

**Routine doctor
visit leads
to shocking
discovery for
Roman Bryant**

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Sal Frangiamore, M.D., a sports medicine surgeon at Summa Health, serves as a team physician for the U.S. Ski and Snowboard Association



This isn't the bunny slope

The recent Winter Olympics allowed us to marvel over great feats of strength, agility and speed. Interestingly, one doctor at Summa Health has a regular front row seat to this exceptional talent and resilience.

Salvatore J. Frangiamore, M.D., a sports medicine surgeon at Summa Health, serves as a team physician for the U.S. Ski and Snowboard Association. His sports medicine and shoulder fellowship at the world-renowned Steadman Clinic in Vail, Colorado, introduced him to this opportunity. He has traveled

to Germany for a snowboard cross world cup event, to Italy for the 2017 FIS Freestyle Junior World Ski Championships, and returns to Vail in March for the U.S. Open of Snowboarding.

"I have been involved with sports my whole life. Being able to combine my professional work with my passion for sports is a unique and gratifying experience," shared Dr. Frangiamore.

You can receive the same outstanding sports medicine care as our national ski and snowboard team.

We specialize in the diagnosis and treatment of sports related injuries such as:

- Sprains and strains
- Overuse injuries causing joint or back pain
- Tendonitis and tendinosis
- Dislocations or fractures
- Stress fractures
- Arthritis

24/7 Emergency Care

For those situations that require emergency care, one of Summa Health's five emergency rooms is nearby, ready to provide proper care in the event of a major issue.



Meet the Orthopedic Team

Same day/next day appointments without going to the ER

Our physicians offer same day/next day appointments and expedited referrals to the top orthopedic surgeons in the area. Call **888.808.3926** to make an appointment.

Nonsurgical/Sports Medicine



Ben Burkam, M.D.



Robert Crawford, M.D.



Nilesh Shah, M.D.

Orthopedic Surgeons



Sal Frangiamore, M.D.
Sports Medicine and Shoulder



Jeff Junko, M.D.
Foot and Ankle Reconstruction



Derek Klaus, M.D.
Hand and Upper Extremity



Eric Miller, M.D.
Orthopedic Trauma



Kiel Pfefferle, M.D.
Total Joint Reconstruction



Scott Weiner, M.D.
Orthopedic Oncology

Our locations include:

- Akron
- Green
- Wadsworth
- Barberton
- Medina

- Schedule appointments** with your Summa office providers
- Request a prescription refill**
- Communicate with your physician** via secure messaging
- View most test results** within 24 hours
- Review wellness plans**
- View progress notes** for outpatient visits
- Manage appointments**
- Receive appointment reminders**
- Connect and review** your child's or dependent's medical records

MyChart

Your Secure, Online Health Connection
24 hours a day

Your health is important to you around the clock – not just during office hours. MyChart puts everything you need to manage your health right at your fingertips.

How to Access MyChart

Go to summahealth.org/mychart. Click on the Login button on the right side of the page. If you received a MyChart activation code, click **SIGN UP NOW** and enter your access code. You will be prompted to setup your unique MyChart user name and password.

If you have a user name and password, enter them and click **SIGN IN**.

Mobile Access

MyChart Mobile is now available on your Apple iPhone, iPod touch or iPad or on your Android phone. This does not replace the web-based MyChart and does not include all the same features. You will need to create a MyChart account before you can access MyChart Mobile.

Questions?

If you need an activation code, have forgotten your MyChart username or password, or have tried unsuccessfully to log in to your MyChart account, call the 24/7 MyChart Helpdesk at **844.552.4278** or email summamychartsupport@summahealth.org.

“

After I had my procedure,
everything changed.

”

– Romen Bryant
Cardiology Patient

Living Life with His Whole Heart

Today, Romen Bryant has a new lease on life—and it all started with a routine doctor’s visit.

Romen is the first to admit he’s never been fond of doctors, hospitals or checkups. And at just 26 years old, he considered himself to be perfectly healthy. He played basketball, ate right and worked out every day.

His wellness checkup, too, started about as routine as they come. That is, until his girlfriend spoke up. She mentioned that sometimes Romen experienced chest pain.

“I would get shortness of breath and chest pain,” said Bryant. “It felt like someone was squeezing my heart in their hand... but then it would go away and I’d be back to normal.”

