

thrive

for every season of your life

Les Birdwisa listens to his body – and his Summa doctor

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ER or Urgent Care? The right choice for care

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summahealth.org

A Publication of Summa Health System **Summer 2014**



We want to hear from you

Please email your questions or comments to thrive@summahealth.org or connect with us through social media to receive updates on free health talks, seminars and other valuable healthcare information.



SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

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

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

Summa Barberton Hospital
155 Fifth St.
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 St.
Cuyahoga Falls, OH 44223
(330) 971-7000
summahealth.org

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

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

OTHER SUMMA LOCATIONS

Richard M. and Yvonne
Hamlin Pavilion
95 Arch St.
Akron, OH 44304
(330) 375-3000

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

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

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

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

Natatorium Rehabilitation
and Wellness Center
2345 4th St.
Cuyahoga Falls, OH 44221
(330) 926-0384

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 Ave.
Barberton, OH 44203
(330) 615-5020

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

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 Blvd., Suite 130
Akron, OH 44320
(330) 873-1518

Welcome to *Thrive*



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Les Birdwisa has a healthy heart
thanks to the specialists of Summa
Cardiovascular Institute*

*Cover Photo:
Thomas Cook / TRG Reality*

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Les Birdwisa takes his doctor's advice

When your body tries to tell you something, it's best that you listen. Les Birdwisa did – and is alive and healthy as a result.

In May 2013, Birdwisa, 69, experienced a sensation under his left armpit that he never felt before – “not so much a pain but a nuisance,” is how he describes it.

As it persisted, Birdwisa recalled the words of his cardiologist, Brian J. Donelan, M.D., Summa Physicians Inc. – Cardiology: Listen to your body; if you feel bad, don't hesitate to come in. Better safe than sorry.

Birdwisa followed his doctor's advice. He wound up in the emergency room at Summa Akron City Hospital where Dr. Donelan and a cardiac team diagnosed aortic insufficiency due to a completely torn valve.

Dr. Donelan had monitored Birdwisa over several years because of a narrowing valve. In most cases, the valve narrows to the point where it eventually needs replacement. With proper observation, the valve can be replaced on an elective basis, not in an emergency situation.

What made Birdwisa's case “extraordinarily unusual,” according to Dr. Donelan, was that his valve completely failed almost instantaneously – a “rare and unpredictable” event that cannot be detected ahead of time.

Birdwisa immediately underwent heart surgery to replace the torn valve. Surgery was conducted by Michael S. Firstenberg, M.D., Summa Physicians Inc. – Cardiothoracic Surgery.

Cardiac rehabilitation followed surgery, 36 one-hour sessions that included physical workouts and educational classes.

Throughout the experience, Birdwisa never doubted that he was in good hands at Summa. “No one could have performed the surgery better,” he says of Dr. Firstenberg.

“The doctors did an outstanding job, and the nurses were as helpful as could be,” Birdwisa maintains. “It's nice to be around people that you have confidence in.”

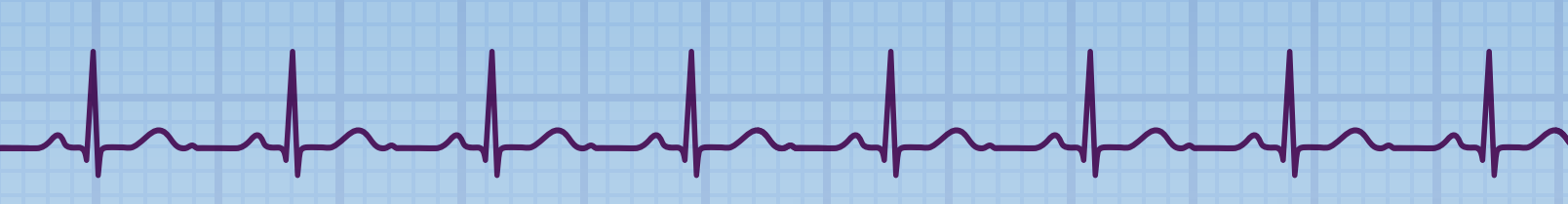
One year after surgery, Birdwisa says his physical health and quality of life have improved. He has resumed his favorite physical activities, including cycling (especially along the Ohio & Erie Canal Towpath) and spending time with his family (wife, Margaret; two sons and their wives; and three grandchildren).

