

# thrive

for every season of your life

Women don't  
have to live with  
vulvar **pain**  
– page 3

**Concussions**  
– not just part of the game  
– page 9

EMERGENCY  
DEPARTMENT  
STRATEGY  
TAKES SHAPE  
– page 11

 **SUMMA**  
Health System

[summahealth.org](http://summahealth.org)

A Publication of Summa Health System Spring 2012



## SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

Summa Akron City Hospital  
525 E. Market Street  
Akron, OH 44309  
(330) 375-3000  
summahealth.org

Summa Barberton Hospital  
155 Fifth Street  
Barberton, OH 44203  
(330) 615-3000  
summahealth.org/barberton

Summa St. Thomas Hospital  
444 North Main Street  
Akron, OH 44310  
(330) 375-3000  
summahealth.org

Summa Wadsworth-  
Rittman Hospital  
195 Wadsworth Road  
Wadsworth, OH 44281  
(330) 331-1000  
summahealth.org/wadsworth

Summa Western  
Reserve Hospital  
1900 23rd Street  
Cuyahoga Falls, OH 44223  
(330) 971-7000  
summahealth.org

Robinson Memorial Hospital, an  
affiliate of Summa Health System  
6847 North Chestnut Street  
Ravenna, OH 44266  
(330) 297-0811  
robinsonmemorial.org

Crystal Clinic  
Orthopaedic Center  
444 North Main Street  
Akron, OH 44310  
(330) 762-2262  
crystalclinic.com

Summa Rehab Hospital  
29 N. Adams Street  
Akron, OH 44309  
(330) 572-7300  
summarehabhospital.com

## SUMMA HEALTH CENTER LOCATIONS

Natatorium Rehabilitation  
and Wellness Center  
2345 4th Street  
Cuyahoga Falls, OH 44221  
(330) 926-0384

Summa Health Center  
at Anna Dean  
Anna Dean Professional Park  
28 Conservatory Drive, Suite A  
Barberton, OH 44203  
(330) 615-5000

Summa Health Center  
at Cuyahoga Falls  
1860 State Road, Suite B2  
Cuyahoga Falls, OH 44223  
(330) 922-4648

Summa Health Center at Green  
3838 Massillon Road  
Uniontown, OH 44685  
(330) 899-5500

Summa Health Center  
at Lake Anna  
500 West Hopocan Avenue  
Barberton, OH 44203  
(330) 615-5020

Summa Health Center  
at Western Reserve  
5655 Hudson Drive, Suite 200  
Hudson, OH 44236  
(330) 650-6710

Summa Health Center  
at White Pond/Park West  
One Park West Boulevard, Suite 130  
Akron, OH 44320  
(330) 873-1518

Summa Neuroscience Center  
701 White Pond Drive  
Akron, OH 44320  
(330) 835-3922

Summa Rehabilitation Services  
at White Pond  
750 White Pond Drive, Suite 500  
Akron, OH 44320  
(330) 836-9023

The Heart and Lung Center  
95 Arch Street  
Akron, OH 44304  
(330) 375-3000

Summa Wellness Institute  
5625 Hudson Drive  
Hudson, OH 44236  
(330) 342-4400

Summa Health Center  
at Lake Medina  
3780 Medina Road  
Medina, OH 44256  
(330) 764-4253

# Welcome to *Thrive*



3




9



11

## CONTENTS

- 3** Women don't have to live with vulvar pain  
There is help for women who experience this disorder
- 7** Trauma vs. PTSD: What's the difference?
- 9** Concussions – not just part of the game  
What parents of young athletes should know
- 11** Emergency department growth takes shape  
New and renovated facilities aim to get the right care to patients quickly
- 12** Summa volunteer Larry Neubauer
- 13** Get a taste of Motown at Men Who Cook 2012
- 14** Community calendar



# Women don't have to live with vulvar pain

## THERE IS HELP FOR WOMEN WHO EXPERIENCE THIS DISORDER

Women who experience vulvar pain often live with that pain for years – even decades – before seeking treatment. “Women are frequently told by their healthcare providers that there is nothing they can do,” says Lara J. Burrows, M.D., MSc, director of the Center for Vulvar and Vaginal Disorders for Summa Health System. “These women are tired of seeing so many doctors and not getting satisfactory results.”

