

V VITALITY MAGAZINE

VOLUME 3 | ISSUE 2 | SUMMER 2019

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8

Reasons You're *not* Sleeping Enough

If these strategies don't work, talk to a sleep expert. Call **888.689.2037** to make an appointment.

Sleep apnea
Solution: If you snore, or are feeling tired even after a full night's sleep, consult your doctor

Lack of exercise
Solution: Exercise in the morning, avoiding high-energy aerobic routines too close to bedtime

Restless legs syndrome
Solution: Consider daily exercise, a hot bath before bed, a massage and reducing caffeine and tobacco

Stress
Solution: Do a quiet, relaxing activity before bed that doesn't involve a screen

Diet
Solution: Avoid big meals before bed, spicy, fatty foods, as well as alcohol and caffeine

Pain
Solution: Use a heating pad or take a warm bath before bed to ease achy joints and muscles

Depression
Solution: See your primary care physician, psychologist, psychiatrist or therapist for help, which may include medications, talk therapy, or both

Poor sleep habits
Solution: Practice good sleep hygiene strategies such as go to bed and wake up at the same times each day; keep a cool, dark bedroom; get up and leave the bedroom if you can't fall asleep within 15 minutes



Treating head, shoulders, knees and toes and everything in between.

Did you know that musculoskeletal diseases account for more than half of disabling health conditions reported by adults? If your sprain, strain, or knee, shoulder or back pain is keeping you from enjoying everyday activities, it may be time to see a Summa Health orthopedic specialist.

A few aches and pains are normal, but sometimes a trip to the doctor is in order if you suffer from any of the following:

- You feel shaky when trying to walk or stand.
- Your joints feel tighter and tighter.
- You have weakness or numbness in a joint.
- Pain keeps you up at night.
- You heard a pop after a fall or a hit.
- Swelling and pain persists for more than two days.
- You have signs of an infection including redness, heat and/or fever.



Shoulder and Elbow

- Arthritis
- Rotator cuff tears
- Tendon and nerve injuries

Wrist and Hand

- Carpal tunnel syndrome
- Trigger finger
- Arthritis

Back and Hip

- Back pain
- Total hip replacement

Knee

- Cartilage, ligaments and tendons
- Total knee replacement

Ankle and Foot

- Plantar fasciitis
- Ankle sprains
- Tendon tears

Schedule an appointment at **888.808.3926** or visit summahealth.org/orthopedic to learn more.

Picking Up Speed After Surviving Breast Cancer



Ringing the bell to survival

During a primary care visit, Sharon Jones-Winfrey's doctor urged her to have a mammogram, a standard screening test for a woman her age. For the first time she had a 3D mammogram, which unfortunately showed a calcification. She was able to schedule a same-day biopsy at the Summa Health Dr. Gary B. and Pamela S. Williams Center for Breast Health. Her diagnosis: breast cancer.

"Cancer was the furthest thing from my mind," shared Sharon. "We've never had breast cancer in my family."

Sharon's cancer journey would start that day. She met with several providers and, together, they developed a plan. Sharon would need surgery to remove all of the cancer, then require 20 sessions of radiation.

"I trust that Summa's Breast Center was the best place for me to have that kind of diagnosis. I know that I'm in good hands. If there is anyone that's going to help me live longer, I know it's going to be Dr. Lynch and the Summa Breast Center."

She respected the staff's compassion at the Dr. Gary B. and Pamela S. Williams Center for Breast Health. The staff treats you like a person, and not just a process, she shared. She appreciated the small things. A nurse holding her hand. A thorough explanation so she wasn't as afraid. The smoothie bar.

"It's those small things that are so big. I'm so very thankful."

Sharon also was impressed with the extensive support program available for patients. From a free wig salon and massage therapy to customized financial and dietary support, patients have access to the support they need to beat their cancer.

"I have so many things to live for. In fact, I'm planning on living until I'm about 120, so this is just a hurdle that I'm jumping right now, and I'll get past it. In fact, I'm going to pick up speed afterward. I am a survivor of breast cancer."

Why choose our Multidisciplinary Clinic?

