

thrive

for every season of your life

Rosemary Deranek embraces life

She plays a vital role
for her busy family
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not to ignore

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for Medina

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summahealth.org

A Publication of Summa Health System **Spring 2013**



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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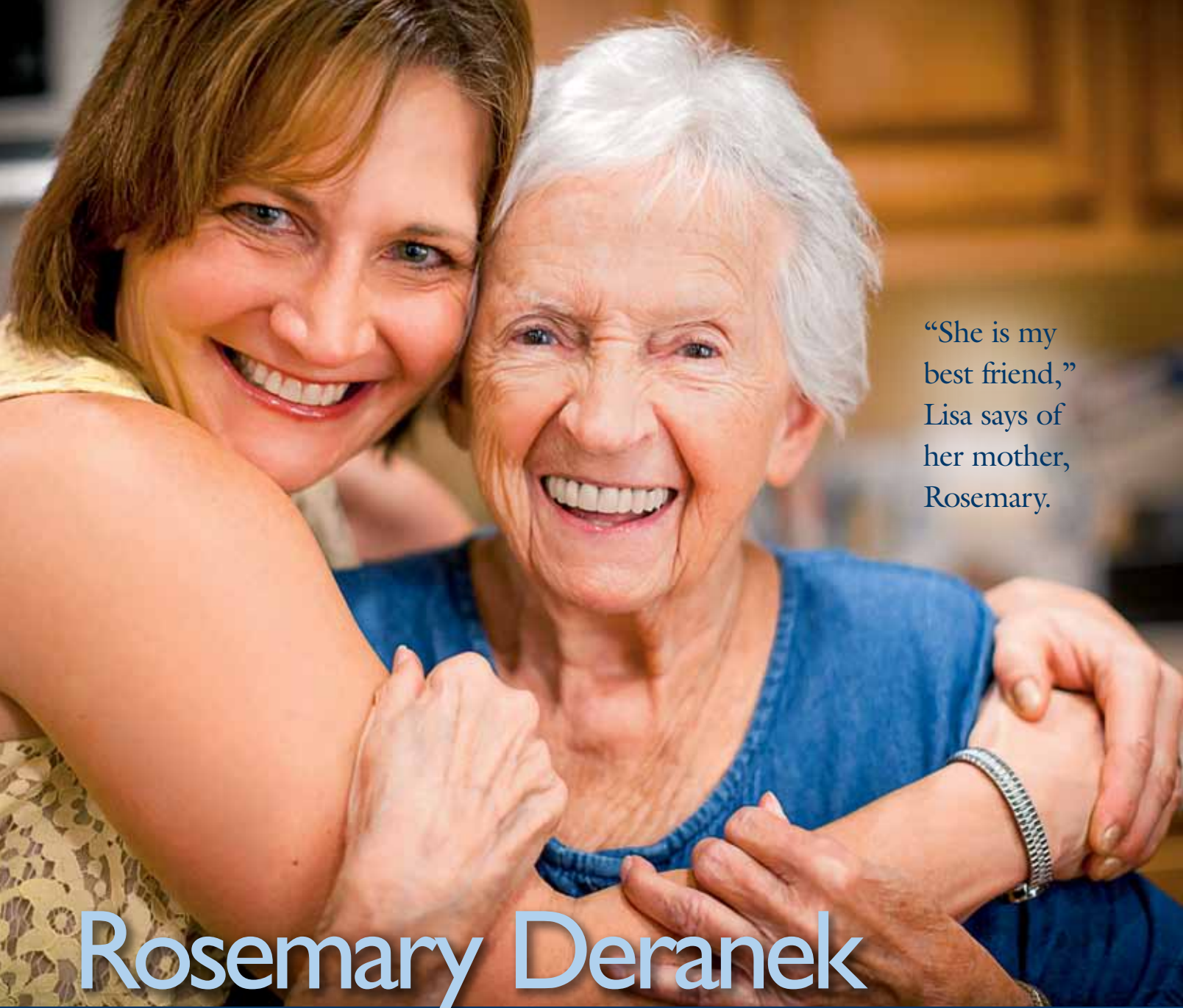


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Sharon Township benefits from
Summa's Center for Senior Health*

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“She is my best friend,” Lisa says of her mother, Rosemary.

