

Guys, Set Aside Your Pride

A Prostate Cancer Patient
Shares His Story
Page 4

How to get in tip-top
shape this spring
Page 3

Is cementless
knee replacement
right for you?
Page 10

What Metabolic
Syndrome looks like
Page 13





Contents

04 **Guys, Set Aside Your Pride**
Robin Rice, Prostate Cancer Patient

06 **We're Growing To Better Serve You**
Rootstown, Hudson, Medina, Wadsworth-Rittman

08 **A Link Between Type 2 Diabetes and Heart Failure**
Methods of Managing Diabetes May Help Both

09 **Learn the Facts of Colon Cancer**
Risk Factors, Symptoms and Screenings

10 **Innovations**
Cementless Knee Replacement and ENB

11 **SummaCare**
Why Members Stay Year After Year

12 **Living Her Best Life**
Alicia Fitzgerald, Bariatric Surgery Patient

13 **What is Metabolic Syndrome?**
Diseases, Symptoms and Prevention/Reversal

14 **Honor Your Caregiver**
With a Gift to Summa Health

15 **Stay In The Game Safely**
Summa Health Urgent Care Centers

Are You Pre-Diabetic?

Developing lifelong behaviors to keep your A1C levels in a healthy range can be challenging. That's why the Summa Health Equity Center offers the SWEET Life Program (Steps to Wellness through Education, Empowerment and Transformation), a FREE 15-week diabetes risk-reduction program designed for those who are pre-diabetic, have a family history of diabetes, or are at an increased risk of suffering from the condition.

The group meets every Tuesday via WebEx at 6 p.m. Register at summahealth.org/sweet-life.

Top 5 Spring Cleaning Tips... For Your Health

It's that time of the year again to start thinking about spring cleaning, which means some serious decluttering, reorganization, scrubbing and polishing. But did you know that it's not simply for your home? Here are five tips on how you can get yourself into tiptop shape this spring.



1. Test your battery.

Schedule an appointment with your primary care provider for your annual wellness visit to make sure you're current on preventive screenings and immunizations.



2. Dust off those running shoes and get moving.

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least two days a week.

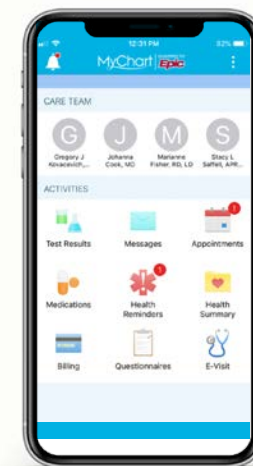
3. Polish those pearly whites.

Gum disease is linked to a host of illnesses including heart disease, diabetes, respiratory disease, osteoporosis and rheumatoid arthritis. Visit with your dentist every six months for a dental check-up to eliminate the plaque that has accumulated on your teeth since the last visit. The dentist also will polish the teeth and provide teeth/gum cleaning advice.



4. Spruce up your diet.

Make healthy food choices like fruits, vegetables, whole grains, lean meats and low-fat dairy products. Try to make half your plate fruits and vegetables and half whole grains.



5. Tidy up that paperwork.

Having a difficult time keeping track of your health? Too much paperwork regarding appointments and results? Make sure you sign up for MyChart, which puts your health information at your fingertips, safely and securely. Through MyChart, you have the ability to access your health information 24/7, at home and on the go. You can talk one-on-one with your doctor through a MyChart video visit; see your test results; schedule appointments; request prescription refills; access your medical history and much more. Sign up today at summahealth.org/mychart.

Did You Know?

Spring cleaning isn't just for your house; your health can benefit, too. Call your primary care provider for an appointment.



Guys, Set Aside
Your Pride. Your Life is
Worth it.

Robin Rice, a prostate cancer survivor, shares his story – and advice.



Joseph Dankoff, M.D.

Robin Rice was experiencing difficulty with urination, so made an appointment with Dr. Joseph Dankoff of Summa Health Medical Group – Urology. Dr.

Dankoff discovered that Robin's prostate was enlarged and that his serum prostate specific antigen (PSA) was elevated. He subsequently performed a biopsy which determined that Robin had prostate cancer.