There are identifiable causes of vulvar pain, which is one type of female pelvic pain, and it can be caused by any number of reasons. It can affect women of any age. Symptoms include:

- Pain when sitting
- Pain after prolonged physical activity
- Pain during or after sex
- Generalized discomfort
- Some women may have vaginal discharge
- There may be a relationship between the pain and menstrual cycle

## Women experiencing vulvar pain are tired of seeing so many doctors and not getting satisfactory results.

Dr. Burrows is one of the few physicians in Ohio who treats vulvar pain. As such, she sees patients from throughout Northeast Ohio and from as far away as Cincinnati and Kentucky. Often, patients find her on the Internet.

“At some point, they get fed up,” Dr. Burrows says of the women who seek her expertise.

With few exceptions, vulvar pain is not a life-threatening condition. It is overwhelmingly a quality-of-life issue.

Because sexual intercourse is so painful for women with vulvar pain, their spousal relationship may suffer – even to the point of breaking up with their husband or partner because they can’t live in a sexless relationship. Single women with vulvar pain may choose not to date for fear that a relationship will lead to intimacy, and they’re afraid to be intimate because of the pain. Women may also choose not to try to become pregnant.

In the initial appointment, Dr. Burrows spends time talking to the patient. “Typically, the women have a long history and a story to tell,” she notes. Dr. Burrows conducts a physical exam that includes cultures, lab work and vaginal samples. Patients also undergo a vulvoscopy, sometimes with a biopsy, to rule out possible dermatological causes.

Patients return in two to three weeks, at which time Dr. Burrows has pinpointed the diagnoses and prescribes treatment, which can include an oral or topical medication, physical therapy and sometimes injections.

Dr. Burrows encourages husbands and partners to get involved in the care. “Many husbands are skeptical at first,” she says.



Lara J. Burrows, M.D.

## SUMMA PARTICIPATES IN VULVODYNIA TREATMENT REGISTRY

Summa Health System is one of seven enrollment sites nationwide for the Vulvodynia Treatment Registry, funded by the National Vulvodynia Association (NVA). Lara J. Burrows, M.D., director of the Center for Vulvar and Vaginal Disorders for Summa Health System, is an investigator for the registry. She is the only investigator in the Midwest.

Dr. Burrows and her investigator-colleagues generate vital data on which treatments are most effective for different vulvodynia subtypes, identify factors that can predict treatment success and guide the development of large controlled trials of promising therapies.

“I can show them where the pain is and why it is a unique pain. You’re really treating them together.”

The length of time it takes for patients to begin to see improvement depends on the cause of the pain. “It can be a long road,” Dr. Burrows says. But women can’t find relief until they have their pain diagnosed and treated.

When the vulvar pain is gone, women remember what it means to feel normal again. “Treatment affects their quality of life,” Dr. Burrows says.

**Dr. Burrows specializes in the treatment of vulvodynia, sexual pain disorders, dermatologic diseases of the vulva, recurrent vulvovaginal infections and female sexual dysfunction. To make an appointment, call (888) 720-5318.**



# One woman gets her life back

For 10 years, Julie experienced pain in her pelvic area. No doctor could help her, nor was any doctor willing to go the extra mile to try. “Many doctors dismissed my condition,” says the resident of Cleveland.

The pain was taking a toll on Julie, both physically and emotionally. She was experiencing anger, depression, anxiety and stress. She says she couldn’t have sexual intercourse with her husband because it was too painful. “I felt like I was dooming my relationship,” she says.

Julie was diagnosed with endometriosis in 2006 and underwent three surgeries as a result. Doctors told her it is common for women with endometriosis to experience painful intercourse. There was no follow-up to see whether the pain could be treated. “I was told that it’s part of being a woman and I should learn to deal with it,” she points out. “In fact, the pain was pretty crippling.”

Julie works in Akron and was referred to Lara J. Burrows, M.D., director of the Center for Vulvar and Vaginal Disorders for Summa Health System. Her first appointment with Dr. Burrows was in September 2011.



Almost immediately, Dr. Burrows diagnosed her condition as vulvodynia, a chronic pain disorder. Vulvodynia can continue for months or – as in Julie’s case – years.

