thrive

for every season of your life

Personalized medicine

gave Carol Thoman the edge to fight and win against cancer - page 3

DR. THOMAS MALONE'S VISION FOR SUMMA

- page 7

REDUCING YOUR RISK OF HEART DISEASE

- page 12



summahealth.org

A Publication of Summa Health System Winter 2015

Share your Summa story



We want to hear your Summa story.

Stories can be uplifting, inspiring, educational or moving, or they can highlight a physician or nurse that was noteworthy in the delivery of care. Patients and family members are welcome to submit a Summa story.

Here are some tips on sharing your story:

- Be persona
- Focus on your own life experiences and beliefs
- Be specific, with real-life examples
- Use clear, concise language to describe your experience

Your story will be shared in an online collection with other patient stories. Only your first name will be used with a story's posting.

What's your Summa story? Please visit summahealth.org/MySummaStory to let us know.

Men Who Cook to benefit Summa at Home[™]





Summa Health System's 14th Annual Men Who Cook will take place April 24, from 5 to 9 p.m., in the Akron Art Museum, 1 South High St., Akron. The theme of this year's event is "The Art of Cooking."

The event will benefit Summa at Home™, a program that provides healthcare wherever the patient calls home.

Male amateur chefs from Summa and the region will prepare their choice of food for guests and a panel of women judges. Chefs compete for coveted titles such as the "People's Choice Award."

Tickets are \$60 per person, which includes the donation and one ballot for the People's Choice Award, and \$150 per patron, which includes the donation, two ballots for the People's Choice Award and patron name listing.

To donate or for more information, call (888) 587-9927 or visit summahealth.org/MenWhoCook.

Welcome to Thrive







CONTENTS

On the cover: Carol Thoman shows no evidence of breast cancer because of Summa Cancer Institute's treatment plan.

- Personalized medicine gave Carol Thoman the edge she needed to fight and win against breast cancer
- 5 Summa's Breast Center coordinates access to high quality care
- 7 Dr. Thomas Malone chosen to lead Summa Health System
- 8 Summa Health System grows in Green
- 9 Summa Center for Senior Health helps Marge Arrant maintain her independence and functionality
- 10 Summa delivers quality healthcare to the Wadsworth-Rittman community
- I Weight loss surgery transforms Lisa Mark's career and life
- 12 Heart disease: Tips to reduce your risk
- **13** Meet the Doctors

thrive Winter 2015 summahealth.org thrive Winter 2015

Personalized medicine

gave Carol Thoman the edge she needed to fight – and win – against breast cancer

Carol Thoman is a self-described optimist, so she didn't panic when she was told she had breast cancer.

"I knew I was going to beat it," Carol says.

A positive attitude is important when facing a formidable foe like breast cancer. Equally important is having a team of cancer specialists dedicated to high quality patient care by your side when waging that fight. Carol is fortunate to have such a team at Summa Cancer Institute.

In January 2014, Carol underwent a screening mammogram at the Jean and Milton Cooper Cancer Center on the campus of Summa Akron City Hospital. A mass was detected. Followup imaging and a core biopsy followed. Carol was guickly diagnosed with HER2-amplified breast cancer. The biopsy showed that the cancer was particularly aggressive.

"The key to treating breast cancer is to combine and sequence treatments in such a way that gives patients the maximum benefit and the best chance of survival," said Melanie Lvnch, M.D.

Lynch is the breast surgeon who treated Carol. She is the medical director of the Breast Program at Summa Cancer Institute and a Summa Physicians Inc. surgical oncologist.

"The standard approach to treating breast cancer has been to perform surgery first, followed by other therapies such as chemotherapy and radiation," Lynch said. "But we've developed criteria that indicate when patients would have a better chance at a good clinical outcome by administering chemotherapy before surgery."

