

thrive

for every season of your life



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navigators
offer hope

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EDUCATING EXPECTANT MOMS
ON PRESCRIPTION PAINKILLERS

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summahealth.org

A Publication of Summa Health System **Summer 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*



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Karen Bochert (colorectal),
left, Kari Kovach (breast),
Sally Olszewski (lung) and
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Cancer care navigators offer *hope*

PATIENTS HAVE SOMEONE TO RELY ON FOR SUPPORT

They are among the most difficult words a person will hear: “You have cancer.” The words hang in the air; immediately, worst-case scenarios come to mind. There is no denying the severity of a cancer diagnosis or the road that lies ahead for a patient.

However, it is important to remember that cancer is not a death sentence – there is hope. “To be able to tell the patient that we found the cancer early, and it is treatable and curable is very important,” says Kari Kovach, R.N., breast care navigator at Summa Barberton Hospital’s Parkview Center.

Kovach and her fellow cancer care navigators at Summa’s Jean and Milton Cooper Cancer Center play integral roles in the treatment process – and are available long after treatment ends.

“The navigator is a trusted person patients can work with,” says Brian T. Rentschler, MBA, system director, Summa Cancer Institute, Summa Health System. “It’s the best option for the patient.”

A CALMING INFLUENCE

Kari Kovach, R.N., breast care navigator at Parkview Center, describes one of her most important roles as being a “calming influence” on patients. “It may be my most important role in patient care,” she says.

That calming influence can come at any point of the process. For example:

- “Patients find out they need a biopsy and immediately think they have cancer and are going to die,” she says. “The general public isn’t aware that 70 to 80 percent of biopsies are negative. I talk patients through their biopsy.”
- Kovach tries to transport patients to surgery herself. She wants to make sure patients don’t feel they are alone on such an anxiety-provoking day.

- Also on the day of surgery, Kovach is available to family and friends. “I can take time to discuss surgery, the various procedures and follow-up care,” she notes.

Kovach wants to be a person that women and their families can trust when they face one of the most difficult days of their lives. “Some women are completely frozen after the surgeon talks to them,” she says. “I try to make a bad day more bearable.”



Kari Kovach, R.N.

A “STEADY-CONSTANT”

When first approached about taking the position of lung care navigator at Cooper Cancer Center, Sally Olszewski, R.N., hesitated. “I enjoy helping people with all cancers,” says Olszewski, who previously was a chemotherapy infusion nurse. But her experience with lung cancer patients drove home the importance of the position. “I have no regrets about taking this avenue,” she stresses.

As lung care navigator, Olszewski’s main goal is to get patients, once diagnosed, into their treatment plans in a timely manner. “After a diagnosis or abnormal finding, we have to move quickly,” Olszewski says. “Early stage is everything.”

Surgery is the first treatment option for lung cancer, followed by chemotherapy and radiation. Oftentimes, however, lung cancer is diagnosed at stage 3 or 4, which could rule out surgery. In that case, chemotherapy and radiation become the initial treatment options.

Olszewski describes lung cancer patients as a special population.

She remembers one of her first patients as lung care navigator – someone she knew when she was a chemotherapy infusion nurse. He was diagnosed with lung cancer in his 40s but was doing well as chemotherapy treatments were working. Then, he was diagnosed with a single brain tumor. But it was removable because it was a single lesion. Almost five years later, he has a clean bill of health. “This is what you root for,” she says.

Once patients are integrated into a treatment plan, Olszewski will step back but is always available. “It’s a never-ending role,” she says of her position. “I can fluctuate in and out as needed. I am a ‘steady-constant.’”



Sally Olszewski, R.N.

SUMMA WESTERN RESERVE OFFERS CT SCAN OF LUNGS

Summa Western Reserve Hospital has introduced the Lung Health Program, offering collaborative care for smokers (current and those who have quit) or individuals exposed to secondhand smoke.

A special feature of the program is a rapid, non-invasive, pain-free, low-dose CT scan that produces a 3-D image of the lungs. Low-dose CT scans are one of the most effective ways to detect early-stage lung cancer, says Jeffrey Unger, M.D., medical

director, department of radiology at Summa Western Reserve Hospital. The results of the CT scan are available immediately, and patients can discuss those results with a nurse practitioner.

