



Facts Women Should Know
About Gynecologic Health



An Overview of Common Conditions, Screenings and Treatment Options.

Summa Health System's commitment to women's health is unwavering. We have more sub-specialists in this field than any other Akron-area health system. Whatever your health needs or concerns may be, you'll find expert, compassionate care close to home.

Maintaining your gynecologic health allows you to lead the lifestyle you want. That means it's important to make - and keep - appointments with your physician and/or specialists.

Following is an overview of conditions common to many women (childbearing years through menopause and post-menopause) and various screenings and treatment options available.

Talk with your doctor to learn more, or make an appointment to see a specialist in women's health at Summa Health System by calling (888) 720-5318 or visit our website: summahealth.org/womens.

Nine Common Health Concerns for Women:

1 UTERINE FIBROIDS

What are they?

- Fibroid tumors are benign abnormal growths that attach themselves to the inside of the uterus. Fibroid tumors rarely develop into cancer and do not increase a woman's risk for endometrial (uterine) cancer.

What are some of the most common symptoms?

- Heavy menstrual bleeding with periods lasting more than 5 days. The bleeding may be so severe, you actually pass blood clots.
- Pain and/or pressure in the lower part of the back and abdomen.
- Pressure on the bladder with the need to urinate frequently.

What types of tests are performed to determine if I have uterine fibroids?

- Your doctor will perform a pelvic exam first. If further testing is required, s/he might recommend you have an MRI, CT scan or abdominal ultrasound.

What are the treatment options?

- Often, medications are prescribed to reduce/eliminate symptoms. If medications do not provide enough relief, or symptoms worsen, other options are available, including surgery. Depending on your condition, minimally invasive, laparoscopic, or uterine fibroid embolization surgery may be considered.

What else should I know?

- The chances of having a fibroid tumor increases with age.
- You may have a genetic predisposition if other women in your immediate family were diagnosed with fibroid tumors.
- African-American women are at a higher risk for this condition.

For a listing of Summa physicians who treat this condition, please call (888) 720-5318.



2 ENDOMETRIOSIS

What is it?

- It is a disorder in which the tissue that normally lines the inside of the uterus grows outside the uterus (or in other parts of the body) most commonly in the pelvic region.

What is the most common symptom?

- Abdominal pain, particularly during your menstrual period or during/after sexual intercourse.
- Pain associated with bowel movements.

What types of tests are performed to determine if I have endometriosis?

- Your doctor will conduct a pelvic exam and depending on the results, may recommend you undergo an ultrasound test. If the results do not provide enough information, s/he may recommend laparoscopy.

What are the treatment options?

- Common treatment options include medication, hormone therapy and surgery.

What else should I know?

- If left untreated, endometriosis may cause infertility.
- Endometriosis often is diagnosed in women whose immediate family members (mother, sisters, maternal aunts) suffer from the same condition.

For a listing of Summa physicians who treat this condition, please call (888) 720-5318.

3 ABNORMAL/EXCESSIVE VAGINAL BLEEDING (Menorrhagia)

What is it?

- Menorrhagia is the medical term for excessive, abnormal and/or prolonged bleeding during your menstrual cycle. Often, the symptoms are severe enough to interfere with your daily activities.

What are the symptoms?

- Excessive flow
- Long and frequent periods

What types of tests are performed to determine if I have this condition?

- Your doctor will ask you detailed questions about your symptoms. S/he may perform a Pap test to rule out other conditions that may have similar symptoms. A blood test may also be required to determine if the severe loss of blood is causing you to be anemic.

What are the treatment options?

- Treatment options can vary from medications (such as birth control) to surgery.

What else should I know?

- This condition is common and relief is available. Talk to your doctor.

For a listing of Summa physicians who treat this condition, please call (888) 720-5318.

4 CERVICAL DYSPLASIA (Pre-cancer of cervix)

What is it?

- It is a condition in which abnormal cells develop on the surface of the cervix (the narrow, outer part of the uterus).

What are the symptoms?

- Symptoms are rare – that's why it's so important to have a Pap test every year.

What types of tests are performed?

