

Four adorable reasons to use a midwife

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Men's Health Matters

If you're the type of guy who pays more attention to your favorite sports team than your own health, you aren't alone.

Become more aware
of some of the threats men are up against.

Heart Disease	Depression	Diabetes	Erectile Dysfunction	Cancer
Heart disease is the leading cause of death for men in the United States. According to the CDC, half of the men who die suddenly from it have no previous symptoms.	The American Foundation for Suicide Prevention claims that women are three times more likely to attempt suicide, yet men are more successful at it.	Men develop diabetes slightly more often than women do, says the CDC. In fact, one in four Americans has diabetes and doesn't even know it.	Erectile dysfunction (ED) can impact more than just your sex life – nearly a third of men who see their doctor about ED discover that clogged arteries are behind it.	Most men are mindful of prostate and testicular cancer. But did you know that men are twice as likely as women to develop skin cancer – and die from it?

Fortunately, many of these health issues are treatable when caught early. So if you or someone you know has worrying symptoms, call your primary care doctor; don't brush them off. If you need a doctor, call **888.689.2037** and we will make an appointment for you with the appropriate provider.



Nearly **230,000 men** are annually diagnosed with prostate cancer in the United States



will be diagnosed with prostate cancer during his lifetime



A prostate is a walnut-sized gland that sits below a man's bladder



Eat your lycopene

an antioxidant that may lower risk of prostate cancer found in fruits and veggies

You're 2-3x more likely

to get prostate cancer if your father or brother had it



Early prostate cancer usually doesn't cause symptoms



Risk of prostate cancer rises rapidly after age 50

June is Men's Health Month!

We're diagnosing prostate cancer more accurately through MRI

Summa Health is using Multiparametric MRI (MP-MRI) to help distinguish between benign (noncancerous) and malignant (cancerous) areas in the prostate and nearby lymph nodes. This is welcomed news for men with elevated prostate-specific antigens (PSAs) who dread the alternative – a procedure that involves up to 30 random needle biopsies of the prostate through the rectum.

With the new “fusion-guided” biopsy, your doctor requests the MP-MRI scan to gain a better idea of where a tumor may be positioned within your prostate. In most cases, the procedure lasts 45 to 60 minutes, during which several dozen three-dimensional images may be taken.

To find out more about this innovative procedure, go to summahealth.org/fusion.



Our urology team supports men's health

Call us today at **888.302.3897**

Whether you want to see us in Akron, Barberton, Green or Wadsworth, our team is ready to help you.

Our Urologists



Joseph Dankoff, M.D.

Practice locations: Akron and Green

Special interests: kidney stones and prostate disease



Lawrence Geller, M.D.

Practice locations: Akron and Barberton

Special interests: sexual dysfunction and incontinence



Joshua Nething, M.D., FACS

Practice locations: Akron, Barberton and Wadsworth

Special interests: urologic oncology, minimally invasive and robotic surgery, prostate disease and kidney stones



Kevin Spear, M.D.