Summa Western Reserve Hospital is the first Akron-area facility to offer CT scans to detect lung cancer.

To learn more about the Summa Western Reserve Hospital Lung Health Program, call (330) 929-5864 or go to westernreservehospital.org/LungHealth.

AVAILABLE – FROM DIAGNOSIS ONWARD

Heidi Eve-Cahoon, R.N., refers to herself as the “go-to” lady for breast issues as the breast care navigator at Cooper Cancer Center. If a patient has a problem with scheduling, she can help. She is a resource for patients who need information, just want to talk or are dealing with problems in relation to their care – financial, emotional, etc. She is there to answer any questions from family members.

Eve-Cahoon believes her most important role is to let women know she is available to them – from diagnosis through all phases of treatment and beyond. “I listen and take time to explain,” she says. “When patients have questions, we can sit down and go over them together. I give them time.”

Eve-Cahoon’s responsibilities give her the opportunity to work with women at a crisis point in their lives. She helps get them through that crisis and make the transition to another state of being – whether it is a new normal or chronic illness.

“The patients just amaze me,” she stresses. “Nobody wants to hear the words ‘breast cancer.’ Once they are diagnosed, the women make a plan and go forward. They work at getting better and show a lot of strength.”



Heidi Eve-Cahoon, R.N.

TRYING TO TAKE AWAY UNDUE STRESS

Karen Bochert, R.N., is new to the role of colorectal care navigator at Cooper Cancer Center, having begun in January 2012 after working in the endoscopy unit of Summa Akron City Hospital’s specialty surgery center.

She believes her most important role, at least initially, is to continue streamlining the process for patients – a project that began prior to her start. The goal is to get patients to begin their chemotherapy treatments, if indicated, within 28 days of discharge after surgery. Getting patients to begin the treatment quicker increases the survival rate, she says.

Bochert’s interest in colorectal cancer grew from her previous position in endoscopy, as well as personal experience with a family member affected by rectal cancer.

As she moves forward, Bochert hopes her most important contribution to care is helping patients navigate through the hospital system, thus reducing unnecessary stress placed on them and their families. “I also want to be available as a contact person to provide another source of information and support for the colorectal cancer patient,” she says.

Already, her efforts are being recognized by appreciative patients. “My personal contact with patients has been very positive,” Bochert points out.



Karen Bochert, R.N.

Summa Health System has comprehensive cancer services at locations in Summit, Portage and Medina counties. For more information, call (888) 720-5318 or go to summahealth.org/cancer. ■

SUMMA REHAB HOSPITAL

dedicated solely to acute rehabilitation

Summa Rehab Hospital provides individualized treatment plans through comprehensive therapeutic intervention and education in a facility dedicated to acute rehabilitation. “Our goal is to maximize abilities so that patients can return to their highest level of independence,” says Jeffrey Sanderson, M.D., medical director of the 60-bed facility.

Patients are admitted to Summa Rehab Hospital because of a major loss of function. Care is provided by a multidisciplinary team comprised of physicians, nurses, therapists – physical, occupational, speech and recreational – and case management workers.

Attending physicians are trained and board-certified in physical medicine and rehabilitation (PM&R), and the hospital has a large network of physicians in such specialties as pulmonary, oncology, cardiology, cardiothoracic, general surgery, infectious disease, psychology and neurology. Licensed therapists help patients re-learn skills lost through injury or illness.

The therapy treatment area includes a two-story, 5,000-square-foot gym and adaptive outdoor courtyard terrain, which allows patients to practice on various surfaces, including grass, gravel, ramps and curbs.

An apartment-style suite, complete with queen-sized bed, full bathroom and kitchen, living area, and laundry, allows patients and their families to have a trial run to see how they do on their own prior to discharge.

Summa Rehab Hospital opened in January and has already made an impression. “Patients have thanked me for bringing them here,” Dr. Sanderson says. “The care that our staff provides and the environment of the hospital itself have received rave reviews from our patients.”

