

V VITALITY MAGAZINE

VOLUME 3 | ISSUE 3 | FALL 2019

On the Journey... Together

Page 4

**A healthy
Thanksgiving plate**
Page 3

**Are you at risk of
glaucoma?**
Page 11

**Why choose a Level I
Trauma Center**
Page 13

**Join us at these
community events**
Page 15



Baby Boom

Business is booming at our new tower on Summa Health System – Akron Campus.

Deliveries at Akron Campus May – September

2018
1,532

2019
1,716

nearly 12% higher than last year during this same time period



Moms and their babies enjoy nearly 90,000 square feet of space in the new birthing center with features such as:

- Level 3 perinatal facility
- 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)

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

New Tower on Akron Campus:



- 17 labor and delivery rooms
- 36 private mother-baby rooms
- 22-bed Neonatal Intensive Care Unit (NICU)
- 4 tubs for hydrotherapy during labor
- 72 private medical and surgical inpatient rooms
- 7 stories
- 343,000 square feet
- 66 surgical suites
- 12 private breast center exam rooms



Diagnosed 56 new breast cancer cases*



Performed 1,500 screening mammograms, 1,400 diagnostic mammograms*



Performed 1,100 breast ultrasounds and 170 breast MRIs*

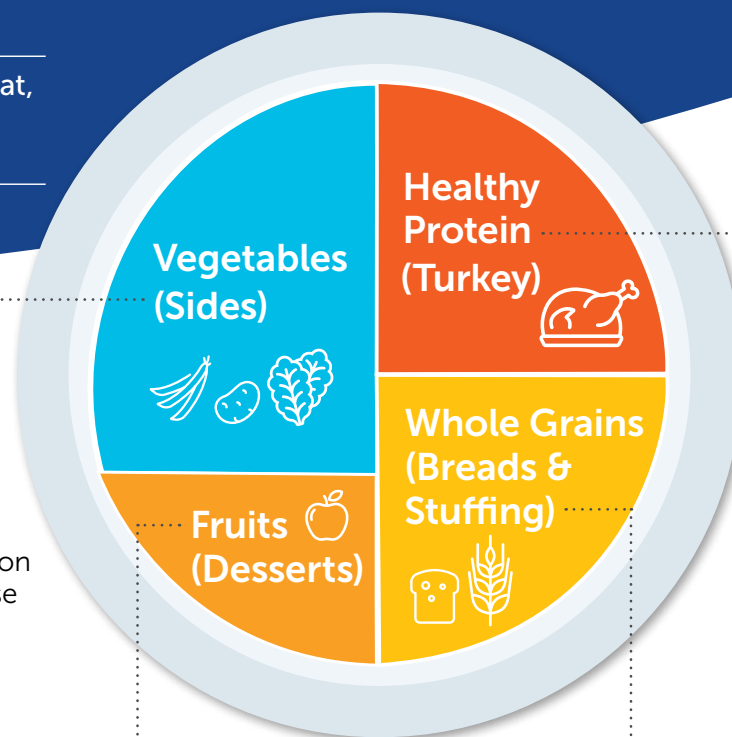


Performed 379 surgical procedures and 114 breast surgeries*

A healthy Thanksgiving Plate

Ah... Thanksgiving... the time for family gatherings, great company and the potential for thousands of calories. You may think it is impossible to keep your waistline in check over the holiday, but following the recommendations below will allow you to feast on great food while still controlling your calorie count.

Whatever you decide to eat, we wish you and yours a very Happy Thanksgiving!



Vegetables

To get the most nutrition from your feast, choose colorful and healthy Thanksgiving sides, from leafy greens to crunchy root veggies. The Academy of Nutrition and Dietetics recommends filling up your plate with salad and vegetables before heartier dishes to help you consume less calories during the meal.

Fruits

Find desserts that don't rely on added sugar for flavor. Instead, focus on treats with the natural sweetness of ingredients, like cranberries, pumpkins and apples.