Practice locations: Akron and Green

Special interests: male infertility, vasectomy, and reproductive medicine

Our Advanced Practice Providers



Erica Gerstenmaier, PA-C



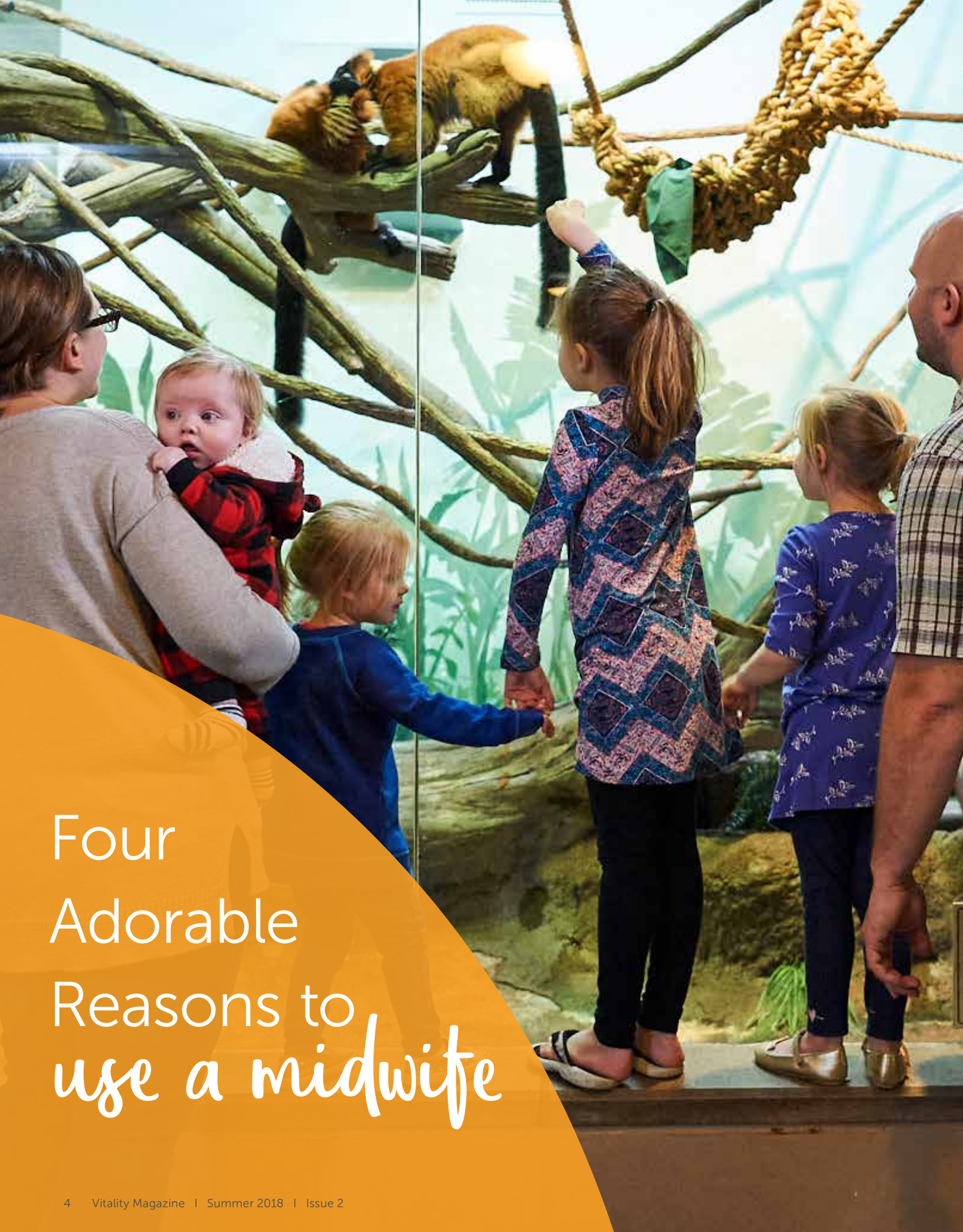
Robin Houk, CNP



Grace Goske, CNP



Angela Moss, PA-C



Four
Adorable
Reasons to
use a midwife



First in Summit county to be Baby-Friendly®

Learn more at summahealth.org/babyfriendly.

When Sarah Fister discovered that she was pregnant, she chose to work with a Summa Health Certified Nurse-Midwife (CNM). Not just once, but four times.

"It's true. I had a midwife help me through all four of my pregnancies," said Fister. "And, while rare, we were lucky enough to have the same one every time."

Summa Health takes a team approach to maternity and offers moms-to-be numerous options for their care.

Fister is part of a growing number of moms selecting CNMs for a more "natural" approach to the pregnancy, labor and delivery experience. And while midwives are known for more personalized high-touch/low-tech care, CNMs also are registered nurses with advanced training in women's health and midwifery, as well as national certifications. They work closely with obstetricians to provide the best care possible to moms in case of an emergency, if the need for a cesarean arises or if mom's condition suddenly changes.

