

thrive

for every season of your life

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summahealth.org

A Publication of Summa Health System Fall 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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Vegas, with his human partner
Mary Demastes, brings a smile to
the face of Summa Rehab Hospital
patient Karen Sizemore.*

*Cover Photo:
Thomas Cook / TRG Reality*

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What happens with Vegas . . .



It's unconditional love when a dog visits a patient

That day, Vegas was on a mission. He was working with his human partner, Mary Demastes, and as they walked the halls of the hospital, they could hear a patient was in pain. (For the sake of this story, we'll call the patient Bill.) Vegas walked directly into Bill's room and, when Mary asked if they could visit, Bill managed to say yes.

Vegas is trained to do bed visits. In an instant, he was on the bed with Bill who began to stroke and pet him. After about a half-hour, Bill was much calmer. Mary thought Bill might need to rest and was ready to move on to another visit, but Vegas wasn't ready to leave. He let Mary know Bill still needed him – so Mary stayed. When Vegas finished, he carefully got off the bed and the duo went to visit another patient.

A few days later, Vegas and Mary were on the same floor and Vegas headed straight for Bill's room, where he was sitting in a chair. Vegas walked directly toward Bill who opened his arms to embrace him.

"Hey buddy," Bill said. "You knew I needed you a couple of days ago. You helped me get better. Thank you!" Mary watched as Bill buried his face in Vegas' soft fur. Softly, Bill whispered to Vegas, "Thank you. Thanks so much."

To the dog visitation teams, this type of encounter is simply "another visiting day at Summa." But patients, their families and staff are amazed and deeply moved by the dogs and their human companions. And the stories they

share are testaments to the program, the volunteers and, of course, the dogs.

Summa's dog visitation program is known as WAGtime. Under the direction of Rebecca Clark, manager, Volunteer Services, and Angela Hayes, director, Community Reinvestment, 24 trained teams provide a different type of care to our patients – the unconditional acceptance dogs seem to have for a patient's condition or situation. In turn, patients are anxious to return the favor and shower the dogs with unbridled attention and affection.

The teams make it look easy, but the program is demanding for both the dogs and their human partners. They must be registered as a Pet Partners team; both are trained and both must undergo recertification every two years.

Pet Partners is a national nonprofit organization that trains volunteers and their pets to provide visitation to many types of facilities, such as hospitals, schools, etc.

The evaluation process involves 22 different standards the dogs and their companions must meet. The dogs also must meet specific grooming standards each time they visit, including baths, brushed teeth and clipped nails, just to name a few. They need to be calm and quiet as they walk into crowded elevators; be comfortable around wheelchairs, IV poles and other medical equipment; and "leave" any debris they might encounter.



“It’s an outstanding program,” says Clark, whose enthusiasm for the program and teams is contagious. “The commitment of our volunteers in terms of time, talent and treasure is amazing, and we’re so fortunate to have people like Mary and Kristi Perry (mom to standard poodle Emma) who are willing to put in so much time to mentor the other teams in the beginning. I can’t say enough about them.”

Most of the volunteers are reluctant to take any credit for what they do. Rather, they focus the attention on the patients and dogs.

Both Joanne Mayors and Cathy Robinson – human companions to golden retrievers Gracie and Bentley, respectively – agree.

“You sort of become invisible,” they say, “and that’s OK with us – you’re just the object that holds the leash. The dogs and the patients do everything else. It’s just really rewarding to know the dogs make a difference.”

While they don’t want to take center stage, the volunteers are as interesting as the stories they tell about their dogs and the interactions they have with patients. Their backgrounds are varied – from Cathy, who teaches music at Kent State University, to Peggy Rowan-McGovern, Brodie’s mom, who is a veterinarian. Each comes to the program because they want to find a way to help and give back to the community.

While the WAGtime teams are committed to visiting at Summa hospitals, they also are asked to visit other sites. They visited Chardon High School in the aftermath of the shootings on campus in February 2012. They also volunteer at the University of Akron during “stress week” (also known as finals week), where students flock to comfort sessions with the dogs.

