

V VITALITY MAGAZINE

VOLUME 3 | ISSUE 1 | SPRING 2019

Changing the Face of Mental Illness

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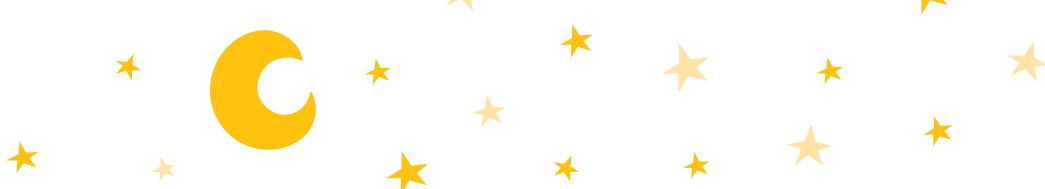
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Special Moments are Born at Summa

We are committed to providing the comfort, convenience and peace of mind you expect from one of the region's safest places to give birth. We believe every birth is special and want our moms as comfortable as possible.

We offer our moms:



Birthing balls



Midwifery



Hydrotherapy



On-site lactation specialist support



Low-risk birthing room with little medical intervention



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

Akron Campus



Our new birthing center opens in May 2019 at Akron Campus and features 89,591 square feet of space



Level 3 perinatal facility



Two family reception areas



17 labor and delivery rooms



36 private suites



22-bed Neonatal Intensive Care Unit (NICU)

Barberton Campus



10 private rooms

where moms can labor, deliver and recover



In-house physician coverage

available 24/7

To schedule a tour, visit summahealth.org/mybaby or call **888.495.3859**.

The UPS & DOWNS of Weight Loss

Are you one of the millions of people that have struggled to lose weight and keep it off? Today, more than two-thirds of U.S. adults are considered overweight or obese, and obesity is ranked the second-highest cause of preventable deaths in the country.

At the Summa Health Weight Management Institute, our goal is to help these patients achieve significant weight loss in order to eliminate or reduce medical problems caused by their obesity, as well as reclaim their lives.

Patients have shown improvement in/elimination of:

- Type 2 diabetes
- Hypertension
- Gastroesophageal reflux disease (GERD)
- Hypertriglyceridemia
- Obstructive sleep apnea

If you are struggling with your weight, see the weight management specialists at Summa Health to discuss your options. Call **888.757.7605** or visit summahealth.org/weightloss for more information.

Losing Weight Can:



Eliminate prescriptions



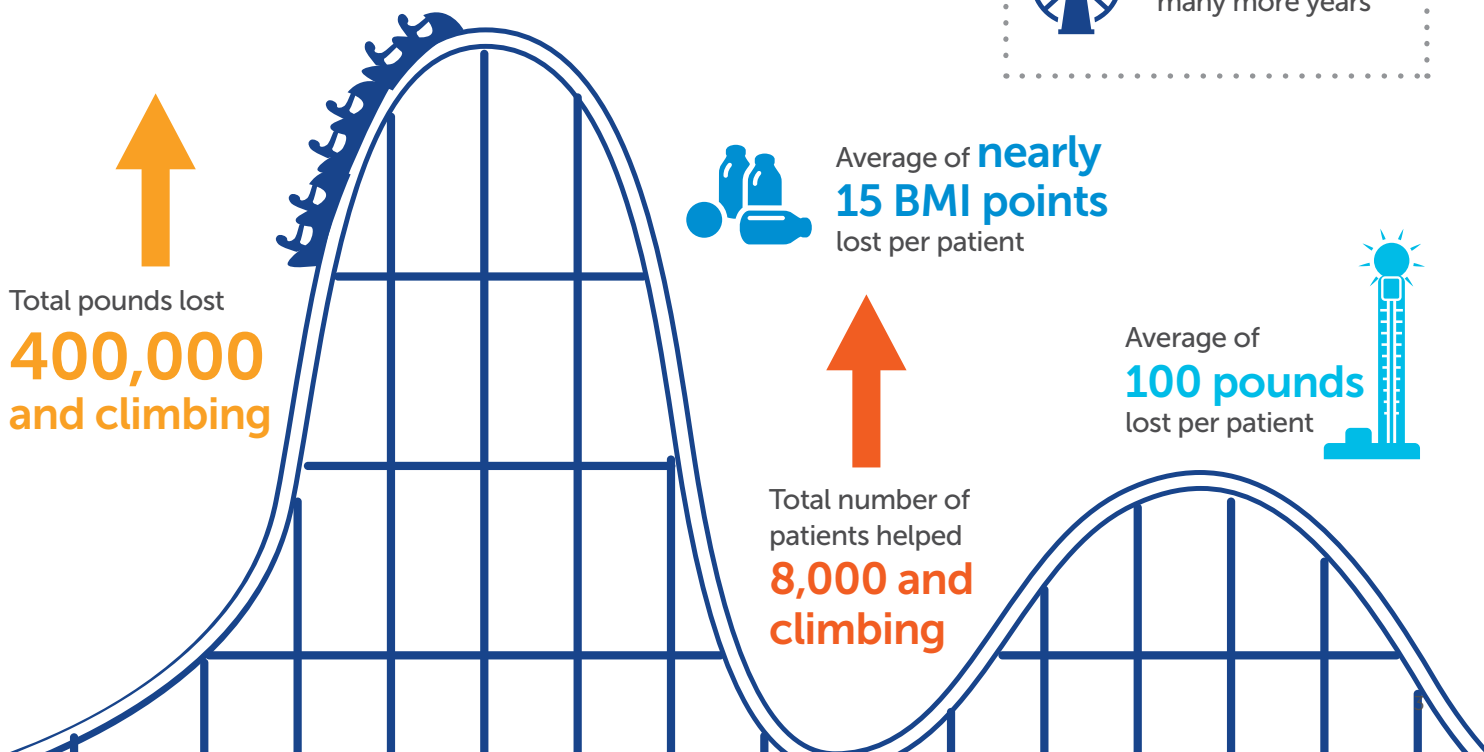
Save money



Reduce doctor visits



Extend lives many more years



Changing the face of mental illness



It started as a regular day on December 5, 2016, for Stow resident Kelly Hartman, an elementary school teacher. She said goodbye to her husband and two young daughters and went to work. However, as the day stretched on, she experienced something she'd never felt before, a tremendous amount of anxiety.

"I felt like I was dying and didn't know what was wrong with me. I thought I would never see my husband again."

Prior to this fateful day, she felt amazing. She had massive amounts of energy and exercised excessively.

She arrived at Summa Health Akron Campus and after evaluation, transferred to St. Thomas Campus for hospitalization in the psychiatric care unit.

"Never in a million years would I think I would be in a mental hospital. And little did I know I would go through depression, too. I could not believe this was happening to me."



Kelly spent six days at St. Thomas, learning about her condition, starting on the proper medication, enjoying music therapy and forming a bond with other patients.

Once going home, her struggles weren't over. She began to experience anger, low self-esteem and confusion, and even started distrusting her own emotions. Depression set in.

"Now, recovery means validating my own feelings, trusting in my

“ I think the most important message that I hope to convey in this article is I'm 'someone you'd never expect to struggle' upon first glance. I want others to see me as successful and as someone who just so happens to live with a mental health condition. I hope my story can help change the face, the stigma of mental illness. ”



experiences and admitting that it was not my fault.” She has learned that there is a history of depression and anxiety in her family. “That took some time for me to process, understand and accept.”

“I am forever grateful for the staff at Summa for the care I received during my hospital stay; it’s been life-changing,” Kelly shared. “The staff really cares about their patients.”

Named 2018 Outstanding Educator of the Year in her school district, Kelly has come a long way from her days at St. Thomas. She considers December 5th a special anniversary, and recently celebrated with the staff at St. Thomas with a surprise breakfast to thank them.

“I think the most important message that I hope to convey in this article is I’m ‘someone you’d never expect to struggle’ upon first glance. I want others to see me as successful and as someone who just so happens to live with a mental health condition. I hope my story can help change the face, the stigma of mental illness.”

Our Behavioral Health Institute can help individuals experience relief from symptoms and gather new hope and possibilities in their lives. Contact us at **888.540.8986**.

Mental Illness May be More Common than You Think

Did you know that millions of Americans experience behavioral health, or mental health, problems every year? These include mental, behavioral and emotional disorders, including substance abuse. These conditions can affect a person’s thinking, feeling or mood, the ability to relate to others and function each day. Just how common are they?



