

V VITALITY MAGAZINE

VOLUME 4 | ISSUE 1 | SPRING 2020

In Good Hands Page 4

More than just extra pounds
Page 8


New hope from depression
Page 11

Diabetes type 1 vs. type 2
Page 13


Community events
Page 15



Contents



**New to Medicare?
SummaCare Can Help
You Make the Most of
Your Medicare Dollar**



14

04 In Good Hands
During Same-Day Orthopedic Surgery

06 We're Growing to
Better Serve You

08 Extra Weight is More
Than Just Extra Pounds

09 Can You Remember These Facts?
5 Alzheimer's Disease Myths

10 Surgical Innovations
Neurology, Orthopedics, Urology

11 New Hope from Depression
Introducing TMS

12 Keeping the Faith
After Being Diagnosed with Diabetes

13 Diabetes Type 1 vs. Type 2
What's the Difference?

14 New to Medicare?
Medicare Advisors Within Reach

15 Join Us at These
Community Events

Honor Your Caregiver

with a gift to Summa Health

Family members often ask us – “Is there a way to say ‘thank you’ to the people who made a difference to me and my family while I was a patient at Summa Health?”

You and your family can show gratitude to a caregiver – a physician, nurse, therapist, or any other Summa Health staff member or volunteer – who played a special role during your treatment.

Maybe it was exceptional care, compassion and kindness you or your loved one received, a life-saving procedure or a visit from a volunteer during your stay.

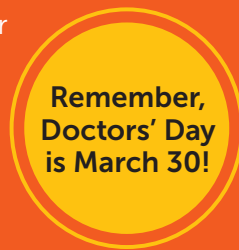
When you want to say more than “thank you,” consider recognizing your caregiver with a gift in his or her name. Your gift will help other patients in our community receive the same compassionate care you experienced.

Your honored caregiver will receive a personalized letter acknowledging your gift.

To make a gift in your caregiver’s honor, visit summahealth.org/grateful, or call **330.375.3159**.



“ Thank you for the care you’ve given my husband. We appreciate everything you have done for us. ”



**Remember,
Doctors’ Day
is March 30!**



“ Thank you for all you have done for me. I am in better health now than I have been in many years. ”



Another Step Closer

To Joining the Beaumont Health Family

In January 2020, a definitive agreement was signed to make Summa Health a subsidiary of Beaumont Health. The agreement has been submitted to state and federal regulatory agencies for final approval and we hope the transaction will close in the near future.

As shared before, we believe this strategic partnership will help Summa Health:

- Gain efficiencies from being part of a larger organization
- Further invest in delivering high-quality, patient-centered care
- Improve local access to the services most needed by our patients and communities

We sincerely appreciate your support and look forward to our new chapter with Beaumont Health!



“

The numbness was gone immediately. It was a wonderful feeling. I could finally sleep at night.

”

IN
Good Hands

During Same-Day Orthopedic Surgery

In 2018, Debbie Charles began feeling numbness in her hands. The numbness progressed to a crippling pain that prevented her from performing her job, which required a lot of typing, as well as cooking and doing other things she loved. "The numbness was unbearable," recalls Debbie. "It would just throb." The pain was so intense that it led to many sleepless nights and even drove her to delay vacations.

Fortunately, a friend referred Debbie to **Dr. Derek Klaus**, a Summa Health orthopedic hand and upper extremity surgeon, who determined that her symptoms were a result of carpal tunnel syndrome.

Carpal tunnel syndrome is a common condition that occurs when one of the major nerves to the hand – the median nerve – is squeezed or compressed as it travels through the wrist.



In January 2019, Debbie underwent endoscopic carpal tunnel release on her right hand. The following month, she had the same procedure on her left hand. Both same-day orthopedic surgeries were performed by Dr. Klaus at the Summa Health Wadsworth-Rittman Medical Center.



Dr. Klaus performs *endoscopic* carpal tunnel surgeries, which utilize a small camera and specialized tool. This minimally invasive technique has shown to return patients to work and the things they enjoy doing much faster than traditional carpal tunnel surgery.

