

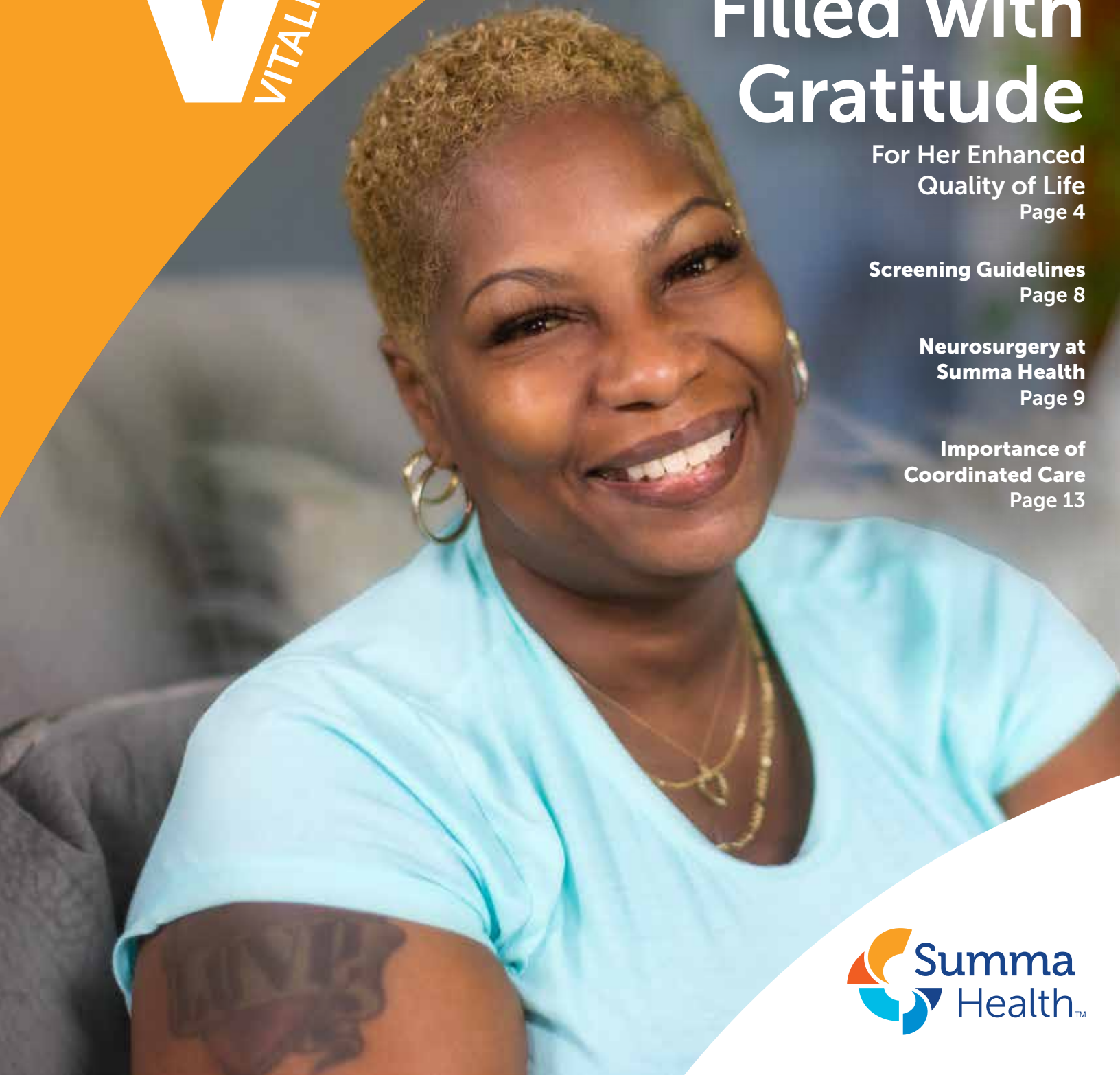
LVAD Patient Filled with Gratitude

For Her Enhanced Quality of Life
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The best protection against both COVID-19 and Influenza is vaccination. Both vaccines can be administered at the same time.

COVID-19 Vaccine

COVID-19 vaccines are effective at protecting people from serious illness, hospitalization and death. You are protected best from COVID-19 when you stay up to date with the recommended vaccinations, including recommended boosters.

Influenza (Flu) Vaccine

The flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year. It is recommended that everyone six months and older should get the flu vaccine every season with rare exceptions.

The ABCDEs of Safe Sleep for Babies

Sadly, every week in Ohio, it's estimated three babies die while sleeping due to unsafe sleep practices, according to the Ohio Chapter of the American Academy of Pediatrics. That's why it's so important to make sure for every snooze — nighttime and naptime — your baby sleeps safely.