- The standard test for diagnosing this condition is a Pap test.
- Depending on the number, size and location of the abnormal cells, your doctor may recommend a biopsy.

What are the treatment options?

- Your doctor may recommend procedures and/or treatments to remove the abnormal cells.

What else should I know?

- Risk factors for this condition increase if you have multiple sexual partners, sexually transmitted diseases, HIV infection and/or are a smoker.

For a listing of Summa physicians who treat this condition, please call (888) 720-5318.



5 CERVICAL CANCER

What is it?

- Cervical cancer occurs when the abnormal cells that line the cervix develop aggressively. When found in the early stages, this type of cancer often can be treated successfully. This is another reason why you should not miss having a Pap test each year.

What are the symptoms?

- Symptoms may include abnormal vaginal bleeding (bleeding between periods), bleeding during intercourse, pain while having sex and vaginal discharge that may appear bloody.

What types of tests are performed?

- Your doctor will perform a pelvic exam. Depending on any additional symptoms you have and/or the results of the test, s/he may recommend a biopsy. If the biopsy indicates cancer cells are present, your doctor will review treatment options with you.

What are the treatment options?

- The most common types of treatment options include surgery, radiation therapy and chemotherapy.
- Surgery – depending on the stage of the cervical cancer, different types of surgery may be considered, including minimally invasive techniques or laparoscopy. Both offer many patients a shorter hospital stay and reduced recovery period so they can resume their normal activities sooner.
- Radiation therapy – uses high energy X-rays and other types of radiation designed to kill cancer cells.
- Chemotherapy – uses drug therapy to stop the growth of cancer cells. Chemotherapy can be administered orally (taking pills), intravenously (via IV) or via injection.

What else should I know?

- Almost half of all women who develop cervical cancer are between the ages of 35 – 55.
- Hispanic women are at higher risk for cervical cancer than non-Hispanic women.
- Women who were given the drug DES (Diethylstilbestrol) during their pregnancy are at a slightly higher risk than those who did not receive the medication.
- Risk factors increase if you have multiple sexual partners, are infected with HPV or HIV, smoke, used oral contraceptives for five years or more and/or have had multiple pregnancies.



6 ENDOMETRIAL CANCER (also known as uterine cancer)

What is it?

- Endometrial cancer most often begins in the layer of cells that form the lining of the uterus. It also is referred to as uterine cancer.

What are the symptoms?

- One of the earliest symptoms is abnormal vaginal bleeding. Pelvic pain, pain during intercourse and difficult, painful urination also may be symptoms of this condition.

What types of test are performed?

- As with most gynecological exams, the first test often performed is a Pap smear; however, your doctor will ask you specific questions regarding bleeding, spotting and other symptoms you may experience.
- The results of a biopsy will provide further information so your doctor can make recommendations for treatment options.

What are the treatment options?

- Often, a hysterectomy is the most effective surgical option. There are different types of hysterectomies – some involve only the removal of the uterus. In other cases, the cervix, ovaries and fallopian tubes are removed as well. Summa surgeons most often use robotic surgery to perform these procedures.
- Radiation therapy – as mentioned previously, radiation therapy uses high energy X-rays and other sources of radiation to kill cancer cells.
- Chemotherapy - also mentioned previously, the goal of chemotherapy treatments is to stop cancer cells from growing. Chemotherapy can be administered in a number of different ways, depending on the type of cancer, its stage and other health conditions you may have.

What else should I know?

- Some individuals diagnosed with uterine cancer might want to consider participating in a clinical trial. A clinical trial is part of a research process whereby medical professionals work to develop new, safer, more effective treatments for cancer and other diseases. Your doctor can tell you about clinical trials or you can learn more about the clinical trials being conducted at Summa Health System by calling (330) 375-4221 or visit our website: summahealth.org/cancer.