Later that year, Debbie started having pain in her right shoulder. She again turned to Dr. Klaus who also treats degenerative shoulder conditions. A subsequent MRI confirmed that Debbie had a complete rotator cuff tear. She soon found herself back at Wadsworth-Rittman Medical Center for same-day orthopedic surgery – and again had a positive experience.

"The facility was wonderful," says Debbie. "It has such a homey feeling. I felt very comfortable and wasn't nervous about my surgeries there. It was awesome."

Today, Debbie has her life back. She is able to sleep and function well both at home and at work without pain. She is back to doing things that make her happy and recently went on a long-overdue family vacation – which was certainly well deserved!

For more information about the Summa Health Orthopedic Institute, call **888.808.3926** or visit summahealth.org/ortho.

Why Choose Same-Day Surgery?



Same-day or outpatient surgery centers are healthcare facilities where surgical procedures not requiring an overnight hospital stay are performed. They have grown in popularity in recent years because they offer several key benefits.

High-Quality Care

- Shorter surgeries
- Faster recovery
- Lower infection rates

Cost Savings

- Smaller overhead costs and increased efficiencies >> Less Cost to You
- More transparency of costs

Personalized Care

- Smaller staff
- Better scheduling options

Improved Access

- Less wait time
- Easier to navigate

Common Specialties at Same-Day Surgery Centers

- Orthopedics
- Ophthalmology
- Gastroenterology
- Gynecology
- Urology
- Pain Management

We're growing to better serve *You*

Medina Medical Center

3780 Medina Rd, Medina, OH 44256

Conveniently located on OH-18/Medina Road, Summa Health Medina Medical Center, and its freestanding emergency department open 24/7, is an outpatient facility offering patients and families access to Summa's compassionate, patient-focused care.

Services at a Glance:

- 24/7 Emergency Care
- 3D Mammography
- Behavioral Health
- Cancer Care
- Cardiology
- Comprehensive Imaging
- Corporate Health
- Diabetes Care
- Digestive Health
- Gynecologic Oncology
- Laboratory Services
- Midwifery
- Obstetrics/Gynecology
- Orthopedics
- Pain Management
- Pelvic Health
- Primary Care
- Senior Health
- Sleep Medicine
- Sports Medicine
- Surgery
- Urogynecology
- Weight Management

Our team of health experts can provide the care you need for all of your health concerns. To learn more about Summa Health's services available in Medina, visit summahealth.org/medina or call **888.397.4059**.



24/7 Emergency Department



Sleep Lab Recently Re-Opened!

Now Seeing Patients in Medina



Natalie Kayani, M.D.
Senior Health



Angela Galang, M.D.
Senior Health



New Gift Shop on Akron Campus

Visit the new Summa Health Gift Shop opening this month in the new tower. One of the largest in Northeast Ohio, it features an expanded baby gift and maternity section, as well as a broader selection of stationery and books, clothing and jewelry, floral and more. Plus, since the gift shop is sponsored by the Women's Board of Summa Health, all proceeds benefit philanthropic programs throughout our system.

Green Urgent Care

3593 S. Arlington Rd, Uniontown, OH 44685

Aches and pains? A fracture or sprain? Get the care you need when you need it at the new Summa Health Green Urgent Care. Our board-certified physician and advanced practice registered nurses can now treat fractures, sprains and strains, in addition to common health concerns like:

- Colds, flu, sore throat
- Bronchitis, pneumonia, asthma
- Ear pain
- Allergies and sinus infections
- Cuts, scrapes, splinters
- Rashes, cellulitis, poison ivy, minor allergic reactions
- Eye infections, irritations and minor foreign bodies
- Minor laceration repair

No appointment necessary. Call **234.867.6600** or visit summahealth.com/greenurgentcare to learn more.

