



Bulletin

THE OFFICIAL JOURNAL OF THE KENT COUNTY MEDICAL SOCIETY & THE KENT COUNTY OSTEOPATHIC ASSOCIATION

FALL 2018



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Boy Scouts Salute Physicians



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PUBLISHED BY

Kent County Medical Society &
Kent County Osteopathic Association

233 East Fulton, Suite 222

Grand Rapids, MI 49503

Phone 616.458.4157

Fax 616.458.3305

www.kcms.org • www.kcoa-mi.org

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Osteopathic Association.*

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Fall 2018 • Vol. 103, No. 3

Cover Photo

KCMS and KCOA members enjoyed an ArtPrize Sneak Peek on September 17. Top left: Jessica and Christopher Morgan, MD; Top right: Lorraine and David Hammond, MD with Owen Rottschäfer, MD; Bottom right: Domenic Federico, MD with Susan and Phillip Wise, MD and Herman Sullivan, MD; Bottom left: MSU-CHM medical student members

KCMS

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GET INVOLVED:

Learn more about the Kent County Medical Society at www.kcms.org.

Learn more about the Kent County Osteopathic Association at www.kcoa-mi.org.

NOW ONLINE

West Michigan Doctors Referral Guide

Go to KCMS.org or KCOA-MI.org to view the West Michigan Doctors Referral Guide, formerly known as the KCMS & KCOA Physician Referral Guide. Please contact our office at (616) 458-4157 or kcmsoffice@kcms.org with questions or changes to your practice listing.

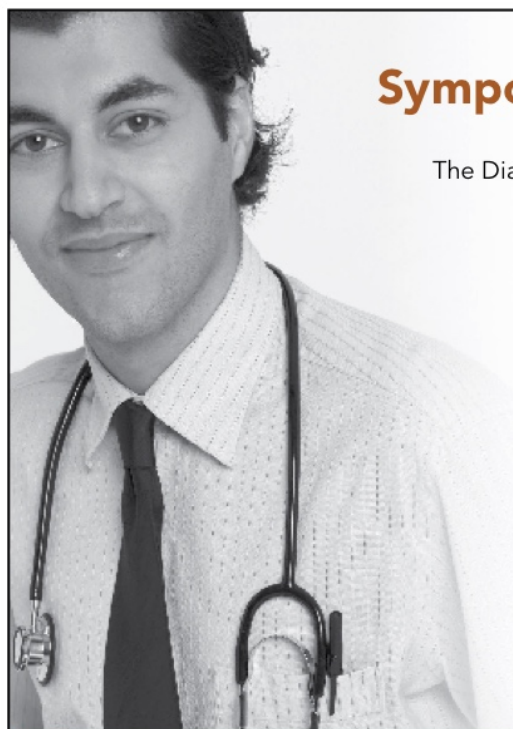
In Memoriam

JON C.E. ANDERSON, MD

Dr. Jon Anderson passed away on Tuesday, August 28, 2018. He attended Michigan State University and earned his medical degree from Wayne State University. Dr. Anderson completed an internship at Blodgett Memorial Hospital in Grand Rapids and finished his training in his anesthesiology residency at the University of Iowa. He practiced anesthesia for 18 years at the former Mercy Hospital in Cadillac and served on the Executive Board of the hospital for nine years. Dr. Anderson served as President of the Wexford-Missaukee Medical Society. Following additional training at the University of Iowa in cardio-thoracic and neurosurgical anesthesia, he completed the remainder of his 33-year medical career at Blodgett Hospital in Grand Rapids as a partner with Anesthesia Medical Consultants. He retired in 2005. Dr. Jon Anderson was a member of the Kent County Medical Society since 1992.

ROBERT D. JOHNSON, MD

Dr. Robert Johnson passed away Wednesday, September 12, 2018. He attended Western Michigan College and received his medical degree from University of Michigan Medical School. Dr. Johnson completed his internship at St. Mary's Hospital in Madison, Wisconsin and a residency in internal medicine at University of Michigan. He served as Professor of Medicine at University of Michigan and at Michigan State University. He retired as Professor Emeritus at both institutions. Dr. Johnson was instrumental in establishing Integrated Premedical-Medical Program, or Inteflex, a program that combined undergraduate and medical school education into one specialized curriculum program at the University of Michigan. He retired in 1988. Dr. Robert Johnson was a member of the Kent County Medical Society since 1973.



Symposium for Primary Care Medicine

Friday and Saturday, November 2-3, 2018

The Diamond Banquet Center connected to the Hyatt Place Hotel at the Suburban Collection Showplace, Novi, Michigan

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Join Us

KCMS MEETINGS OF INTEREST

OCTOBER 15, 2018

KCMS/KCOA LEGISLATIVE COMMITTEE

Masonic Center | Noon

NOVEMBER 13, 2018

BOY SCOUTS OF AMERICA

PHYSICIAN CITIZENSHIP AWARD EVENT

Vander Mill Cider Tap Room | 6:00pm

Please see page 10 for more information

JANUARY 17, 2019

KCMS 116TH ANNUAL MEETING OF THE MEMBERSHIP

Watermark Country Club | 6:30pm

OUR MISSION:

The Kent County Medical Society is a professional association, uniting the physicians in Kent County into a mutual, neutral organization; preserving and promoting the health of the citizens of Kent County, the physician/patient relationship, the medical profession, and the interests of physicians.

Visit us

For event details, check out our website kcms.org





Eric Larson, MD
2018 KCMS President,
Board of Directors

PRESIDENT'S MESSAGE

Art Prize Social Event

An enjoyable Sneak Peek event launched the ArtPrize event season in Grand Rapids. Thank you to all of the friends and colleagues who were able to attend on Monday, September 17. A special thanks to our friends that visited from Ottawa County and Kalamazoo County Medical Societies.



Left to right: Terri Alm, Kailey Dettmann, Sandy Dettmann, MD, and Kim Shammass



Left to right: Marianne Delavan, Brad Betz, MD, Irene Betz, and Mary Yurko, MD



Left to right: Christopher Morgan, MD, Jessica Morgan, Roslyn and Herman Sullivan, MD, Susan and Martin Bury, MD



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STEPHANIE L. CUNNINGHAM, MD

Emergency Medicine
Emergency Care Specialists, PC
4100 Embassy Dr. SE, Ste. 400
Grand Rapids, MI 49546
Office: 957-3343
Fax: 957-3320

JUSTIN HOUSEMAN, MD

Emergency Medicine
Emergency Care Specialists, PC
4100 Embassy Dr. SE, Ste. 400
Grand Rapids, MI 49546
Office: 957-3343
Fax: 957-3320

RESIDENT

TAYLOR S. GAUDARD, MD

Family Medicine
Mercy Health St. Mary's Family
Medicine Residency
300 Lafayette Ave. SE, Ste. 4200
Grand Rapids, MI 49503

STUDENTS

ELIZABETH ANTEAU

Michigan State University
College of Human Medicine
2022 MD Candidate

EMILY BRERETON

Michigan State University
College of Human Medicine
2022 MD Candidate

YIQING DONG

Michigan State University
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ALLISON HOPPE

Michigan State University
College of Human Medicine
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EUNICE IM

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TYLER JANISH

Michigan State University
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JAWAD KHAZAAL

Michigan State University
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CHIUYING KUK

Michigan State University
College of Human Medicine
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ERIC LIND

Michigan State University
College of Human Medicine
2022 MD Candidate

CHIENEZE MBANUGO

Michigan State University
College of Human Medicine
2022 MD Candidate

CLAIRE SCHAAR

Michigan State University
College of Human Medicine
2022 MD Candidate

JENNIFER SCHWANK

Michigan State University
College of Human Medicine
2022 MD Candidate

AUSTIN WADDELL

Michigan State University
College of Human Medicine
2022 MD Candidate

JESSICA WALKER

Michigan State University
College of Human Medicine
2021 MD Candidate

GRACE YU

Michigan State University
College of Human Medicine
2022 MD Candidate

Physician Payments Sunshine Act/ Open Payments Data Report

Starting on August 1, 2013, the Physician Payments Sunshine Act (the "Sunshine Act"), which is part of the Affordable Care Act, requires manufacturers of drugs, medical devices, and biologicals that participate in U.S. federal health care programs to track and report certain payments and items of value given to U.S. physicians and U.S. teaching hospitals (defined as "Covered Recipients").