Back at Summa Akron City Hospital, Mary and Vegas, Kristi and Emma set out for another session of visiting patients. Kristi reinforces what the staff already knows: “It takes us a while to get to the patient floors,” she tells us. “We get stopped by a lot of visitors and staff who want to meet the dogs along the way.”

As they leave to visit patients, it’s impossible to convey the impact the teams have on everyone they encounter. Just ask one of our nurses, who, one day, was on the same floor as Gracie and Joanne. The team was ready to leave the floor, except Gracie seemed to be particularly interested in one of the nurses. When she had a moment, the nurse stopped by to pet her.

“What’s her name?” the nurse asked Joanne. “Gracie,” Joanne told her. The nurse stopped and looked into Gracie’s eyes. “My mom’s name was Gracie,” she told Joanne. “She passed away a long time ago. Meeting this dog makes me think my mom still is thinking about me.”

It seems Charles Schultz was right when he said, “Happiness is a warm puppy.” ■

Hello! My name is . . .

Summa Health System patients, their families and/or loved ones are welcome to request a WAGtime visit (only at a hospital location) by contacting the volunteer office at (330) 375-3141.



Norman

Breed: Golden Retriever
Partner: Janet Blemaster



Vegas

Breed: Golden Retriever
Partner: Mary Demastes



Emma

Breed: Standard Poodle
Partner: Kristi Perry



Cooper

Breed: Cocker – Bishon
Partner: Jo Martin



Brodie

Breed: Black Labrador Retriever
Partner: Peg Rowan-McGovern



Baby

Breed: Small Yorkie Mix
Partner: Deborah Gerbetz



Maddie

Breed: Rottweiler, Parson’s Terrier, Yorkie
Partner: Kathleen Harpley



Vinnie

Breed: Boxer
Partner: Chris Peterson



Nellie

Breed: Australian Shepherd
Partner: Mandii Cramer



Major

Breed: Boxer
Partner: Pam Basinger



Makenna

Breed: Yorkie
Partners: Bill and Betty Price



Cosby

Breed: Newfoundland
Partner: Rayelle Price

Interested in learning more about the WAGtime program? Think you might want to volunteer? Visit thesummafoundation.org or call **(330) 375-3141.**

Mary Demastes with Vegas.



Note: Due to certain health policies, teams may not be permitted to visit a hospital floor. You'll be informed when you call to request a WAGtime visit whether teams are permitted to visit you or a loved one.

At this time, WAGtime teams serve Summa Akron City and St. Thomas Hospitals and Summa Rehab Hospital only. You're welcome to request a specific team; however, if that team is unavailable, another team will be asked to visit.



Bentley
Breed: Golden Retriever
Partner: Cathy Robinson



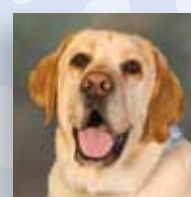
Gracie
Breed: Golden Retriever
Partner: Joanne Mayors



Scout
Breed: Labradoodle
Partner: Jane Anderson



Ellie
Breed: Flat Coated Retriever
Partner: Brian Del Bianco



Tank
Breed: Yellow Labrador Retriever
Partner: Judy Howard



Callie
Breed: Golden Retriever
Partner: John Powell



Cowboy
Breed: Golden Retriever
Partner: Dennis Powell



Tessa
Breed: Weimaraner
Partner: Darla Ulrich



Sam
Breed: Weimaraner
Partner: Darla Ulrich



Brooks
Breed: Chocolate Labrador Retriever
Partner: Dan Bratka



Oliver
Breed: Eskimo Terrier Mix
Partner: Laura Springer



Sophie
Breed: Maltipoo
Partner: Sandra Fishel

Pet Partner Evaluator Volunteer: Lisa Hamrick



THE EXPERTISE
OF CRYSTAL CLINIC
ORTHOPAEDIC CENTER
HELPS HIM WALK AGAIN
AFTER A SEVERE
SPINE INJURY

On the night of March 15, 2012,

Justin Wigington was driving home after a day of watching basketball and helping friends move into a new apartment. Not more than five minutes from his home in South Akron, he suffered a life-changing event.

