutes of the October 17, 2023, Membership Meeting were attached to the Agenda. **MOTION: Approve the October 17, 2023, Meeting Minutes as presented. MOTION APPROVED.**
- Introduced new members attending the meeting:
  - o **Bobbi J. Jones-St Laurent DC** – Affiliate Member, Kehres Health & Chiropractic
  - o **Kelsey J. Kershaw MD** – CMU Psychiatry PGY-2
  - o **Kathy T. Kline MD** – Pathology
  - o **Steven T. McLean MD** – Emergency Medicine, CMO Ascension Michigan's Northern Ministries
  - o **Marvi Memon MD** – CMU Psychiatry PGY-2
  - o **Zachary J. Nine MD** – CMU Psychiatry PGY-1
  - o **Trusha Patel MD** – CMU Psychiatry PGY-3
  - o **Maria Qadir MD** – CMU Psychiatry PGY-3
  - o **Aaron K. Smith MD** – Emergency Medicine, Covenant HealthCare Chief Medical Informatics Officer
  - o **Yamna Waseem MD** – CMU Family Medicine PGY-1
- Encouraged members to stay up-to-date with the SCMS by reading *The Bulletin* which is available on our website



L-R: Healthway - Larry Greene, Eddie Wright and Dr. Bill Lichon; Renue PT - Roland Leonora, Mel Svorinic, Tom Hetzner and Dr. Reid Calcott; Drs. Steve McLean and Kathleen Cowling; Drs. Kris Spence and Chris Allen



[www.SaginawCountyMS.com](http://www.SaginawCountyMS.com) under the Bulletin tab.

- Announced the **State of MSMS Address** held on January 10, 2024, featuring the Corporate Practice of Medicine is available for viewing. Contact MSMS for information.
- The next **Physician and Legislative Forum** is scheduled to be held on Monday, February 5, 2024, from 8-9 a.m. via Zoom. The Forum is presented in partnership with the **Genesee County Medical Society**.

## PROGRAM

**Lauren Herline, Psy.D. Limited Licensed Psychologist** presented a CME-accredited program on *"Tik Tok Said I Have ADHD: The Importance of Psychological Assessment in Diagnosing Children with Attention Deficits."*

The next meeting of the SCMS will be on Tuesday, April 16, 2024, at Horizons.

There being no further business, the meeting was adjourned at 8:04 p.m.

Respectfully submitted,  
Joan M. Cramer  
Executive Director

See pages 18-19 for  
*"What Parents Should Know About ADHD"*  
including referrals  
for formal  
neuropsychological  
assessment

The next meeting of the SCMS will be on  
Tuesday, April 16, 2024, at Horizons



L-R: Collette and Drs. Aaron Smith and Christa Persyn; Covenant Wound - Becky Williams and Julian Dortman; HealthSource and Dr. Dave Wiersema, Katie McDonald and Leslie Collings



# What Parents Should Know About ADHD

**Lauren Herline, PsyD, LLP**

*Clinical Psychologist*

**Attention-deficit/hyperactivity disorder (ADHD)** is a persistent pattern of inattention and/or hyperactivity-impulsivity, beginning in childhood, that interferes with a person's day-to-day functioning or development. ADHD is the most commonly diagnosed behavioral disorder in children in the U.S. Population surveys suggest that ADHD occurs worldwide in about 7.2% of children.

- Most children with ADHD can pay attention in situations in which they are very interested (e.g., a favorite television show), in situations that are highly reinforcing (e.g., video games), or in a one-to-one setting.
- Since all children sometimes show some behaviors characteristic of ADHD some of the time, it is important that the behaviors be present to an extreme degree compared to other children of the same age, and that behaviors cause significant disruption to the child.
- Diagnosis is a complex process that cannot be based on a single visit to the doctor.
- Children with ADHD often exhibit other problems including defiant and noncompliant behavior towards adults, verbal and physical aggression towards peers and siblings, low self-esteem and learning disorders.
- Family problems often accompany ADHD, including marital problems, alcohol misuse, stress and depression. Therefore, these parental problems need to be assessed and treated along with the children's problems.
- The exact cause of ADHD is largely unknown. Most professionals believe that the cause is based in the brain, but the exact nature of the cause is unclear. It is known that diet is not a cause of ADHD. Neither artificial substances in food nor sugar cause ADHD, and putting a child with ADHD on a special diet is unlikely to resolve problematic behaviors.
- Many parents first observe hyperactivity when a child is a toddler, but symptoms of ADHD are very difficult to distinguish from highly variable normal behaviors before the age of four years.
- Most children do not outgrow ADHD. The disorder is relatively stable through early adolescence. In most individuals with ADHD, hyperactivity becomes less obvious in adolescence and adulthood, but difficulties with restlessness, inattention, poor planning and impulsivity persist. A substantial proportion of children with ADHD



remain relatively impaired into adulthood. Parents should be wary of advice to wait and see if their child outgrows the problem; waiting rarely helps.

- If left untreated, ADHD adolescents are at increased risk for school failure and dropout, possible substance or alcohol abuse, and delinquency. Adults with ADHD often have difficulties in job performance, coping with stress, relationships with other people, substance and alcohol use, and criminal behavior.
- Effective evaluation and treatment of ADHD involves the cooperation of the child's parents, physician, school personnel, and mental health professionals such as psychologists and psychiatrists.
- Appropriate, early, intensive, and long-term treatment is recommended to effectively manage ADHD. ADHD is a chronic problem and typically requires long-term treatment that changes form over time.
- Comprehensive treatment, implemented in the child's home and school environments, and in settings in which the child interacts with peers, is the most effective treatment approach. Behavior therapy/modification, in which parents and teachers are taught how to work with their children, is the most widely recommended and effective, nonmedical, short-term treatment for ADHD. Behavior modification may include:
  - o Establishing specific daily goals for the child,
  - o Establishing and consistently enforcing clear rules,
  - o Giving clear and appropriate commands,
  - o Praising children for desired behaviors and ignoring negative behaviors that can be safely ignored,



continued from page 18

- o Using rewards (e.g., points) to encourage positive behaviors,
- o Using appropriate, nonphysical punishments (e.g., time out, loss of privileges) to discourage negative behaviors, and
- o Using a daily report card to motivate the child and facilitate communication between school and home.
- For many children with ADHD, the combination of behavior modification and medication is the most effective treatment. Behavior modification can be used at home, at school and with peers. If these treatments are not sufficient, medication may then be considered to determine whether it adds to the effectiveness of the other treatments.
- Medication alone is not an effective long-term treatment. That is, it does not decrease a child's risk for the negative outcomes in adolescence and adulthood noted above. Therefore, medication should never be relied upon as the only treatment for a child with ADHD.
- Not all children with ADHD respond to stimulant treatment, so it is important to evaluate carefully whether the medication is helping the child. Ongoing monitoring should be conducted to be sure that medication continues to be effective for the child. Teachers must play a major role in this monitoring.
- Legislation mandates that appropriate educational services be provided for all children with special needs, including children with ADHD, either in regular or special education classes.