Prostate cancer is one of the most common cancers among men, after skin cancer.

It begins in the prostate, a small walnut-sized gland only found in males, which produces the seminal fluid that nourishes and transports sperm. While symptoms can include problems urinating, blood in the urine or semen, or erectile dysfunction, sometimes – especially in early stages – there are no symptoms at all.

Robin was referred to Dr. Naveen Arora, a Summa Health urologic cancer specialist, who explained all his options. "When you hear the word cancer, it's almost like the end of life. For me, it was devastating," Robin explains. "But when Dr. Arora came in, he was very confident – like a knight in shining armor – and let me know this wasn't the end."

Treatment for men with prostate cancer varies based on factors such as the size of the tumor and whether the cancer is likely to have spread, as well as the age, health, and other personal considerations of the patient. A recommended course of action may range from observation or active surveillance to surgery or radiation therapy.

Robin and his wife decided on surgery to remove his prostate. "Dr. Arora let me know exactly what was going to happen, step by step," recalls Robin. "It really eased my mind." The procedure took place in January of 2020 using robotic-assisted surgery, a very precise and minimally invasive approach.

"When I got that phone call that said that they had removed the cancer 100%, it was like the world lifted off my shoulders," says Robin. "Today, I don't take anything for granted. Life is extremely precious. And to get a doctor like Dr. Arora? You may not find that every day."

While prostate cancer is a serious disease, more than 3.1 million men in the U.S. who have been diagnosed with it are still alive today.* Like all cancers, early detection is key.

"Know what I would say to guys?," shares Robin. "Set your pride aside. Get your prostate examination. It just might save your life."

Ask your doctor or call Summa Health Urology at **888.302.3897** to schedule a prostate cancer screening.

Summa Health Advanced Prostate Cancer Clinic

As the only clinic in the area with two fellowship-trained urologic oncologists on staff, the Summa Health Advanced Prostate Cancer Clinic offers expedited appointments and a multitude of treatment options, such as robotic-assisted surgery using innovative da Vinci technology.



If you or someone you love has recently been diagnosed with prostate cancer, contact the Summa Health Advanced Prostate Cancer Clinic at **888.302.3897**. And let us get your plan of care underway.



Naveen Arora, M.D.



Joshua Nething, M.D., FACS



1 in 9 men will be diagnosed with prostate cancer during his lifetime



Disease is more likely to develop in older men and in **African-American men**

About 6 in 10 cases are diagnosed in men who are **65 or older**



*American Cancer Society, cancer.org/cancer/prostate-cancer

We're growing to better serve *You*

Rootstown Medical Center

4211 State Route 44
Rootstown, OH 44272

To meet the continued growth of Rootstown and surrounding communities, Summa Health is launching a state-of-the-art medical center in the area. Currently under development, the Summa Health Rootstown Medical Center will feature:

- Urgent Care
- Cardiology
- Corporate Health
- Endocrinology
- LabCare Plus
- Neurology
- Behavioral Health
- Primary Care
- Orthopedics

This new facility will offer patients expanded access to a variety of healthcare services all in one convenient location.



Wadsworth-Rittman Medical Center

195 Wadsworth Rd, Wadsworth, OH 44281

Plastic and Reconstructive Surgery

Summa Health now has a robust Plastic and Reconstructive Surgery team located at the Summa Health Wadsworth-Rittman Medical Center, as well as on the Akron Campus at 95 Arch St, Suite 270. They specialize in offering the latest techniques in general, cosmetic and reconstructive plastic surgery. Call **888.499.3043** to schedule an appointment. Immediate openings are available.



Ashish Francis, M.D.



Nicholas H. Papas, M.D.



Moheb Said, M.D.



Michael Subichin, M.D.

Hudson Wellness Center

5625 Hudson Dr, Hudson, OH 44236

Summa Health Wellness Center Virtual Class Membership & Training

Looking for an effective workout with an engaging instructor in the comfort of your home? Enjoy 50+ monthly live streamed group exercise classes PLUS a growing library of 250+ on-demand workouts including yoga, functional fitness, Ultimate Bootcamp and more! For a one-on-one experience, we also offer virtual personal training with one of our nationally accredited fitness specialists.

