

V VITALITY MAGAZINE

From Heart Attack to Hope

An unexpected heart attack is just the beginning of an inspirational story from Mogadore resident, Shannon Sansom. See page 4.

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Growing to
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Moving Healthcare Forward

It's good to be home.

I've been back at Summa Health only a short time, and already I'm impressed with what I have seen. There is a true sense of cooperative spirit at Summa Health. Our outstanding team of physicians, nurses and support staff are working collaboratively to offer community members like you the best possible healthcare experience. It's an incredible time to be part of the healthcare journey, and I'm grateful to once again be part of this organization.

In 2017, we will drive greater success through continuous improvement of the care we provide, always focused on you. We offer locally controlled, quality care that's close to home. Our care is personal, highly coordinated, will improve your health and vitality, and the health of the entire community.

It has long been Summa Health's mission to deliver high quality, compassionate care. As we

move healthcare forward, we will continue to serve our community in this manner. We are committed to elevating the patient experience, treating each patient with compassion, respect and dignity.

In addition, we are dedicated to improving access for our patients, promoting growth across the organization. We want to make it easy for you and your family to access the care you need.

As healthcare continues to evolve, I am confident Summa Health will remain in the forefront of our industry and continue to improve the quality care we provide. Our new magazine, *Vitality*, allows you to learn more about Summa Health's latest offerings and our commitment to the community. It supplements our monthly online newsletter, also called *Vitality*.

In this issue you'll read several remarkable patient stories and discover how Summa Health



can take care of your health now, and throughout your lifetime.

The future of healthcare is bright. Please join us on this journey to better health for all of our community.

A handwritten signature in black ink that reads "Cliff Deveny".

Cliff Deveny, M.D.
Interim President and CEO

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There When *you need us* 24/7

When life veers off course, trust **Summa Health Emergency Departments** to get you on your way to better health.



Dr. David Custodio, President Summa Health System – Akron Campus

Our highly skilled teams provide 24/7, high-quality, state-of-the-art, supportive care and assistance. They have helped us earn recognition in numerous areas including:

- Trauma
- Stroke
- Heart Attack
- Heart Failure
- Patient Safety
- Orthopedics

Count on Summa Health for expert emergency care:

- Level 1 Trauma Center at our Akron Campus, the American College of Surgeons' highest trauma care
- 2017 Mission: Lifeline Gold Plus Receiving award from the American Heart Association
- Heart Failure Accreditation from the American College of Cardiology
- Accredited Chest Pain Center with Primary PCI from the American College of Cardiology
- Get With The Guidelines-Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll Elite Plus from the American Heart Association/American Stroke Association
- 2017 Ohio Patient Safety Best Practice Award

Summa Health's network of emergency rooms are staffed by board-certified emergency medicine physicians who treat any type of health emergency. So whether it's a broken bone, a high fever or as serious as chest pain, Summa Health can get you on the road to better health.

-911-

Six locations to choose from:

- Summa Health System – Akron Campus
- Summa Health System – Barberton Campus
- Summa Health Green Medical Center
- Summa Health Medina Medical Center
- Summa Health Wadsworth-Rittman Medical Center
- Western Reserve Hospital



“ It was through their incredibly compassionate care that I am here today. ”

- Shannon Sansom, Patient



From heart attack to *hope*

The day Shannon Sansom suffered a life-threatening medical emergency that would change her life forever, she was a healthy 40-year-old wife and mother.

An unexpected heart attack (see signs and symptoms in the illustration to the right) from a completely blocked artery and massive internal bleeding left her in the dedicated hands of caregivers at Summa Health. Because of Peter Bittenbender, M.D. and the coordinated care team at Summa Health, she is alive today and survived a one percent chance of recovery. Three different medical teams helped her to recover from two conditions that are treated in the completely opposite way.


Shannon explained, “It was through their incredibly compassionate care that I am here today. Between the day of my heart attack and through my rehab, countless Summa Health physicians, nurses and other healthcare professionals worked together to restore my health and give my family and me hope in our greatest time of need.”


Watch Shannon’s inspirational story and how she is looking forward to tomorrow at summahealth.org/ShannonsStory.