Both Dr. Lynch and Carol's oncologist, Joseph Koenig, M.D., agreed that Carol's treatment should begin with chemotherapy, combining two therapies which target the HER-2 protein identified on Carol's tumor. One of the drugs used was only recently approved for use by the U.S. Food and Drug Administration (FDA).

"We're always on the lookout for those patients that will benefit from targeted therapies," Lynch said.

Following the targeted chemotherapy regimen, Carol underwent breast cancer surgery, which was performed by Dr. Lynch in October 2014. At the same time, plastic surgeon Douglas Wagner, M.D., performed a breast reconstruction.



What is personalized medicine?

Physicians now analyze a tumor's genetic makeup in order to make crucial decisions about how to treat a patient's cancer. This customized treatment allows doctors to select the most effective medication or therapy and administer it using the proper dose or regimen for that specific patient's cancer.

Personalized medicine is a popular term used to describe this new way of practicing medicine.

In Carol Thoman's case, her breast surgeon (Dr. Lynch) took a sample of a Carol's tumor during a biopsy and had it analyzed. With the results, Carol's oncologist (Dr. Koenig) could predict which combination of therapies would be the most effective against Carol's cancer. This focused approach to cancer care gave Carol the "edge" she needed to beat breast cancer and become a cancer survivor.

State-of-the-art treatment, caring environment give her the best chance to beat breast cancer

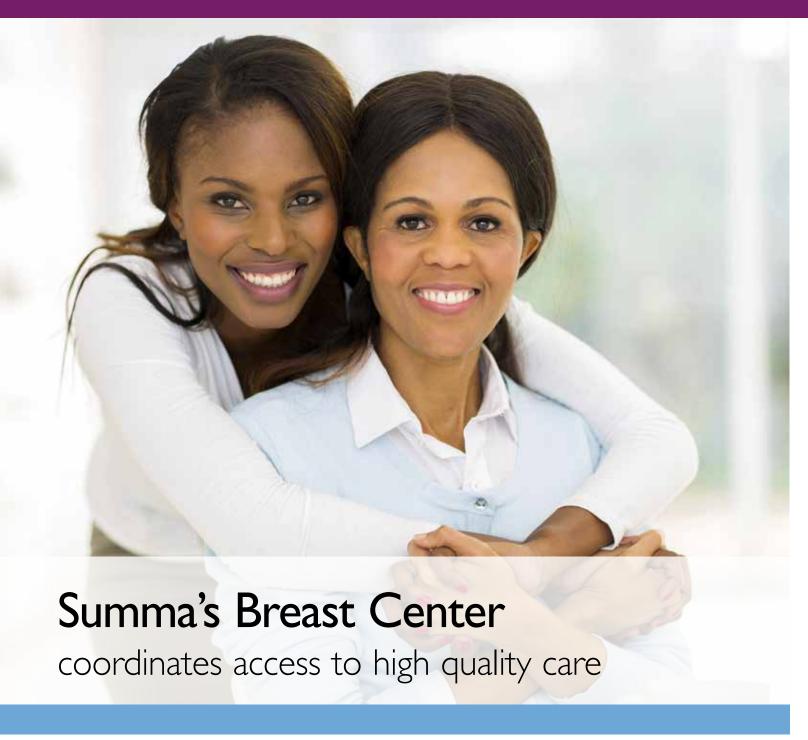
Five months after surgery, Carol Thoman is doing well. Her cancer has responded to the targeted chemotherapy treatment and she is a cancer survivor. She continues to follow up regularly with Drs. Lynch and Koenig, along with other members of her cancer care team, including nutritionists, physical therapists and cancer care nurse

Aside from the team of cancer experts she found at Summa Cancer Institute, Carol also values the emotional support

"Summa Cancer Institute treats me like I'm family," said Carol. "Everybody cares and they show it. The staff is upbeat and positive. It begins the moment you enter the building."

To learn more about the high-tech, high-touch cancer care services available at Summa Cancer Institute, or to make an appointment with a Summa physician, call (888) 906-8616.





