

thrive

for every season of your life

Emergency Services gives
Brad Genovese
a healthy future

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Summa at new Wadsworth
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 **SUMMA**
Health System

summahealth.org

A Publication of Summa Health System **Summer 2013**

SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

Summa Akron City Hospital
525 E. Market Street
Akron, OH 44309
(330) 375-3000
summahealth.org

Summa St. Thomas Hospital
444 North Main Street
Akron, OH 44310
(330) 375-3000
summahealth.org

Summa Barberton Hospital
155 Fifth Street
Barberton, OH 44203
(330) 615-3000
summahealth.org/barberton

Summa Wadsworth-
Rittman Hospital
195 Wadsworth Road
Wadsworth, OH 44281
(330) 331-1000
summahealth.org/wadsworth

Summa Western
Reserve Hospital
1900 23rd Street
Cuyahoga Falls, OH 44223
(330) 971-7000
summahealth.org

Robinson Memorial Hospital, an
affiliate of Summa Health System
6847 North Chestnut Street
Ravenna, OH 44266
(330) 297-0811
robinsonmemorial.org

Crystal Clinic
Orthopaedic Center
444 North Main Street
Akron, OH 44310
(330) 762-2262
crystalclinic.com

Summa Rehab Hospital
29 N. Adams Street
Akron, OH 44309
(330) 572-7300
summarehabhospital.com

OTHER SUMMA LOCATIONS

Natorium Rehabilitation
and Wellness Center
2345 4th Street
Cuyahoga Falls, OH 44221
(330) 926-0384

Summa Center at New Seasons
1493 S. Hawkins Avenue
Akron, OH 44320
(330) 865-5333

Summa Health Center
at Anna Dean
Anna Dean Professional Park
28 Conservatory Drive, Suite A
Barberton, OH 44203
(330) 615-5000

Summa Health Center
at Cuyahoga Falls
1860 State Road, Suite B2
Cuyahoga Falls, OH 44223
(330) 922-4648

Summa Health Center at Green
3838 Massillon Road
Uniontown, OH 44685
(330) 899-5500

Summa Health Center
at Lake Anna
500 West Hopocan Avenue
Barberton, OH 44203
(330) 615-5020

Summa Health Center
at Western Reserve
5655 Hudson Drive, Suite 200
Hudson, OH 44236
(330) 650-6710

Summa Health Center
at White Pond/Park West
One Park West Boulevard, Suite 130
Akron, OH 44320
(330) 873-1518

Summa Neuroscience Center
701 White Pond Drive
Akron, OH 44320
(330) 835-3922

Summa Rehabilitation Services
at White Pond
750 White Pond Drive, Suite 500
Akron, OH 44320
(330) 836-9023

The Heart and Lung Center
95 Arch Street
Akron, OH 44304
(330) 375-3000

Summa Wellness Institute
5625 Hudson Drive
Hudson, OH 44236
(330) 342-4400

Summa Health Center
at Lake Medina
3780 Medina Road
Medina, OH 44256
(330) 764-4253

Summa Health Center
at Wadsworth
621 School Drive
Wadsworth, OH 44281
(330) 334-0035

Welcome to *Thrive*



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Brad Genovese of Tallmadge praises Summa Emergency Services, where he was brought after suffering a heart attack.

Cover Photo:

Thomas Cook / TRG Reality

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A healthy for Brad Genovese

Brad Genovese
and his son, Nick,
enjoy time together.



Brad Genovese has a strong family history (his father and two brothers) of heart disease.

As such, he takes all the necessary precautions – exercising, maintaining a healthy diet, etc. – and began seeing a cardiologist at age 29, much younger than what is typical.

Yet, Genovese couldn't prevent a heart attack. In March, the 43-year-old biomedical engineer and co-owner of Firehouse Grill Restaurant in Tallmadge had just begun exercising when he realized something was wrong. He was short of breath and soon began to feel tightness and pain in his chest.

