

thrive

for every season of your life

Ann. Guarniello's Journey

Single site robotic
gall bladder surgery
ends her pain — page 3

Flu: Where to seek treatment

— page 8

Early cancer screening is vital

— page 10

 **SUMMA**
Health System

summahealth.org

A Publication of Summa Health System **Winter 2012**



SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

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

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

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

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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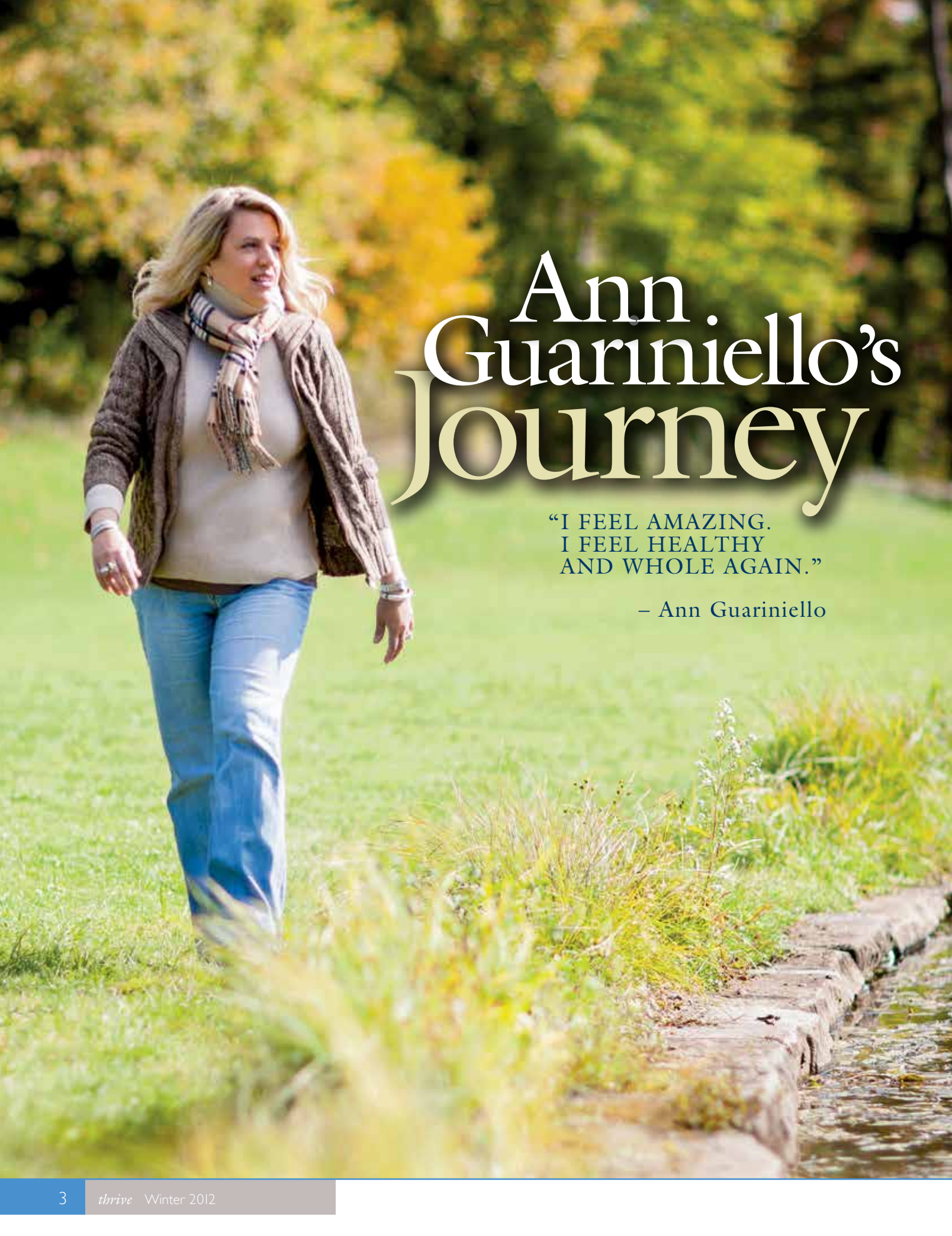


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Ann Guariniello of Stow is enjoying
life thanks to Summa Health System.*

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Ann Guariniello's Journey

“I FEEL AMAZING.
I FEEL HEALTHY
AND WHOLE AGAIN.”