NOW AVAILABLE:
Walk-in x-rays* and
\$25 sports physicals
(cash only)

*Physician order required



Wadsworth-Rittman Medical Center

195 Wadsworth Rd, Wadsworth, OH 44281

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

- 24/7 Emergency Care
- 3-Bed Clinical Decision Unit (CDU)
- An Outpatient Surgery Center with four operating rooms and two endoscopy suites
- Comprehensive Imaging Services ranging from X-ray and CT to MRI and nuclear medicine
- Weight Management Services
 - Including an expert team comprised of a physician, behavioral health specialist, dietitian, exercise specialist and a surgeon referral if needed, who can design a weight loss program that works for you
- Cardiology and Cardiac Testing
- Family Medicine
- Laboratory Services
- Orthopedics
- Senior Health
- Urology
- Women's Health

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



Extra Weight is MORE THAN Just Extra Pounds



Consider the impact obesity has on the human body. Put quite simply, the body was not designed to carry excessive amounts of weight. Once a person's weight reaches the state of obesity, there is a significant amount of stress placed on all the body's organ systems including cardiac, endocrine and respiratory systems. Over time, without a reduction in weight, this causes other diseases to emerge, and ultimately leads to an earlier death.

Studies show that patients who lose a significant amount of weight usually experience a cure, or at least a dramatic improvement of these conditions.

Obesity related deaths are usually linked to one of the following known conditions caused by obesity:



Obstructive Sleep Apnea (OSA)



High Blood Pressure and other heart-related diseases



Joints/Bones



Cancer risk and recurrence



Gastroesophageal Reflux Disease (GERD)



Type 2 Diabetes

You are not alone if you are struggling trying to maintain a healthy weight. The Summa Health Weight Management Institute looks at the whole person, with the goal of understanding the underlying causes of the weight problem.

Our multidisciplinary team supports both our nonsurgical and surgical weight loss programs:

- Obesity Medicine Specialists
- Behavioral Health Specialists
- Fellowship-trained Bariatric Surgeons
- Registered Nurses
- Registered Dietitians
- Exercise Physiologist

At Summa Health, you can build your own program, based on your specific needs. Create a program that works for you and delivers the results you want.

Discover how we can help you shed those unwanted pounds, ditch unwanted conditions and live a healthier life. Call **888.757.7605** or visit summahealth.org/weightloss to learn more.

Can you Remember these Facts?



Every 65 seconds someone in the U.S. develops Alzheimer's disease.

Here are its top five myths debunked

Alzheimer's only happens to older people.

Of the 5.8 million Americans living with Alzheimer's dementia, an estimated 5.6 million people are age 65 and older, leaving 200,000 individuals under age 65.

Alzheimer's symptoms are a normal part of aging.

Unlike the mild memory loss that can happen with aging, Alzheimer's disease gradually worsens, taking away someone's ability to think, eat, talk and more.

Alzheimer's doesn't lead to death.

Sadly, it's the sixth leading cause of death in the U.S. and there has been a 145% increase in deaths from Alzheimer's between 2000 and 2017. Most people live 8 to 10 years after they're diagnosed.

There are treatments to stop the disease from getting worse.

Although there are several treatments on the market to treat Alzheimer's symptoms, there is no current way to stop the disease.

Alzheimer's is caused by aluminum, flu shots or silver fillings.

The fact is, experts don't know what causes this disease. It might be a mix of factors tied to genes, environment and lifestyle. Some research suggests it might be related to health conditions like heart disease, high blood pressure and diabetes. There's a lot of research under way, but the results aren't yet clear.

Signs to Watch for:

- Memory loss that disrupts life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing

If you or a loved one is experiencing any of these symptoms, contact the Senior Health Center at **888.470.2420** to schedule an assessment.

Statistics from the 2019 Alzheimer's Disease Facts and Figures, published by the Alzheimer's Association