Summa Health System's Breast Center brings all specialists together for women with breast concerns. Women will have coordinated access to quality, personalized care for any breast concern – from benign conditions to an abnormal mammogram to diagnosis, treatment and survivorship care for breast cancer.

The specialists of Summa's Breast Center – surgeons, radiologists, oncologists and other disciplines, including nutrition, physical therapy and patient navigation – will collaborate in a team-based environment.

"This interdisciplinary model of care improves quality and makes care more patient-centered," said Melanie Lynch, M.D., medical director of Summa's Breast Health Program at Summa Cancer Institute. Lynch is a surgical oncologist with Summa Physicians Inc. — General Surgery.

The Breast Health Program offers women access to:

- Advanced imaging and treatment technology
- Interdisciplinary teams of recognized breast specialists
- Personalized, guided care
- Dedicated breast care nurse navigators
- Fast results and individualized counseling
- Promising new clinical trials
- Supportive follow-up care

The program will be housed in the new Breast Center located in the Richard M. and Yvonne Hamlin Pavilion on the campus of Summa Akron City Hospital. The Breast Center is expected to open in 2015.

Summa's Breast Health Program creates a welcoming and clinically accessible environment for women with any type of breast concern. If breast cancer is diagnosed, a coordinated plan of care is created by the patient, her family and an interdisciplinary team of specialists. Care is expedited through streamlined referrals.

The five-year survival rate for breast cancer decreases in the advanced stages of the disease. Too many women wait until



Melanie Lynch, M.D.

Summa Physicians Inc. – General Surgery

Medical Director, Summa Breast Center

Summa Cancer Institute

they experience symptoms, like a lump, before they undergo a mammogram or clinical breast exam, according to Lynch.

"That's why regular breast screenings are so important," said Lynch. "A screening can detect cancer in its earliest stages, when the disease is more easily treated."



Breast health begins with breast awareness. Call (888) 906-8616 to schedule an appointment with a Summa breast health specialist or visit summahealth.org/BreastHealth to learn more.

5 thrive Winter 2015 summahealth.org thrive Winter 2015

Dr. Thomas Malone

chosen to lead Summa Health System



Thomas Malone, M.D., MBA, began his tenure as president and CEO of Summa Health System on Jan. I. He replaces longtime CEO Tom Strauss, who retired after leading the organization for 15 years. A native of Niles, Ohio, near Youngstown, Dr. Malone joined Summa in 2013. In his former position as chief operating officer, he directed all clinical operations of Summa Health System.

Healthcare continues to evolve in terms of patient care. Dr. Malone believes Summa Health System is at the forefront of that evolution. He discusses how he expects patient care will change in the future at Summa hospitals, health centers and other facilities.

Thrive: What is your vision for Summa Health System?

Dr. Malone: We want to transition ourselves away from being a hospital company and into a population health management company. Population health brings providers together to improve the health of the community. We have the pieces — a large medical group (both employed and independent), hospitals, home care and an insurance company (SummaCare) — to create that type of company. We need to put those pieces together to push the market toward value and away from the fee-for-service payment model that the industry currently uses.

Thrive: How is the population health model different from how patients have received care in the past?

Dr. Malone: Traditionally, the system revolves around episodes of care. When patients get sick, they see their doctor or might go to the emergency room. But during the past five years there has been a push toward value-based care, where doctors start making recommendations that improve the health of their patients – for example, colonoscopies at age 50 and screening mammograms at age 40. Doctors have started putting those reminders into their systems to encourage their patients to undergo these types of tests so that we can start preventing rather than treating diseases, or at least finding problems when they are still treatable.

Thrive: What does population health mean for the patient?