– Ann Guariniello

HER YEARLONG STRUGGLE WITH PAIN AND ANXIETY ENDS WITH SINGLE SITE ROBOTIC GALL BLADDER SURGERY

One part of the working definition of “mom” is putting the needs of the family ahead of her own. “Moms tend to put things aside and don’t pay a lot of attention to themselves,” says Ann Guariniello of Stow, a wife and mother of two. “They’re too busy caring for their family.”

For months, Guariniello lived this definition.

In May 2011, she began experiencing pain in her stomach. At first, she thought it was typical stomach pain such as indigestion. She admits she didn’t take it seriously.

But after a year of sometimes excruciating pain that wasn’t getting any better, Guariniello realized there was something seriously wrong. Doctors were unable to diagnose her, adding to her anxiety.

Finally, Guariniello’s primary care physician referred her to Adrian G. Dan, M.D., Summa Physician Inc. – Bariatric and General Surgery and chief of the Division of Robotic General Surgery for Summa Health System.



PROCEDURE MEANS LESS PAIN, BETTER COSMETICS



Surgeon Adrian G. Dan, M.D., moves the robotic surgery instruments from a console during a minimally invasive single site robotic cholecystectomy at Summa Akron City Hospital.

Single site robotic cholecystectomy (surgical removal of the gallbladder) offers the advantage of just one single incision within the belly button.

“There is less bruising of the abdominal wall muscles with the single incision, which is hidden within the fold of the navel,” says Adrian G. Dan, M.D., Summa Physician Inc. – Bariatric and General Surgery and chief of the Division of Robotic General Surgery for Summa Health System.

The technology offers patients:

- A virtually scar-free procedure
- Less postoperative pain
- Less postoperative pain medication
- A faster recovery to regular activity
- High patient satisfaction because of improved cosmetic result

Dr. Dan performed the first robotic-assisted cholecystectomy in Summit County at Summa Akron City Hospital in December 2010, and the first single site robotic cholecystectomy in May 2012.

“It is important to be on the forefront of new technological advances and offer our patients all of the possible options, including the latest procedures available,” he points out. “In the future, we plan to be the first to utilize further refinements in minimally invasive surgery to help our patients make their surgical experience and recovery faster.”

Dr. Dan diagnosed biliary sludge and a form of gall stones and recommended removal of her gall bladder. He performed a new procedure – single site robotic cholecystectomy (surgical removal of the gall bladder) at Summa Akron City Hospital in May. The benefit of the new procedure, as compared with traditional laparoscopic cholecystectomy, is the single surgical incision site within the belly button, which means less pain and a virtually scar-free procedure.

Another benefit: quicker recovery. Guariniello was home the night of surgery. Comparing it to other laparoscopic surgical procedures she has undergone in the past, where her hospital stay was two or three days, Guariniello knew immediately this surgery was different. “I knew once I came out of recovery I was going to be in and out of the hospital,” she points out. “The surgery was much quicker and less intrusive.”