Symptoms of a Heart Attack

MEN vs WOMEN

Men often, but not always, experience the classic warning signs of a heart attack:

 **Uncomfortable pressure**, fullness, squeezing or pain in the center of the chest that goes away and comes back

 **Pain** that spreads to the shoulders, neck and arms


 **Chest discomfort** with light-headedness, fainting, sweating, nausea or shortness of breath

Women may experience the classic symptoms, but they are often milder. Women may also have other symptoms like:

 **Shortness of breath** or difficulty breathing

 **Nausea**, vomiting or dizziness

 Back or jaw **pain**

 Unexplained **anxiety**, weakness or fatigue

 Mild **flu-like** symptoms

Innovative Technology with *compassionate care*

Summa Health Heart & Vascular Institute is a nationally-recognized heart healthcare organization dedicated to providing compassionate, patient-centered heart care for a healthier community. Offering the latest solutions to cardiovascular care issues gives the community more options when deciding on what is right for them.



MitraClip System beneficial for people with most common heart valve disease.

This minimally invasive procedure is for patients who have symptoms from a “leaky” mitral heart valve, and are too high risk for traditional open heart surgery. It can result in improved quality of life and reduced hospital visits for heart failure.



Vascular Rehabilitation offers relief to PAD sufferers.

This program offers relief from the leg pain associated with Peripheral Artery Disease.

WATCHMAN Device reduces stroke risk in AFib patients.



WATCHMAN is a one-time procedure that gets AFib patients off blood thinners permanently, and reduces the risk of bleeding, letting patients live their lives.



TAVR procedure is less-invasive option for open-heart surgery.

This is a minimally invasive procedure for patients with a narrow aortic valve or failing artificial aortic valve who are of higher risk for traditional open heart surgery. It allows patients with aortic valve disease to live a longer active life.



Coordinated care for Heart Failure patients.

A multidisciplinary heart failure team works collaboratively to control symptoms and improve quality of life.

Appointments are available at more than a dozen convenient locations in Summit, Medina and Portage counties. As a result, you receive the right care at the right time – no matter where you choose to receive care within our system.

Call **888.689.2037** today to schedule an appointment.

Minutes Matter

If you have a heart attack, the Door-to-Balloon (D2B) time matters in saving heart muscle and your life. This is the time from when you arrive at the emergency room until the blocked artery is reopened and blood flow is restored.

The American Heart Association's national recommendation for a D2B time is 90 minutes. Summa Health System – Akron Campus median time is 48 minutes.

That time places us in the **top 10 percent** across the country and one of the best in northeast Ohio.

We're growing

to better serve you

At Summa Health, we are dedicated to continuously improving the patient experience. Advancements come in various forms, including expansion of services, upgraded equipment or better access. These investments not only demonstrate Summa Health's commitment to locally driven healthcare and reinvestment in our communities, but they are shaping the future of healthcare in our region.

Let's take a look at some of our recent enhancements at three locations.

72 private patient rooms

Summa Health System Akron Campus

The care we deliver at Summa Health is focused on the patient. That focus is evident in the design of the new six-story patient tower underway on Akron Campus. The tower will serve as the new front entrance to the 125-year-old hospital and includes:

- 72 private patient rooms, increasing the number of available private rooms to 80 percent of beds in Akron
- Eight new operating rooms
- 65 same-day surgery rooms
- Two floors dedicated solely to women's health
- A breast center
- A multi-purpose conference center
- A large covered canopy area for drop-off with dedicated valet services
- A bridge to the adjoining parking garage

The tower is scheduled to be completed in spring 2019.

This tower represents Summa Health's vision for the future of healthcare in our region. It's a vision that's grounded in the principles of population health management, focused on delivering better care and improving the overall health of the communities we serve.



Learn more about our plan for the future at summahealth.org/facilityplan.

Summa Health System Barberton Campus

Upcoming
improvements

We've been investing in the Barberton community since 2007, and will continue this growth with \$22 million in investments planned over the next five years.

Recent updates include:

Cath Lab

Improved imaging capabilities to aid in patient diagnosis. Facilitates a wide variety of procedures, including interventional radiology and diagnostic cardiology

Wound Care

Installation of hyperbaric chambers to aid in the treatment of wounds, speeding the healing process for patients

Orthopedic Expansion

Addition of two orthopedic surgeons to offer more services, areas of expertise and easy access

Maternity

A more inviting environment for expecting mothers and their families

Pharmacy

Cutting-edge robotic technology to assist pharmacists, resulting in shorter wait times and more accurate dispensing and stocking

Therapy

A fresh look for the therapy area updates a highly used service

Oncology

A new radiation machine, Versa HD™, provides radiation treatment precisely targeting tumors with maximum accuracy while protecting surrounding tissue



For more information, visit summahealth.org/Barberton.