Because the episodes were short and infrequent, Romen didn’t think it was



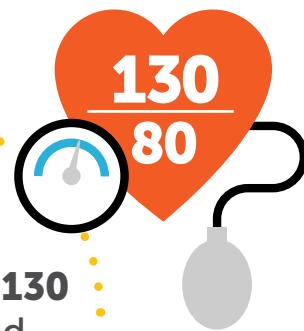
What's Your Number?

For the first time in 14 years, the American Heart Association has redefined the reading used to diagnose high blood pressure.

The new guidelines mean **nearly half of the U.S. adult population** (46%) has high blood pressure



High blood pressure = top number 130 or higher and bottom number 80 and higher



That is a change from the old definition of **140/90 and higher**



While about **14% more people will be diagnosed** with high blood pressure, there will only be a small increase in those who will be prescribed medication.



High blood pressure accounts for the **second largest number** of preventable heart disease and stroke deaths, second only to smoking.

To see if you fall under these new guidelines, schedule a checkup with your primary care physician. If you still need a PCP, visit summahealth.org or call **888.689.2037** to schedule an appointment.

worth mentioning. But after his physician learned of the chest pain, Romen was sent to Summa Health cardiologist Steve Klautky, M.D. for cardiac evaluation and possible testing. An echocardiogram and cardiac MRI revealed the cause of his chest pain. Romen had a large Atrial Septal Defect (ASD)—a hole in the wall between the two upper chambers of his heart.

ASD is a congenital heart defect—meaning the hole in his heart had been there since birth. While it went unnoticed for years, as Romen grew, the hole grew too.

Instead of pumping blood to the rest of his body, Romen's heart would pump blood from one side to the other. Left untreated, the ASD could lead to heart failure. So Dr. Klautky referred Romen to Summa Health interventional cardiologist Justin Dunn, M.D. for ASD closure.

"We don't often see young patients in cardiology, but Romen's ASD had the potential to really impact his quality of life," said Dunn. "Instead of performing open heart surgery, we opted for a minimally-invasive procedure called a percutaneous closure."

The ASD closure involved inserting a device with two small discs into Romen's heart through a catheter. One disk was placed on each side of the hole, in the left and right chambers of the heart. Then, they were clamped together to close the hole.

The procedure was complete in about an hour, and Romen went home to his family the next day. Now, the chest pain is gone and he has the rest of his life ahead of him.

"After I had my procedure, everything changed," said Bryant.

That includes his attitude toward visiting the doctor.

"I'm not glad that this happened, but it's a blessing that it did happen how it did because we caught it early," he said. "If you don't have a doctor, go get one!"



Justin Dunn, M.D. showing an ASD device that clamps together to plug the hole of the heart

A wellness checkup is recommended once a year. Schedule today at 888.689.2037.

We're Growing to better serve you

Summa Health Medina Medical Center

We provide 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
- **Cancer Care**
 - Gynecologic Oncology
 - Medical Oncology
 - Orthopedic Oncology
 - Radiation Oncology



3780 Medina Rd, Medina

Other Services at Medina Medical Center:

- 3-D Mammography & Imaging
- Behavioral Health
- Cardiology
- Diabetes Care
- Digestive Health
- Laboratory Services
- Obstetrics/Gynecology
- Orthopedics
- Pain Management
- Pelvic Health
- Primary Care
- Sports Medicine
- Surgery
- Weight Management

For more information, visit summahealth.org/medina or call 888.689.2037 to schedule an appointment.

St. Thomas Campus

The new Summa Health Vivitrol® Clinic on our St. Thomas Campus offers patients a chance to kick their opioid habit. When used as part of a treatment plan that includes counseling, Vivitrol can help prevent relapse to opioid dependence after detox.



444 Main St, Akron

Vivitrol® (naltrexone) is a once-monthly injection that does not lead to physical dependence. This drug blocks any response from opiates.

Important Facts:

- Opioid antagonist
- Used with counseling
- Not a narcotic
- Non-addictive
- Once-monthly injectable
- Does not require a physician referral
- Requires detox (Before starting Vivitrol, you must be opioid-free for a minimum of 7-14 days to avoid sudden opioid withdrawal).

To learn more, or to enroll in the Vivitrol Clinic, contact us at 330.379.9836.