Just remember your ABCDEs of safe sleep:

A is for Alone

- Have a separate sleep space for the baby, such as a crib, bassinet or portable play yard that meets current safety standards
- Do not share the same bed as the baby
- Do not use wedges, baby positioners or co-sleeping products that claim to reduce the risk of Sudden Infant Death Syndrome (SIDS)

B is for Back

- Up to one year of age, babies should always be placed on their backs to sleep both during naps and at nighttime
- Once your baby can roll from their tummy to their back and back again, you don't need to reposition your baby

C is for empty Crib

- No loose objects, such as blankets, toys, stuffed animals, pillows, bumper pads or anything else in the crib with your baby
- Use a firm mattress with a tight-fitted sheet
- For warmth, use a sleeper or sleep sack instead of a blanket
- If you give your baby a pacifier at naptime and bedtime, don't attach it to a string or stuffed animal because these items increase the risk of strangulation and suffocation

D is for Don't Smoke

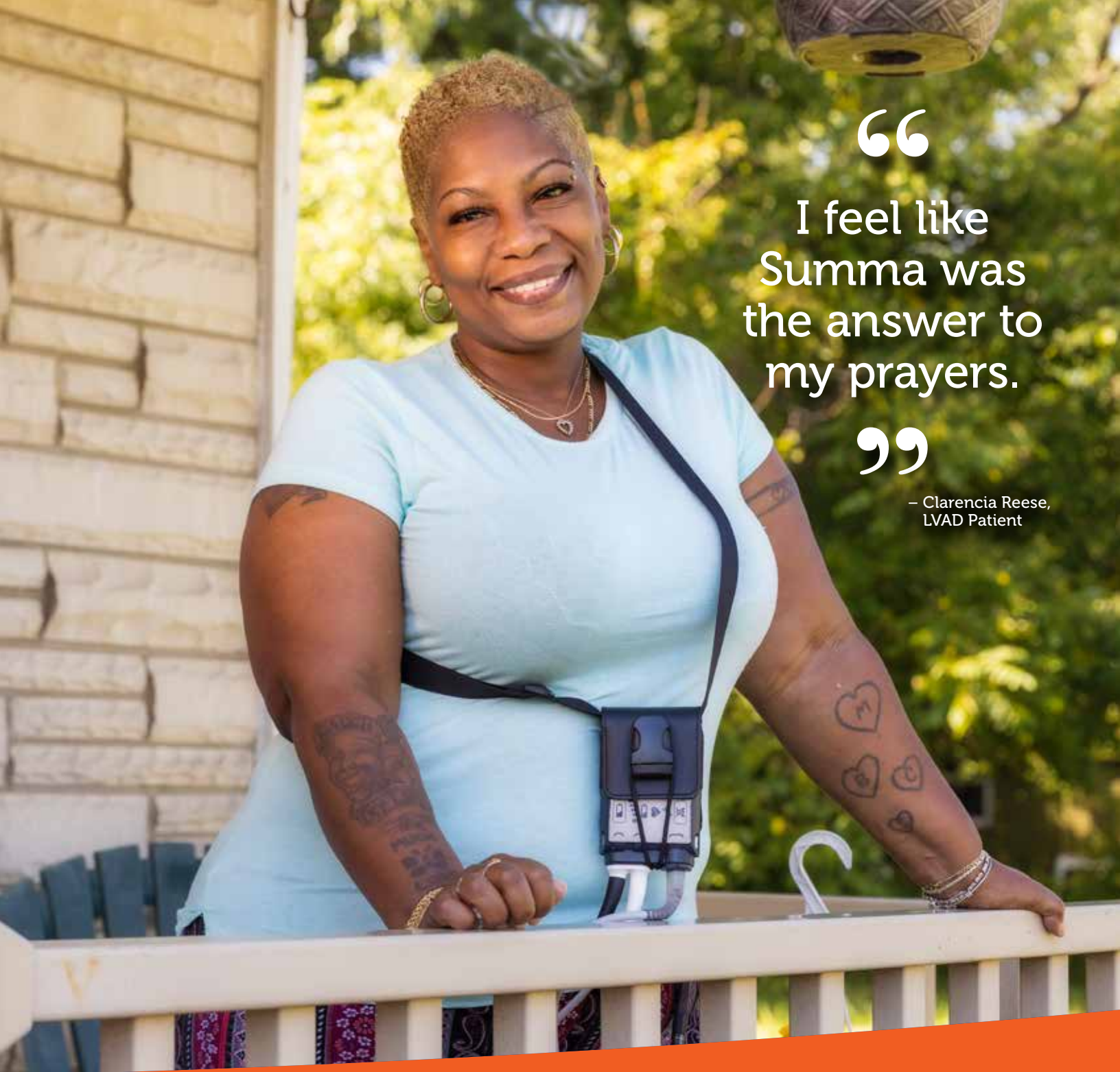
- Parents and caregivers are highly encouraged to refrain from smoking around the baby, or in areas that the baby will be in regularly
- Smokers should wash their hands, brush their teeth and change their clothes before handling the baby

E is for Educating Everyone

- Educate anyone who is watching a baby, including daycares and babysitters, about the ABCDEs of safe sleep

For more information,
call **877.201.0084**.