A native of Scotland, Birdwisa came to the United States in 1986 (eventually becoming a U.S. citizen). He wants to see as much of the country as possible. A healthy heart gives him that opportunity.

Summa's integrated and highly coordinated care team helped Birdwisa return to full health. But it began when he listened to his body.

Now, Birdwisa looks forward to years of living life to its fullest. “Life can't get much better,” he emphasizes. “I feel very good.”





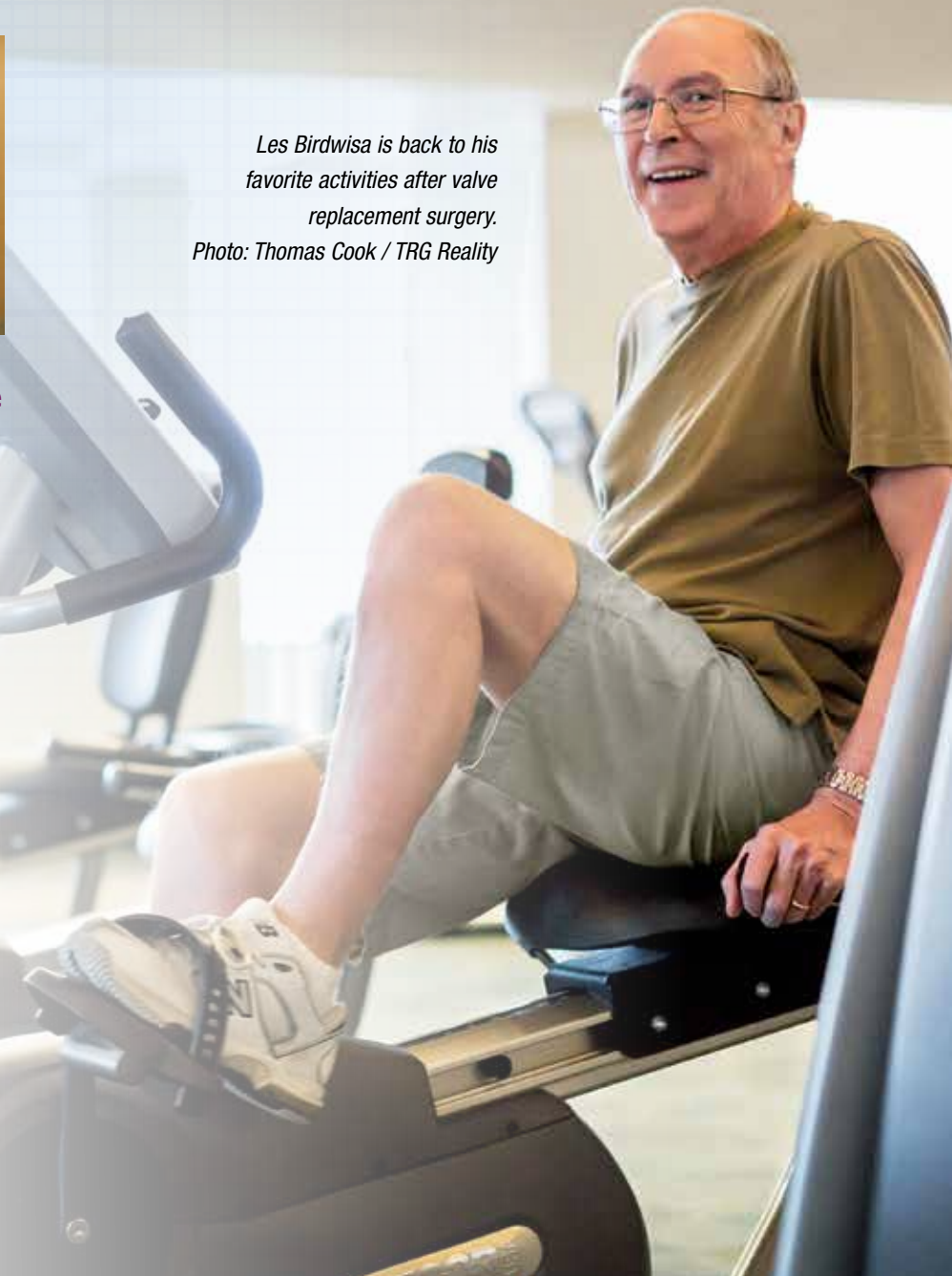
Sensing something was wrong, he took no chances. Now, his heart is healthy and he's ready for the rest of his life