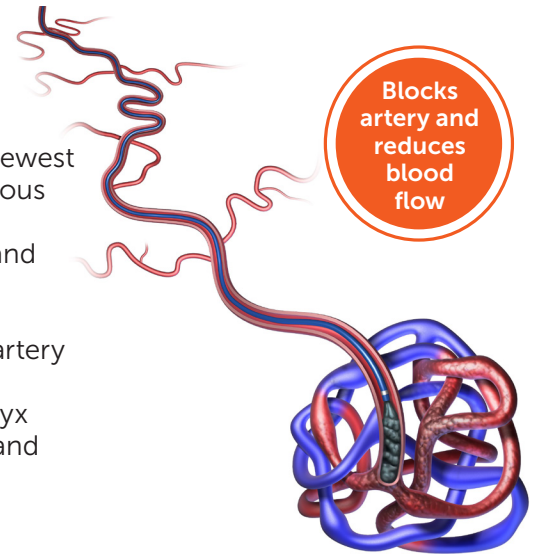


Surgical Innovations

New Age Treatment for AVM

A revolutionary liquid embolic agent known as Onyx® is one of the newest ways the Summa Health Neuroscience Institute is treating arteriovenous malformations (AVMs). An AVM is a tangle of abnormal blood vessels connecting arteries and veins in the brain that may cause bleeding, and can be difficult or dangerous to treat.

During an Onyx embolization, the liquid polymer is injected into an artery of the brain through a micro-catheter. Hardening upon contact with blood, it blocks the artery and reduces blood flow into the AVM. "Onyx enables us to safely treat AVMs more easily," explains Dr. Venizelos, "and even ones that we may not have been able to treat before."



Alexander Venizelos, M.D.
Endovascular Neurosurgery
888.241.5493

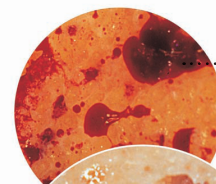
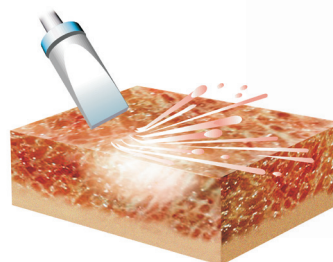


Dane Donich, M.D.
Neurosurgery
330.576.3500

Longer-Lasting Knee Replacements Without the Use of a Tourniquet

The Summa Health Orthopedic Institute is currently utilizing the CarboJet® CO₂ Bone Preparation System in tourniquetless total knee replacement surgeries. CarboJet's pressurized CO₂ gas quickly and thoroughly cleans and dries the bone bed by bringing blood, saline and other elements to the surface where they can be more easily collected and removed.

"Working with a cleaner and drier bone bed can raise the life expectancy of the 'new' knee," says Dr. Combs. "Tourniquetless total knees, done with the assistance of CarboJet, may help decrease post-op pain and narcotic pain medication consumption, as well as increase muscle recovery."



Tibia after resection



Tibia after pulsatile saline lavage



Same tibia after CarboJet®

Decreases post-op pain + increases muscle recovery

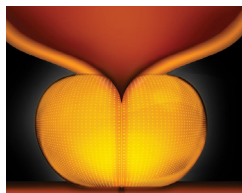


Ryan Combs, M.D.
Orthopedics
888.808.3926

A Faster Recovery for Enlarged Prostate

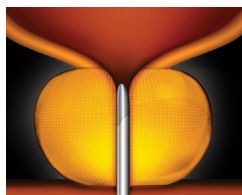
The UroLift System® is a relatively new surgical procedure designed to treat men over the age of 45 who have benign prostatic hyperplasia (BPH). Ideal for those with urinary tract symptoms that desire further improvement, it deploys permanent implants to relieve the obstruction caused by the enlarged prostate as it presses on the urethra.

15-minute procedure



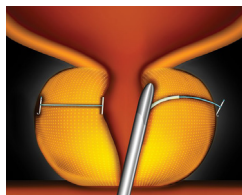
Enlarged Prostate

An enlarged prostate can narrow or even block the urethra.



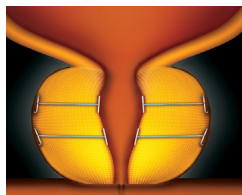
Step 1

The UroLift Delivery Device is placed through the obstructed urethra to access the enlarged prostate.



Step 2

Small UroLift Implants are permanently placed to lift and hold the enlarged prostate tissue out of the way and increase the opening of the urethra.



Step 3

The UroLift Delivery Device is removed, leaving an open urethra designed to provide symptom relief.

