

V VITALITY MAGAZINE

VOLUME 2 | ISSUE 3 | FALL 2018

Not Your Mother's Mammogram

Today's 3-D Mammograms Detect
41% More Early-Stage Cancer

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even when you're healthy**
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How Low Should You Go?



Managing Diabetes

Keeping glucose levels as low as possible prevents or slows many complications affecting the eyes, kidneys, nerves and heart. However, be careful not to go too low.



Call your doctor if you have blood sugar **less than 70 mg/dL** or **more than 300 mg/dL** three readings in a row.

To better balance your blood sugar levels – and add many healthy years to your life:



Eat Right

Always eat the right foods, in the right amounts, at the right times.

- Read food labels and watch carb counts
- Eat a variety of foods for a well-balanced diet
- Avoid “convenience” foods which are often high in fat, carbs and sodium



Stay Active

Physical activity also can help:

- Lower blood pressure
- Lower “bad” cholesterol and raise “good” cholesterol
- Prevent or eliminate excess weight
- Reduce stress, increase energy levels and improve your mood



Take Medication as Prescribed

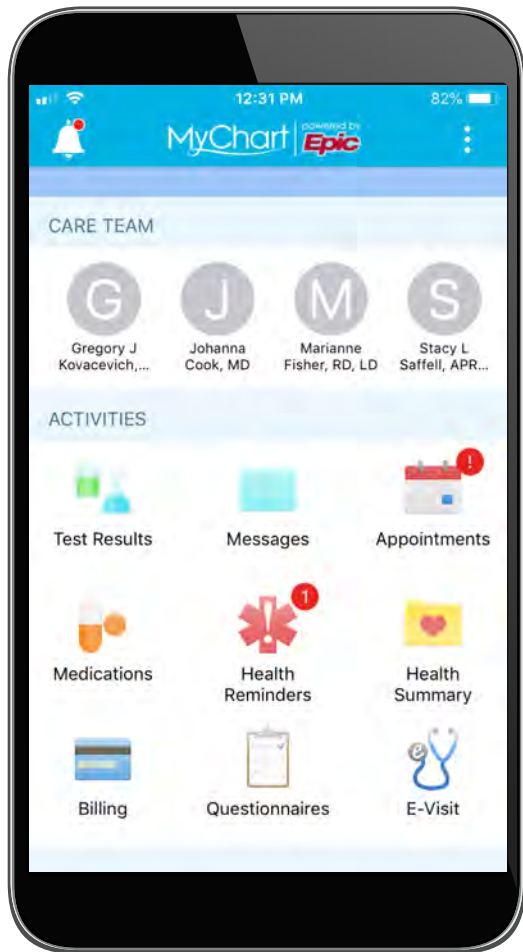
Treatments vary for type 2 diabetes. Yours could include:

- One type of pill
- A combination of pills
- Pills plus insulin

For help controlling your blood sugar, or information about our Outpatient Diabetes Program, call us at **888.224.6454.**

Sources: American Diabetes Association, diabetes.org; Centers for Disease Control and Prevention, cdc.gov

MyChart Makes healthcare easier



MyChart puts everything you need right at your fingertips.

- Schedule appointments with your Summa office providers
- Request a prescription refill for a medication
- View most test results within 24 hours
- Review health reminders
- View progress notes for outpatient visits
- Manage appointments
- Receive appointment reminders
- Connect and review your child's or dependent's medical records



You can communicate with your care team of physicians via secure messaging to ask follow-up questions

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 Help Desk at **844.552.4278** or email summamychartsupport@summahealth.org.

I'm healthy.

Why do I need a primary care physician?