Rosemary Deranek embraces life

She plays an integral part in her family’s busy schedule thanks to Summa’s Center for Senior Health

Rosemary Deranek has lived quite a life.

Her mother was a bootlegger during the days of Prohibition. She wanted to become a doctor but chose the nursing profession instead. She eventually received her Ph.D. in social psychology (working fulltime as an industrial nurse in a steel plant while taking night courses to earn her degree).

She and her husband raised two children. When her daughter, Lisa, showed an interest in medicine, Rosemary encouraged and supported her. And when Lisa was a new mom and serving her residency, Rosemary was there to help with the baby.

When Lisa and her husband, Stephen, and their three children – Luke, Stephanie and Rachael – moved to Sharon Township, Rosemary moved in with them, often cooking or taking care of the house.

In 2010, Rosemary, now 88, was diagnosed with dementia. “We noticed she was having some memory loss,” Lisa says.

Despite the diagnosis, Rosemary tries to maintain her independence as much as possible. She continues to help Lisa around the house, plays the piano and reads.

Her grandchildren have adopted some of the responsibilities as caregivers. Luke and Rachael talk to Rosemary about their day and Stephanie makes sure she takes her medications. They all

play card games. “Grandma was their caregiver; now they are reciprocating,” Lisa says.

Being in a household that includes three growing children and two physicians helps keep Rosemary active, physically and mentally. “I think it’s important for me to stay active,” she says. “It keeps me from being isolated.”

The family has found an invaluable resource in the Center for Senior Health at Summa Wadsworth-Rittman Hospital. The center’s team-based approach, which includes geriatricians, advanced practice nurses and social workers, sets it apart in care for the elderly. Summa’s Center for Senior Health is a model of care for dozens of healthcare systems nationwide.

“They focus on the patient,” Lisa says. “They took the time to get to know my mom. There is a lot of personal attention.”

Rosemary’s diagnosis forced Lisa to “scale back her expectations” of what she could expect from her mom. “She was my safety net; my go-to girl when I had to work,” Lisa points out. “After the diagnosis, I was forced to alter those expectations.” For example, instead of Rosemary taking charge and making dinner, she now helps Lisa with that undertaking.



Going forward, Lisa would like to see her mom interact more with people of her own age. "It's important because it stimulates other parts of the brain," Lisa says. "And it will get her out into the community."

And while she knows there are challenges ahead, Lisa is grateful that her mother continues to be such an integral part of her family's life, most especially the impact she has on her grandchildren.

For her part, Rosemary is very comfortable. She lacks for nothing and basks in the love of her family. "I'm enjoying life," she says. ■



"They focus on the patient. They took the time to get to know my mom. There is a lot of personal attention."
—Lisa Deranek

"I have a family that loves me," says Rosemary, center, with daughter Lisa (clockwise, left), son-in-law Stephen and grandchildren Luke, Stephanie and Rachael.

THE CENTER FOR SENIOR HEALTH AT SUMMA WADSWORTH-RITTMAN HOSPITAL A collaborative approach to care

The Center for Senior Health at Summa Wadsworth-Rittman Hospital coordinates all aspects of an older adult's care to help preserve independence for as long as possible. Known nationally for its research and education in geriatric medicine, the Center for Senior Health is a model of care for healthcare systems across the country.