"I knew I wanted a natural childbirth and that I would connect better with a woman," explained Fister. After speaking with several friends who had positive midwifery experiences, she and

her husband met with the team at Summa Health – Akron Campus, the only hospital in the area with 24/7 midwifery coverage.

"When I sat down with my midwife, Bobbi Claypoole, CNM, I immediately felt comfortable and respected," said Fister. "She listened to my concerns, asked about my needs, answered my questions... She's always offering gentle encouragement."

CNMs support both medicated and non-medicated delivery methods, and are especially skilled at using alternative birthing positions, birthing balls, massage and hydrotherapy. In fact, Fister labored in a water-birth tub with her fourth baby.

"I would really recommend a Summa midwife," said Fister. "What a beautiful experience!"

Summa offers the largest midwifery team in the region for delivery. Learn more about our maternity services at summahealth.org/mybaby or call **888.495.3859**.

What's a midwife?

If you're experiencing a low-risk pregnancy and want minimal medical intervention during delivery, consider using a midwife.

Summa Health Certified Nurse-Midwives (CNMs) are registered nurses who educate and support healthy women through all phases of pregnancy and delivery. If medical intervention is necessary, they have the advanced training needed to ensure a healthy outcome for you and your baby.

Currently, 24/7 midwifery coverage while in labor is available at our Akron Campus.

Summa Health midwives see patients in offices throughout our region including: Akron, West Akron, Barberton, Cuyahoga Falls, Green, Hudson, Medina and Wadsworth.

“My midwife encouraged me to listen to my body.”

– Sarah Fister, Midwifery Patient



David E. Custodio, M.D., MBA, President, Summa Health System— Akron and St. Thomas Campuses; **Lorie Rhine, MSN, RN, NE-BC**, Vice President and Chief Nursing Officer Summa Health System-Akron and St. Thomas Campuses; **Cliff Deveny, M.D.**, Summa Health Interim President and CEO

We're Growing to better serve you

← Akron

Excitement is building around Summa Health these days as much of the new West Tower structure has risen on our Akron Campus. Scheduled for completion in the summer of 2019, the sleekly designed structure will feature:

- Private patient rooms
- Expanded surgery suites, patient prep and recovery rooms
- The Gary B. and Pamela S. Williams Center for Breast Health
- A multi-purpose conference center

Earlier this spring we held a "topping off" ceremony at which a massive crane raised a banner – signed by hundreds of Summa Health employees – to the top of the new West Tower. The building will soon see exterior walls covering the concrete structure, featuring mainly gray metal and glass curtain-wall systems.

We will continue to keep you posted on this exciting project.



Summa Rehab Hospital Introduces a Pulmonary Program

Currently, millions of Americans are suffering from respiratory disease. Our new pulmonary program is designed to reduce risks and improve your overall function.

It is designed for people who have been diagnosed with:

- COPD (Chronic Obstructive Pulmonary Disease)
- Pulmonary Hypertension
- Pulmonary Fibrosis
- Emphysema
- Lung Cancer
- Lung volume reduction surgery associated with Lung Transplants
- Chronic Bronchitis
- Sarcoidosis
- Bronchiectasis
- Interstitial Lung Disease

The goal of our pulmonary program is to enhance quality of life. Even though a pulmonary program cannot reverse lung disease, it can be a great tool to help:

- Reduce and control breathing difficulties
- Learn more about your disease, treatment options and chronic disease coping strategies
- Reduce your dependence on costly medical resources
- Maintain healthy behaviors such as smoking cessation, good nutrition and exercise

Our multidisciplinary teams work together to optimize your results. Call **330.572.7300** or visit **summarehabhospital.com** to view community support groups available at our hospital, take a virtual tour or check out our success stories.

**More than
25 million**
people in the United
States have asthma



Summa Rehab Hospital

A partnership with
Vibra Healthcare

Hope For Addiction in Canton

Looking for help with addiction? Our Addiction Medicine Intensive Outpatient Program in Canton is an option for you or a loved one. It is designed for individuals who require a higher level of care than weekly or monthly treatments can provide. Programs usually run three to four days a week for several hours a day, designed to accommodate work and family life.