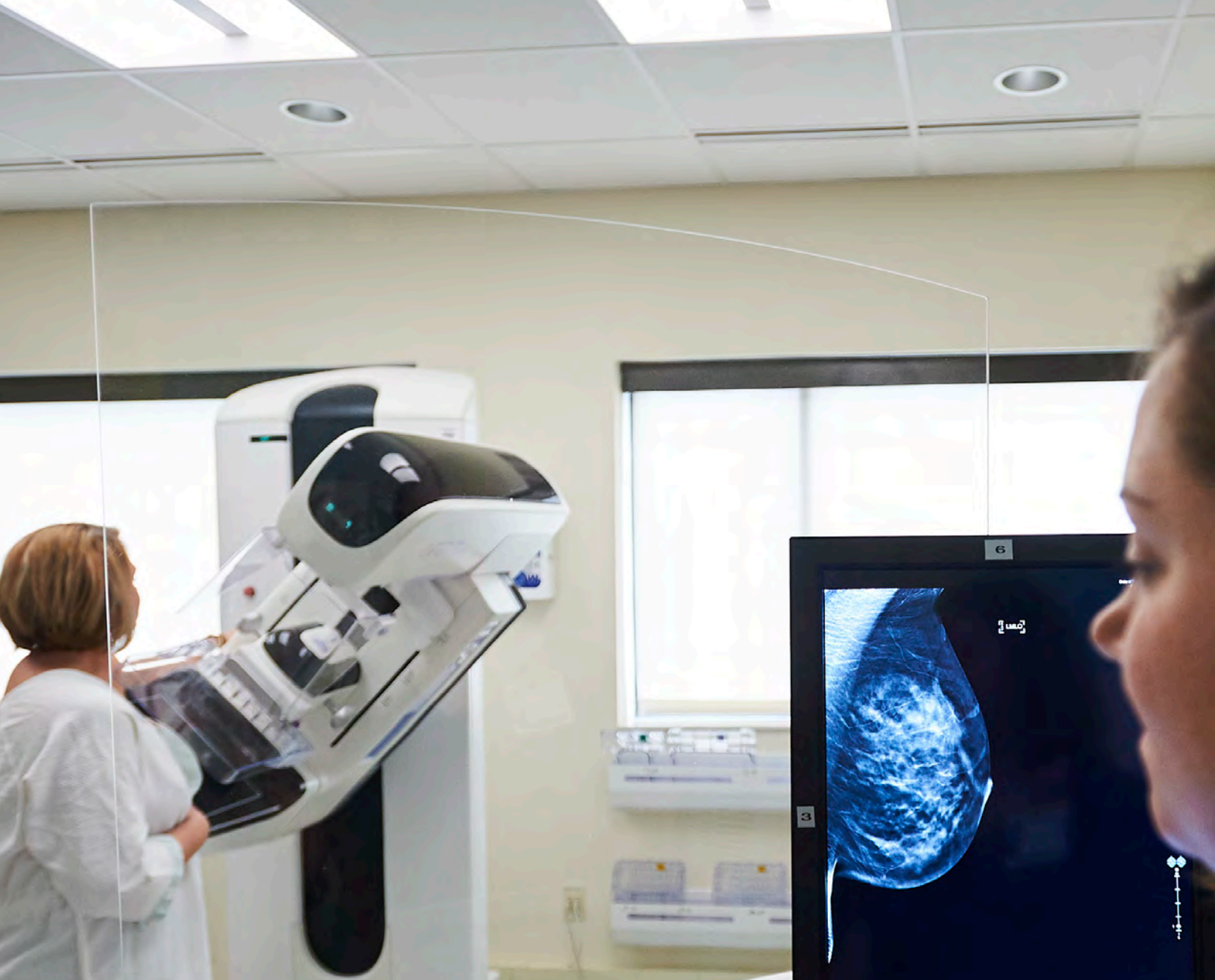
Building a relationship with a doctor who knows your health is an essential part of maintaining your well-being.

That's because the key to good health is being proactive about preventive care. With one of our primary care physicians (PCPs), you'll typically experience:

- Better coordinated, more comprehensive and personalized care
- Increased access to medical services
- Improved health outcomes, especially if you have a chronic condition

What's more, Summa has adopted the Patient Centered Medical Home (PCMH) approach in an effort to improve the quality, effectiveness and efficiency of our care, while responding to your unique needs and preferences. Of the 75 primary care practices in NewHealth Collaborative, Summa Health's Accountable Care Organization, 52 have received national PCMH accreditation.

