



**It's a Whole
New Ballgame
for Reggie
Eggleston**

Page 4

**Catching
Breast Cancer
Earlier**
Page 3

**Missing
Some
Zzzzzzs?**
Page 9

**Tour Our
Renovated
Maternity
Units**
Page 11

**Join Us
at These
Community
Events**
Page 14

**Summa's
Going Green**
Page 15



VITALITY MAGAZINE



The Medicare

Annual Election Period is Here

Enroll **October 15**
through **December 7**

The Medicare Annual Election Period is October 15 through December 7. This is the time of year when those eligible for Medicare review their coverage to be sure it matches their needs. Summa Health's insurance company, SummaCare, is offering four Medicare Advantage Prescription Drug plans for 2018, including the popular Topaz (HMO) plan with a \$0 monthly plan premium, \$0 copay for primary care physician visits and \$0 copay on preferred generic drugs.

SummaCare Medicare Advantage plan benefits that are particularly attractive include:



Lower out-of-pocket maximums



Hearing aid coverage



Coverage anywhere in the country for emergency and urgent care services and up to \$25,000 per year for emergency and urgent care services anywhere in the world



Preventive dental coverage



Free gym memberships through the SilverSneakers® fitness program



Yearly allowance for prescription eyewear



Free personal health coaching



24-hour nurse phone line staffed by registered nurses



You can compare the advantages of SummaCare Medicare plans by visiting www.summacare.com/medicare or call 800.801.2516 (TTY 800.750.0750).

A representative is available to assist you seven days a week from 8 a.m. to 8 p.m. Outside these hours, you may leave us a message and a representative will return your call the next business day. TTY users should call 800.750.0750.

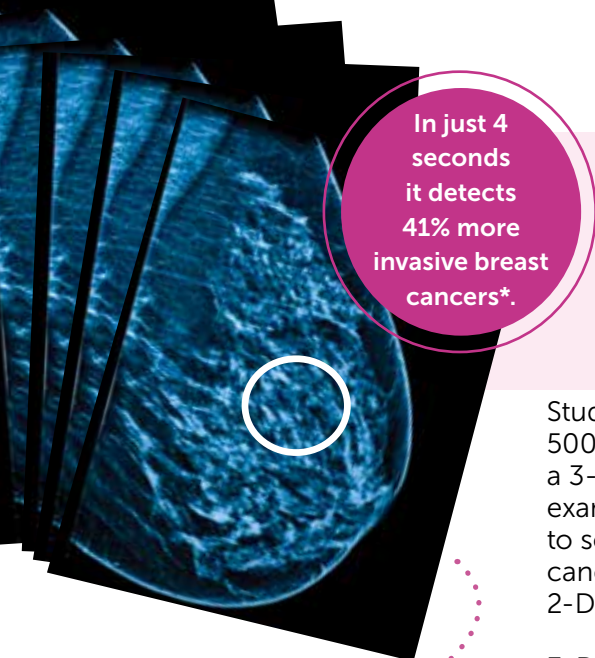
SummaCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.888.464.8440 (TTY: 1.800.750.0750).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1.888.464.8440 (TTY: 1.800.750.0750).

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Benefits may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

H3660_18_07 Accepted 08292017



In just 4 seconds it detects 41% more invasive breast cancers*.

3-D Mammography breakthrough technology

Summa Health is the only hospital in the region to offer 3-D mammography for both screening and diagnostic exams at all locations.

Schedule your 3-D mammogram today at **888.859.8870**

Studies of nearly 500,000 women show a 3-D mammography exam is a better way to screen for breast cancer than traditional 2-D exams alone.¹⁻²

3-D mammography lets your doctor examine breast tissue layer by layer, detail by detail, to better distinguish invasive cancers, especially if you have dense breast tissue. 2-D

images are flat, like looking at a book cover and have been shown to miss up to 20 percent of early cancers. But 3-D mammograms let you see all of the book's pages.

The result is earlier detection of potential breast cancers and fewer callbacks for false positives.

With many convenient locations across the region, it's easy to schedule your appointment.

- Akron
- Barberton
- Cuyahoga Falls
- Green
- Hudson
- Medina
- Wadsworth
- White Pond



1. Journal of the American Medical Association June 2014.
2. breastcancer.org.
*Versus 2-D mammography alone.

Cancer support available

Groups are available in Akron, Barberton and Medina. Visit summahealth.org/cancersupport to learn more.