Dr. Malone: As we move toward population health, we will develop a new type of patient-doctor relationship. Most of the

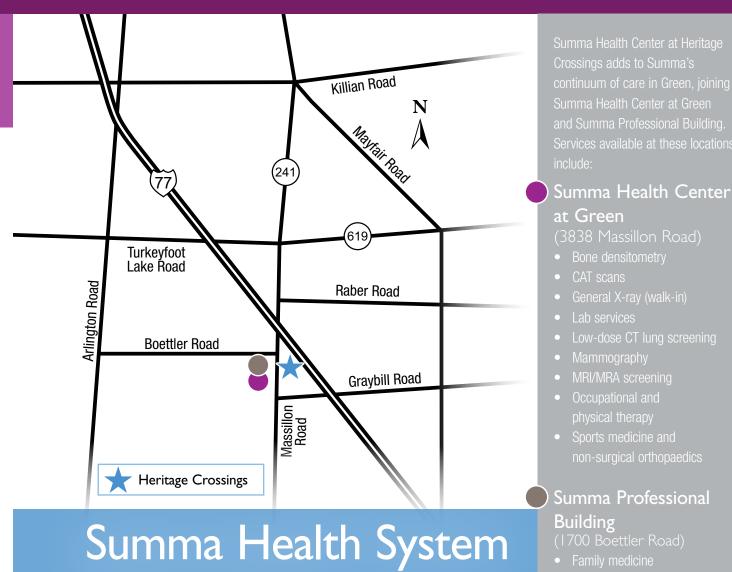
care will be given at the doctor's office by creating a patient medical home where all aspects of a patient's care are known by a team of clinicians. In this partnership, doctors work with patients on lifestyle changes, screening tests – all the areas that will improve their health.

Thrive: Can you cite an example of how population health works?

Dr. Malone: NewHealth Collaborative, our accountable care organization (a group of doctors, hospitals and other healthcare providers that come together voluntarily to give coordinated high quality care to Medicare patients), has shown significant improvement in its patients' health during the past 18 months. As a result, it was the only ACO in Ohio to save money from its participation in the Medicare Shared Savings Program. This is a model for improving quality and reducing costs for a patient population. As we refine this population health model we can then educate the community on why they would want to partner with Summa.

Thrive: Where do you envision Summa Health System in the next two to three years from the perspective of the patient care experience?

Dr. Malone: We want to be the organization that partners with the community. We want to be the organization that improves care because we treat the whole patient, not just worry about what's bothering him/her today.



grows in Green

Summa Health System has expanded its expert care

• Gyr

Summa Health System has expanded its expert care offerings in Green with the addition of Summa Health Center at Heritage Crossings, located at 1835 Franks Parkway, near the intersection of Massillon Road (Route 241) and Interstate 77.

Patients can access the following services and facilities at Summa Health Center at Heritage Crossings:

- Behavioral health
- Cardiology and cardiac testing (echo, stress echo, Holter and event monitoring)
- Center for Corporate Health
- Diabetes care
- Digestive health
- Emergency room (adjacent to the health center)
- General surgery consultations

- Gynecologic oncology
- Hematology/oncology
- Internal medicine
- Lab services
- Nuclear medicine and cardiac stress testing
- Pelvic health
- Senior services (geriatric assessment, falls/memory evaluation, caregiver issues)
- Ultrasound (general and vascular)

For a list of services and physicians located at Summa Health Center at Heritage Crossings, visit summahealth.org/growing. To make an appointment with a Summa Health System physician in Green, call (888) 663-9459.

7 thrive Winter 2015



Marge Arrant maintains her independence and functionality

It seemed like any other day. Marge Arrant was driving from her home in Green to her volunteer job at the Akron Zoo - a drive she had made countless times before. But this day was different. Marge got to a familiar intersection and wasn't sure which way to turn.

A full check up at the Summa Center for Senior Health revealed that Marge had developed frontal lobe dementia, a term for a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain — the areas generally associated with personality, behavior and language.

Marge describes her condition as "a glitch in my brain." Thanks to the Summa Center for Senior Health, it is under control.

Nationally renowned for its advancements in geriatric medicine, the Summa Center for Senior Health specializes in a team-based approach to caring for older adults.