Genovese's 16-year-old son, Nick, calmly drove him to the emergency department at Summa St. Thomas Hospital, where doctors immediately made the diagnosis.

Genovese was transported to Summa Akron City Hospital, where a Code STEMI (heart) team was standing by.

He was in good hands. Summa Health System is a leader in treating heart attacks. The average door-to-balloon time – the time when a patient arrives in the emergency department to when a blocked artery is cleared and blood flow to the heart restored – is below the industry standard of 90 minutes at Summa Akron City (43 minutes) and Barberton (65 minutes) Hospitals. Summa Akron City Hospital has been recognized by the American Heart Association for implementing the highest standard of care for heart attack patients.

"With any heart attack, the clock ticks very fast," says Daniel J. Newton, M.D., Summa Physicians Inc. – Interventional Cardiology. "Without a great team, more heart muscle is lost with every minute that goes by."

future

Quick work by Summa Emergency Services helps him overcome a heart attack



Dr. Newton performed a catheterization procedure, which found 100 percent blockage in the back artery and 60 to 65 percent blockage in the front artery. A stent was inserted into the fully blocked artery, and Genovese's door-to-balloon time was 38 minutes. For now, doctors have decided that medication is the best treatment option for the other artery.

Genovese praises the doctors and nurses at Summa Akron City and St. Thomas Hospitals. "Everyone went into high gear at St. Thomas," he says. "At Akron City Hospital, they were ready as soon as I arrived. It was incredible. At that point, I was shaking and scared to death."

Dr. Newton, Genovese notes, was forthcoming during the procedure, making him feel calmer.

Even if you're young, healthy and working out, you can still suffer a heart attack.

Genovese returned to his fulltime job in April. He is likely to spend less time at Firehouse Grill and hopes to avoid letting daily stress get to him. Otherwise, he doesn't expect too many lifestyle changes, seeing that he was already trying to avoid heart disease.

Personally, the heart attack speeded up a conversation Genovese intended to have with Nick and his other son, Jordan, 19, when they became adults. Given the family history, both sons will begin seeing a cardiologist within the next year or two, and Genovese is urging them to make wise lifestyle choices.

"Even if you're young, healthy and working out, you can still suffer a heart attack," Genovese says. "If it's in your family history, don't hesitate to see a heart doctor. You have to take it seriously." ■

Call 9-1-1

If you're debating whether to call 9-1-1 or drive yourself or a loved one to the emergency department, 9-1-1 should be the choice.

EMS personnel are trained to detect emergency conditions. They are in communication with Summa Health System emergency departments and can render important and,

potentially, life-saving care while en route. Because of the communication, a Summa emergency team is activated and prepared to treat the patient upon arrival.

For example, in the case of a heart attack, many EMS squads activate a catheterization team from the field, shaving precious minutes off the door-to-balloon time (the time it takes to restore blood to the heart), says Daniel J. Newton, M.D., Summa Physicians Inc. – Interventional Cardiology.

"You should always call 9-1-1 in the event of an emergency," he says.

SUMMA EMERGENCY SERVICES: THE RIGHT CARE AT THE RIGHT TIME

When patients arrive at a Summa Health System emergency department, the goal is to assess their condition as quickly as possible.

"We want to get the right care to the right patient at the right time," says Michelle Blanda, M.D., chair, emergency medicine and trauma services.

Summa recently completed a system-wide expansion of its emergency services. Freestanding emergency departments were built in Green and Medina, and expansions occurred at Summa Akron City, Barberton and Wadsworth-Rittman Hospitals. The new facilities include an assessment area, where a nurse will immediately evaluate a patient's condition. This allows treatment to begin sooner.

"Our staff is trained on the primary signs of all conditions," says Cynthia Reynolds, system director, emergency and trauma services.



"Ultimately, he saved my life,"
Brad Genovese says
of his son, Nick.