If you don't have a PCP, call 888.689.2037 for help in finding the right one for you!



Early Detection

Not Your Mother's Mammogram

Today's 3-D Mammograms Detect 41% More Early-Stage Cancer



After her mother and aunt were diagnosed with breast cancer in their 40s, Suzanne Harvey knew that she had to start early screening and preventive measures sooner than most people. In fact, she got her first mammogram at age 35. “My health is too important to me – and my family – not to do things that give me a better chance of life,” explains Suzanne.



However, with Suzanne’s breast tissue being extremely dense, it’s difficult to detect tumors through conventional 2-D mammograms. As a result, she’s had to undergo various additional procedures, including ultrasounds, surgical biopsies and, most recently, 3-D mammography.

Also known as digital tomosynthesis, 3-D mammography creates a digital image using multiple X-rays taken of each breast from different angles. These extra views help physicians better distinguish invasive cancers, resulting in earlier detection and fewer “call-backs” for false positives.

“I am thankful that the technology is available,” says Suzanne, “but I drive to Summa because of the exceptional level of care I receive from Dr. Van Fossen and her team of breast specialists.”

Victoria Van Fossen, M.D., a Summa Health surgeon and breast specialist, recommended genetic testing, something that other doctors had recommended, yet Suzanne ignored. Dr. Van Fossen, though, offered many compelling reasons – one being that Suzanne now had a son to consider. “A child definitely changes the conversation.”

Suzanne’s experience with Summa has led her to have more conversations about breast care with the people she cares about. And strangers, too. “With Summa Breast Centers, it’s so easy to take care of yourself. There’s just no reason not to.”

Summa 3-D mammograms are available at eight imaging locations throughout Northeast Ohio. To schedule yours, call 888.859.8870.

“ I am thankful that the technology is available but I drive to Summa because of the exceptional level of care I receive from Dr. Van Fossen and her team of breast specialists. ”

Why choose our Multidisciplinary Clinic?



Collaborative treatment planning



Real time, team-based format



Less anxiety, more empowerment



Individualized plan of care



Improved survival



Active patient involvement



Expedited cancer care



Access to clinical trials



Holistic care to support all needs



There's no "safe" way to smoke tobacco

While cigarette smoking rates have dropped nationally, other dangerous and addictive ways to smoke tobacco are on the rise. Encourage someone you know to quit smoking on November 16 during the American Cancer Society Great American Smokeout® event. Quitting at any age can lower the risk of lung cancer, even if you've smoked for years.

Thoracic cancer is cancer of the lungs or chest region. Lung cancer is the most common type.



Lung cancer can be caused by:

- Using types of tobacco (cigarettes, pipes, cigars, hookah)
- Breathing secondhand smoke
- Exposure to asbestos or radon
- Family history of lung cancer



Lung cancer is the leading cause of cancer death in **both men and women**.



Tobacco smoke has **at least 70 chemicals**, called carcinogens, that cause cancer.

Sources: www.cdc.gov, www.cancer.org/



36.5 million Americans still smoke cigarettes.

Yet rates have gone down from 42% in 1965 to 15.1% in 2015.



Every year, **7,300+ nonsmokers die** of lung cancer from secondhand smoke.



African-American men have the highest rate of lung cancer in the U.S.



Smoking tobacco products causes almost **9 out of 10 cases of lung cancer**.



Within minutes of smoking your last cigarette, your body begins to recover.

The Summa Health Thoracic Multidisciplinary Clinic (MDC) develops highly coordinated, comprehensive and personalized plans of care. To schedule an appointment or second opinion, call our Lung Care Coordinator at **844.445.8647**.

Summa Health Cancer Institute

is accredited by the most prestigious organizations for the cancer care we provide, including the 2017 Commission on Cancer (CoC) Outstanding Achievement Award (OAA).

