



thrive

for every season of your life

Gerry Faust: healthy knees, active life

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MEANS A NEW LIFE

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summahealth.org

A Publication of Summa Health System **Fall 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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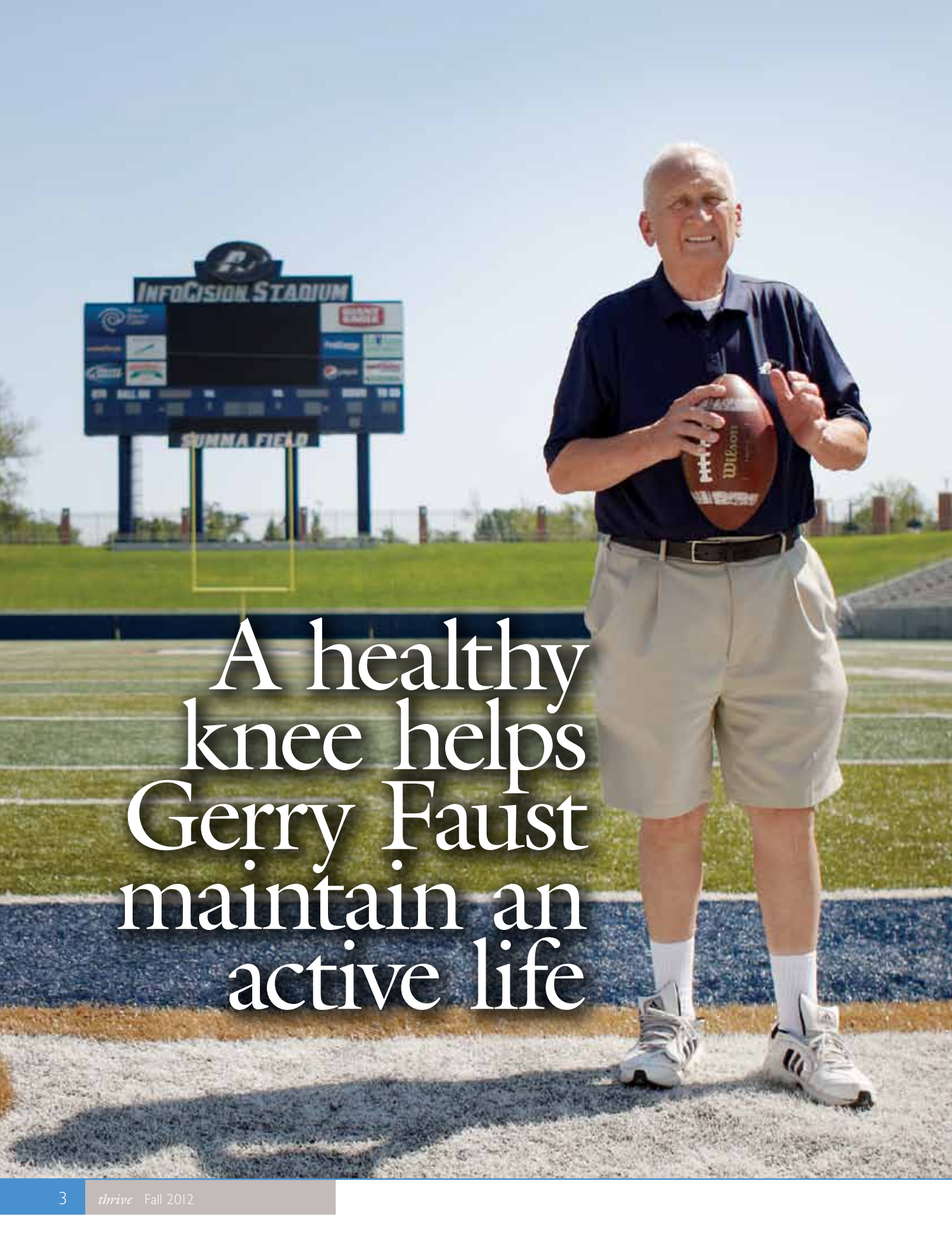


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Thanks to Crystal Clinic Orthopaedic
Center, former head football coach
Gerry Faust is always on the go.*

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A healthy
knee helps
Gerry Faust
maintain an
active life

PAIN WAS ROUTINE FOR THE FORMER COACH UNTIL SURGERY AT CRYSTAL CLINIC ORTHOPAEDIC CENTER

Gerry Faust roamed the sidelines as a head football coach for four decades, beginning at Cincinnati Archbishop Moeller High School, followed by stops at the University of Notre Dame and University of Akron.