Summa Health Wadsworth-Rittman Medical Center

24-Hour
Emergency

Summa Health Wadsworth-Rittman Medical Center provides community access to a wide range of specialized healthcare services.

24-Hour Emergency

Freestanding emergency department provides adult and pediatric patients expert care, close to home, 24 hours a day, 7 days a week

Orthopedic & Sports Medicine

Various treatment options available, including the latest nonsurgical and surgical approaches, for both recent and chronic injuries

Cancer Screenings

Offers residents of Wadsworth and the surrounding communities easy access to cancer screenings

Outpatient Surgery

Improved technology allows us to offer many options for surgery that do not require an overnight stay in a hospital, such as 3D mammography

Other Services

- Cardiology
- Corporate Health
- Diabetes Education
- Digestive Health
- ENT Services and Surgery
- Imaging
- Laboratory Services
- Obstetrics Gynecology
- Occupational Medicine
- Ophthalmology
- Pain Management
- Podiatry
- Primary Care
- Pulmonary Care
- Therapy
- Senior Health
- Sleep Medicine
- Summa Health at Home
- Urology



For more information, visit summahealth.org/WadsworthRittman.

Here to serve the community



125th
Anniversary

For the past 125 years, Summa Health has been an integral part of the community, working every day to ensure the residents of greater Akron are well taken care of. We are here to serve the community and are committed to providing the best care possible to our patients. Here are a few examples of how we continuously improve the quality of the care we deliver and support our community.

HEART

Minutes matter: the door-to-balloon time is 42 minutes faster than the national goal (48-minute average at Akron Campus)

Multiple accreditations: Summa Health System – Akron Campus was the **first Ohio Hospital** to receive American Heart Association's Mission: Lifeline® Heart Attack Receiving Center Accreditation and is an Accredited Chest Pain Center with PCI by American College of Cardiology; Summa Health System – Barberton Campus is an Accredited Chest Pain Center by American College of Cardiology



SENIORS

Award-winning nursing care for seniors: Summa Health System – Akron, Barberton and St. Thomas Campuses and Summa Health Wadsworth-Rittman Medical Center have earned NICHE (Nurses Improving Care for Healthsystem Elders) designation for senior care; both Akron and St. Thomas Campuses have achieved "Exemplar" status because of excellence in the areas of organizational structure, leadership, geriatric staff competence and more

NICHE

partnerships
in the community



Lowering infant mortality

Lowering infant mortality through the Centering® Pregnancy Group Care Program. These groups of eight to 12 expecting mothers come together with a physician to learn about various pregnancy and parenting techniques from safe sleep tips to proper nutrition and breastfeeding.

Visit summahealth.org/centering to watch a video of this sisterhood of support.

CANCER

Expert radiation oncology:

Summa Health is one of only two major health systems in northeast Ohio to earn the prestigious American College of Radiation accreditation in radiation oncology

Highest standards of care for breast cancer patients:

Akron and Barberton Campuses are accredited by the National Accreditation Program for Breast Cancer



NURSING

Excellence: Summa Health System – Akron and St. Thomas Campuses achieved the highest honor for nursing excellence by achieving Magnet recognition from the American Nurses Credentialing Center; only seven percent of hospitals nationwide earn Magnet status



STROKE

Consistent care: only hospital in the Akron area to receive the stroke quality award for the **eighth year in a row**


Minutes matter: the door-to-drug time is 13 minutes faster than the national goal (47-minute average at Akron Campus in 2016)


Multiple accreditations: Summa Health System – Akron Campus has earned the Joint Commission Gold Seal of Approval as a Primary Stroke Center and the American Heart Association and American Stroke Association’s Get with the Guidelines® Stroke Gold Plus Quality Achievement Award




NEWHEALTH COLLABORATIVE

our Accountable Care Organization

 **Savings:** generated \$30 million in savings for Medicare

 **Growth:** 500 providers managing the healthcare of approximately 90,000 lives

 **Quality:** total quality score of 95 percent in 2015

 **Leadership:** only ACO in the state of Ohio to achieve savings in the Medicare Shared Savings Program for **three consecutive years**

LEVEL 1 TRAUMA

Trailblazer: Summa Health System – Akron Campus was the **first hospital in Akron** to receive Level 1 Trauma Center verification and was re-verified in 2017

MATERNITY

Breastfeeding focus: Summa Health System – Akron Campus is a Baby Friendly® designated birth facility, the **only hospital in Summit County** to achieve this designation

Safety first: Summa Health’s obstetrics team has earned several best practice awards from the Ohio Patient Safety Institute



\$95.5 million provided in community benefit in 2015



Supplied more than 500,000 meals to community through Akron Canton Regional Foodbank’s Long Haul Against Hunger.