The Sunshine Act requires that manufacturers collect this information on an annual basis and report it to the Centers for Medicare & Medicaid Services (CMS) by the 90th day of each subsequent year. On June 30th of each year, CMS plans to post the reported payments and other transfers of value on its public website.

For the first time, this information has been shared publicly on-line. Physicians have until the end of the reporting year to dispute any attributed payments and other transfers of value. Since this information is being reported publicly for the first time, physicians have until December 31, 2018, to make corrections for any year between 2013-2017.

REVIEW YOUR INFORMATION

To review your information, please follow these instructions:

1. Go to the website for Open Payments - Centers for Medicare and Medicaid Services (OpenPaymentsData.CMS.gov).
2. Use the "Advanced Search" to search by your name, city, and state.
3. Select your name/file.
4. Select "Summary" and "Payment Information" for a specific year in the scroll down menu.
5. Scroll through payments or other transfers of value attributed to you. You may "Download Data" to see a more detailed report.
6. Check each annual report (separate reports for each year).

KCMS Members Pursue Passions Beyond Clinical Medicine

ERIC L. LARSON, MD
The Paradoxs Podcast
theparadoxs.com

The Paradoxs is a fun and lively discussion with a couple of docs on the practice of medicine. Occasionally serious, usually lighthearted, and accidentally informative. A show for physicians to learn more about what is going on and a great place for them to direct their friends and family to better understand the challenges they face.

KEITH B. JAVERY, DO
Javery Pain Institute Podcasts
www.javerypain.com/podcasts

MEGAN M. EDISON, MD
Speed Bump Kitchen Food Website
speedbumpkitchen.com

Speed Bump Kitchen is a food website dedicated to the best dairy-free, egg-free, nut-free recipes possible, all written by a pediatrician mom.

MARK S. ASPERHEIM, MD
Colorku
 Wooden board game sold through amazon.com

Colorku is Sudoku in color! Dr. Mark Asperheim was tired of repeatedly scribbling and erasing to finish newsprint Sudoku puzzles, and he imagined a more colorful option. Dr. Asperheim started brainstorming with his partner, Cris Van Oosterum, and the two founded Mad Cave Bird Games to bring their vision to life.

ColorKu uses wooden marbles instead of numbers to solve puzzles. Like Sudoku, the object of ColorKu is to fill a 9x9 grid so that every row and column has nine different colored marbles with no repeats, and each 3x3 grid also has nine different colored marbles with no repeats. The marbles make it easy for players to move the colors around, trying different combinations without constantly erasing. The ColorKu set includes 81 balls in nine different colors, 104 puzzle cards, solutions booklet, color conversion card and storage tray.



President-Elect Meets on Maintenance of Certification

Dr. Megan Edison was the guest of Washtenaw County Medical Society and legislators to discuss Maintenance of Certification and the challenges for younger physicians in the state of Michigan. She joined them via FaceTime.



PHYSICIAN CITIZENSHIP AWARD EVENT



November 13, 2018 | 6:00PM

VANDER MILL CIDER TAP ROOM

505 Ball Ave NE, Grand Rapids, MI 49503



In partnership between the West Michigan Physician Societies and Boy Scouts of America a group of volunteers have developed a unique opportunity for physicians to gather and celebrate their peers. This inaugural event will include networking opportunities, recognition of a physician from the community and support of the Boy Scouts of America. On November 13, 2018 at 6:00pm, hors d'oeuvres and drinks will be served at the Vander Mill Cider Tap Room, 505 Ball Ave NE, Grand Rapids, MI 49503.

Information about this event can be found at:

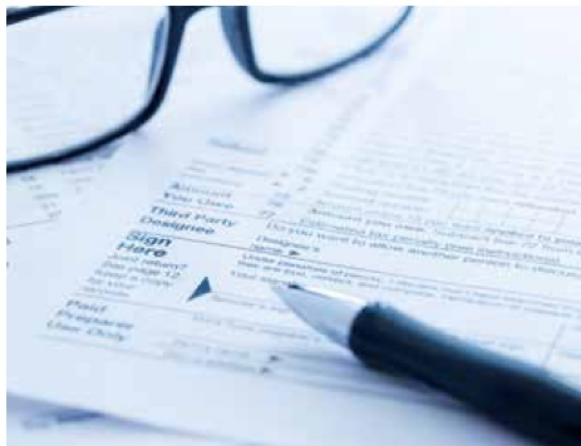
<https://www.eventbrite.com/e/physician-citizenship-event-tickets-49700849579>

Nomination form for award:

<https://www.cognitoforms.com/MichiganCrossroadCouncil/PhysicianCitizenshipAwardNomination>



OTTAWA COUNTY MEDICAL SOCIETY



Tax Deductibility of Your Dues as a Business Expense

Contributions or gifts to the Michigan State Medical Society (MSMS) and Kent County Medical Society (KCMS) are not tax deductible as charitable contributions for federal income tax purposes. However, a portion of your dues may be tax deductible as ordinary and necessary business expenses.

MSMS estimates that 12.5% of your 2019 dues will be nondeductible as this portion is allocable to lobbying as defined by law. If you pay for your 2019 MSMS dues prior to December 31, 2018, you may deduct up to 87.5% of that as a business expense.

KCMS estimates that 3% of your 2019 dues will be nondeductible as this portion is allocable to lobbying as defined by law. If you pay for your 2019 KCMS dues prior to December 31, 2018, you may deduct up to 97% of that as a business expense.

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- Kristen Tungate, Practice Administrator



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CME Opportunities for KCMS Members

The following CME opportunities are made available by the MSMS Foundation to assist physicians in meeting CME requirements.

WEBINARS OFFERING CME

- Balancing Pain Management and Prescription Medication Abuse: Chronic Pain and Addiction*
- CDL-Medical Examiner Course
- From Physician to Physician Leader
- HEDIS Best Practices
- HIPPA Security and Meaningful Use Compliance
- Human Trafficking*
- Inter-professionalism: Cultivating Collaboration
- Medical Ethics – Conscientious Objection among Physicians*
- Medical Ethics: Introduction to Medical Ethics & Ethics Hot Topics*
- Opioids and Michigan Workers' Compensation Webinar
- Pain and Symptom Management Series*
 - Pain and Symptom Management, Part 1 *Pain and Opioid Management 2017*
 - Pain and Symptom Management, Part 2 *The CDC Guidelines*
 - Pain and Symptom Management, Part 3 *Treatment of Opioid Dependence*
 - Pain and Symptom Management, Part 4 *The Current Epidemic and Standards of Care*
 - Pain and Symptom Management, Part 5 *The Role of the Laboratory in Toxicology and Drug Testing*
 - Pain and Symptom Management, Part 6 *Michigan Automated Prescription System (MAPS) Update*
 - Pain and Symptom Management, Part 7 *MAPS Update & Opportunities*
 - Pain and Symptom Management, Part 8 *2018 Prescribing Legislation*
 - Pain and Symptom Management, Part 9 *Balancing Pain Treatment and Legal Responsibilities*

- Patient Portals as a Tool for Patient Engagement
- Physician Online Rating and Reviews: Do's and Don'ts
- Preparing for the Medicare Physician Value-Based Payment Modifier
- What's New in Labor and Employment Law