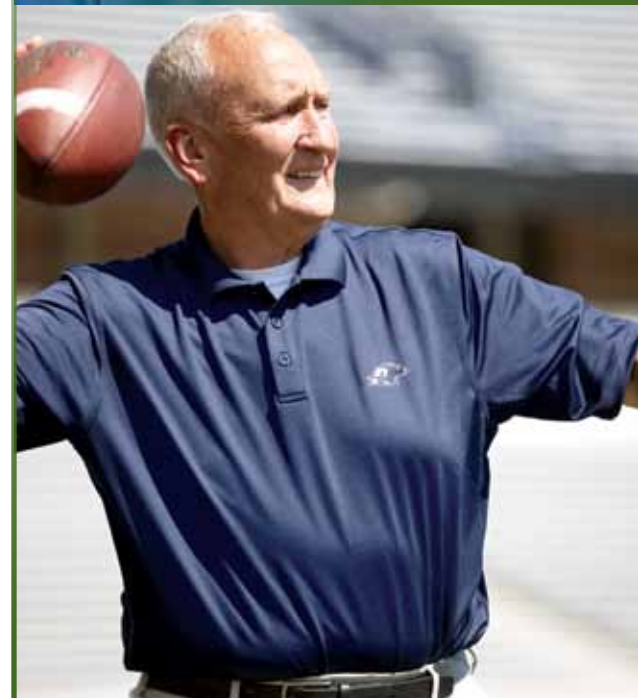
As a coach, his greatest thrill wasn't success on the field; it was watching his former student-athletes become successful in life. "As a coach, you hope to have something to do with their success," he says.

Today, Faust, 77, is retired from coaching. That doesn't mean he is idle. He spends much of his time golfing, playing cards and bicycling in his Fairlawn neighborhood; spending time with his three children and six grandchildren; and traveling extensively to deliver motivational speeches, mostly for charity (about 70 speeches a year).

Being as active as he is in retirement, Faust can't afford to let pain stand in his way. But knee pain was a way of life for Faust for many years.

Faust played quarterback for the University of Dayton in the late 1950s. In one game, he was blindsided going back to pass, injuring his left knee. The injury lingered as his coaching career progressed. "I could bear the pain, but it got worse as the years went by," he says.

Finally in 1999, Faust saw Ivan Gradisar, M.D., of Crystal Clinic Orthopaedic Center for knee replacement surgery. The surgery was successful but Faust



TEAMWORK IS IMPORTANT FOR SUCCESSFUL SURGERY

Crystal Clinic Orthopaedic Center provides a team approach to patient care. Surgeons work closely with nurses and anesthesiologists such as Thomas E. Mark, M.D., who was on the team when former coach Gerry Faust had knee surgery.

After surgery, physicians work closely with physical therapists. Crystal Clinic Orthopaedic Center believes physician-therapist coordination leads to better patient results and physical outcomes.

"Team play is very important in athletics, but it's also very important when having surgery," Faust says. "Crystal Clinic Orthopaedic Center has a great team. That's why my surgery was a success."



Gerry Faust and friends enjoy their time together on the golf course.

decided to self-rehabilitate. "Being an old coach, I figured I could do it on my own," he points out. "I didn't rehab it correctly."

Several years later the knee began to slip, causing pain. Faust went back to Crystal Clinic Orthopaedic Center, where Phillip Lewandowski, M.D., performed knee revision surgery in 2008. Once again the surgery was successful, but this time Faust underwent land (stretches and weightlifting) and water (swimming exercises and walking) therapy. "Care after surgery is as important as the surgery itself," he says.

Faust says his new knee makes him feel like he is 50 again. He enjoys his hobbies and, of course, visiting his family whether it is in the Akron area or Cincinnati. He knows these activities would be next to impossible without knee surgery.

"I couldn't ask for a more successful surgery," Faust says. "The care was excellent and the therapy was outstanding. I'm very blessed. I'm doing everything I want to do." ■



Gerry Faust during his college days at the University of Dayton.
Photo courtesy of University of Dayton Athletics

CRYSTAL CLINIC ORTHOPAEDIC CENTER

You don't have to live with knee or hip pain. The joint specialists of Crystal Clinic Orthopaedic Center, a partnership with Summa Health System, can treat your knee or hip condition to improve your quality of life. "Once you get to the point where the pain becomes unbearable, find the best surgeon, have the operation and undergo therapy," says Crystal Clinic Orthopaedic Center knee patient and former head football coach Gerry Faust. "You'll be up and going in no time."