- Collaborative treatment planning
- Improved survival
- Expedited cancer care
- Less anxiety, more empowerment
- Active patient involvement
- Individualized plan of care
- Real time, team-based format
- Access to clinical trials
- Holistic care to support all needs



Our Team Approach

In one appointment, Sharon was able to meet with her team of specialists to create an individualized plan for her care to support all her needs.

“It's those small things that are so big. I'm so very thankful.”

The Summa Health Cancer Institute has helped thousands of patients treat, and beat, cancer. You are never alone in your cancer fight at Summa Health. To learn more about the Dr. Gary B. and Pamela S. Williams Center for Breast Health, call **888.816.4129**.



We're growing to better serve *You*



← Barberton Campus

While the Summa Health Barberton Campus has always had a strong cardiac program, we recently increased our capabilities and competencies with the opening of the new High-Intensity Cardiac Unit (HICU). This specialized unit concentrates on round-the-clock care for complex heart failure patients, patients with acute coronary syndromes and 24/7 cardiac emergencies. Its staff includes nurses motivated to improve cardiovascular care delivery in an environment focused on education of the patient and family.

If you or a loved one is struggling with addiction, the Barberton Campus Emergency Department also offers the First Step Opiate Addiction Treatment Program. This unique program initiates addiction treatment right in the emergency room – 24 hours a day, seven days a week.

Recent expansions also have been made to the Barberton same-day surgery and radiology departments. For additional information, call **888.689.2037** or visit summahealth.org/barberton.

← Green Express Care

Have a bee sting that's starting to swell? A sniffle that just won't go away? Walk right into the newly renovated Summa Health Green Express Care at 3593 South Arlington Road for fast and easy treatment. We provide medical care for a variety of common health concerns, like:

- Colds, flus, sore throats
- Bronchitis, pneumonia, asthma
- Ear pain
- Allergies and sinus infections
- Rashes and poison ivy
- Eye infections
- Cuts, scrapes, splinters
- Minor burns and puncture wounds

No appointment is necessary, and we're open evenings and weekends. To learn more, call **234.867.6600** or visit summahealth.org/greenexpresscare.



Open evenings and weekends!



Tallmadge Medical Center →

This new two-story facility, located close to Tallmadge Circle at 60 North Avenue, hosts a team of highly qualified and compassionate medical professionals, including Dr. Jeffrey D. Bachtel who has practiced family medicine in his hometown of Tallmadge for nearly 30 years. Convenient patient services include:

- Primary care
- Orthopedics
- Cardiology
- Lab services

To find out more about the Tallmadge Medical Center, go to summahealth.org/tallmadge.

Visit our Open House August 31, 2019



Congratulations Dr. Jeffrey D. Bachtel!
Named Family Physician of the Year by the Ohio Academy of Family Physicians

Healing You - Mind, Body and Spirit

Having gained popularity in recent years, integrative medicine combines modern medical care and treatments with other forms of therapy to address the full range of a patient's physical, emotional and spiritual well-being. Healing the "whole person," not just treating a specific symptom or disease, is considered the most important aspect.

Talk with your PCP about which complementary therapy may be best for you.

All therapies are currently offered at the Summa Health Wellness Center in Hudson. Payment is due at time of service. To schedule an appointment, call **330.342.4400**.

Reiki

Facilitates unrestricted energy flow throughout the body promoting balance, peace and relaxation and stimulating the body's healing energy

Massage Therapy

Helps eliminate the buildup of adhesions in muscles, tendons and ligaments throughout the body allowing blood to circulate more efficiently and, in turn, restore motion and relieve pain

Acupuncture

Restores the body's proper energy flow, which stimulates its natural healing abilities and can help with:

- Back and neck pain
- Fatigue
- Insomnia
- Fibromyalgia
- Headaches
- Migraines
- Stress/anxiety
- Pain relief
- Depression
- Infertility

Mindfulness

Uses practices such as meditation to enable people to fully engage in the present moment, allowing them to relax and truly experience what is going on both inside and outside themselves

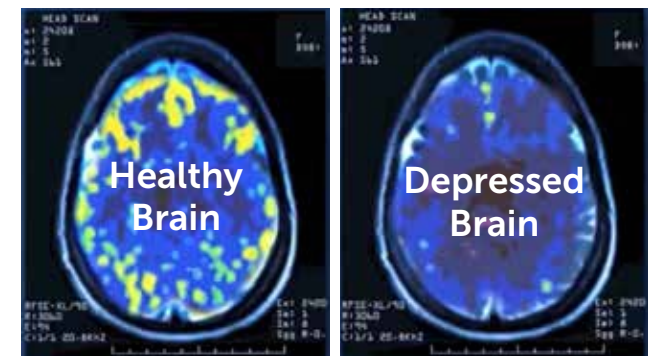


Remission from Depression is Possible

Depression is a common and serious medical illness that affects millions of people every year. People with depression have an immense feeling of sadness and/or a loss of interest in activities once enjoyed. It can affect a person's work and home life.