Adapted from the University at Buffalo Center for Children and Families

**Referrals for formal neuropsychological assessment:**

**Dr. Emily Escott, Psy.D**

Royal Oak, MI | (248) 909-2023 | [emily.escottpsyd@gmail.com](mailto:emily.escottpsyd@gmail.com)

*\*Does not accept Medicaid*

**Dr. William D. MacInnes, Ph.D** | MidMichigan Neuropsychology

Saginaw, MI | (989) 921-5100 | [neuropsych@mnabrain.com](mailto:neuropsych@mnabrain.com)

**Dr. Reid Skeel, Ph.D.** | Ronan Psychological Associates

Mt. Pleasant, MI | (989) 779-8999

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[lorikrygier.com](http://lorikrygier.com)

## Welcome Dr. Deibel, Chief Medical Executive/Vice President of Quality



Covenant HealthCare is pleased to welcome **Matthew D. Deibel, MD**, to the new role of Chief Medical Executive/Vice President of Quality. In this new role, he will oversee leadership responsibilities for the Covenant Medical Staff, Covenant Medical Group, provider recruitment, quality, and other collaborative efforts with providers. **Beth Charlton**, President/CEO of Covenant states, "The goal of this position is to align the clinical needs and the work people are doing inside and outside the walls of the hospital."

Dr. Deibel, a life-long Saginaw resident, has been an Emergency Room Physician at Covenant HealthCare since 2006. He has served as the Medical Director of the Emergency Care Center since 2014, the Assistant Chief Medical Officer since 2019, and the chair of MSQI since 2009. Deibel is a graduate of the Wayne State University School of Medicine and is board certified by the American Board of Emergency Medicine.

"Dr. Deibel is uniquely qualified for this position in the collaborative and interdisciplinary way he works," says Charlton. "He is warm, knowledgeable, and has incredible team spirit. Dr. Deibel is able to clearly see what is priority related to doing the work that needs to be accomplished to make sure we are providing extraordinary care to patients and families. He wants to support the medical staff and make sure they are resourced appropriately to do the work that they need to in order to deliver care at Covenant."

## Recognizing Physicians of Excellence - Distinguished Physicians

The annual active staff dinner serves to transition new medical staff leaders, honor colleagues, and to reconnect with peers. This year, two extraordinary team members were recognized with prestigious peer-nominated awards.

### 2023 DISTINGUISHED PHYSICIAN AWARD

**Mark R. Ludka, MD's** journey as a lifelong physician in Saginaw reflects a commitment to healthcare that spans decades. He attended medical school at the University of Michigan. His expertise in Radiology was honed through a residency at Henry Ford Hospital, setting the stage for his impactful contributions to the field.



He joined Saginaw General Hospital in 1994, which later evolved into Covenant HealthCare. Throughout his tenure, he held key positions such as Chairman of the Department of Radiology, member of the Medical Executive Committee, and head of the Covenant Breast Imaging Center. Dr. Ludka has played a pivotal role in advancing the Center's capabilities, initiating state-of-the-art technologies like breast MRI,

stereotactic biopsy, automated whole breast ultrasound, and tomosynthesis. Under his guidance, Covenant was the first hospital in Michigan to perform whole automated breast ultrasound.

Beyond his professional achievements, he is revered for his compassion and unwavering commitment to patients and staff alike. His calm demeanor has been a source of solace for patients during vulnerable times, making him an unsung hero in the eyes of many. Dr. Ludka retired in August 2023, but his passion for medicine persists as he continues to work remotely with two shifts per month.

### 2023 MEDICAL STAFF OFFICER'S ACHIEVEMENT AWARD

**Michael J. Slavin, MD**, had a long and storied career that spanned over numerous decades and included his military service, medical service in Washington D.C., then taking his talents to Saginaw. In 1983, Dr. Slavin joined a group of St. Luke's doctors to organize the first Physician Organization (PO).



The strong relationship with Covenant HealthCare led the way to the formation of the Physician Hospital Organization-Covenant HealthCare Partners. He served as VP, medical director, and later as president and medical director of the PO for over three decades.

He had an innate sense of where the world of medicine was headed and instituted programs that drove innovation and preparedness. He saw the importance of all the facets of care delivery coming together to deliver the best for patients and our community. In the mid-80s, he and a group of doctors saw the need to be more responsive to patient care when physicians were not in the office. Their vision was realized as the MedExpress system we know today, starting with a couple locations and later developing into multiple clinics scattered throughout the region.

Dr. Slavin is remembered fondly by many of his former family medicine patients that were privileged to have him serve as their caretaker over the years. He served his patients, his students, his community, his hospital, and surely served as a shining light to whomever he happened to be affiliated with.

### Covenant Medical Group Welcomes

**Dr. Jordan Brand and Dr. David Lyons Join Covenant Medical Group- Orthopaedics**



*Dr. Jordan Brand*

Covenant HealthCare welcomes **Jordan Brand, MD**, as a member of the Covenant Medical Group. Dr. Brand joins the Covenant Orthopaedics team as an Orthopaedic Trauma Surgeon. His office is located at 900 Cooper, Suite 3100, Saginaw, MI 48602 and the team can be reached at 989.583.7450.





Dr. David Lyons

Covenant HealthCare welcomes **David Lyons, DO**, as a member of the Covenant Medical Group. Dr. Lyons joins the Covenant Orthopaedics team as an Orthopaedic Surgeon with a fellowship in pediatrics. The office is located at 5483 Gratiot, Saginaw, MI 48638 and the team can be reached at 989.583.5626. He also sees patients in Bay City at 2919 E. Wilder Road, Suite 210.