Rehab Hospital

Summa Rehab Hospital receives CARF Accreditations for its **Rehab Specialty Programs**



Brain Injury Program
Stroke Specialty Program
Spinal Cord Injury Program
Amputee Program



29 N Adams St, Akron

Proudly serving northeast Ohio since 2012

Summa Rehab Hospital is the only inpatient rehab facility in Summit, Portage and Stark Counties to have all four specialty programs accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF).

We earned this distinction by fulfilling our mission to provide the highest quality compassionate care to our patients and contributing to a healthier community.

Visit our website at summarehabhospital.com to take a virtual tour and to learn more.

FIT and Lean in 2018

Are you struggling with your weight? Just when you lose a few pounds, do you end up putting it back on, and then some?

With help from the Summa Health Weight Management Institute, you can achieve a healthy lifestyle and shed those unwanted pounds.

With numerous options available, we offer you the full spectrum of weight management options. Whichever path you want to take to a healthier lifestyle, we have specialists and a support team here to assist you. And we support you for life.



Surgical Weight Management

- Several surgical options
- Comprehensive program
- Team includes surgeons, psychologists nurses, dietitians, obesity medicine physician and more
- Expect significant weight loss as soon as six months after surgery

Locations:

- Akron
- (Many appointments required for the surgical program will be available at our new locations.)



Reggie Eggleston

Surgical Program



Starting Weight:
408 pounds (as of 1/6/17)
Current Weight:
310 pounds (as of 1/25/18)
Excess Body Weight Loss: 35%



I lost a lot of weight, but I gained better health, better life, better relationships with my children.



Nonsurgical Weight Management

- Weight loss through modification of food choices, exercise and eating behaviors
- Weight loss as much as 5 - 20 pounds per month

Program options:

- Comprehensive, 2-year program
- Individual physician and psychologist visits



Locations:

- Akron
- Barberton
- Green
- Hudson
- Medina
- Wadsworth

Tim Scott

Nonsurgical Program



Starting Weight:
408 pounds (as of 3/3/12)
Current Weight:
193 pounds (as of 10/9/17)
Excess Body Weight Loss: 86%



Now when people look at me, they look at my eyes, my blue eyes, and not my weight.



Outpatient Nutrition Services

- Work directly with a dietitian to develop an eating plan that works for you
- Regularly monitored to determine progress and make adjustments as needed

Locations:

- Akron
- Barberton
- Green
- Hudson
- Medina
- Wadsworth



If you'd like assistance in getting control of your weight, talk with a weight management specialist. Call **888.757.7605** or learn more at summahealth.org/weightloss.

How to avoid common foods that

TRIGGER HEARTBURN

Heartburn is triggered by different things in different people, but often large meals of fatty food eaten late at night, spicy food, alcohol, smoking and high BMI are common causes among sufferers. Replacing food and drinks that commonly cause heartburn with another option and eating 5-6 smaller meals a day is a good start to prevent heartburn.

EAT THIS			Instead OF THAT		
Pineapple	Sweet Pepper	Iced Tea	Lemons & Oranges	Hot Pepper	Soda
Herbal Tea	Light Beer	Strawberry Shortcake	Coffee	Wine	Chocolate Bar
Lean Protein (Fish)	Ginger	Pesto	High-Fat Red Meat (Rib-Eye Steak)	Peppermint	Tomato Sauce
Shallots	Grilled Steak & Veggie Kebabs	Cantaloupe	Onion	BBQ Ribs	Watermelon



Concerned your heartburn could be something more? Take our quick quiz to see if your symptoms warrant a trip to your doctor: summahealth.org/GERDQuiz

Sources: www.prevention.com/food/5-real-causes-heartburn; www.livestrong.com/slideshow/1011196-10-worst-foods-acid-reflux/#slide=11; www.healthline.com/health/gerd/beverages#takeaway-tips10; www.webmd.com/heartburn-gerd/features/summer-foods-dont-feel-the-heartburn#3

FREE
 six-week
 class starts
 March 2018

To learn more
 and register for
 a session, call
 888.816.4129.



Improving Breast Cancer Care

Cancer patients face many challenges as they travel from diagnosis through survivorship. Treatments may cause symptoms and physical challenges that can affect a patients' quality of life. With the support of a generous grant from the Summa Health Women's Board, the Dr. Gary B. and Pamela S. Williams Center for Breast Health has implemented an integrative medicine program to enhance the care our breast cancer patients receive.