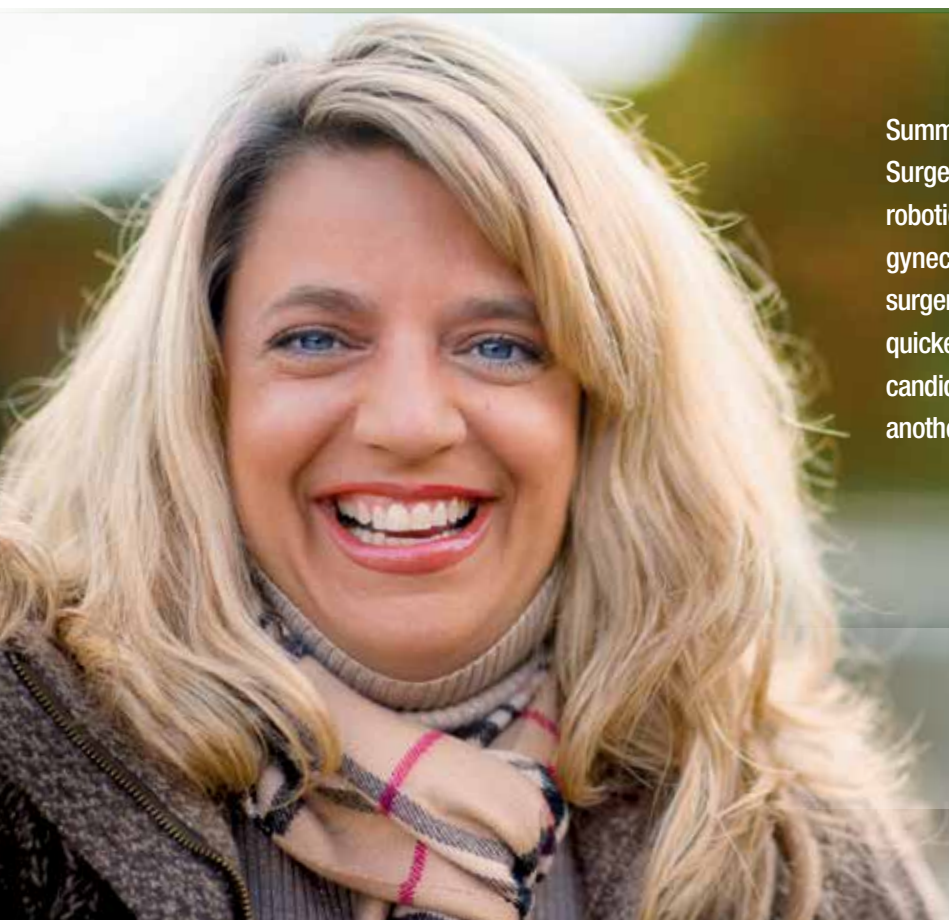
Soon, Guariniello was back to her normal life with her husband, Darrell, and children. “The robotic technology allowed me to move

around so much quicker than my previous procedures,” she says. Physically, it is next to impossible to find the surgical scar.

Overall, the experience was very positive for Guariniello. She took the opportunity to change her diet and lost 25 pounds. “I feel amazing,” she says. “It’s like I never skipped a beat.”

Guariniello was one of the first patients to undergo single site robotic cholecystectomy at Summa Akron City Hospital. She never hesitated when Dr. Dan offered it as an option. “I didn’t give him a chance to question why I was so willing to undergo a new procedure,” she says. “I wanted my gall bladder removed, and I knew I was in good hands with Dr. Dan. I had a lot of confidence going into surgery.”

Guariniello carries that confidence with her after surgery, as well. Her children keep her and her husband busy traveling from one activity to the next. She enjoys each one, free from the anxiety that came with the almost constant pain and not knowing what was wrong. “I feel healthy and whole again,” she says. ■



Summa Health System’s Division of Robotic General Surgery offers a number of minimally invasive robotic procedures for patients requiring cardiac, gynecological, urological, bariatric and general surgeries. These procedures help patients recover quicker than traditional methods. To see if you are a candidate for single site robotic cholecystectomy or another robotic procedure, call (888) 770-5318.



See Ann Guariniello’s story
at summahealth.org/ann



SOMEONE TO LEAN ON

JUDI HOLLENBAUGH HAD HELP FIGHTING BREAST CANCER. NOW HEALTHY, SHE'S THERE TO HELP OTHERS

Judi Hollenbaugh – wife, mother and grandmother – was petrified, confused and just unsure what was going to happen next. It was October 2005, and she was diagnosed with breast cancer. She could hardly answer a question.

“You’re scared because it is scary,” she says. “I didn’t think I was going to see the next day, Christmas or grandchild.”

Hollenbaugh was diagnosed and treated at Summa Barberton Hospital’s Parkview Center. She relied on many individuals to get through her appointments, surgery and radiation treatments. No individual was more important than Kari Kovach, R.N., Parkview’s breast care navigator. “Kari made me feel like I wasn’t just another case,” Hollenbaugh says. “I was a person to her.”

Seven years later, Hollenbaugh is cancer-free. And she is no longer the petrified woman who needed someone by her side. Quite the opposite: She has become somebody breast cancer patients can seek out for advice, comfort – someone who listens and tries to take away some of their fear. At a moment’s notice, Hollenbaugh will be at Parkview Center to talk with a patient. Or she will be out in the community talking to friends, family and other women about the importance of early screening.