“

I feel like
Summa was
the answer to
my prayers.

”

– Clarendia Reese,
LVAD Patient

LVAD Patient Filled with Gratitude For Her Enhanced Quality of Life

Following chemotherapy, Clarenica Reese began feeling increasingly out of breath whenever she exerted herself. Soon, she could barely walk up stairs and began experiencing painful headaches.



In 2020, Clarenica visited Dr. Kenneth Varian, a specialist in advanced heart failure cardiology at Summa Health. After a thorough cardiovascular and surgical evaluation, Dr. Varian diagnosed Clarenica with advanced heart failure and designated her as a candidate for a sophisticated new treatment at Summa Health, the left ventricular assist device (LVAD).

Dr. Maureen Cheung, a cardiothoracic surgeon and surgical director of Summa Health's LVAD program, led the team for Clarenica's procedure, which took place in early 2022. "Dr. Cheung has the warmest eyes. At the time, we were wearing masks for COVID, so seeing her eyes made me feel more comfortable. It helped me to trust her advice and everything that she had planned as far as having the implant."

Today, Clarenica depends on the LVAD device implanted within her heart to keep it pumping. She carries the external battery, which keeps the device running, with her at all times. "Six months ago, I think I questioned whether or not I was actually going to live. And here we are, six months later, and I'm back to doing things almost like normal."

As of fall 2022, the Summa Health LVAD program has completed three successful implantations. All care is provided in a compassionate and respectful environment, improving a patient's quality of life and extending their survival. The program also offers strong multidisciplinary care – from doctors and nurses to dietitians, social workers, physical therapists, and palliative care specialists – that incorporates support of the patient and their family in both the inpatient and outpatient environments.

"I feel like Summa was the answer to my prayers," says Clarenica. "I feel like their team was just amazing and it's exactly what I needed at that time. And it's made me a hundred percent better."

For more on the Summa Health LVAD program, contact the Summa Health Heart and Vascular Institute at 888.878.7064.



**Maureen Cheung, D.O.,
M.S., FACOS**
Cardiothoracic Surgery
Surgical Director,
LVAD Program



**Kenneth
Varian, M.D., Ph.D.**
Advanced Heart Failure
Cardiology Medical Director,
LVAD Program

What is an LVAD?

An LVAD is a left ventricular assist device that helps patients suffering from end-stage heart failure whose heart needs assistance in circulating blood to the body.

Implanted within the heart, the electric-powered pump improves blood flow and oxygenation and helps deliver vital nutrients to tissues and organs. A cord connected to the pump comes out of the patient's abdomen and is connected

to a small controller that provides power to the pump. The pump requires a constant power source – batteries or wall power – to keep it running.



Summa Health is currently the only health system located between Columbus and Cleveland certified to implant the LVAD.

We're Growing

to Better Serve You 



**Community
Open House**
Saturday,
January 14, 2023
11 a.m. - 3 p.m.

Akron Campus
45 Arch St
Akron, OH 44304

**The Juve Family Behavioral
Health Pavilion to open
January 2023**

This state-of-the-art 60-bed inpatient and outpatient facility will serve as a home for all levels of behavioral healthcare.



Juve Family Behavioral Health Pavilion

Ground Floor

Partial Hospitalization and IOP. Our partial hospitalization program as well as our intensive outpatient programs are located on this floor.

The Heritage Center

The Heritage Center will be space to preserve the history — specifically Alcoholics Anonymous — that was housed in the chapel at St. Thomas.

Reflection Center

This space includes a non-denominational chapel with a modern look for meditation, prayer and reflection.

A Beautiful Garden

An extension of the Reflection Center, this outdoor space offers a calm, peaceful retreat and will house the arch façade from the former school of nursing to honor the impact that building had on the system and community.

Dr. Joseph D. Varley Conference Center

The Dr. Joseph D. Varley Conference Center serves as the primary meeting space for physicians, employees and community groups, including Alcoholics Anonymous.

Grab-and-Go Eating

Second Floor

Our outpatient Traumatic Stress Center and inpatient check-in will be located on this floor. Convenient access to the parking deck and a bridge to Building 4 also is on this floor.