Pricing:

- Virtual Class Membership: \$60 +tax/month (\$1.20 per class!)
- Virtual Training: \$30 +tax/1 30-minute session
\$60 +tax/1 60-minute session



Email virtualclasses@summahealth.org to get started. Please allow 48 hours for a response.

Visit summawellness.org to learn more or our Facebook page ([@SummaHealthWellnessCenter](https://www.facebook.com/SummaHealthWellnessCenter)) to enjoy a few full-length classes and see first-hand what our virtual class members have access to daily.



Wadsworth



Hudson



Medina

Medina Medical Center

3780 Medina Rd, Medina, OH 44256

Breast Care

The Summa Health Cancer Institute has expanded its breast care services in Medina to now include:

- Continued and expanded services
 - 3D Screening and Diagnostic Mammograms
 - Breast Ultrasound
 - Breast MRI
- High Risk Breast Clinic
 - Providing cancer risk evaluation, high-risk screening and preventive options for individuals at increased risk of breast cancer
- Survivorship Support



To learn more or to make an appointment, call **330.375.7494**.

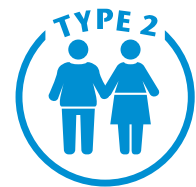
Primary Care with STAT Care

Summa Health Medina Primary Care has opened a Stat Clinic with extended hours, Mon – Fri, 10:30 a.m. – 7 p.m. Stat Clinics provide medical care for injuries and ailments that require immediate attention, but are not life-threatening such as a sore throat, upper respiratory tract infection, eye issue, ear pain and other minor acute issues. Patients will see a nurse practitioner. Call **888.926.3739** to schedule an appointment.

A Link Between Type 2 Diabetes and Heart Failure



Having diabetes – which occurs when the body develops “insulin resistance” and can’t efficiently use the insulin it makes – can take a serious toll on your heart. What’s more, heart failure – a condition in which the heart fails to efficiently pump oxygenated blood through the body – also increases the risk for diabetes.



About **1 in 10** adults in the U.S. have Type 2 diabetes¹



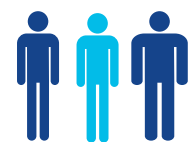
6.2 million adults in the U.S. have **heart failure**²



People with Type 2 diabetes are up to 4x more likely to develop heart failure than those without diabetes³

People who have both conditions, often experience³:

- Increased hospitalizations
- More emergency department visits
- Earlier death



About **1 in 3** adults in the U.S. have prediabetes¹

Lower your chance of heart failure

The good news is that **lifestyle changes** that help manage your diabetes can also help lower your chances of heart failure. Plus, medications known as SGLT-2 inhibitors, which are often used in the treatment of diabetes, may also reduce the risk of developing heart failure.

- ✓ Get regular exercise
- ✓ Maintain a healthy weight
- ✓ Eat a well-balanced diet
- ✓ Control blood sugar levels

To learn more about the link between diabetes and heart failure, talk to your doctor or schedule an evaluation with the Summa Health Heart Failure Program at **888.878.7064**. Early diagnosis and treatment can help you live longer – and feel better.

Sources: ¹ National Diabetes Statistics Report, 2020, Centers for Disease Control and Prevention (CDC); ² “Facts About Heart Failure in the U.S.,” 2020, Centers for Disease Control and Prevention (CDC); ³ “Diabetes and heart failure are linked; treatment should be too,” American Heart Association (AHA) News

Learn the Facts About Colon and Rectal Cancer

According to the American Cancer Society, colorectal cancer is **3rd most commonly diagnosed cancer in men and women.**



Approximately **53,000 deaths** annually

Risk Factors:

- Age: More common after age 45
- Overweight/obese
- Lack of physical activity
- Smoking
- Alcohol use
- Certain types of diets
- Personal history of polyps, colorectal cancer, inflammatory bowel disease, ulcerative colitis, Crohn’s disease
- Family history of colorectal cancer



Screenings:



Most Effective Screening (every 10 years): Colonoscopy, beginning at age 45, or even younger if other risk factors are present