**Dr. Phillip Nahirniak Joins Covenant Medical Group- Surgery**



Dr. Phillip Nahirniak

Covenant HealthCare welcomes **Phillip B. Nahirniak, DO**, as a member of the Covenant Medical Group. Dr. Nahirniak joins the Covenant Surgery team specializing in General, Laparoscopic, Robotic and Trauma Surgery. The office is located at 5415 Cardinal Square, Saginaw, MI 48604 and the team can be reached at 989.583.5679.

**Dr. Mizbauddin Mohiuddin Joins Covenant Hospital Medicine**



Dr. Mizbauddin Mohiuddin

Covenant HealthCare welcomes **Mizbauddin Mohiuddin, MD**, as a member of the Covenant Medical Group. Dr. Mohiuddin joins the Covenant Hospitalist team. The office is located at 1447 North Harrison, Saginaw, MI 48602 and the team can be reached at 989.583.4220.

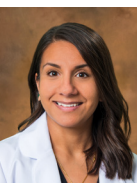
**Dr. Madhavi Kanneganti Joins Covenant Critical Care**



Dr. Madhavi Kanneganti

Covenant HealthCare welcomes **Madhavi Kanneganti, MD**, as a member of the Covenant Medical Group. Dr. Kanneganti joins the Covenant Critical Care Team. The office is located at 1447 North Harrison, Saginaw, MI 48602 and the team can be reached at 989.583.4220.

**Dr. Jaspreet Mann Joins Covenant Medical Group- Primary Care**



Dr. Jaspreet Mann

Covenant HealthCare welcomes **Jaspreet Mann, MD**, as a member of the Covenant Medical Group. Dr. Mann joins the Covenant Primary Care team. Her office is located at 600 N. Main Street, Suite 220-B, Frankenmuth, MI 48734 and she can be reached at 989.652.1422.

**2024 PEDIATRIC SYMPOSIUM | Friday, May 17**

The **2024 Pediatric Symposium: Building Bright Beginnings**, presented by Covenant HealthCare Children's Hospital, will take place

**Friday, May 17 at Saginaw Valley State University.**

Topics will include limits of viability, newborn nutrition and development, care of the complex newborn, play therapy and more. This event is worth 6.0 CME credit (including 2.0 CME hours that meet the state requirement for implicit bias training). ABP MOC Part 2 credit is also available. **Early bird registration is \$75 before April 19. Reserve your spot online!** For more information, call 989.583.4426 or email [childbirtheeducation@chs-mi.com](mailto:childbirtheeducation@chs-mi.com).



**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](mailto:jmcramer@saginawcountymys.com) for further information.

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

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## An Innovative Approach to Reduce Pain Following Cardiovascular Surgery

At Ascension Michigan hospitals, an innovative new approach is being used during heart surgery that is focused on reducing post-operative pain.

**Christopher C. Phillips, MD**, a board certified cardiothoracic surgeon with more than 25 years of experience caring for patients, is among a select number of cardiothoracic surgeons who are using an innovative cryogenic nerve block technique. The technique takes place just prior to surgery and temporarily freezes nerve endings on the breastbone or sternum depending on the specific surgery. These nerves are identified as one of the main sources of pain after chest surgery, and the cryogenic nerve block temporarily shuts off the nerve area that senses pain.



The intent of the technique is to freeze the nerve in order to disable it without damaging the protective structure - which also allows the targeted nerves to regenerate over time. Individuals who have had a cryogenic nerve block have experienced a sense of numbness after surgery rather than the associated nerve pain. This technique has been used in thoracic surgeries but is relatively new to heart surgery.

Using an innovative cryogenic technique to reduce pain may also reduce the use of opioids, and allow for better postoperative breathing which can reduce the risk for pneumonia. Patients have experienced other benefits like being able to get up and move around sooner.

Dr. Phillips is on the medical staff at Ascension St. Mary's Hospital, but performs the cryogenic heart procedure at Ascension Providence Rochester Hospital in Rochester Hills. As a fellowship trained cardiothoracic surgeon, Dr. Phillips cares for adult patients with coronary artery disease, mitral valve disease, aortic valve disease, aortic aneurysms, atrial fibrillation and structural heart defects.

Ascension St. Mary's Hospital cardiovascular physicians can refer patients for this type of technique if they meet qualifications.

## Ascension Medical Group Leadership Update



**Arup Sarkar, MD**, has been named Clinical Dyad for Ascension Medical Group (AMG) Michigan's northern ministries, effective January 1, 2024. He will oversee clinical activities and quality efforts for AMG Michigan's northern ministries in Saginaw, Standish and Tawas City, and provide regional leadership to over 100 multispecialty clinicians.

Dr. Sarkar is board certified in family medicine and will continue his clinical responsibilities at AMG Vassar Family Medicine, 1212 W. Saginaw Road, in Vassar. He joined the medical practice in 2005 and enjoys the wide spectrum of care across multiple generations that family medicine covers. As a collaborative leader, Dr. Sarkar is passionate about advancing clinical excellence, problem solving and values input from peers. He can be contacted at [arup.sarkar@ascension.org](mailto:arup.sarkar@ascension.org).



### MISSION STATEMENT

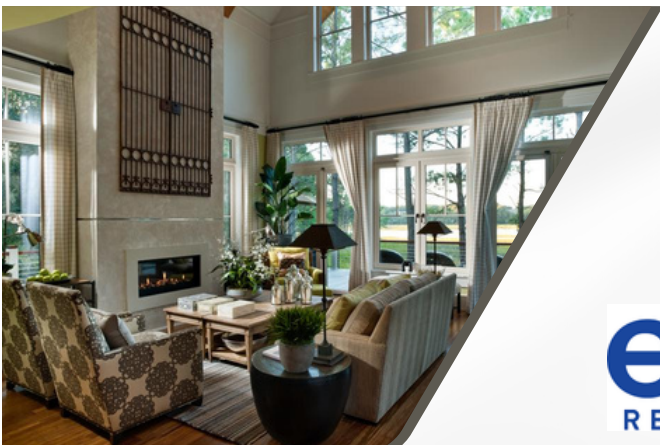
*Bringing physicians together for the common good*

### VISION STATEMENT

*We aim to improve the lives of physicians and the patients we serve*

### VALUES STATEMENT

**S**ervice  
**A**dvocacy  
**G**enuine Health  
**I**nclusive  
**N**etworking  
**A**lways Learning  
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*If you are experiencing a life-threatening emergency or difficulty breathing, go directly to the ER or dial 911.*

## MEMBER NEWS

### Dr. Millie Willy to Receive MCEP Legacy Award



**Mildred J. Willy MD**, Emergency Medicine Physician and Associate Dean of Student Affairs at **CMU College of Medicine**, has been selected by the **Michigan College of Emergency Physicians' (MCEP)** Board of Directors as the 2024 recipient of the Chapter's **Legacy Award**. Dr. Willy was placed in nomination by Drs. Sara Chakel and Mary Jo Wagner.