To schedule an appointment with a joint specialist or to get a free copy of *Playbook for Knee and Hip Pain*, call toll-free (855) 728-4660. To hear more about Gerry Faust's story or about the recovery of other Crystal Clinic Orthopaedic Center total joint patients, go to crystalclinic.com/Gerry.



Roberta Saunders sees life in a NEW WAY

**“The difference is amazing.
Colors are richer, everything is sharp.”**

– Roberta Saunders

As she was preparing for her family’s Easter celebration on Good Friday 2011, Roberta Saunders remembers seeing lightning. She thought it was odd because she didn’t hear thunder. She quickly forgot about it.

The following morning, she saw what she thought was a spot on the right lens of her glasses but couldn’t remove it. She opted to ignore it but was dismayed to find that the spot was bigger on Easter morning and now included a gray line that extended halfway across her field of vision.

Her family urged her to see her primary care physician who immediately sent her to the James and Linda Venner Emergency Center at Summa Wadsworth-Rittman Hospital.

Rachel A. Biedenbach, M.D., an ophthalmology specialist at Summa Wadsworth-Rittman Hospital, diagnosed a detached retina. Six hours later, Saunders had emergency surgery at Summa Akron City Hospital.

Saunders awoke to learn that although the surgery was a success her vision problems were not over. She needed cataract surgery on both eyes. Just 55 years old, with a history of vision problems, it was possible that the retina surgery would not improve her vision, leaving her legally blind.

Saunders had one cataract removed in October 2011 and the other in November. Today, her vision is better without glasses than it was before with glasses. She is enjoying her hobbies – reading historical novels, gardening, participating in pre-1840 historical reenactments with her husband, Dan, and spending time with her family, including her grandchildren Amelia and Aaron.

“The difference is amazing,” she says. “Colors are richer, everything is sharp.”

One year ago, Saunders was faced with blindness and filing for disability. She was impaired to a non-functional level. Now, she’s working full time and recently passed her driver’s test with flying colors. “I feel like I have my life back,” she says.

As a former nurse at Summa Wadsworth-Rittman Hospital, Saunders knew what to expect in terms of patient care. “Dr. Biedenbach was very supportive and realistic at the same time,” Saunders says. “I knew the risks but I knew I was in good hands.”



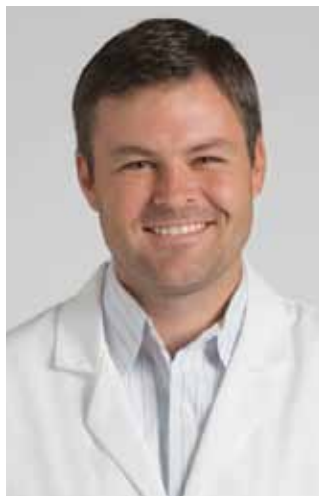
Dr. Rachel A. Biedenbach

The Wadsworth Eye Clinic provides comprehensive care and services, ranging from eye exams to surgery. To set up an appointment, call (888) 720-5318. ■



Summa offers patients a high level of

Tyler Taigen, M.D., has one goal for Summa Health System: That it is recognized as a center of excellence for the treatment of atrial fibrillation (a-fib). “I want to make sure everyone with a-fib in Akron has the opportunity to receive the same level of care as anywhere else in the country,” he says.



Dr. Tyler Taigen

Dr. Taigen, a physician with Summa Physicians Inc., began as director of Summa Cardiovascular Institute’s a-fib program in July. Care is comprehensive and includes:

- A device lab for event monitors
- An electrophysiology lab
- Nurse practitioners
- Highly trained nurses
- Technology that is on par with other hospitals

A-fib is an irregular and often rapid heart rate that can cause poor blood flow to the body. During a-fib, the heart’s two upper chambers (the atria) beat chaotically and irregularly and out of coordination with the two lower chambers (the ventricles). Symptoms include heart palpitations, shortness of breath, fatigue and effort intolerance (routine tasks usually easy but are now harder).