Our program is abstinence-based and supports the use of a 12-step recovery program for obtaining and maintaining a chemical-free lifestyle. Alcoholics Anonymous (AA)/12-step program attendance, family involvement and random drug screenings are mandatory. To get started, call **330.491.9215**.

Addiction
isn't a choice,
recovery is.



Talking Back: Common Spinal Conditions

Back pain, a leading cause of disability, often results from an injury, strain or disease affecting the muscles, ligaments, joints or discs in your spinal column. The Summa Health Orthopedic Institute treats many common spinal conditions through minimally invasive surgery – a procedure that typically can be performed at an outpatient surgical center with:

- Less anesthesia
- Faster recovery
- Less post-operative pain
- Smaller incisions and less scarring
- Less soft tissue and muscle damage
- Reduced risk of infection

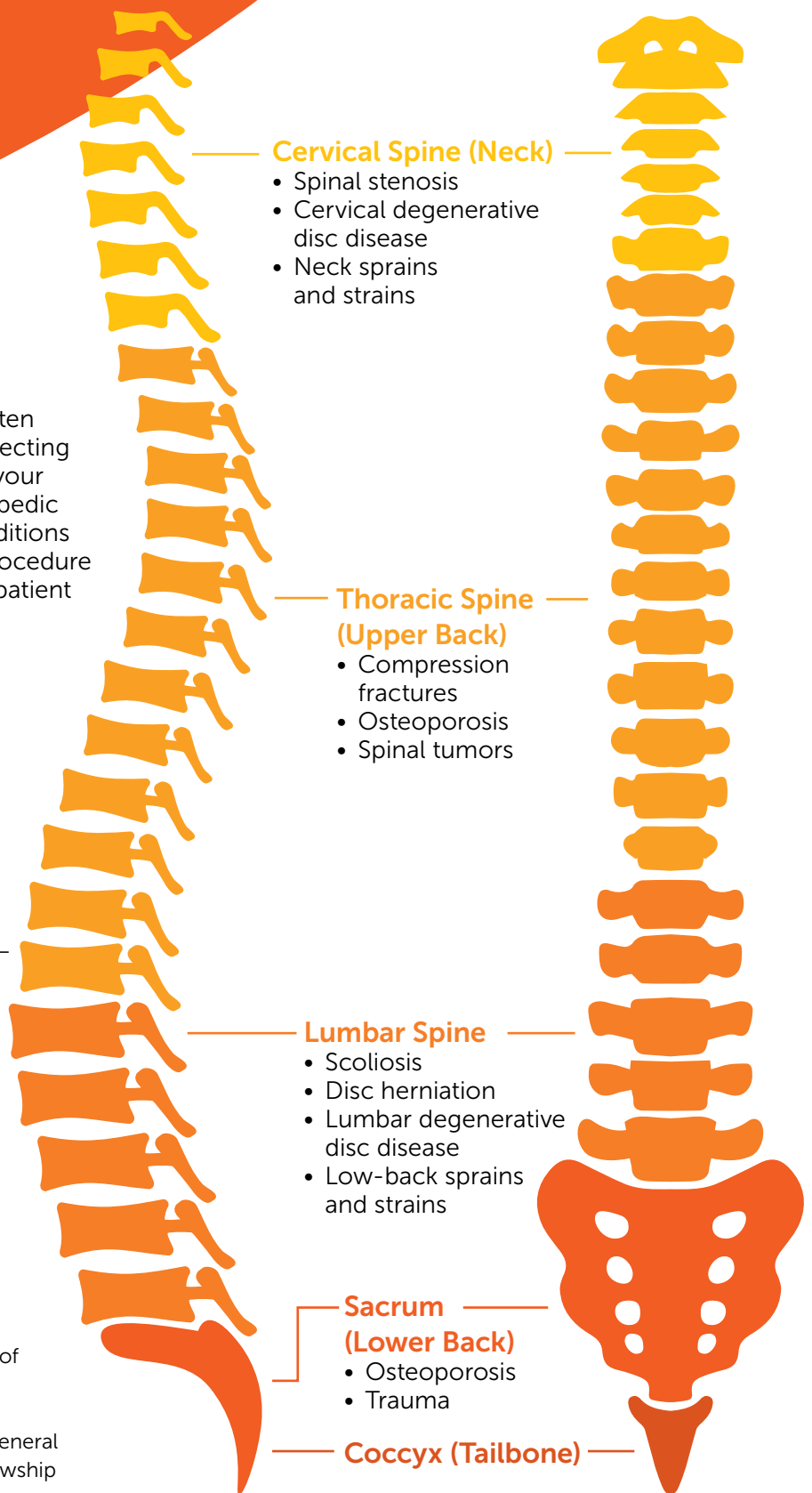