Wigington lost control of his car as he swerved to avoid another car pulling back onto the road. His car flipped multiple times, and he was ejected out of the passenger-side window.

“I thought I was on top of the world, invincible,” says Wigington, who was 19 at the time of the accident. “Then, my life changed in just a few seconds.”

Rushed to Summa Akron City Hospital’s Level One Trauma Center, Wigington, who has no memory of the accident, was diagnosed with a severely broken spine – the worst type of spine injury. He was unable to move his legs.

Within hours, Scot D. Miller, D.O., a Crystal Clinic Orthopaedic Center spine surgeon, performed a spinal fusion to correct Wigington’s two broken vertebrae.

Justin Wigington is Standing Tall

Wigington survived the surgery, but Dr. Miller was not optimistic about his future. He told Wigington's mother, Sue, that there was 99 percent chance her son, an avid athlete and outdoorsman, would never walk again.

"I had 1 percent to work with," Wigington says.

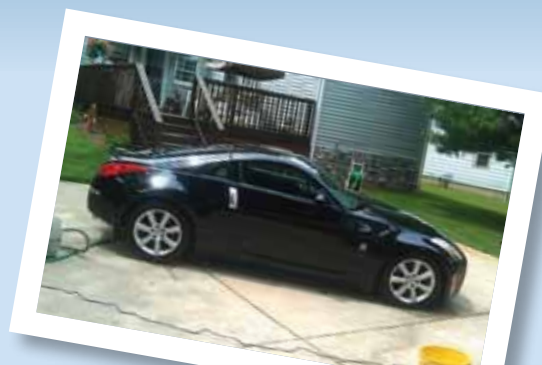
He spent three weeks at Summa Akron City Hospital's intensive care unit and two months in rehabilitation. Then one day, at Summa Rehab Hospital, Wigington made a startling discovery.

"I was lying in my bed and began to move my legs and toes," he notes. "It was barely a millimeter. My therapist was blown away. From there, he said they were going to try and get me back on my feet."

Soon, Wigington was taking his first steps and walking on his own. Recalling his first steps without a cane, he remembers thinking, "I was doing something I wasn't supposed to do."

All of this brought joy to himself and his mother, and astonishment to Dr. Miller.

"The next time I saw him, he was standing and walking," says Dr. Miller, who refers to Wigington as his miracle patient. "I didn't recognize him as the same patient. We thought it was just awesome that he recovered."



Justin's car before (left) and after (below) the accident



“My life changed in just a few seconds.”



*Justin Wigington
and his mother, Sue.*

Wigington has returned to work, putting in a routine 8-to-5 shift and going home to relax his legs once the workday is done. He's also back to fishing, one of his favorite hobbies.

"I'm back to normal now," he says. "Every day, it keeps getting better."

Wigington's recovery is attributable to his never-give-up attitude, one that he shares with his mother, who never doubted he would walk again.

It's also attributable to an experienced and technically proficient orthopaedic team. Crystal Clinic Orthopaedic Center, a partnership with Summa Health System, has four board-certified, fellowship-trained spinal surgeons with specialty training in spinal trauma.

It is not uncommon that they see as many as six to 12 spinal trauma operative cases a month. The high volume and expertise makes Crystal Clinic Orthopaedic Center one of the leading facilities in the nation for spine trauma care.

Wigington can attest to that care. "I'm walking thanks to my spine surgeon," he says. ■



**See more of Justin's story at
crystalclinic.com/JustinStory**



Photos: Gary Yasaki

**"I'm walking thanks to
my spine surgeon."**



From left to right:
Rajiv V. Taliwal, M.D.
Scot D. Miller, D.O.
Richard S. Brower, M.D.
Douglas M. Ehrler, M.D.