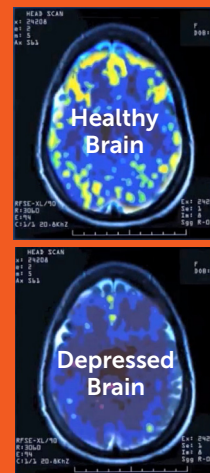
“UroLift is novel because it’s a 15-minute procedure that requires minimal anesthesia,” says Dr. Arora. “Most men go home without a catheter and see benefits within one to two weeks.” What’s more, if a patient doesn’t experience desired results, all other treatment options are still available.



Naveen Arora, M.D.
Urology
888.302.3897

New Hope from Depression

Depression is a common and serious medical illness that affects millions of people every year. One of the newest treatment options is 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).



Treatments are typically for 4-6 weeks

Brain activity is reduced in depression. TMS is a safe and effective noninvasive FDA-cleared 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.

Summa Health’s TMS team typically treats patients five days a week for four to six weeks. Covered by most insurance plans, each treatment takes between 20 and 45 minutes with no anesthesia required.

To learn more or to schedule an appointment, call **888.540.8986**.

Keeping the Faith

after being diagnosed
with diabetes



Active in ministry work throughout the community, Leocadia Lorkowski is known for her gentle spirit, wide smile and limitless energy.

But there was a time, several years ago, when Leocadia didn't feel like herself. She was sluggish. Sleepy. And just didn't have the same level of enthusiasm. After some testing, Leocadia's primary care physician, Dr. Matthew Chung, referred her to Dr. James Salem, a Summa Health endocrinologist, who diagnosed her with type 2 diabetes.

Type 2 diabetes is the most common form of the disease, which affects the way your body metabolizes blood sugar, or glucose. Insulin, a hormone made by the pancreas, helps move glucose into your cells where it is used for energy. In type 2 diabetes, your body isn't able to effectively produce or use the insulin to transport the glucose, which can lead to chronically high glucose levels and serious complications.

While there's no cure for type 2 diabetes, Dr. Salem recommended lifestyle changes – such as weight loss, a healthy diet and exercise – to assist Leocadia in managing the disease.



"Leocadia was accountable to herself, and realistic about the situation," says Dr. Salem. "By adjusting one issue at a time, she has made great strides in how she takes care of herself."

Leocadia believes Dr. Salem enabled her to return to good health so that she can use her gifts to do God's work. "I can go from six o'clock in the morning until 10 o'clock at night," exclaims Leocadia. "It's amazing, I've transformed. My life is transformed through Dr. Salem at Summa."



**1 in 4 adults
don't know they
have diabetes**

Who May Benefit from our Specialized Care?