"When a patient comes in, the nurse at the assessment area will know what to do. For example, if a patient complains of chest pain, an EKG is administered immediately."

Summa works with many area community EMS programs. EMS personnel are trained to detect the signs of many emergency conditions. While EMS transports a patient, Summa emergency

personnel will activate one of several teams, including:

- Stroke
- Code STEMI (heart)
- Trauma

Protocols are in place to transfer patients to a facility to receive a higher level of care. Once the protocol is initiated, a team consisting of nurses, lab personnel, radiologist and pharmacist is activated. An emergency department physician leads the team and is in direct communication with the appropriate specialist.

No matter the severity of your condition, emergency care is available and patients shouldn't hesitate to come in.

"If you feel something is wrong, you should always seek help," Dr. Blanda says. "It will improve the chances for a better outcome."

For more information on preventing emergencies such as heart attack, go to summahealth.org/GetHeartGuide.

Summa Health System is a leader in stroke care



3-D imaging of the brain helps to treat patients

What can one do if a stroke occurs?
Don't Wait! Time is Brain! Call 9-1-1

EMS personnel can identify symptoms of stroke and start treatment immediately. While en route, they can alert Summa's emergency department so a stroke team can be ready for your arrival.

Summa Akron City Hospital is a primary certified stroke center. Our team of highly trained professionals, which includes neurologists and other physicians, nurses, lab technicians, neuroradiologists and interventional neuroradiologists, responds immediately in the emergency department when a "code stroke" is called.

The goal is to reverse the symptoms and prevent disability.

In the acute stages of stroke, diagnosis needs to be accurate and fast. Once EMS delivers the patient, the door-to-doctor time is 10 minutes and door-to-CT time is 15 minutes. The stroke team has the ability to evaluate and treat patients with "clot busting" tPA drugs in less than 60 minutes.

To assist in decision-making and treatments, Summa Akron City Hospital

has expanded its equipment, including a biplane angiographic suite (which provides unprecedented access to the patient and enhances the multi-disciplinary approach to care) and CT scanner, which is unlike any other CT previously available in Akron. The CT acquires 3-D imaging of the brain, vessels and perfusion – the passage of fluid (such as blood) through a specific organ or area of the body (such as the brain) – and can show what areas of the brain have already received irreversible damage and which areas can be saved by aggressive treatments.

If treatments are needed, the new imaging technology allows us to perform mechanical clot removal, expanding the window of opportunity for treating stroke beyond the traditional "clot buster" tPA therapy.

Care does not end in the emergency department. Patients are admitted to specialized units where nurses trained in stroke care work to optimize recovery.

Summa is a leader in stroke care. We received the American Stroke Association Get With the Guidelines Gold Plus award for quality stroke care for the fourth

Stroke care at Summa is enhanced by a new CT scanner, which shows areas of the brain that physicians can save with aggressive treatments. Photo: Larry Lawrence

consecutive year, and Summa Akron City Hospital has earned the American Stroke Association's Target Stroke award for 2011 and 2012.

Through our participation in national and local research trials, we strive to advance stroke patient care nationwide.



Susana M. Bowling, M.D., is director of cerebrovascular medicine at Summa Center for Stroke Care at Summa Akron City Hospital. To learn more about risk factors and other information about stroke, go to summahealth.org/stroke. ■

Summa provides services at Wadsworth Community Center


Summa Health Center at Wadsworth, a branch of Summa Wadsworth-Rittman Hospital, is a natural extension of Summa's mission to provide the highest quality compassionate care to patients and contribute to a healthier community.

Services include:

- Physical, occupational and speech therapy through Summa Rehab Services. Summa anticipates providing therapy services for as many as 18,000 patients annually.
- The offices of sports medicine physicians Robert Crawford, M.D., and Laura Distel, M.D. Both physicians are accepting new patients age 8 and older. Patients can be seen within 24 to 48 hours after making an appointment.
- Radiology (X-ray) is equipped to do more than 4,000 tests annually, eight hours a day, five days a week.