For information about the Breast MDC or to schedule an appointment or second opinion, please call our Breast Care Coordinator at **330.375.3717**.

Breast Multidisciplinary Clinic
Jean & Milton Cooper Pavilion
161 N. Forge St, Ground Floor,
Suite G90, Akron, OH 44304



Is your cancer treatment plan the best it can be?

Summa Health's Breast Multidisciplinary Clinic (MDC) caring team of cancer experts will design a coordinated, comprehensive and personalized plan of care for you using nationally recognized best practice guidelines.

Why choose our Multidisciplinary Clinic?

- | | | | | |
|---|--|--|---|---|
| 
Collaborative treatment planning | 
Real time, team-based format | 
Improved survival | 
Active patient involvement | 
All needs supported offering holistic care |
| 
Less anxiety, more empowerment | 
Individualized plan of care | 
Access to clinical trials | 
Expedited cancer care | |



A Whole New Ballgame

Just as any football player needs a team to support him, Reggie Eggleston needed a team of Summa Health providers to help him manage his complex needs.



During his first appointment at Summa Health, it was revealed that Eggleston had metastatic (advanced) prostate cancer, his diabetes was out of control, he was going into heart failure, had high blood pressure, hypothyroidism, pain, swelling, had fallen several times and recently had a stroke.

Sandy Andrassy, BSN-RN, Eggleston's Summa Health Care Manager with NewHealth Collaborative, Summa's Accountable Care Organization (ACO), said the first time she met Eggleston he was hobbling and using a cane. She was afraid he was going to fall.

"He was a very sick man," said Andrassy. "His medication list was a page long. He was taking more than 30 medications."

With his complex health needs and recent hospitalizations, Eggleston was a perfect candidate for the Summa Health High Intensity Clinic.

"Summa put together a team and started treating me for everything," explained Eggleston.

Yoleetah Ilodi, M.D., director of the Summa Health High Intensity Clinic, is now Eggleston's primary care physician. Eggleston likes to reference his health in terms

of sports, and says Dr. Ilodi is the coach of his health plan.

"I never knew good healthcare until I met Dr. Ilodi. I thought what other doctors did was the norm; I didn't expect anything different. Summa showed me the care I would receive from their doctors was a whole different ballgame."

During his care at Summa, Eggleston said it's the little things that make a big difference. Dr. Ilodi set an alarm on Eggleston's phone. "She said every time you hear this alarm, I want you to take your medicine."

After working with numerous healthcare professionals throughout Summa, Eggleston is ready to start the next leg of his healthcare journey: he has been approved for weight loss surgery, adding another member to his healthcare team.

"Summa Health gave me the ball and I'm going all the way for a touchdown. We will get there, and together we're going to score a lot of points."

Coordinated Care

at Summa Health

Reggie Eggleston works with a number of clinicians to improve his health.

Visit summahealth.org/care to watch Reggie's story.

Think you're a candidate for the High Intensity Clinic? See below for qualifications on how to start taking control of your health.

“Summa put together a team and started treating me for everything.”

Patient, Reggie Eggleston



Sandy Andrassy, BSN-RN
Care Manager



Yoleetah Ildi, M.D.
Internal Medicine



Sue Fosnight, RPh, BCPS, CGP
Pharmacy



Stephen Heupler, M.D., FACC
Cardiology



Lawrence Lohman, M.D.
Ophthalmology



Joshua Nething, M.D.
Urology



Melinda Phinney, M.D.
Nephrology



Mark Pozsgay, D.O.
Weight Loss Surgery



Douglas Trochelman, M.D.
Oncology



Ken Wells, M.D.
Certified Diplomate
ABOM, Obesity
Medicine

High Intensity Clinic

The Summa Health High Intensity Clinic is a resource devoted to helping primary care physicians effectively manage the most complex and/or frail patients.

To qualify for the clinic, patients must have:

- Multiple complex disorders (at least three)
- Three ED visits or two hospitalizations in the last six months
- PCP requests due to patient complexity

Providers within the High Intensity Clinic include a primary care physician, a pharmacist, a social worker, a case manager and a palliative care physician.

For more information on the High Intensity Clinic, call **888.689.2037** or visit summahealth.org/highintensityclinic.