There are many risk factors that can contribute to a-fib, such as high blood pressure, diabetes, obesity and sleep apnea. However, a large portion of the population experiences a-fib but exhibit none of the risk factors, Dr. Taigen says.

Episodes of a-fib can come and go or it may be chronic. In most cases, a-fib is not life-threatening on its own. But it is a serious medical condition that can require emergency treatment. Left untreated, it could lead to heart failure or stroke.



a-fib care

Treatments include heart medications, anticoagulation drugs for stroke prevention and, if necessary, ablation (a therapy that burns away the electrical short circuits that are the root cause of a-fib). “The main focus of treatment is to control the symptoms by medicine or ablation,” Dr. Taigen says.

While the a-fib program is based at Summa Akron City Hospital, where procedures take place, Dr. Taigen is working with physicians at Summa Barberton and Wadsworth-Rittman Hospitals, as well as at Summa’s partner facilities.

His message for physicians and patients is early screening and treatment are the best course of action. Dr. Taigen also wants patients to know that he is their point of contact for a-fib treatment, whether it is to check on an event monitor or to ensure that proper guidelines are followed. ■

SUMMA ADDS BEHAVIORAL COMPONENT TO CARDIOVASCULAR CARE

Within the past 20 years, the medical community has increasingly recognized that behavioral health interventions can improve the physical well-being of patients diagnosed with heart disease.

That’s why Summa Cardiovascular Institute (SCI) recently added a new component to its heart care programs to address depression and other issues that can impact the physical health of patients. Led by Erin Farrer, Ph.D., a clinical psychologist with Summa Physicians Inc., SCI’s new behavioral health program offers heart patients and their families:



Dr. Erin Farrer

- Assistance with lifestyle changes (smoking cessation, diet, exercise regimen adherence, etc.)
- Treatment for symptoms related to depression, anxiety, post-traumatic stress disorder (PTSD) and social support stress
- Treatment for fear and anxiety symptoms related to an implantable cardioverter defibrillator (ICD) or pacemaker
- Advice for caregivers and family members on how to prevent stress-related conditions

Farrer uses a combination of cognitive behavioral therapy, relaxation and mindfulness techniques to help patients learn to cope with heart-related issues. Mindfulness techniques encourage people to stay in the moment and avoid making judgments about what they are feeling or experiencing.

“There is no fear or no shame in seeking help if you need it,” she says. “We live in a society that says a pill can make you happy all of the time. But that isn’t realistic.”

Heart patients need to know that all of their emotions deserve respect and compassion, Farrer stresses.

“Just letting someone else know what’s going on inside – what you’re thinking and feeling – can help,” she points out. “I want people not to feel shame when they come here. By participating in your own care, you can get there. You can do it.”

SUMMA CARDIOVASCULAR INSTITUTE

Tyler Taigen, M.D., and Erin Farrer, Ph.D., joined Summa Cardiovascular Institute (SCI) this year, expanding the breadth of services it offers patients. SCI has more than 50 physicians, plus supporting healthcare professionals, dedicated to patient-centered heart care at Summa Health System facilities in Summit and Medina counties. To schedule an appointment with one of our cardiovascular specialists, call (800) 237-8662.



Breast Cancer Awareness Month

UNDERSCORES IMPORTANCE OF EARLY DETECTION

October is Breast Cancer Awareness Month, an annual campaign to educate Americans about the importance of early detection, risk factors, options for diagnosis and treatment, and also to provide public support for breast cancer survivors.

According to the National Cancer Institute:

- One in eight women will be diagnosed with breast cancer during their lifetime
- More than 200,000 women will be diagnosed with breast cancer this year and more than 40,000 will die from the disease
- About 1,700 men will be diagnosed with breast cancer and about 450 will die each year
- When breast cancer is detected early, the five-year survival rate is 98 percent. Unfortunately, more than 30 percent of women are diagnosed after breast cancer has spread beyond the localized stage

Risk factors for breast cancer include:

- **Age:** Risk increases with age; half of all women diagnosed with breast cancer are age 65 or older
- **Diet/lifestyle:** Lack of physical activity, a diet high in saturated fat and alcohol consumption of more than two drinks per day
- **Menstrual and reproductive history:** Early menstruation or late menopause, having your first child at an older age, or not having given birth or taken birth control pills for more than 10 years if you're under age 35