There are numerous treatments for depression to increase neurotransmitter activity in the brain, with one of the newest offerings now available at Summa Health.

For patients with major depressive disorder who have not achieved remission through typical treatment methods, Summa Health Behavioral Health Institute provides NeuroStar™ Advanced Therapy Transcranial Magnetic Stimulation (TMS). TMS is a safe and effective noninvasive procedure that uses magnetic fields, similar to that of an MRI, to stimulate the natural function of the brain's neurotransmitters for long-lasting symptom relief.



Studies have shown that several different areas of the brain regulate mood. Patients with depression show different metabolic activity in the brain compared to patients without depression.

To learn more or to schedule an appointment, visit summahealth.org/behavioral or call **855.385.8598**.

Akron's Most Comprehensive Weight Management Program

Millions of Americans carry extra weight, and it affects all aspects of their lives. Not only does it put you at higher risk for major health problems like heart disease, diabetes and cancer, but it keeps you from everyday life activities and living life to the fullest. We have multiple options to support your weight loss journey.



Brian

Weight Loss Surgery Patient

When Brian lost more than 300 pounds through our minimally invasive gastric bypass surgery, he said goodbye to his asthma and diabetes, too.



Marissa

Nutrition Services Patient

Just 19, Marissa decided to take control of her weight and has lost 63 pounds with the help of our dietitians.



Kathy and Vance

Nonsurgical Weight Loss Patients

This husband and wife team together lost nearly 200 pounds with help from our obesity medicine physicians.

Weight loss is a personal journey for each of us. Call our Weight Management Institute at **888.749.9095** to get started.

Multiple locations to serve you: Akron • Barberton • Green • Hudson • Medina • Wadsworth



Looking to the Future

A strategic partnership with Beaumont Health

After a thoughtful and deliberate process, and evaluation of numerous proposals from health systems throughout the region, Summa Health's Board of Directors has decided to sign a Letter of Intent to develop a strategic partnership with Beaumont Health, a leading not-for-profit based in Michigan.



Cliff Deveny, M.D.
President and CEO,
Summa Health



John Fox
President and CEO,
Beaumont Health

Throughout this process, the Board's priority has been to identify a potential partner whose mission and vision most closely align with our commitment to provide compassionate, quality care while enhancing our ability to provide excellent clinical services throughout Northeast Ohio.

This partnership with Beaumont Health will help us leverage our current strengths and enhance our organization by:

- Providing long-term financial stability
- Investing in local healthcare and expanding and advancing our programs and services
- Expanding the growth of SummaCare in local markets
- Supporting continued investment in our communities' healthcare needs
- Prioritizing the professional futures of our physicians and employees
- Building upon our commitment to medical education and training physicians to care for tomorrow's patients and communities

In addition to being aligned on the proposed objectives of our partnership, we also share complementary visions that are at the heart of the Board's decision and are both mission-driven systems with proven track records of providing quality care to the communities we serve.

After due diligence and approval from regulatory agencies, Summa Health and Beaumont plan to finalize the partnership by the end of the year. Summa Health is committed to keeping the community informed of any significant developments. Learn more at summahealth.org/ourfuture.

Beaumont Health's 8 Hospital Locations

Michigan's largest healthcare system



Who is Beaumont Health?

38,000
employees

3,429 beds
in 8 hospitals

145 outpatient sites

5k affiliated physicians

\$4.7 billion
in total annual net patient revenue

Non-profit organization

Most preferred healthcare in Southeast Michigan

Akron Campus Patient Tower

Now Open at 141 N. Forge Street

Have you visited our new seven-story, 343,000 square-foot tower on the Summa Health Akron Campus yet? Opened on May 28, it provides a new "front door" visible from State Route 8, as well as expanded facilities for same-day surgeries and women's health, 108 large private patient rooms, increased surgical capacity and so much more!