FREE CME WEBINARS

- 2018 Prescribing Legislation (part of the Pain and Symptom Management Series)*
- Choosing Wisely, Part 1
Stewards of our Health Care Resources
- Choosing Wisely, Part 2
Change Strategies to Implement Choosing Wisely
- Health Care Providers' Role in Screening and Counseling for Interpersonal and Domestic Violence: Dilemmas and Opportunities
- In Search of Joy in Practice: Innovations in Patient Centered Care
- Legalities and Practicalities of HIT—Cyber Security: Issues and Liability Coverage
- Legalities and Practicalities of HIT—Engaging Patients on Their Own Turf: Using Websites and Social Media
- Pain and Symptom Management Series
 - Pain and Symptom Management, Part 6 *Michigan Automated Prescription System (MAPS) Update*
 - Pain and Symptom Management, Part 7 *MAPS Update & Opportunities*
 - Pain and Symptom Management, Part 8 *2018 Prescribing Legislation*
 - Pain and Symptom Management, Part 9 *Balancing Pain Treatment and Legal Responsibilities*
- MACRA Series
 - Key Things You Should Know About MACRA
 - Roadmap for Getting Started
 - MACRA: Alignment Strategy
 - The Role of Documentation
 - Technology Survival Tips to Tackle MACRA

- Navigating Need to Know Resources
- MACRA's Quality Payment Program: Highlights for 2018
- Taking Control of MACRA with a QCDR
- MAPS Update and Opportunities (part of the Pain and Symptom Management Series)*
- Michigan Automated Prescription System (MAPS) Update (part of the Pain and Symptom Management Series)*
- Section 1557: Anti-Discrimination Obligations
- Understanding and Preventing Identity Theft in Your Practice

CODING AND BILLING WEBINARS

- Billing 101
- Claim Appeals
- Complete Coding Updates for 2018
- Compliance in the Office
- Credentialing
- ICD-10 for 2017 & Routine Waiver of Co-pays
- ICD-10 What We Have Learned & What We Need to Know
- Managing Accounts Receivable
- Reading Remittance Advice
- Tips and Tricks on Working Rejections
- Year-End Wrap Up

Visit www.msms.org/OnDemand for complete listing of On-Demand Webinars.

2018

153RD MSMS ANNUAL SCIENTIFIC MEETING

Morning, afternoon and evening clinical courses available.

- **Date:** Wednesday, October 24-Saturday, October 27
- **Location:** Sheraton Detroit Novi Hotel, Novi
- **Note:** Continental breakfast and lunch will be provided.

- **Intended for:** Physicians and all other health care professionals
- **Contact:** Marianne Ben-Hamza 517-336-7581 or mhenhamza@msms.org

DOCUMENTATION FOR MACRA & HCC

- **Date:** Wednesday, October 24, 2018
- **Time:** 9:00 AM-12:00 PM
- **Location:** Sheraton Detroit-Nov, Novi
- **Intended for:** Billers, coders, office managers, physicians and other health care professionals.
- **Contact:** Stacie Saylor at 517-336-5722 or ssaylor@msms.org

MEDICAL NECESSITY—TIPS ON DOCUMENTATION TO PROVE IT

- **Date:** Wednesday, October 24, 2018
- **Time:** 1:00-4:00 PM
- **Location:** Sheraton Detroit-Nov, Novi
- **Intended for:** Billers, coders, office managers, administrators, physicians, and other health care professionals.
- **Contact:** Stacie Saylor at 517-336-5722 or ssaylor@msms.org

22ND ANNUAL CONFERENCE ON BIOETHICS—PHYSICIAN CONSCIOUSNESS: WHEN PERSONAL BELIEFS AND PROFESSIONAL ROLES COLLIDE

- **Date:** Saturday, November 10
- **Time:** 9:00 am-4:30 pm
- **Location:** Holiday Inn, Ann Arbor
- **Note:** Continental breakfast and lunch will be provided
- **Intended for:** Physicians, bioethicists, residents, students, other health care professionals, and all individuals interested in bioethical issues.
- **Contact:** Beth Elliott at 517/336-5789 or belliott@msms.org.
- **Register online:** www.msms.org/eo or call the MSMS Registrar at 517-336-7581.

*Fulfills Board of Medicine Requirement.



Join Us

KCOA MEETINGS OF INTEREST

OCTOBER 15, 2018

KCMS/KCOA LEGISLATIVE COMMITTEE

Masonic Center | Noon

NOVEMBER 13, 2018

BOY SCOUTS OF AMERICA

PHYSICIAN CITIZENSHIP AWARD EVENT

Vander Mill Cider Tap Room | 6:00pm

Please see page 10 for more information

NOVEMBER 16-18, 2018

MOA 14TH ANNUAL AUTUMN SCIENTIFIC CONVENTION

Amway Grand Plaza

OUR MISSION:

Kent County Osteopathic Association seeks to advocate for the physicians of Kent County, advance the science and practice of osteopathic medicine, and provide an arena of osteopathic physicians to support and educate each other and their community.

Visit us

For event details, check out our website kcoa-mi.org



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Did You Know?



KCOA estimates that 1% of your 2019 membership dues will be nondeductible as this portion is allocable to lobbying as defined by law. If you pay for your 2019 dues prior to December 31, 2018, you may deduct up to 99% of that as a business expense. Prompt payment of your 2019 KCOA dues is greatly appreciated!

PRESIDENT'S MESSAGE

Welcome to Fall

The KCOA Board of Directors met in late August to discuss upcoming objectives. New members have complemented the returning Dedicated Board leaders.

Resident Member, Claire Hamman, DO and Retired Member, Norman Keller, DO provided perspective for both our newer and established Osteopathic physicians. In the coming weeks and months, members can visit our updated KCOA website, www.kcoa-mi.org, featuring easy dues payment for 2019, CME opportunities for Osteopathic education (also included in this publication), and a calendar of upcoming social and educational events.

KCOA enjoyed partnering with KCMS, Ottawa County Medical Society and Kalamazoo Medical Society at the ArtPrize Sneak Peek event. We hope you continue to join us for camaraderie and all important, connection. We welcome your input and suggestions as well.



Adam Wolfe, DO
2018 KCOA President,
Board of Directors

KCOA

ARTPRIZE



Metro Health - U of M Health Residents visit with KCOA Board Member Jacob Stremers, DO



Left to right: KCOA Board President Adam Wolfe, DO, Davis Dalton, DO, James Mitton, DO, Eleanor Mitton, KCOA Board Member Norm Keller, DO, and Andrea Wolfe, MD



WWW.KCOA-MI.ORG

KCOA Launches New Website

The Kent County Osteopathic Association is pleased to announce the launch of their newly designed website. Our goal with this new website is to provide DO physicians with a user-friendly browsing experience. Current and prospective members will find useful information about the Association and its activities on the homepage of our website. We hope that you enjoy the fresh look and feel of our new website and find that this portal serves as a valuable resource for you. We look forward to seeing you at www.kcoa-mi.org.

CME Opportunities for KCOA Members

BEAUMONT HEALTH

Neurology for the PCP

Friday, October 19, 2018 | 7:30AM-5:00PM

Detroit Troy Marriott | Troy, MI

Accommodations available.

- **Number of CME Credit Hours Available:**
7.5 Category 1-A AOA CME Credits and 7.5 AMA PRA Category 1 Credit(s)[™]
- **Information and Registration:** <https://beaumont.cloud-cme.com/neuropcp2018>
- **Questions:** Lori Sheridan (248) 551-2309 or e-mail lori.sheridan@beaumont.org

WEST MICHIGAN OSTEOPATHIC ASSOCIATION

Fall Conference (Open to non-members)

Wednesday, October 24, 2018 | 7:00AM-1:00PM

Holiday Inn Muskegon Harbor | Muskegon, MI

- **Number of CME Credit Hours Available:** 4.75
AOA Category 1-A CME Credits
- **Registration:** wmoa87@gmail.com
- **Presentations:**
 - Controversies in Chronic Pain Management
Jeffrey Sears, DO
 - A Primary Care Physician Perspective on the Opioid Crisis and What Each Can Do
James Twisten O'Toole, MD
 - All Eyes Open: Responding to Human Trafficking in the Medical Field
Andy Soper
 - New Modalities for Chronic Pain: Ketamine Infusion & Regenerative Medicine
Joseph VandenBosch, MD
 - Addiction
Richard Lawoyin, MD

This conference provides the necessary minimum of 3 hours continuing education in pain and symptom management. In addition, you will receive training in identifying victims of human trafficking that meets current standards. WMOA sponsors this CME event.