The award will be presented at the **MCEP Presidents' Banquet** scheduled for the evening of Tuesday, July 30, 2024, at The Highlands Resort in Harbor Springs, Michigan during the Michigan Emergency Medicine Assembly.

*Congratulations, Dr. Willy!*



**Help Support the SCMS by Advertising in *The Bulletin*.**

Contact Joan Cramer at  
[jmcramer@saginawcountymys.com](mailto:jmcramer@saginawcountymys.com)  
Cell 989.284.8884 for more information

### RETIRES 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.

## NEW MEMBERS

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

### **Mehdi H. Baluch MD**

*Covenant Digestive Care Center*  
900 Cooper, 4th Floor, Ste. 4300  
Saginaw, MI 48602-5182  
Office (989)-583-7460  
Fax (989)-583-7432  
[www.covenanthealthcare.com](http://www.covenanthealthcare.com)  
*Internal Medicine, Gastroenterology*

*Affiliate Member*

### **Mark J. Bullock DPM**

*Covenant Orthopaedics - Gratiot*  
5483 Gratiot Road  
Saginaw, MI 48638-6037  
Office (989)-583-5626  
Fax (989)-583-1837  
[www.covenanthealthcare.com](http://www.covenanthealthcare.com)  
*Podiatry*

### **Saad A. Chaudhry MD**

*CMU Health - Internal Med.*  
1015 S. Washington Ave., 3rd Floor  
Saginaw, MI 48601-2556  
Office (989)-746-7500  
Fax (989)-746-7728  
*Internal Medicine, Geriatrics*

### **Jason E. Kuhn DO**

*Covenant Medical Group Surgery*  
5415 Cardinal Square Blvd.  
Saginaw, MI 48604-8200  
Office (989)-790-4855  
Fax (989)-790-7335  
[www.covenanthealthcare.com](http://www.covenanthealthcare.com)  
*Surgery - General, Bariatric*

*Reactivated*

### **Steven T. McLean MD**

*Ascension St. Mary's Hospital*  
CMO Ascension Michigan's Northern Ministries  
800 S. Washington Avenue  
Saginaw, MI 48601-2524  
Office (989)-907-8788  
Fax (989)-776-1704  
[www.healthcare.ascension.org](http://www.healthcare.ascension.org)  
*Emergency Medicine*

### **Jonathan K. Murdock DO**

*Mid Michigan Vascular Surgery, PC*  
4701 Towne Centre, Ste. 202  
Medical Arts II  
Saginaw, MI 48604-2800  
Office (989)-790-2600  
Fax (989)-790-3311  
<http://mmvs.org/>  
*Surgery - Vascular*

### **Phillip B. Nahirniak DO**

*Covenant Medical Group Surgery*  
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# BIRTHDAYS

## MARCH

**Louis F. Byrne MD**

*Happy Special Birthday!*

Faith Abbott DO  
Robert P. Ainsworth MD  
Batool AIQanber MD  
Jaspreet K. Batth MD  
Edward S. Bernreuter MD  
Lauren Bootzin *Student*  
Aditya D. Bulusu MD  
Brenda M. Coughlin MD  
Jeffrey Cruz *Student*  
Jonathon P. Deibel MD  
Stephanie J. Duggan MD  
Danielle C. Duncan MD  
Maher Ghanem MD  
Katherine A. Grayden *Student*  
Timothy R. Hackett MD  
Derrek Humphries MD  
Pramod K. Kalagara MD  
Timothy H. Kaufman MD  
Asif H. Khan MD  
Andrew M. LaFleur MD  
Veronica E. Lorenzo MD  
Lauren E. Lowes DO  
Obianuju N. Madu MD  
Luigi Maresca MD  
Bianca S. Marquez MD  
Kurt A. Menapace MD  
Riva M. Morin DO  
Jonathan K. Murdock DO  
Sajeda Nusrat MD  
A. O. Rajagopal MD  
Conchita D. Riparip MD  
Jennifer R. Schmidt DO  
Maxim Shaydakov MD  
Alexa M. Shepherd MD  
Arthur O. Sieron MD  
Michael J. Slavin MD  
Wael A. Solh MD

Kristine K. Spence DO  
Eric D. Spencer DO  
Maya Takagi *Student*  
Kyla Walworth MD  
Xia Wang MD  
Scott C. Woodbury MD  
Harvey K. Yee MD  
Yong C. Yoon MD  
Asim Yunus MD

## APRIL

**Khalid M. Malik MD**

*Happy Special Birthday!*

**Caroline G.M. Scott MD**

*Happy Special Birthday!*

Sheikh Jibrán Ajaz MD  
Meshal M. Alsulami MD  
H. Joseph Blair MD  
David W.T. Chen MD  
Raymond Chung MD  
Justine Czajka MD  
Lindsay A. Davis DO  
Brian C. deBeaubien MD  
Peter G. Fattal MD  
E. Malcolm Field MD  
Natalia E. Fretes-Oviedo MD  
Joseph Haddad MD  
Theodore B. Hennig DDS  
Chelsea P. Houthoofd MD  
Mohamed K. Hussein MD  
M. Sohail Jilani MD  
Min H. Kim MD  
Myna Komuravelli MD  
Narendra R. Kumar MD  
H.F. Labsan MD  
Peter A. Lassing MD  
Toby C.J. Long MD  
Bapineedu Maganti MD  
Joseph F. Marshall MD  
Garrett J. Mason MD