Integrative and Collaborative Care



The new field of CardioOncology is the blending of the fields of cardiology and oncology. With cancer patients living longer, more are getting heart disease. And more heart patients are living long enough to get cancer. We now offer a specially designed echocardiogram and consultative service lead by Dr. Gabriela Orasanu, M.D., to care for patients' cardiac and oncology treatment needs.



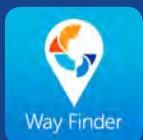
We're growing to better serve you



Meet your new Akron Campus tour guide.

Wherever you need to go, the Summa Way Finder will get you there – quickly and easily – with personalized step-by-step directions to destinations across the Akron Campus.

Download the Summa Way Finder app, look for a Campus kiosk or visit summahealth.org/wayfinder now!



Medina Medical Center

3780 Medina Road
Medina, OH 44256

Emergency Room: Open 24 hours

Weight Management

Weight Management is one of Medina Medical Center's most recent offerings. Focusing on food quality and healthy eating education, this highly individualized program provides outpatient nutritional services and long-term nonsurgical weight management options. All of which are supported by a multidisciplinary team specializing in obesity medicine, nutrition and behavioral health.

Radiation Oncology

Our Medina Medical Center offers patient-centered cancer treatment services including radiation oncology. Led by Oscar Streeter, Jr., M.D., the radiation oncology team uses the latest advancements in radiation therapy to provide residents of Akron, Barberton, Medina and the surrounding communities with expert care close to home. To find out more or to schedule an appointment with Dr. Streeter online, visit summahealth.org/ostreeter.

For more details, visit summahealth.org/medina or call **888.397.4059** to schedule an appointment.



Wadsworth-Rittman Medical Center

195 Wadsworth Road
Wadsworth, OH 44281

Emergency Room: Open 24 hours

Weight Management

Weight Management, one of Wadsworth-Rittman Medical Center's newest offerings, provides a full spectrum of outpatient programs to help you achieve a healthier lifestyle. Programs include medical nutrition therapy, a comprehensive two-year nonsurgical weight management program, individual physician visits and individual psychologist visits.

Critical Decision Unit (CDU)

Summa is enhancing the Wadsworth-Rittman emergency department with the addition of a specialized Critical Decision Unit (CDU). The CDU allows Summa medical teams to evaluate a patient for up to 24 hours in order to make a safe and timely decision regarding admittance to a Summa hospital. It's yet another way Summa is elevating the level of care we offer the Wadsworth-Rittman community.

To learn more, visit summahealth.org/wadsworthrittman or call **888.403.5030** to schedule an appointment.

Addiction isn't a purely psychological condition.

Addiction is a disease.

Addiction is a neurological disease that affects two areas of the brain: the frontal cortex and the unconscious midbrain.

Frontal Cortex

Where you think and make choices.

- Personality
- Ethics and morals
- Values
- Willpower

In the past: We believed that addictive drugs worked in the frontal cortex because we thought addiction was a behavioral disorder.

Midbrain or "Survival Brain"

Functions as the survival processing station.

- Primitive part of brain
- Primary role is to keep you alive
- Doesn't weigh consequences
- You have no control over it



Now: Brain scans show that addictive drugs activate the midbrain, tricking it into believing that it needs a high in order to survive.

Primal mid-brain will make you do whatever it takes to get that high.



Manipulate your doctors



Lie to your family



Steal money

The drug of choice doesn't matter.