Ground Floor: Breast Health

- Bone density DEXA scan checks bone strength
- 3D mammography enhances accurate imaging



First Floor: Same-Day Surgery

- Two expansive operating rooms dedicated to robotic surgery
- Special air flow throughout decreases chances of infection



Second Floor: Labor and Delivery

- Akron Children's Hospital NICU, a Level 3 perinatal facility, for critically ill and premature newborns
- Four tub rooms for hydrotherapy during labor



Fourth Floor: Mother and Baby

- 36 private rooms for mother-baby bonding
- Onsite lactation consultant



Fifth/Sixth Floors: Private Patient Rooms

- 36 private rooms provide a personal healing environment

Exterior/Entrance

- 57,000 feet of heated piping beneath sidewalks and main entrance quickly melts snow and ice
- Backlit screen wall facing State Route 8 glows a beautiful white at night

Coming in Early 2020!

- Full-service Starbucks restaurant
- Expanded gift shop with custom floral department



Want to volunteer at Summa Health's new patient tower?
Opportunities are available at the main information desk, maternity, gift shop, patient experience and more! Volunteer benefits include free meals in the cafeteria, free parking and flexible schedules. To apply, visit summahealth.org/volunteer email volunteer@summahealth.org or call 330.375.3247.

“

Dr. Spear is an incredible physician and an incredibly nice man. He gave me hope.

”

– David Cruise, Infertility Patient



A Dream Come True – Not Once, But *Twice*

For many years, David Cruise experienced overwhelming feelings of despair and worthlessness. He knowingly struggled with an extremely low sperm count, which left him and his wife unable to conceive. And fertility experts had told them that there was simply no hope.



Kevin Spear, M.D.

However, on a routine visit to Summa Health Urologist Dr. Kevin Spear, David shared his strong desire to become a father. Making what he considered a final – and probably futile – effort, David asked if there was anything Dr. Spear could do to help him realize his dream of parenthood. Dr. Spear’s answer was surprising. Without over-promising a positive outcome, Dr. Spear suggested use of an estrogen receptor blocker.

Remarkably, within four to five months, David’s sperm count increased and his wife became pregnant with their first son. Twenty-two months later, the couple welcomed miracle baby boy number two. “It’s unbelievable. I feel great and the children are awesome,” says David. “It’s amazing!”

At 54 years old, David’s despair has been replaced with the fulfillment of fatherhood, and he has big plans for his little guys. Eventually they’ll join him on the family farm, but for now, romping around in the fields is just fine. “This [experience] has revitalized me,” shares David. “It’s given me a whole new life and future — a real purpose.”

To learn more about male infertility and possible treatments, make an appointment with Summa Health Urology at **888.302.3897** or visit summahealth.org/urology.

Summa Health Medical Group – Urology



Our team is able to treat a number of conditions and perform innovative procedures such as:

- Urinary Incontinence
- Vasectomy/Vasectomy Reversal
- Erectile Dysfunction
- Prostate Cancer
- Male Infertility
- Kidney Stones
- Prostate Cryoablation
- Urologic Oncology
- MRI Fusion Prostate Biopsy

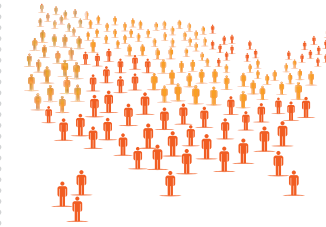
Appointments are offered at one of our four locations in Akron, Barberton, Green and Wadsworth, Monday through Friday.

What is male infertility?

Male infertility is the male’s inability to cause a pregnancy in a fertile female. There are many conditions that can be the underlying cause. Most often it is due to problems with sperm production or sperm delivery. Many treatment options are available, both surgical and nonsurgical. To learn more, contact the Summa Health Urology specialists at **888.302.3897**.



1 in 8 couples trying to get pregnant will experience some form of infertility.



Infertility is a disease affecting **6.1 million people** in the U.S.

If you're having trouble trying to conceive, it might be due to an underlying condition in the male.