1 in 5 adults
in America experience a mental illness

Only **41%** of adults in the U.S. with a mental health condition received mental health services in the past year



Depression is the leading cause of disability worldwide

Nearly 1 in 25 (10 million) adults in America live with a serious mental illness, meaning it interferes with or limits one or more major life activities



6 million American adults live with bipolar disorder (2.6% of the population)

More than 90% of people who die by suicide show symptoms of a mental health condition



42 million American adults live with anxiety disorders such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias

(that’s more than the entire population of California)

Statistics from <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>
Accessed 1.24.19

Wadsworth-Rittman Medical Center

Summa Health is continually investing in new ways to bring more specialties, programs and services to the Wadsworth-Rittman community. All so you can easily access the Summa Health resources you need to effectively manage your healthcare. This expanding offering includes:



- **A 24-Hour Emergency Department** with 12 rooms and a three-bed Clinical Decision Unit (CDU)
- **An Outpatient Surgery Center** with three operating rooms and two endoscopy suites
- **Comprehensive Imaging Services** ranging from X-ray and CT to MRI and nuclear medicine
- **Cardiac Testing** such as nuclear stress, stress echo, echocardiogram and 30-day event monitoring
- Cardiology
- Family Medicine
- Orthopedics
- Senior Health
- Urology
- Weight Management
- Women's Health

For additional services, visit summahealth.org/wadsworthrittman or call **888.403.5030** to schedule an appointment.

Hudson Medical Center

In our northern-most facility, we offer a wide range of specialized services. Newer offerings include:



Behavioral Health Services

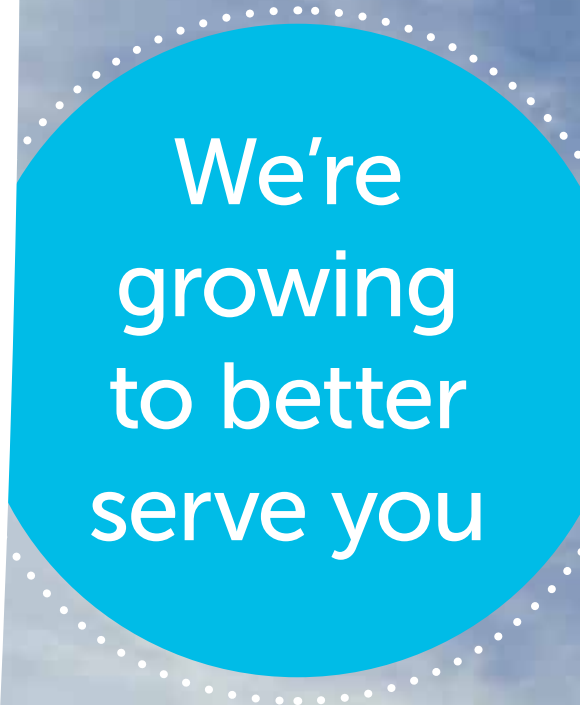
Whether dealing with addiction or a behavioral health condition, our Intensive Outpatient Programs (IOPs) can help you and your family get the help you need. To get help, call **330.319.9768** (addiction medicine) or **330.319.9755** (behavioral health).

Integrative Medicine

This approach combines modern medical care and treatment with other forms of therapy such as acupuncture, massage therapy, yoga and mindfulness. Healing, not treatment, is considered the most important aspect, and all evidence-based treatment and care options have equal weight. For an appointment, call **888.399.9426**.

Orthopedics/Sports Medicine

Don't let a problem with your bones, joints, cartilage, ligaments, muscles or tendons keep you from enjoying life. We provide an array of orthopedic services, such as sports medicine and rheumatology, as well as foot, ankle, knee, shoulder and spine care to the Hudson community. Call **888.808.3926** for more information.



We're
growing
to better
serve you



Summa Health System – Akron Campus



If you've been anywhere in the vicinity of Route 8 and Market Street near downtown Akron in the past year, you've probably seen Summa Health's patient tower rising from the ground, forming a majestic new structure on the city's expanding skyline.