The Center for Senior Health can assist with many different health-related issues, including:

- Confusion and memory loss
- Chronic and disabling illness
- Depression and anxiety
- Decisions about driving and living arrangements
- Future care planning
- Problems arising from activities of daily living (dressing, bathing, medication management, etc.)
- Family, friend or caregiver relationships
- Incontinence

The care team customizes a plan designed to improve a patient's overall health and function, enhance safety, maintain independence and provide education, says Catherine Maxwell, M.D., Summa Physicians Inc. – Geriatrics, who sees patients at Summa Barberton and Wadsworth-Rittman Hospitals. The team acts as a group of personal consultants, providing advice on how to best meet each patient's needs. Communication between the team, family physician, the individual and his/her caregivers is open and continuous.

Lisa Deranek of Sharon Township researched different facilities before choosing the Center for Senior Health at Summa Wadsworth-Rittman Hospital because she felt it had the most to offer her mother, Rosemary, when she was diagnosed with dementia.

"The center is an incredible resource," Deranek says. "It has helped me, as well as my mom. The integrated care plan the staff put together for us is amazing."

To schedule an assessment at Summa's Center for Senior Health, call (330) 375-4100.

Photo courtesy of Boston Scientific

New defibrillator keeps Tony Lindeman active and alive

The first S-ICD procedure in Northeast Ohio is performed at Summa Akron City Hospital

Tony Lindeman woke up on Sept. 29, 2012, thinking it was going to be just another day. The Doylestown resident, husband and father of two teenage daughters, was set to run in the Akron Marathon – his eighth marathon. It turned out to be the luckiest day of his life.

Two miles into the race and without warning, Lindeman collapsed after experiencing sudden cardiac arrest. Two nurses running the marathon immediately began to administer CPR until paramedics arrived. Once his heart restarted, Lindeman was transported to Summa Akron City Hospital.

Testing revealed no structural heart disease. Rather, the event was an electrical abnormality.

Until recently, the recommended treatment might have been a transvenous implantable cardioverter defibrillator (ICD), which requires leads (wires) to be placed in the heart, delivering a shock when it goes out of rhythm and stops pumping blood. But an ICD is subject to infection and malfunction, especially when implanted in a patient as young as Lindeman (age 46).

Michael Pelini, M.D., Summa Physicians Inc. – Cardiology and director of heart rhythm services for Summa Cardiovascular Institute, offered a new option. One day prior to the Akron Marathon, the Food and Drug Administration approved a new device, the subcutaneous implantable cardiac defibrillator (S-ICD). An S-ICD is implanted outside the rib cage and its single lead is inserted just below the skin. The device delivers a powerful enough shock to restart the heart, if necessary.

Dr. Pelini performed the procedure on Oct. 23, making Lindeman the first patient in Northeast Ohio to receive an S-ICD. “We want to offer our patients state-of-the-art therapy,” Dr. Pelini says.

“I had no qualms about the newness of the device,” Lindeman says.

Dr. Pelini emphasizes two benefits of the S-ICD:

- There is practically no chance of lead damage or malfunction
- The risk of infection is substantially reduced, compared with an ICD, because the lead isn’t threaded through a vein and into the heart.

The S-ICD has helped Lindeman return to the active lifestyle he previously enjoyed. He has resumed running and eventually hopes to run competitively again.

Lindeman praised the doctors and nurses at Summa Akron City Hospital, who explained every aspect of his care, including the S-ICD.

“Everyone went above what they needed to do to make sure I was OK with my decision,” he says. “They made me feel very comfortable.”

To schedule an appointment with a Summa cardiologist or for more information, call (888) 720-5318 or go to summahealth.org/heart. ■



Tony Lindeman, left, with Dr. Michael Pelini. “It was a no-brainer,” Lindeman says of the new S-ICD device implanted into his chest.

Signs & Symptoms

Don't ignore these signs and symptoms

There are many ways your body can tell you whether something may be wrong. Oftentimes, though, we choose to ignore what our body is telling us, believing it to be insignificant.

It is difficult to differentiate between what is medically serious and what is routine. That's why individuals who experience signs and symptoms of potential medical issues should visit their primary care physician, says Amanda I. Roberts, M.D., Summa Physicians Inc. – Family Medicine.