Also Effective (every year*): Fecal Immunochemical Test (FIT) detects minute traces of blood in the stool

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

Common Symptoms:



- Bleeding from the rectum
- Blood in the stool or in the toilet after having a bowel movement
- Dark or black stools
- A change in bowel habits or the shape of the stool (e.g., more narrow than usual)
- Cramping, pain or discomfort in the lower abdomen

- Unintentional weight loss
- An urge to have a bowel movement when the bowel is empty
- Constipation or diarrhea that lasts for more than a few days

Have You Been Screened? Colorectal cancer is one of the most preventable, treatable and beatable cancers. But early detection is critical.

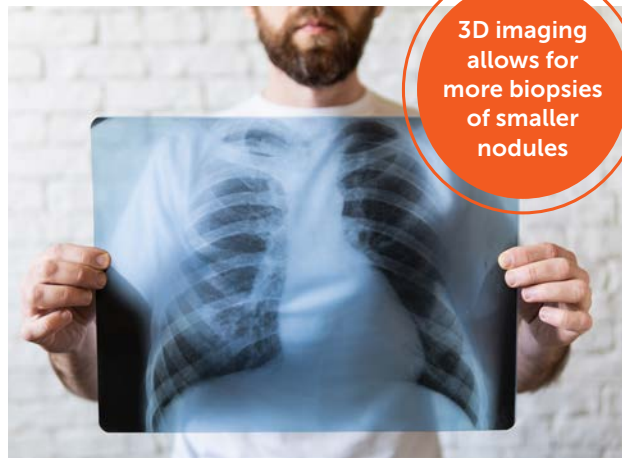
90% five-year survival rate if caught early



*A follow-up colonoscopy is required if FIT test comes back abnormal.



Innovations



Electromagnetic Navigational Bronchoscopy

Moving Lung Health Forward

Summa Health is one of only a few facilities in Northeast Ohio with access to pulmonary providers specially trained in electromagnetic navigational bronchoscopy (ENB), a technology that improves accuracy during lung nodule biopsies. Rather than static 2D imagery, ENB uses real-time 3D imaging to create a dynamic road map to help guide the specialist to the target lesion. This allows for more accurate biopsies of smaller, more peripheral nodules that were previously harder to sample.

If concerned about your lung health, talk to your primary care physician who can refer you to the Summa Health Lung Nodule Clinic.

Is Cementless Knee Replacement Right for Me?

Knee replacement surgery is a common procedure for those whose arthritis makes it difficult to perform everyday activities. During a knee replacement, the damaged portions of the knee joint are removed and replaced with prosthetic components. Traditionally, the prosthetics are held in place with a fast-drying bone glue, or cement. Over time, though, the bone cement may degrade and loosen the implant.

Fortunately, advancements have led to knee implants with a rough, porous surface that encourages new bone growth. The new bone grows into the spaces within the implant, holding it in place without the need for cement. More likely to form a more permanent bond, cementless implants are often recommended for young, active patients.

However, they may not be a good option for those with low bone density due to conditions like osteoporosis.

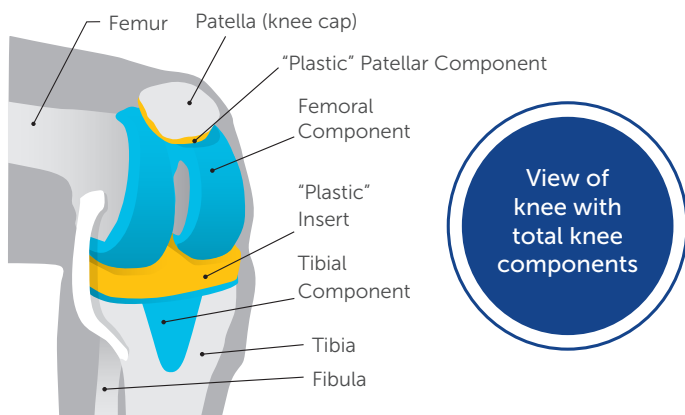
To find out which procedure is best for you, call **888.808.3926** and make an appointment with a Summa Health Orthopedic Institute joint specialist.