In just a few short weeks, Summa's beautiful new seven-story building, occupied by thousands of the health system's dedicated

employees, will begin serving the community. When the tower officially opens on May 28, marking a significant milestone in the hospital's 125+ year history, more history will begin being made. Modern private rooms. Expanded, technologically advanced operating suites with robotic surgery capabilities. State-of-the-art maternity and women's health services. A customized — and personalized — breast center. These medical service highlights — and so many other distinctions, such as a large covered canopy for patient drop-off with dedicated valet service — are what will continue making Summa Health the choice for healthcare for thousands of people in

Summit County and throughout Northeast Ohio.

This \$223 million investment back into our community epitomizes Summa Health's commitment to providing all of our patients with the best local healthcare services, delivered with sincere compassion and personalized attention. Our front door may be changing, but our mission to create a healthier community is not. Our new patient tower, in fact, will help us in carrying out our commitments to you. We look forward to serving you and your families.

Community Open House

Sunday, May 19
11 a.m. – 3 p.m.

See the new tower up close and personal prior to its opening on May 28. There will be tours of the facility as well as food, fun and festivities for the entire family. Save the date now, but watch for more details later.



Announcing

Caring for You

Then, Now, Always

The Campaign for Summa Health



Join Summa Health in bringing the next generation of innovative care to Northeast Ohio for you and your family. With a goal of \$75 million — the largest campaign in Akron healthcare history — we are enhancing healthcare in our communities. Together we are:

- Creating modern facilities and expanding surgical capacity with state-of-the-art equipment
- Providing private rooms that promote healing and improve the patient experience
- Integrating the healing arts and other supportive care services
- Offering additional health and wellness programs
- Expanding clinical education to train the next generation of caregivers

For details on how you can make a difference, visit summahealth.org/caringforyou, or call 330.375.3159.

March

is Colorectal Cancer Awareness Month



Colorectal cancer is one of the **most preventable, treatable and beatable cancers**. But early detection is critical



23 million people, or about

1 in 3 adults, are not testing as recommended



Of cancers that affect both men and women, colorectal cancer is the **third leading cause** of cancer-related deaths in the nation

The Best Test is the One that Gets Done

Several types of tests are available. A colonoscopy is the most effective method of detecting cancer at an early stage. However, your doctor may prescribe tests that are less invasive.



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

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

When you're ready to get to the bottom of this issue, talk to your healthcare provider about which test might be a good option for you. No matter which test you choose, the most important thing is to get tested.

Are You at Risk?

The following increases your risk for colorectal cancer:



45 or older



Type 2 diabetes



Immediate family member with colorectal cancer



Smoking



Lack of regular exercise



Overweight



High red meat consumption

Patient-Centered Lung Cancer Care



Improved
Survival



Oncology
Navigator



Medical
Oncologist



Active
Participation



Expedited
Cancer Care



Tobacco
Treatment
Specialist



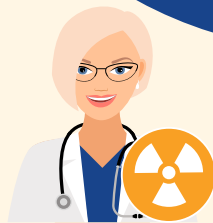
Expert
Care



Financial
Specialist



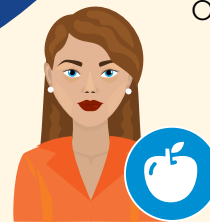
More
Empowerment



Radiation
Oncologist



Social Worker



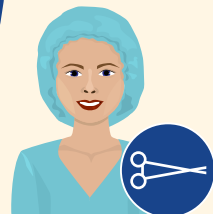
Dietitian



Open
Communication



Pulmonary
Oncologist



Surgical
Oncologist

“You have cancer.”