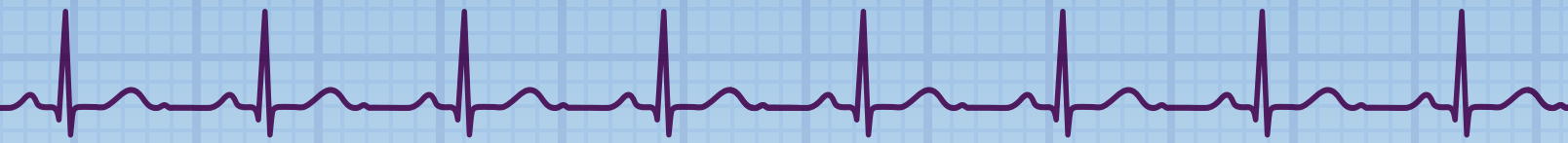


Les Birdwisa is back to his favorite activities after valve replacement surgery.
Photo: Thomas Cook / TRG Reality

Summa Cardiovascular Institute

Summa Cardiovascular Institute, the largest multidisciplinary cardiovascular medical team in the Akron area, handles a full spectrum of elective and emergency heart procedures. Summa Akron City Hospital, Summa Barberton Hospital and Summa Wadsworth-Rittman Hospital are certified as accredited Chest Pain Centers by the Society of Cardiovascular Patient Care. And Summa's network of emergency rooms has dramatically cut the time it takes to stabilize heart attack patients, safely transport them to a Summa catheterization lab and unblock their coronary arteries. On average, Summa stops heart attacks 26 minutes faster than the national standard. Read more at summahealth.org/heart.