Kiel Pfefferle
M.D.

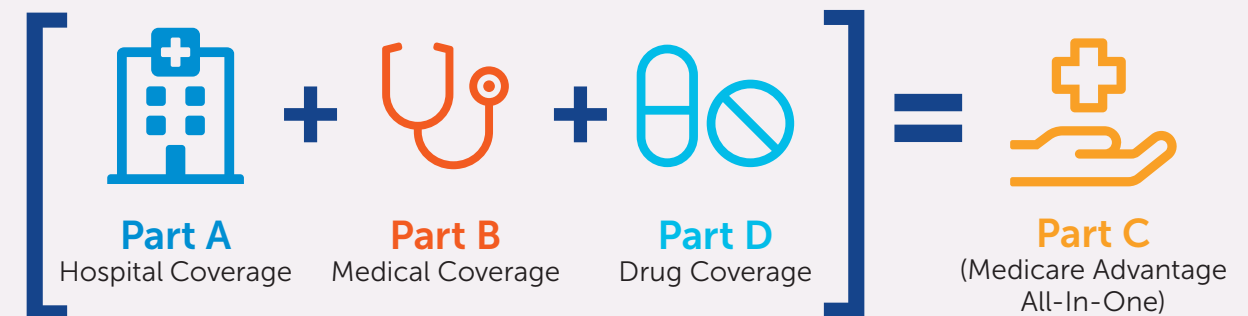


Ryan Combs
M.D.



Medicare Made Simple

SummaCare knows shopping for Medicare coverage can be complicated. We're here to help.



Choosing a Medicare plan should be a one-time decision. Learn why 96% of SummaCare members stay year after year.

Why Join and Stay

\$0 Monthly Premium and Primary Care Copay	✓
Dental, Vision and Hearing Aid Coverage	✓
Over-the-Counter (OTC) Allowance*	✓
NEW! Travel Coverage	✓
NEW! Family On-Demand with Papa	✓

*Available with most plans.

Who is it for?

- People age 65 or older
- People under age 65 with certain disabilities
- Medicare-eligible Veterans



800.801.2516
(TTY 800.750.0750)

summacare.com/shopmedicare

medicareinfo@summacare.com

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. H3660_21_187_M Accepted 01222021

summahealth.org | Summa Health 11

Living Her Best Life

with the Support of Summa Health



Alicia Fitzgerald struggled with her weight after the birth of her son; she just kept putting on more pounds for years. She was pre-hypertensive, and that was a threat to her job as a city bus driver. She decided she had to take control.



Mark Pozsgay, D.O.

Her primary care physician referred her to Summa's Weight Management Institute, where she met Dr. Pozsgay. After an office evaluation, he told her she was a good candidate for bariatric surgery.

"Bariatric surgery definitely is not a fix-all," shares Alicia. "You have to do your work. You have to eat right, you have to do your exercise, and you have to constantly remind yourself the things that you need to do to stay fit, active and healthy."

Alicia was extremely grateful for the whole team at the Summa Health Weight Management Institute.

"Dr. Pozsgay and the weight loss management team are beyond unbelievable. I'm so blessed and grateful to have experienced such an amazing journey with them. They have been there for every phone call, every visit, and every question. I will never regret it and it was something that will forever be with me for the rest of my life."

As a result of minimally invasive surgery, Alicia lost 160 pounds and has successfully kept the weight off for five years.

"I feel beautiful and look beautiful. Thank you to Summa. Life today is like a miracle. I'm living my best life."

She wants to offer hope for those who are doubtful and struggling to lose weight.

"It works. It worked for me. It's hard to do it on your own, but Summa is like a family. They'll help you get through it, just like they did me."



Before



After

To learn more about the Summa Health Weight Management Institute, call 888.757.7605 or visit summahealth.org/weightloss.

What is Metabolic Syndrome?