At the first visit, patients undergo a geriatric assessment. Patients and their families/caregivers meet separately with a board-certified geriatrician and social worker. Together, a plan of care is developed, customized to the patient's individual situation.

The team discusses how to implement the recommendations with the family and shares all findings with the patient's primary care physician.

Marge meets regularly with her doctor, Natalie A. Kayani, M.D., Summa Physicians Inc. – Geriatric Medicine, and separately with her psychiatrist.

"I trust Dr. Kayani," Marge says. "She listens, and that is very important. I have a positive attitude because they have a positive attitude."

Marge's condition was diagnosed in an early stage, allowing doctors to slow the progression through medication and giving her the opportunity to continue enjoying a high quality of life. She remains active and still volunteers at the Akron Zoo.

The goal at the Summa Center for Senior Health is to give older adults the tools to preserve independence and functionality for as long as possible.



The Summa Center for Senior Health provides geriatric assessments at three locations:

- Akron 75 Arch St., Suite G2, on the campus of Summa Akron City Hospital
- Green Summa Health Center at Heritage Crossings, 1835 Franks Parkway
- Wadsworth Summa Health Center at Wadsworth-Rittman, 195 Wadsworth Road

No physician order is required. To make an appointment, call **(888) 640-3852**. For more information, visit summahealth.org/seniors.

Summa delivers quality healthcare to the Wadsworth-Rittman community

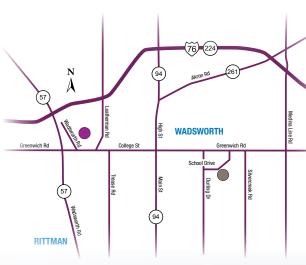
24/7 emergency room services for adults and children.

Summa Health Center at Wadsworth-Rittman serves the expanding need for quality healthcare in a growing community. Patients can access the following outpatient services at Summa Health Center at Wadsworth-Rittman:

- Cancer screenings
- Cardiovascular services
- Center for Corporate Health (occupational medicine)
- Clinical specialties (outpatient)
- Diabetes education
- Diagnostic imaging
- Digestive health
- Emergency room
- ENT (ear, nose and throat) services/surgery
- Home healthcare
- Laboratory services
- Obstetrics/gynecology
- Ophthalmology
- Orthopaedics
- Pain management
- Physician referral services
- Podiatry
- Primary care

- Pulmonary/respiratory care
- Rehabilitation
- Senior services (Summa Center for Senior Health)
- Sleep medicine
- Sports medicine
- Surgery (general outpatient)
- Urology
- Women's imaging

For general questions and appointments, call (888) 401-9464.







Summa Locations in the Wadsworth-Rittman Community

Summa Health Center at Wadsworth-Rittman

195 Wadsworth Road

Wadsworth, OH 44281

Summa Services at
Wadsworth Community Center
621 School Drive
Wadsworth, OH 44281

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Having played three sports in high school, Lisa Mark was no stranger to physical activity. But she began to greatly reduce her activity after getting married at an early age and going to work full time. Her eating habits, however, did not change.

Over time, she gained more and more weight.

While she added three beautiful sons to her life during the next decade, the Canton resident lost confidence in herself. Lisa had strong ambitions at work, but her lack of confidence because of the way she looked impeded those ambitions.

And her weight began to impact her health; she developed sleep apnea and high blood pressure.

Because of her weight, Lisa would not allow her picture to be taken. Then, three years ago, she came to a startling realization.

"I was at the funeral of my son's young teacher, looking at pictures, poster boards and videos, and it hit me: If something happened, my children would have no pictures of me," Lisa says.

In that moment, she knew it was time for action.

Lisa knew several co-workers who underwent weight loss surgery at Summa's Bariatric Care Center. She called, asked for a packet of information, viewed a weight loss seminar online and had her first visit with Mark Pozsgay, D.O., a board-certified, fellowship-trained Summa weight loss surgeon.

