

ATTITUDE

| for a healthy outlook on life |

On the *road again*

Learn how surgery for a rare cancer helped Dale Kurzen get back on his bike!

Plus:

- Summa FastCare opens at Wadsworth Giant Eagle
- Putting the brakes on chronic pain



SUMMA
Health System



Summa Health System

Summa Health System – headquartered in Akron, Ohio – is an Integrated Healthcare Delivery System that provides coordinated, value-based care across the continuum for the people and populations we serve. We hold ourselves clinically and financially accountable for health outcomes in our communities.

Summa Health System integrates the resources of seven owned, affiliated and joint venture hospitals, a regional network of ambulatory centers, a network of more than 1,000 physicians that includes a 250+ employed multi-specialty group, a 150,000+ member health plan, a System level foundation and 10,000+ employees, nurses and healthcare professionals.

This nonprofit system now serves more than one million patients each year in comprehensive acute, critical, emergency, outpatient and long-term/home-care settings.

The mission of Summa Health System is to provide the highest quality, compassionate care to our patients and members and to contribute to a healthier community.

At Summa Health System today, you see the healthcare system of tomorrow.

On the cover: Dale Kurzen and wife, Shirley, are back on the road again – thanks to Dale's team at Summa!

Cover photo by TRG Studios.

Welcome to Attitude!



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Visit our website at summahealth.org or call (800) 237-8662. From our website, you can also become a fan on Facebook or follow us on Twitter.

ON THE ROAD AGAIN...

*On the road again
Goin' places that I've never been
Seein' things that I may never see again
And I can't wait to get on the road again¹*



The lyrics to this well-known country ballad could have easily been written about Massillon native, Dale Kurzen.

Dale is everyone's idea of what a good neighbor should be.

A humble, welcoming steward of the family farm...

A devoted husband, loving father and doting grandfather...

A former Navy SeaBee and Vietnam veteran, seasoned traveler and avid hobbyist – with a sharp sense of humor.

Born in Washington, D.C., Dale's parents returned to their hometown of Massillon, Ohio, shortly after his birth.

While still a teen, he discovered what would become his lifelong passion: motorcycles.

"I got my first motorcycle when I was 14 years old," Kurzen said. "I paid \$15 for an old Whizzer motorbike. And things just took off from there."

Fortunately, Shirley, his wife of 42 years, shares not only his passion for motorcycles, but also his love of travel.

"After I got out of the Navy and we got married, we went all over the place," Dale said. "We drove an old Volkswagen bus, camped out and took the scooters everywhere. We looked like a couple of hippies."

¹ Lyrics by Willie Nelson from his song, *On the Road Again*.



Through the years, Dale and Shirley worked side-by-side to raise a family and build their farm. Their lives were hectic and busy, filled with farm chores, family get-togethers, camping trips and the school activities of their two children.

And, of course – motorcycle riding.

In 2002, after a 34-year career with First Energy, Dale was looking forward to retiring. He still had plenty of things he wanted to do – and enjoy – with his family.

But in 2006, Dale noticed a lump on his upper right forearm.

At first, it seemed like nothing.

But after a few weeks, the lump didn't go away. In fact, it began to grow in size and hardness.

It worried Dale and he made an appointment to see his family physician.

His doctor ordered some tests, but could not identify the cause of the mysterious lump or explain why it was still growing.

His physician referred Dale to a specialist at Summa Health System.

Dale met with Scott Weiner, M.D., an orthopaedic oncologist and chair of Summa's department of orthopaedics. Weiner examined Dale and immediately scheduled a biopsy (tissue sample) to be taken from the lump on Dale's arm.

The results weren't good.

The biopsy confirmed Dale had a soft tissue histiocytoma, a rare form of sarcoma (cancerous tumor). According to the National Cancer Institute, it accounts for less than one percent of all cancer

diagnoses in the United States – or roughly 2,300 new cases per year.

Dale's cancer diagnosis came as a shock.

"As a young guy, I knew a lot of different people with cancer and the word always scared me, as it would with most people," Dale said.

But Dale realized he had one important advantage – the skill and expertise of his oncologist.

Dr. Weiner is a rare type of physician who specializes in treating bone cancer: an orthopaedic oncologist.

"There are only seven orthopaedic oncologists in the state of Ohio, including me," Dr. Weiner said. "There are three in Cleveland, two in Columbus and one in Cincinnati. I see patients from western Pennsylvania to Mansfield, from Sandusky to West Virginia."

Knowing he was in expert hands helped alleviate the anxiety that Dale felt when he first heard the word "cancer."