Vivian von Gruenigen, M.D., a physician with Summa Physicians, Inc. - Gynecology/Oncology, is a recognized expert in gynecologic oncology. She serves as system medical director, women's health services, Summa Health System and chair of the department of obstetrics and gynecology at Summa Akron City Hospital. Prior to her position at Summa, Dr. von Gruenigen was director of robotic surgery at University Hospitals Case Medical Center in Cleveland and associate professor, department of reproductive biology at the Case School of Medicine. She is the author of over 100 journal articles and abstracts and has been named one of the "Best Doctors in America" by the Consumer's Research Council of America as well as one of "America's Top Oncologists" by Cleveland Magazine.

Stephen Andrews, M.D., a physician with Summa Physicians, Inc. - Gynecology/Oncology, came to Summa Health System by way of private practice in the Columbus, OH region and is a veteran of the U.S. Army where he served as a major in the medical corps. Prior to his position at Summa, Dr. Andrews was associate professor, department of obstetrics and gynecology, division of gynecologic oncology at the University of Toledo. With a definitive interest in ovarian cancer, he has authored dozens of journal articles and abstracts and is a contributing author of Handbook of Cancer Chemotherapy, 7ed. Dr. Andrews also is a prolific lecturer and frequent presenter at national events.

Drs. von Gruenigen and Andrews are accepting new patients. To schedule an appointment, call (888) 720-5318 or visit our website: summahealth.org. Or, to obtain a complete listing of Summa physicians who treat these conditions, please call (888) 720-5318.

What is it?

- Vulvodynia is a type of chronic pain affecting the vulva and other female genital organs. There is no known cause for this condition at this time; however, there is no evidence vulvodynia is caused by sexually transmitted diseases.

What are the symptoms?

- Symptoms include burning, stinging, throbbing, aching, itching and soreness.
- The vulva may appear inflamed or swollen, but this is not always the case.
- Symptoms may be constant, or occur during activities such as exercise, intercourse or walking.

What are the treatment options?

- Treatment options can include estrogen creams, antidepressants, injections and nerve blocks.

What else should I know?

- This is not an uncommon condition. It is estimated up to 6 million women in the U.S. may suffer from symptoms of vulvodynia.
- Chronic pain also affects your emotional well-being. Therapy and support groups often can provide help and insight.
- Summa Health System has a dedicated specialist in the management of sexual pain and other conditions such as vulvodynia.

*Lara Burrows, M.D. a physician with Summa Physicians, Inc. - Gynecology, is a graduate of Dartmouth School of Medicine. She completed her OB/GYN residency at Johns Hopkins Hospital and continued her post-graduate training at NYU and the University of Pittsburgh where she completed a fellowship in female pelvic medicine and reconstructive surgery. She also obtained a master's degree in clinical research design and statistical analysis and is a fellow of the International Society for the Study of Vulvovaginal Disorders. The author of many books, peer reviewed articles and abstracts, Dr. Burrows is an expert in the evaluation and treatment in female pelvic floor disorders and interstitial cystitis. She currently is accepting new patients. **To make an appointment, call (888) 720-5318 or visit our website: summahealth.org.***

What is it?

- Chronic pelvic pain includes a number of underlying problems that appear as other symptoms.
- Chronic pelvic pain includes pain before, during, or after menstruation. Unhappiness or other mood problems can occur with this type of pain.

What are the symptoms?

- Pain in the pelvic area
- Pain before, during or after urination
- Pain unassociated with your menstrual period
- Difficulty passing stools, diarrhea, constipation

What types of tests are performed?

- Your doctor first will do a complete pelvic exam which may include a Pap test. Blood and urine tests will determine if you have any type of infection and you may be tested to ensure you do not have a sexually transmitted disease.
- If these tests are inconclusive, your doctor may schedule you for a transvaginal ultrasound, MRI or CT scan.
- Because of the many causes and symptoms of chronic pelvic pain, it is important to have a complete, multidisciplinary approach to both diagnosis and treatment.

What else should I know?

- Summa Health System is the only health system in the region that has a pelvic pain specialty center. The center's multidisciplinary team

of gynecology, psychiatry and traumatic stress specialists can provide a number of treatment options to address your condition.