Summa Health Center is one of five entities housed at Wadsworth Community Center. The others include Wadsworth Public Library, SOPREMA Senior Center and Cafe, the YMCA and WCTV (the local cable TV station). While Summa Health System has relationships with recreation centers and fitness branches connected with other communities, Wadsworth Community Center is the first facility where Summa shares space with other organizations.

Proximity to the YMCA means patients can use its warm water therapy pool, cardiovascular and weight machines, and walking track. Once their rehabilitation ends, patients can continue to use the equipment as YMCA members.



Wadsworth resident Bob Donahue (sitting) undergoes his exercise regimen under the watchful eye of Senior Physical Therapist Christopher Headrick, P.T., DPT, at the new Summa Health Center at Wadsworth.

Photo: Larry Lawrence

Summa Health Center at Wadsworth provides community access to a variety of services. Located next to the new Wadsworth High School, the facility serves the Wadsworth, Rittman, Norton and Doylestown area. To schedule an appointment for Summa Physicians Inc. orthopaedics/sports medicine, rehabilitation services or imaging, call (888) 720-5318. ■



Patient centered medical home holds the potential to improve care

Many patients have experienced the frustration of not having enough time to discuss health issues with their primary care physician during the short window of an appointment.

“One of the appropriate criticisms of doctors is that they rush a lot of patients in and out of appointments,” says Jay Williamson, M.D., Summa Physicians Inc. – Family Medicine and chief medical officer. “There isn’t enough time for a dialogue.”

Primary care physicians share that frustration, Dr. Williamson says. Summa Health System wants to ensure that its patients receive the best and most appropriate care – care that begins with the primary care physician.

That’s why Summa is rolling out a team-based approach to patient care, the patient centered medical home, in its primary care practices. This approach lets patients participate more fully in their own healthcare and be part of the decision-making process.

“The patient centered medical home puts the patient in the middle of the picture,” Dr. Williamson says. “The focus is on the patient. It attempts to meet the needs of the patient by structuring the healthcare visit and experience in a different way.”

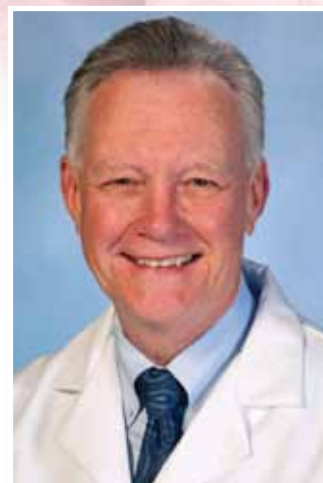
Key to the patient centered medical home is that practices will train a team of employees to perform duties that otherwise

would be done by the physician, leaving more time for the discussion of health-related issues.

Several Summa practices began patient centered medical home pilot projects this year. The projects include examining staffing issues, including the number of workers, their level of experience and willingness to take on additional responsibilities.

Eventually, primary care practices that adopt the patient centered medical home will develop evidence-based models of care with different specialties, which will allow patients to receive the most appropriate care in a more timely fashion.

Although it’s early, studies show that access to care is better under a patient centered medical home approach, Dr. Williamson says. “You have to believe that if patients are getting in sooner and more appropriately, there will be cost savings,” he stresses.



Dr. Jay Williamson: The patient centered medical home will give patients a better healthcare experience.

To schedule an appointment with a Summa Physicians Inc. doctor, call (800) 237-8662. ■

Summa plays role in new

Summa Center for Sports Health is helping local schools and youth sports organizations implement the state of Ohio's youth concussion law. The law, one of the most stringent in the nation, took effect in April and covers all athletes age 19 and younger participating in organized sports.

A concussion is a traumatic brain injury. It can be caused by a direct blow to the head, face or neck, or a blow elsewhere on the body, which transmits force to the brain.