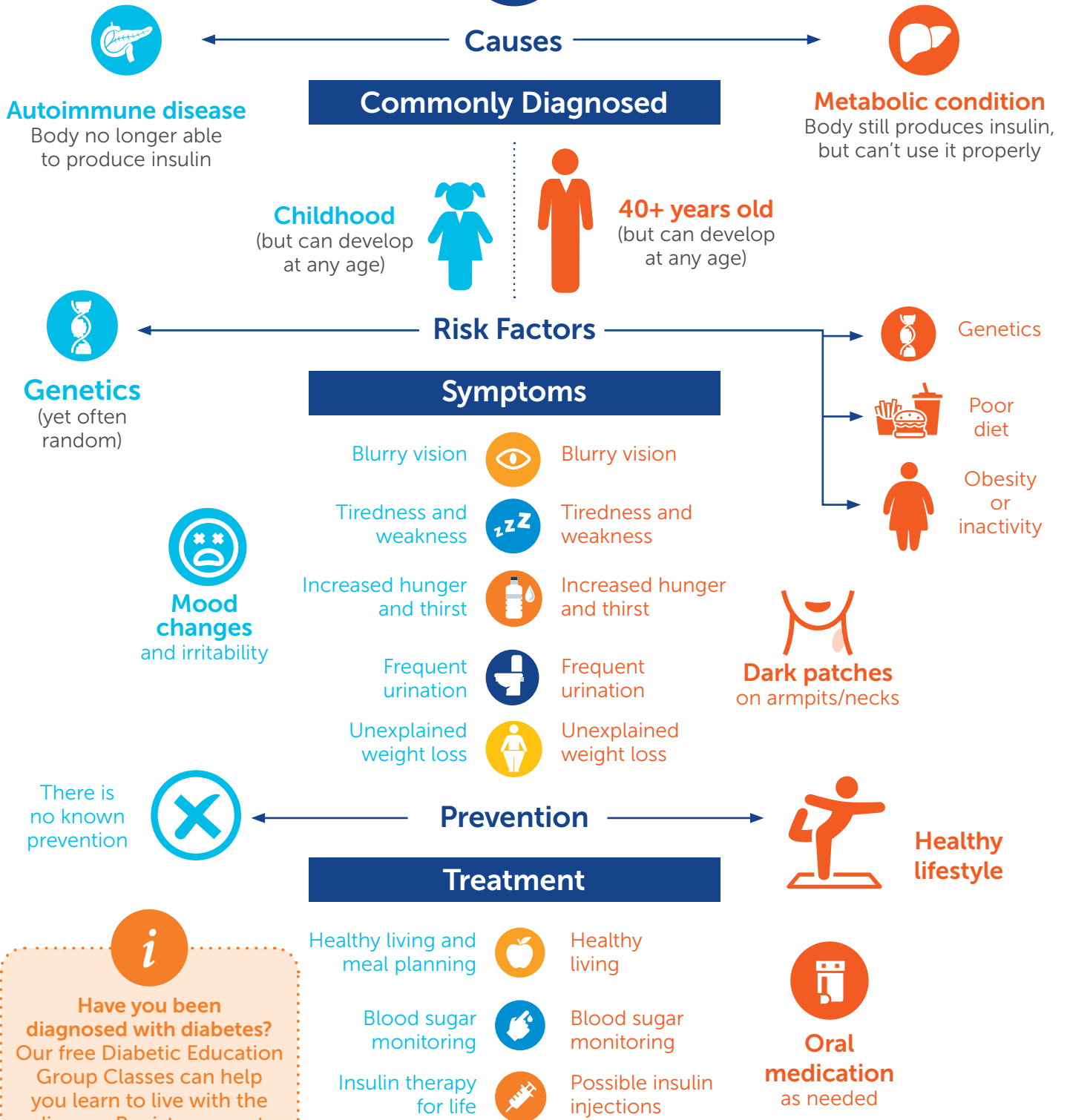
The endocrinologists of Summa Health Medical Group are able to fully assess and treat a wide range of conditions such as:

- Diabetes
- Thyroid Disease
- Thyroid Cancer
- Metabolic Disorders
- Parathyroid Disorder
- Adrenal Disorder
- Growth Disorders
- Bone Disorders/Osteoporosis
- Testosterone Deficiency
- Pituitary Disorders

We have six convenient locations: Akron, Barberton, Chapel Hill, Green, Medina and White Pond.

Diabetes

Type 1 vs Type 2



i

Have you been diagnosed with diabetes? Our free Diabetic Education Group Classes can help you learn to live with the disease. Register now at summahealth.org/diabetes.

Sources: American Diabetes Association, Center for Disease Control and Prevention, JDRF.org



MEDICARE ADVISORS WITHIN REACH



Plans start
as low as \$0
per month!

New to Medicare?

SummaCare Can Help You Make the Most of Your Medicare Dollar

As a local Medicare Advantage plan, SummaCare is proud to have been serving our friends and neighbors since 1996. Formed in Akron by local doctors who know our communities, we partner with thousands of area providers to offer high-quality, coordinated care that is focused on you.