"It could save unnecessary intervention and evaluation, as well as time and treatment," she points out.

Here are some signs and symptoms that individuals should not overlook.



Dr. Amanda Roberts: Check with your primary care physician if you feel something is not right.

WOMEN

Breast lump – A growth of tissue that develops within the breast. While most breast lumps result from noncancerous (benign) conditions, a lump could be a sign of breast cancer. That's why a woman should seek prompt medical attention.

Bloating or abdominal weight gain – This could indicate ovarian cancer. Often, ovarian cancer is not caught until the late stages because of a lack of early signs and symptoms.

Postmenopausal bleeding – A woman is considered postmenopausal if she hasn't had a period for more than a year. After that, if a woman notices spotting or bleeding, it could be an indicator of uterine cancer. A uterine biopsy may be necessary.

MEN

Urinary symptoms – If a man gets up more frequently in the middle of the night to go to the bathroom, it could indicate prostate cancer. There are more treatment options available if the disease is caught in its early stages.

Erectile dysfunction – It could be a sign of worsening diabetes or cardiac disease. Erectile dysfunction could also mean poor peripheral blood flow, which could be a warning that something else (other than sexual function) is wrong.

Hernia – A hernia can be benign but have a physician check it out. Hernias can be dangerous because some of the structures inside the abdomen, such as the intestines, can get stuck or twisted, cutting off their blood supply.

BOTH GENDERS

Chest pain – Many different types of problems can cause chest pain. The most life-threatening involves the heart or lungs. Because it can be difficult to determine the cause, an individual should seek immediate medical help.

Stroke – Symptoms include numbness or weakness in the face, arm or leg, especially on one side; confusion or trouble understanding other people; trouble speaking; trouble seeing with one or both eyes; and problems with walking, balance, coordination or dizziness. Call 9-1-1.

Headache that doesn't go away – It could be as simple as needing new glasses but may also indicate a stroke or possible brain tumor.

Dr. Amanda Roberts sees patients at Montrose Family Practice, 525 N. Cleveland-Massillon Road, Akron. To make an appointment with Dr. Roberts or another Summa Physicians Inc. doctor, call (800) 237-8662. ■

EXPANDED SUMMA BARBERTON ED ENHANCES PATIENT CARE

The new, expanded emergency department (ED) at Summa Barberton Hospital reflects the need for a larger facility. In 2012, the Barberton ED treated more than 35,000 patients in a facility that was designed to treat 27,000 patients annually.

The ED triples in size and includes:

- Thirty-two private beds, with an additional 10-bed “fast-track” treatment area
- Dedicated digital imaging unit
- Dedicated triage space
- Other areas intended for specific activities, such as resuscitation and decontamination
- A larger waiting area
- Additional parking, including valet parking
- Separate entrances for EMS/police and walk-in patients

Thanks to the fast-track treatment area, located near the ED’s main entrance, patients with minor injuries can be treated quicker.

For more serious cases, such as stroke or heart attack, emergency physicians have access to Summa Health System’s specialists to determine the best course of treatment. Likewise, Summa’s EDs and urgent care centers are coordinated, so patients can be assessed and transported to the right location.

The ED is part of an expansion project at Summa Barberton Hospital that includes enhancements to its cardiac unit and Parkview Center (cancer care), as well as a new cafeteria and conference room.

“The expansion is a huge asset for the community,” says Brant Russell, vice president of clinical and support services for Summa Barberton and Wadsworth-Rittman Hospitals. ■

SUMMA’S ED PROJECTS

The expansion of the emergency department (ED) at Summa Barberton Hospital is part of a system-wide, \$96 million project to improve service to the community.

Summa Akron City Hospital

Phase II of the expanded ED opened earlier this year and includes dedicated space for senior patients. Phase I opened in January 2012. The ED has 75 beds.

Summa Wadsworth-Rittman Hospital

The James and Linda Venner Emergency Center, completed in 2011, has a 20-bed capacity.