"Dr. Pozsgay was incredible from the word 'go,'" Lisa emphasizes. "His bedside manner was phenomenal. I felt he truly cared and listened to me and made me feel comfortable with this life-changing decision."

Lisa underwent surgery in March 2013. Two years later, she has lost 97 pounds and has been cured of her sleep apnea and high blood pressure. Personally, she has a new partner in life and her confidence has skyrocketed.

"Since the surgery, my career has elevated," Lisa points out. "The confidence has been huge for me. I don't go into every situation feeling like I am being judged or looked poorly upon because I am overweight.

"My transformation hasn't been just physical," she adds.
"It is so much more than that. Since my surgery, my life is happier; I am happier with myself."

Summa's Bariatric Care Center takes a comprehensive approach to weight loss management, focused on the needs of each individual patient. The primary goal of our experienced multidisciplinary team is to make sure patients achieve the best possible outcomes, whether they are undergoing surgical or nonsurgical weight loss management.

For more information on Summa's weight loss programs and surgical support groups, call (330) 375-6590 or visit summahealth.org/weightloss. To view Lisa's story, visit summahealth.org/LisaMark.

Heart disease: Tips to reduce your risk



Dr. Rebecca Andaloro: Healthy lifestyle choices can lower the risk of heart disease.

Heart disease is often called a silent killer.

"We don't always realize what's occurring in our arteries until we have enough of the disease," says Rebecca Andaloro, M.D., Summa Physicians Inc. – Family Medicine.

She compares your heart to pipes in the kitchen. You continually pour grease down those pipes, not realizing how much is building up until there's a gurgle.

"it's the same with your heart," she asserts. "There can be a progression of plaque in your arteries that begins in childhood. You won't be aware of it until symptoms begin to show."

Heart disease is the leading cause of death for men and women in the United States. Genetics and age can play a role in whether an individual experiences heart disease. While those factors are beyond our control, Dr. Andaloro explains five steps that we can take to help prevent heart disease.

Don't smoke or use tobacco

Chemicals in tobacco can damage the heart and blood vessels, which can lead to atherosclerosis (narrowing of the arteries).

Exercise

Exercising for 30 minutes a day on most days of the week helps control weight and reduces the chance of developing other conditions that may put a strain on the heart, such as high blood pressure, high cholesterol and diabetes.

Heart-Healthy Diet

A low-fat, low-cholesterol, low-sugar diet can keep your heart healthy.

Alcohol Moderation

Moderation means up to one drink a day for women and one to two drinks a day for men.

Weight Management

When you maintain a healthy weight, your body circulates blood more efficiently. You're less likely to develop heart disease and diabetes.

Dr. Rebecca Andaloro sees patients at 1700 Boettler Road, Suite 200, Uniontown. To schedule an appointment with Dr. Andaloro or another Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. What are the signs of heart disease? Visit summahealth.org/heartbeat to find out.



When should you begin monitoring your heart?

Childhood is the best place to start. The American Academy of Pediatrics recommends screenings for children, especially if there is a family history of heart disease. Children under age 10 can be screened for cholesterol. And as the child becomes an adult, it is important to have an annual physical.

"We can ask all the important questions about your family history and lifestyle, and check blood pressure and heart rate," Dr. Rebecca Andaloro emphasizes. "Once you hit your mid-30s, growth stops and degeneration begins, which along with the effects of poor lifestyle choices can lead to heart disease."

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community calendar PROGRAMS AND CLASSES

Summa Health System hosts programs, classes, lecture series and other events designed to educate and promote good health in the communities we serve. Visit *summahealth.org/programs* or call (800) 237-8662 for more information or to register.



Meet the Doctors

Physicians in our community are ready to serve you

The following doctors joined Summa Physicians Inc. between May 1, 2014, and December 31, 2014.