While Hollenbaugh’s role is informal, Kovach believes she and other breast cancer survivors can render an invaluable service for newly diagnosed patients by sharing their stories. “Their stories have more impact and are more personal,” Kovach says. “They carry more weight than if they come from a doctor or nurse.”

During the past seven years, Hollenbaugh and her husband, John, have seen one son get married and welcomed a new grandchild into the world (she has three sons and four grandchildren). She describes these as “drop-to-your-knees” moments that she couldn’t imagine seeing when she first learned of her diagnosis.

Her goal is that breast cancer patients get the treatment they need as soon as possible, so they can live to see their own “drop-to-your-knees” moments. ■

Judi Hollenbaugh: “I’ll be there, no questions asked, to take away just the slightest fear a woman is facing.”



Summa expands services for older adults

Summa Barberton and Wadsworth-Rittman Hospitals have begun offering expanded services for older adults, models of care for which Summa Health System has received national recognition.

This expansion takes into account the growth of Summa Health System so it can address the needs of the members of our communities. These services focus on patients and their families, while supporting and enhancing the work of their primary care doctors.

CENTER FOR SENIOR HEALTH

The Center for Senior Health opened on the campus of Summa Wadsworth-Rittman Hospital. Geriatric assessments and a fall prevention program are offered as outpatient services.

“We have extraordinary expertise in caring for older adults in our region,” says Catherine S. Maxwell, M.D., Summa Physicians Inc. – Geriatrics. “If patients and/or their caregivers have issues or concerns, they should learn about us and how we can help.”

In addition, Summa Barberton Hospital has an Acute Care for Elders (ACE) unit where the staff can pay close attention to the medical needs of older adults. The focus of the ACE unit is to ensure patients remain highly functional in a hospital setting and reduce, as much as possible, the risks associated with the many medications older adults take.

Another benefit is early discharge planning. Patients are prepared to follow the instructions provided by their healthcare team once they are discharged in order to avoid readmittance. The team also helps ensure patients – or someone acting on their behalf – follow up with their primary care physicians. The team that cares for patients in the ACE unit includes a geriatrician, nurses, case management workers, a pharmacist and therapists.

ACUTE PALLIATIVE CARE UNIT

Summa Barberton Hospital now includes an Acute Palliative Care unit. With the addition of this dedicated unit and team, patients benefit from specifically trained healthcare professionals who are highly skilled in helping individuals manage the complex symptoms and problems related to serious illnesses and end-of-life issues.

Palliative care services are not limited to older adults. Patients, regardless of age (except pediatrics) have access to the region’s nationally recognized specialists in the area of palliative medicine.

Several insurance plans, including Medicare and SummaCare, cover many of these services. However, it is a good practice to contact your insurance provider to determine the extent of coverage offered.

Summa has a nationally recognized program for older adults and we need look no further than the hospitals in our communities to access the highest level of quality care.

For more information on senior services offered through Summa Health System, go to summahealth.org/seniors. To schedule an appointment, call (888) 720-5318. ■

THINK YOU HAVE THE FLU?

WHERE TO GO FOR TREATMENT

It can be difficult to tell the difference between influenza (flu) and the common cold based on symptoms alone. Both come with fever, body aches, extreme tiredness and dry cough.

“Even doctors sometimes don’t know for sure whether it is cold or flu symptoms,” says Trevor Bullock, D.O., Summa Physicians Inc. – Family Medicine/Sports Medicine. “Many times, they present in the same way.”

One major difference, according to Dr. Bullock, is that flu symptoms will appear more severely. “Flu will hit you more quickly,” he stresses.

If you suspect that you or a loved one has become ill with the flu, the next step is to determine whether to go to an emergency room or make an appointment with your primary care physician. Dr. Bullock says the person’s medical history should be one factor when making that decision.

EMERGENCY ROOM

- Pregnant women
- Young children
- Individuals with chronic medical conditions, such as diabetes, heart disease, asthma, chronic obstructive pulmonary disease (COPD), etc.

“These patients are more likely to experience complications,” Dr. Bullock says. “They are at a higher risk. They should get in sooner rather than later.”