Healthy Protein (Turkey)



Healthy Protein

Roasting your turkey in its own juices (without butter added to the skin) is the most healthful option. Avoid deep-frying your turkey, wrapping it in bacon or smoking it to avoid extra calories.

Whole Grains (Breads & Stuffing)



Whole Grains

- **Breads:** Start with whole-grain flours, such as whole-wheat flour and spelt flour, to make bread packed with protein and fiber.
- **Stuffing:** Healthy stuffing is possible with fresh ingredients and portion control. Use whole-grain bread for fiber, and include plenty of veggies like carrots, celery, onions, and garlic to pack in more nutrients.

If you'd like help planning your plate, contact the Weight Management Institute at **888.749.9095**.

On the Cancer Journey...

Together



Preventive screenings are key to good health

Statistics* tell us that breast cancer is the most common type of cancer in women, and prostate cancer is the most common type of cancer in men. SummaCare Medicare Advantage members Helen and Ossie Gordon, a couple from Fairlawn, know these facts all too well as they both battled this dreaded disease... at the same time.

Through their long journey they learned firsthand how Summa Health encircles our patients with access to the latest in coordinated care, as well as insurance coverage. All of their needs were met in one place.

Helen's story starts in 2009, when a shadow appeared on a routine mammogram.

"I've always been diligent about my annual mammogram," shared Helen.

On the advice of Victoria Van Fossen, M.D., a Summa Health surgeon and breast specialist, Helen pursued a biopsy and testing right away. The frightful answer: breast cancer. Helen underwent surgery and hormone therapy and adhered to her recommended follow-up every year.

At the same time, Ossie was checking his prostate-specific antigen (PSA) level every six months as a precaution. In 2013, the same year Helen had breast reconstructive surgery, Ossie received his cancer diagnosis. His urologist recommended he wait and continue to observe and test regularly. He was conscientious like Helen, and faithfully went for suggested follow-ups.

In 2018, everything changed for the couple. After years of normal, stable results, both would face greater challenges.

Helen discovered a lump on her left side and went through the same grueling process as before.



“We’re happy to have that part of our lives behind us. This was the journey we had to make, and we just did it.”

Testing. A new breast cancer diagnosis. Surgery. New this time, eight rounds of chemotherapy.

At the same time, Ossie’s PSA began to climb and radiation therapy became necessary. From July through October 2018, Ossie went to 44 radiation treatments, sometimes the same days Helen had a procedure at the hospital.

“The staff at Summa Health’s Cooper Cancer Center was absolutely wonderful,” shared the Gordons. “They were so supportive and knew us by our names. The nurses were so helpful and patient.”

Helen also participated in Summa’s Zen yoga classes, including the class for survivors.

“It was encouraging to see that people were resuming their normal lives. We’re happy to have that part of our lives behind us. This was the journey we had to make, and we just did it.”

As the Gordons learned, preventive maintenance and annual screenings are key to good health. Check with your primary care doctor as to what cancer screenings are right for you.

Breast Cancer*



Currently, there are 3.1 million **breast cancer survivors** in the U.S.



1 in every 8 women will develop breast cancer within her lifetime

Prostate Cancer*



60% of cases are diagnosed in

men over age 65



1 in 9 men will be diagnosed with prostate cancer



As SummaCare Medicare Advantage members, the Gordons are covered for many preventive care services – as well as many other services that aim to keep them as healthy as they can be.

If you or someone you know is eligible for Medicare and would like more information about SummaCare Medicare Advantage plans, please call **800.801.2516** (TTY **800.750.0750**) – a SummaCare Medicare Advisor is ready to help!

The Medicare Annual Enrollment Period is October 15 through December 7, so if you’re thinking about making changes to your Medicare coverage, don’t miss out!

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. H3660_20_104_M Accepted 10072019

*www.cancer.org



Medina Medical Center – 3780 Medina Rd Women—Our Medina Team is Here for You!

Visit our
newly renovated
space

Our team of women's health experts can provide compassionate, thorough care of your unique health concerns throughout any stage of your life.