Dr. Burrows told Julie that there are many nerves in the vulva, which can flare up for a number of reasons. The medication she was taking for her endometriosis was suppressing hormones in that area, contributing to the pain. After checking lab work and looking at the vulva under high-power magnification, Dr. Burrows prescribed a topical cream. After three weeks, the pain lessened and, eventually, went away.

“I couldn’t believe it – this works,” Julie recalls. “It was that easy. I wondered why it took so long to get here.”

It was as if the pain was never there. But Julie was still experiencing internal muscle spasms and pelvic floor issues that prevented her from being sexually intimate with her husband. She believed that pelvic physical therapy was not helping. Dr. Burrows prescribed a medication to be inserted vaginally. “It was a godsend,” Julie notes. “It actually worked so well I wrote Dr. Burrows a thank-you letter.”

Julie’s life has completely changed. The pain is gone and she enjoys a healthy sexual relationship with her husband.

“Dr. Burrows gave me my life back,” Julie says. “I tried to find answers and get myself healthy for years. Feelings of failure and anguish are gone. It wasn’t until Dr. Burrows began treating me that I saw a light at the end of the tunnel.”

## ONE FORM OF PELVIC PAIN

Vulvar pain is one type of female pelvic pain, which is pain below the belly button. Some common causes of female pelvic pain include:

- Problems of the reproductive system, such as endometriosis, adenomyosis and uterine fibroids
- Scar tissue in the pelvic area after a pelvic infection or surgery
- Diseases of the urinary tract or bowel, such as irritable bowel syndrome or chronic bladder irritation

Pelvic pain can be categorized as either acute (sudden and severe) or chronic (either comes and goes or is constant). According to the American College of Obstetricians and Gynecologists, pelvic pain lasting longer than six months and showing no improvement with treatment is considered chronic pelvic pain.



# THE DIFFERENCE BETWEEN trauma and post traumatic stress disorder

**A traumatic event is a highly stressful or disturbing experience. Examples of potentially traumatic events include living through a natural disaster such as a tornado or earthquake, being involved in a severe accident, physical and/or sexual abuse in childhood and/or adulthood, and military combat.**

What determines whether an event is traumatic is not just the event itself, but an individual's reaction to that event. Generally, if the immediate response includes intense fear, helplessness or horror, the event is considered a trauma.

In our lifetime, most of us experience at least one traumatic event, but only about 7 percent to 8 percent of us develop post traumatic stress disorder (PTSD).

PTSD is an anxiety disorder and involves symptoms that develop as a response to being traumatized. A person might "re-experience" the event by having recurring nightmares or intrusive thoughts. As she or he goes through a daily routine, the person can't stop thinking about the event. Those thoughts begin to interfere with a person's ability to function successfully.



The person may begin to avoid other individuals, and conversations or activities that remind her or him of the event. For example, if someone was severely injured in a car accident, she/he might not want to get into another vehicle or leave their home because they're afraid of what might happen.

Additional symptoms involve excessive arousal that can be expressed as difficulty sleeping, an exaggerated startle response (such as to loud noises), and being hyper-alert for possible danger.

When someone experiences enough symptoms that are causing difficulties in everyday life – such as at school or work, or in personal relationships – and those symptoms last longer than one month, an individual may be suffering from PTSD.

The good news is PTSD is not a life sentence and help is available. In general, psychotherapy has been shown to be the most effective treatment for PTSD. Healthcare professionals who specialize

in treating individuals with PTSD educate them about common reactions to traumatic events, develop skills to cope with the high levels of stress and anxiety, and process the traumatic experience in a safe way that eventually prevents the memory of that experience from causing intense emotional distress and interfering with one's functioning.

Sometimes, a combination of psychotherapy and medication is the best approach to treating PTSD.

Within our own community, individuals have access to professionals at Summa Health System's Center for the Treatment and Study of Traumatic Stress. Located on the campus of Summa St. Thomas Hospital, the center is the only one of its kind in the region that specializes in the treatment of PTSD.

**To schedule an appointment with a behavioral health specialist or to obtain more information about PTSD, call (330) 379-5111. ■**

## WHAT WE DO

In addition to seeing patients, the Center for the Treatment and Study of Traumatic Stress focuses on educating the next generation of healthcare providers who specialize in the treatment of behavioral health issues such as post traumatic stress disorder (PTSD).

The staff works in collaboration with community agencies, organizations and businesses to offer outreach programs.