BEAUMONT HOSPITAL

FARMINGTON HILLS / MSUCOM

Symposium for Primary Care Medicine

Friday, November 2 to Saturday, November 3, 2018

Diamond Conference Center | Novi, MI

Next to Hyatt Place Hotel. Accommodations available.

- **Number of CME Credit Hours Available:** 16.0
Category 1-A AOA CME Credits and 16.0 AMA PRA Category 1 Credit(s)[™]
- **Specialty Credits:** 16 Internal Medicine and 16 Family Medicine
- **Information and Registration:** <https://beaumont.cloud-cme.com/aph.aspx?P=1&EID=31461&formid=612>
- **Questions:** Call (248) 551-0200 or e-mail cme@beaumont.edu

WEST MICHIGAN OSTEOPATHIC ASSOCIATION

Women's Health Interface (WMOA members only)

Tuesday, November 13, 2018 | 6:00PM Social Time,

6:30PM Dinner & Presentation

Arboreal Inn | Spring Lake, MI

- **Number of CME Credit Hours Available:** 2 AOA Category 1-A CME Credits
- **Presentation:**
 - Female Urinary & Fecal Incontinence, Vulvar Disorders
Jason Bennett, M.D.
- **Registration:** wmoa87@gmail.com.
WMOA sponsors this CME event.

MICHIGAN OSTEOPATHIC ASSOCIATION

14th Annual Autumn Scientific Convention

Friday, November 16 to Sunday, November 18, 2018

Amway Grand Plaza | Grand Rapids, MI

- **Number of CME Credit Hours Available:** 23-25
AOA Category 1-A credits and fulfillment of LARA requirements.
- **CME Sessions (Tentative schedule)**
 - Friday: 9:00AM–6:15PM
 - Saturday: 7:00AM–6:30PM
 - Sunday: 7:00AM–1:00PM
- **Information and Registration:** www.domoa/gr2018

MICHIGAN STATE UNIVERSITY-COLLEGE OF OSTEOPATHIC MEDICINE CME

Pediatric Update 2019

Saturday, February 23, 2019

Kellogg Hotel & Conference Center | East Lansing, MI

- **Number of CME Credit Hours Available:** 8 1-A credits
- **Brochure & Registration:** Available Fall 2018

MICHIGAN STATE UNIVERSITY-COLLEGE OF OSTEOPATHIC MEDICINE CME

Macomb Spring CME Update 2019

Saturday, March 16, 2019

Macomb Community College | Clinton Township, MI

- **Number of CME Credit Hours Available:** 8 1-A credits
- **Brochure & Registration:** Available Fall 2018

MICHIGAN STATE UNIVERSITY-COLLEGE OF OSTEOPATHIC MEDICINE CME

Summer Symposium 2019

Friday, June 21, 2019 to Sunday, June 23, 2019

Park Place Hotel | Traverse City, MI

- **Number of CME Credit Hours Available:** 15 1-A credits
- **Brochure & Registration:** Available 2019

MICHIGAN STATE UNIVERSITY-COLLEGE OF OSTEOPATHIC MEDICINE CME AVAILABLE ONLINE

- **Number of CME Credit Hours Available:** Up to 56 1-B credits available.
- **Number of CME Credit Hours Available: Visit:** <http://hal.bim.msu.edu/CMEonLine/start.html>

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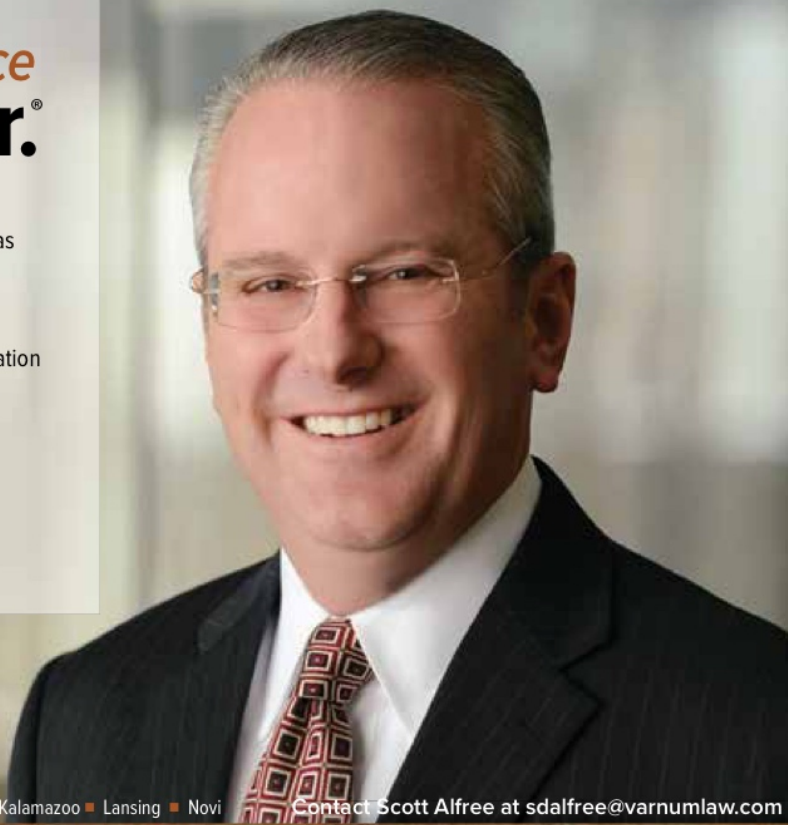
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New KCOA Board of Directors

Kent County Osteopathic Association
2018-2019 Board of Directors:

Adam Wolfe, DO
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Vice President

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Christopher Glisson, DO, MS

Claire Hamman, DO

Paul Harris, DO

Brad Irving, DO

Norm Keller, DO

Lance Owens, DO

William Sanders, DO

Jacob Stremers, DO

Laura VanderMolen, DO

To learn more about our Board of Directors, visit the "About" tab on our brand-new website, www.kcoa-mi.org.

In Memoriam

JOSEPH E. BELSITO, DO

Dr. Joseph Belsito passed away Friday, August 31, 2018. He attended University of Detroit and earned his medical degree from Chicago College of Osteopathic Medicine. Dr. Belsito came to Grand Rapids and began his family practice in Wyoming in 1958. Through his practice he made possible the continued health of many families and multiple generations over 42 years. He was the Chief of Staff of Grand Rapids Metropolitan Hospital twice, Board member of Metro Health and Past President of the Kent County Association of Osteopathic Physicians and Surgeons. In 1989, Dr. Belsito was named the Michigan Osteopathic Family Physician of the year. He established one of the first family medicine residency programs and was an Adjunct Clinical Professor at Michigan State University College of Osteopathic Medicine. Dr. Joseph Belsito served as President of the Kent County Osteopathic Association in 1963, 1986 and 1987.

Don't Forget Your Dues Payment

Your continued membership in KCOA enables our Board to continue work to improve health care in our communities. Prompt payment of your 2019 KCOA dues is greatly appreciated!

Your 2019 dues are due by Monday, December 31. **All member dues paid by Monday, November 12 will be entered in a drawing for one of two \$100 Amazon Gift Cards! Visit www.kcoa-mi.org to make your dues payment today.**

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KENT MEDICAL FOUNDATION



Jayne E. Courts, MD
2018 Kent Medical
Foundation, Board Chair

Helping Others Promote Healthy Living

As the philanthropic arm of the Kent County Medical Society, the Kent Medical Foundation serves to both raise funds and to donate money to various health-related causes in Kent County that benefit the physical and mental well-being of our community.