"I wouldn't say I was scared when I first found out I had cancer... [I was] more anxious than anything [else]," Dale said. "But I just thought I'd make the best of it – no matter what."

Standard treatment for a soft tissue histiocytoma includes a combination of surgery, radiation and chemotherapy, depending on the tumor's size, location and stage of development. The patient's age and overall health also play a significant role in determining a patient's course of treatment.



Scott Weiner, M.D.



Because of the tumor's size, Dr. Weiner recommended Dale undergo 25 sessions of radiation therapy to stop the tumor from growing. Radiation therapy also could shrink the tumor, making surgical removal easier.

After he completed radiation therapy, Dr. Weiner scheduled Dale's surgery for October 2006.

Delaying the surgery was a calculated decision on Weiner's part.

"Radiation can be hard on the body – especially muscles and tissues," Dr. Weiner said. "We scheduled surgery in October so Dale had the chance to build up his strength and allow the tumor to cool down."

Dale's surgery took several hours because the tumor was fairly large and located in an area surrounded by different muscles, tendons and tissues. It was a complex and delicate procedure.

"When I woke up after surgery, Dr. Weiner told me he was confident he [had] removed the entire tumor," Dale said. "But he said he had to take some tendons and muscle that controlled the last three fingers on my right hand and wrist."

Knowing his patient's active lifestyle, Weiner didn't want to see Dale lose the functionality in his right hand.

Enter Nina Njus, M.D. – an orthopaedic surgeon from Crystal Clinic Orthopaedic Center who specializes in surgery of the hand and upper extremities.

Dr. Njus observed Dr. Weiner during surgery, which allowed her to see exactly which tendons and muscles Dr. Weiner removed.

Dr. Weiner later explained to Dale that a second surgery could restore the functionality of his right hand.

"Dr. Weiner told me about Dr. Njus and sent me to see her," Dale said. "[He] told me she might be able to repair the tendons and restore movement to my fingers and wrist."

Dale met with Dr. Njus in January of 2007 to discuss surgical treatment and explain how he planned to use his hand after surgery.

"I told her I needed my fingers back because I do a lot of riding – motorbikes and my Harley Davidson," Dale said.

She gave me a funny look and replied: 'Too many accidents.'

And then we laughed about it," he said.

Dale's hand surgery was scheduled for March 2007.

In preparation, Dr. Njus referred Dale to a physical therapist who specializes in hand therapy. They worked together to loosen the muscles and tendons in Dale's hand, wrist and forearm.

During surgery, Njus used the remaining ligaments and tendons in Dale's arm and hand to return functionality to his fingers and wrist.

A major factor in the success of Dale's reconstructive surgery was that Dr. Njus was able to see precisely what tissue Dr. Weiner had removed during Dale's cancer surgery.



Dale was satisfied with the results of the reconstructive surgery.

“The [second] surgery went great. I worked with the same hand therapist for about eight months after surgery to get everything back in order,” Dale said. “I’ve gone from no movement or control at all [in my right hand] to almost full strength.”

A cancer diagnosis is always scary, especially when it’s a rare form of the disease.

Still, Kurzen considers himself to be an extremely lucky man.

He had immediate access to a rare type of specialist – an orthopaedic oncologist – who had the experience and skill needed to successfully treat his cancer. Plus, Summa’s team-based approach to patient care allowed Dr. Weiner to work closely with Dale’s hand surgeon and his physical therapist to help Dale regain full use of his right hand.

No one has to convince Dale Kurzen of the value of coordinated care and teamwork.

“I was satisfied from day one,” Dale said. “As far as I was concerned, my doctors, nurses and therapist were right there with me the entire way. Right there with Shirley. They were my team.”

More than five years after his initial diagnosis, Dale is cancer-free with a fully functional right hand and wrist.

He still meets periodically with Dr. Weiner to ensure he remains free of cancer.

“I can’t say enough about Summa. They really treated me well,” Dale said. “I put my faith in them and they took care of me. I wouldn’t hesitate to go back.”

Now, Dale Kurzen is back to doing all of the things he loves to do.

“Shirley and I – we garden, make wine, spend time with the family,” Dale said.

Best of all, he and Shirley are on the road again.

“We’re just great,” Dale said with a smile. “And we’re back to riding the motorcycle.”

Summa: Where Teamwork Matters

Being diagnosed with cancer can be a frightening and lonely experience, especially when you need to make important decisions quickly.

If you (or a loved one) are faced with a cancer diagnosis, don’t try to do it all alone.

Get expert advice from the team of specialists at Summa who will clearly explain your treatment options and help you find the right specialist to manage your care.