Meet Our Spine Surgeons



Brad Inkrott, M.D., is a graduate of the University of Cincinnati College of Medicine. A former Summa Health resident, he completed a surgical spine fellowship at University Hospital through Case Western Reserve University.



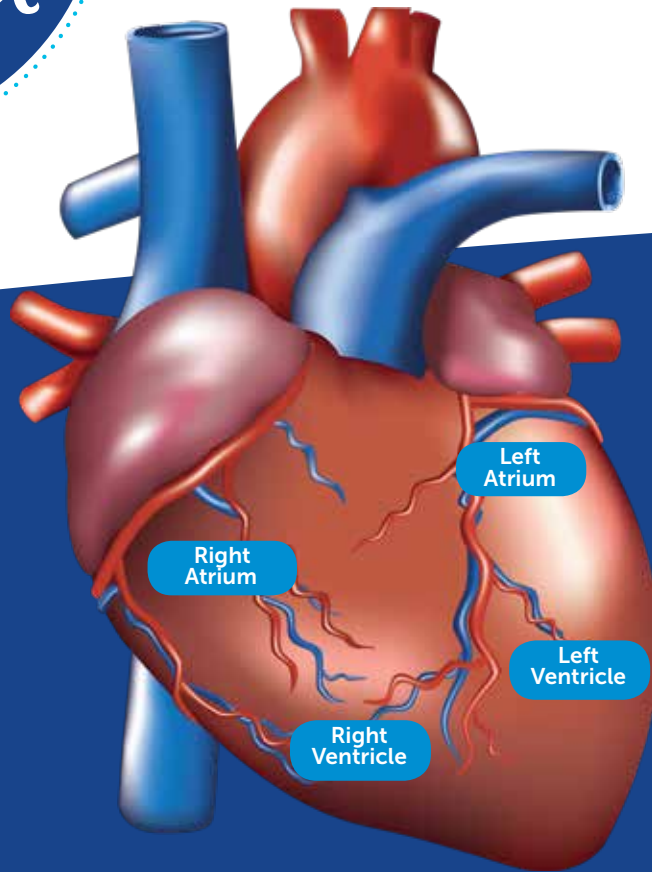
Ryan Godinsky, M.D., a native of Northeast Ohio, is a graduate of the University of Toledo College of Medicine. He completed his orthopedic residency at Akron General Medical Center, and a spine fellowship at the Spine Institute of Arizona.



If you're experiencing back pain, get it checked out. Call **888.808.3926** for a same day/next day appointment.

Keeping the Beat

During the average lifespan, the heart will beat three billion times. But sometimes your heart needs help. So the Summa Health Heart & Vascular Institute performs innovative procedures to assist your critical organ in functioning properly again.