We're growing to better serve you

We are dedicated to continuously improving your experience. Advancements come in various forms, including expansion of services, upgraded equipment or better access. Let's take a look at some of our recent enhancements at three locations.

Hudson

5625 Hudson Dr,
Hudson, OH 44236

Summa Health Hudson Medical Center provides a wide range of specialized healthcare services. And we've just grown our services again.

Behavioral Health Services

Summa Health is dedicated to behavioral health and addiction medicine and we have expanded our Behavioral Health Intensive Outpatient Programs (IOP) into the Hudson community. IOPs are designed for people who require a higher level of care than weekly or monthly treatment can provide. Programs run three days a week for 16 – 20 sessions. We can help patients with depression, anxiety, bipolar disorder, addiction and more.

We offer day and evening appointments to work with the patient's schedule.

To learn more call:

Addiction Medicine IOP: **330.319.9768**
Behavioral Health IOP: **330.319.9755**

Summa Health Wellness Center

The Summa Health Wellness Center features personal training, three lines of strength equipment, the latest in fitness equipment in a spacious environment, nearly 100 weekly group exercise classes and a 25-meter lap pool. Also onsite are an Eucalyptus steam room, a warm therapy pool and Falling Waters Spa.

To learn more or to start a membership, call **330.342.4400**.



Summa Health Wellness Center is offering \$10 off a massage (60 minutes or longer) to all Akron Marathon runners. Runners simply need to present their bibs at the Spa by Dec. 31.



Barberton

Parkview Pavilion, 155 Fifth St NE
Barberton, OH 44203

Summa Health Cancer Institute Adds New Radiotherapy Device

As of October, cancer patients at Parkview Pavilion have a new tool in their arsenal to fight cancer: the Elekta Versa HD™. This versatile, state-of-the-art radiotherapy treatment device gives cancer professionals the flexibility to deliver a variety of treatments from standard therapy to advanced highly precise treatment. Versa HD uses the latest advances in technology to produce faster treatment times.

Shortened treatment times can improve patient comfort, particularly for older patients who may find

it difficult to remain in one position over extended periods of time.

Ultimately, this investment will provide reduced treatment times, individually tailored treatments and the potential for improved outcomes.

For more information call **888.689.2037** or visit summahealth.org/barberton.

Green

3838 Massillon Rd, Suite 350
Uniontown, OH 44685

Summa Health at Green Family YMCA

Summa Health at Green Family YMCA is one of several locations where Summa Health Orthopedic Institute physicians see and treat patients. Our fellowship-trained physicians provide comprehensive, high-quality orthopedic care to active men and women of all ages.

We provide:

- Consultations
- Follow-up visits
- Testing and procedures
- X-ray
- MRI
- Musculoskeletal Ultrasound (MSKU)
- MSKU Guided injections
- Baseline and post-concussion testing
- Physical therapy
- Occupational Therapy

Orthopedic Institute Physicians



Ben Burkam,
M.D.



Sal Frangiamore,
M.D.



Derek Klaus,
M.D.



Kiel Pfefferle,
M.D.



For more information call **888.689.2037** or visit summahealth.org/green.



Vaccinations *aren't just for kids!*

Vaccines are recommended for all adults to help prevent getting and spreading diseases, and are especially important for those with chronic conditions who are more likely to develop complications from certain vaccine-preventable diseases.



Even if you were vaccinated at a younger age, the protection from some vaccines can wear off. You may also be at risk for vaccine-preventable diseases due to your age, job, hobbies, travel or health conditions.

Be sure to talk to your doctor to make sure you are up to date on the vaccines that are recommended for you. If you need a primary care physician, **call 888.689.2037**, or **visit summahealth.org**.

Have you signed up for MyChart yet?

Your Secure, Online Health Connection



View



Request



Review



Ask



Schedule



Access

Questions about your health don't keep a 9-5 schedule. That's why Summa Health offers MyChart®, an online portal that lets you use your computer, tablet or smartphone to connect with your doctor at any time.



You can use it to schedule or request appointments, view test results within 24 hours, request a medication refill, ask your doctor a question or view your child's or dependents' medical records.

To access MyChart®, you need an activation code. Call your primary care physician's office to request one. If you've forgotten your user name or password, call the MyChart Help Desk at **844.552.4278**.

Are you catching your Zzzzs?

To survive, humans need sleep. It's as essential as food, water and oxygen.