- **Bobbi Claypoole, APRN-CNM** - Midwifery
- **Jessica Clemons, M.D.** - Obstetrics/Gynecology
- **Johanna Cook, M.D.** - Obstetrics/Gynecology
- **Amy Jackson, M.D.** - Obstetrics/Gynecology
- **Gregory Kovacevich, M.D.** - Obstetrics/Gynecology
- **Robin Laskey-Jobkar, M.D.** - Gynecologic Oncology
- **Diana Mong, M.D.** - Obstetrics/Gynecology
- **Patrick Naples, M.D.** - Gynecology
- **Sejal Pedersen, M.D.** - Gynecology
- **Christopher Rooney, M.D.** - Urogynecology

We can help with:

- Pregnancy and childbirth
- Sexual health
- Birth control and sexually transmitted infections (STIs)
- Breast cancer, ovarian cancer and other female cancers
- Pelvic floor disorders
- Mammography
- Menopause and hormone therapy
- Osteoporosis
- Benign conditions affecting the function of the female reproductive organs

To learn more about Summa Health's services available in Medina, visit summahealth.org/medina or call **800.237.8662**.

Hudson Medical Center – 5655 Hudson Drive

In our northern-most facility, we offer a wide range of specialized services including:



Orthopedics/Sports Medicine

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.



Weight Management

For those struggling to maintain a healthy weight, we offer nonsurgical weight management in Hudson including individual physician and psychologist appointments as well as outpatient nutrition services. Call **888.757.7605** for more information.



Imaging

A variety of imaging services are available, including X-ray (no appointment necessary), CT scan, MRI, ultrasound and screening mammography. Call **330.996.8881**.



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).

Neuroscience Center – 3378 Market Street



This new facility offers several different services including:

- Orthopedic spine physician consults
- Neurology consults
- Full-service physical therapy with four aqua therapy pools:
 - Speech Therapy/VitalStim® Dysphagia Therapy
 - Wheelchair Assessments
 - Oncology Rehab
 - Falls Prevention and Balance/Basic Neuro
 - Vestibular Rehab
 - LSVT B|G for Parkinson's
 - Safe Effective Exercise for Diabetics
 - Graston® Technique
 - Dry Needling