"It's more than just the collision," says Hollie Kozak, M.Ed., A.T., manager of Summa Center for Sports Health. "It's the fact that the head is jarred or twisted and the brain gets bounced around."

During the past 15 years, studies and research into concussions has greatly increased, according to James Goff, D.O., a Summa sports medicine specialist. And he says the medical community has only scratched the surface.

"There is still a lot about concussions that we don't know," Dr. Goff points out. "Research going on today will change the way we take care of concussions during the next 10 to 15 years."

Summa Center for Sports Health is taking a multi-prong approach to educating parents, educators, coaches and referees about the new law.

SCHOLASTIC COACHES

Summa athletic trainers teach a Pupil Activity Permit class, which all high school coaches are required to take. The class includes a discussion about concussions. Now, athletic trainers will use the class to make sure coaches understand the new law and their responsibilities.

TEACHERS AND COUNSELORS

Summa sports medicine specialists offer an educational program for teachers and counselors so they can spot the signs and symptoms of concussion, as well as to understand how a concussion affects a student academically.

YOUTH SPORTS

Ohio's law goes farther than most states because it impacts youth sports. The law states that youth sports coaches must at least undergo free online training through the Ohio Department of Health. Summa would like to meet with advisers, coaches and parents of as many youth athletic programs as possible.

PARENTS

Most schools hold preseason meetings with parents. Summa hopes to talk about the law and how Summa treats concussions with as many of these groups as possible.

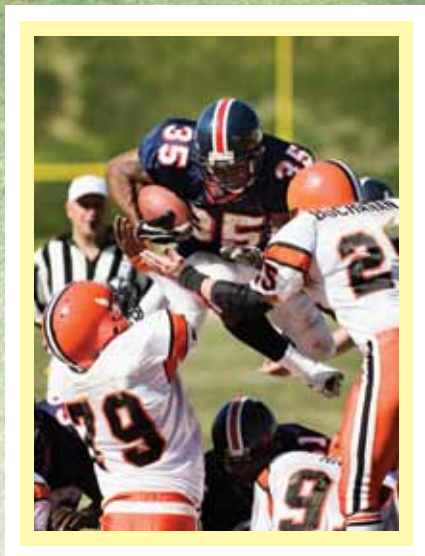
PHYSICIANS

Summa has taken the lead in working with Akron General Medical Center and Akron Children's Hospital to develop an educational program for primary care, emergency and other physicians.

To schedule a same day/next day appointment with a Summa sports medicine physician, call (888) 778-6627. ■



concussion law education



New Concussion Law

Ohio's new concussion law covers all athletes age 19 and younger participating in organized sports. The law requires:

- **Mandatory education on the signs and symptoms of a concussion for parents, coaches and referees.**
- **Athletes exhibiting signs, symptoms or behaviors of a concussion must be immediately removed from play and cannot return that day.**
- **Athletes cannot return to play without clearance from a doctor of medicine (M.D.), doctor of osteopathic medicine (D.O.) or other healthcare provider as outlined by the law.**

Manchester student-athlete experiences long-term effects

Taylor Chappe illustrates why caution is the operative word when it comes to head injuries.

In 2010, as a freshman at Manchester High School, Taylor was tripped during a soccer match, her head hitting the ground twice. "Nothing happened at that point," she says. "I got back up and continued to play."

Later that night, Taylor started to suffer headaches, which continued for several days. A trip to an emergency department yielded no improvement.

Back at school her coach directed Taylor to see Brian Sifferlin, M.S., A.T., ATC, a Summa athletic trainer who takes care of Manchester athletes. Sifferlin immediately suspected a concussion and sent her to James Goff, D.O., a Summa sports medicine specialist. Dr. Goff confirmed the diagnosis.

For more than two years, Taylor has struggled to overcome the effects of the concussion. It has affected her physically, emotionally and academically. Her injury forced her to miss many days of school and the past two seasons of soccer.