PRIMARY CARE PHYSICIAN

- Individuals with no previous medical conditions
- Individuals with no respiratory distress or breathing problems

In many cases, these individuals don’t need to seek treatment for flu symptoms. “They will resolve on their own in seven to 14 days,” Dr. Bullock says.

One way to help protect against flu is to receive a yearly influenza vaccine. The Centers for Disease Control and Prevention recommends the vaccine for individuals 6 months of age and older.

Whether a person is healthy or has a chronic medical condition, a physician may prescribe an antiviral medication such as Tamiflu® (oseltamivir), which will have the most benefit if given within 48 hours of the onset of symptoms, Dr. Bullock says. The medication can make your illness milder, help you feel better faster and prevent serious flu-related complications, like pneumonia. There are no recommended over-the-counter medications to fight the flu.

Dr. Trevor Bullock, Summa Physicians Inc. – Family Medicine/Sports Medicine, sees patients in Cuyahoga Falls and Akron. To make an appointment with Dr. Bullock or another Summa Physician Inc. doctor, call (800) 237-8662. ■



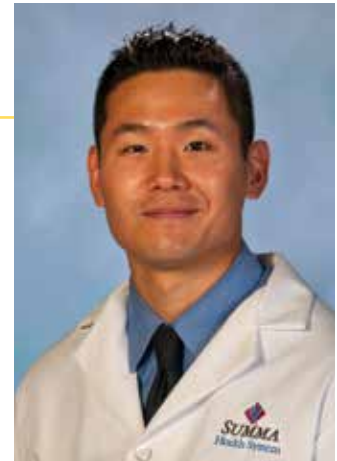
Dr. Trevor Bullock: A patient’s medical history may influence the decision of where to seek treatment for the flu.



What to ask before undergoing cosmetic plastic surgery

Michael J. Yoo, M.D., performs aesthetic surgery of the face and body, including facelift, rhinoplasty, breast and body contouring procedures. Dr. Yoo's highly specialized training background permits him to offer patients superior care in aesthetic surgery.

Dr. Yoo, Summa Physician Inc. – Plastic and Reconstructive Surgery, believes the best candidate for cosmetic surgery is an educated candidate. Patients should not be afraid to ask questions of their prospective plastic surgeon. Here are some examples.



THRIVE: What is the best way to find a plastic surgeon?

DR. YOO: Look at the training and background of prospective plastic surgeons. Oftentimes, the types of procedures surgeons are comfortable and adept with is a direct reflection of the level of training they received in their former residencies. More importantly, speak with the surgeon directly. Forming a mutual level of understanding and trust between patient and surgeon is essential in selecting the right plastic surgeon.

THRIVE: What are the risks and complications?

DR. YOO: Always ask about risks and complications, as well as what the procedure entails. The information garnered here helps solidify the patient-surgeon relationship. The physician can arrive at a plan specifically tailored to a patient. It is one of the best ways for a patient to determine whether the surgeon is the right fit.

THRIVE: What should I expect during the recovery process?

DR. YOO: Different procedures require varying lengths of recovery. And one specific type of procedure will be different for different individuals as it is tailored specifically for her/him. Everyone heals differently and in their own time – patients need to be made aware of this fact. It is incumbent on the surgeon to be honest about the recovery process. This is something you can inquire about at your first meeting.

THRIVE: Is everyone a candidate for plastic surgery?

DR. YOO: Cosmetic plastic surgery provides for the ability to alter one's appearance in a limited yet profound way. It is essential that the prospective patient has realistic expectations with regard to what he/she thinks the surgery will accomplish. The initial meeting between patient and prospective surgeon is meant to decide whether the desired goals can be accomplished in a safe and effective manner. I would not recommend moving forward with the surgery if I was unable to realistically accomplish the desired goals of the prospective patient in a safe and effective manner.

THRIVE: Can you tell me about the emotional impact of cosmetic plastic surgery?

DR. YOO: You have to have realistic expectations about your life after surgery. Your decision to undergo cosmetic surgery should be well thought out and of your own choosing. There are many cosmetic procedures that can improve one's self esteem and self image. Yet there is more to an individual than just his/her appearance. "Beauty is only skin deep" is an adage that has held true through generations and holds true today – even with modern cosmetic surgery. Cosmetic plastic surgery doesn't change who you are as a person.