Summa Rehab Hospital, a partnership with Vibra Healthcare, is located at 29 N. Adams St., across from Summa Akron City Hospital. For more information, call (330) 379-5111. ■

Florence Joann Croft of Barberton, the first patient admitted to Summa Rehab Hospital, practices the stairs under the guidance of therapist James Lee, P.T., DPT, NCS.





Prescription painkillers can pose risk for expectant moms, babies

Karen Frantz, BSN, RNC, has seen her share of babies in trouble. A case manager in women's health services at Summa Akron City Hospital, Frantz works with expectant mothers, some of whom are addicted to prescription painkillers.

"Prescription drug abuse has become an epidemic in many parts of the country, including Ohio," Frantz points out. "In the 1980s, it was crack cocaine. Now, it's prescription painkillers."

Prescription painkillers – morphine, methadone, codeine, hydrocodone (Vicodin[®]), meperidine (Demerol[®]) and oxycodone (OxyContin[®], Percocet[®]) – are just as dangerous as illegal street drugs if used incorrectly. "Some patients think any drug is safe as long as it is prescribed by a physician, even during pregnancy," Frantz says.

But prescription medications carry risks. Some drugs can affect the blood flow from a mother to her unborn baby, which can cause the baby to be born too small, too soon or with a birth defect.

Opiates are passed through the placenta (umbilical cord) to the baby during pregnancy. Once born, the baby no longer gets a dose of the drug, which can lead

PREGNANCY IS NOT THE TIME TO QUIT COLD TURKEY

1. Close follow-up with your physician is essential.
2. Be open and honest with your physician; include all medications you're taking, including prescription drugs, over-the-counter medications, vitamins, herbal supplements, illegal drugs, acne medications, etc.
3. Don't try to wean yourself from opioid medications on your own.
4. After birth, your baby will need close monitoring for signs of drug withdrawal symptoms.
5. Your baby probably will need a longer hospital stay for treatment.
6. Your baby's length of hospital stay may vary from days to months, depending on symptoms.
7. Breastfeeding regularly can help decrease your baby's withdrawal symptoms.

to withdrawal symptoms such as diarrhea, excessive high-pitched crying, fever, irritability, sensitivity to light and noise, poor feeding, seizures, sleep problems, slow weight gain, tremors and vomiting.

Expectant women who abuse prescription painkillers may think it's best to quit cold turkey when they learn they are pregnant. But Frantz warns women of the risks of going through withdrawal while pregnant.

"Mothers may think they are protecting their babies by quitting cold turkey, but it is very dangerous for both of them," she stresses. "Withdrawal can cause the uterus to contract and bring on a miscarriage or premature birth. Babies also can suffer seizures while in the womb. It's safer for mothers to work with a physician rather than try to wean themselves from these drugs."

The Summa Center for Women's Health Services provides OB-GYN examination and pregnancy services. To schedule an appointment, call (330) 379-5111. If you're interested in receiving more information regarding women's health, please subscribe to our women's blog, *Flourish*, written by Vivian E. von Gruenigen, M.D. ■

References: The Maternal Fetal Neonatal Quip Committee and Akron Community Agencies, Clinics and Hospitals

SUMMA'S WOMEN'S HEALTH RECEIVES AWARD FOR SAFETY INITIATIVE

The Ohio Patient Safety Institute (OPSI) honored Summa Akron City Hospital with its 2012 Best Practice Award for implementing the most innovative, evidence-based patient safety practice. Summa's Women's Health is the only OB service in the state to win the award this year.

Summa's Women's Health won for improving the safety of induction and augmentation of labor.

At most institutions, more than half of all births are the result of induced/augmented labor. Oxytocin is the most commonly used drug to induce/augment labor. The use of oxytocin and the induction/augmentation of labor expose mothers and babies to additional risks, including too frequent uterine contractions, delayed caesarean sections and fetal distress.