Working with Dr. Goff and Sifferlin, Taylor is slowly going through the process that she hopes gets her back on the soccer field when the season begins in the fall. "It would be good to be back on the field," she says. She is also on track to graduate with her class in 2014.

Taylor and her mother, Chris, praised the work of Dr. Goff. "He knew instantly what to do for Taylor," Chris says. "He helped us explain everything to the school."

Dr. Goff says Taylor's case shows why it's important for athletes to be honest with their coaches. According to Dr. Goff, Taylor could have suffered a worsening brain injury if she would have played the next game and reinjured her head.

Taylor agrees. "If you don't feel right, don't go back in and play," she says. "It's not worth sacrificing your future."



Taylor Chappe has missed two soccer seasons as a result of a concussion she suffered as a freshman at Manchester High School.



Three questions **women** should ask about erectile dysfunction treatment

Erectile dysfunction is estimated to affect up to 30 million men in the United States.¹

The most common oral medications approved for the treatment of erectile dysfunction are sildenafil (Viagra), vardenafil (Levitra) and tadalafil (Cialis). They work by blocking the phosphodiesterase-5 (PDE-5) enzyme, which allows the smooth muscles of the penis to relax to promote increased blood flow which can help a man to achieve and sustain an erection.

In men, these medications can be effective treatments for erectile dysfunction; however, they are not suitable for everyone, and there are side effects.² These and other issues can impact a man's partner as well.

So before his doctor writes a prescription, there are a few questions you as a wife or partner should ask.



Kimberly Resnick-Anderson:
Women view erectile dysfunction differently than men.

Will I be included in the medical consultation(s)?

"Many men view erectile dysfunction as a male problem, and it may not occur to them to include their wife or partner in a discussion with the doctor," says Kimberly Resnick-Anderson, LISW, director of Summa Health System's Center for Sexual Health and an AASECT-certified sex therapist. "Women tend to view erectile dysfunction as a couple's problem since it impacts both people in a relationship."

Will couples counseling with a sexual health therapist be a part of treatment?

"Studies have shown medication in conjunction with counseling is more effective than just medication alone," Resnick-Anderson says. "Requesting a referral to a sexual health therapist is a good idea.

"You can't just hand a man a prescription for Viagra and expect everything to just fall into place," she points out. "Resuming lovemaking after a long hiatus can bring up a host of emotional and psychological issues that couples need to discuss and may need help in resolving."

According to one study, almost 35 percent of patients discontinued the use of Viagra even after successful restoration of sexual function. Why? The reasons reported were primarily emotional- or relationship-oriented.³ Some of the factors contributing to patients' discontinuing treatment included:

- Length of time the couple was asexual before seeking treatment
- Male's approach to resuming sexual activity with his partner

- Male partner's expectations of how erectile dysfunction medications will change his life
- Each partner's physical and emotional readiness to resume lovemaking
- The meaning for each partner of using a medical intervention to restore lovemaking ability
- The quality of the couple's non-sexual relationship

What are some of the issues couples may experience in regard to erectile dysfunction treatment?

In one New Zealand study⁴, women listed the following concerns about their partner's use of erectile dysfunction medications:

- Less emotional connection with their partner
- Unwanted change in habits, duration, frequency and mode of sexual activity
- Pain caused by increased sexual activity
- "Sex on demand" (i.e., overt and subtle pressure from partner to have sex)
- Side effects from medication
- Worries about infidelity
- Coercion to have sex in order to "not waste a pill" and to "get their money's worth"

To schedule an appointment with a therapist at Summa Center for Sexual Health or for an appointment with a urologist to discuss medical treatment options for erectile dysfunction, call (888) 720-5318. For more on PDE-5s, go to summahealth.org/couples. ■

1 Goldstein et al. 1998

2 To learn more about the safety/side effects of PDE-5s, visit summahealth.org/couples.

3 Son, H. *Asian J Androl* 2006

4 Potts, A. The downside of Viagra: women's experiences and concerns. *Society of Health & Illness* 2003

The thermometer is rising and the days are getting longer. It is summertime.