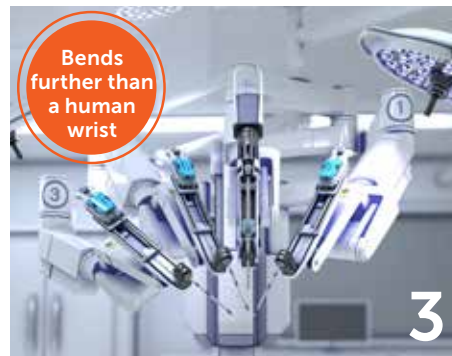
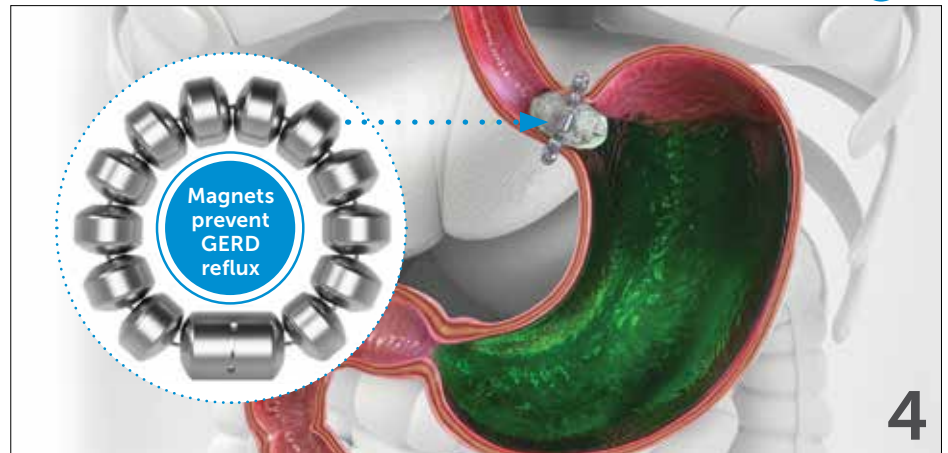
These are some of the most dreaded words to hear — ever. Lung cancer, considered a thoracic cancer, has the added significance of being the leading cause of cancer death in the United States.

We know a cancer diagnosis can be frightening, perhaps even overwhelming. By visiting Summa Health’s Thoracic Multidisciplinary Clinic (MDC), our team of cancer experts can help you live with, through and beyond cancer.

At Summa Health Cancer Institute, we want to make the difficult journey from cancer diagnosis through treatment and survivorship as easy and seamless as possible. Our goal is to cure the cancer, if possible, while improving our patients’ quality of life.

To schedule an appointment at our Thoracic MDC or request a second opinion, call our Lung Care Coordinator at **844.445.8647 (844LUNGS)**. Appointments are available at our Akron and Barberton Campuses.

Surgical Innovations



1. Digestive Health: Capsule Endoscopy

Capsule endoscopy allows for examination of the entire small intestine, which cannot be easily viewed by traditional methods. During this painless, minimally invasive procedure, the patient swallows a capsule. As the capsule travels through the digestive tract, its built-in camera takes thousands of pictures, which are transmitted to a small portable monitor worn by the patient. "Today's second-generation technology features a double camera with even sharper imagery," says Dr. Bandi. "It's the most accurate method of searching for small lesions and potential sources of bleeding."



Ramakrishna R. Bandi, M.D.
Gastroenterologist
888.364.1473

2. Orthopedic Spine: Intra-Operative Stereotactic Navigation

Advances in image-guided surgery are dramatically improving the ability of Summa Health spine surgeons to safely and efficiently place spinal hardware. "Stereotactic navigation's detailed 3D imagery has become an essential tool for accurately inserting spinal instrumentation and localizing complex anatomy," says Dr. Inkrott. "Coupled with minimally invasive techniques, it allows us to know precisely where we are in space – in real time – without opening up the spinal column or detaching any muscle." All of which typically means shorter hospital stays, less blood loss and faster recovery for patients.



Bradley P. Inkrott, M.D.
Spine Surgeon
888.808.3926

3. Hernia Repair: Robotic Surgery →

An enhanced technique for hernia repair, minimally invasive robotic surgery entails the surgeon sitting at a console in the operating room while controlling robotic arms. "Robotic arms can be better manipulated and allow for a greater degree of motion than the laparoscopic technique," explains Dr. Cullado. "In fact, a robotic arm can bend further than a human wrist." With more precise movements and improved visibility through 3D imagery, robotic surgery usually results in less damage to surrounding tissue and reduced post-operative pain, complications and recovery time.



Michael J. Cullado, M.D.
Colon and Rectal Surgeon
888.364.1473



Surgeon sits at a console in the operating room to control robotic arms

4. Digestive Health: LINX® Reflux Management System

Summa Health is one of the first in the area to offer LINX®, a small flexible ring of magnets, to treat Gastroesophageal Reflux Disease (GERD). The strength of the magnets keeps the valve between the stomach and esophagus closed to prevent reflux. Upon swallowing, the magnets separate temporarily to allow food and liquid to pass. "Unlike other procedures, LINX doesn't require alterations to the stomach, reduces gas and bloating, and preserves the ability to belch and vomit," explains Dr. Pozsgay. LINX also can be removed and does not limit future treatment options.