- **Medical and other factors:** Dense breast tissue, past radiation therapy to the breast/chest area, a history of hormone treatments (estrogen and progesterone) or genetic changes (BRCA1, BRCA2 and others), and ethnicity (Ashkenazi Jewish descent)

The American Cancer Society's guidelines for cancer prevention include the following suggestions:

- Maintain a healthy weight
- Adopt a physically active lifestyle – exercise 30 to 60 minutes, five days or more per week
- Healthy diet – eat five or more servings of fruit/vegetables daily and limit processed and red meats
- Limit daily alcohol intake to one drink for women and two drinks for men

Breast cancer can be cured if it is diagnosed early and treated quickly. Summa Health System has digital mammography locations in Summit, Portage and Medina counties. To schedule an appointment for a mammogram or an exam at Summa Center for Women's Health, call (888) 720-5318. ■



BE PROACTIVE ABOUT BREAST HEALTH

The best way to fight breast cancer is to detect the disease in its early stages.

The National Breast Cancer Foundation recommends having a baseline mammogram and annual clinical breast exams by age 40, a mammogram every one to two years between the ages of 40 and 49, and an annual mammogram beginning at age 50.

The National Breast Cancer Foundation has developed a free application for iPhone users, called Early Detection Plan (EDP): Breast Cancer, to remind women to perform routine breast self-exams and to schedule exams and mammograms. There also is an online version of the tool available on the National Breast Cancer Foundation's website, nationalbreastcancer.org.

"Philanthropy will greatly accelerate and enhance Summa's bold plan to transform healthcare in Northeast Ohio." — SHANE SEYMOUR



SUMMA
Foundation

Chief development officer sees philanthropic potential of Summa

Shane Seymour, CFRE, brings nearly 20 years of fundraising leadership to Summa Health System, with service at academic medical centers, integrated healthcare delivery systems, as well as public and private universities. Most recently, Seymour was a senior director with a national fundraising consulting firm. He started as Summa's chief development officer in April and will lead the development team in executing an aggressive fundraising agenda for the future.

THRIVE: What drew you to Summa Health System?

SEYMOUR: A number of things initially attracted me to Summa. Its reputation as a highly regarded health system, the position itself, the philanthropic potential that exists here and the location (his wife is from Hudson). Ultimately, it was the people that I met throughout the interview process and the culture of servant leadership that sealed the deal.

THRIVE: You have led high-performing teams and orchestrated fundraising campaigns ranging in size from \$20 million to \$1 billion. What are your specific goals for Summa Foundation?

SEYMOUR: Summa already benefits greatly from the support of the community. Philanthropy will greatly accelerate and enhance Summa's bold plan to transform healthcare in Northeast Ohio. Our goal is to build meaningful partnerships with individuals and organizations that share our vision of improving the health of our community by delivering high quality, integrated care whenever and wherever it is needed.

THRIVE: What do you consider the biggest challenge in philanthropy today?

SEYMOUR: A very generous philanthropist recently told me, "The days of giving are over. Now, we invest." His remark is indicative of both the change and challenge in philanthropy today. Donors expect to be authentically engaged with the causes they support and are increasingly reluctant to give to organizations that have not demonstrated the resulting impact of their investment. Increasingly, agreements for larger gifts include specific requirements about how the funds should be used and how the organization will be held accountable for accomplishing the purpose of the gift.

THRIVE: How do you see your position interacting with Steven Schmidt, chief operating officer of Summa Foundation?

SEYMOUR: I look forward to co-leading the Foundation with Steve. Personally and professionally, we complement each other very well. His expertise and experience at Summa, as well as his involvement in the community, will contribute greatly to the Foundation's continued success. I'm grateful to have such a talented and capable partner in this endeavor. ■

WEIGHT LOSS SURGERY CHANGES JIM DELEONE'S LIFE

Jim DeLeone has been around sports his entire life. He played football at Kent Roosevelt High School and Ohio State University, including under legendary coach Woody Hayes.

After college, DeLeone stayed in shape and eventually began to participate in powerlifting events. In powerlifting, the heavier an athlete is the more he can lift. A standard breakfast for DeLeone included five eggs, bacon, toast and steak, plus many cups of coffee. By age 40, DeLeone's weight was up to 340 pounds.

While the heavy weight benefited his powerlifting, DeLeone's health began to deteriorate. He suffered from hypertension, obstructive sleep apnea and diabetes. The insulin, heart and cholesterol medications he was taking helped push his weight up further, eventually approaching 400 pounds. A task as simple as walking became difficult.