Family Medicine
Christopher Bursley, M.D.
265 Portage Trail, Ext W, Suite 200
Cuyahoga Falls, OH 44223



Family Medicine
Olga Kuzmin, D.O.
1835 Franks Parkway
Uniontown, OH 44685



Family Medicine
Christine Regan, D.O.
265 Portage Trail, Ext W, Suite 200
Cuyahoga Falls, OH 44223



Family Medicine Adam Rhodes, D.O. 3780 Medina Road Suite 310 Medina, OH 44256



Family Medicine

Rebecca Teagarden, D.O.
182 East Ave.
Tallmadge, OH 44278



Internal Medicine Franciska Kiraly, M.D. 1493 S. Hawkins Ave. Akron, OH 44320



Internal Medicine

Bradley Moore, M.D.

55 Arch St., Suite 1B

Akron, OH 44304



Internal Medicine

Bryan O'Connell, M.D.
75 Arch St., Suite 302

Akron, OH 44304



Internal Medicine **Stephen Subichin II, M.D.** 1835 Franks Parkway Uniontown, OH 44685



Behavioral Health **Therese Scavelli, M.D.**444 N Main St., 4th Floor
Akron, OH 44310



Behavioral Health/Weight Loss Christina Rummell, Ph.D. 95 Arch St., Suite 260 Akron, OH 44304



Cardiology

Peter Bittenbender, M.D.

95 Arch St., Third Floor
Akron, OH 44304



Endocrinology **Ryan Mills, D.O.** 75 Arch St., Suite 301 Akron, OH 44304



Geriatrics

Jennifer Drost, D.O.
75 Arch St., Suite G2
Akron, OH 44304



Geriatrics **Dupal Patel, M.D.**75 Arch St., Suite G2
Akron, OH 44304



Hematology/Oncology **Greg Manson, M.D.** 1900 23rd St., Suite 1000 Cuyahoga Falls, OH 44223



Infectious Disease

Mahdee Sobhanie, M.D.
201 5th St., Suite 8
Barberton, OH 44203



Oncologic Gynecology **Robin Laskey, M.D.** 161 North Forge St., Suite 298 Akron, OH 44304



Psychiatry **Dimitrios Tsatiris, M.D.**5655 Hudson Drive, Suite 305
Hudson, OH 44236



Trauma **Georg Herlitz, M.D.** 55 Arch St., Suite 2A Akron, OH 44304



Urgent Care
Cory Brown, D.O.
2875 W. Market St., Suite B
Fairlawn, OH 44333



Urogynecology **Bogdan Orasanu, M.D.**95 Arch St., Suite 220

Akron, OH 44304



Urogynecology

Mary South, M.D.

95 Arch St., Suite 220

Akron. OH 44304



Vascular Surgery
Vince Sudimak, M.D.
201 5th St., Suite 2
Barberton, OH 44203

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

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

SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

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

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

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

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

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

OTHER SUMMA LOCATIONS

Richard M. and Yvonne Hamlin Pavilion 95 Arch St. Akron, OH 44304 (330) 375-3000

Summa Center at New Seasons 1493 S. Hawkins Ave. Akron, OH 44320 (330) 865-5333

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

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

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

Natatorium Rehabilitation and Wellness Center 2345 4th St. 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 Heritage Crossings 1835 Franks Parkway Uniontown, OH 44685 (330) 899-0103

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

Summa Health Center at Lake Medina 3780 Medina Road Medina, OH 44256 (330) 764-4253 Summa Health Center at Wadsworth-Rittman 195 Wadsworth Road Wadsworth, OH 44281 (330) 331-1000

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 Blvd. Suite 130 Akron, OH 44320 (330) 873-1518

Summa Services at Wadsworth Community Center 62 | School Drive Wadsworth, OH 4428 | (330) 334-0035

We want to hear from you

Please email your questions or comments to *thrive@summahealth.org* or connect with us through social media to receive updates on free health talks, seminars and other valuable healthcare information.