150,000+ pills off the streets



and properly disposed of through Prescription Take Back Days and DUMP boxes at the Emergency Departments of Akron and Barberton Campuses.



Building dream homes

Partnering to benefit cancer patients in need by building a dream home. Traci Peltz, a Summa Health breast cancer survivor, was the inspiration for this initiative. Visit summahealth.org/dreamhouse for details.



“These two men aren’t just my doctors, they’re *my friends*.”

Patient Dan Pohly, pictured above with Derek Klaus, M.D. (left), and Kiel Pfefferle, M.D. (right)

Treated like family

Dan Pohly, 62, didn’t think twice when he grabbed his ladders and headed to the front of his home in Hartville in November 2016 to clean out his gutters.



Pohly said his wife had two rules for him, and her words would be prophetic. “She told me not to use a chainsaw, or go up on the roof when no one was home,” Pohly explained.

No one was home when Pohly climbed to the roof of his front porch, carrying a second ladder and his leaf blower. As he climbed the second ladder to get to the top of his roof, it slipped. Pohly fell on to the porch roof and landed on the concrete sidewalk below. The fall left him with two broken wrists and a broken hip.

He tried to make it into the house, but his injuries were too severe. For close to an

hour Pohly cried out for help. “I broke into a cold sweat and I started praying. I was afraid I was going to go into shock.”

A neighbor finally heard him and called 911. He was transported to the Summa Health System – Akron Campus Emergency Department where Derek Klaus, M.D., an orthopedic surgeon who specializes in upper extremities, was on call. After evaluating Pohly’s injuries and discussing the treatment options, Klaus recommended a full hip replacement in addition to surgery on one of his broken wrists. A call was made to Kiel Pfefferle, M.D., who specializes in total joint replacement. Dr. Pfefferle was on his way to

We've Got You Covered

Summa Health Orthopedic Institute specializes in:



- Ankle, knee, hip and shoulder replacements
- Arthritis
- Sprains
- Strains
- Tears
- Carpal tunnel syndrome
- Trauma and orthopedic oncology

Schedule an appointment with our orthopedic specialists. Visit summahealth.org/ortho or call **888.808.3926**.



Join us on Facebook Live

To hear more from Dr. Pfefferle on joint pain and total joint replacement, visit summahealth.org/DocTalk and listen to his recent Facebook chat. Our Facebook live events give you the opportunity to chat directly with medical providers, and questions will be taken from viewers via Facebook comments.

Be sure to check out other Facebook live events that may be of interest to you as well. The full schedule of upcoming sessions as well as recordings of previous events can all be found at summahealth.org/DocTalk.

Columbus, but didn't hesitate to immediately turn around and head to the hospital.

"It was the best thing for the patient, so there was no question in my mind about coming in and doing the surgery right away," said Dr. Pfefferle. "A total hip replacement was the best decision for Dan based on his age and level of activity."

Thanks to the coordination of care between Drs. Klaus and Pfefferle, Pohly only had to go into surgery once to have his wrist and hip repaired.

Today, Pohly is back at his job in the online sales department at Hartville Hardware and shows no lingering effects from his trauma.

"I feel great. I have been so blessed. Everyone at Summa Health was amazing from the people working the front desk, to the nurses and the cleaning staff."

But, he holds a special place in his heart for the two men who he said, "put all the pieces back together." Pohly can't say enough about the treatment he received from both physicians.

"Dr. Klaus said, 'If you were my dad, this is the treatment I would recommend.' That meant so much to me and my family. These two men aren't just my doctors, they're my friends."

Visit summahealth.org/Dan to watch Dan's story.