"I was going downhill," DeLeone admits. "I could only walk about 100 yards before having to rest. I was so big that I would develop muscle cramps because I wasn't walking fluidly."

At the urging of his friend, Kenneth W. Wells, M.D., of Summa's Bariatric Care Center, DeLeone began the process that would lead to weight loss surgery. He attended Summa's weight loss informational seminar. In 2010, he underwent laparoscopic gastric sleeve surgery, performed by John G. Zografakis, M.D., director of Summa's Bariatric Care Center and a physician with Summa Physicians Inc.

Weight loss surgery changed DeLeone's life. He lost 144 pounds and feels like he is 25 years old again. His diabetes is gone and he no longer needs heart and cholesterol medications. It is easier for him to walk and run.

As for eating, DeLeone and his wife like to go out for Sunday breakfast. He orders two eggs and an English muffin, but will bring one egg and one-half of the muffin home, which he eats for lunch. "I still have eyes bigger than my stomach, but my stomach is smaller so I am full sooner," he points out. "Prior to surgery, I would never get full."

DeLeone still powerlifts and he is an assistant football coach at Kent Roosevelt. He coaches the long snappers (specialists in snapping the football back to the holder or punter). Prior to surgery, he couldn't demonstrate the proper technique of snapping the ball because of his weight. Now, he can get into the stance and show his players how it's done. "It makes it easier for me to coach," he says.

Summa's weight loss informational seminar answers questions regarding what to expect before, during and after surgery. It is held monthly at Summa Akron City Hospital or can be viewed online at summahealth.org/onlineSeminar. For more information, visit summahealth.org/weightloss. To set up an appointment with a weight loss specialist, call (330) 379-5111. ■



Jim DeLeone lost 144 pounds after weight loss surgery. His diabetes is gone and he no longer needs heart and cholesterol medications.

New medical director named

Lisa Esterle, D.O., of Summa Physicians Inc. – Family Medicine is the new medical director of Summa Urgent Care and Corporate Health. Dr. Esterle joins the urgent care staff from her practice in Medina.

Summa Urgent Care and Corporate Health, located at 2875 West Market St., Suite B, Fairlawn, is designated as the Akron area's only Certified Urgent Care by the Urgent Care Association of America. It is staffed by board-certified urgent care physicians who treat adults and children with acute illnesses and injuries.

Summa Urgent Care and Corporate Health is open Monday through Friday, 8 a.m. to 8 p.m., and Saturday and Sunday, 9 a.m. to 5 p.m., as well as all major holidays except Christmas. Appointments are not required.

For more information, call (330) 864-1916. ■



Dr. Lisa Esterle

MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU

The following Summa Physicians Inc. doctors are welcoming new patients to their practices.



Obstetrics/Gynecology
Marjorie DeMund, M.D.
195 Wadsworth Road, Suite 301
Wadsworth, OH 44281



Orthopaedic Trauma Surgery
Eric Miller, M.D.
20 Olive St., Suite 201
Akron, OH 44310



Gynecology/Obstetrics
Sara Gradisar, M.D.
75 Arch St., Suite B1
Akron, OH 44304



Vascular Surgery
John Moawad, M.D.
95 Arch St., Suite 215
Akron, OH 44304



Urgent Care Medicine
Oliver Janolo, M.D.
2875 West Market St., Suite B
Fairlawn, OH 44333



Family Medicine
Amanda (Young) Roberts, M.D.
525 N. Cleveland-Massillon Road, Suite 203
Akron, OH 44333



Internal Medicine
Walter Klatt, M.D.
3614 Manchester Road, Suite 101
Akron, OH 44319



Geriatrics
Santinderpal Sandhu, M.D.
75 Arch St., Suite G2
Akron, OH 44304

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

communitycalendar

SUMMA AKRON CITY HOSPITAL

Weight Loss Surgery Seminar

What to expect before, during and after weight-loss surgery.

Oct. 11, Nov. 8 or Dec. 4, 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. Individuals can also watch the seminar online at anytime by going to summahealth.org/onlineseminar.

SUMMA BARBERTON HOSPITAL

Caring Heart Support Group

Cardiopulmonary Gym, Ground Floor

Oct. 9, 2 p.m.

High Blood Pressure

Foods That Are "Good" for You

Nov. 13, 2 p.m.