James McCourt MD  
Robert M. McNier MD  
Matthew S. McRae MD  
Faizan Memon MD  
Anthony J. Mufarreh *Student*  
Kathryn A. O'Malley DO  
Felipe A. Pacheco Granda MD  
Anirudh V. Penumetcha DO  
Aida B. Ponce MD  
Vasanthá Rajagopal MD  
Sundhar R. Ramasamy MD  
Clinton E. Rogers MD  
Miriam T. Schteingart MD  
Constance L. Scott DO  
Aaron K. Smith MD  
Timothy A. Smith MD  
Jung K. Suhr MD  
Robert D. Thill MD  
Aiden M. Van Loo *Student*  
Yasaswi V. Vengalasetti MD  
Laina M. Weinman MD  
Michael J. Wolohan MD

## MAY

Samer A. Abboud MD  
Joseph G. Adel MD  
Marina I. Ananich MD  
Eventure D. Bernardino MD  
Sultan M. Bhimani MD  
Jacob B. Boersma MD  
Mark J. Bullock DPM  
Adam Z. Cote DO  
Kenneth W. Distler MD  
Daniel J. Dymek MD  
Carly Farr MD  
Douglas B. Forsyth MD  
Greyson Gillett *Student*  
Suhasini Gudipati MD  
George J. Gugino MD  
Enam B. Hanna MD

Mayar M. Jundi MD  
Shweta Kambali MD  
Farina Kanwal MD  
Kelsey J. Kershaw MD  
Adeeba S. Khan MD  
Waqas M. Khan MD  
Ryan J. Kim MD  
George P. Malliaras MD  
Michael T. McAvoy MD  
Jeffrey S. Milewski DO  
Thomas M. Minnec MD  
Rajesh Mithalal MD  
Adil S. Mohammed MD  
Denise Mourad MD  
Sayera Muqarram MD  
Zachary J. Nine MD  
Brent A. Oldham MD  
Yvonne V. Pacquing MD  
Trusha Patel MD  
Jill M. Paveglio MD  
Olivia A. Phifer-Combs MD  
Gregory A. Pinnell MD  
J. M. Prasad MD  
Rabsen Rahman DO  
Kala K. Ramasamy MD  
Chalichama A. Rao MD  
K. K. Ravindran MD  
Nathaniel D. Riggan MD  
Stuart J. Rupke MD  
M. Aamir Saiyed MD  
Nancy A. Saleh MD  
Nishtha Sareen MD  
Samuel J. Shaheen MD  
Haley Shumway DO  
Herchan K. Singh DO  
William T. Starbird MD  
Vivek Variar MD  
Lester E. Webb MD  
William Yuen MD  
Hani H. Zreik MD

# Thank You Key Providers!



*The SCMS would like to thank our dedicated Key Providers, old and new, for continuing to provide support for SCMS Membership Meetings!*

## IN MEMORY

### **Helen J. (Ryan) Egleston** (wife of Dr. Thomas A. (Tony) Egleston) September 6, 1944 - February 27, 2024

Passed away on Tuesday, February 27, 2024, after a battle with lung cancer at the age of 79. Helen was born on September 6, 1944, in Mt. Haley Township, Midland County, Michigan, to the late John J. and Bernadette E. (Kalahar) Ryan. She was a faithful member of St. Dominic Parish- St. Stephen Catholic Church. Helen was a kind and caring person and will be deeply missed by her family and friends.

Helen was predeceased by her husband of 55 years, Dr. Thomas A. Egleston. She is survived by her children, Brian (Patricia) Egleston, Ann (Rob) Vermeer and Laura Hill; eight grandchildren, Kathryn (Alexander) Inzer, Matthew Egleston (Maryana Sawaged), Shannon Egleston, Sarah and Jack Ombry, and Emma, Kelsey and Meghan Hill; and two great-grandchildren, Adelyn and Payson Inzer. She is also survived by her partner, Ronald Rose. She had five siblings, Kathleen (Richard) Stevens, Mary P. Siler, Joan Slimocosky, Jan (Joe) Reitz, John J. (Sue) Ryan Jr., and many nieces and nephews.

A Funeral Liturgy was held on March 4, 2024, at St. Dominic Parish- St. Stephen Catholic Church in Saginaw. Those planning an expression of sympathy may wish to consider a donation to St. Dominic Parish- [St. Stephen Catholic Church](#) or the [American Cancer Society](#).

### **James R. LaFleur, MD**

March 9, 1953 – January 29, 2024



Devoted husband, father, grandfather, brother, and physician passed away peacefully on Monday, January 29, 2024, at his home with his family at his side, at 70 years of age. The son of the late Orius and Esther (Buetow) LaFleur, James was born March 9, 1953, in Saginaw, Michigan. He married the love of his life, Debra Ann Beauregard on June 7, 1974. She survives him.

Dr. LaFleur graduated from Michigan State University with a Bachelor's degree in medical technology in 1977. He then attended Michigan State University College of Human Medicine, earning his Medical Doctor degree in 1983. He subsequently completed a family medicine residency program at Saginaw Cooperative Hospitals, Inc., in 1986. From 1986 until his retirement in 2021, Dr. LaFleur was dedicated to serving his patients in the Saginaw area, and did so passionately. He was beloved and respected by the thousands of patients he served over his 35-year career. It comes as no surprise to his patients that he was frequently voted "Best of the Best" family physician in the Saginaw area over the years.

Dr. LaFleur was board certified by the American Board of Family Medicine; was a member of the Saginaw Academy of Family Physicians, Saginaw County Medical Society, Michigan Academy of Family Physicians, Michigan State Medical Society, American Medical Association, American Academy of Family Physicians, and Michigan Academy of Family Physicians Board of Directors.

Dr. LaFleur was routinely recognized for excellence in teaching medical students and resident physicians by numerous institutions, including Saginaw Cooperative Hospitals, Inc., Michigan State University College of Human Medicine, and the American Academy of Family Physicians.

When not in the office, you could find Jim in the yard pulling weeds, planting trees or moving flowers in his numerous flower beds. He also had a knack for photography, and enjoyed taking pictures wherever he went. He especially enjoyed photography involving nature, landscapes, and wildlife, particularly autumn scenes, loons and humming birds.

Dr. LaFleur also passionately enjoyed handball. He competed for decades at the Saginaw YMCA, as well as in many local, state-wide, and regional tournaments. He also enjoyed running, and routinely participated in 5K races. He was an active member of Peace Lutheran Church in Saginaw, serving as an usher for many years, and was regularly involved in a men's Bible study group.