A high standard of spine care

Crystal Clinic Orthopaedic Center, a partnership with Summa Health System, was awarded The Joint Commission's Gold Seal of Approval® in spinal fusion surgery **(one of two in Ohio, one of 16 nationally)** for its compliance and dedication to the national standards for healthcare quality and safety in disease-specific care.

Many patients come to Crystal Clinic Orthopaedic Center because of the extensive experience and knowledge of its four board-certified, fellowship-trained spine specialists. Combined, they have more than 60 years of experience and advanced specialty training in spinal trauma.

Justin Wigington of Akron benefitted from that experience after his spine was broken in two places as a result of an automobile accident. Scot D. Miller, D.O., a Crystal Clinic Orthopaedic Center spine surgeon, performed a spinal fusion to correct Wigington's two broken vertebrae.



About three months later, Wigington was able to move his legs and toes. He soon began to take his first steps and walk on his own.

Today, he is living a normal life.

"Dr. Miller is a miracle worker," Wigington says.

From back pain because of a bulging disc to a traumatic injury, Crystal Clinic Orthopaedic Center spine specialists have the skill to return patients to a high quality of life.

For a free spine brochure or to schedule an appointment with a Crystal Clinic Orthopaedic Center physician, call (855) 728-4660 toll-free.

"Dr. Miller is a miracle worker."





CT lung screening test improves early detection

Lung cancer is the most commonly occurring cancer in men and women combined, with more than 225,000 cases diagnosed in 2012. It is the leading cause of cancer deaths in both men and women in the United States. Smoking is responsible for more than 80 percent of lung cancer diagnoses.

In the past, people had to wait until they first experienced symptoms, such as a chronic cough, before scheduling a lung cancer screening exam. By then, the cancer may have been in the more advanced stages, making it more difficult to treat and cure.

Today, however, Summa Health System offers a new CT (computerized tomography) lung cancer screening test to detect early-stage lung cancer. The test, quick and painless, produces a 3-D image of the lungs.

Summa Health System's screening recommendations are twofold and based on National Cancer Institute guidelines:

- **Age 50 – 54:** Individuals who have smoked at least one pack of cigarettes a day for 20 years and have one additional risk – radon exposure, occupational exposure, cancer history, family history of lung cancer, COPD or pulmonary fibrosis.
- **Age 55 – 74:** Individuals who smoked at least one pack of cigarettes a day for 30 years or two packs a day for 15 years, as well as those who quit smoking during the past 15 years.

If you don't fit a criterion because of your age or tobacco use but believe you might be at risk, talk with your primary care physician. The discussion should include risks and benefits as the test involves low-dose exposure to radiation.

A doctor's referral is needed for a CT lung screening test. Any doctor, including dentists, can refer their patients.

The five-year survival rate for lung cancer drops in advanced stages of the disease. Medical experts estimate that early screenings save thousands of lives each year. That's why the CT lung screening test is important.

"The survival rate for patients dramatically improves when lung cancer is detected through CT scans," says Eric A. Espinal, M.D., Summa Physicians Inc. – Thoracic Surgery and head of Summa's lung cancer clinic.

The test is available for less than \$100. Consult with your insurance provider regarding coverage. To schedule your lung screening test at one of 10 Summa locations in Summit, Portage, Medina and Stark counties, visit summahealth.org/lungscreening or call (800) 237-8662. ■

Healthy diet and weight lead to healthy life

Eating healthy and maintaining the proper weight can make a person feel better and increase his or her energy. Just as importantly, these measures can help prevent serious health problems, including heart disease, stroke, high blood pressure, type 2 diabetes and some cancers.

Making lifestyle changes can be a challenge. It takes time to incorporate healthy eating habits into the daily routine for you and your family. The good news is you can make these changes and stick with them.

“Consider healthy weight loss as part of an ongoing lifestyle that you can begin now and stay with for years,” says Nisreen Khazaal, M.D., Summa Physicians Inc. – Internal Medicine. “It isn’t just about a diet; it’s about a healthy way of life.”