Fourth Floor

This floor is dedicated to our geriatric patients with behavioral health needs. The rooms on this floor provide a healing environment. Welcoming reception areas provide peaceful, light-filled spaces for family and friends to visit outside patient rooms.

Fifth, Sixth and Seventh Floors

Our inpatient rooms are private and better designed for patients, staff and families. Each room will be light-filled and promote healing. Social rooms and lounge areas provide space for family and friends to visit outside patient rooms.

NOTE: The third floor is mechanical and will not have public access.

Visit summahealth.org/behavioralpavilion for more information.

ENT Expands Audiology Care in Akron

Audiology services are now available at two locations to help with your hearing needs:

- Summa Health System – Akron Campus, 55 Arch St, Suite 2A, Akron, OH 44304
- Summa Health Medina Medical Center, 3780 Medina Rd, Suite 250, Medina, OH 44256

Hearing loss is one of the most common ear problems that cause patients to seek out a hearing specialist. It can happen suddenly through trauma or gradually as the small hair cells in your inner ear become damaged over time.

Summa Health audiologists are doctoral-level providers who treat and manage hearing loss and tinnitus concerns. They work closely with a major hearing aid manufacturer, allowing them to provide the most current and optimal hearing aid products on the market.

For more information or to schedule an appointment with an audiologist, visit summahealth.org/ent or call **877.201.1042**.

Three Locations!

Wound Care & Hyperbaric Medicine



NEW Akron location coming in February 2023!

- **Now Open!**
Summa Health Wadsworth-Rittman Medical Center
195 Wadsworth Rd, Founder's Hall Door 4,
Wadsworth, OH 44281
330.331.1570
- Summa Health System – St. Thomas Campus (Relocating to new Akron location)
444 North Main St, Akron, OH 44310
330.375.6363
- Summa Health System – Barberton Campus
155 5th St NE, Barberton, OH 44203
330.615.3906

Summa Health Wound Care & Hyperbaric Medicine providers use the latest treatments and technology to heal lingering wounds.

If you have a non-healing wound, call us at to schedule an evaluation. Learn more at summahealth.org/woundcare.

Are You Up to Date On Your Screenings?

At Summa Health, we strive to detect cancer early, when it's easier to treat and cure. For many types of cancer, an earlier diagnosis improves the chance of successful treatment and survival. For your health, you should screen on a regular basis — find out when and where.



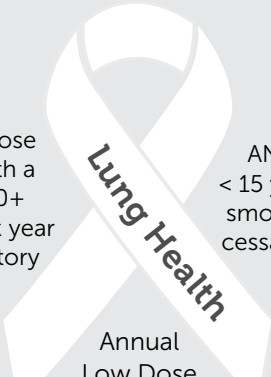
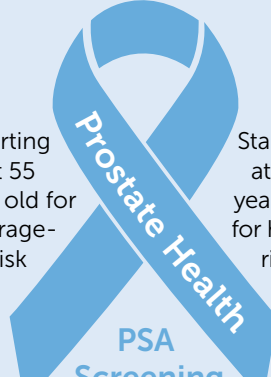
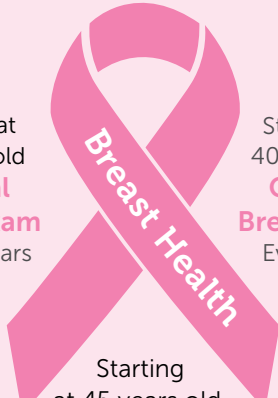
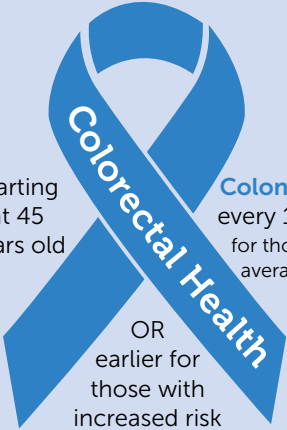
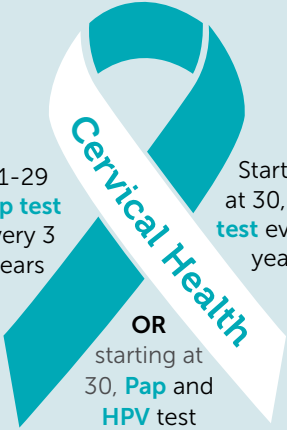
Family Matters

Your family members may share genes, habits and environments that can affect your risk of developing cancer.

Try to gather information about your relatives, such as:

- Who had cancer, and what specific kinds did they have?
- How old were they when they were diagnosed with cancer?
- Are they still living? If not, at what age did they die and what caused their death?