Visit our website to learn more about the cancer services available at Summa Health System, including treatments for: breast cancer, colorectal cancer, gynecological cancers and other conditions.

From this web page, you can also:

- Find a physician and view his/her profile
- Find the Summa location nearest to your home or workplace
- Request an appointment with a physician
- Learn more about the services offered at Summa
- See videos or read about other patients’ experiences at Summa

Visit www.summahealth.org/DK to learn more about how *Team Summa* got Dale (and Shirley) back on the road again – and enjoying life!



SUMMA FASTCARE

opens at Wadsworth Giant Eagle



Illness doesn't always strike at a convenient time.

If you (or a loved one) are stricken with a non-urgent illness and you don't have a primary care physician, or your doctor's office isn't open, you now have a cost-effective alternative to an emergency room visit.

Summa FastCare, located at the Wadsworth Giant Eagle, 825 Ambassador Drive, is now open.

Under the supervision of Dr. Joseph Burick, a board-certified family medicine specialist, nurse practitioners treat common illnesses such as sore throats, fevers, flu and colds, ear and sinus infections, skin rashes, and allergies. FastCare also provides lab services and immunizations. Patients must be age 18 months or older.

Summa FastCare is open Monday through Friday from 8 a.m. to 8 p.m., and on Saturday and Sunday from 9 a.m. to 5 p.m. An appointment is not required.

Summa FastCare will bill insurance providers when applicable. Patients are responsible for their co-pay.

Each patient's primary care physician will be notified of the care and treatment provided by FastCare. Patients who do not have a primary care physician may be referred to an appropriate physician for follow-up care.

For more information about Summa FastCare services, call (330) 336-5457 or visit summahealth.org/fastcare.

FASTCARE

Exclusively at **GIANT EAGLE**®



Putting the brakes on *chronic pain*

Samer Narouze has devoted his life to fighting a formidable enemy – pain.

Samer N. Narouze, M.D., MSc, DABPM, FIPP, heads the Center for Pain Medicine located at Summa Western Reserve Hospital in Cuyahoga Falls.

Dr. Narouze is board-certified in anesthesia, pain management, pain medicine, headache medicine and anesthesiology. He also has a masters degree in anesthesia and critical care medicine and is certified in medical acupuncture. In 2007, Dr. Narouze was recognized as one of the Top Pain Medicine Physicians in the U.S. by the Consumer's Research Council of America.

Dr. Narouze joined Summa Western Reserve Hospital in May 2010 and chairs the hospital's pain management department. He has recently shepherded the Center through its first major expansion project.

Carved from what was previously the hospital's obstetrics department, the new Center's expansion encompasses approximately 20,000 square feet and includes space for procedure and recovery rooms, a patient reception area and visitor/family waiting areas.

When Dr. Narouze first became interested in pain medicine, there weren't many options available for patients suffering from medically intractable chronic pain (Chronic Pain Syndrome) – other than drugs.



Samer N. Narouze, M.D., MSc, DABPM, FIPP

But after over a decade in the field, Dr. Narouze has seen a lot more “weapons” to fight pain added to his arsenal. Research – some of it his own work – has led to innovative new therapies for treating chronic pain.

A renowned researcher with an international reputation, Dr. Narouze's clinical research has focused on pain management techniques for chronic headaches, i.e., cervicogenic (originating in the neck), migraine and cluster headaches.

He has been a pioneer in the use of ultrasound-guided nerve blocks in chronic pain medicine. He has written numerous articles and abstracts in leading medical journals and has written sections in medical textbooks on pain management.

Dr. Narouze says his biggest challenge now is changing the misconceptions that many people – including some physicians – have about chronic pain management.

Narcotics are not the first line of defense in the war on chronic pain – in fact, they are a last resort.

“As a general rule, we exhaust all of the conservative therapies first, such as physical therapy, non-narcotic medications, biofeedback, massage, acupuncture, etc. We also treat the depression and sleep problems that often accompany chronic pain,” he said.

“Then we move on to more interventional measures, such as nerve blocks or joint injections. These also can help us pinpoint the source of the pain – and, hopefully, resolve the problem,” said Dr. Narouze.

He admits there will be some patients who will require surgery, but others find relief in some combination of available therapies.

It's important to understand the difference between acute and chronic pain – and how chronic pain develops, Dr. Narouze believes.



“Acute pain is when you have you have pain due to surgery or an injury. It may hurt a lot, but it is temporary. Once the injury to the body heals, the pain goes away,” Dr. Narouze said.