As one of our health-related causes, KMF provides sponsorship and direct oversight of the annual nicoTEAM Poster Contest. This program is the brainchild of Dr. Luis Tomatis and Ms. Gretchen Minnhaar, and it was developed to link both health education and art in a creative form of self-expression. The KMF Board was saddened to hear of the recent death of Ms. Gretchen Minnhaar. Ms. Minnhaar not only co-developed the program; she also served as an enthusiastic judge. We will greatly miss her supportive presence at the annual contest which will now be part of her amazing artistic legacy.

The KMF contributed to the Grand Rapids Children's Museum event, "Connor's Friends — A Night of Play for Our Friends with Autism" (see upcoming event information on the next page). The funds provided by the KMF allowed the creation of ten sensory stations for the museum and the provision of special gift bags for the

children. The May 30 event was a pleasant event for children with autism and their families, and we anticipate that the November 14 event will be an even bigger event.

The KMF Board was saddened to hear of the recent death of Ms. Gretchen Minnhaar. Ms. Minnhaar not only co-developed the nicoTEAM Poster Contest program; she also served as an enthusiastic judge. We will greatly miss her supportive presence at the annual contest which will now be part of her amazing artistic legacy.

KMF also sponsored the FitKids 360 On the Move program which follows graduates from the FitKids 360 programs. These graduates are encouraged to continue pursuing a lifestyle of increased physical activity. As part of this sponsorship, the KMF logo was included on t-shirts for local walks/runs promoting physical fitness and fun.

The KMF Board is working to improve our recognition within the Grand Rapids area as a foundation that represents physicians who desire to help the community. We would

also like to continue recognizing the charitable contributions of individual physicians within

CONTINUED ON PAGE 20

KMF

HELPING OTHERS PROMOTE HEALTHY LIVING CONTINUED FROM PAGE 19



our community. Please consider sending suggestions to us about programs and physicians we may be able to support. We are honored to feature our physicians who give back to the community.

Thank you to the many members of Kent County Medical Society, the KCMS Alliance, and the Kent County Osteopathic Association who contribute to the KMF and these causes. We welcome donations throughout the year.

One of our traditional fundraising events is the annual KMF holiday card. This opportunity for giving has been an annual event since 1971 and has raised more than \$227,000. This fundraiser is our primary fundraising event, and we need your contribution to continue providing community support of these programs. Your KMF Board works hard to allocate funds to a variety of beneficial and responsible programs. Please consider a contribution to the Kent Medical Foundation for the annual holiday card fundraiser.

We appreciate your consideration and ongoing support, and we are proud to partner with physicians for community causes.

Please consider
a contribution to the
Kent Medical Foundation
for the annual holiday card
fundraiser. This opportunity
for giving has been an annual
event since 1971 and has
raised more than \$227,000.

KMF

GRAND RAPIDS
Children's
MUSEUM

Connor's Friends

A NIGHT OF PLAY FOR OUR FRIENDS WITH AUTISM

SAVE THE DATE!

NOVEMBER 14, 2018
6PM TO 8PM
GRCM.ORG/EVENTS

THANK YOU KENT MEDICAL
FOUNDATION AND AUTISM
SUPPORT OF KENT COUNTY
FOR MAKING THIS POSSIBLE!

Physicians Supporting Our Community

The Kent Medical Foundation Board of Directors honors the following three physician members who volunteer their time and talent to local non-profits and health-related organizations.

SANDY K. DETTMANN, MD

Dr. Sandy Dettmann, newly appointed Board Member at In the Image has been involved since July 2018. As a fan of non-profit organizations that help populations that are



in need, Dr. Dettmann contributes time and leadership to improve the lives of those who visit the free store, In the Image (ITI). For over 22 years, In the Image has provided confidence and warmth to those in need, to inspire hope for a better tomorrow. These comforts could be in the form of a blanket, coat, bedding or clothing. In particular

the SHOES program helps children and families acquire brand new (donated) shoes. Volunteers assist the families in the fall to shop and be fitted for, appropriate shoes to launch the new school year.

JOHN L. FOX, MD

When not working as the Associate Chief Medical Officer for Priority Health, Dr. John Fox finds many community programs to donate his time. He has a passion for the Boy Scouts of America and currently works with the Michigan Crossroads Council. He is very committed to youth leadership development and is active in the Boy Scouts of America as a troop leader and President of the Board. He is an Eagle Scout and has passed on the lessons of loyalty, honesty, trustworthiness and more



to thousands of West Michigan Scouts. His two sons are Eagle Scouts and his daughter is a Gold Award recipient. The leadership qualities introduced in scouting are evident in many career choices, as evident in notable astronauts, coaches, Olympians, physicians and other leaders. The Boy Scouts of America will feature physicians and scouting at a special gathering for physicians on Tuesday, November 13. See related event details on page 10.

DANIEL B. SHUMAKER, MD (Posthumous)

The KMF Board has posthumously honored Daniel Shumaker, MD through an Endowed Memorial Scholarship created and made possible by his family, friends and the Advanced



Radiology Services Foundation. This award recognizes the multifaceted complexity of the human experience, and acknowledges that substantial contributions live beyond a life prematurely ended by addiction and mental illness. This endowment seeks to encourage talented young physicians to innovate and impact society through engaged careers

in radiology, behavioral medicine and child adolescent psychiatry. Preference is given to those with aspirations to address physician wellness in their career.

KMF

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SHARE YOUR HOLIDAY WISHES

WHILE HELPING THE KENT MEDICAL FOUNDATION RAISE FUNDS TO SUPPORT COMMUNITY PROGRAMS

Contribute to this annual campaign and your name will be listed among other donors who have helped make the annual Holiday Card possible!

CONTRIBUTIONS

Holiday Card Campaign Gifts received by November 28 will be included in the annual Holiday Card, which will be mailed the first week in December.. You can contribute in two ways:

CHECK

Please make check payable to Kent Medical Foundation. Complete donor form at right and mail to:

Kent Medical Foundation
233 East Fulton, Suite 222
Grand Rapids, MI 49503



ONLINE VIA PAYPAL

Go to www.kcms.org/kmf
or simply scan this QR code.

QUESTIONS?

Please contact the Kent Medical Foundation at 616-458-4157.



KENT MEDICAL FOUNDATION

Holiday Card
CAMPAIGN

DONOR REGISTRATION

☐ **YES!** Count me/us in to continue the mission to assist The Kent Medical Foundation in community outreach endeavors and health promotion projects. Please find my/our check enclosed for the following amount (contribution amounts are NOT disclosed on the card):

☐ \$1,000 ☐ \$750 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$_____ ☐ Please keep my donation anonymous.

Please print your name(s) below exactly as you would like to be presented on the Holiday Card insert.

Name(s): _____

Address: _____

Email: _____ Phone: _____

Please return to: Kent Medical Foundation | 233 East Fulton, Suite 222 | Grand Rapids, MI 49503 **Contributions are tax deductible.**



KENT MEDICAL FOUNDATION

IN GRATITUDE

THANK YOU DONORS FOR ALLOWING THE KMF BOARD THE
ABILITY TO SUPPORT THE FOLLOWING COMMUNITY PROGRAMS:

Holiday Card CAMPAIGN

NICO TEAM POSTER CONTEST \$3,000

12th Annual nicoTEAM Poster Art Contest

In collaboration with the CDV5 Foundation and eleven local schools, middle schoolers participate in the art competition which focuses on prevention education regarding the harmful effects of nicotine products, smoking, vaping and other unhealthy habits. The KCMS/KMF staff and Board Members participated in the Juried Poster Contest and Awards Celebration at the Grand Rapids Art Museum.

CATHERINE'S HEALTH CENTER \$1,000

Healthy cooking for patient education

Working in partnership with medical students from Michigan State University College of Human Medicine to expand services to patients educating them on nutrition through helpful cooking demonstrations, guidance for shopping on a budget and incentives to attend training sessions. The KMF Board granted funds to provide demonstration supplies for cooking classes for patients; and patient incentive program.