Alcohol



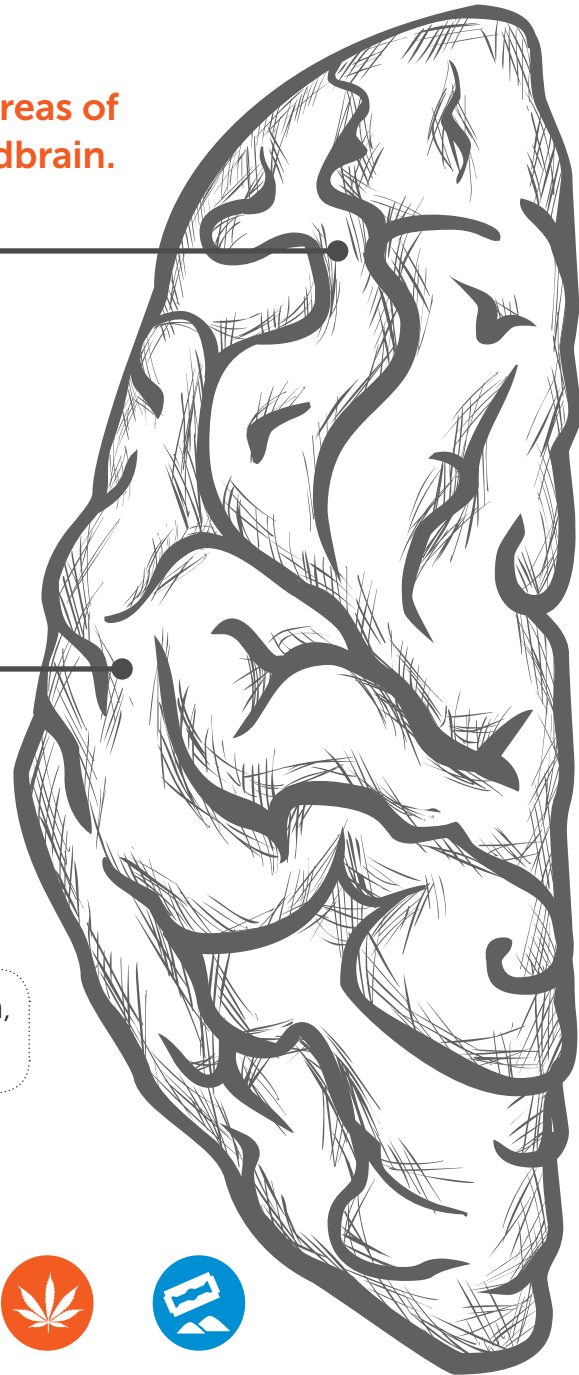
Heroin




Marijuana



Cocaine



To get help for yourself or a loved one with addiction, call the Summa Health Behavioral



In 2017, there
were 2,300
overdose cases
in area ERs

Battling Addiction

Many experts consider the current opioid epidemic one of the largest health challenges of our time. In 2017, there were 2,300 overdose cases in area ERs, according to county health data. Summa Health has made a proactive and responsive effort toward combating the ongoing heroin, opiate and prescription pill epidemic plaguing our community.

Several of these efforts are happening at the Summa Health System – Barberton Campus.

Summa's Barberton Campus ER is now providing medication-assisted treatment and other services to ease drug cravings and jump-start recovery for addicts who seek emergency care for an overdose. The emergency room serves as the front door for treatment.



Through a pilot program supported by United Way of Summit County, an addiction care coordinator is available until 1:00 a.m. The coordinator works with ER doctors to provide medication-assisted treatment in the emergency room for eligible patients who are interested.

The coordinator also works with patients to set up specific referral services so they don't leave the emergency room without the next treatment option secured. This helps patients stay sober to get to the next level of care. The coordinator also will offer other options to patients who are not ready for medication-assisted treatment.

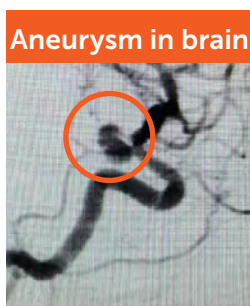
In addition, Summa Health Behavioral Health Institute offers a variety of outpatient Addiction Medicine treatment options across the area, with locations in Akron, Hudson, Canton, and its newest location, Barberton, opening this month. Treatment begins with a holistic assessment to determine the appropriate level of care. Services include a variety of groups provided at different frequencies throughout the week, including: Addiction Medicine Intensive Outpatient Program (IOP) (three days/week), Relapse Prevention (one day/week), Recovery Readiness (two days/week), Continuing Care (one day/week), family group (one day/week), as well as individual/family therapy as needed. Services offered may vary across sites.

Health Institute at 330.379.9836. Help is available with day and evening appointments.