For those with high-risk factors, such as family history, you may need to be screened more often and/or earlier in life. Please check with your physician to establish a screening strategy that is right for you.

 <p>Those with a 20+ pack year history</p> <p>AND < 15 years smoking cessation</p> <p>Lung Health</p> <p>Annual Low Dose CT Lung Screening starting at age 50</p>	 <p>Starting at 55 years old for average-risk</p> <p>Starting at 40 years old for high-risk</p> <p>Prostate Health</p> <p>PSA Screening</p> <p>should be discussed, especially those at high risk (African-American, family history, symptoms)</p>	 <p>Starting at 21 years old</p> <p>Starting at 40 years old</p> <p>Clinical Breast Exam Every 3 years</p> <p>Clinical Breast Exam Every year</p> <p>Breast Health</p> <p>Starting at 45 years old, females at average risk should have an annual mammogram screening and clinical breast exam.* Start talking to your provider about mammograms at age 40.</p>
 <p>Starting at 45 years old</p> <p>Colorectal Health</p> <p>Colonoscopy every 10 years for those with average risk</p> <p>OR earlier for those with increased risk such as family history</p>	 <p>21-29 Pap test every 3 years</p> <p>Starting at 30, Pap test every 3 years</p> <p>Cervical Health</p> <p>OR starting at 30, Pap and HPV test every 5 years</p>	<p>Visit summahealth.org/cancerscreenings for more information and to schedule your screening appointment today.</p> <p><small>*Screening mammography should cease when life expectancy is less than 10 years.</small></p>

Neurosurgery

at Summa Health



What is neurosurgery?

Neurosurgery is an innovative field that focuses on diagnosing, treating and rehabilitating patients with nervous system disorders. The nervous system includes the brain, spinal cord and central and peripheral nervous systems. A neurosurgeon treats diseases and injuries in these areas.

Neurosurgeons are among the most highly trained and experienced specialists in medicine. Neurosurgeons also treat patients using nonsurgical techniques depending on the diagnosis and needs of the patient.

What conditions do neurosurgeons treat?

A common misconception about neurosurgeons is that they only perform surgery on the brain, when in fact, neurosurgeons frequently and routinely operate on the spine, depending on the condition diagnosed.



Brain

- Aneurysms
- Arteriovenous malformations
- Benign and malignant brain tumors
- Brain hemorrhages
- Traumatic brain injuries
- Carotid Artery Disease
- Trigeminal Neuralgia
- Pituitary tumors
- Stroke
- Hydrocephalus



Spine

- Herniated disc
- Sciatica
- Vertebral fractures
- Spinal stenosis
- Spinal tumors
- Cervical spine disorders
- Traumatic spine injuries

Summa Health's Neurosurgeons



Samuel R.
Borsellino, M.D.



Dane J. Donich, M.D.



Paul W. Hartzfel, M.D.

For more information,
visit summahealth.org/brain
or call **888.201.9818**.



Orly's Story

Orly started having bad headaches and feeling dizzy at work. He went to the emergency room, and then based on an eventual MRI, Summa Health discovered a tumor in his pituitary gland at the base of his brain.

The good news is that the tumor was not cancerous. However, Orly would need surgery to remove the tumor. Orly was referred to Summa Health neurosurgeon Dr. Dane Donich. Because of the tumor size, Dr. Donich suggested going in through the side of the head. Because this was brain surgery, Orly went for a second opinion but decided to return to Summa and Dr. Donich; he liked his approach and compassion.

Orly had brain surgery and was home three days later. He is still recovering and doing well.

Technological Innovations

Transcarotid Artery Revascularization (TCAR)

Stops Strokes Before They Happen

Carotid artery disease occurs when there is a buildup of cholesterol plaque or fatty deposits in the blood vessels known as the carotid arteries. During TCAR, a minimally invasive procedure, the surgical team reverses blood flow in the area of the blockage to help clear blockages and open the narrowed carotid artery, which helps prevent the risk of stroke.



If you are concerned about carotid artery disease and are at high risk of surgical complications due to age, medical co-morbidities or anatomical issues, discover if TCAR is right for you. Contact the Summa Health Heart and Vascular Institute at **877.202.6164**.

Revolutionary Endoscopic Technology

Helps to Better Diagnose Lung Nodules

Earlier this year, Summa Health launched the MONARCH® platform, a flexible endoscopic technology designed to help physicians diagnose, and eventually treat, lung nodules with greater precision. This robotic-assisted technology provides our pulmonary specialists a novel approach for visualizing and accessing small, peripheral nodules in hard-to-reach areas of the lung. By gaining deeper access inside the lungs, we're able to make a more accurate diagnosis of possible early-stage lung cancer.