The center also conducts leading research on the nature and treatment of PTSD, and it has received research funding from the National Institute of Mental Health and the Department of Veterans Affairs.



# CONCUSSIONS

## – NOT JUST PART OF THE GAME

**What parents of young athletes should know**

“Getting your bell rung . . .” is an expression used by athletes to describe what happens when a player takes a hard hit to the head and sustains a concussion. Many young athletes view a concussion as simply “part of the game.”

But that attitude needs to change, according to Robert S. Crawford, M.D., a board-certified family medicine physician in Cuyahoga Falls and team physician for the Akron Aeros, Kent State University and Wadsworth High School.

A concussion is a complex process affecting the brain. It is induced by traumatic biochemical forces and can be caused by a direct blow to the head, face or neck, or a blow elsewhere on the body, which transmits force to the head.

As a result, brain tissue is violently shaken within the skull, which can damage both brain cells and the blood vessels that feed them. The injury also triggers a cascade of biochemical reactions, flooding the brain with calcium and potassium ions that cause blood vessels to constrict. This hampers the metabolism of glucose, which is the fuel the brain uses for energy.

Most concussions will resolve on their own in 7 to 10 days, but others may take 30 days or more for symptoms to subside. “Each individual is different,” Dr. Crawford says.

He recommends complete physical and mental rest to reduce the metabolic demands placed on the brain while it is healing.

“If you could put injured athletes in a semi-darkened room and have them sit there for three days and do absolutely nothing

– no TV, texting, video games, attending school or doing homework – that would be the best early treatment for concussion,” Dr. Crawford says.

How does a physician know when it is safe for an athlete to return to action? Most area schools subscribe to a five-day, return-to-play protocol. Athletes must be completely symptom-free before they can even start the protocol. “It’s a graduated return to play. First, the athlete will just run around the track – with no practice. Or ride a stationary bike. If any symptom returns at any time during the five days, he/she will have to restart the protocol,” Dr. Crawford points out.

**The sports medicine specialists of the Summa Center for Sports Health are experienced in concussion management. To make an appointment for your child at one of our six locations in Summit, Medina and Portage counties, call at (888) 778-6627. ■**



**Dr. Robert Crawford:**

**It’s important for parents to discuss concussions with their child athletes.**



## Having “the talk” with your child athlete

It’s important for parents to have “the concussion discussion” with their child. Talk to your athlete about the dangers of ignoring a possible concussion. Make it clear that:

- Playing with a concussion is dangerous – it is not a sign of courage or toughness.
  - Concealing symptoms increases the risk of a life-threatening brain injury.
  - Physician instructions and return-to-play guidelines exist to protect – not hamper – the athlete. The recommendations should be followed.
- It’s important to avoid sustaining a second concussion before the first injury has healed. Cases of second injury syndrome (SIS) are rare but can occur in children and young adults after even minor impacts. In SIS, due to the reduced blood flow caused by the first concussion, a seemingly minor second impact can be catastrophic, causing blood flow regulation in the brain to go haywire, which can result in serious brain damage or even death.

## Pre-testing for young athletes

Robert S. Crawford, M.D., recommends pre-season cognitive testing for young athletes because it helps physicians decide when – or if – it is safe for youngsters to return to play after a concussion. Preseason testing provides a baseline for comparison purposes should a child be injured.

Some schools offer testing as a standard part of the school’s athletic program. If your child’s school does not, the Summa Center for Sports Health can administer the test. To make an appointment, call (888) 778-6627.



# EMERGENCY DEPARTMENT

## GROWTH TAKES SHAPE

NEW AND RENOVATED FACILITIES AIM TO GET THE RIGHT CARE TO PATIENTS QUICKLY

Summa Health System continues its ambitious strategy to expand the reach of its emergency departments (EDs) and to ensure patients can get access to care quickly and in a healing environment.

Michelle P. Blanda, M.D., FACEP, chair of emergency medicine and trauma services for Summa Health System, cites overcapacity at existing EDs as a primary reason for expansions. Both Summa Akron City and Summa Barberton EDs were handling nearly twice the number of patients as was intended. The decision to build freestanding facilities in Medina and Green was made so patients in those communities could have emergency care closer to home.

Summa's ED strategy is built around the concept that patients should receive care in a timely fashion, no matter the severity of their condition. "Patients shouldn't have to wait for care," Dr. Blanda says. "Nobody should have to stand in line."