Dr. Khazaal offers advice on diet and exercise, and why they are important to the overall health of a person.

What should people include in their diets?

Maintain a nutrient-dense diet, especially foods that are high in fiber, fruits, vegetables, low-fat or fat-free milk products, and lean protein. Reduce exposure to foods low in nutritional value and high in calories like added sugar.

What about physical exercise?

Individuals should increase opportunities for daily physical exercise, with a goal of progressing to moderate exercise. Exercise in general is very good for heart health. The current recommendation of adult physical activity is 150 minutes a week of moderate-intensity exercise (i.e., brisk walking, water aerobics, biking) or 75 minutes a week of vigorous-intensity exercise (i.e., jogging, running or swimming laps). Consult your doctor before starting any exercise program and decide together about the right regimen.

What is the role of a physician in helping patients maintain healthy weight?

Physicians play a critical role. My role starts by screening patients for obesity with a body mass index (a measure of body fat based on height and weight). We can help overcome barriers to begin a frank discussion of weight, promote preventive measures and encourage positive lifestyle behaviors. We can identify and treat medical problems attributed to weight gain, as well as obesity-related conditions.

What are the ultimate benefits for eating healthy and maintaining a healthy weight?

Living a healthy lifestyle not only makes you look good, but it also decreases the risk for serious health problems. It can help improve your mood, energy level and immune system. If you eat healthy and stay fit, you can live longer.

For more on healthy eating and maintaining a healthy weight, visit summahealth.org/healthyeating.

Dr. Nisreen Khazaal sees adult patients at 1 Park Center Drive, Suite 304, Wadsworth. To schedule an appointment with Dr. Khazaal or another Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. ■



Dr. Nisreen Khazaal: You can live longer by eating healthier and staying fit.

Summa offers genetic screening for women at higher risk for breast or ovarian cancer

Women with a family history of breast or ovarian cancer may be at greater risk for these diseases. Thanks to the genetic BRCA test, women can be screened for the hereditary breast and ovarian cancer syndrome gene.

A positive test doesn't mean you will develop breast or ovarian cancer, though the odds are greater. On the other hand, a negative test doesn't mean you won't.

The test is simply a screening method for women who are considered high risk, says Clara J. Chae, M.D., Summa Physicians Inc. – Obstetrics and Gynecology.



Dr. Clara Chae: "It's important for Summa to offer BRCA testing. It is part of a wellness visit."

Dr. Chae administers the test at her office at Summa Barberton Hospital.

She takes a full family history before determining whether you meet the criteria for testing. She also is available to counsel patients about the test, what it means if it comes back positive and what options are available.

In most cases, BRCA screening is a blood test, although a buccal test (swab inside the mouth) can be used.

What happens next depends on the results.

If the test comes back positive, Dr. Chae will explain the options from which a woman can choose. The options include:

- Increased screening for breast cancer (clinical breast exam every six months, and a mammogram and MRI annually at six-month intervals)
- Medication usually prescribed after a diagnosis of breast cancer
- A preventive mastectomy

For ovarian cancer, Dr. Chae recommends monitoring for symptoms. She may suggest removal of ovaries and fallopian tubes for women over age 40 or past their child-bearing years.

If the BRCA test comes back negative, Dr. Chae still will recommend increased screening – semi-annually instead of annually – because you're still at an increased risk.

Dr. Chae believes that BRCA screening is an essential part of the screening regimen offered by Summa Health System.

"It's part of preventive women's health," she says.

The BRCA screening is expensive, but a majority of insurance companies cover the test if a woman fits the criteria. A payment plan can be arranged if your insurance doesn't cover the cost of the test.

If a woman is diagnosed with breast or ovarian cancer, care is coordinated through Parkview Center at Summa Barberton Hospital or Cooper Cancer Center on the campus of Summa Akron City Hospital. Summa Health System's team-based, cross-disciplinary approach to cancer treatment and research delivers cancer-fighting results faster.