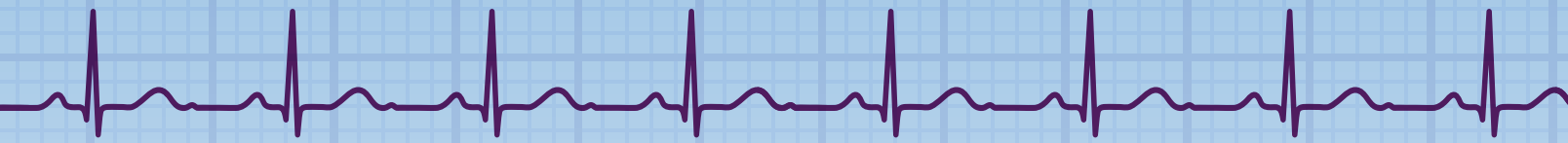


Hybrid OR

enhances cardiovascular care
at Summa



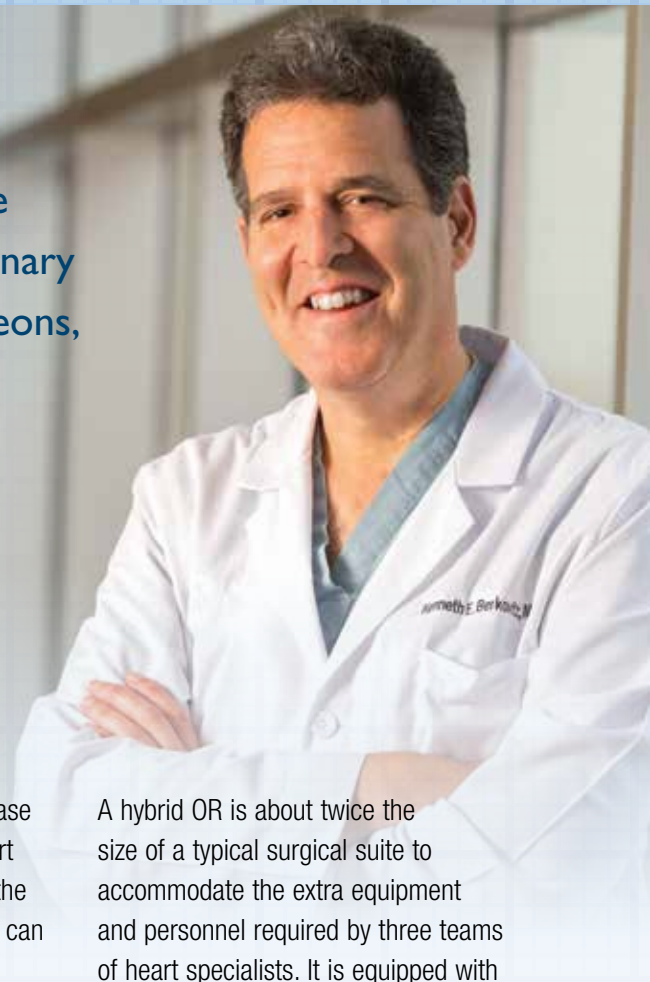
*The hybrid OR suite allows cardiothoracic surgeons, interventional cardiologists and electrophysiologists the ability to simultaneously perform surgical and interventional procedures.
Illustration: Perspectus Architecture*



“Our surgeons and staff will be able to provide complex procedures that require multidisciplinary care between cardiac surgeons, vascular surgeons, cardiologists and radiologists.”

– Kenneth Berkovitz, M.D.

Summa Physicians Inc. – Cardiology
and Medical Director of
Summa Cardiovascular Institute



Last year, an Akron couple donated \$4 million to Summa Health System to design and build a hybrid cardiovascular operating room at Summa Akron City Hospital.

The Richard M. and Yvonne Hamlin Hybrid Operating Room Suite combines the functionality of a traditional operating room, cardiac catheterization lab and electrophysiology (EP) lab. This gives chest, heart and vascular surgeons – specialists who unblock clogged arteries — and heart rhythm specialists the ability to simultaneously perform multiple complex procedures.

An aging population and the increase in chronic conditions (such as heart disease and diabetes) are driving the need for services that a hybrid OR can provide, including:

- Catheter heart valve replacement
- Stent placement to repair aneurysms
- Treatment of blocked arteries in arms and legs

When a high-risk patient needs a procedure, a surgical team can be on stand-by, ready to step in and perform open heart surgery should complications arise, saving precious minutes. When not being utilized for high-risk procedures, the hybrid OR can be used for other heart and vascular surgical procedures.

A hybrid OR is about twice the size of a typical surgical suite to accommodate the extra equipment and personnel required by three teams of heart specialists. It is equipped with the latest in medical imaging, audio and video integration, along with a fully integrated health information technology system.

The hybrid OR is expected to open in the fall of 2014 and serve 1,000 patients in its first year. ■

The hybrid OR suite will enable Summa Cardiovascular Institute to perform complex heart procedures that require multiple specialists.

Parents are on the front line in curbing the obesity epidemic



Obesity is one of the most important medical issues facing our country. According to the Centers for Disease Control and Prevention, more than one-third of children and adolescents are overweight or obese.

With obesity comes many diseases, such as type 2 diabetes, high blood pressure, high cholesterol, and other cardiovascular and orthopaedic conditions. Doctors now routinely diagnose adolescent patients with type 2 diabetes, a condition that traditionally does not develop in individuals until age 40 and older.