Dr. Michael Yoo: It's important for patients to ask questions of their prospective plastic surgeon.

Dr. Michael J. Yoo, Summa Physician Inc. – Plastic and Reconstructive Surgery, sees patients at 701 White Pond Drive, Suite 200, Akron. To make an appointment with Dr. Yoo or another Summa Physician Inc. doctor, call (800) 237-8662. ■

INVEST IN YOUR HEALTH get screened

The five-year survival rate for cancer drops in advanced stages of the disease. That's why screening is so important. Medical experts estimate that early screenings save thousands of lives a year. The following is the five-year survival rates for breast and colorectal cancer at each stage of the disease, and who should be screened and when.

BREAST CANCER

STAGE 0:	STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:
96%	92%	85%	66%	21%

- Periodic self-examinations for women beginning in their 20s
- Clinical breast exams approximately every three years for women in their 20s and 30s
- Yearly mammograms and clinical breast exams beginning at age 40
- High-risk patients (those with first-degree relatives – mothers, sisters, aunts – who were diagnosed with breast cancer) should begin undergoing an annual mammography five to 10 years earlier than the youngest female in the family who developed breast cancer

“The earlier that breast cancer is caught, the less chance you’ll lose your breast, need chemotherapy or see it possibly spread,” says Lee A. Sprance, M.D., of Summa Barberton Hospital’s Parkview Center. “Catching breast cancer early means your survival rate increases. Women need to be proactive about their health. You won’t be around to take care of your family unless you take care of yourself first.”

COLORECTAL CANCER

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:
78%	66%	56%	10%

- Individuals at average risk beginning at age 50; African-Americans beginning at age 45
- Ten years earlier than the age of diagnosis of a first-degree relative with colorectal cancer
- Earlier age for individuals who have multiple first-degree relatives diagnosed with colorectal cancer
- As early as your 20s with certain medical conditions or genetic risk factors

Colorectal cancer is one of the more curable and preventable forms of the disease if detected early through colonoscopy screening. A colonoscopy allows doctors to detect and remove polyps before they become cancer. Finding colorectal cancer earlier may make it easier to treat.

Source for five-year survival rates: National Cancer Data Base, cases 2003-2005.

To schedule a cancer screening, call (888) 778-6627 or go to summahealth.org/getscreened. ■

ACHILLES TENDON SURGERY DOESN'T SLOW DAN ISHEE

Like many individuals, Dan Ishee saw his once active lifestyle decrease drastically as he got older. A football and basketball player at Pymatuning Valley High School in Ashtabula County, Ishee's life became sedentary as time went on, especially after marriage and the birth of his children, Jack and Riley.

In 2009, Ishee and his wife, Amy, committed to becoming more active. They started to run, and Ishee advanced to the point where he decided to run in a half-marathon (13.1 miles), which he did on Nov. 20, 2011. He walked off the course feeling fine and believing he had come a long way in two years.

Four days later, however, while playing in a pick-up basketball game, Ishee felt a vibration in his foot. Two weeks later, he was diagnosed with a full rupture of his left Achilles tendon by Jonathan Kase, M.D., a Crystal Clinic Orthopaedic Center surgeon. A week later, Ishee underwent surgery to repair the rupture at Summa Wadsworth-Rittman Hospital.

Ishee progressed rapidly after surgery. In less than two weeks he went from crutches to a walking boot, which he

wore for two months. From there, Ishee's comeback picked up speed. He jogs 20 to 25 miles a week, participates in a rigorous multi-exercise program that, in some cases, puts a great deal of pressure on the feet, and has run in several competitive races. He ran a portion of the Akron Marathon in September as part of a relay team, and his goal is to run a full marathon (26 miles), perhaps as early as 2013.

Ishee wants to push himself to return to the weight and shape he was in during his high school and college years. The surgery delayed – rather than stopped – that goal. "I feel stronger every day," he says.

He praises Dr. Kase and the staff at Summa Wadsworth-Rittman Hospital. Dr. Kase, he says, is always available to take his call.