Simple ailments will be treated as quickly as more complicated ones. For more serious cases, such as stroke or heart attack, emergency physicians have access to Summa's specialists to determine the best course of treatment. Likewise, Summa's urgent care centers and EDs are closely coordinated, so patients can be assessed and transported to the right location.

"We want patients to have access to care close to home, and we want them to have access to the highest technology of care they need," Dr. Blanda points out.

Dr. Blanda is sensitive to the fact that the out-of-pocket cost of care continues to increase for patients. "We're always looking for ways to ensure that there is quality and value in our care – that we're not wasting your time or money," she says. "We know they are valuable and precious." ■



The staff at Summa Akron City Hospital's new emergency department simulates treatment prior to the facility's opening in January.

### ED PROJECTS

Summa Health System is investing \$96 million to build and renovate emergency departments (EDs) at five locations.

#### Summa Akron City Hospital

Phase one of an expanded ED opened in January, with phase two expected to be completed in June. The ED will have 75 beds (compared with 43 prior to the expansion).

#### Summa Barberton Hospital

Ground was broken last year on a new emergency department, increasing the number of beds from 18 to 32. The target date for completion is March 2013.

#### Summa Wadsworth-Rittman Hospital

The renovated James and Linda Venner Emergency Center was completed last year, increasing capacity from 12 to 20 beds.

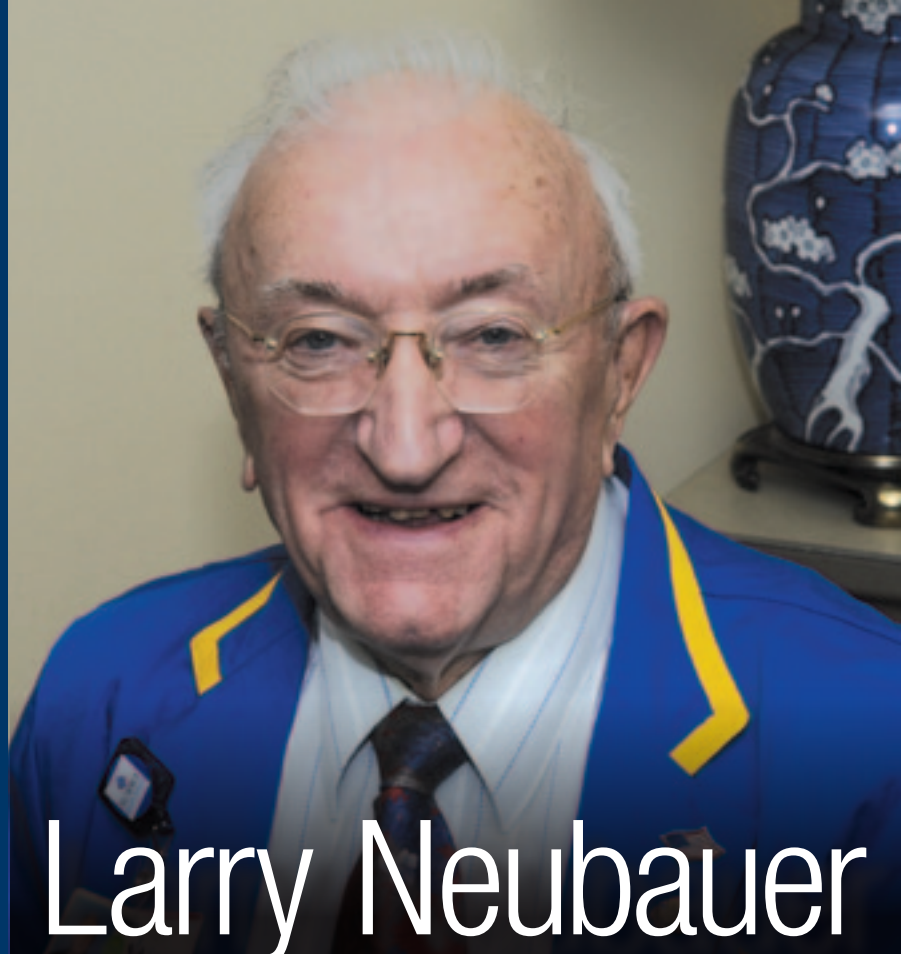
#### Summa Health Center at Lake Medina

A freestanding ED opened in December and added to the continuum of care at Summa Health Center at Lake Medina.