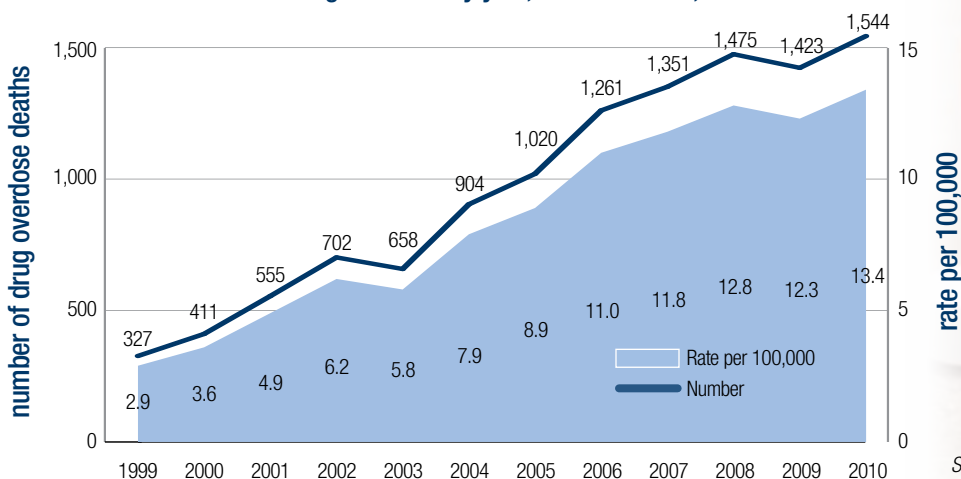
Summa's Women's Health service sought to reduce the risks associated with labor induction/augmentation in pregnant women by:

- Creating a perinatal safety team to develop processes and tools to improve safety during the birth experience
- Developing an induction scheduling and consent form
- Creating and implementing processes to block inappropriate elective inductions of labor
- Formulating a set of rules about oxytocin use to reduce risk

After implementing the program, Summa Akron City Hospital's caesarean rate is almost 3 percentage points better than the average rate for other Ohio hospitals (2010). Summa Akron City Hospital also has seen lower rates for postpartum hemorrhage (post-birth bleeding), intrauterine hypoxia (lack of oxygen to the fetus before birth) and birth asphyxia (lack of oxygen to the baby during birth) when compared with the National Perinatal Information Center's academic hospital average.

So what does this mean to patients? These evidence-based process improvements translate to a better – and safer – birth experience for mother and baby.

Number of deaths and death rate per 100,000 from unintentional drug overdose by year, Ohio residents, 1999-2010



Source: Ohio Prescription Drug Abuse Task Force

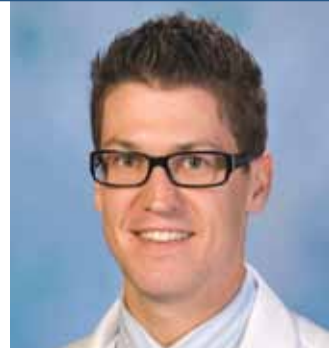
HONESTY is the best policy with your primary care doctor

It may have been a while since you last visited a primary care physician. But “milestone” birthdays – 40, 50 or 60 – may be approaching, prompting you to schedule an appointment.

In order for the doctor-patient relationship to work best, patients must feel comfortable with – and actively discuss – all sensitive topics with their primary care physician, says Scott T. Hamler, M.D., a Summa Physician Inc. family medicine specialist who sees patients at Summa Health Center in Green and Robinson Health Center in Streetsboro.

“It’s like any other relationship; trust is important,” Dr. Hamler points out. “Communication has to be wide open.”

Dr. Hamler boils sensitive topics down to three categories: **sex, drugs** and **rock ‘n’ roll**.



Dr. Scott Hamler:
The doctor-patient relationship is like any other relationship. “Trust is important.”

SEX

In recent years, sexual issues have become a subject of discussion with male patients because of publicity surrounding erectile dysfunction (ED). ED is a circulation issue, and if a male patient identifies ED as a problem, Dr. Hamler can discuss other potential circulation issues, such as high blood pressure and cholesterol. These conditions, if left untreated, can put a patient at risk for heart attack or stroke.

Likewise, sex was once a taboo subject with female patients. Dr. Hamler urges that women should feel comfortable talking about the issue. “Sex is recognized as one component of being an active, healthy woman,” Dr. Hamler says. “Women shouldn’t be shy about discussing sexual topics.”