"Of course I would have rather avoided the circumstances, but it was a very good experience," Ishee says. "I was confident that I was in good hands."

To schedule an appointment with Dr. Kase or another a Crystal Clinic Orthopaedic Center specialist, call (888) 720-5318. ■

About eight months after surgery on his Achilles tendon, Dan Ishee competes in a 5K run in July 2012, with his daughter, Riley, and son, Jack.



MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU

The following doctors joined Summa Physicians Inc. between June 1, 2012, and Sept. 30, 2012.



Family and Sports Medicine

Trevor Bullock, D.O.

1860 State Road, Suite F
Cuyahoga Falls, OH 44223



Geriatrics

Yoleetah Iodi, M.D.

75 Arch St., Suite G2
Akron, OH 44304



Dermatology

Christina Cernik, M.D.

1 Park West Blvd., Suite 370
Akron, OH 44320



Internal Medicine

Mohamed Katirji, M.D.

215 E. Waterloo Road, Suite 10
Akron, OH 44319



Palliative Care/Hospice Services

Daniel Joseph Chua, M.D.

55 Arch St., Suite 1A
Akron, OH 44310



Behavioral Health

Brittain Lamoureux, Ph.D.

444 North Main St., Suite 420
Akron, OH 44310



Internal Medicine

Nicholas Detore, M.D.

55 Arch St., Suite 1A
Akron, OH 44304



Palliative Care/Hospice Services

Britni Lookabaugh, M.D.

55 Arch St., Suite 1A
Akron, OH 44310



Palliative Care/Hospice Services

Dixia Dhital, M.D.

55 Arch St., Suite 1A
Akron, OH 44310



Gastroenterology

Corey Sievers, M.D.

95 Arch St., Suite 100
Akron, OH 44304



Family Medicine

Colin Drolshagen, M.D.

182 East Ave.
Tallmadge, OH 44278



Cardiology

Tyler Taigen, M.D.

95 Arch St., Suite 350
Akron, OH 44304



Family Medicine

Rebecca Duncan, M.D.

265 Portage Trail Ext. W., Suite 200
Cuyahoga Falls, OH 44223



Plastic and Reconstructive Surgery

Michael Yoo, M.D.

701 White Pond Drive, Suite 200
Akron, OH 44320



Family Medicine

Emily Godlewski, M.D.

80 N. Portage St.
Doylestown, OH 44230

These physicians are accepting new patients. 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.

Jan. 10, Feb. 13 and March 13, 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

Healthy Heart Lecture

Feb. 19 and March 19, 6 to 7 p.m.

Conference Center

Respiratory Forum

March 6, 4 p.m.

Cardiopulmonary Gym

Congestive Heart Failure Support Group

March 12, 2 to 3 p.m.

Cardiopulmonary Gym

Diabetes Care

March 12, 7 p.m.

Conference Center

Programs are free, but registration is encouraged.

SUMMA WADSWORTH-RITTMAN HOSPITAL

First Aid

Jan. 19 and March 6, 8 a.m. to 2 p.m.

Education Center

Registration is required; cost: \$75

Heartsaver AED

Adult/Child CPR,
with infant CPR option

Jan. 8, noon to 3 p.m.

Feb. 21 and March 11, 9 a.m. to noon

Education Center

Registration is required; Cost: \$50

My Health, My Way

Eat This, Not That

Jan. 8, 7 p.m.

When Your Heart Goes Pitter Pat

Feb. 12, 7 p.m.

Laughter Circle

March 12, 7 p.m.

Founders Hall, Quad A/B

Sapphire Ball

raises funds for
women's health services

The Summa Foundation raised nearly \$250,000 during its 11th Sapphire Ball, which was held Sept. 8 at the John S. Knight Center in Akron. Proceeds from Sapphire Ball support the critical needs of women's health services at Summa Health System. Pictured are attendees Raymond E. Clark (left), M.D., and his wife, Lynne, and Suzanne Bowling, M.D., and her husband, Theodore.



ONLINE CHATS

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

Women and Heart Disease

Cynthia Pordon, D.O.
Feb. 13, noon

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

SUMMA HEALTH SYSTEM BLOOD DRIVES

Akron/Cuyahoga Falls

Sheraton Suites, 1989 Front St.
Cuyahoga Falls
Dec. 20, 7 a.m. to 7 p.m.