Obesity is a true epidemic, rooted in today's cultural and societal environment, says Diana Lishnevski, M.D., Summa Physicians Inc. – Family Medicine.

Parents play the most important role in making sure children maintain a healthy weight. By teaching proper nutrition and encouraging physical activity at an early age, parents can put their children on the path to a healthy life. Dr. Lishnevski offers parents some advice.

MEALTIME

Parents should:

- Make the food choices
- Prepare the meals (no fast food)
- Limit portion sizes
- Emphasize fruits and vegetables
- De-emphasize drinks and snacks that are high in sugar
- Eat meals together

AVOID TEMPTATION

Limit the amount of unhealthy foods you bring into the house. If it's not in the house, it can't be eaten.

TV AND ELECTRONICS

Limit the time children spend in front of a television or play an electronic game. Both the American Academy of Family Physicians and American Academy of Pediatrics recommend less than two hours of electronic and television time a day.

PHYSICAL ACTIVITY

Be active as a family. Take bike rides together and make other family-friendly physical activities a habit.

KEEP TRACK OF WHAT YOU AND YOUR FAMILY ARE EATING AND DOING

Dr. Lishnevski suggests parents keep a journal to record how much physical activity their children are doing and

what they're eating. She says it holds the entire family – and the physician – accountable.

Dr. Lishnevski makes this suggestion to her patients.

"We can see what they've eaten and how much they've moved," she asserts. "It makes a difference. People often think they eat healthy, then bring the journal in and discover they are not. We can work together to improve choices."

Dr. Lishnevski stresses that parents are role models for their children. If the kids see their parents eating healthy and exercising, there is a good chance they will follow their example.

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



Dr. Diana Lishnevski: Obesity is rooted in today's cultural and societal environment.

Osteoarthritis can impact your ability to perform routine activities



Osteoarthritis, the most common form of arthritis, occurs when the protective cartilage on the ends of your bones wears down over time. While osteoarthritis can damage any joint in your body, the disorder most commonly affects joints in your hands, neck, lower back, knees and hips. There is no known cure for osteoarthritis and its risk increases with age.

Catherine Y. Taras, M.D., Summa Physicians Inc. – Family Medicine, discusses what you need to know about osteoarthritis.

What are the symptoms?

Osteoarthritis symptoms often develop slowly and worsen over time. They include:

- Pain
- Tenderness
- Stiffness
- Loss of flexibility

What are the most common treatments?

Over-the-counter (OTC) non-steroidal, anti-inflammatory drugs are a good first step for pain relief. If the pain continues, your doctor might prescribe stronger medication or anti-inflammatory steroid injections. In severe cases, surgery may be necessary.

What can I do to avoid osteoarthritis?

Arthritis might be unavoidable. However, diet and exercise to maintain a healthy weight and OTC medications (used as directed on the package) may help.

How can osteoarthritis affect my quality of life?

Osteoarthritis can prevent you from performing routine tasks and physical activities that you take for granted.

When should I see my family doctor?

It's time to see your doctor when:

- The pain gets worse
- OTC medications don't help
- You find it more difficult to perform normal activities

What is the difference between osteoarthritis and rheumatoid arthritis?

While osteoarthritis is caused by wear and tear on your joints, rheumatoid arthritis is an autoimmune disease, where your immune system attacks the joints. It could eventually lead to permanent damage of your joints.

Dr. Catherine Y. Taras sees patients at Summa Health Center at Lake Medina, 3780 Medina Road, Medina. To schedule an appointment with Dr. Taras or another Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. ■



Dr. Catherine Y. Taras: People can improve their symptoms of arthritis.



Summa's Center for Senior Health is a strong resource for aging population

As we age, it is sometimes difficult to know if what we are experiencing is just a by-product of getting older or a symptom of a serious issue.

Edith (for privacy reasons, not her real name) knew her husband of more than 60 years wasn't himself. He was repeatedly asking the same question and experiencing other memory challenges. His primary care physician, recognizing that these issues weren't his area of expertise, recommended a geriatric assessment at Summa's Center for Senior Health at Summa Wadsworth-Rittman Hospital.