We live in a heavily medicated world – prescription drugs, over-the-counter medications, herbal remedies, vitamins, etc. It is a subject most worthy of discussion, Dr. Hamler says. “And not just about specific medications, but a patient’s attitude about medications in general,” he stresses. “Some patients say, ‘Just give me a pill; I don’t want to change anything else about myself.’ For other patients, medication is an absolute, last-ditch solution.”

As a prescriber, Dr. Hamler says it’s important for him to know a patient’s philosophy regarding medications. Some, for example, will take health supplements but not prescriptions. “It will change my approach to what the best treatment plan is for that person,” he notes.

DRUGS



ROCK ‘N’ ROLL

Dr. Hamler says it is important to know what drives a person – what he or she is passionate about. It can be children and family, work, or hobbies. Is there any health reason – physical, mental, emotional – that prevents a person from enjoying those passions to their fullest? “I can ask whether it is physical pain, stress or another factor that is holding a patient back,” Dr. Hamler says.

What Dr. Hamler strives for is as complete a picture as possible about a patient. “This can help me customize healthcare for the patient.”

To make an appointment with a Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. ■

Commitment to quality results in honor for **SummaCare**



SummaCare received recognition for its commitment to quality. The insurance company was recognized as the No. 1 health insurance plan in Ohio for its commercial plans by the National Committee for Quality Assurance (NCQA) in its 2011-2012 Private Health Insurance Plan Rankings.

SummaCare's HMO/POS plan was ranked No. 1 in Ohio and 54th nationally, while its PPO plan ranked No. 1 in Ohio and 116th nationally among 390 health plans.

The annual rankings are based on several reporting categories and measures including overall customer satisfaction, preventive services and how well the plan takes care of people with chronic conditions.

"This recognition is a result of our commitment to provide our members with the best products and services available," says Marty Hauser, president of SummaCare. "We are proud to receive this award and will continue to provide excellent service to all of our customers."

NCQA evaluated more than 480 private health plans and ranked 390 of those based on clinical performance, member satisfaction and NCQA accreditation. To be eligible, health plans must authorize public release of their performance information and submit enough data for a statistically valid analysis. The Health Insurance Plan Rankings 2011-2012 used NCQA's established rankings methodology, which is widely recognized.

NCQA is a private, nonprofit organization dedicated to improving healthcare quality. NCQA accredits and certifies a wide range of healthcare organizations and also recognizes clinicians and practices in key areas of performance. NCQA's Healthcare Effectiveness Data and Information Set (HEDIS®) is the most widely used performance measurement tool in healthcare. ■



Summa Foundation

supports programs to improve community health

In addition to medical research, innovation and education, Summa Foundation supports initiatives that have the potential to improve the health of an entire community.

With leadership and financial support from the Foundation, Summa Health System recently opened Summa Center at New Seasons, a healthcare center designed to transform the care patients receive and help identify, reduce and eventually eliminate health disparities in the community.

“Our goal is to get and keep people healthy, and we’ll achieve that by providing high-quality care and empowering people to take an active role in the management of their health,” says E. Demond Scott, M.D., MPH, executive director of Summa Center at New Seasons. “But we didn’t want to just open our doors and wait for people to come – we want to be a part of the community and work alongside residents and local businesses.”

Summa Center at New Seasons’ community outreach services includes educational workshops, nutrition and wellness programs, exercise support, and a full-demonstration chef’s kitchen. Community members also may participate in the Learning Community – discussions among physicians, patients and community leaders to identify health problems and work toward viable solutions.

Summa Center at New Seasons is located at 1493 S. Hawkins Ave., Akron and can be reached at (330) 865-5333.