"Clinical research clearly demonstrates that mindfulness, yoga, Reiki, and even essential oils, have a role in helping manage the symptoms associated with cancer treatments," explained Melanie Lynch, M.D., a breast surgeon at Summa Health.

The **Urban Zen Integrative Therapy (UZIT)** program will be available to breast cancer patients and breast cancer survivors in March 2018. Women can attend a six-week group class, free of charge, that will include:

- Mindful movements
- Restorative yoga
- Body awareness meditation
- Breathing techniques
- Reiki
- Essentials oils

The class will provide education and support to help women use these integrative therapies to manage symptoms that may occur from cancer treatment:

- Pain
- Anxiety

- Nausea
- Insomnia
- Constipation
- Fatigue

"Surviving a cancer diagnosis is more than the surgery, chemotherapy and radiation. It is about maintaining and restoring balance in your physical, emotional and spiritual health," shared Dr. Lynch.

The grant from the Women's Board also supports the **Breast Multidisciplinary Clinic (MDC)**, launched last year.

The Breast MDC is a one-stop shop for newly diagnosed breast cancer patients, or any patient who may be seeking a second opinion, to come to one appointment and meet with their entire treatment team. They will receive a coordinated, comprehensive and personalized plan of care, all from one day's appointments.

Danielle Leasure, diagnosed with breast cancer, attended Summa's Breast MDC and benefited from this multidisciplinary approach.

"With my diagnosis, I had so many questions," said Leasure. "I didn't even know who to ask. But with the MDC, you have all of these advisers in one room, and they talk to each other. I was able to get all of my questions answered, even the small ones. They addressed my concerns and came up with the best solution for me. I am so glad they have the Breast MDC."

Do you want to know your breast cancer risk?

High risk factors include:



Alcohol



High body mass index



Genetic mutations



Abnormal Biopsy



Dense Breasts



Family History

We offer the breast cancer risk assessment for those individuals interested in learning their individual risk for developing breast cancer, and it identifies women at higher than average risk.

Based on your individual risk, your doctor will be able to determine what preventive cancer screening is best for you, the frequency of screening and if you might benefit from genetic testing.

1 in every 8

women will develop breast cancer within her lifetime



If you are interested in learning more, please contact the Dr. Gary B. and Pamela S. Williams Center for Breast Health at 888.816.4129.

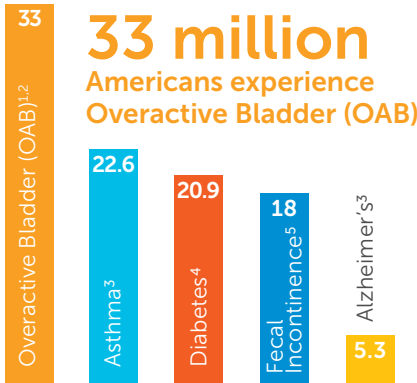
Taking Care of business



10, 20 or 30

Bathroom Trips Per Day?

The average adult makes 4-7 trips⁷



3 common types of incontinence:

Overflow Incontinence



Frequent dribbling of urine due to a bladder that doesn't empty completely

Overactive Bladder



Sudden and strong need to go to the bathroom

Stress Urinary Incontinence



Urine leaks out when you cough, laugh, sneeze or lift something heavy



Colorectal Cancer

It's #2:

Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States



Wear blue in March to support Colon Cancer Awareness.

Send photos to socialmedia@summahealth.org or tag us on Facebook and Twitter.

More than **140,000** adults are diagnosed with colorectal cancer each year



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

Is FIT the right fit for you?

The Fecal Immunochemical Test (FIT) detects minute traces of blood in the stool. It:

- Can be done in the privacy of your home
- Is non-invasive and easy to do
- Requires no special prep, changes to your diet or medicines



With the FIT, you will collect your samples and mail them to the lab. Your doctor will give you the results. If blood is detected, additional tests may be needed to determine the source. One of Summa's board-certified gastroenterologists or colorectal surgeons can help you with next steps and treatment options.

Get checked. Visit summahealth.org to schedule a visit.