Experts say **adults need 7-9 hours** of sleep a night



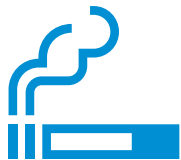
70 million Americans suffer from chronic sleep problems¹

Many times it's difficult to get the recommended amount, whether because of busy schedules, trouble falling asleep or physical conditions, such as obstructive sleep apnea (OSA).



Current smokers are

3X



more likely to have OSA than past or never smokers¹

An estimated

80%



of moderate-to-severe OSA cases have gone **undiagnosed**²⁻⁴

Average lifespan



58 years for patients with untreated OSA⁵



78 years for men



83 years for women

Signs and Symptoms of Sleep Disorders



Large Neck Size



Excessive Daytime Sleepiness



Nighttime Gasping, Choking or Coughing



Lack of Energy



Morning Headaches



Frequent Urination at Night



Depression



Snoring



People with moderate to severe sleep apnea have an **up to 15-fold increase of being involved in a traffic accident**⁷



9% of middle-aged women and 25% of middle-aged men suffer from OSA⁶

We have a comprehensive sleep program that can help you get diagnosed and treated sooner.

To make an appointment with a sleep specialist or to schedule a sleep study, call **888.689.2037**. Visit summahealth.org/sleep to learn more.

1. Center for Disease Control and Prevention. Sleep and Sleep Disorders 2014. http://www.cdc.gov/sleep/about_us.html Accessed 9-29-2016.
 2. Kapur V, Strohl KP, Redline S, Iber C, O'Connor G, Nieto J. Underdiagnosis of sleep apnea syndrome in U.S. communities. *Sleep Breath.* 2002;6:49-54.
 3. Young T, Evans L, Finn L, Palta M. Estimation of the clinically diagnosed proportion of sleep apnea syndrome in middle-aged men and women. *Sleep.* 1997;20:705-706.

4. Young T, Skatrud J, Peppard PE. Risk factors for obstructive sleep apnea in adults. *JAMA.* 2004;291:2013-2016.
 5. Toronto Western Hospital, University Health Network University of Toronto. STOPBang. <http://www.stopbang.ca/osa/general.php> Accessed 9-29-2016.
 6. Marshall et al. *Sleep* 2008
 7. Horstmann et al. *Sleep* 2000

Providing outstanding care when

seconds count

Summa Health knows a trip to the emergency room can be stressful. That is why we are dedicated to serving the needs of our patients and taking care of their health problems with the 24/7, high-quality, state-of-the-art, supportive care and assistance required in an emergency situation. **Summa Health's Emergency Room network spans throughout Akron and surrounding areas.**

A few reasons to count on Summa for expert emergency care:



Welcome **David Seaberg, M.D.**, Chair of Emergency Medicine at Summa Health.



Outstanding STEMI System. On average, Summa's door-to-balloon times are 26 minutes faster than the national average. In fact, we've stopped heart attacks in as little as 11 minutes.



Accepts All Patients. All Summa entities accept most major insurance plans, and all accept emergency patients whether or not they're insured.



Our three-day revisits stand at 3.39%, lower than the national average (4.62%)



Dedicated space for behavioral health issues at our Akron Campus ED.



Stroke cases that arrive via EMS go straight to the CT scanner, improving patient outcomes.



Our stroke robots in the emergency rooms at our Akron and Barberton Campuses allow stroke neurologists to remotely perform live, real-time audiovisual consultations with the patient and emergency medicine team to speed the delivery of clot-busting drugs crucial to halt and reverse stroke damage.



Door-to-drug time for clot-busting stroke medicine tPA is 49 minutes, significantly better than the national benchmark of 60 minutes.



American Heart Association
ACCREDITATION
Sets standards for
Heart Attack Receiving Center





Specializing

in you and your new arrival!

Come see our recently renovated maternity units!

Why Choose Summa Health for maternity care?

Summa Health believes every birth is special, and we're committed to providing the comfort, convenience and peace of mind you expect from one of the region's safest places to give birth.

Summa Health System – Akron Campus is:

- Proud to be **"Baby-Friendly®!"** As the first hospital in the Akron-Canton area and one of just nine throughout the state of Ohio that holds Baby-Friendly® status, we deliver on our pledge to support a healthy beginning for mothers and babies by providing the best possible breastfeeding support for new moms and their infants.
- A **Blue Distinction Center**, which is awarded by the Centers for Maternity Care. That means we're a facility with demonstrated expertise and a commitment to quality care during the delivery episode of care, which includes both vaginal and cesarean section delivery.