Taylor Gray,
Athletic Trainer

Summa Health Athletic Trainer

HONORED

 for Life Saving Efforts

Taylor Gray - Athletic Trainer for Summa Health, contracted to Revere High School - was awarded the 2016 Ohio Athletic Trainers' Association (OATA) Special Consideration Award. She was announced and recognized at the 2017 OATA state meeting earlier this year.

Her nomination for this award was submitted for her life-saving efforts at Revere High School in 2016, when she and colleagues revived a student-athlete who had suffered a sudden cardiac arrest.

preventive CARE IS KEY

Your health is important to you, and it requires regular maintenance to ensure you live a healthy and active life. It's essential to take care of yourself from head to toe. Some areas need to be checked on an annual basis, others less often or as recommended. Are you taking the following preventive measures?



COLON/RECTUM

90% survival rate
when colorectal cancer is
found early and treated

Begin screening at **age 50²**,
or even younger if other
risk factors are present



Risk Factors:

- Age 50 and older
- Family member with colorectal cancer
- Polyps in colon or rectum
- Type 2 diabetes

Take Action:

Talk to your doctor if a colonoscopy or a fecal immunochemical test (FIT) is right for you.

Resources:

¹breastcancer.org

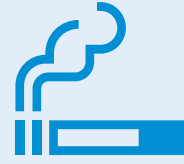
²Age 40 for those with a family history before age 60 and age 45 for African-Americans

³American Cancer Society



LUNG

**#1 Risk
Factor**



Smoking causes more than
80% of lung cancers³



A low dose CT scan
can help ease your
mind, especially if
you are a smoker and
between the **ages
of 55 and 77.**

Take Action:

Call **330.375.6899** or visit
summahealth.org/lungscreening
to learn more.



PROSTATE

1 in 7

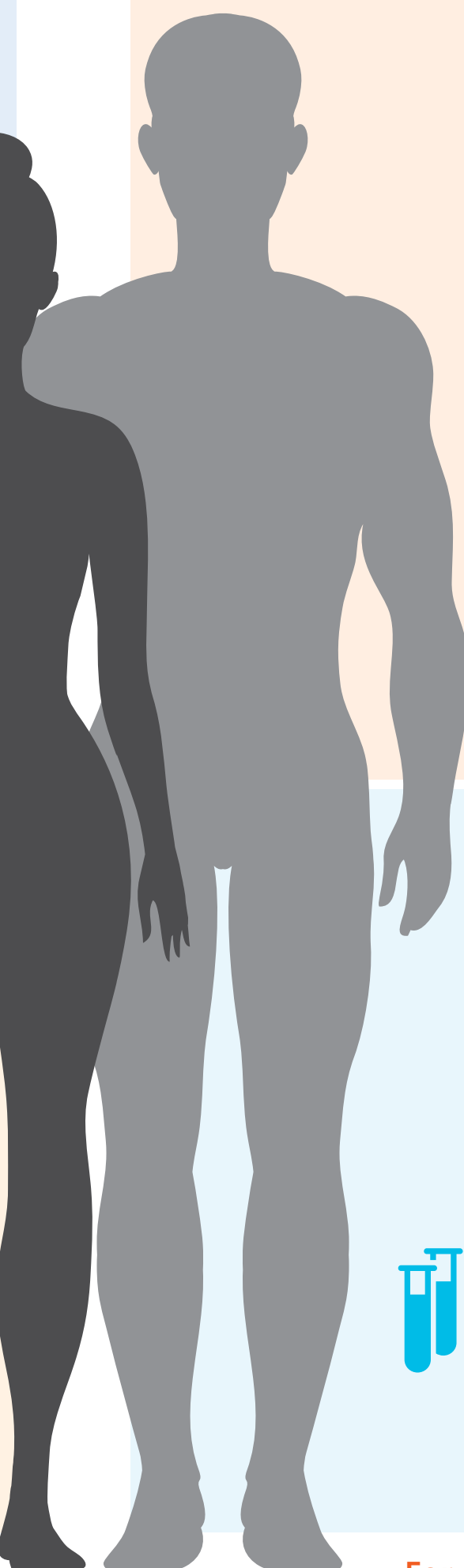
men will be diagnosed
with prostate cancer in
his lifetime



If you are a male **age 55 to 69**,
talk to your doctor about whether
prostate cancer screening (PSA
screening) is right for you.

Take Action:

Visit summahealth.org/urology
for more information.