See Dr. Chae discuss the importance of BRCA testing. Visit summahealth.org/BRCAtesting. For more on the hereditary breast and ovarian cancer syndrome gene, visit cancer.gov/canacertopics/factsheet/Risk/BRCA.

Dr. Clara J. Chae sees patients at 201 Fifth St. NE, Suite 6, Barberton. To schedule an appointment with Dr. Chae or another Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. ■

A positive result doesn't discourage Deanna Hastings

*Deanna Hastings and
her daughter, Holly.
Photo: Larry Lawrence*



Deanna Hastings' mother was diagnosed with breast cancer at age 55. Her aunt was diagnosed with the disease as well.

So when Hastings turned 52, she decided to find out whether she had the hereditary breast and ovarian cancer syndrome gene. She is a patient of Clara J. Chae, M.D., Summa Physicians Inc. – Obstetrics and Gynecology, who recommended a screening for the BRCA gene.

"Dr. Chae had my family history and thought it would be a good idea," says Hastings of Clinton, now age 53. "But she left the decision to me."

It was an easy decision to make.

"I'd rather know so I can be vigilant about testing and keep up with it to make sure everything is OK," she says.

Hastings underwent a buccal test (swab inside the mouth) in Dr. Chae's office. The test was positive, which did not surprise Hastings.

"Quite honestly, I assumed I would have the gene because of my mom and aunt," she says. "I took it like I already knew the answer."

Dr. Chae explained all possible options. Hastings chose to undergo an annual mammogram and MRI. She also undergoes an annual physical exam and takes a prescribed medication daily.

Otherwise, the positive result hasn't impacted Hastings everyday life.

Because she tested positive, it was suggested that her daughter and sisters take the test as well. Her sisters tested negative but her daughter, Holly, 26, who recently got married, tested positive. By current

standards, Holly wouldn't undergo her first mammogram until age 40. But by testing positive for the gene, she has begun yearly mammograms and MRI testing.

Like her mom, Holly isn't letting the positive result hinder her life. "I'll do what I'm told to do to stay healthy," she says.

Hastings is prepared if she is ever diagnosed with breast cancer. "We will catch it very fast," she says. "That was my thought process: Catch it fast and take care of it."

Hastings says the BRCA test can give a woman the ability to take charge of her health.

"If the result is positive, you have the gift of knowledge and can be proactive with your health," she stresses. ■



PERSONAL HEALTH ASSESSMENT:

Taking charge of your own health

We all want to stay healthy. One of the best ways to accomplish this goal is to be proactive. A personal health assessment allows a patient to adopt such an attitude. It is a survey to help patients identify their personal risk factors, while guiding them toward healthier lifestyle choices.

Here are some reasons why a personal health assessment can be important to patients, according to Julius Feitl, M.D., Summa Physicians Inc. – Internal Medicine.



Dr. Julius Feitl: A personal health assessment allows patients to become active partners in their own health.

Playing a role in your own health

A personal health assessment allows patients to become more involved in their own care.

“Using a personal health assessment helps individualize care,” Dr. Feitl says. “It’s a good way to practice preventive strategies.”

What a personal health assessment might include

The assessment is a survey-styled questionnaire that can be done quickly. The assessment might include questions regarding:

- **Nutrition.** Food choices and dietary habits
- **Tobacco Use.** Current or past use of cigarettes or other tobacco products
- **Vehicle Safety.** Seatbelt usage and driving practices
- **Physical Activity.** How often do you exercise and types of fitness activities
- **Alcohol Use.** How much do you consume and how often
- **Stress and Depression.** Your personal and emotional well-being
- **Current Health.** Any health conditions
- **Health History.** Both your personal and family history
- **Biometrics.** Height, weight, blood pressure, cholesterol and other vital statistics

The cost of healthcare

Controlling costs is an issue to everyone. By taking a personal health assessment, patients can avoid unnecessary trips to the emergency department or hospital admission, thus keeping their share of costs down.

The challenge for patients

A personal health assessment will help patients recognize any lifestyle changes they need to make to successfully manage chronic conditions. The challenge is to actually make those changes.