FITKIDS 360 ON THE MOVE!! \$1,800

Continuing the wellness journey

FitKids 360 works with medical students from MSU-CHM to provide a family obesity intervention program that allows medical students to obtain community service hours, facilitate goal setting with patients and monitor healthy behavioral changes. The program also has the involvement

of residents from Spectrum Health and Mercy Health Wege Clinic providing classes on site at their facilities. Graduates of the sessions continue to work with Fit Kids team members to continue their health goals and lifestyle choices. The KMF Board funded participant t-shirts for On the Move!! walks and runs.

GRAND RAPIDS CHILDREN'S MUSEUM \$5,000

Connor's Friends and sensory processing kits

The KMF Board sponsored ten sensory processing kits for families visiting the Children's Museum with children who have sensory challenges or are on the autism spectrum. The tool kits include noise reduction headphones, weighted vests and suspenders, fidget bracelets and more. The Museum hosts special evening events specifically for families and children affected by autism. Connor's Friends enjoy specially organized features that are designed especially for all children to feel relaxed and at ease while they play and explore.

EXALTA HEALTH \$2,500

Improving diabetes and hypertension management

Support for the Exalta Health community program offering patients courses to better manage their diabetes and hypertension. The courses offer on-site education within close proximity to the patient and increases consistency in attendance.

GENEROUS PHYSICIANS

SUPPORTING NON-PROFITS

The following physicians were honored in 2018 by the Kent Medical Foundation, for their volunteer commitment with non-profit agencies:

Laurence Burns, DO

Emmanuel Hospice

Sandy Dettmann, MD

In the Image

Paul Farr, MD

Holland Home

John Fox, MD

Boy Scouts of America Michigan Crossroads Council

Evelyn Navarro, MD

Myasthenia Gravis Foundation of Michigan

Christopher C. Sherry, DO

Grand Rapids Children's Museum Block Party

Daniel Shumaker, MD

*(Posthumous recognition)
Supporting a new scholarship at Michigan State University College of Human Medicine presented to deserving students pursuing focus on psychiatry, child adolescent psychiatry and behavioral health.*

KENT MEDICAL FOUNDATION BOARD OF TRUSTEES

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Deborah Shumaker

Thank You for Your Support

Members of Kent Medical Foundation Board of Trustees realize there is competition for your generosity, and we hope that you will continue to support KMF's mission. Thank you for your consideration.

KENT COUNTY MEDICAL SOCIETY ALLIANCE

Connecting
and growing
for a healthier
Kent County.



heartbeat

MESSAGE FROM THE PRESIDENT



Typically, summer at the Alliance is relaxed as we prepare for our busy fall. Our rest was disrupted when the AMA Alliance charged us with an important new task by proclaiming August 25 as Physician Family Day and we began discussing and planning exactly how we would participate.

Physician Family Day is an effort to address physician burnout and to draw attention to physician wellness. The AMA Alliance asked all county Alliances to hold an event August 25 and to organize events each August in the future.

Our Medical Alliance chose to reconnect and re-energize our physician spouses with Yesterdog hot dogs, Kansas City BBQ, and all the trimmings of a traditional picnic as we gathered in the backyard of an Alliance member to socialize. Attendees were recharged by meeting new friends and connecting with old ones. This initiative will turn in to an annual event and kickoff future year's Alliance activities.

There is great opportunity for us to grow this initiative of reducing physician burnout and rekindling a joy in medicine.

Sincerely,

*Susan Jebson
KCMSA President*

Membership in the Kent County Medical Society Alliance

Spouses and partners of physicians, residents and medical students are encouraged to join the KCMS Alliance. You may pay membership dues for the 2018-19 year instantly at kcmsalliance.org/join. Our membership year is July 1-June 30. We would love for you to be on board this year.

fall calendar

- 10 | 09** **Membership Meeting**
9:30am Masonic Center | GR
- 10 | 11** **Philanthropy: Wine Social and Safe Haven Collection**
5:30-8pm Louise Eastman's home
- 10 | 15** **Mini Grant Applications Due**
See kcmsalliance.org for details
- 10 | 16** **Book Club**
noon Schuler Books | Kentwood
"My Absolute Darling" by Gabriel Talient
- 10 | 23** **Social: Site Visit and Information Session**
10am Our Hope Association | 324 Lyon St NE
Musings lunch following
- 11 | 06** **Membership Meeting**
9:30am Masonic Center | GR
- 11 | 13** **Foundation Board Meeting**
10am
- 11 | 13** **Book Club**
noon Schuler Books | Kentwood
"The Female Persuasion" by Meg Wolitzer
- 11 | 16** **Site Visit: Court Appointed Special Advocates for Children (CASA) and Judge Gardner's Closet**
10am 180 Ottawa Ave | GR
- 12 | 04** **Membership Meeting**
9:30am Masonic Center | GR
- 12 | 11** **Social: Holiday Open House**
TBD Collection for Baxter Community Center
- 12 | 12** **Philanthropy: Baxter Holiday Party**
TBD Baxter Child Development Center | GR
- 12 | 18** **Book Club**
noon Schuler Books | Kentwood
"News of the World" by Paulette Jiles

All current and prospective members are welcome to attend any calendar event! For more information please use our website KCMSAlliance.org or email president@kcmsalliance.org

We want to connect with you!

Join the Alliance online today at:
kcmsalliance.org

 Find us on
Facebook

Event Recap summer 2018

May

Gavel Club

Past presidents of the Alliance renewed friendships and exchanged memories at the annual Gavel Club luncheon.



June

Time & Talent: United Way Food from the Heart

On June 21, we joined 1,000 Heart of West Michigan United Way volunteers and packed 200,000 meals to be distributed across Kent County.



AMAA Annual Meeting

Our Alliance shined at the AMA Alliance annual meeting and received two awards for our health forum "Opioid Awareness for Parents and Guardians," and one award for "Dose of Generosity 2018."



August

Social: Physician Family Day

We participated in the AMA Alliance's first ever Physician Family Day by hosting a BBQ allowing families to recharge and reconnect with each other.



Time & Talent: In the Image S.H.O.E.S.

Alliance members and their families helped fit and distribute free back-to-school shoes for elementary children.



KENT COUNTY HEALTH DEPARTMENT

Farewell to a Public Health Champion

On September 7, 2018, Dr. Mark Hall retired from his position as Medical Director of the Kent County Health Department (KCHD). While he will continue to practice as an emergency room physician, he will be sorely missed by the Kent County public health community. Although this page is typically reserved for updating Kent County physicians on current topics in public health, we thought it was only fitting to utilize this space to recognize Dr. Hall for his dedication to serve, protect and promote a healthy community for all during his 15 years of service.

KCHD

Dr. Hall joined KCHD in August 2003 and while his tenure got off to a rocky start by spilling coffee onto his shirt on one of his first days in the office, it was clear that his ability to mix professionalism



Mark Hall, MD, MPH

with dry humor and wit would serve him well as he navigated his new world of public health. Coming from the Emergency Department, Dr. Hall was well-equipped to manage the diverse nature of public health, where every day seems to present a unique situation. His medical

knowledge, the ability to think on his feet and his confidence in making tough decisions have calmly guided KCHD and the greater community through many challenging situations over the years.

The first two and a half years of Dr. Hall's career were mostly filled with routine public health investigations, including investigations into clusters of central nervous system infections and primary syphilis. In April 2007, however, KCHD received notification from the Office of the Assistant US Attorney that their investigation into medical fraud by a local dermatologist revealed possible misuse of medical equipment. The allegations of misuse included not sterilizing surgical equipment and the re-use of suture material and syringe plungers, which put patients at risk for bloodborne pathogens. Under Dr. Hall's guidance, KCHD staff mailed

notification letters to over 13,000 patients and set up four venous draw clinics for those who did not have a medical provider to test them for bloodborne pathogens. Of the 711 specimens that were collected, 8 tested positive for hepatitis C, which was fewer than would have been expected based on the prevalence of hepatitis C in the population.