Surgical Innovations

From the latest equipment and instruments to leading techniques and procedures, Summa Health remains at the forefront of surgical solutions that are shaping the future of high-quality patient care. Check out some of our most recent innovations.

Endovascular Coiling for brain aneurysms



Summa offers a multidisciplinary approach to treating aneurysmal subarachnoid hemorrhage and other types of bleeding in the brain. One such option is endovascular coiling, a minimally invasive technique that seals off an aneurysm that has ruptured or is at risk of rupture. "Subarachnoid hemorrhaging is a severe and devastating disease with often delayed complications," says Dr. Alexander Venizelos. "The goal of endovascular coiling is to make sure that the aneurysm doesn't bleed again."

Alexander Venizelos, M.D. – Neurology
888.241.5493

3-D Printed Titanium Cages: For Lumbar Fusion



for earlier spine stability and quicker return to function



Summa spine surgeons have extensive training in performing the most advanced minimally invasive surgical techniques. These techniques typically result in shorter hospital stays, less blood loss and faster recovery. Using innovative technology, such as 3-D printed titanium cages for lumbar fusion, our surgeons are experiencing excellent results. "In spinal applications, the highly porous titanium cage allows for accelerated bone ingrowth and improved biological fixation," said Dr. Ryan Godinsky. "We believe this leads to earlier stability and quicker return to function for our patients."

Ryan Godinsky, M.D. – Orthopedics, Spine
888.808.3926

Robotic Surgery for more precision



Innovation continues with Summa being home to the only da Vinci® XI surgical robot in the Akron area. With enhanced features like sharper visualization and a greater range of motion, the da Vinci XI surgical system associates with less blood loss, less pain, a reduced hospital stay and faster recovery. According to Summa's Dr. Joshua Nething, one of the area's only urologic surgeons fellowship trained in robotic cancer surgery, it's greatly limiting the need for open surgeries among his bladder, prostate, kidney and testicular cancer patients.

Joshua Nething, M.D., FACS – Urology
888.302.3897

SummaCare Individual and Family Plans - Open Enrollment is November 1 through December 15, 2018

If you don't have access to group insurance or aren't eligible for Medicare, check out SummaCare Individual and Family plans this Open Enrollment Period.

- Comprehensive medical and pharmacy benefits
- 3 FREE office visits on most plans to your SummaCare Primary Care Physician
- New for 2019! Telehealth services through Teladoc with access to a licensed physician 24/7/365 days a year.
- Low copays on specialist office visits and generic prescriptions
- Health and wellness programs and services

Plus, access to quality providers including Summa Health System, Mercy Medical Center and Akron Children's Hospital.

If you're a resident of Summit, Stark, Portage or Medina County, go to summacare.com/individual or call us at 888.291.3790 for your FREE quote today!



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 1.888.996.8675 (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 1.888.996.8675 (TTY: 1.800.750.0750).

Are you thinking about Medicare?



The Medicare Annual Enrollment Period is underway!

You have a limited time to make your 2019 Medicare choices. Contact SummaCare to get your FREE information kit. SummaCare Medicare Advantage plans offer both medical and Part D prescription drug coverage with monthly plan premiums starting as low as \$0*. Extra benefits include:

- Dental, vision and hearing aid coverage
- FREE gym memberships through SilverSneakers®

Plus, new for 2019:

- Transportation for routine medical appointments
- Home safety devices
- Telehealth services

Call 800.801.2516 (TTY 800.750.0850) or visit summacare.com/info today!



SummaCare is an HMO and HMO POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. A representative is available to take your call 8 am to 8 pm, seven days a week. *\$0 plan not available in all counties. You must continue to pay your Medicare Part B premium. H3660_19_34_M Accepted 08192018

Get an online assessment score to know if you need geriatric care

Growing Older – and Wiser

Summa Geriatric Quiz

As we age, we'd like to remain in good health, stay independent and live a fulfilling life. However, whether you are a senior or a caregiver, there comes a time when you may need to seek the help of a doctor who specializes in the treatment of older adults.