After his geriatric assessment, Edith's husband was diagnosed with dementia and depression. A plan was developed. It was recommended that Edith share the caregiving role with her children and develop an action plan for her husband.

"The Center for Senior Health provides me backup," Edith says. "I have the security of knowing that if they can help, they will."

Even if you're not concerned about a specific problem related to your elderly loved one, a geriatric assessment may be appropriate. It is simply a comprehensive look at the medical, functional, social and cognitive needs and abilities of a patient by a geriatrician and social worker.

Summa's Center for Senior Health provides a plan of care aimed at preserving independence for as long as possible and supporting the care provided by primary care physicians. Sometimes, problems are uncovered that the patient had assumed is normal, such as incontinence or constipation. Sometimes, a medication list can be streamlined. At every appointment, caregivers on this journey receive education and support.

To schedule a geriatric assessment at Summa's Center for Senior Health, either at Summa Akron City Hospital or Summa Wadsworth-Rittman Hospital, call (330) 375-4100.

Do you have questions about a loved one's behavior? Have you asked yourself:

- Is it safe for my mom to live alone?
- Is it OK that my dad still drives?
- My mom seems to be repeating herself. Is that normal aging or something I should be worried about?
- My dad has withdrawn socially and doesn't seem to be enjoying many of the things he once did. How can I find out whether he is depressed?

If you have any of these concerns, contact Summa's Center for Senior Health at (330) 375-4100 to schedule an appointment with a board-certified geriatrician. ■

SIGNS OF Anxiety



Anxiety: Is it normal or a medical condition?

When anxiety interferes with your daily life – when it impacts your ability to go to work or school, or take care of yourself or family members, an anxiety disorder may be present. Ask yourself if you or someone you love:

- Experiences excessive anxiety or worry (more than would be expected given the situation) and has difficulty controlling this worry
- Feels unexplained chronic body tension, muscle aches and fatigue
- Suffers from sudden, unexpected attacks of heart-pounding panic
- Believes something bad will happen if certain things aren't done in a certain way
- Has trouble concentrating or sleeping

What you can do

When you or someone close to you recognizes changes in behavior affecting daily life, help is available.

- Coping strategies – relaxation therapy, deep breathing exercises, meditation and yoga, and good eating, sleeping and exercise habits
- Cognitive behavioral therapy in which anxiety-provoking thoughts and behaviors are identified and changed so they are not as stressful
- Exposure therapy in which you're gradually exposed to the "thing" that causes the anxiety, such as public speaking or heights
- Medication

"My specialty is health psychology," emphasizes Jessica Moeller, Ph.D., Summa Physicians Inc. – Behavioral Health. "My approach to therapy incorporates healthy lifestyle changes – improving sleep, diet, exercise habits and medication compliance – in addition to traditional coping strategies for anxiety. I focus on short-term therapeutic interventions with the goal of helping my patients function better."

Anxiety disorders

Anxiety disorders affect more than 40 million adult Americans. They include:

- **Generalized Anxiety**
- **Social Anxiety and Specific Anxiety such as Phobias**
- **Obsessive-Compulsive Disorder (OCD)**
- **Post Traumatic Stress Disorder (PTSD)**
- **Panic Disorder or Anxiety Attacks**



Dr. Jessica Moeller sees patients experiencing general anxiety disorders and patients whose anxiety and depression are related to chronic medical conditions, such as diabetes, congestive heart failure, stroke, etc. To make an appointment with Dr. Moeller or another Summa Physicians Inc. doctor, call (800) 237-8662, ext. 234. ■



ER or Urgent Care:



Scott T. Wilber, M.D., chair of the department of emergency medicine at Summa Akron City Hospital, understands how confusing it can be for patients who may be trying to decide whether their symptoms warrant a trip to the emergency room (ER) versus a visit to an urgent care center.