Dr. Hall has been through fifteen influenza seasons as KCHD's Medical Director, but none was more eventful than 2009 with the emergence of the novel H1N1 influenza strain. Kent County began seeing cases of the novel strain during the last week of April 2009 and in an effort to stem the spread of infection, ordered post-exposure antiviral treatment for all household members of case patients. As the threat of a pandemic became reality, this was the only time Dr. Hall revealed a crack in his normally impenetrable armor of calm, admitting that the potential consequences of a rapidly spreading novel strain was enough to keep him up at night. Nevertheless, Dr. Hall calmly guided KCHD's response during the spring and fall of 2009, including the planning and execution of four public health clinics in November and December at which KCHD dedicated nearly 6,000 hours of staff time to administer over 20,000 H1N1 vaccines to the Kent County population.

The fear that Dr. Hall experienced during the 2009 influenza pandemic was magnified many times

over in West Michigan after the first case of Ebola Virus Disease (EVD) was confirmed on American soil in September 2014. Soon afterward, Dr. Hall was sitting live at WOOD TV 8's Art Prize studio discussing the low likelihood that EVD would spread person to person in the United States and helping to calm the tensions of community members throughout the region. As KCHD began monitoring travelers from West Africa that October, fear once again escalated throughout the community as well as within the walls of KCHD. As KCHD worked with Kent County emergency management, local hospitals and first responders to plan for a potential case of EBV among the 45 travelers monitored by KCHD, the calm demeanor, knowledge of transmission and personal protective equipment (PPE) and familiarity with emergency procedures within the hospital environment that Dr. Hall brought to the planning table were instrumental in developing solid response plans and easing the nerves of all those involved.

The discovery of Per- and Polyfluoroalkyl Substances (PFAS) in groundwater in North Kent County in 2017 and the subsequent public health response has served as Dr. Hall's swan song and likely has been one of the most challenging to date. There is ample evidence about routes of transmission and health effects from bloodborne pathogens, influenza and Ebola Virus Disease. As an emerging environmental contaminant, however, there is limited information on how PFAS impacts the health of humans or how it is transmitted via breast milk, chicken eggs or homegrown vegetables. As such, it is understandable that those living in areas of the county affected by PFAS contamination are worried for their health and the health of their loved ones. Throughout KCHD's PFAS response, Dr. Hall has not shied away from any challenging encounter. Whether it is sitting in front of hundreds of residents at a town hall, answering questions from media members or talking to attorneys about the limitations of blood testing, Dr. Hall has provided consistency in presenting the community with the existing medical and epidemiologic evidence about what is known about PFAS and their effects on human health.

KCHD is very excited to welcome Dr. Nirali Bora as our next Medical Director and know that her extensive knowledge and passion for community health will carry us through the challenges that lie ahead. As new threats to public health emerge, however, we will continue to lean on the lessons learned from Dr. Hall and always remember his ability to be a steadying force during uncertain times.



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In the health care industry, providers face a number of unique regulatory and compliance issues. Our firm's interdisciplinary health care practice group has the expertise and experience to provide comprehensive and sophisticated counsel to clients in a broad range of health care-related legal matters.

For more information about our health care practice or how we can assist you here in West Michigan, please contact Brian Fleetham, Billee Lightvoet Ward or Leslee Lewis at 616.458.1300.

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KCHD

 HEALTH DEPARTMENT <i>Caring today for a healthy tomorrow</i>		Notifiable Disease Report	
Kent County Health Department 700 Fuller N.E. Grand Rapids, Michigan 49503 www.accesskent.com/health		Communicable Disease Section Phone (616) 632-7228 Fax (616) 632-7085	August 2018 Notifiable diseases reported for Kent County residents through end of month listed above.
DISEASE	NUMBER REPORTED		MEDIAN CUMULATIVE
	This Month	Cumulative 2018	Through August 2013-2017
AIDS	4	8	12
HIV	3	15	N/A
CAMPYLOBACTER	18	87	61
CHICKEN POX ^a	5	23	14
CHLAMYDIA	363	2679	2474
CRYPTOSPORIDIOSIS	7	21	11
Shiga Toxin Producing E. Coli	2	14	10
GIARDIASIS	3	17	44
GONORRHEA	138	839	537
H. INFLUENZAE DISEASE, INV	0	6	6
HEPATITIS A	3	5	1
HEPATITIS B (Acute)	0	0	2
HEPATITIS C (Acute)	0	7	1
HEPATITIS C (Chronic/Unknown)	26	156	226
INFLUENZA-LIKE ILLNESS ^b	368	32219	27639
LEGIONELLOSIS	5	9	3
LYME DISEASE	0	3	7
MENINGITIS, ASEPTIC	6	12	16
MENINGITIS, BACTERIAL, OTHER ^c	2	13	7
MENINGOCOCCAL DISEASE, INV	0	0	0
MUMPS	0	0	0
PERTUSSIS	1	9	10
SALMONELLOSIS	3	53	41
SHIGELLOSIS	6	17	7
STREP, GRP A, INV	1	16	27
STREP PNEUMO, INV	2	38	33
SYPHILIS (Primary & Secondary)	0	2	15
TUBERCULOSIS	0	6	9
WEST NILE VIRUS	4	4	0
NOTIFIABLE DISEASES OF LOW FREQUENCY			
DISEASE	NUMBER REPORTED Cumulative 2018	DISEASE	NUMBER REPORTED Cumulative 2018
Dengue Fever	1	Kawasaki	4
Malaria	4	Guillain-Barre Syndrome	1
Blastomycosis	1	Erlichiosis	1
Vibriosis - Non Cholera	2		
Creutzfeldt-Jakob Disease	1		
<p>a. Chickenpox cases are reported primarily from schools. Confirmed and probable cases are included.</p> <p>b. Includes "Influenza-Like Illness (ILI)" and lab-confirmed influenza. ILI cases have flu-like symptoms and are reported primarily by schools.</p> <p>c. "Meningitis, Bacterial, Other" includes meningitis and bacteremia caused by bacteria OTHER THAN H. influenzae, N. meningitidis, or S. pneumoniae.</p> <p>Except for Chickenpox, Campylobacter, Cryptosporidiosis, Shiga-Toxin Producing E. Coli, Salmonellosis, Shigellosis & Influenza-Like Illness, only confirmed cases (as defined by National Surveillance Case Definitions: http://www.cdc.gov/nndss/script/casedefDefault.aspx) are included.</p> <p>Reports are considered provisional and subject to updating when more specific information becomes available.</p>			

KCHD

MSU COLLEGE OF HUMAN MEDICINE

Welcome Class of 2022



Angela Thompson-Busch, MD, PhD
Assistant Dean, Michigan State
University College of Human
Medicine Grand Rapids Campus

On August 26, Dean Norman J. Beauchamp Jr. and faculty from MSU College of Human Medicine welcomed the Class of 2022 at our annual matriculation and White Coat Ceremony at DeVos Performance Hall.

This year we had 6,395 applicants for 190 seats. Seventy-one percent of the first-year medical students are from Michigan and the rest of the class represents 14 states and Canada. Ages range from 20 to 39 years, and the class is about 60 percent women and 40 percent men.

This class is the most diverse in our history and underscores our college's mission to meet the needs of the diverse populations of Michigan and beyond. How? MSU has programs aimed at opening the door to medical education to students from disadvantaged backgrounds. We know that students from these backgrounds are more likely to serve disadvantaged, underserved and marginalized populations.

One such program is the Early Assurance Program that the College of Human Medicine introduced in 2008 with Grand Valley State University. Of our 190 seats available for the Class of 2022, 23 were reserved for our Early Assurance Program (EAP)

students, with 9 students coming from Grand Valley State University.

Our college's EAP has proven to be a successful pipeline to medical school for college students from 12 statewide institutions, offering an enhanced opportunity for admittance into medical school. Preference is given to first generation college students and graduates from low income high schools and medically underserved urban or rural areas.