Potential Causes of Male Infertility



Over or under weight



Vascular abnormalities



Illness or injury



Testosterone supplements



Congenital abnormalities



Unhealthy lifestyle choices (smoking, drugs, alcohol)



15 Million/ml

Minimum number of sperm needed to have what’s considered the best chance of pregnancy.

100 Million

Average number of sperm cells released during normal ejaculation. Of these, only one sperm fertilizes the egg.

A male factor

is involved in about 50% of couples experiencing infertility. Of those couples, 30% is directly related to the male and 20% is a combination of both.



Sources: Urology Care Foundation and the American Society for Reproductive Medicine



SummaCare Medicare Advantage Plans are truly Medicare Made Simple

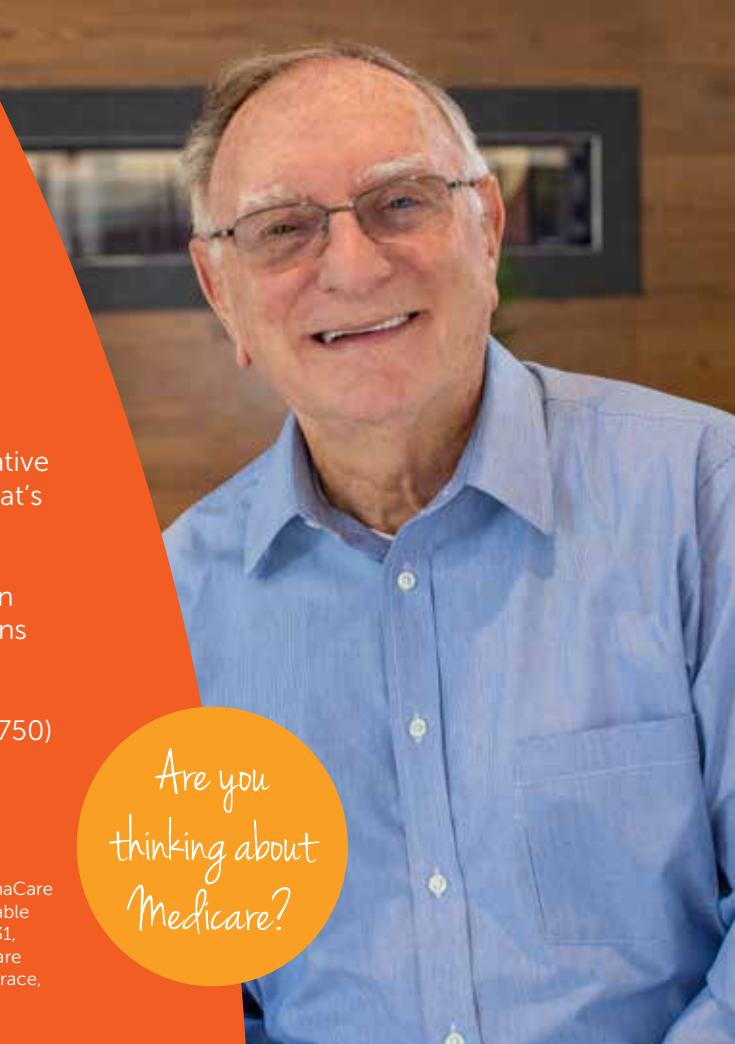
For Gene Loch, a SummaCare Medicare Advantage Plan member since 2017, it came down to simplifying Medicare. "When I met Brian at a SummaCare seminar in Brimfield, he was so down to earth," Gene said of SummaCare Representative Brian Gladysz. "He answered every single question I had – that's very impressive."

If you're getting ready for Medicare, SummaCare advisors can help explain your options so you can make informed decisions about your health insurance.

Contact SummaCare today at **800.801.2516** (TTY 800.750.0750) or visit summacare.com/info for your FREE Medicare Made Simple educational brochure. Let us be your trusted advisor when it comes to Medicare.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. From April 1 through September 30, a representative is available to take your call 8 a.m. to 8 p.m., Monday through Friday. From October 1 through March 31, 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, or sex. H3660_19_748NS_C 05202019

Are you thinking about Medicare?