“We have more care delivery options now,” he says. “Making the right choice on where to receive care is important, but knowing which option to choose can be confusing.”

Dr. Wilber provides some simple guidelines for knowing where to seek care, depending on what type of symptoms a patient is experiencing.

“Trips to urgent care centers should be reserved for situations which would normally merit an appointment with your primary care physician, if he/she was available,” Dr. Wilber points out.

But there are some conditions which should always be treated in an ER, Dr. Wilber acknowledges.

“No urgent care center wants to see a patient who has chest pain or shows signs of stroke,” he asserts. “Another indication that you should go to the ER is if you experience any sudden, unexplained and/or severe pain in any part of the body.”

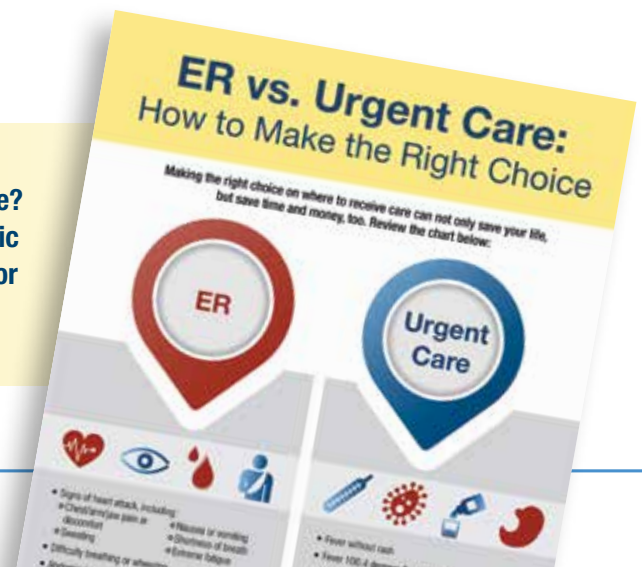
Dr. Wilber also has tips for parents on symptoms to watch for in their children.

“Any newborn infant with a fever or any child who becomes unresponsive, lethargic, is not eating or drinking, doesn’t produce tears or urine, or becomes dehydrated as a result of vomiting, diarrhea or high fever should be seen in the ER,” he stresses.

Urgent care centers are fine for treating fevers, coughs, sore throats, ear infections, urinary tract infections and minor trauma like sprains or simple broken bones of the wrist, hand, ankle or feet that have not broken through the skin.

But for deep cuts, large open wounds, serious burns, bleeding that won’t stop, head or eye injuries, and symptoms of a heart attack or stroke, patients should seek treatment at an ER. ■

Need help on making the best choice on where to receive care? Visit summahealth.org/EDvsUC to download a FREE infographic with all the details to post on the fridge or other handy spot for future reference.





Making the right choice on where to receive care

Summa Health System has you covered

Summa Health System's comprehensive network of freestanding and hospital-based emergency departments is staffed by board-certified emergency medicine physicians who can treat both pediatric and adult emergencies. **Summa Akron City Hospital offers the only dedicated emergency department program for patients age 65 and older in the greater Akron area.**

Need care in a non-emergency situation but can't get in to see your primary care physician? No appointment is necessary at Summa urgent care centers. Staffed by board-certified doctors, visit one of two convenient locations.



1. Summa Akron City Hospital
525 East Market Street
Akron, OH 44309
(330) 375-3361

1. Summa Akron City Hospital Senior Emergency Room
525 East Market Street
Akron, OH 44309
(330) 375-3361

2. Summa Barberton Hospital
155 Fifth Street NE
Barberton, OH 44203
(330) 615-3941

3. Summa Urgent Care at Fairlawn
2875 West Market Street, Suite B
Fairlawn, OH 44333
(330) 864-1916

4. Summa Health Center Emergency Department at Green
1825 Franks Parkway
Uniontown, OH 44685
(330) 899-2400

5. Summa Health Center Emergency Department at Lake Medina
3780 Medina Road
Medina, OH 44256
(330) 721-1111

6. Summa Urgent Care at Stow
3913 Darrow Road (Rt. 91)
Suite 100
Stow, OH 44224
(330) 688-7900

7. Summa Wadsworth-Rittman Hospital
195 Wadsworth Road
Wadsworth, OH 44281
(330) 331-1100

Emergency? Dial 9-1-1

Summa by the Numbers

How many individuals choose Summa Health System as their healthcare provider? Our numbers tell the story. For the calendar year ending 2013, Summa Health System* reported the following:



* Includes Summa Akron City and St. Thomas Hospitals, Summa Barberton Hospital, Summa Wadsworth-Rittman Hospital, Summa Western Reserve Hospital and Crystal Clinic Orthopaedic Center.

** Births at Summa Akron City Hospital and Summa Barberton Hospital



communitycalendar
PROGRAMS AND CLASSES

Summa Health System hosts programs, classes, lecture series and other events designed to educate and promote good health in the communities we serve. Visit summahealth.org/programs or call (800) 237-8662 for more information or to register.

MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITY ARE READY TO SERVE YOU

The following doctors joined Summa Physicians Inc. between Jan. 1, 2014, and April 30, 2014.



Geriatrics
Suganthi Alagarsamy, M.D.
75 Arch St., Suite G2
Akron, OH 44304



General and Trauma Surgery
Tiffany Marchand, M.D.
550 E. Market St., Suite 103
Akron, OH 44304



Maternal Fetal Medicine
Angela Silber, M.D.
75 Arch St., Suite 101
Akron, OH 44304



Family Medicine
Rebecca Andaloro, M.D.
1402 Boettler Road, Suite C
Uniontown, OH 44685



Infectious Disease
Munshi Moyenuddin, M.D.
201 Fifth St., Suite 14
Barberton, OH 44203



Family Medicine
Catherine Taras, M.D.
3780 Medina Road, Suite 250
Medina, OH 44256



Neuro Critical Care
Susana Bowling, M.D.
525 East Market St., Suite 1-N
Akron, OH 44304



Family Medicine
Nick Saunders, D.O.
1700 Boettler Road
Suite 200
Uniontown, OH 44685



Medical Weight Loss
Management
Kenneth Wells, M.D.
95 Arch St., Suite 260
Akron, OH 44304



Behavioral Weight Loss
Management
Jennifer Duncan, Psy.D.
95 Arch St., Suite 260
Akron, OH 44304

These physicians are accepting new patients.

To schedule an appointment, call
(800) 237-8662, ext. 234.



Corporate Communications
525 East Market St.
P.O. Box 2090
Akron, OH 44309-2090

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Permit No. 83

Colon cancer. Get screened. It absolutely matters.

The 5-year survival rate for cancer decreases in advanced stages of the disease.

But colorectal cancer is among the most curable of cancers, if caught early. That's why Linda Lytle believes in preventive screenings. She underwent her first screening colonoscopy when she was 45 (because of a family history) and has undergone two other colonoscopies in the 15 years since.

Linda will continue to undergo colonoscopies every five years, or at the recommendation of her physician. In fact, she stays up to date with all of her appropriate screenings.

Only 39 percent of colorectal cancer cases are diagnosed in an early stage, in part because of the underuse of screening.* Too many people wait until they experience symptoms such as belly pain or rectal bleeding before scheduling a colonoscopy. By that time, the cancer might be more difficult to treat or cure. A colonoscopy is one of the most effective ways of detecting colorectal cancer in the early stage. "A colonoscopy is something you can do," Linda says. "It can save your life." **Colon cancer: Catch it early; it absolutely matters.**

Schedule your colonoscopy today

Call (888) 920-8311

or visit summahealth.org/colonscreening

Most healthcare plans cover colon cancer screenings;
check with your plan.

* Statistics arrived at from the American Cancer Society's
Cancer Facts & Figures 2013.

**"I'm lucky to have
a good physician
who encourages me."**

Linda Lytle, Colonoscopy Patient



summahealth.org/colonscreening