Summa Health Center at Lake Medina

A freestanding ED, with 12 private exam rooms, adds to the continuum of care at Summa Health Center at Lake Medina.

Green

The freestanding Summa Emergency Department at Green located at Heritage Crossings opened in July 2012 with 14 beds.

The staff at Summa Akron City Hospital’s emergency department simulates treatment.





It's not easy climbing Mount Vesuvius in Italy or 1,600 steps of the Eiffel Tower in Paris. It may be just as difficult keeping up with teenage grandchildren.

But Suzanne Senuta accomplishes all of this – and more – thanks to her membership at Summa Wellness Institute in Hudson.

Senuta has 12 grandchildren. She enjoys taking them on trips that are rich in history. Over the years, the retired schoolteacher from Hudson has taken her grandchildren to France, Italy and Washington, D.C.

"I've always taken active trips, where you're on your feet for the whole time," Senuta says. "Walking is the only way to see a city."

Senuta credits Summa Wellness Institute with helping her to be able to take these trips on a yearly basis.

She became a member in 2008 to rehabilitate after double-knee replacement surgery. After five weeks of therapy, her knees were in good shape. But she continued to work out to get the rest of her body into shape.

SUMMA WELLNESS INSTITUTE HELPS SUZANNE SENUTA KEEP a spring in her step

Suzanne Senuta credits Summa Wellness Institute with helping her to keep up with her grandchildren while on vacation.

SUMMA WELLNESS INSTITUTE

Under the oversight of a medical advisory board, Summa Wellness Institute's program is designed to help members reach their personal health and wellness goals.

Administered by degreed, certified fitness specialists, members get the benefit of a quantitative fitness assessment, personalized exercise program and periodic follow-ups to ensure their progress.

Other benefits include personal training, and health education and weight management programs.

Summa Wellness Institute is located at 5625 Hudson Drive, Hudson. For more information about membership, call (888) 720-5318.

Last year, to prepare for a month-long trip to France and Italy with her daughter and two grandsons, Senuta undertook Summa Wellness Institute's 90 Day Challenge, which includes a personalized workout regimen and advice on diet. Members can earn reward points by participating in various activities during the 90 Day Challenge, after which prizes are awarded.

"I was at the gym almost every day for three months, becoming obsessed with working out," Senuta says. "It was perfect preparation for the trip to France and Italy. We were on our feet for 10 to 12 hours a day."

Senuta continued the 90 Day Challenge after returning – she refers to it as her 365-day challenge – alternating daily between working out and walking on the track, with an occasional swim or specialized class.

Not only does the workout give her the stamina to keep up with active grandchildren in faraway lands, but it also helps her with everyday tasks.

"The facility is up-to-date and has everything I need," she says. "It is far superior to any facility I have looked into. The staff is very personable."

Once again in 2013, Senuta will travel – this year back to France and its many historical attractions. And once again she will use Summa Wellness Institute to ensure she has the strength and stamina to keep up with – and even stay ahead – of her grandchildren. ■

PATIENT-CENTERED CARE

delivered at Summa Health Center at Lake Medina

Summa Health Center at Lake Medina offers patients and families access to compassionate, patient-focused care. Services include:

- Women's health
- Outpatient surgery
- Family practice
- Emergency department
- Pain clinic
- Imaging, including CT scan, mobile PET scanner, magnetic resonance imaging (MRI), digital mammography, conventional X-ray, bone densitometry and ultrasound
- Medical oncology, radiation oncology and infusion therapy
- Cardiology services
- Sports medicine
- Walk-in lab services

Summa Health Center at Lake Medina is a partnership between Summa Health System and Medina-area physicians who sought to develop an all-ambulatory, outpatient-directed facility in Medina, says John M. Surso, M.D., medical director and Summa Physicians Inc. – Family Medicine.

"A patient-centered approach is part of our culture," Dr. Surso says. "No one has to create a special program to tell our employees that the patient comes first. This distinguishes Summa Health System and Lake Medina."