Dr. LaFleur and his wife, Debbie, had a close relationship with a special group of friends, "the wine bar group," that shared in many adventures and fun pastimes together. He loved his children and grandchildren dearly, and enjoyed spending time with them. He especially enjoyed their routine Sunday night dinners, vacations "up north," cramming everyone in the mini-van to drive to the Saginaw Fireworks, and trips to his daughter's cabin in Lewiston. He also loved sharing in his grandchildren's activities including dance, basketball, volleyball, soccer and violin recitals.

He had a wonderful smile and contagious laugh. He was always able to lighten the mood with his sarcastic and witty comments. His strong Lutheran faith and commitment to others was evidenced by all of those he helped and served over the decades. He touched many lives with his intelligence, generosity, kindness and passion for the Lord. He was deeply loved and respected, and will be greatly missed by all of those who knew him.

Surviving besides his wife, Debbie, are four children, Dr. Andrew (Christina) LaFleur, Saginaw; Nicole (Blake) Felsing, Saginaw; Katie LaFleur and her significant other Kam Sova, Saginaw; Ludmila (Andrew) Spence, Kalamazoo; six grandchildren, Brooke, Sophia, Benjamin, Kennedy, Stella, and Abigail; one great-grandchild on the way; his siblings, Karen Richards, Saginaw; John LaFleur, Saginaw; Janis (Bob) Kilgore, Saginaw; several nieces and nephews. James was preceded in death by his brother, Dale LaFleur.

The LaFleur family would like to express sincere appreciation to the staff of Traditions of Saginaw; the nursing staff of Ascension St. Mary's; Cornerstone Caregiving and the exceptional caregiver, Rhonda; Covenant Visiting Nurses Association; and family friend, Julie, for providing loving and compassionate care.

Funeral services took place on February 2, 2024, at Peace Lutheran Church in Saginaw. Those planning an expression of sympathy may wish to consider memorials to [Peace Lutheran Church Ministries](#) or the [Alzheimer's Association](#).

*continued on page 27*



All statements or comments in *The Bulletin* are those of the writer, and not necessarily the opinion of the Saginaw County Medical Society.



**Phillip W. Lambert, MD**

April 10, 1940 – December 12, 2023



Passed away on Tuesday, December 12, 2023, at home at the age of 83. Phillip was born on April 10, 1940, in Noblesville, Indiana to the late Marvin and Jane I. Lambert (Jane Smith). He was married to Kaye Lynn Vess on March 21, 1964; she predeceased him on May 10, 2011.

Phillip earned his undergraduate degree from Case Western Reserve University in Cleveland, Ohio and his medical degree from the University of Cincinnati. He served two years in the U.S. Army during Vietnam, working at a MASH unit.

Dr. Lambert was a practicing Endocrinologist. He first worked at the Mayo Clinic before coming to Saginaw in 1985, where he practiced at Covenant HealthCare (formerly St. Luke's and Saginaw General), and Ascension St. Mary's. He also trained residents and interns at Michigan State University Medical School. He was an usher for Hopevale Church in Saginaw. He enjoyed jogging, his friends, family, patients, neighbors and working in his yard.

Surviving are his son, Eric Lambert (Janet) of Crown Point, IN; siblings Larry Lambert of Carmel, IN, Rebecca Mulloy of Kent, OH, James J. Lambert of Kent, OH, and Kenneth Lambert (Brenda) in St. Louisville, OH; and many nieces and nephews.

He was also predeceased by his father, Marvin Lambert, his mother and stepfather, Jane I. and Martin Smith, sister, Jane Proctor, and step-siblings Donald Smith and Cathleen Reed.

A memorial service was held January 13, 2024. Those planning an expression of sympathy are asked to consider their favorite charity.

**Suzanne T. Mason (wife of Dr. William G. Mason)**

October 27, 1927 - December 27, 2023

Suzanne T. Mason, age 96, of Saginaw, peacefully passed away on Wednesday, December 27, 2023. She was predeceased by her husband, Dr. William G. Mason. Suzanne leaves four children, Melinda McLellan (John), William Mason (Ann), Michael Mason (Cathy) and Thomas Mason (Pam). She had eight grandchildren and eight great-grandchildren. Suzanne grew up in Detroit, attended Southeastern High School and graduated from the University of Michigan where she met her husband, William.

Suzanne was an active supporter of the Saginaw community. She believed the strength of a community was based on a healthy and vibrant city and always chose to live in the city. She believed in giving back to the community through volunteering and commitment, and was especially passionate about the arts. Suzanne was involved and held official positions in many community organizations including The Junior League, the Saginaw Arts Commission, PRIDE (Positive Results in a Downtown Environment), and the Saginaw Art Museum. She was also a founding member of the Anderson Enrichment Center. In fact, she was known for always being at meetings!

Suzanne loved spending time in Old Mission, MI and Puerta Vallarta, Mexico where she had many lifelong friends.

A funeral liturgy was held on January 5, 2024, at St. Dominic Parish – St. Stephen Catholic Church. Suzanne was laid to rest by her husband, William, at St. Andrew Cemetery.

Those planning an expression of sympathy are asked to consider donations to the [Anderson Enrichment Center](#).

**Josephine D. Vitu (wife of Dr. Robert L. Vitu)**

June 13, 1930 - February 8, 2024

Our beloved mother, Josephine, went joyfully home on Thursday, February 8, 2024, at the age of 93. Josephine was born in Chicago on June 13, 1930, the oldest child and only daughter of Joseph V. and Josephine S. (Kubacki) Bychowski. Known in the family as "Sis," she was raised along with her three brothers by their mother and grandmother, Stella (Szymonek) Kubacki. She graduated from Alvernia Catholic High School, making friends with the Vitu sisters who invited her home one weekend. It was there that Josephine literally crashed into her destiny – falling down the stairs into her future husband, Robert L. Vitu, MD. Jo and Bob were married on December 27, 1952, and celebrated 58 years of marriage before he died in 2011.

Wanting to raise their family away from the big city, Bob and Jo moved to Saginaw in 1957. The family settled on the perimeter of St. Thomas Aquinas Catholic Church so that all seven kids could walk to school. Although she spent her last years at Traditions of Saginaw Assisted Living, her heart always remained at home in the old neighborhood.