Statistics supplied by Medtronic: 1. Stewart, W.F et al. Prevalence and Burden of Overactive Bladder in the United States. World Jml of Urol 2003;20:327-336; 2. Serels S. The wet patient: understanding patients with overactive bladder and incontinence. Curr Med Res Opin. 2004;20(6):791-801; 3. Centers for Disease Control and Prevention Website. <http://www.cdc.gov/asthma/brfss/03/lifetime/tableL1.htm>. Accessed October 18, 2010; 4. National Diabetes Information Clearinghouse Website. http://www.diabetes.niddk.nih.gov/dm/pubs/statistics/#y_people. Accessed October 18, 2010; 5. Whitehead W.E. et al. Fecal Incontinence in US adults: epidemiology and risk factors. Gastroenterology. 2009; 137:512-517; 6. Alzheimer's Association Website. http://www.alz.org/alzheimers_disease_facts_figures.asp. Accessed October 18, 2010; 7. Health Grades Website. Frequent Urination: How Often is Too Often? <http://healthguides.healthgrades.com/simple-solutions-for-an-overactive-bladder/how-often-should-you-urinate>. Accessed May 28, 2015.

“

If it wasn't for God
and the trauma
team I had
at Summa, I
wouldn't be here
Today.

”

– Sgt. David White,
Trauma Patient



When every second counts

Police officers don't need to be told they have a dangerous job. Sgt. David White of the Uniontown Police Department headed out to a call on July 9, 2017, and left the scene in an ambulance fighting for his life.

White had been shot multiple times and his survival was in doubt when the EMS crew pulled up to the Emergency Department at Summa Health System – Akron Campus. White had lost 40 percent of his blood volume.

“There were 15-20 people waiting when they opened the doors to the ambulance. The trauma team was standing next to the sides of my gurney as I was coming through the doors already starting treatment,” White said. “The emergency personnel that night was fabulous. If it wasn't for God and the trauma team I had at Summa, I wouldn't be here today.”

According to Joshua Nash, D.O., trauma surgeon, it took mere minutes to get White assessed and into the operating room for emergency surgery.

“We're a level one trauma center, so this is what we do. Take the sickest of the sick and get them through it. We gave him our best efforts and then Sgt. White did the rest. He came in as serious as you can get, our highest degree of shock. He's a fighter.”

During his first week in the intensive care unit, White had four surgeries to help save his life.

“I had a team of physicians and trauma surgeons as well as all the trauma nurses. The care they showed me was remarkable,” White said. “They treated me as if I was royalty, always asking how I was feeling and if I was in any pain.”

The 25-year police veteran spent three weeks in the hospital recovering and walked out under his own power when he was released. He is expected to make a full recovery, though his physical therapy and rehabilitation continues today.

“You don't have to go to Cleveland Clinic for this kind of care, you can get it right here in Akron,” said White.

“This team, these people are the best in the world.”

How to *recognize* a Stroke

Time is Brain

Summa Health utilizes InTouch Health™ robots at emergency departments at our Akron and Barberton Campuses. Summa's robots 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.

For the past two years, the American Heart Association and American Stroke Association has recognized Summa Health with Target: Stroke Honor Roll Elite, Gold Plus status in recognition of our ability to meet or exceed the quality measures for treating a stroke.

For more information about how to control your stroke risk factors, visit summahealth.org/stroke.

Just remember to think

F.A.S.T.



Face:

Ask the person to smile. Does one side of the face droop?



Arm:

Ask the person to hold both arms up evenly. Does one arm drift downward?



Speech:

Ask the person to repeat a simple sentence. Are their words slurred or mixed up?



Time:

If the person shows any of these symptoms, **dial 9-1-1 right away.**

COURTESY: American Heart Association and American Stroke Association

Are you thinking about Medicare?

Contact SummaCare to get your copy of the official Medicare booklet published by the Social Security Administration.

Learn about:



When you can apply for Medicare



The different types of Medicare coverage



How you can get help if you're low income



SUMMACARE

Call **800.801.2516** or visit summacare.com/info today to get your free Medicare booklet, with absolutely no obligation.

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

H3660_18_197 Accepted 12162017

philanthropy

helps expectant mothers fight addiction



Nicole, an early participant in MOMH, holds her infant son, who is now a healthy, happy 3-year-old. She is here with case manager Karen Frantz, BSN, RN.