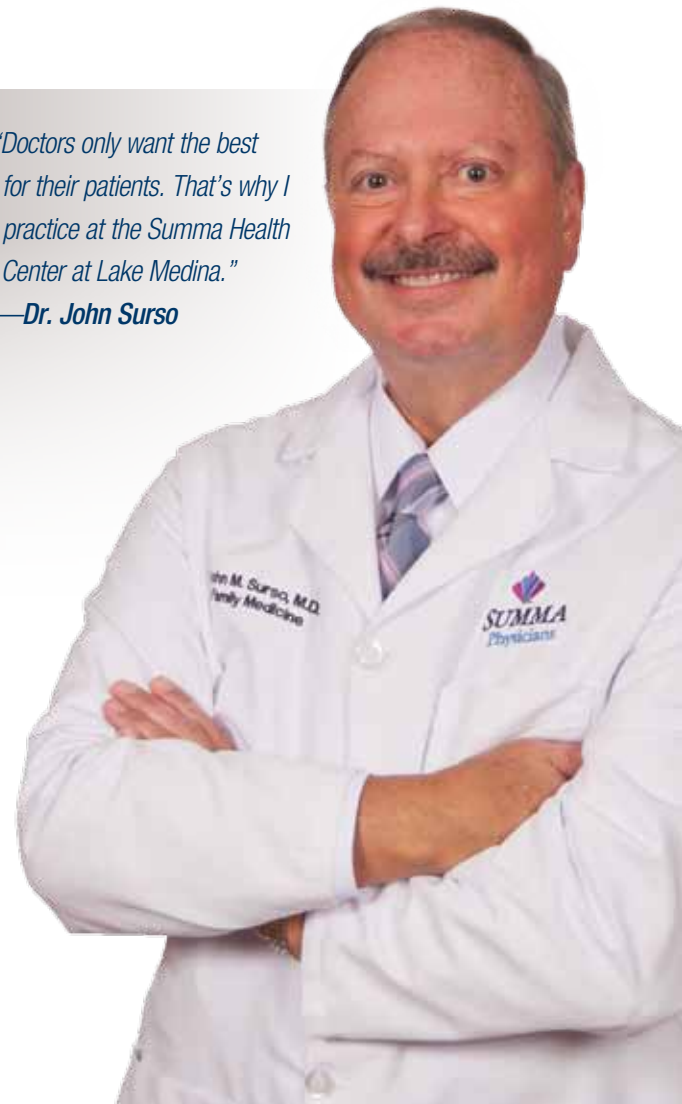
Medina is a growing community, and Dr. Surso says Summa Health Center at Lake Medina can deliver a continuity of care to residents under one roof.

"This is the way medicine is meant to be practiced," Dr. Surso stresses.

Summa Health Center at Lake Medina is located on Medina Road (State Route 18), just west of Interstate 71. For more information or to make an appointment with a physician, call (888) 720-5318 or go to summahealth.org/lakemedina. ■

"Doctors only want the best for their patients. That's why I practice at the Summa Health Center at Lake Medina."

—Dr. John Surso





From left to right:
 Dr. Thomas File
 Dr. Scott Wilber
 Dr. Bradford Fenton
 Dr. Marc Penn

CLINICAL RESEARCH

transforms medical treatment and every day care

Imagine having to face a cancer diagnosis, heart disease complications or a chronic illness. These scenarios are frightening and can be life-altering.

Now, imagine facing these conditions without any of the research that has been conducted during the past 50 years.

Medical research has transformed the way we live, providing new treatment options, improved patient care, reduced incidence of disease and extended life expectancies. According to the National Institutes of Health, as a result of research:

- The death rate for patients with heart disease and stroke has decreased by 60 percent during the past 50 years
- During the 1980s, newly diagnosed HIV patients were told their life expectancy was several months; now, they live on average into their 70s
- Cancer death rates continue to fall by about 1 percent every year

Summa Health System physicians and researchers are dedicated to providing the right care and continually conduct research to improve the care provided and treatments offered.