Summa Foundation supports a number of community outreach programs to help improve the health of the community, including:

- **Family Medicine in the Community (FMIC)**, a program in which Summa family medicine residents spend one month working in the community promoting preventive care and improving health education. Summa Foundation provides funding to allow a faculty member to create a rich curriculum to facilitate a true learning experience for residents.
- **Project Homeless Connect**, an annual event to help homeless people in Akron get access to much-needed services such as medical and dental care and personal hygiene.
- **Monica Gardner Diabetes Legacy Project**, a faith-based diabetes management program designed to provide the education and tools needed to successfully manage existing diabetes and promote preventive interventions to help stop the rise in the prevalence of diabetes.
- **Free AIDS/HIV testing** on National HIV/AIDS Day in June and on World AIDS Day in December. The testing takes place at METRO’s downtown Intermodal Transit Center, located at 631 S. Broadway St., Akron.

Through these and other programs, Summa Foundation promotes a healthier community. To learn more, visit thesummafoundation.org or call (330) 375-3159. ■



The ribbon is cut on Feb. 27, 2012, signifying the opening of Summa Center at New Seasons.



The 256-slice CT scanner at Robinson Memorial Hospital requires only a fraction of the radiation dose that is delivered by other scanners, which improves patient safety.

Photo courtesy of Siemens

CT SCANNER

MINIMIZES PATIENT RADIATION EXPOSURE AT ROBINSON MEMORIAL HOSPITAL

Robinson Memorial Hospital's highly advanced 256-slice CT scanner can capture the body's skeleton, organs and blood vessels in detail.

According to a 2009 study conducted by the American College of Radiology, per-capita average annual exposure of radiation grew from 15 percent in the early 1980s to 48 percent in 2006. But this CT scanner requires only a fraction of the radiation dose delivered by other scanners, minimizing radiation exposure for a patient.

Because of its high scanning speed, the CT scanner can capture a complete, 3-D image of the entire chest region in just 0.6 seconds with one scan/rotation. Patients are no longer required to hold their breath during the exam.

Because of the scanner's 256 detectors, it is possible to perform a whole-body scan on a 6-foot, 6-inch person in less than 4.7 seconds. The more detectors (or "slices") in a scanner, the better the resolution of the image it produces.

The 256-slice scanner can find early signs of restricted blood flow or other issues before symptoms appear or an organ is permanently damaged.

To find out more about the new 256-slice CT scanner and the variety of radiology/imaging services offered at Robinson Memorial Hospital, an affiliate of Summa Health System, call (330) 297-2795 or visit robinsonmemorial.org/imaging. ■

ROBINSON MEMORIAL'S 256-SLICE CT SCANNER CAN:

- Scan a heart in 250 milliseconds – about one-quarter of a heartbeat
- Scan the entire body in less than 5 seconds
- Reduce radiation exposure by as much as 90 percent
- Obtain detailed 3-D images with enhanced clarity
- Reduce radiation dose to the breast region by as much as 40 percent
- Reduce radiation dose by 25 percent in routine exams

DID YOU KNOW?



You can register for Summa-sponsored classes, events and activities online? The registration process is quick and easy. Here's how to get started:

1. Go to summahealth.org and click on **Classes and Programs**.
2. Click either **For a complete listing, click here** or **Search for a program**.
3. From **Classes and Programs**, visitors can search by:
 - Category (class/service/topic)
 - Keyword
 - Date Range
4. Visitors may also click **View Calendar** to see the list of offerings by date

5. After making a selection, visitors can review details about the class/event, including:
 - Fee (if applicable)
 - Fee payment options
 - Location, date, time
 - Instructor's name
 - Number of open seats remaining
6. To register for a class or event, click the **Add to Cart** button.

A secure online payment option is available for classes and programs that require a fee.

Visitors who have questions or issues registering can **Request a Callback**. Click on **Request a Callback** to receive a phone call from one of our SummaConnections staff. A representative can answer questions and/or provide assistance in registering for a class/event.

MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU

The following Summa Physicians Inc. primary care physicians are welcoming new patients to their practices.