If you're considering a geriatrician:

- Visit summahealth.org/geriatricquiz
- Answer our six simple questions
- Share the results with your primary care physician

Together, you can determine if there's high risk for complex issues related to aging.

For additional resources, visit summahealth.org/seniors or contact the Summa Health Senior Health Center at **888.470.2420**.



Have you had your
Flu Shot?



Flu season occurs in the fall and winter.

Every year, millions of people catch the flu. Getting the yearly vaccination is the best way to protect yourself and the people around you, including those who are more vulnerable to serious flu illness, like babies and young children, seniors, and people with certain chronic health conditions.



The flu vaccine cuts the risk of getting the flu in half.



Make an appointment with your primary care physician to get yours today!

Recommended for people 6 months and older. Children 6 months through 8 years may require two doses.

Alzheimer's Disease

The only top 10 cause of death that can't be prevented, cured or even slowed.

More than 5.7 million

Americans currently live with Alzheimer's disease. By 2050, this number is projected to rise to nearly 14 million. If you have concerns about a loved one – or even yourself, watch for these 10 early signs and symptoms:



Struggles with speaking or writing



Changes in mood and personality



Confusion with time or place



Memory loss that disrupts daily life



Poor judgment or decision-making



Losing or misplacing items



Vision trouble, including judging distances



Difficulty completing routine tasks



Withdrawal from work or social activities

1+1=?

Challenges in concentrating or solving problems

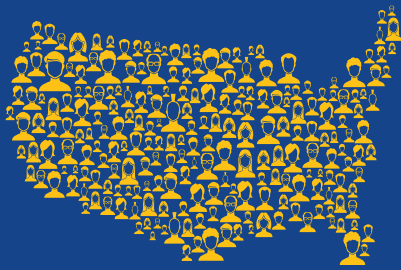
Early diagnosis offers many medical, emotional and financial benefits. Contact the Summa Health Senior Health Center at 888.470.2420 or visit summahealth.org/seniors to find out more.

Are you catching your Zzzzs?

If you're having persistent sleep issues, you may have a sleep disorder. Sleep disorders involve the quality, timing and/or amount of sleep you experience nightly, which impact your ability to function during the day. Untreated sleep disorders can lead to serious health consequences, so the sooner yours is diagnosed and treated, the better.

To make an appointment with a Summa sleep specialist or to schedule a sleep study at one of our three Summa sleep labs, call **888.689.2037**.

To learn more, visit summahealth.org/sleep – and put your sleep problems to bed for good!



About **70 million Americans** suffer from chronic sleep problems, such as obstructive sleep apnea (OSA)



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



An estimated 80% of moderate-to-severe OSA cases have gone undiagnosed

Cold Cap Therapy

Why some chemotherapy patients are choosing it

While losing your hair may sound like a small price to pay for preventing cancer from coming back, it's a side effect that's often hard to take. Not only can losing your hair be tough on your self-image, it's also a vivid and constant reminder of a cancer diagnosis. Cold cap therapy has helped some women keep their hair during chemotherapy. Through generous support from the community, a limited number of cold cap systems are available for eligible patients who will be starting chemotherapy. If you are interested, please call **888.494.2602**.



What is Cold Cap Therapy?

Cold caps work by narrowing the blood vessels beneath the skin of the scalp, reducing the amount of chemotherapy that reaches the hair follicles. **With less chemotherapy medicine in the follicles, the hair may be less likely to fall out.**



Cold caps are tightly fitting, **strap-on, helmet-type hats** filled with a gel coolant



Women who received only **taxane chemotherapy** have had **better results with cold caps** and scalp cooling systems than women who received only anthracycline chemotherapy.



Cold caps are considered

highly effective in 50-65%

of the women who use them

Talk to your oncologist if you are considering using a cold cap to find out if it is an option with your cancer type. Some doctors are concerned that the caps may prevent the chemotherapy medicine from reaching cancer cells that may be in the scalp.

For opportunities to support advances in cancer treatment and research at Summa Health, please contact Jessica Hudson, senior director of development at **888.545.7223** or visit summahealth.org/giving.