To learn more about the MONARCH platform, contact Summa Health Lung Nodule Clinic at **888.202.7570**.



The Varian® Edge® Radiosurgery System for Cancer Treatment

Summa Health recently installed the Varian Edge radiosurgery system that offers a new line of defense in the fight against cancer. It may be used to treat tumors found in the lung, prostate, brain, spine and other areas that are typically difficult to reach with traditional surgery.

Using advanced cancer treatment technology, the Edge system offers patients a fast, effective option for treating tumors without incisions or the need for overnight hospital stays. The Edge system works by delivering large, targeted doses of radiation to obliterate cancer cells. To accurately deliver the recommended amount of radiation, the beam treats each part of the tumor from many different angles. Using precise beam sculpting and a real-time tracking system, clinicians are able to deliver high radiation doses to destroy the tumor while minimizing exposure to surrounding healthy tissue.

Normally an outpatient procedure, Edge treatments are typically completed within the same week taking only one to five sessions. Each session lasts less than an hour, which helps patients quickly get in and out of treatment, reducing the number of treatment appointments and allowing them to resume their lives.

For more information, call **877.201.0646**.



Build your own Medicare Advantage plan!

Introducing Jade (HMO) with Bene-FlexTM

Exclusively from SummaCare for just \$19/month.

In addition to already built-in comprehensive medical, prescription drug (Part D) coverage and core supplemental benefits, you are empowered to select **FIVE** additional supplemental benefits to add the coverage you want to your plan.



Build your own package of benefits

Core Benefits (Included)	Tier 1 (Pick 3) Pick 3	Tier 2 (Pick 1) Pick 1	Tier 3 (Pick 1) Pick 1
<ul style="list-style-type: none"> Dental Vision Hearing OTC Assist America[®] Visitor/Travel 	<ul style="list-style-type: none"> Massage Therapy Acupuncture Fitness Tracker Toenail Trimming Nutrition Coaching BrainHQ Memory Fitness 	<ul style="list-style-type: none"> SilverSneakers[®] Papa Pals Chiropractic Care Transportation Air Purifier* Post-Discharge Meal Delivery Chronic Care Meal Delivery** 	<ul style="list-style-type: none"> Flex Card for Vision, Dental & Hearing Healthy Grocery Allowance** PERS (Personal Emergency Response System) Home Safety Device



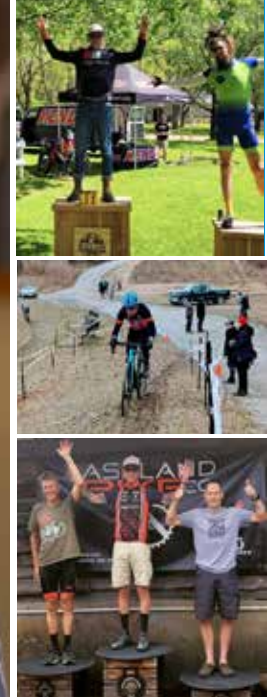
Explore All SummaCare Medicare Advantage Plans at summacare.com/vitality or call **888.240.9024** (TTY 800.750.0750).

*Requires a diagnosis of COPD – including asthma, chronic bronchitis and/or emphysema.

**Requires a diagnosis of diabetes mellitus and/or congestive heart failure.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. Some of the benefits mentioned are part of a special supplemental program for the chronically ill. Not all members qualify for all benefits. H3660_23_715_M Accepted 10242022

Happy to Be On the Road Again



As an accomplished competitive cyclist, Nate Loman's passion in life is being an endurance athlete. He has competed in a variety of national championships, as well as stood on the podium at the Ohio State Masters Cyclocross Championships for nine years, claiming the top step five times.

However, in September of 2021, Nate was involved in a devastating bicycle accident, leaving him with an open wound right below the knee on his right leg. Nate was initially treated at a neighboring hospital, but after his wound became severely infected, he turned to the emergency department at Summa Health System – Akron Campus, a Level 1 Trauma Center. Level 1 verification, meeting the American College of Surgeons' highest requirements, means that Summa Health System – Akron Campus is capable of providing total care for every aspect of injury, from prevention through rehabilitation.



Upon examination, Nate was put under the care of Eric Miller, M.D., a fellowship-trained orthopedic trauma surgeon. Dr. Miller and

his team immediately performed a trauma debridement, which entails scraping off all dead and infected tissue. According to Nate, the infection was so bad, and they had to remove so much tissue, that it left a silver dollar-size hole in his leg.