While many people want to have fun in the sun during the summer months, extremely hot weather can pose a threat to the health of you and your family.

“Our bodies can get dehydrated very quickly when we’re out in the heat,” says Emily S. Godlewski, M.D., Summa Physicians Inc. – Family Medicine. “You should drink a lot of fluids before, during and after your time outside.”

Dr. Godlewski offers some tips on how you can keep yourself and your family healthy during the summer months.



*Dr. Emily Godlewski:
Know your physical limits
when outside in the heat.*

STAYING HEALTHY DURING THE **summer**

PREVENTING HEAT-RELATED ILLNESS

Stay hydrated: Carry around a bottle of water when out in the sun to help replace lost fluids. Drink some more water when you’ve come back inside.

Know your limits: If you’re doing physical activities, take frequent rest breaks. Stop the moment you feel too warm or thirsty, or start experiencing cramps.

Dress appropriately: Wear comfortable light clothing, wide-brimmed hats and sunglasses that block ultraviolet rays.

Pour on the sunscreen: Use sunscreen with an SPF (sun protection factor) of at least 15 on the uncovered portions of your body. Reapply every two hours.

Rest: Heat-related illness can cause dizziness, headaches or nausea. If you experience these symptoms, stop what you’re doing immediately, go inside and lie down with your legs elevated. Individuals could also experience rapid heartbeat, confusion, or may even pass out. These more serious symptoms should prompt a call to 9-1-1 and trip to the emergency department.

THE GREAT OUTDOORS

Make sure you don’t bring home unwanted visitors: After enjoying a trip through the woods, check your body for ticks and other bugs. Tick-borne diseases can cause serious illness – some, potentially life threatening.

Bug spray: Bug spray serves its purpose, especially in repelling mosquitoes. Use a spray with 20 percent DEET. But wash the spray off your body once you’ve gone back inside. If you’re concerned about chemicals, oil of lemon eucalyptus is an alternative.

Leaves of three, let it be: You can get a poison ivy rash by directly touching the plant; by touching contaminated objects such as shoes, clothes or individuals who themselves have come into contact with the plant; or by inhaling burning plants, such as during a campfire. If you think you’ve come into contact with poison ivy, wash your skin as soon as possible.

Dr. Emily S. Godlewski sees patients at Chippewa Family Medicine, 80 N. Portage St., Doylestown. To schedule an appointment with Dr. Godlewski or another Summa Physicians Inc. doctor, call (800) 237-8662. ■



communitycalendar

SUMMA AKRON CITY HOSPITAL

Weight Loss Surgery Seminar

What to expect before, during and after weight-loss surgery.

July 18, 6 p.m. Oct. 16, 6 p.m.
Aug. 14, 6 p.m. Nov. 14, 6 p.m.
Sept. 12, 6 p.m. Dec. 11, 6 p.m.

Professional Center South, 55 Arch St., Basement Floor

Advanced registration is required. For more information, call (330) 375-6304 or go to summahealth.org/weightloss. The seminar is also available anytime at summahealth.org/onlineSeminar.

Healthy Aging Workshop

An introduction to QIGONG and Tai Chi: Working with our Life Force
July 10, 6 to 8 p.m.

Poetry as Medicine for the Soul
Aug. 14, 6 to 8 p.m.

Spiritually Embracing your Own Wisdom Years
Sept. 11, 6 to 8 p.m.

For more information, call (800) 237-8662 or go to summahealth.org/HealthyAgingWorkshop.