Innovative procedures

TAVR Treatment

"Valve-within-a-valve" for patients at too high of a risk for open-heart surgery

Mitral Clip

Device to help restore normal blood flow in patients with degenerative mitral regurgitation

WATCHMAN™ Device

Implant that helps A-Fib patients come off blood thinners and reduce risk of stroke

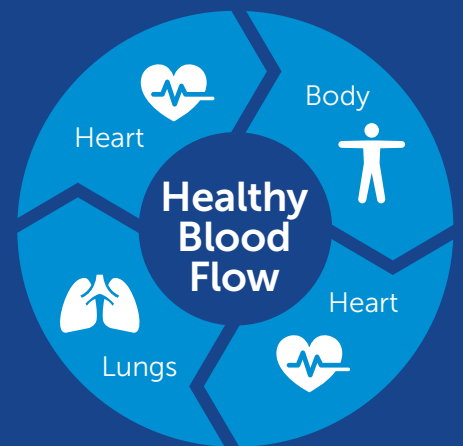
Micra™ Pacemaker

One of smallest pacemaker devices ever made, engineered to eliminate need for pacemaker wires for those with abnormal and slow heart rhythms

60,000+
miles of blood vessels run throughout the body



With walls made up of muscle, your heart serves as a giant pump squeezing blood out with every "beat," or contraction. Aided by four heart valves, it pumps blood through its four chambers, and then out into your lungs and body via 60,000+ miles of blood vessels.



Visit summahealth.org/heart to learn more. If concerned, schedule a same day/next day appointment with your doctor at **888.586.8860** now.

When the Doctor Can't See You

Sometimes when you visit your physician's office or when admitted to the hospital, you will see a physician. Other times, you may see an advanced practice provider (APP). APPs work in collaboration with physicians to provide healthcare to our patients.

APPs can be found in nearly every medical and surgical specialty – in both hospital and clinic settings – throughout Summa Health. From oncology to endocrinology and primary care, our APPs are working to deliver timely, convenient, quality care to our patients.

An APP can:

- Perform physicals
- Diagnose and treat illnesses
- Prescribe medication
- Order and interpret labs
- Perform procedures
- Provide shorter wait times
- Offer lower cost care

For more information on Summa Health APPs, visit summahealth.org/advancedpracticeproviders.

Who are APPs?



Physician Assistants (PA)



Certified Nurse-Midwives (CNM)



Certified Registered Nurse Anesthetists (CRNA)



Clinical Nurse Specialists (CNS)



Certified Nurse Practitioners (CNP)

Know someone struggling with addiction?

Helping those in need take the first step of their recovery journey has a rich history within the Summa Health Behavioral Health Institute. We offer numerous locations and levels of care, both inpatient and outpatient, for people combating a variety of addictions. Call today for an appointment.

Service	Location	Contact Number	Hours Phone is Staffed	Can a Patient Self-Refer?
Ignatia Hall Inpatient Detox Unit • 14-bed unit	St. Thomas Campus	330.379.5257	24/7	Yes, by phone or through ED
Addiction Medicine Intensive Outpatient Program • Available days or evenings, three days a week, three hours a day for an average 16 – 20 sessions • Supports use of 12-step recovery program	Akron Canton Hudson	Akron 330.379.9836 Canton 330.491.9215 Hudson 330.319.9768	8:00 a.m. – 4:30 p.m.	Yes
Traditional Outpatient Services • 1 on 1 counseling	Various locations across the region	330.379.8190	8:00 a.m. – 4:30 p.m.	Yes
Vivitrol® Clinic • Medication-assisted treatment for those with alcohol or opiate dependence • Monthly injections	St. Thomas Campus	330.379.9836	8:00 a.m. – 4:30 p.m.	Yes
Medication Assisted Treatment Program	Barberton Campus ED	330.615.4500	24/7	Yes

Schedule Your Free Medicare Annual Wellness Visit Today!



Medicare members have the opportunity to meet with our exclusive Wellness Team. This team works in partnership with your primary care physician (PCP) for a no co-pay visit to discuss your health.