Diabetes Care

Parkview Center Lobby

Breaking Down the Barriers to Good

Diabetes Care

Oct. 9, 7 p.m.

Preparing for the Winter Months

Nov. 13, 7 p.m.

Healthy Heart Lecture

Parkview Center Lobby

Hypertension Update

Oct. 16, 6 p.m.

PAD and Interventional Radiology

Nov. 20, 6 p.m.

Respiratory Forum

Cardiopulmonary Gym, Ground Floor

Flu Prevention and Education

Oct. 3, 4 p.m.

Oxygen Transport System

Nov. 7, 4 p.m.

Programs are free, but registration is encouraged.

SUMMA WADSWORTH-RITTMAN HOSPITAL

First Aid

Education Center

Dec. 1, 8 a.m. to 2 p.m.

Registration is required; cost: \$75

Heartsaver AED

Education Center

Adult CPR, with infant CPR option

Dec. 19, 9 a.m. to noon

Registration is required; cost: \$50

My Health, My Way

Founders Hall, Quad A/B

Starting a Fitness Program through the Ages

Oct. 16, 7 p.m.

Holiday Stress

Nov. 13, 7 p.m.

SUMMA CENTER AT NEW SEASONS

Cooking with Heart for the Holidays

Preparing traditional holiday dishes with American Heart Association recipes

Nov. 15, 6:30 to 8 p.m.

1493 S. Hawkins Ave., Akron

SUMMA HEALTH SYSTEM BLOOD DRIVES

Summa Akron City Hospital

Basement PODS, 55 Arch St.

Dec. 27, 11 a.m. to 5 p.m.

Summa St. Thomas Hospital

Meeting Room A

Sept. 20 and Nov. 29, 11 a.m. to 4 p.m.

Summa Barberton Hospital

First Floor Waiting Area

Oct. 10, Nov. 14 and Dec. 12, 8 a.m. to 2 p.m.

Summa Wadsworth-Rittman Hospital

Founders Hall, Main Floor

Nov. 8, 10 a.m. to 4 p.m.

Summa Western Reserve Hospital

Auditorium

Oct. 18, 1 p.m. to 6 p.m.

Akron/Cuyahoga Falls

Sheraton Suites, 1989 Front St.,

Cuyahoga Falls

Dec. 20, 7 a.m. to 7 p.m.

Summa Health System is a sponsor of this annual event

For more information regarding American Red Cross blood drives, call (800) 733-2767 or go to redcrossblood.org/northernohio.

ONLINE CHATS

Online chats allow you to talk with a Summa Health System physician on a topic in a confidential manner.

Girl Talk: Managing Pelvic Pain

Lara Burrows, M.D., and
Bradford Fenton, M.D.

Sept. 20, noon

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

CANCER SUPPORT

Look Good Feel Better

For women undergoing treatment for cancer

Summa Akron City Hospital
Cooper Cancer Center, Ground Floor
Conference Room

161 North Forge St.

Second Tuesday of each month, 1 p.m.

Summa Western Reserve Hospital
1900 23rd Street, Fourth Floor
Cuyahoga Falls

First Thursday of each month, 1:30 p.m.

Co-sponsored by the American Cancer Society; registration is required

To register for an event or for information on additional programs, go to summahealth.org and click **Classes and Programs**.



DID YOU KNOW?

Summa Health System offers outpatient infusion services at six locations in Summit, Medina and Portage counties. Services include:

- Blood products
- Chemotherapy
- Hydration, iron and electrolytes
- Immunoglobulin replacement (IVIG)
- Multiple sclerosis medications
- Osteoporosis medications
- Rheumatoid arthritis and Crohn's disease medications
- White and red blood cell growth factors

To find a location or to make an appointment, call (800) 237-8662.



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



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Dr. von Gruenigen saved
Melanie's life using medical
resources in Women's
Health Services thanks to
philanthropy.



GENEROSITYHEALS
ANNUAL FUND

Donate now to the 2012
Annual Giving Campaign

Please show your support and
make a donation to Summa
Foundation's 2012 Annual Giving
Campaign. Make your gift online
at thesummafoundation.org.

Generosity Heals...
and it begins with you.



Visit www.thesummafoundation.org/generosity1 to learn more about Melanie's story.

Learn more about Generosity Heals by contacting Mella Castner, director of annual giving,
at (330) 375-7072 or castnerm@summahealth.org.