SUMMA BARBERTON HOSPITAL

Respiratory Forum

Sept. 4, 4 p.m.
Oct. 2, 4 p.m.
Cardiopulmonary Gym

Congestive Heart Failure Support Group

Sept. 10, 2 p.m.
Oct. 15, 2 p.m.
Cardiac Rehabilitation Gym

Diabetes Care

Sept. 10, 6:30 p.m.
Oct. 8, 7 p.m.
Conference Center

Healthy Heart Lecture

Sept. 17, 6 p.m.
Oct. 15, 6 p.m.
Conference Center
Programs are free, but registration is encouraged.

SUMMA WADSWORTH-RITTMAN HOSPITAL

My Health, My Way

Primary Care Physician vs. Specialist
Sept. 10, 7 p.m.
Early Heart Attack Care in the ER
Oct. 8, 7 p.m.
Founders Hall, Quad A/B

Heartsaver AED

Adult/Child CPR, with infant CPR option
Aug. 5, 9 a.m. to noon
Education Center
Registration is required
Cost: \$50

First Aid

Sept. 14, 8 a.m. to 2 p.m.
Education Center
Registration is required
Cost: \$70

Smoking Cessation

A four-week series
July 10, 17, 24, 31, 4 to 5 p.m.
Sept. 4, 11, 18, 25, 5 to 6 p.m.
Education Center
Registration is required
Cost: \$40

WADSWORTH COMMUNITY CENTER

Free Health Talk

Featuring Dr. Jonathan Kase, Crystal Clinic Orthopaedic Center, and Dr. Robert Crawford, Summa Center for Sports Health

June 27, 7 p.m.

For more information or to register, visit:

summahealth.org/wadsworthsports or call (855) 728-4660.

For information on additional programs and clinics, call (800) 237-8662 or go to summahealth.org and click **Programs**.

BLOOD DRIVES

Summa Akron City Hospital

Basement PODS, 55 Arch St.

Aug. 21, 11 a.m. to 4 p.m.

Aug. 22, 11 a.m. to 4 p.m.

Summa St. Thomas Hospital

Meeting Room A

July 25, 11 a.m. to 4 p.m.

Sept. 26, 11 a.m. to 4 p.m.

Summa Barberton Hospital

Conference Room

July 10, 8 a.m. to 2 p.m.

Aug. 7, 8 a.m. to 2 p.m.

Sept. 11, 8 a.m. to 2 p.m.

Summa Wadsworth-Rittman Hospital

Founders Hall, Main Floor

July 11, 10 a.m. to 3 p.m.

Sept. 12, 10 a.m. to 3 p.m.

For more information, call

(800) 733-2767 or go to

redcrossblood.org/northernohio.

MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU

The following doctors joined Summa Physicians Inc. between Jan. 1, 2013, and April 30, 2013.



Wound Care

William Moats, M.D.

444 N. Main St., Suite 201
Akron, OH 44310



Radiation Oncology

Chirag Shah, M.D.

161 North Forge St., Suite G90
Akron, OH 44304



Gastroenterology

John Park, M.D.

95 Arch St., Suite 100
Akron, OH 44304

and

1700 Boettler Road, Suite 200
Uniontown, OH 44685



Behavioral Health

Roy Vellanki, M.D.

807 E. Washington St., Suite 150
Medina, OH 44256

These physicians are accepting new patients. To schedule an appointment, call (800) 237-8662, ext. 234.



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Summa stops heart attacks 26 minutes faster than the national standard.

During a heart attack, every minute costs more heart muscle. That's why Summa has dramatically cut the time it takes to stabilize a patient in our ERs, safely transport them to a Summa cath lab, and unblock their coronary artery. In fact, Summa Health System includes the only hospital in Akron or Cleveland to earn AHA designation as a Lifeline Heart Attack Receiving Center.*

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*Based on average door-to-balloon times of 43 minutes at Summa Akron City Hospital and 64 minutes at Summa Barberton Hospital, as compared to the 90-minute American Heart Association standard.



*Brad Genovese
 Tallmadge*

38 minutes