As a result, Nate required reconstructive surgery to close the wound site. Dylan Childs, M.D., a board-certified plastic/reconstructive surgeon, performed the flap procedure that used 40% of Nate's calf to fill in the hole. "I surely didn't know if I was ever going to be able to ride a bike again," recalls Nate. "If I hadn't gotten that care when I did, I truly believe that I'd had a different outcome."

Nate spent a week as an inpatient, being closely monitored by Summa Health's infectious disease specialists. Two weeks later, he began physical therapy. "In addition to the procedure,



Eric Miller, M.D.
Orthopedic
Trauma Surgery



Dylan Childs, M.D.
Plastic/Reconstructive
Surgery

(Summa's) physical therapy department has been critical to getting me back on the road and back outside," says Nate. "I feel like their physical therapy department has allowed me to put tools in my healing toolbox to get me back to doing what I love to do."

Miraculously, two months later, Nate was back to riding. "Now it's not so much about the competition. It's about the joy of being outside and doing what I love to do. And quite frankly, I have Summa to thank for that."

Coordinated Care

Care coordination at Summa Health means that all of our healthcare providers work together to ensure patients get the right care at the right time. By organizing patient care activities and sharing information among everyone involved, the result can be happier, healthier patients, faster recovery, and more successful outcomes.



“ If I hadn't gotten that care when I did, I truly believe that I'd had a different outcome. ”

– Nate Loman, Orthopedic Patient

Patient Care information shared at every stage of care



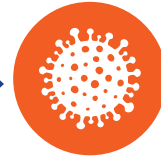
Trauma, Surgical Critical Care and Emergency Surgery
Provides 24/7 in-house coverage with general surgeons who are all trained in surgical critical care and work with a multidisciplinary team of specialists.



Orthopedics
Offers nonsurgical and surgical approaches to treating conditions related to bones, joints, cartilage, ligaments, muscles and tendons.



Plastics/Reconstruction
Utilizes a range of techniques and procedures to restore correct form and improve body function.



Infectious Disease
Treats serious and difficult-to-diagnose bacterial, fungal, viral and parasitic infections.



Physical Therapy
Helps relieve pain, improve movement and provide independence at home and out in the community.



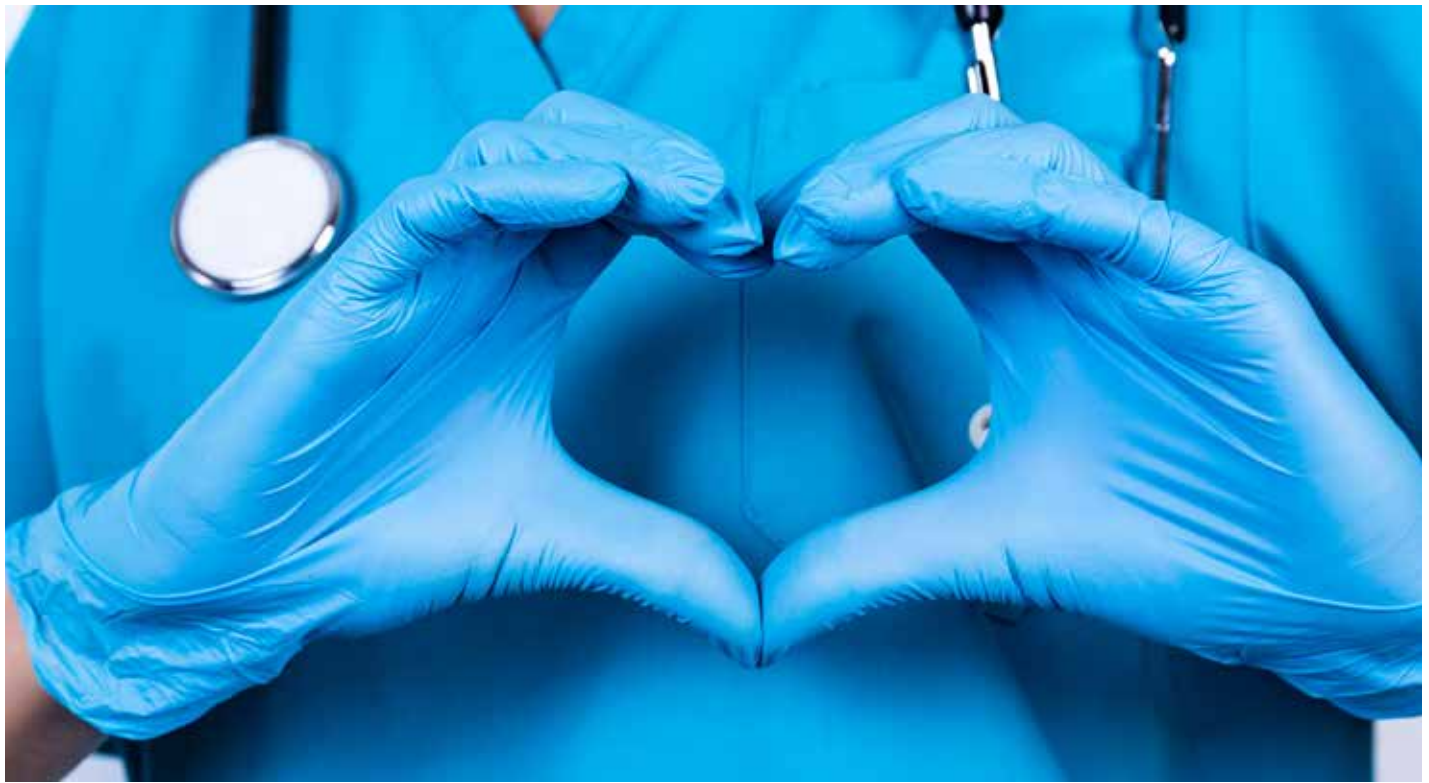
Now Open in Fairlawn!
Summa Health Orthopedics