Community Events

August

August 10



Komen Cleveland Walk, 6 a.m.,
Wade Oval Park

August 22

Lung Cancer Screening Talk, 10:45 a.m., Green YMCA

August 24

Akron Pride, 10 a.m., Hardesty Park

Medina Fest, 9 a.m., Medina Square

August 31



Tallmadge Medical Center Open House, 10 a.m. to 1 p.m.,

September

September 7



Akron Heart Walk, 8 a.m.,
Lock 3 Park

September 12

Senior Health Talk, Silver Sneakers, 10 a.m., Tallmadge Rec Center

Women's Health Discussion, 5:30 p.m., Medina Medical Center

September 14

P.S. I Love You: Run the Leaves a Lasting Impression, 9 a.m., Kohl Family YMCA



Pride Clinic Open House
Chapel Hill

For more information, visit summahealth.org/events.

September 21

Sapphire Ball, 6 p.m., John S. Knight Center

September 23

Atrial Fibrillation Talk, 10:30 a.m., Kohl Family YMCA

September 27

Akron Marathon Expo, 11 a.m. to 9 p.m., John S. Knight Center

September 28

Akron Marathon, 6 a.m., Downtown Akron

September 28-29

Barberton Mum Fest, 8 a.m. to 5 p.m., Lake Anna Park

October

October 5

Komen Akron Walk, 8 a.m., Canal Park

October 10

Medina Ladies Night Out, 5-8:30 p.m., Medina Square

October 20



Medina Truck or Treat, 1 to 4 p.m., Summa Health Medina Medical Center

Mark Your Calendars for October 16!

SummaCare Medicare Advantage members and friends are invited to our SummaCare Medicare Expo event where you can:

- Stroll through our exhibitor fair to learn about important SummaCare benefits, including dental, vision and hearing aids
- Participate in fun events led by Silver Sneakers®
- Enjoy giveaways, refreshments and free flu shots for members



10 a.m. to 1 p.m.,
Goodyear Hall
1201 E. Market Street
Akron, OH 44305

Find out more at summacare.com/expo.

JOIN US AT THE 18TH ANNUAL

Sapphire Ball

SATURDAY, SEPTEMBER 21, 6 P.M.
JOHN S. KNIGHT CENTER, AKRON

An unforgettable night of glamour, fine dining, top entertainment and dancing – all to support a worthy cause – makes the Summa Health Sapphire Ball one of the most sought-after tickets in Akron every year. **Bob and Regina Cooper** are the honorary chairs of the 2019 Sapphire Ball, which will benefit Summa Health Cancer Institute Patient Support Services and other key clinical areas at Summa Health.

The legendary **KC and The Sunshine Band** will bring its feel-good music and iconic hits such as "That's The Way (I Like It)," "Get Down Tonight" and "Shake Your Booty" to this year's gala.

James Simon will lead a group of 20 volunteers as the fundraising committee chair. **Sameer Mahesh, M.D.** is the physician chair.

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



Lead Sponsors

Diamond Sponsors



Regina and Robert B. Cooper
in honor of Milton Cooper

Ruby Sponsors



Sandy and Cliff Deveny

Sandy and Tony Solaro



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

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 Monday for helpful articles on health and wellness for the betterment of a healthier community summahealth.org/flourish.



*****ECRWSEDDM*****

Residential Customer

Virtually
visit the
doctor for
just \$30!

See the Doctor on Your Time

Have you taken advantage of Virtual Visit yet?

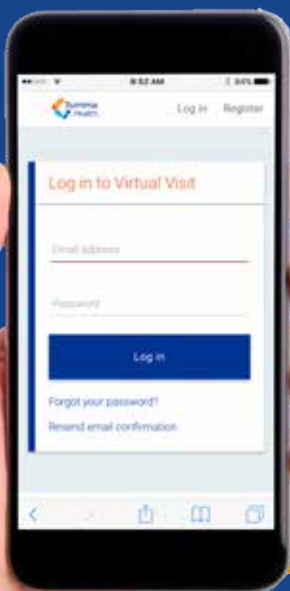
Receive diagnosis and treatment for more than 20 common medical conditions from a Summa Health provider directly through your smartphone, tablet or computer.

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

Good For:

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

Through the system, you will answer some questions online, just like you would in a doctor's office. Your information is sent to a Summa Health provider who will then make a diagnosis. Within an hour, you will 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.



Visit summahealth.org/virtualvisit to get started!