Ryan J. Godinsky, M.D.
Orthopedic Surgeon

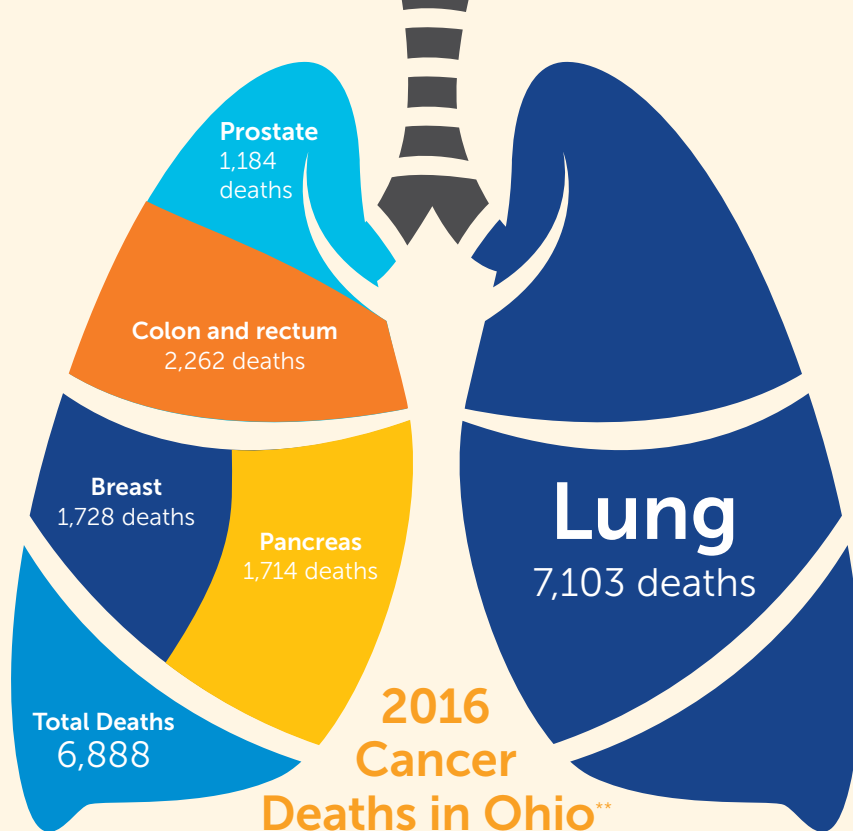


Dane J. Donich, M.D.
Neurosurgeon

To learn more, call **330.576.3500**.

Lung Power

Breathe It In



Every day we breathe about 20,000 times. We count on our lungs to take in valuable oxygen and get rid of carbon dioxide. Many factors — including genetics, pollutants and irritants, and infectious diseases — can affect the health of our lungs and respiratory system and cause respiratory problems. The most dreaded? Lung cancer.

Lung Cancer Key Statistics*



Leading cause of cancer death among both men and women



About 80% of all lung cancer deaths are thought to **result from smoking**



About 14% of **all new cancers** are lung cancers



Second most common cancer in both men and women (not counting skin cancer)



Black men are about 20% more likely to develop lung cancer than white men



Know the early signs:

- Persistent cough
- Chronic chest pain that is often worse with deep breathing, coughing or laughing
- Wheezing and breathlessness
- Coughing up blood
- Hoarse voice

If you have a history of smoking, you may be interested in screening for cancer. We encourage you to consider making an appointment for a shared decision-making visit in our Lung Nodule Clinic. To learn more about lung screening, visit summahealth.org/lungscreening.

If you are interested in information about tobacco cessation classes, please visit summahealth.org/quitsmokingnow.



Risk factors:

- Smoking
- Secondhand smoke
- Exposure to radon gas, asbestos or other cancer-causing substances
- Family history of lung cancer

*Source: American Cancer Society

** Ohio Annual Cancer Report 2019, Ohio Department of Health

Help is Available

Summa Health has developed a specialized Lung Nodule Clinic with a dedicated team of experts who can handle everything along the continuum of lung care including:

- Lung cancer screenings
- Rapid evaluation of nodules
- Multidisciplinary approach to lung cancer treatment



Eric Espinal, M.D., with lung cancer survivor Irma Earley

We provide:



Expedited appointments for patients with nodules that are concerning for lung cancer and are recommended to have immediate follow-up testing.



Continued follow-up for smaller lung nodules that need ongoing surveillance to make sure your nodules are not “lost to follow-up.”



Continued surveillance for patients who have had prior curative treatment for lung cancer, but need ongoing surveillance.

We have three lung nodule clinics that allow you to receive care in your own community. Locations include Akron, Barberton and Medina. To learn more, call **877.996.8881**.



Janna Bruner has volunteered at Akron Campus for more than 17 years.

Make a Difference in Your Community

Become a Summa Health Volunteer

In 2018, more than 2,000 Summa Health volunteers contributed 144,391 volunteer hours to improve our patients' experience. We invite you to consider joining our volunteer team and give back to your community in a positive way!

Janna Bruner has volunteered at Akron Campus for more than 17 years. As a Patient Experience Volunteer, she tries to make patients' stays as comfortable as possible, whether answering call lights, or simply listening to patients.

“I enjoy the person-to-person contact. I once was with a patient who had just received a bad diagnosis. He had no one with him. I just sat with him as long as he needed to help him feel more comfortable.”

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**.

Time is Brain

According to The Stroke Center, approximately 795,000 Americans suffer a stroke each year. The most common type of stroke, an ischemic stroke, accounts for almost 80 percent of all strokes. It is caused by a clot or other blockage within an artery leading to the brain. Blockage of blood flow to the brain for even a short period of time can be disastrous and cause brain damage or even death.