2875 W Market St, Suite A, Fairlawn, OH 44333

Summa Health offers the orthopedic care you need, close to home. Call **844.390.1058** or visit summahealth.org/orthofairlawn.

We Care. We Share. We Give.

Support our patients, caregivers and community with a gift to Summa Health.



How does your gift make a difference at Summa Health?



Medical care for those in need



Medical research and innovation



Continued education for the next generation of caregivers

And much, much more

Every gift helps us provide the highest quality, compassionate care to our patients and members and to contribute to a healthier community.

To make your gift:

- Scan the QR code
- Call **330.375.3159**
- Visit summahealth.org/givenow





We're Hiring!

Summa Health is hiring passionate individuals to join our team!

Current opportunities are available in your area and include Housekeeping, Food Services, Transportation, Radiology Technologists, Respiratory and Physical Therapists, Nursing, Medical Assistants, Patient Registration and more!

Summa Health offers:

- Full-time, part-time and per diem opportunities
- Flexible 1st, 2nd and 3rd shift hours
- Pay at \$15+/Hour
- Free parking
- Excellent health insurance and paid time off
- Educational assistance
- Opportunities for advancement
- Retirement benefits and more!

To learn more, call **330.375.3255** or visit summahealth.org/careers.

Community Events

Due to COVID-19 in our communities, some events may become virtual or be canceled. Please visit summahealth.org/events for up-to-date information.

November

- **November 17**
Tallmadge Coffee Talk – 10 a.m.,
Tallmadge Community Center,
80 Community Rd, Tallmadge, OH 44278
- **November 25 – December 25 (select dates)**
Medina County Fair Drive-Thru
Holiday Lights – 6-9 p.m.,
Medina County Fair Grounds,
720 W Smith Rd, Medina, OH 44256
- **November 26**
Barberton Christmas Walk – 5 p.m.,
Downtown Barberton

December

- **December 24**
Frosty 5 and Mistletoe Mile – 8 a.m.,
Downtown Hudson

December 31

Great New Year's Eve Race – 4 p.m.,
Stow-Munroe Falls High School,
3227 E Graham Rd, Stow, OH 44224

January

- **January 11**
Summa Health Wellness Chat – 11 a.m.,
Soprema Center, Wadsworth
- **January 14**
Juve Family Behavioral Health Pavilion
Open House – 11 a.m. - 3 p.m.,
Summa Health System- Akron Campus, Akron
- **January 26**
Silver Sneakers Speakers Series – 10 a.m.,
Tallmadge Community Center



Vitality Magazine
(1000-94010)

Corporate Office
1077 Gorge Blvd
Akron, OH 44310

Nonprofit
Organization
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Akron, OH
Permit No. 83

Want more info?

Sign up for our free monthly e-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.



*****ECRWSEDDM****

Residential Customer

Switch Now to a 5-Star Medicare Advantage Plan

SummaCare's Medicare Advantage plans have been rated 5-Stars for 2023 – the highest possible rating – when it comes to customer service, member satisfaction and overall quality. From Jade (HMO) with Bene-Flex™ to a wide variety of other plan options, see what SummaCare can do for you.



5 OUT OF 5 STARS FOR 2023



The enrollment window closes on December 7, 2022!

Explore all your SummaCare Medicare Advantage plan options at an upcoming seminar—registration is easy!



Call **888.240.9024**
(TTY **800.750.0750**)



or visit summacare.com/vitality
to reserve your spot

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. For accommodations of persons with special needs at sales meetings call 888.464.8440 (TTY 800.750.0750). Every year Medicare evaluates plans based on a 5-star rating system. H3660_23_715_M Accepted 10242022