Jo's days and nights were filled with mothering and homemaking; her skills at both are legendary. Between high school graduation and her marriage, Jo worked as an interior designer and her stylish and comfortable home always reflected her adroit sensibility. She was an exceptional cook. Family dinners were a daily treat and each holiday an amazing extravaganza. As a result of her efforts, all her children appreciate good food and enjoy a wide variety of cuisine. Jo was the heart of the Vitu family and its backbone. "Her children rise up and call her blessed." (Proverbs 31:28)

As the nest emptied out, Jo's life expanded beyond the home. She worked at Bob's medical practice for several years before they retired, then they traveled extensively. Especially loved were the trips to her ancestral homeland of Poland and – to her surprise – South Africa. Some of her fondest memories were of the many family vacations to Glen Lake and Sanibel Island. The Vitus were active members of the Saginaw Club and Germania Country Club. Jo regularly attended the events of Town Hall, Pit & Balcony Theater, and the Saginaw Bay Symphony Orchestra and for many years enjoyed their annual trip to the Shakespeare Festival in Stratford, Ontario. Jo had a lovely singing voice and was a member of the choir at St. Thomas, as well as, a minister of Holy Communion.

Josephine is survived by her seven children and their spouses: Bob & Kathy Vitu of Saginaw; Mary Jo & Tim Hurley of Bryan, TX; Kit & Neil Carey of Post Falls, ID; David Vitu of St. Charles; Tom & Kim Vitu of Rochester Hills; Tim Vitu of Saginaw; and Elizabeth Vitu of Portland, OR. She is also survived by 12 grandchildren and 12 great-grandchildren.

The family wishes to express appreciation to the staff at Traditions of Saginaw Assisted Living and VNA Hospice for their loving care of Josephine.

Funeral Liturgy took place on February 13, 2024, at St. Thomas Aquinas Catholic Church in Saginaw. Those planning an expression of sympathy may wish to consider memorials to [St. Thomas Aquinas Parish](#) or the [East Side Soup Kitchen](#).

## [Help for Practices Impacted by Change Healthcare Cyber Incident](#)

March 7, 2024

There has been much activity since the February 21, 2024, cyberattack on Change Healthcare, a data analytics, technology and clearinghouse subsidiary of UnitedHealth Group (UHG). As we have learned over the days following the incident, many medical practices, hospitals, pharmacies, long term care facilities, payers, etc., have been impacted by the stoppage of claims and payment processing. UHG and others have developed resources to assist. [To read more, click HERE.](#)

## [MSMS Urges Attorney General to Investigate “Corporate Medicine” for Violating State Law](#)

*Mark Sanchez Crain's Grand Rapid Business*

In asking state Attorney General Dana Nessel to investigate what it claims is “widespread violations of Michigan’s prohibition on the corporate practice of medicine,” the Michigan State Medical Society wants to bring greater awareness to a growing issue within health care. The Medical Society alleges that for-profit investment firms that own medical staffing companies and physician practices violate state law and regulations. The organization claims that the holding companies that investment firms create to hold investments are “deceptive legal loopholes and shell corporations” that essentially practice medicine in Michigan without a license.

The Medical Society’s [letter to the attorney general](#) contends that such professional corporations and limited liability companies are “owned by Michigan MDs and DOs in name only,” violating state law barring unlicensed, for-profit businesses from practicing medicine. The business practice, the Medical Society asserts, “must come to a stop.”

“Michigan does have a law and we’re asking that it be enforced,” Medical Society CEO [Dr. Tom George](#) told *Crain’s Grand Rapids Business*. “We think they evade Michigan law by maybe having a nominal medical director who’s included, but that, in fact, decisions are being made that are financially motivated that effect patient care. The corporate medicine statute is intended to prohibit that.” [To read more, click HERE.](#)

## **MSMS Reimbursement Advocate Alert** **Medicare - Amending Records: Documentation Requirements**

*All physicians should be aware of the requirements for addendums.*

When records are requested, it is essential all associated documentation that supports the services billed is submitted. When amendments are needed, it is important that all requirements are followed. Addendums are used to supply information that was not available at the time of the original entry. An addendum needs to be clearly identified and include the current date, time, author and reason for the addendum.

The documentation should clearly identify all original content without deletion.

For additional information on amendments, please review Internet-Only Manual (IOM) Publication 100-08, *Medicare Program Integrity Manual*, [Chapter 3 – Verifying Potential Errors and Taking Corrective Actions](#), section 3.3.2.5 (pages 51-52).

## **A Day of Board of Medicine Renewal Requirements**

*Approved for 7 AMA PRA Category 1 Credits™*

Let the MSMS Foundation be your source to receive your mandated Michigan Board of Medicine CME - all in one day on **Friday, April 26, 2024, from 8:30 a.m.-4:45 p.m. at the Holiday Inn and Suites, Troy.**

Other Presentations include:

- Pain and Symptom Management
- Medical Ethics
- Implicit Bias Training

This conference fulfills three hours of the DEA MATE Act training requirement, LARA’s requirement for three hours in the area of pain and symptom management (meets the one hour minimum of controlled substance prescribing training), one hour in the area of medical ethics, and three hours of implicit bias training.

[For more information and to register, click here.](#)

[To see our full course schedule, click here.](#)

## **DEA MATE Act Training Requirements**

The Medication Access and Training Expansion (MATE) Act requires new or renewing DEA Licensees to complete eight hours of addiction continuing education. The required eight hours can be satisfied through a combination of courses or activities.

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- **Section 1: Introduction and Background** – FREE for MSMS Members  
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- **Section 2: Drug Testing** – FREE for MSMS Members  
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*Provides 2.75 of the 8.0 credit hours required.*
- **Section 4: Treatment of Addiction**  
*Provides 1.75 of the 8.0 credit hours required.*
- **Section 5: Special Populations**  
*Provides 1.0 of the 8.0 credit hours required.*

**DEA MATE Act Training Collection (Sections 1-5) provides 8.25 of the 8.0 credit hours required**

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**26 SAWMILL CREEK, SAGINAW, MI 48603**

You can move right into this wonderful home. Located in the gated "Sawmill Subdivision". Freshly painted and new carpet in October 2023, newer roof, furnace, air conditioning, patio and many more updates! This home features an oversized primary suite on the main floor, with a custom walk in closet and primary bath with double sinks, soaking tub, walk in shower and lots of storage. The kitchen is open to the great room, and adjacent to the wonderful custom stone patio. There is an office that's perfect for that home work environment. Upstairs consists of three bedrooms, one of which has its own bath and the other two sharing a bath. The basement level has plenty of room for finishing and also an entrance to the garage. Don't hesitate on this one, call today for your private showing.