Family Medicine
Vivek Bhalla, M.D.
388 S. Main St., Suite 201
Akron, OH 44311



Family Medicine
Lesley McKinley, D.O.
6509 Frank Ave. N.W.
North Canton, OH 44720



Family Medicine
Scott Hamler, M.D.
9318 State Route 14, Streetsboro, OH 44241
and
1700 Boettler Rd., Ste. 200, Uniontown, OH 44685



Family Medicine
E. Demond Scott, M.D.
1493 S. Hawkins Ave.
Akron, OH 44320



Family Medicine
Andrea Jopperi, D.O.
388 S. Main St., Suite 201
Akron, OH 44311



Internal Medicine
Elina Shakya, M.D.
1493 S. Hawkins Ave.
Akron, OH 44320



Internal Medicine
Samir Makati, M.D.
2040 E. Market St.
Akron, OH 44312



Family Medicine
Ruchi Taliwal, M.D.
265 Portage Trail W., Suite 200
Cuyahoga Falls, OH 44223

To schedule an appointment, call (800) 237-8662, ext. 234.

communitycalendar

SUMMA AKRON CITY HOSPITAL

GREEN

Weight Loss Surgery Seminar

The seminar answers questions regarding what to expect before, during and after weight loss surgery.

July 12, Aug. 9, Sept. 13; seminars begin at 6 p.m.

Professional Center South, 55 Arch St., Basement Floor

Advanced registration is required. For more information or to register, call (330) 375-6304 or go to summahealth.org/weightloss.

Green ED Open House

1825 Franks Parkway, near the intersection of Boettler and Massillon roads

July 2, 5 to 8 p.m.

SUMMA BARBERTON HOSPITAL

SUMMA WADSWORTH-RITTMAN HOSPITAL

ROBINSON MEMORIAL HOSPITAL

Diabetes Care

Sept. 11, 6:30 p.m.

Parkview Center Lobby

Respiratory Forum

Sept. 5, 4 p.m.

Cardiopulmonary Gym, Ground Floor

Caring Heart Support Group

Sept. 11, 2 p.m.

Cardiopulmonary Gym, Ground Floor

Healthy Heart Lecture

Sept. 18, 6 p.m.

Parkview Center Lobby

Programs are free, but registration is required or encouraged. For more information on these or other programs or to register, call (800) 237-8662.

First Aid

Training participants in First Aid

Sept. 9, 8 a.m. to 2 p.m.

Education Center

Registration is required; cost: \$75

Heartsaver AED

Trains participants in adult CPR, with infant CPR option

Aug. 16, 9 a.m. to noon

Sept. 5, noon to 3 p.m.

Education Center

Registration is required; Cost: \$50

For more information on these or other programs or to register, call (330) 237-8662.

Free Blood Pressure Screenings

July 19 and Sept. 20, 9 to 10:30 a.m.

Aug. 6, 2:30 to 4 p.m.

Registration is not required

Free Skin Cancer Screenings

Sept. 21, 8:30 to 11:30 a.m.

Robinson Health Center at Streetsboro

9318 State Route 14

Streetsboro, OH

Registration is required

Free Smoking Cessation Program

Taught in a series of five one-hour classes

Registration is required

For more information or to register, call (330) 297-2576. For a list of classes and events, go to robinsonmemorial.org.

ONLINE CHATS

Online chats allow you to talk with a Summa Health System physician on many topics.

Improving Your Back Pain

Scot Miller, D.O.

June 21, noon

Prolapse and Incontinence

John Devine, M.D.

July 12, noon

Robotics

Adrian Dan, M.D.

July 13, noon

Memory Loss: What is Normal?

Maryjo Cleveland, M.D.

Aug. 22, noon

To see a full listing of web chats or to register to participate in any chat, go to summahealth.org/askadr.

For information on additional programs and clinics, please visit summahealth.org and click on Classes and Programs.



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“Thanks to Summa, I’ve been cancer-free for five years.”

Valerie Horton’s breast cancer appeared on a mammogram five years ago. “I was looking for a breast cancer specialist,” she said. “We chose Summa because they were so highly recommended.”

Valerie felt comfortable with her Summa oncologist, who was happy to include Valerie’s entire family in her treatment process.

After a lumpectomy to remove her tumor, Valerie received six and a half weeks of radiation therapy. Today, she is still cancer-free.

“I felt comforted, I felt loved. I felt like family when I was in the hands of Summa.” To watch the rest of Valerie’s story, visit summahealth.org/ValerieH.



Early detection was key to Valerie’s success. Schedule your digital mammogram today by calling (888) 720-5318 toll-free.