#### Green

The target date for completion of a freestanding ED in Green is June. The facility will have 14 beds. The new ED will save about 15 to 20 minutes in drive time for South Akron residents who would otherwise use EDs at Summa Barberton or Summa Akron City Hospitals.

Summa volunteer Larry Neubauer:  
“Sometimes, I’m just there so they  
have someone to talk to.”



## SUMMA VOLUNTEER SPOTLIGHT

# Larry Neubauer

Larry Neubauer of Cuyahoga Falls has volunteered at Summa St. Thomas Hospital for 25 years. He assists patients and staff at central registration and in the emergency department two days a week.

Originally from Niagara Falls, N.Y., Neubauer and his family relocated to Northeast Ohio after he accepted a job as an engineer with Goodyear Tire & Rubber Co. in 1959.

### How do you typically spend your volunteer hours?

**Neubauer:** I’m usually over at central registration. I help new guests and patients if they need to be escorted or given directions to certain parts of the hospital. In the emergency department, I provide what’s called “non-clinical patient support.” If a patient needs a blanket or pillow, I’ll get that for them. Sometimes, I’m just there so they have someone to talk to.

### What do you think is your most important patient function?

**Neubauer:** I think I help most with escorts and directions. It can be overwhelming for people to come into the hospital and not know where they’re going. That seems to be what helps the most.

### How did you learn about the opportunity to volunteer?

**Neubauer:** I started here in 1987 after I took early retirement from Goodyear. My daughter worked at Summa St. Thomas when I started volunteering. She’s now in cardiology at Summa Akron City Hospital. I’ve been here ever since.

### What do you enjoy most about volunteering?

**Neubauer:** I enjoy meeting and getting to know the staff and patients. That’s what I like.

Volunteering is an integral part of Summa Health System. If you are age 14 or older and are interested in volunteering at one of our hospitals, call the following numbers:

**Summa Akron City Hospital**  
(330) 375-3247

**Summa St. Thomas Hospital**  
(330) 379-5595

**Summa Barberton Hospital**  
(330) 615-4035

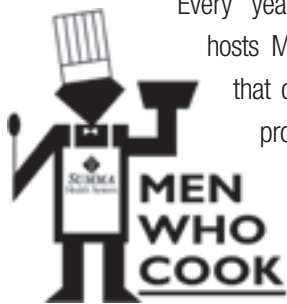
**Summa Wadsworth-Rittman Hospital**  
(330) 331-1000

**Summa Western Reserve Hospital**  
(330) 971-7246

**Robinson Memorial Hospital**  
(330) 297-2591



# GET A TASTE OF MOTOWN AT MEN WHO COOK 2012



Every year, Summa Health System hosts Men Who Cook, a fundraiser that directly benefits an area that provides care or services to the patients and communities we serve.

Male amateur chefs from Summa and the Northeast Ohio community prepare their choice of food for guests and a panel of women judges. Chefs compete for coveted titles such as "People's Choice Award," which are determined by votes among attendees and judges.

This year, Men Who Cook will benefit Summa Screens, a program that provides funding for male and female patients who need cancer screenings and are either uninsured or underinsured.

"We're so excited to be the benefactor of Men Who Cook," says Marlo Schmidt, MBA,

coordinator, cancer education and outreach for Summa Health System. "Summa Screens directly benefits so many members of our community. It's exciting to know we'll be able to provide extremely important services to people who really need care but simply can't afford it."

Men Who Cook will carry a Motown theme in 2012, with music, food and festivities to match.

"This is the 12th year we've held Men Who Cook, and it just keeps getting better," says Robert DeJournett, director of community relations and diversity for Summa Foundation. "This is always an enjoyable way for the health system and community to support those in need."

**For more information about Men Who Cook 2012, Summa Screens, attending the event or making a donation, please contact Marlo Schmidt at (330) 375-6375 or [schmidtm@summahealth.org](mailto:schmidtm@summahealth.org).** ■

## SUMMA HEALTH SYSTEM'S MEN WHO COOK

**When: May 4**

**Where: St. Joseph's  
Family Center  
610 West Exchange St.  
Akron, OH 44302**

**\$60 per person** – Includes admission, food tasting, one ballot for "People's Choice Award" and recipes

**\$150 per patron** – Includes admission, food tasting, two ballots for People's Choice Award," recipes and patron name listing

**For more information, call  
(330) 375-6375.**

## MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU!

The following physicians joined Summa Physicians Inc. between Sept. 1, 2011, and Dec. 31, 2011.