Tom File, M.D., MSc, infectious disease, and **Scott Wilber, M.D., MPH**, emergency medicine, are collaborating with five institutions around the United States, including the University of Pittsburgh and Johns Hopkins Hospital, on one of the largest National Institutes of Health contracts to study and identify the best treatment for community acquired pneumonia.

Bradford Fenton, M.D., Ph.D., gynecology, is collaborating with NASA and Kent State University to create a system to better diagnose and treat chronic pelvic pain.

Marc Penn, M.D., Ph.D., cardiology, developed JVS-100, a gene therapy agent that is being investigated for promoting repair to damaged tissue by recruiting a person's own stem cells to the site of injury. Multiple clinical trials are ongoing at Summa Akron City Hospital to test this investigational product, including for the treatment of critical limb ischemia (**Joseph McShannic, M.D.**, vascular surgery) and chronic heart failure (**Kevin Silver, M.D.**, interventional cardiology), as well as to decrease scar formation after open heart surgery (**Eric Espinal, M.D.**, and **Michael Firstenberg, M.D.**, cardiothoracic surgery).

Healthcare cannot advance without research, which is why Summa conducts research across all hospital entities and has more than 400 open clinical research studies at any given time.

"Summa's commitment to research and innovation transforms the care we provide every day and helps generate the knowledge for the breakthrough medical treatments of tomorrow," says Jennifer Eaton, Ph.D., system director of research administration.

For more information about research, visit www.clinicaltrials.gov and search for Summa Health System. ■

SummaFlourish™

A Women's Health Blog



DID YOU KNOW?

Summa Flourish™ is Summa's online women's health blog that connects you with our leading health experts. They share their perspectives on a variety of health and wellness topics. We encourage readers to join the conversation with their comments and stories. Subscribing is easy; go to summaflourish.org and enter your email address.

MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU

The following physicians joined Summa Physicians Inc. between Oct. 1, 2012, and Dec. 31, 2012.



Radiation Oncology
Desiree Doncals, M.D.
3780 Medina Road, Suite 150
Medina, OH 44256



Radiation Oncology
Charles Kunos, M.D., Ph.D.
161 North Forge St., Suite G90
Akron, OH 44304



Cardiothoracic Surgery
Michael Firstenberg, M.D.
75 Arch St., Suite 407
Akron, OH 44304



Gastroenterology
Somia Mian, M.D.
95 Arch St., Suite 100
Akron, OH 44304



Gastroenterology
James King, M.D.
6847 N. Chestnut St., Suite 100
Ravenna, OH 44226



Internal Medicine
Sarah Tarter, M.D.
95 Arch St., Suite 1B
Akron, OH 44304

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.

April 10, 6 p.m.

May 16, 6 p.m.

June 12, 6 p.m.

Professional Center South, 55 Arch St., Basement Floor

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

The seminar is also available anytime at summahealth.org/onlineseminar.

SUMMA BARBERTON HOSPITAL

Respiratory Forum

April 3, 4 p.m.

May 1, 4 p.m.

June 5, 4 p.m.

Cardiopulmonary Gym,
Ground Floor

Congestive Heart Failure Support Group

April 9, 2 p.m.

May 14, 2 p.m.

Cardiac Rehabilitation Gym

Diabetes Care

April 9, 7 p.m.

May 14, 7 p.m.

June 11, 7 p.m.

Conference Center

Healthy Heart Lecture

April 16, 6 p.m.

May 21, 6 p.m.

Conference Center

Programs are free, but
registration is encouraged.

SUMMA WADSWORTH-RITTMAN HOSPITAL

My Health, My Way

Healthcare Reform

April 9, 7 p.m.

Know Your Numbers

May 14, 7 p.m.