A group of risk factors that increase your risk of: Heart Attack, Stroke, and Type 2 Diabetes

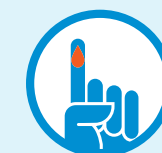
Diseases of Metabolic Syndrome



Hypertension



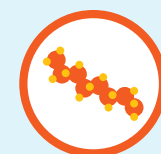
Cancer



Type 2 diabetes



Heart disease



Lipid problems



Polycystic ovarian syndrome (PCOS)



Non-alcoholic fatty liver disease



Dementia

How can you prevent or reverse it?



Eat better: fewer simple carbohydrates, more fiber



Commit to regular exercise



Medically supervised weight loss



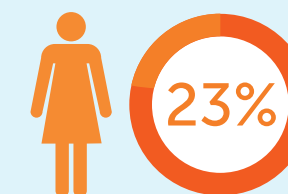
Surgical weight loss

What does it look like?

Three or more of the following:

- **Waist obesity**
> 40 inches (men) and > 35 inches (women)
- **High blood pressure**
≥ 130/85
- **High triglycerides**
≥ 150 mg/dL
- **High fasting blood glucose**
≥ 100 mg/dL

- **Low HDL or "good" cholesterol**
< 40 mg/dL (men) and < 50 mg/dL (women)



Affects about 23 percent of adults according to American Heart Association

If you suspect you suffer from metabolic syndrome, talk to your doctor or contact the Summa Health Weight Management Institute at 888.757.7605 about next steps.

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.

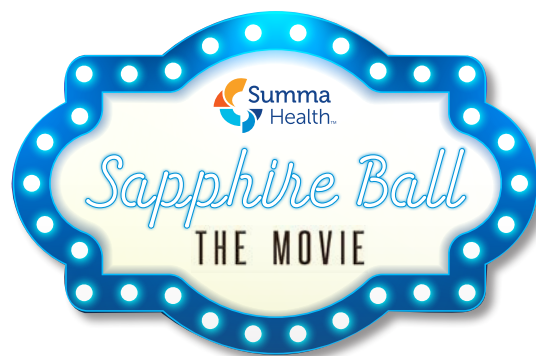
To make a gift in your caregiver’s honor, visit summahealth.org/grateful, or call **330.375.3159**.



“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 Your Generous Support!

Summa Health is grateful to the many individuals, corporations and foundations for the success of “Sapphire Ball: The Movie.” Full sponsor list at summahealth.org/sapphireball/movie.



Watch the movie!

<<< Scan this QR code with your smartphone camera.



Stay in the Game Safely with Summa Health Urgent Care

Summa Health Urgent Care is here to keep you healthy, active and pain-free. Offering coordinated care that includes access to on-call sports medicine and orthopedic specialists, we help you to get back on the field – and stay there.

Visit us for everyday sprains, strains and minor injuries, as well as \$25 Student Sports Physicals for elementary and high school students (out of pocket, without billing insurance). Visit summahealth.org/sportsphysicals to learn more.

Open Monday through Friday, 9 a.m. to 7 p.m.; Saturday and Sunday, 9 a.m. to 5 p.m.



Summa Health Fairlawn Urgent Care
2875 W Market Street, Suite B
Fairlawn, OH 44333
330.864.1916



Summa Health Green Urgent Care
3593 S Arlington Road, Suite D
Uniontown, OH 44312
234.867.6600



Summa Health Tallmadge Urgent Care
60 North Avenue
Tallmadge, OH 44278
234.867.6233

You can also schedule a sports physical with a Summa Health sports medicine physician. Call **888.808.3926** for an appointment.



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



MAR-20-52415/CS/TZ/02-21/417,000

*****ECRWSEDDM****

Residential Customer

Is it the flu? A cold? Or COVID-19?

If you're showing COVID-19, flu, cold, sinus infection, hay fever or allergy symptoms, don't wait to seek help. Get an online screening and e-visit with a Summa Health provider now at summahealth.org/virtualvisit.

On Demand E-Vists – for New & Existing Patients

- Summa Health Providers
- Complete online health questionnaire any time 24/7/365 which takes 5-10 minutes.
- Between the hours of 7 a.m. – 8 p.m., 7 days per week, you'll receive your results and follow-up care instructions from the provider in a text message or email within 60 minutes.
- If a prescription is needed, it will be sent to the pharmacy of your choice within 2-3 minutes.