Ophthalmology  
**Kiran Donthi, M.D.**  
275 Graham Road, Suite 2  
Cuyahoga Falls, OH 44223



Behavioral Health  
**Tiffany Jones, M.D.**  
Summa St. Thomas Hospital  
444 North Main St., Fourth Floor  
Akron, OH 44310



General Surgery/Trauma Surgery  
**Rama Donthi, M.D.**  
275 Graham Road, Suite 2  
Cuyahoga Falls, OH 44223



Palliative Care/Hospice Service  
**Kathleen Senger, M.D.**  
55 Arch St., Suite 1A  
Akron, OH 44310

**These physicians are accepting new patients. To schedule an appointment, call (800) 237-8662, ext. 234.**

# communitycalendar

## UPCOMING BARIATRIC SEMINARS



The Weight Loss Surgery Seminar answers questions patients might have regarding what to expect before, during and after weight loss surgery.

### Location:

Summa Akron City Hospital  
Professional Center South Medical Building  
55 Arch Street  
Akron, OH  
Basement Pods D, E, F

### Dates:

Thursday, March 22  
Thursday, April 12  
Thursday, May 10 – Fashion Show  
Thursday, June 14

Seminars begin at 6 p.m.

Because of limited seating, advance registration is required. Call (330) 375-6590 to reserve your seat.

## AMERICAN RED CROSS BLOODMOBILE

### Summa Akron City Hospital

55 Arch St., Basement Level  
April 24, 11 a.m.-5 p.m.  
June 20-21, 11 a.m.-5 p.m.

### Summa St. Thomas Hospital

Meeting Room A  
May 10, 11 a.m.-4 p.m.

Donation times may be scheduled by going to [redcross.org](http://redcross.org). Walk-ins are welcome.

### Summa participates in record holiday blood drive

The third annual Sheraton Suites Akron/Cuyahoga Falls Blood Drive, held on Dec. 22, 2011, was the largest blood drive on record in Northern Ohio, according to the Northern Ohio Blood Services Region of the American Red Cross.

The drive collected 951 pints of blood from 1,050 volunteer donors.

Each pint of blood collected can be split into its three components and given to different patients based on their need. Because of this, the holiday blood drive has potentially helped more than 2,850 patients.

Summa Health System is one of several sponsors of the annual event, along with the American Red Cross, the communities of Cuyahoga Falls and Silver Lake, and local businesses. The 2012 holiday blood drive will be held on Dec. 20 at the Sheraton Suites in Cuyahoga Falls.

For information on additional programs and clinics, please visit [summahealth.org/medicalservices](http://summahealth.org/medicalservices) and click on a specific service.



## Follow us on Facebook and Twitter!

Are you on Facebook? Become a Summa fan and receive updates on free health talks, seminars and other valuable healthcare information. It's easy. We're at [www.facebook.com/summahealth](http://www.facebook.com/summahealth).

Follow us on Twitter [@SummaHealth](https://twitter.com/SummaHealth).



Corporate Communications  
525 East Market St.  
P.O. Box 2090  
Akron, OH 44309-2090

---

Nonprofit Organization  
**U.S. Postage Paid**  
Akron, Ohio  
Permit No. 83

---



## **“I’m vertical thanks to Summa’s quick heart care.”**

Tim Smith had a silent, deadly blockage in a critical coronary artery. “I didn’t know that until I went to Summa for a stress test,” he said. “I could not have made it much longer based on the condition I was in. I went from the stress test to a catheterization to open heart surgery in less than a week. I’m really lucky to be alive.”

Today, Tim’s in cardiac rehab and embracing a healthy future. “I’m vertical, and that feels really good. Everyone at Summa was caring and skilled and down to earth. I don’t think there’s any place where I could have received better care.” **To watch the rest of Tim’s story, visit [summahealth.org/TimS](http://summahealth.org/TimS).**



SUMMA CARDIOVASCULAR INSTITUTE