Founders Hall, Quad A/B

Heartsaver AED

Adult/Child CPR,
with infant CPR option

May 22, 9 a.m. to noon

Education Center

Registration is required

Cost: \$50

First Aid

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

Education Center

Registration is required

Cost: \$70

Smoking Cessation

A four-week series

June 4, 11, 18, 25,
noon to 1 p.m.

Education Center

Registration is required

Cost: \$40

For information on additional programs and clinics, call (800) 237-8662 or go to summahealth.org and click **Programs**.

Men Who Cook • April 26

Men Who Cook is a fundraiser that directly benefits an area that provides care or services to the patients and communities served by Summa Health System.

Male amateur chefs from Summa and Northeast Ohio prepare their choice of food for guests and a panel of women judges.

Chefs compete for titles such as "People's Choice Award," which are determined by votes among attendees and judges.

This year, the 13th annual Men Who Cook will be held April 26 at St. Joseph's Family Center, 610 W. Exchange St., Akron and benefits Summa Screens, a program

that provides funds for cancer screenings and education expansion of screening services for uninsured and underinsured patients. This year's theme is "Hooray for Hollywood," and the chefs will prepare their recipe of choice to match the theme.

Tickets are \$60 per person, which includes admission, food tasting, one ballot for "People's Choice Award" and recipes, and \$150 per patron, which includes admission, food tasting, two ballots for "People's Choice Award," recipes and patron name listing.



For more information about Men Who Cook or to attend the event or make a donation, call (800) 237-8662 or go to summahealth.org/menwhocook

BLOOD DRIVES

Summa Akron City Hospital

Basement PODS, 55 Arch St.
April 23, 11 a.m. to 4 p.m.
June 19, 11 a.m. to 4 p.m.

Summa St. Thomas Hospital

Meeting Room A
March 28, 11 a.m. to 4 p.m.
May 30, 11 a.m. to 4 p.m.

Summa Barberton Hospital

Conference Room
April 10, 8 a.m. to 2 p.m.
May 8, 8 a.m. to 2 p.m.
June 12, 8 a.m. to 2 p.m.

Summa Wadsworth-Rittman Hospital

Founders Hall, Main Floor
May 9, 10 a.m. to 3 p.m.

For more information, call (800) 733-2767 or go to redcrossblood.org/northernohio



Summa in the community

The fourth annual Sheraton Suites Akron/Cuyahoga Falls Blood Drive, held on Dec. 20, 2012, collected 695 pints of blood from 790 donors. Summa Health System is one of several sponsors of the annual event.

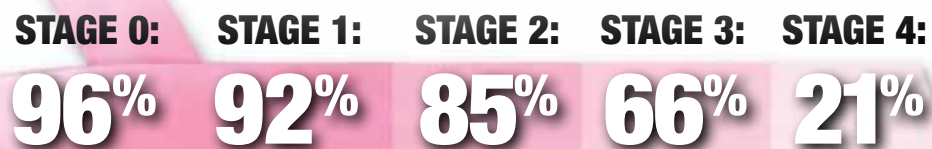


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Are you on Facebook? Become a Summa fan and receive updates on free health talks, seminars and other valuable healthcare information. It's easy. We're at www.facebook.com/summahealth. Follow us on Twitter [@SummaHealth](https://twitter.com/SummaHealth).

Breast cancer.

Catch it early.
It absolutely matters.



The 5-year survival rate for cancer drops in advanced stages of the disease. Too many women wait until they experience symptoms, like a lump, before they get a breast screening. By then, the cancer may be more difficult to treat and cure. That's why it is so important to schedule a regular screening. Medical experts estimate that early screenings save thousands of lives each year. It could save yours. If you're in your 20's or 30's, get a clinical breast exam every three years. And if you're over 40, be sure to schedule a mammogram annually. Talk to your doctor about risk factors which determine how often you should be examined. Early screenings save lives. It absolutely matters.

Schedule your digital mammogram or clinical breast exam today.

**Call (888) 720-5318 or
visit summahealth.org/getscreened**