These blockages can be treated without surgery. Microcatheters can be inserted into the groin and travel to the brain to capture and remove blood clots causing a stroke. This procedure is called a thrombectomy.

Summa Health System— Akron Campus was recently certified as a Thrombectomy Capable Stroke Center. This makes our Akron Campus first in the state of Ohio to achieve this prestigious designation from The Joint Commission. This advanced stroke certification identifies us as a hospital meeting rigorous standards for administering both clot busting drug and performing minimally invasive, life-saving acute stroke treatments.






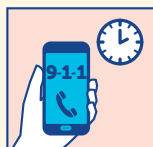


Akron Campus was first in the state of Ohio to achieve this prestigious designation from The Joint Commission.

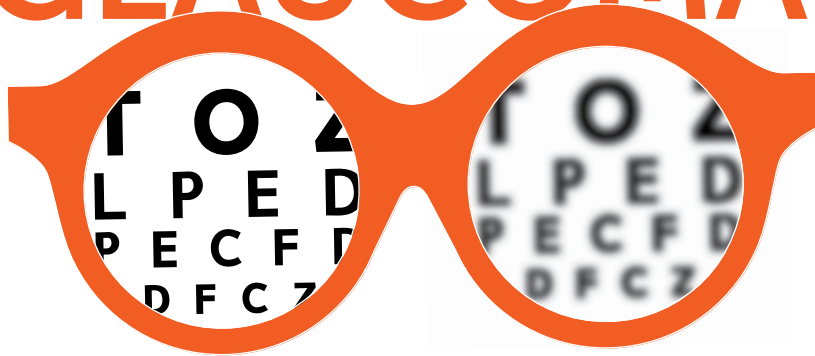
You should always call 9-1-1 right away for signs or symptoms of stroke. They will call ahead to let us know a potential stroke patient is coming and our specialized stroke team will be waiting.

To learn more, visit summahealth.org/stroke.

How to Recognize a Stroke Just remember to **B.E. F.A.S.T.**

- B**  **Balance Lost**
Sudden trouble with dizziness, loss of balance or loss of coordination
- E**  **Eyes Blurring**
Sudden trouble seeing in one or both eyes
- F**  **Face Drooping**
Ask the person to smile. Does one side of the face droop?
- A**  **Arm Weakness**
Ask the person to hold both arms up evenly. Does one arm drift downward?
- S**  **Speech Difficulty**
Ask the person to repeat a simple sentence. Are his or her words slurred or mixed up?
- T**  **Time to Call 9-1-1**
If the person shows any of these symptoms, dial 9-1-1 right away.

ARE YOU AT RISK OF GLAUCOMA?



While vision loss due to glaucoma can't be recovered, it can be slowed or prevented if the condition is recognized early. If you're at risk, schedule an assessment with a member of the Summa Health ophthalmology team.

Glaucoma, a group of eye conditions that damage the optic nerve, is a leading cause of blindness for people over 60 years old. Often, the effect is so gradual that you may not notice a change in your vision until the condition is at an advanced stage.



Eva DeVience, M.D.
330.375.7681
Glaucoma Specialist



Nancy E. Awender, M.D.
330.375.7657



Jennifer R. Bohl, M.D.
234.312.5254



6 to 8x more common in African-Americans than in Caucasians



Siblings of glaucoma patients have **10x increased risk**

Risk factors for developing glaucoma include:



60 years and older



Extended use of eye drops or other cortisone-like medicines



African, Asian or Hispanic descent



Ocular hypertension



An eye injury or trauma



Extreme nearsighted or farsighted vision



Diabetes, heart disease and high blood pressure



A family history of glaucoma

A fall shattered his bone, but not his spirit



“Right after surgery, I told everyone that Dr. Miller was the best surgeon in Akron. Then I was claiming that he was the best in Northeast Ohio. Now I say that he’s the best in the entire state,” shares John. “Soon, Dr. Miller will be the greatest surgeon in the country. He will be to me, anyway.”