The power of philanthropy at Summa Health is evident in the Maternal-Fetal Opiate Medical Home (MOMH), which includes a CenteringPregnancy™ Group Care Program for at-risk pregnant women. MOMH transitions women to buprenorphine for treating opioid dependence during pregnancy. Through the CenteringPregnancy™ program, expectant mothers obtain prenatal care, access to addiction counseling, peer group support and other social services.

Since its inception in 2011, MOMH yearly admissions have increased by 492 percent – from 25 to 148, according to case manager Karen Frantz, BSN, RN. Expectant mothers with addiction problems access MOMH from all over Ohio for help in delivering full-term infants. Average gestation for these women is 39.9 weeks, up from 36.2. Birth weights are up, as well.

Average gestation is

39.9
weeks



up from 36.2 since 2011

Participants attend a CenteringPregnancy™ Parenting program and receive continued counseling by Suman Vellanki, M.D., who recently completed a one-year addiction medicine fellowship at Summa Health. A generous gift from Susan and David Banks helped establish the fellowship program. CenteringPregnancy™ and MOMH have received generous support from the Reinberger Foundation and The Circle of Women's Health Philanthropists.

Your gift makes a difference

Summa Health Foundation is dedicated to extending the legacy of giving to advance compassionate, coordinated care at Summa Health. Every gift makes a difference. To learn more, visit summahealth.org/foundation or call **330.375.3159**.



Francine Hubbell volunteers at the Barberton Campus Gift Shop

Volunteer Opportunities

Volunteering at the Summa Health System – Barberton Campus Gift Shop is just a part of Francine Hubbell's weekly routine.

"I started volunteering at the Gift Shop because it's close to home," said Hubbell. "Hospitals can be stressful environments," she shared. "The Gift Shop is a bright and cheery place where people can get a few moments of mental relief."

The Barberton Campus Gift Shop is in need of other volunteers, like Francine, who want to help people and make new friends.

To apply, visit summahealth.org/volunteer, email volunteer@summahealth.org, or call **330.375.3247**.

Join Us

Classes & programs in the community



Smoking Cessation

- Classes in Barberton and Wadsworth
- Strategies to reduce or quit
- Achieve and sustain your goal



Breastfeeding Mothers Group

- Groups in Akron and Barberton
- Meet with other breastfeeding mothers
- Share your concerns, ideas and successes
- No registration required



Violence: enABLE Yourself to Respond

- Skills and techniques needed to respond to violent/fearful situations
- Basic skills to keep yourself safe when faced with having to fight
- Four-hour program
- Provided through the collaborative efforts of Summa Health's Safety & Emergency Preparedness, Protective Services and Police and Nursing departments



Diabetes Education

- Take control of your diabetes and reduce the risk of complications
- A series of six workshops to empower and educate
- For dates and locations, visit summahealth.org/diabetes

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

Events

March

15

Digestive Health Talk,
Silver Sneakers
Tallmadge Rec Center



May

5

Health Fair, Summa Health Barberton Campus

17

Stroke Talk,
Silver Sneakers
Tallmadge Rec Center

25

Medina Half Marathon/5K Expo,
Summa Health
Medina Medical Center

26

Medina Half Marathon/5K,
Downtown Medina



For more information, visit summahealth.org/events.



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.

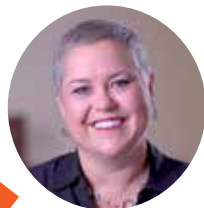
Visit summahealth.org/vitality or call us at **888.689.2037** to schedule an appointment.



MAR-17-32682/CS/TZ/02-18/400000

Care that's more personal.

With every person, every day, Summa Health provides personal, life-changing care. Watch their stories at summahealth.org/care.



“ I have plans for my family, and I am in them, and I'm grateful for Summa for that. ”

Jamie McKinley
Hodgkin's
Lymphoma
Survivor



Deanna Hastings,
Orthopedic
Patient

“ Getting my knees replaced helped me get what I wanted to do now and what I'm going to want to do in the next 30 years. ”



Vic Myers,
Throat
Cancer
Survivor

Your personal story can be a powerful inspiration to others.

My Summa Story is a collection of personal stories shared by patients. Consider sharing your own to help others press forward during their own health challenges. Visit summahealth.org/stories to share your story.

“ I owe where I am after five years to Summa Barberton and the medical professionals who helped me through this ordeal. ”