Summa Akron City Hospital

Basement PODS, 55 Arch St.
Dec. 27, 11 a.m. to 5 p.m.

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

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



Dr. Vivian von Gruenigen, medical director of women's health services for Summa Health System, spoke at the 2012 American Heart Association Go Red For Women event.

DID YOU KNOW?

Summa Health System speakers are available for your organization or association.

Summa physicians, nurses and other medical professionals can bring their expertise, reputation and knowledge to your next meeting, conference or event.

Our experts can speak on a number of topics including heart health and heart disease, bone and joint health, appropriate cancer screenings, important issues in women's health, and senior care for loved ones and caregivers.

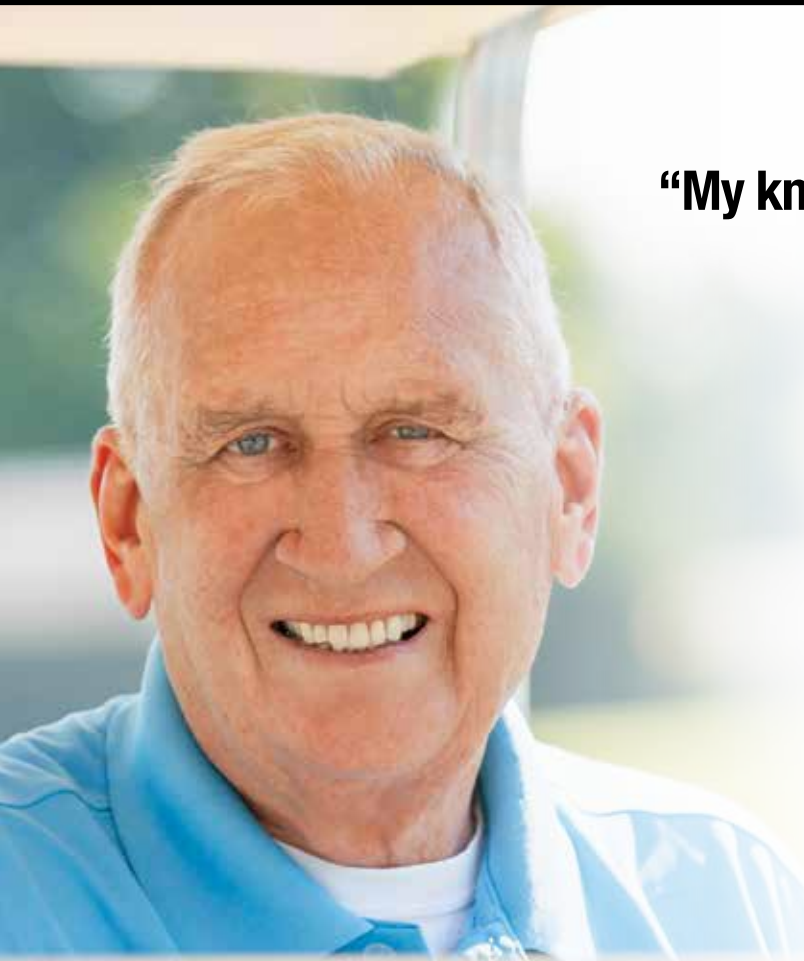
Our staff will work with your organization to make sure the topic fits your needs.

To request a speaker go to summahealth.org/speakers.



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



“My knee surgery made golfing fun again.”

When Gerry Faust quarterbacked in college, a blind side hit injured his left knee. “They had to carry me off the field,” he said. “But I was too busy to get it fixed until I retired.” Gerry had a knee replacement but chose to rehab it himself. Nine years later he was in so much pain, he went to the Crystal Clinic Orthopaedic Center for a knee revision, followed by therapy at Summa. “I found out that if you go to the right place and do what they tell you, you’ll be fine. Without either place, I don’t think I’d be playing golf or running or riding bikes at the age of 77.”

Call (855) 728-4660 toll-free for an appointment, or learn more at crystalclinic.com/GerryF.

Coach Gerry Faust
Former Head Coach
The University of Notre Dame/
The University of Akron



CRYSTAL CLINIC
ORTHOPAEDIC CENTER
A partnership with Summa Health System