Our Akron Campus offers:

- Doula Referral Service and 24/7 Midwifery
- 14 private birthing suites
- 18 newly-renovated private post-partum rooms
- Our special care nursery, Akron Children's Hospital Intensive Care Unit

Our Barberton Campus offers:

- 10 private rooms where mothers can labor, deliver and recover
- Midwifery (referral required)
- Surgical suites and post-surgical rooms within the unit available 24 hours a day

We want our moms as comfortable as possible, so we offer:



Midwifery



Birthing balls



Hydrotherapy



Kangaroo care (skin-to-skin contact of mother/baby)

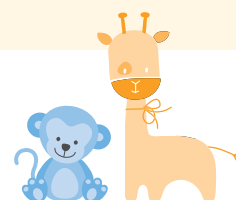


On-site lactation specialist support



Low-risk birthing room with little medical intervention

To schedule a tour, visit summahealth.org/mybaby or call 888.689.2037.



Do you think you know what addiction looks like?

You may be surprised. It could be your neighbor, your aunt, your son's best friend. Addiction doesn't pay attention to age, skin color or income, and the numbers are growing.



1 in every 10 high school
12th grade students
has admitted to incorrectly using prescription painkillers



1 in 4 families
will be affected by someone's drinking or drug use

At least 1 in 10
people will experience a problem with alcohol or drugs in their lifetime




Drug overdose deaths in 2016 **exceeded 59,000**
the largest annual jump ever recorded in the United States, according to preliminary data from the Centers for Disease Control and Prevention



Women
may more rapidly develop a prescription painkiller addiction than men

It has hit close to home:
In 2016, Summit County had **312 drug deaths, a 46% increase**



from 2015 and more than triple the 99 cases that went through the medical examiner's office just two years before



Heroin abuse and addiction have risen in **all population and demographic groups** ↑
in the United States over the past few years

According to the National Survey on Drug Use and Health,
Hispanics and whites



suffered from substance abuse and dependence at similar rates in 2013, around 8.5%, while about 7.4 % of African-Americans struggled with it

Although the face and frequency of addiction may be changing, what hasn't changed is Summa Health's ability to help.

Our long history of treating addiction as a disease can help you or someone you love experience relief from symptoms and gather new hope and possibilities in life.

To learn more, contact our Addiction Medicine Intensive Outpatient Program at:
Akron: 330.379.9836 | Canton: 330.491.9215
Hudson: 330.319.9768



“I wouldn’t go to any place, but Summa.”

– Margo Haren, Weight Loss Surgery Patient

Margo Haren is back doing *what she loves*

About five years ago, Margo Haren went to the doctor for knee pain. She was close to 300 pounds at this time. The doctor told her she would need two knee replacements and two hip replacements if she didn’t lose weight.

She knew she was trapped by her weight; it was affecting all areas of her life. She couldn’t fasten a seatbelt on a plane. Her knees were so bad it hurt to walk. She didn’t have the stamina to do a proper spring cleaning.

And, she had to give up her passion— teaching vacation bible school— because she could not stand for long periods of time.

“The extra weight changes your entire life,” said Haren.

She finally made the decision to contact a bariatric surgeon. She didn’t have a lot of confidence in the surgery, but thought she would at least go to one or two appointments. Several friends had bariatric surgery over the years at different locations. After some research she made a decision.

She went to Summa Health Bariatric Care Center and after her appointment received a sheet of paper that showed all of her follow-up appointments had been scheduled, including with a nutritionist, psychologist and more.

This list convinced her to move forward. She saw that Summa had it down to clockwork and considered many areas of your health, including mental.

“I realized this was not a cosmetic surgery, but something to look into for health reasons, to change to a healthy lifestyle.”

A number of team members supported Margo along the way, and she remembers a number of them by name, due to the impact they had on her.

One of the highlight’s for Haren was a hospital visit from Debbie Pasini, BSN, RN, CBN, an Inpatient Case Manager of the Bariatric Care Center.

“Here I am in the hospital, not feeling well after surgery, and Debbie shows up with her smile. She shares information with me slowly so I can understand what she’s saying. It was very helpful.”