Join Us at These Community Events

For more information, visit summahealth.org/events.



October

October 22

YMCA Speaker Series: Medicare Open Enrollment, 10:30 a.m.
Kohl Family YMCA

October 27

Summa Health Recognizes First Responders, TBD*
University of Akron Infocision Stadium – Summa Field

*Check local listings for game time.

November

November 1

Summa Health Recognizes Veterans, 7:00 p.m.
University of Akron Infocision Stadium – Summa Field

November 15

Shine the Light on Lung Cancer, 11:00 a.m.
Summa Health Jean and Milton Cooper Pavilion

Silver Sneakers Speakers Series: Lung Health, 10:00 a.m.
Tallmadge Rec Center

November 21

YMCA Speaker Series: Alzheimer's Disease Awareness, 9:30 a.m.
Wadsworth YMCA

December

December 21

YMCA Speaker Series: Urology, Noon
Lake Anna YMCA, Barberton



Vitality Magazine
(1000-94010)

Corporate Office
1077 Gorge Blvd
Akron, OH 44310

Nonprofit
Organization
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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.

Check out our Flourish blog at summahealth.org/flourish every week for helpful articles on health and wellness for the betterment of a healthier community.



*****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.



“The therapists helped me to quickly build my strength back up and that gave me hope and inspiration to continue getting stronger.”

- Darrell Smith, Rehab Patient



“I have been under Summa's care for 58 years. It's the warmth of the people.”

- Doris Roberts, Primary Care Patient



“After the surgery, I was so grateful that everything was so great and that everybody put me at ease, I was thanking every single person I saw.”

- Thomas Mack, Urology Patient




“To have my health restored back to original where I was, say, 30 years ago is really great. The two operations that I had at Summa have taken care of me.”

- Chuck Kenner, Mitral Valve Replacement Patient

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.

A photograph of an elderly couple walking through a field of tall grass and shrubs. The man is on the left, wearing a light green hat, sunglasses, a yellow short-sleeved shirt, and khaki shorts. The woman is on the right, wearing a light blue long-sleeved shirt and khaki pants, holding binoculars. They are both smiling. A large orange graphic shape is in the top right corner, containing white text.

**It's Medicare
Enrollment
Time!**

**Get more for your
Medicare dollar.**

Does your current Medicare coverage offer all that SummaCare Medicare Advantage Plans offer?
Now's the time to look!

Introducing SummaCare's 2019 Medicare Advantage Plans

For 2019, we've enhanced many of our current benefits and also added new benefits based on feedback from consumers eligible for Medicare in the community.



Dental:

Our preventive dental coverage includes a low copay and is included in all SummaCare Medicare Advantage plans.



Transportation:

Get free rides to medical appointments.



Vision:

Receive an annual amount to use toward the purchase of frames/lenses or contact lenses - with the freedom to visit any vision provider you choose.



Home Safety Devices:

We'll cover such items as grab bars and other devices to help make your home safer. (Available to those who qualify.)



Prescription Drugs:

All plans conveniently include Part D prescription drug coverage for no additional monthly plan premium.



Telehealth Services:

Speak with a licensed physician by web, phone or mobile app through Teladoc® that can be scheduled 24 hours a day, 365 days a year.



Plus,

\$0 monthly plan premium*

\$0 copay for PCP office visits

\$0 copay for preferred generic drugs*



*Not available in all counties.

It's Time to Select a Plan

The 2019 Medicare Annual Enrollment Period is October 15, 2018 through December 7, 2018. During this important time we encourage you to learn about your Medicare options so that you can select the plan that suits your needs for 2019.

Let us help you!

Medicare can be confusing. We can explain your options and assist you with making the decision that's right for you. Our local, licensed representatives have extensive experience serving Medicare beneficiaries. They know what's important in helping you make the decision that fits your budget and benefit needs.

800.801.2516

(TTY 800.750.0750)

www.summacare.com/medicare



SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. A representative is available to take your call 8 a.m. to 8 p.m., seven days a week.

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).

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