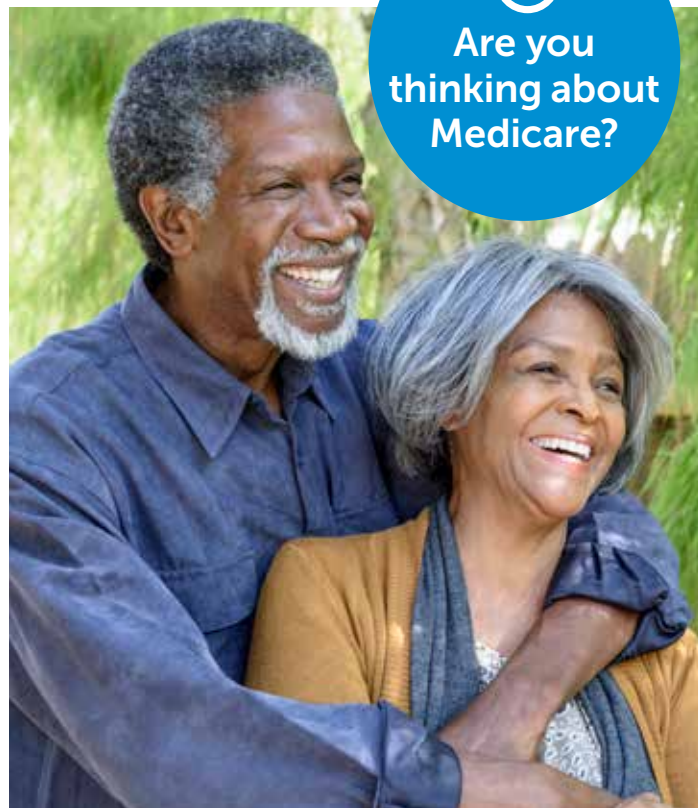
During your visit, we will:

- Review your medical history
- Identify disease risk factors or care gaps
- Create a personalized prevention plan to keep you healthy

Your annual visit with the Wellness Team is not the same as traditional examination. The emphasis of the Wellness Visit is on screening and prevention, not detection and diagnosis. It usually takes about 45 minutes to complete.

Upon completion of your Wellness Visit, you will receive a comprehensive assessment; your PCP will also review it. If follow-up is required, your PCP's office will coordinate and schedule healthcare services or appointments as needed.

Take advantage of this easy, convenient and informative visit today! Call your PCP's office or **888.689.2037** to schedule an appointment.



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



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

“

Dr Bowling,
Dr. Finelli and
their staff saved
Rod's life.

”

– Joanne, wife of
patient Rod Carmer



Types of Stroke

- 1 ISCHEMIC**
Caused by a blockage of blood vessel to brain (85% of cases)
- 2 HEMORRHAGIC**
Result of bleeding in or around brain
- 3 TRANSIENT ISCHEMIC ATTACK (TIA)**
A temporary blockage that resolves on its own

Many effects of stroke improve with time and rehabilitation. For more on post-stroke conditions and treatment, contact the Summa Health Stroke Center at **888.786.0620** or visit **summahealth/stroke**.

Visit the National Stroke Association's website at **stroke.com** for additional guidelines and resources.

Living in Harmony After a Stroke

Musician Rod Carmer credits fast action by the Summa Health stroke team for his full recovery.

It started just like any other day. Rod Carmer, a retiree and musician, was enjoying his morning coffee with wife Joanne. And then it happened. Joanne noticed Rod having difficulty forming words. His face glazed over and his right side went limp. Yet, after only a few minutes, the symptoms dissipated.

While the couple thought it was probably just a pinched nerve, Joanne called Rod's primary care physician. He advised them to go to the Summa Health emergency department – immediately.

If the Carmers would have waited, they may have been singing a different tune. A CAT scan revealed a blood clot on Rod's brain, which resulted in a stenting of his left

carotid the very next day. "There's no doubt in my mind that Dr. Bowling, Dr. Finelli and their staff saved Rod's life," said Joanne. "Especially once we were told where the blood clot was, and what could have happened if it would have broken loose."

Just a few months later, Rod has completely recovered and is enjoying his retirement again. "I'm back to doing what I love the most: playing my guitar and sharing my music – with anybody who takes the time to listen!"

For more on the signs of stroke and importance of seeking immediate treatment, even if symptoms resolve, visit **summahealth.org/stroke**.