To date, she has lost 90 pounds and is back to doing what she loves. Haren used to be concerned she’d be in a rocking chair at her age. Instead, after surgery she’s enjoying life. And back to what she enjoys most... teaching.

“I’m very grateful for the care I received.”

Visit summahealth.org/margo to watch Margo’s story.

Join us at these

events, classes, & programs in the community.

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



Oncology Support Groups

Summa Health Cancer Institute provides a supportive atmosphere where group members can discuss the impact that cancer is having on their lives. All patients, family members and friends who are touched by cancer are welcome to attend. This group meets at several locations throughout the greater Akron area. Registration is not necessary. **For dates and locations, visit summahealth.org/cancersupport.**



Weight Loss Surgery Support Group

Our surgical support group, offered by Summa Health Bariatric Care Center, is open to patients who have had weight loss surgery at Summa Health or elsewhere. Meetings are held in the POD basement rooms of Summa Health South Pavilion, 55 Arch St, Akron Campus, on the fourth Wednesday of each month from 6:00 to 7:30 p.m. Registration is not required. **Call 330.375.6590 for more information.**



Maternity Tours

Our maternity tours include Labor and Delivery, Special Care Nursery and the Mother Baby Units of both Summa Health Akron and Barberton Campuses. Tours are available during evening and weekend hours making them easier to fit into your schedule. Registration is required. **Visit summahealth.org/mybaby.**



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.**



Your gift makes a difference

Since our founding, the patients and families of Summa Health have benefited from the sustained generosity of our community. Summa Health Foundation is dedicated to extending this legacy of giving to advance compassionate, coordinated care at Summa Health. Every gift makes a difference in the lives of those we serve today and for generations to come. **To learn more about how your gift can make an impact, visit summahealth.org/foundation.**

Events



November

- 8 Opiate Roundtable, Copley High School
- 14 Total Joint Replacement Talk, Hudson Wellness Center
- 16 Lung Health Talk, Silver Sneakers, Tallmadge Rec Center
- 17 Medina Candlelight Walk, Medina Public Square and Wadsworth Candlelight Walk, Downtown Wadsworth

December

- 9 K. Jack Greynolds Memorial Classic, Barberton High School



You can also find us at ZipsFest before each University of Akron home football game!

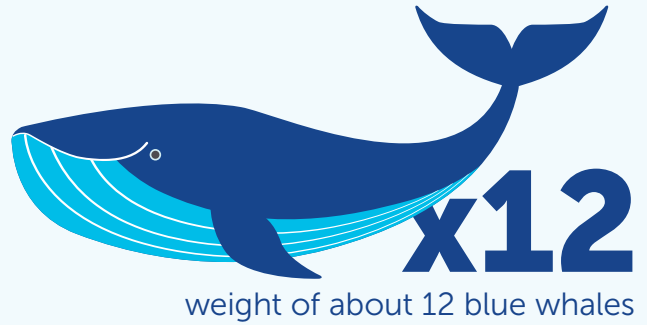
For more information, visit summahealth.org/events.



For more than a decade, Summa Health has had an extensive recycling program. We are committed to protecting our environment, saving resources and preventing pollution.

Our 2016 totals:

2,427,200 lbs. =
diverted from landfill



Total recycling in the past 10 years:
20,904,360 lbs.



125th
Anniversary

Vitality Magazine
(1000-94010)

Corporate Office
1077 Gorge Blvd
Akron, OH 44310

Nonprofit
Organization
U.S. Postage Paid
Akron, OH
Permit No. 83

Want more info?

Sign up for our free monthly
newsletter that's full of general health
and wellness tips, healthy recipes, Summa
Health program updates and more.

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



MAR-17-31226/CS/TZ/10-02/400000

After 125 years, *it's still personal.*

With every person, every day, Summa Health provides personal, life-changing care.



“They're my doctors,
but they're also my friends.”

- Dan Pohly, Trauma/Orthopedic
Patient



“Summa was
life-saving.
They will
help you get
through this!”

- Pam Kusar, Breast
and Ovarian
Cancer Patient

“I trusted they would give
me the care that I needed.”

- Crystal Rosenberger, Maternity
and Cardiology Patient



“You just feel so much more secure
knowing that someone is available.”

- Joe Laney, Cardiology
and Home Care Patient

Experience their stories at summahealth.org/care.