Mark Pozsgay, D.O.
Bariatric and General Surgeon
888.364.1473

5. Heart Disease: WATCHMAN™ Device →

The WATCHMAN™ device is a safe alternative for people with AFib who otherwise face lifelong use of blood thinners to reduce their risk of stroke. Requiring a one-time minimally invasive procedure, the WATCHMAN implant permanently seals off the left atrial appendage, the site of most stroke-causing blood clots within the heart. "WATCHMAN is just as effective as warfarin in preventing strokes," shares Dr. Pelini. "In fact, it has a 95 percent success rate." And we should know. Summa was one of the area's earliest adopters of the procedure.



Michael A. Pelini, M.D.
Electrophysiologist
888.586.8860



“

Compassion, along with exceptional treatment, made a big difference in my healing.

”

– Susan Oswald,
Neurology Patient



Not just a patient, but a person

Missionaries Susan and Steve Oswald have made it their lifework to help people. But, one day last fall, they were the ones in need.

After experiencing fierce head pain, Susan was rushed to the Summa Health Wadsworth-Rittman Medical Center emergency department. There it was determined that she was suffering from more than a bad headache, but a life-threatening brain bleed.

Susan was transported to Summa Health Akron Campus where Dr. Alexander Venizelos performed a minimally invasive technique known as endovascular coiling that seals off an aneurysm that has ruptured or is at risk. Immediately after the procedure, Dr. Venizelos identified a second aneurysm – one that hadn’t ruptured yet. About a week later, the surgeon performed another endovascular coiling procedure to correct it, too.

“What impressed me most about Dr. Venizelos was that he wasn’t simply there to ‘do a job,’” says Steve. “I could tell, by the way he explained Susan’s condition and treatment options, that he really cared. And he still does.”

In total, Susan spent 19 days at the Akron Campus. “I expected to be treated like a patient –

it’s a hospital. But the Summa doctors and nurses treated me like a person,” shares Susan. “That compassion, along with exceptional treatment, made a big difference in my healing.”

For more on the patient-centered care available through the Summa Health Neuroscience Institute, visit summahealth.org/neuro.

What is endovascular coiling?

Tiny platinum coils are threaded through a catheter into the aneurysm. A small electrical current heats the coils and allows them to expand and block off the aneurysm. “The goal is to make sure that the aneurysm doesn’t bleed again,” says Dr. Venizelos.

Aneurysm in brain



After coiling



Virtual Visits

➔ *now available online*

Say goodbye to frustrating wait times for appointments.

Virtual Visit is a telemedicine solution that allows you and your family members to receive diagnosis and treatment for more than 20 common medical conditions from a Summa Health provider directly through your smartphone, tablet or computer.

For just \$30, you get quick access to high quality, online care easier,

faster and more convenient than ever. This easy-to-use service is available to patients without missing work, school or other important activities.

If you are experiencing a medical emergency you should seek appropriate emergency medical assistance such as calling 911.



See Summa Providers On Your Time

1. Log into the Virtual Visit system at summahealth.org/virtualvisit. If you need to create an account, it takes just a few moments.
2. Answer some questions about your symptoms, just like you would in a doctor's office. Then, your information is sent to a Summa Health provider, where they'll make a diagnosis.
3. Within an hour, you'll receive your results and follow-up care instructions in a text message or email. And if a prescription is needed, it will be sent to the pharmacy of your choice.

**Virtually
Visit the
doctor for
just \$30!**

**Summa providers are
available from 7 a.m.
to 8 p.m., seven days
a week.**

- Colds/Flu
- Acid reflux
- Eczema
- Minor burns and skin conditions
- Female UTI
- STD exposure
- Conjunctivitis (pink eye)
- Tobacco cessation
- Acne
- And so much more!

Visit summahealth.org/virtualvisit to get started!



Join us at these *Community Events*

For more information, visit
summahealth.org/events.