How Does a Stroke affect your body?

Think a stroke happens in the heart?
It actually occurs in the brain.

Muscles



- Weakness or paralysis (most common effect)
- Loss of movement in one or both sides of body

Language



- Challenges
- Unable to understand others
- Problems reading or writing



Vision

- Blind spots or partial vision loss
- Perception issues like double vision or dizziness

Speech

- Difficulty speaking
- Unable to form words
- May affect how voice sounds



Emotions

- Uncontrollable inappropriate crying, swearing or laughing
- Feelings of depression, anger and sadness



Balance

- Unsteadiness
- Loss of balance

According to the National Stroke Association, a stroke results when a blood vessel supplying blood to your brain is blocked or bursts, damaging brain cells. And since each part of the brain has a specific job, it can affect how your body moves and feels.

If You're Not Using MyChart you should be

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 set up your unique MyChart user name and password. If you already have a user name and password, enter them and click **SIGN IN**.

Questions?

If you need an activation code, have forgotten your MyChart user name 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.

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



Get your Tickets

For ticket and sponsorship information, visit summahealth.org/sapphireball, or contact Nikki Hawk at **330.375.3548** or hawkn@summahealth.org.

Join us at the 17th Annual Summa Health

Sapphire Ball

Masked in mystery and gleaming with grandeur, the Summa Health Sapphire Ball will raise support for Summa Health Cardiovascular Services and other key clinical areas.

The premier gala – set for September 22 at the John S. Knight Center downtown – will be a masquerade ball, a dazzling and magical theme for an elegant evening of fine food and fun times for a good cause.

Ginny and Tom Knoll are the honorary chairs of this year's ball, and **Barbara and Gino Faciana** are leading a group of 20 volunteers and community leaders focused on fundraising efforts as corporate committee chairs. **Michael Hughes, M.D., and Roger Chaffee, M.D.** – longtime leaders within Summa Health Cardiovascular Services – are the physician chairs.

Join Us at These Community Events

For more information, visit summahealth.org/events.

July

July 12

Medina Ladies' Night Out,
Medina Square

July 19

Elevate Akron, Lock 3

July 21

Oncology Awareness Night
at the Akron RubberDucks,
Canal Park



July 23

Diabetes and Wound Care Talk,
Wadsworth YMCA

August

August 2-5

Bridgestone Invitational,
Firestone Country Club



August 22

Cancer Screening Talk,
Lake Anna YMCA

August 25

Akron Pride Festival,
Hardesty Park



September

September 13

A-Fib Talk, Silver Sneakers,
Tallmadge Rec Center

September 15

Akron Heart Walk, University
of Akron Field House

September 21

Heart Talk, Green YMCA

September 22

Sapphire Ball, John S. Knight Center

September 26

Community Tumor Board,
Summa Health Akron Campus

September 28

Akron Marathon Health & Fitness
Expo, John S. Knight Center

September 29

Akron Marathon, Downtown Akron

September 29-30

Barberton Mum Fest,
Lake Anna Park, Barberton

October

October 11

Medina Ladies' Night Out,
Medina Square



October 13

Komen Walk, Canal Park

October 20

ACS Making Strides for Breast
Cancer Walk, Canal Park



October 22

Medicare Talk, Kohl Family
YMCA

October 26

Senior Caregiver Expo,
Wadsworth Soprema
Senior Center



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 enewsletter

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.



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*****ECRWSEDDM****

Residential Customer

Care that is more personal.

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



“ Now that I am pain free, I can keep up with my seven grandchildren. ”

- Mary Nemec, Hip Replacement Patient



“ Dr. Pozsgay gave me my life back. When I see him, I just smile. ”

- John Konneker, Weight Loss Surgery Patient



“ I was born with a tiny hole in my heart. Now that they fixed it I have a lot more energy. ”

- Romen Bryant, Cardiac Patient



“ Dr. Weiner is the best of the best. He really researched my case to make sure he was doing the best thing medically for me. ”

- Rose Trout, Bone 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.