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## 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 (appointee) 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.***



Health care professionals are not immune to substance abuse or mental health disorders. Many otherwise highly qualified professionals may develop these problems due to stress, long hours, a genetic predisposition, or a

tendency to self-medicate.

To assist health care professionals impaired by these disorders, consider the care monitoring services of the **[Health Professional Recovery Program \(HPRP\)](#)**.

The Michigan HPRP was established by legislation in 1993 to assist impaired professionals before their actions harm a patient or damage their careers through disciplinary action. Any licensed or registered health care professional in the State of Michigan is eligible to participate in the program.

To maintain participant confidentiality, the HPRP is operated by a private-sector contractor under the authority of the Health Professional Recovery Committee (HPRC), a committee comprised of a representative from each of the health professional licensing boards. The

Michigan Department of Community Health, Bureau of Health Professions provides administrative services to the HPRC.

Participation in the HPRP is confidential. If a licensee/registrant is referred to the program, has a qualifying diagnosis and complies with the HPRP requirements, his/her name will not be disclosed to state regulatory authorities or the public. Provided there is no readmission, records of HPRP participants are destroyed five years after successful completion.

Referrals to the HPRP may come in the form of a self-referral from a licensee/registrant or from colleagues, partners, employers, patients, family members or the State. Any of the 20 health professional licensing boards may also refer licensees/registrants to the HPRP for monitoring as a condition to regain or retain their license to practice. The names of individuals reporting a licensee/registrant suspected of impairment are also kept confidential.

For more information on the HPRP, call 1-800-453-3784 or visit [www.HPRP.org](http://www.HPRP.org). Informational presentations on the HPRP are available to employers and health professional groups at no charge. Call the toll-free number to arrange a presentation at your facility.

**TO MAKE A REFERRAL OR SELF REPORT, CALL 1-800-453-3784**

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# 10 FACTS ABOUT PHYSICIAN SUICIDE AND MENTAL HEALTH

1. Suicide generally is caused by the convergence of multiple risk factors — the most common being untreated or inadequately managed mental health conditions.
2. An estimated 300 physicians die by suicide in the U.S. per year.<sup>1</sup>
3. Physicians who took their lives were less likely to be receiving mental health treatment compared with nonphysicians who took their lives even though depression was found to be a significant risk factor at approximately the same rate in both groups.<sup>2</sup>
4. The suicide rate among male physicians is 1.41 times higher than the general male population. And among female physicians, the relative risk is even more pronounced — 2.27 times greater than the general female population.<sup>3</sup>
5. Suicide is the second-leading cause of death in the 24–34 age range (Accidents are the first).<sup>4</sup>
6. Twenty-eight percent of residents experience a major depressive episode during training versus 7–8 percent of similarly aged individuals in the U.S. general population.<sup>5</sup>
7. Among physicians, risk for suicide increases when mental health conditions go unaddressed, and self-medication occurs as a way to address anxiety, insomnia or other distressing symptoms. Although self-medicating, mainly with prescription medications, may reduce some symptoms, the underlying health problem is not effectively treated. This can lead to a tragic outcome.
8. In one study, 23 percent of interns had suicidal thoughts. However, among those interns who completed four sessions of web-based cognitive behavior therapy, suicidal ideation decreased by nearly 50 percent.<sup>6</sup>
9. Drivers of burnout include workload, work inefficiency, lack of autonomy and meaning in work, and work-home conflict.
10. Unaddressed mental health conditions, in the long run, are more likely to have a negative impact on a physician's professional reputation and practice than reaching out for help early.

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## 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\*

### REGISTER NOW!

**Tuesday, April 16, 2024 – Horizons Conference Center, 6200 State Street, Saginaw**

**Board Meeting** – 5:30 p.m.

**Membership Meeting** – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

**Spouse/Significant Other of SCMS Members Welcome (dinner fee applies except for residents and medical students)**

**Topic** – TED Talks (Dr. Chris Allen, Dr. Dave Krebs and M-4 Mary Galuska Welch)

**Online reservations are required**

[CLICK HERE TO REGISTER](#) or scan the QR code



**ONLINE RESERVATIONS ARE REQUIRED BY WEDNESDAY 4/10/24**

**Monday, May 6, 2024 – Physician and Legislative Forum**

**Time** – 8-9 a.m. via Zoom

**Saturday, May 11, 2024 – 159th Annual MSMS House of Delegates at the Crowne Plaza Lansing West**

**Tuesday, May 21, 2024 – Horizons Conference Center, 6200 State Street, Saginaw**

**Board Meeting** – 5:30 p.m.

**Annual SCMS and SCMS Foundation Membership Meetings** – Social (cash bar) at 6:30 p.m., followed by dinner, meetings and program at 7 p.m.

- **SCMS Annual Meeting:**

- o Election of Officers and Directors for 2024-25

- **SCMS Foundation Annual Meeting:**

- o Annual Report
- o Election of Officers and Trustees for 2024-25
- o Essay Contest Awards (High School Juniors/Seniors) – Why I Want To Be a Physician in Saginaw County

- **Presentation of Health Angel Award**

- **Update on CMU College of Medicine –**

Dean George E. Kikano, MD

- **Update on CMU Medical Education Partners –**

Samuel Shaheen, MD

**Online reservations are required**

**Friday, July 12, 2024 – SCMS Golf Outing at Apple Mountain**

**Monday, September 9, 2024 – Physician and Legislative Forum**

**Time** – 8-9 a.m. via Zoom

**Tuesday, September 17, 2024 – Horizons Conference Center, 6200 State Street, Saginaw**

**Board Meeting** – 5:30 p.m.

**Membership Meeting** – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

**Spouse/Significant Other of SCMS Members Welcome –**

**Joint with Saginaw Osteopathic Society**

**(dinner fee applies except for residents and medical students)**

**Topic** – TBD

**Speaker** – TBD

**Online reservations are required**

\*subject to change