- John Byers, Trauma Patient



Eric Miller, M.D.
Orthopedic Surgeon

On a crisp, sunny day last March, John Byers was savoring the final day of the annual Boston Mills ski season with his wife and son. A purely recreational skier, he enjoyed the adrenaline rush of jumping the small bumps and ramps as he sped down the snow-powdered slopes.

On what was to be his final jump, John admits that he was going too fast and lost control. Unfortunately, he landed flat on his side – and some ice. “I tried to get myself up, but my shoulder was weak,” he recalls, “and it felt as if there were a thousand needles poking into my side.” The Boston Mills ski patrol came to John’s rescue and, due to the seriousness of his injuries, transported him to Summa Health – Akron Campus, a Level I trauma center.

Level I verification, the American College of Surgeons’ highest trauma care, means that Summa Health – Akron Campus can offer all resources necessary to provide the entire spectrum of care for trauma patients, from orthopedic conditions to

life-threatening injuries to all organs. Summa Health – Akron Campus was the first hospital in Akron to receive Level I verification, and recently was verified through June 25, 2022. “My wife requested that I go there because my primary care physician is a Summa Health provider,” says John, “plus it’s got a great reputation.”

In all his 48 years, John has never broken a bone. But, on March 23, he not only dislocated his shoulder and broke his pelvic bone – he actually shattered his pelvis into 15 pieces. Dr. Eric Miller, a fellowship-trained orthopedic trauma surgeon, treated John during his eight-day stay, which included a six-and-a-half-hour surgery spread out over two days. “After the surgery, Dr. Miller explained that it would be a 12-week recovery period and I couldn’t imagine it,” says John. “But he knows what he’s talking about. Twelve weeks later, on June 20, I started putting weight on my legs again. Eight weeks after that, I walked into Dr. Miller’s office without a cane. Luckily, it was a short distance!”



Why Choose Summa Health, Your Level I Trauma Center

Not every emergency department can handle every trauma. Here are five reasons to choose life-saving care from the Level I Trauma Center at Summa Health– Akron Campus.

John feels fortunate to have taken advantage of Summa Health’s full continuum of care – from the Trauma Center to the Summa Rehab Hospital.

Today, John is back at work and performing 80% of the activities he did before the accident. A resident of Green, he feels very fortunate to live so close to Summa Health and to have taken advantage of its full continuum of care – from the Summa Health Trauma Center to the Summa Rehab Hospital. He is forever grateful to all the doctors, nurses, aides, rehab therapists and one trauma surgeon in particular.

“Right after surgery, I told everyone that Dr. Miller was the best surgeon in Akron. Then I was claiming that he was the best in Northeast Ohio. Now I say that he’s the best in the entire state,” shares John. “Soon, Dr. Miller will be the greatest surgeon in the country. He will be to me, anyway.”



First Akron hospital to receive Level I verification, the American College of Surgeons’ highest trauma care



Life-saving treatment **24 hours a day, 7 days a week,** even holidays



In-house coverage by a multidisciplinary team General surgeons and anesthesiologists, as well as orthopedic surgery, neurosurgery and radiology specialties



One of few area trauma centers practicing **simulated drills** to prepare for mass casualty incidents



A Level I Trauma Center boosts **survival rates by up to 30%¹**

When in crisis, know that you have a choice. Ask to be taken to Summa Health – Akron Campus, your Level I Trauma Center.

¹Source: 2006 study in New England Journal of Medicine (NEJM)

How does my gift make a difference at Summa Health?



Preventive screenings for breast cancer for individuals in need



WAGtime pet therapy to uplift patient spirits



Prenatal care for at-risk pregnant women



Programs that improve parenting skills



Wigs for cancer patients



Assistance finding financial help for the costs of cancer treatment



And much, much more

Gifts of any amount have an impact on patient care. You can designate your support to a specific area or hospital program. You can make a gift to honor a loved one, remember a deceased member of your family or express your gratitude to a skilled caregiver.