BREAST

85% of all breast cancer cases are diagnosed among women with **no known family history**¹

A mammogram is essential in detecting breast cancer early before any symptoms.

Take Action:



Call **234.312.5800** to schedule your own mammogram; no physician referral is needed.



CERVIX

93% five-year survival rate³ when cervical cancer is found early

Women should have two tests regularly to maintain cervical health:



- Pap test** (also called Pap smear)
- Human Papillomavirus (HPV) test**

Take Action:

Contact your physician to schedule an exam and appropriate testing for you.



SKIN

Skin trumps all other forms of cancer, with more than 5.4 million cases³ diagnosed each year

Risk Factors:

- A history of sunburns
- Excessive sun exposure
- Moles
- Family history or personal history of skin cancer
- Exposure to radiation

Take Action:



Schedule a complete skin check annually, and take care of your skin from head to toe. Visit summahealth.org/onlinederm to download our telederm app and have a visit with a dermatologist, usually within 24 hours.



DIABETES

Check your A1C

an important diabetes measurement, as recommended.

Take Action:

If you're diabetic, your microalbumin/creatinine ratio should be tested every year.

Were in the community

Join us at these events in the community.

For more information, visit summahealth.org/events.



August

2-6 Bridgestone Invitational Fan Zone

12 Goodyear Half Marathon & 10k

September

9 University of Akron ZipsFest

14 Silver Sneakers Speaker Series at Tallmadge Recreation Center

22 Akron Marathon Runner Expo

23 Akron Marathon Block Party at Summa Health

22-24 Barberton Mum Fest

October

12 Medina Ladies Night Out

22 Akron Race for the Cure

27 Senior Care Giver Expo



Classes & Programs



Childbirth & Parenting

From our Childbirth Education classes, to Baby Care, Breastfeeding, CPR and Grandparents classes, join us as we help you prepare for your new baby. Maternity tours are also available at our Akron and Barberton Campuses.



Smoking Cessation

Quitting smoking is challenging and we are here to help. We offer suggestions on different strategies to reduce smoking and its dependency and how to quit. We also cover what can be done to achieve this goal and sustain it.



Breastfeeding Support Group

Breastfeeding is the most natural way to nourish your baby and provides many benefits. Join Summa Health's childbirth educators and certified lactation consultants to discuss your questions and concerns. You will also have the opportunity to interact with other breastfeeding mothers to share your challenges, ideas and successes.



Life After Stroke Support Group

Life After Stroke provides a forum for stroke survivors and their families to share ideas and solve problems after stroke. A healthcare professional from our rehabilitation staff facilitates each meeting, with community speakers lending their expertise on successful living after stroke. For more information, call Summa Rehab Hospital at **330.572.7300** or Cathy Torcasio, Ph.D. at **330.686.4455**.



First Aid & CPR

Have you ever wanted to learn about the basics of First Aid or refresh your skills? We offer classes in CPR training with or without the use of an Automated External Defibrillator for adults and children, along with infant CPR.

Visit summahealth.org/programs to sign up for classes, get more information and see all the programs that Summa Health has to offer.

and *close to home*

Hundreds of docs, close to home.

For appointments, call 888.689.2037
or visit summahealth.org for
a directory and list of locations.