*Bradford W. Fenton, M.D., Ph.D., a physician with Summa Physicians, Inc. - Gynecology, leads Summa's pelvic pain referral center. He is a graduate of the Boston University School of Medicine and completed his residency in obstetrics and gynecology at Georgetown University. Under Dr. Fenton's leadership, the center provides a multidisciplinary approach to patients with this condition using an integrated care model. Dr. Fenton is accepting new patients. **To schedule an appointment, call (888) 720-5318 or visit our website: summahealth.org.***

What is it?

- Pelvic Floor Disorder (PFD) is a term used to describe a number of different conditions affecting the pelvis. Over time, the pelvic floor can be damaged by chronic disease, the birthing process, repeated heavy lifting, obesity or surgery.

What are the various types of PFD?

- Incontinence: Symptoms - loss of bladder or bowel control, leakage of urine or feces
- Prolapse Floor Disorder: Symptoms - a feeling of a bulge and/or pressure of the uterus, bladder, vagina or rectum
- Emptying Disorders: Symptoms - difficulty urinating or moving bowels
- Pain: Symptoms - discomfort or a burning sensation when urinating.
- Overactive Bladder: Symptoms - a frequent need to void, feeling pressure in the bladder, a sense of urgency to empty your bladder, difficulty in holding a full bladder.

What types of tests are performed to determine PFD?

- Uroflometry – measures the amount and rate of urine you void.
- Cystometry – evaluates how much urine your bladder can hold, how well the bladder muscle functions and if the neurological signals which tell you when your bladder is full, are functioning properly.
- Urethral Pressure Profile Study – evaluates the amount of pressure in your urethra (the canal through which urine is discharged from the bladder).
- Stress Leak Point Pressure – helps evaluate the severity of your stress incontinence.
- Pressure Flow Study – provides an in-depth measurement of the pressure and flow of urine from your bladder and is valuable for evaluating problems associated with emptying urine.

What are the treatment options?

- Your doctor may recommend changes to your diet, exercises, drug therapies or a minimally invasive surgical procedure.
- Surgical procedures for pelvic floor disorders often are minimally invasive and typically done on an outpatient or overnight basis. The procedures are designed to provide permanent support for the weak organs in the pelvic floor.

John B. Devine II, M.D., a physician with Summa Physicians, Inc. - Urogynecology, obtained his medical degree from Northeastern Ohio Universities College of Medicine and completed his fellowship in urogynecology and pelvic reconstructive surgery at the University of California Irvine. He is board certified in obstetrics and gynecology.

Robert F. Flora, M.D., MBA, MPH, a physician with Summa Physicians, Inc. - Urogynecology, obtained his medical degree from the Medical College of Ohio in Toledo. He completed his residency program in obstetrics and gynecology at the Medical College of Ohio. Dr. Flora is board certified in obstetrics and gynecology. He is fellowship trained in urogynecology and pelvic reconstructive surgery at Albert Einstein College of Medicine/Montefiore Medical Center and Mt. Sinai Hospital/University of Connecticut. He is medical director of Summa's incontinence/pelvic floor physical therapy program.

Christopher M. Rooney, M.D., a physician with Summa Physicians, Inc. - Urogynecology, received his medical degree from Northeastern Ohio Universities College of Medicine and completed his residency in obstetrics and gynecology at Aultman Hospital. He is fellowship trained in urogynecology and reconstructive pelvic surgery at Good Samaritan Hospital in Cincinnati, Ohio. He is board certified in obstetrics and gynecology.

Drs. Devine, Flora and Rooney are accepting new patients. To make an appointment, call (888) 720-5318 or visit our website: summahealth.org. Or, to obtain a complete listing of Summa physicians who treat this condition, please call (888) 720-5318.





The Summa Difference:

Why Summa Health System should be your choice for gynecologic care:

- We have more sub-specialists in this field than any other Akron-area health system.
- We can offer you a number of treatment options.
- We take into consideration the WHOLE patient, knowing how important it is to address your physical and emotional well-being.
- Your care is delivered by compassionate, caring, exceptional professionals (many of whom are board-certified) who are recognized nationally and internationally for the work they do in the area of women's health.
- Convenience is key. You can receive exceptional care close to home.



For more information, or to schedule an appointment, please call (888) 720-5318 or visit summahealth.org/womens.



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