For more information on making your own impact, go to summahealth.org/giving or call **330.375.3159**.

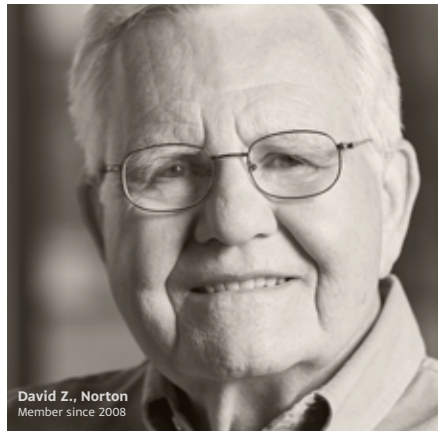


The Time is Now to Choose Your Health Insurance

SummaCare Medicare Advantage Plans

If you're eligible for Medicare, compare plan options during the Medicare Annual Enrollment Period from October 15 through December 7, 2019. SummaCare Medicare plans offer more benefits than original Medicare including vision, dental, free gym memberships and – new for 2020 – coverage for many over-the-counter health-related items.*

Call **800.801.2516** (TTY **800.750.0750**) or visit summacare.com/info to request your FREE SummaCare Medicare information kit today.



David Z. Norton
Member since 2008

SummaCare
**MORE MEDICARE
BENEFITS
WITHIN REACH**

SummaCare Health Insurance for Individuals & Families Available November 1 through December 15

If you don't have access to group health insurance, you can enroll in a SummaCare Individual & Family health insurance plan during the Open Enrollment Period, November 1 through December 15, 2019.

SummaCare's Individual & Family Plans include:

- Comprehensive medical and pharmacy benefits
- Three FREE office visits per year (on most plans) to your SummaCare primary care physician
- Access to a licensed physician 24/7 through Teladoc®

If you live in Medina, Portage, Stark or Summit counties, go to summacare.com/individual or call SummaCare at **888.251.7934** for your free quote today.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal.

*Available with most plans. H3660_20_92_M Accepted 10042019

Community Events



December 7
Breakfast with Santa and Come Home for the Holidays, 8:00 a.m.
Summa Health
Wadsworth-Rittman
Medical Center

November

November 14

SilverSneakers® Speaker Series:
Orthopedics, 10:00 a.m.
Tallmadge Community Center

November 22

YMCA Speaker Series:
Alzheimer's Awareness,
10:00 a.m., Lake Anna YMCA,
Barberton

December

December 7

Breakfast with Santa and Come Home for the Holidays, 8:00 a.m.
Summa Health Wadsworth-Rittman Medical Center

December 16

YMCA Speaker Series:
Integrative Medicine,
10:30 a.m., Green YMCA

January

January 16

SilverSneakers® Speaker Series: Weight Management,
10:00 a.m., Tallmadge Community Center

For more information, visit summahealth.org/events.



Summa Health 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?

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

MAR-19-43907/CS/TZ/10-19/40,000

Five Ways to Winterize Yourself

As that chilly wind starts to blow, it's time to prepare your home for the impending winter. But, it's just as important to prepare yourself as well. Here are a few tips to help ensure you stay healthy, safe and warm.

- 

1 Get your flu shot. Especially important for those most vulnerable to serious flu illness, like babies and young children, seniors, and people with certain chronic health conditions.
- 

2 Reach for healthy comfort foods. When the weather turns blustery, foods like cauliflower crust pizza and vegetable chili can help keep you warm without packing on the pounds.
- 

3 Schedule annual screenings. Now's the time to make sure all necessary screenings are completed, such as your mammogram, colonoscopy and skin check.
- 

4 Find an indoor place to exercise. Be creative where you can get your steps in and your heart pumping in the cold winter months.
- 

5 See your primary care physician (PCP) for your annual well visit. It's important to see your PCP to keep chronic conditions in check, stay current on annual screenings and address any concerns before they become problems.

If you need a primary care physician, call **888.689.2037** or visit summahealth.org.