If you're getting ready for Medicare, see why a SummaCare Medicare Advantage plan makes sense – for your well-being and your wallet:

| Benefits/Services | SummaCare Medicare Advantage | Original Medicare |
|--|------------------------------|-------------------|
| Medicare Part A (hospital coverage) | ✓ | ✓ |
| Medicare Part B (doctor and outpatient coverage) | ✓ | ✓ |
| Medicare Part D (prescription drug coverage)* | ✓ | X |
| Dental, vision and hearing aids | ✓ | X |
| Over-the-counter (OTC) items* | ✓ | X |
| \$0 copay for PCP visits and other preventive services | ✓ | X |
| FREE gym memberships through SilverSneakers® | ✓ | X |
| \$0 medical deductible | ✓ | X |

LEARN MORE

...by joining us at a free, informational Medicare seminar on Wednesday, April 15, 2020, at 4 p.m. at Summa Health System – Akron Campus, Conference Rooms 102/103, 141 N. Forge St., Akron, OH 44304.

Call **800.801.2516 (TTY 800.750.0750)** or visit **summacare.com/reserve** now to register and reserve your seat.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment depends on contract renewal. *Available with most plans. For accommodation of persons with special needs at meetings, call 888.464.8440. TTY 800.750.0750. H3660_20_139_M Accepted 01202020

For more information about SummaCare Medicare Advantage plans, visit summacare.com/info or call **800.801.2516 (TTY 800.750.0750)** to speak with a SummaCare Medicare Advisor today.



Community Events

For more information, visit summahealth.org/events.



April 15



May 6-12



May 30



April 18



June 23



June 27

March

March 12

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

March 19

SilverSneakers® Speaker Series:
Diabetes Awareness; 10:00 a.m.
Tallmadge Community Center

April

April 15

Meet Me at the Museum:
Art as Meditation; 2:00 p.m.
Akron Art Museum

April 15

SummaCare Medicare Seminar
Summa Health System – Akron
Campus

April 18

Medina Community Baby
Shower; 1:00 - 3:00 p.m.
Summa Health Medina
Medical Center

May

May 6-12

National Nurses Week

May 14

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

May 16

RubberDucks Promotional
Game: Skin Cancer
Awareness; 7:05 p.m.
Canal Park

May 21

SilverSneakers® Speaker Series:
Stroke Awareness; 10:00 a.m.
Tallmadge Community Center

May 29

Summa Health Medina
Half Marathon & 5k Expo;
3:00 - 7:30 p.m.
Summa Health Medina
Medical Center

May 30

Summa Health Medina Half
Marathon & 5k; 6:45 a.m.
Downtown Medina

June

June 23

Wadsworth Blue Tip Parade
Downtown Wadsworth

June 23-27

Wadsworth Blue Tip Festival
Memorial Park

June 27

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



Vitality Magazine
(1000-94010)

Corporate Office
1077 Gorge Blvd
Akron, OH 44310

Nonprofit
Organization
U.S. Postage Paid
Akron, OH
Permit No. 83

Want more info?

Sign up for our free monthly newsletter that's full of general health and wellness tips, Summa Health program updates and more.

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

You can also check out our Flourish blog every week for helpful articles on health and wellness for the betterment of a healthier community.



MAR-20-46637/CS/TZ/02-20/40,000

*****ECRWSEDDM****

Residential Customer

Need to See the Provider?

With Summa Health Virtual Visit's NEW Video Visit, you have access to board-certified providers through a **secure online health portal, 24/7/365!**



Choose from Two Options



E-Visits

Cost - \$29 per visit

- Visits answered by Summa Health providers between 7 a.m. – 8 p.m.
- Available anywhere in Ohio
- Connect with a provider within one hour during operating hours (or next business day during after hours)



Video Visits

Cost - \$49 per visit

- Answered by board certified providers 24/7/365
- Available anywhere in the U.S.
- See provider within one hour 24/7, and be provided a response

Receive diagnosis and treatment for more than 20 common medical conditions, such as the flu, female UTI, cold/sinus congestion, acid reflux and much more!



Download the Summa Health Virtual Visit App to get started or visit summahealth.org/virtualvisit



Setting up your account is a quick and easy process. Visit summahealth.org/virtualvisit and click on Start a Visit. You will be guided through step-by-step instructions. Or, for Video Visits you can also download the Summa Health Virtual Visit app on your mobile device through the App Store or Google Play and register your account from there.

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