“Managing a medical problem requires more than just a prescription,” Dr. Feitl says. “It requires changing your lifestyle, which is tough to do but very important.”

Another challenge: Be honest with yourself when undergoing the assessment. “By being honest, patients reinforce the idea of becoming more proactive in their own healthcare,” Dr. Feitl says. “An assessment can be a very powerful tool.”

Dr. Julius Feitl sees patients at 75 Arch St., Suite 302, on the campus of Summa Akron City Hospital. To schedule an appointment with Dr. Feitl or another Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. ■

MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITY ARE READY TO SERVE YOU

The following doctors joined Summa Physicians Inc. between May 1, 2013, and Aug. 31, 2013



Geriatrics
Arifa Abid, M.D.
75 Arch St., Suite G2
Akron, OH 44304



Cardiology
Saneka Chakravarty, M.D.
6847 Chestnut St.
Suite 100
Ravenna, OH 44266



Hematology/Oncology
Bradley Clifford, M.D.
161 North Forge St.
Suite 198
Akron, OH 44304
and
155 Fifth St. SE
Barberton, OH 44203



General Surgery/
Hepatobiliary Surgery
Andrei Cocieru, M.D.
75 Arch St., Suite 405
Akron, OH 44304



Cardiology
Otto Costantini, M.D.
3780 Medina Road
Suite 200
Medina, OH 44256



Radiation Oncology
Anand Desai, M.D.
161 North Forge St.
Suite G90
Akron, OH 44304



Internal Medicine
Julius Feitl, MD.
75 Arch St., Suite 302
Akron, OH 44304



Cardiology
Firas Hamdan, M.D.
4466 Fulton Drive NW
Canton, OH 44718



Cardiology
Steven Hirsch, M.D.
4466 Fulton Drive NW
Canton, OH 44718



Gastroenterology
Jonathan Hlivko, M.D.
95 Arch St., Suite 100
Akron, OH 44304



Cardiology
Todd Johnson, M.D.
4466 Fulton Drive NW
Canton, OH 44718



Cardiology
Mohamad Kassir, M.D.
4466 Fulton Drive NW
Canton, OH 44718



Colorectal Surgery
Erica Laippy, M.D.
95 Arch St., Suite 150
Akron, OH 44304



Behavioral Health
Heather Lewis, D.O.
169 5th St. SE, Suite B
Barberton, OH 44203



Critical Care
Charles Matriano Lim, M.D.
525 East Market St.
Suite 1-N
Akron, OH 44304



Internal Medicine
Joshua McIntire, D.O.
791 White Pond Drive
Suite C
Akron, OH 44320



Behavioral Health
Kristine Packo, M.D.
5655 Hudson Drive
Hudson, OH 44236
and
1402 Boettler Road
Suite C
Uniontown, OH 44685



Cardiology
Makilzhan Shanmugam, M.D.
4466 Fulton Drive NW
Canton, OH 44718



Cardiology
Brian Simmons, M.D.
4466 Fulton Drive NW
Canton, OH 44718



Otolaryngology/ENT
Jacob Slepian, M.D.
701 White Pond Drive
Suite 200
Akron, OH 44320



Behavioral Health
David Swope, M.D.
1402 Boettler Road
Suite C
Uniontown, OH 44685



Internal Medicine
Sarah Tarter, M.D.
75 Arch St., Suite 302
Akron, OH 44304



Cardiology
John Tsai, M.D.
4466 Fulton Drive NW
Canton, OH 44718

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



communitycalendar

SUMMA AKRON CITY HOSPITAL

Weight Loss Surgery Seminar

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

Oct. 16, 6 p.m.

Nov. 14, 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 visit summahealth.org/weightloss. The seminar is also available anytime at summahealth.org/onlineseminar.

Healthy Aging Workshop Series

An Introduction to QIGONG and Tai Chi ...
Working with our Life Force

Oct. 30, 6 to 8 p.m.