■ Hospitals

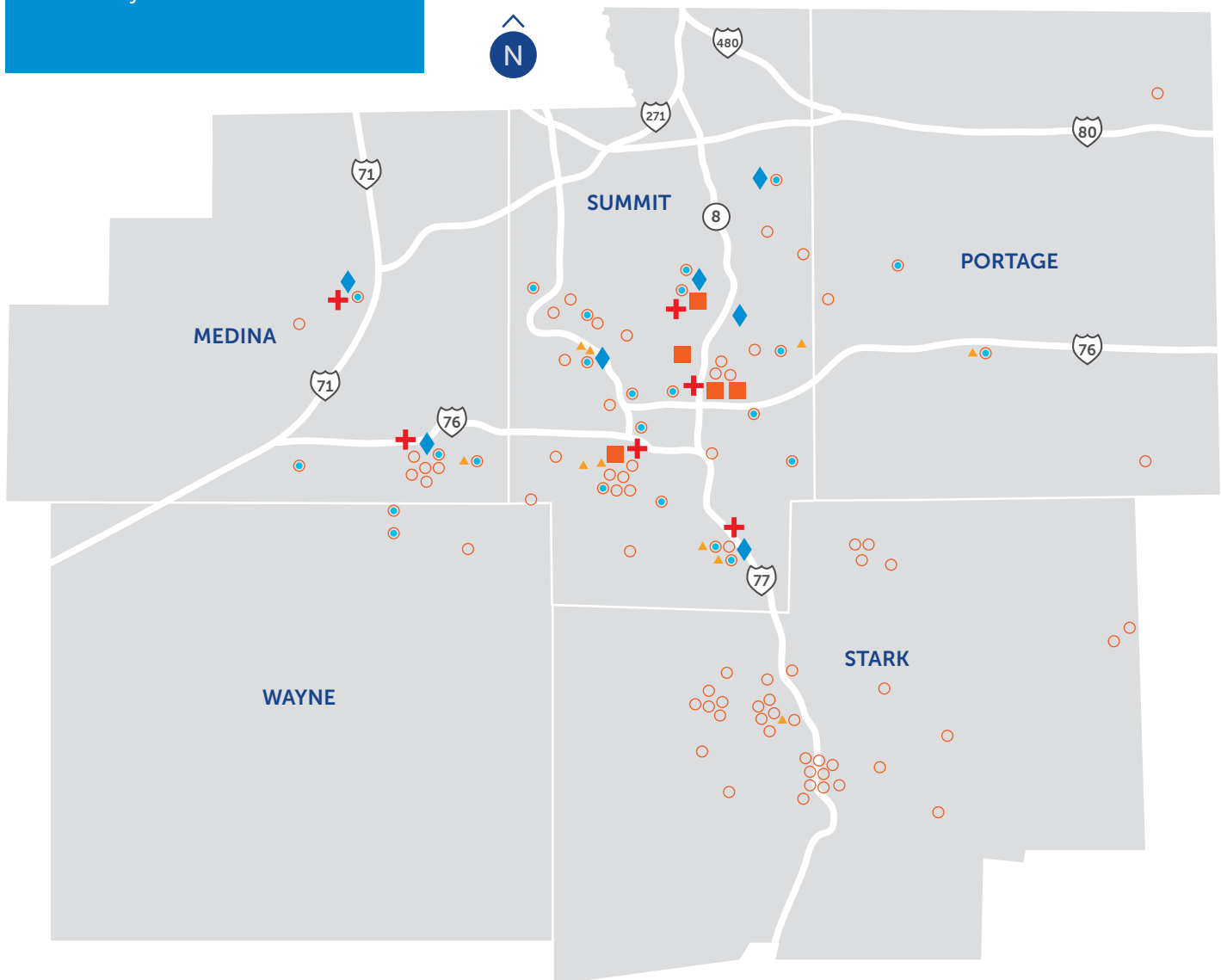
- Summa Health System
- Akron Campus
- Barberton Campus
- St. Thomas Campus
- Summa Rehab Hospital
- Western Reserve Hospital

◆ Medical Centers

- Chapel Hill Medical Center
- Cuyahoga Falls Medical Center
- Green Medical Center
- Hudson Medical Center
- Medina Medical Center
- Wadsworth-Rittman Medical Center
- White Pond Medical Center

▲ Outpatient Services

- Medical Group
- New Health Collaborative
Affiliated Physicians
- ✚ 24-HR Emergency Room



NewHealth Collaborative providers are listed in the physician directory on summahealth.org.



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Want more info?

Sign up for our free monthly newsletter that's jam-packed with general health and wellness tips, healthy recipes, Summa Health programs and more.

Visit summahealth.org/vitality or call us at **888.689.2037** to schedule an appointment.



Care that's more personal.

Listen to our patients share with you the personal care they received at Summa Health, from surviving cancer to controlling diabetes with our coordinated teams.



“The nurses made me feel at ease. I had such amazing care. It just doesn't take one person to make things happen. It takes an army of them.”
- Traci Peltz, Breast Cancer Survivor



“They reassured us when we got there everything was going to be ok. They treated me like I was a guest more than a patient.”
- John Livers, Heart Attack Survivor

“I feel more energetic. I feel more me. I'm glad to be your patient.”
- Terrance Gainer, Diabetes Patient



“I'm not sure if I'd still be alive if it wasn't for the teamwork that Summa has done.”
- Hal Millage, Prostate Cancer Survivor

Watch their stories at summahealth.org/ownit/care.