March 14

Silver Sneakers Speaker Series: Senior Health, 10:00 a.m.,
Tallmadge Rec Center

March 22

YMCA Speaker Series: Colorectal Screening, 10:00 a.m.,
Lake Anna YMCA

April 22

YMCA Speaker Series: Women's Health, 10:30 a.m.,
Green Family YMCA

May 6-12

National Nurses Week

May 9

Medina Ladies Night Out, 5:00 - 8:00 p.m.,
Medina Square

May 16

Silver Sneakers Speaker Series: Stroke Awareness,
10:00 a.m., Tallmadge Rec Center

May 19

Summa Health New Tower Grand Opening, 11:00 a.m.
to 3:00 p.m., Summa Health Akron Campus

May 22

YMCA Speaker Series: Stroke Awareness, 10:30 a.m.,
Kohl Family YMCA

May 24

Summa Health Medina Half Marathon & 5k
Expo, 3:00 - 8:00 p.m., Summa Health Medina
Medical Center

June 8

Barberton Salvation Army Health Fair,
Barberton Salvation Army

June 15

RubberDucks Game: Men's Health, 7:05 p.m.,
Canal Park

June 21

YMCA Speaker Series: Men's Health, 10:30 a.m.,
Wadsworth YMCA



May 6-12



May 19



May 24



← Living life to the fullest!

One of the benefits that attracted Char Harrison of Akron to SummaCare's Medicare Advantage plans was the SilverSneakers® program. "I lived a very sedentary life," says Char. After taking advantage of the free gym memberships offered to all SummaCare Medicare Advantage members, Char credits this with helping her lose over 50 pounds. "Now, I'm living my life to the fullest!"

Char also likes the compassion that she receives through SummaCare. "My case manager, Debbie, even calls up to check up on me once in a while even though I don't have an issue." Learn more about SummaCare Medicare Advantage plans by calling 800-801-2516 (TTY 800-750-0750).

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. H3660_19_46_M Accepted 08212018



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 800.750.0750) or visit summacare.com/info today!

*\$0 plan not available in all counties.

SummaCare is an HMO and HMO POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. From October 1 through March 31, a representative is available to take your call from 8:00 a.m. until 8:00 p.m., seven days a week. From April 1 through September 30, a representative is available to take your call from 8:00 a.m. until 8:00 p.m., Monday through Friday.

H3660_19_110_M Accepted 01192019



Want more info?

Monthly newsletter

Full of general health and wellness tips, healthy recipes, Summa Health program updates and more. Sign up for free at summahealth.org/vitality.

Flourish blog

Check back every week for helpful articles on health and wellness for the betterment of a healthier community.

Summa Health Vitality Magazine
(1000-94010)

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*****ECRWSEDDM*****

Residential Customer



VITAL { For Changing Lives.
And More.

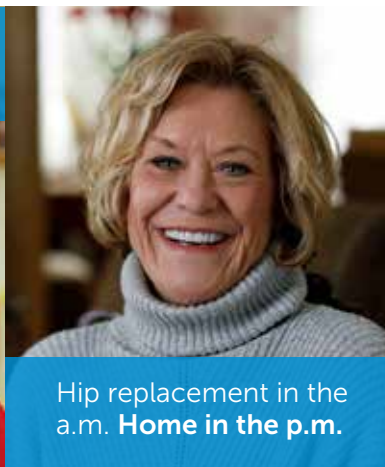
There are more than one million reasons Summa Health is vital to the health of greater Akron. But they can all be summed up in one word: **Patients.**



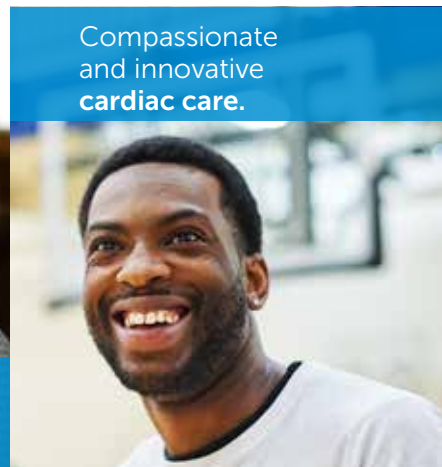
8,000 patients **lost**
more than **400,000**
pounds.



We treat more than
100 types of cancer.



Hip replacement in the
a.m. **Home in the p.m.**



Compassionate
and innovative
cardiac care.

See our patients' stories at summahealth.org/vital.

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