Reflective Writing For Improving How You
Feel and

How Well You Remember

Nov. 13, 6 to 8 p.m..

For more information, visit summahealth.org/HealthyAgingWorkshop.

Operation Medicine Cabinet

Oct. 26, 10 a.m. to 2 p.m.

Adams Street, Lot I

SUMMA BARBERTON HOSPITAL

Respiratory Forum

Nov. 6, 4 p.m.

Dec. 4, 4 p.m.

Cardiopulmonary Gym

Congestive Heart Failure Support Group

Oct. 15, 2 p.m.

Nov. 12, 2 p.m.

Cardiac Rehabilitation Gym

Diabetes Care

Nov. 12, 7 p.m.

Conference Center

Healthy Heart Lecture

Oct. 15, 6 p.m.

Nov. 19, 6 p.m.

Conference Center

Programs are free, but registration is encouraged.

SUMMA WADSWORTH-RITTMAN HOSPITAL

My Health, My Way

The Practicalities of
Not Smoking

Nov. 12, 7 p.m.

Founders Hall Quad A/B

Heartsaver AED

Adult/Child CPR,
with infant CPR option

Oct. 23, 9 a.m. to noon

Dec. 5, 9 a.m. to noon

Education Center

Registration is required

Cost: \$50

First Aid

Dec. 4, 8 a.m. to 2 p.m.

Education Center

Registration is required

Cost: \$70

Wadsworth Community Center

Senior/Caregiver Expo and
Medicare Check Up

Nov. 1, 10 a.m. to 2 p.m.

For more information, call
(330) 335-1513

Summa Health System is a
sponsor of this event

Sign up for *vitality*



Vitality, Summa Health System's e-newsletter, is packed with general health and wellness tips, healthy recipes, health news, and information about upcoming Summa Health System programs and events. To have a new issue sent right to your email box each quarter, visit summahealth.org/vitality.

SUMMA HEALTH CENTER AT LAKE MEDINA

Family Health: Your Family's Good Health
Oct. 17, 6 to 8 p.m.

Program is free, but registration is required.

For more information or to register, visit summahealth.org/FallTalks.

For information on additional programs and clinics, call (800) 237-8662 or visit summahealth.org/programs.

Summa Health System reserves the right to cancel or reschedule a class or event. Please call the number above 24 hours in advance to confirm the date/time/location.

BLOOD DRIVES

Summa Akron City Hospital
Basement Pods, 55 Arch St.
Oct. 23, 11 a.m. to 4 p.m.
Dec. 26, 11 a.m. to 4 p.m.

Summa St. Thomas Hospital
Meeting Room A
Nov. 21, 11 a.m. to 4 p.m.

Summa Barberton Hospital
Conference Room
Nov. 13, 8 a.m. to 2 p.m.
Dec. 11, 8 a.m. to 2 p.m.

Summa Wadsworth-Rittman Hospital
Founders Hall, Main Floor
Nov. 14, 10 a.m. to 3 p.m.

Akron/Cuyahoga Falls
Sheraton Suites, 1989 Front St., Cuyahoga Falls
Dec. 23, 7 a.m. to 7 p.m.
Summa Health System is a sponsor of this annual event

For more information, call (800) 733-2767 or visit redcrossblood.org/northemohio and enter Sponsor Code: Summa.

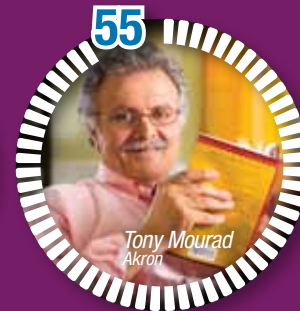


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SUMMA HEALTH SYSTEM

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



Don't know how to recognize the symptoms of a heart attack?

Visit summahealth.org/fasterheartcare

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 Mission Lifeline Heart Attack Receiving Center®.

If we can treat the worst emergency this fast, imagine how well we can treat yours.

So don't gamble with your heart because **delay can be deadly**. Seek help at the **first** sign of symptoms.



* 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.