To date, 136 students have been admitted to the College of Human Medicine through the Early Assurance Program, with 62 percent coming from disadvantaged backgrounds and 55 percent from medically underserved urban or rural areas.

Diversity is a hallmark of the College of Human Medicine and will continue to be an important factor in our successful education of the future physicians in Michigan.

KERRY HARVEY, ANDREW SPARKS, AND BRIAN FLEETHAM
DICKINSON WRIGHT PLLC | GUEST CONTRIBUTORS

Opioid Litigation in Michigan

News of the opioid crisis continues. One estimate is that more than 100 Americans die from an opioid overdose each day.¹ Some economists have concluded that the opioid crisis has cost the U.S. economy more than one trillion dollars since 2001 and is on pace to cost an additional 500 billion dollars through 2020.²

LAW

The profligate use of opioid pain relievers has significantly contributed to this epidemic. A few data points help tell the story:

- Approximately one quarter of patients prescribed opioids for chronic pain do not use them as directed.³
- Roughly four out of five heroin users first abused prescription opioids.⁴
- On a global basis, Americans consume about 80% of all oxycodone and nearly all hydrocodone.

A prior article reviewed the legislative response that the State of Michigan has taken to address these issues through the passage of additional laws regulating the prescription of opioids. A different approach has come through the judicial system with a wave of opioid-based litigation that has reached Michigan.

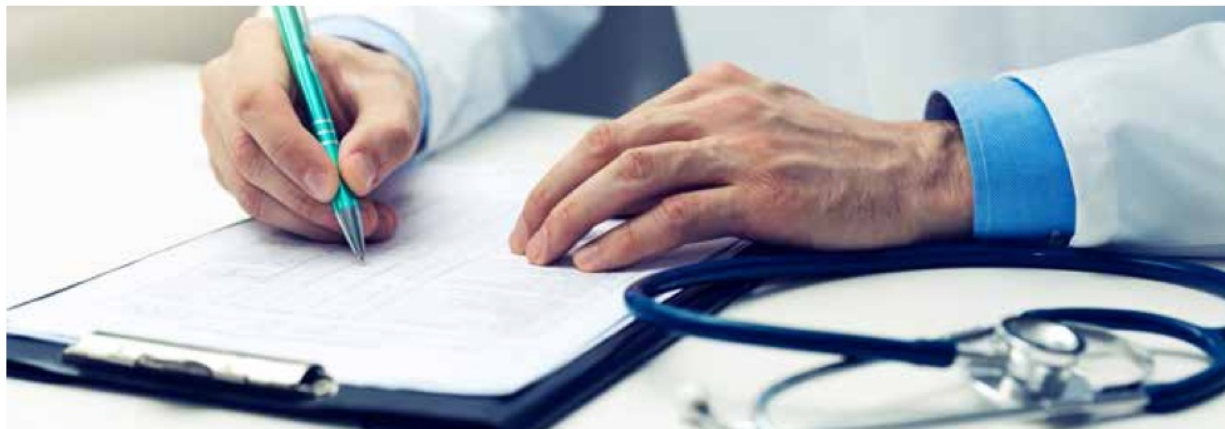
This litigation, modeled on the tobacco lawsuits of the 1990s, has grown exponentially over the last few years. Initially, state and local governments targeted pharmaceutical manufacturers with lawsuits for the harm to their communities stemming from the abuse of opioids. More recently, pharmaceutical distributors have been sued as well. As of 2017, more than 250 state and local governments, including the City of Detroit and Wayne and Oakland Counties, have sued organizations throughout the opioid supply chain, including manufacturers, wholesalers, and distributors.

As litigants seek additional targets, Michigan physicians and hospitals could be next. A number of lawsuits have already been brought against hospitals and physicians alleging negligent opioid prescribing practices. These suits typically claim that physicians were negligent by overprescribing opioids or that hospitals failed to effectively monitor the prescribing practices of employed physicians or medical staff members, thus contributing to opioid addiction and its resulting consequences.

This trend seems nearly certain to continue. The United States Department of Justice has increased its focus on providers who have allegedly overprescribed opioids. Toward that end, the Department has hired additional federal prosecutors who focus exclusively on investigating and prosecuting healthcare providers who improperly prescribe opioids.

Both for appropriate patient care and to protect against potential legal action, physicians and their practices should consider each of the following general steps:

- Ensure that all opioid prescribers comply with Michigan's new requirements.
- Monitor for appropriate opioid prescribing practices as part of a compliance program through appropriate metrics and identify and counsel outliers.
- Develop a screening tool to identify patients who may have a predisposition for opioid



addiction or who have struggled with such issues in the past.

- Adopt an effective patient education program related to opioids and the potential for addiction.
- Implement a protocol to intervene with patients suspected of developing dependency or addiction.

In addition, physicians and their practices should adopt evidence-based best practices for the prescription and management of opioids. A number of tools are available for that, such as the Center for Disease Control's Guidelines for Prescribing Opioids for Chronic Pain, which are summarized as follows:

1. Avoid Opioids as first-line therapy.

Non-pharmacologic therapy and non-opioid pharmacologic therapy are preferred for chronic pain.

- 2. Establish goals for pain and function.** Clinicians should continue opioid therapy only if the patient has clinically meaningful improvement in pain and function that outweighs risks to patient safety.

- 3. Discuss risks and benefits of opioid use with patients.**

- 4. Initially use immediate-release opioids.**

- 5. Use the lowest effective dose.** Clinicians should use caution when prescribing opioids at any dosage, should carefully reassess evidence of individual benefits and risks when considering increasing dosage to more than 50 morphine milligram equivalents per day, and should increase dosage beyond 90 morphine milligram equivalents per day only if that is carefully justified.

- 6. Prescribe only short durations of opioids for acute pain.**

- 7. Frequently evaluate benefits and harms from a patient's opioid use.**

- 8. Use strategies to mitigate risk. Before prescribing, and periodically during continuation of opioid therapy, clinicians should evaluate risk factors for opioid-related harms.**

- 9. Review available data.** Clinicians should review the patient's history of controlled substance prescriptions using the MAPS system to determine whether the patient is receiving other opioid dosages or dangerous combinations that may put him or her at a higher risk for overdose.

- 10. Use urine drug testing.**

- 11. Avoid concurrent prescriptions of opioids and benzodiazepine.**

- 12. Watch for opioid use disorder and refer patients for treatment as needed.**

There is no assurance that opioid prescribing physicians can avoid claims from this rapidly developing litigation environment. However, through the rigorous implementation of appropriate practices, they can ensure that they have a solid defense.

**Kerry Harvey and Andrew Sparks are former U.S. Attorneys and practice in Dickinson Wright PLLC's Lexington office. Brian Fleetham practices in Dickinson Wright's PLLC's Grand Rapids office. All three are part of the firm's health law practice.*

¹ CDC/NCHS, *National Vital Statistics, mortality*. U.S. Department of Health and Human Services, CDC; 2017

² Altarum; *economic toll of opioid crisis*. . .February 13, 2018.

³ Vowles, K.E. *Rates of opioid misuse. . .: a systematic review and data synthesis*. *Pain*. 2015.

⁴ Muhuri, P.K. *Association of non-medical pain reliever use. . .CBHSQ data review, August 2013*.



Kent County Medical Society
Kent County Osteopathic Association
233 East Fulton, Suite 222
Grand Rapids, MI 49503

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HOD Resolutions Welcome

Some of the most important work the Kent County Medical Society does for all of its members, no matter their specialty or practice mode (solo, small or large group, or hospital based) comes in the form of legislative advocacy.

All KCMS members have the opportunity to make their voices count and watch their dues dollars at work!

The MSMS House of Delegates will meet in Kalamazoo in early May 2019. It is never too early to think about resolutions to

be considered by the Kent Delegation. Visit the KCMS website at www.kcms.org and click on "HOD Resolutions Welcome." We've provided a resolution template as well as a resolution writing guide. We urge you to get involved today and make your voice heard!