“Chronic pain, however, is different – it doesn’t go away,” he said.

“Acute pain, if left untreated, can lead to chronic pain,” he said. “That’s why it’s important to treat it promptly and adequately – to prevent acute pain from turning into chronic pain later on.”

Dr. Narouze compares treatment for chronic pain to treating other chronic conditions like diabetes or high blood pressure.

“You cannot cure diabetes or high blood pressure, but you can control blood sugar or blood pressure levels – to avoid complications,” said Dr. Narouze.

“It’s the same with chronic pain,” he said. “We control pain in a patient to avoid complications later like decreased function, depression and disability.”

How does Dr. Narouze control pain without relying solely on painkillers?

He and his team use a comprehensive, team-based approach to identifying and treating the source of the pain – and offering patients useful alternatives to drugs.

Dr. Narouze’s multidisciplinary team of pain management specialists includes physicians who are board-certified and fellowship-trained in pain

It hurts so much. Will I ever get a good night’s sleep?

Why is the pain still there when my surgery was six months ago?

My family doctor can’t find the source of my pain. Where do I go from here?

Will I ever feel good again?

If you (or a loved one) are living with the effects of chronic pain, then you know just how debilitating it can be.

Sleepless nights, depression, frustration, anxiety and uncertainty about the future – chronic pain can impact the entire family, not just the sufferer.

But there is help available – and it’s available right here in the Akron area!

Offering the area’s only comprehensive, team-based approach to chronic pain management, the Center for Pain Medicine’s team of specialists at Summa Western Reserve Hospital can help you find the source of your pain and develop a personalized, effective treatment plan that can get you back to enjoying life again.

The Center also is now making comprehensive pain management services available to residents of Portage County. Working in conjunction with Robinson Memorial Hospital, an affiliate of Summa Health System, physicians from the Center for Pain Medicine at Summa Western Reserve Hospital are now seeing patients at the Center for Pain Medicine at Robinson Health Center at Kent.

Pain management services are also available at both Summa Barberton Hospital and Summa Wadsworth-Rittman Hospital (Medina County).

Pain management services, including palliative care, are available at these convenient Summa Health System locations shown below.

**Robinson Health Center at Kent
Center for Pain Medicine**

401 Devon Place
Kent, OH 44240
(330) 677-7680

** South of SR 43 and SR 261

Summa Barberton Hospital

155 Fifth Street NE
Barberton, OH 44203
(330) 615-4050

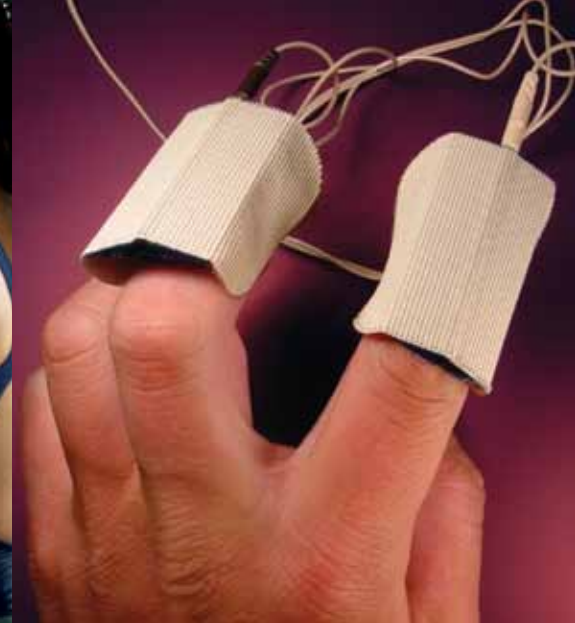
Summa Wadsworth-Rittman Hospital

195 Wadsworth Street
Wadsworth, OH 44281
(330) 379-5111

Call for a referral to a pain management specialist.

**Summa Western Reserve Hospital
Center for Pain Medicine**

1900 23rd Street
Cuyahoga Falls, OH 44223
(330) 971-7246



management and/or palliative medicine; physical therapists; a clinical pharmacist who monitors and manages each patient's medications; and psychologists who use biofeedback and other techniques to help patients reduce their pain.

Medications are only one of the weapons Dr. Narouze uses to fight pain.

There are other treatments Dr. Narouze's team can use in different combinations which can be customized to meet the unique needs of each patient. This multi-faceted approach to chronic pain management is unique in the Akron area.

"No one else is offering this array of services in the region," he said. "You have to travel some distance to find a comprehensive program like this one."

This "one-size-doesn't-fit-all" philosophy of care allows Dr. Narouze to often eliminate or reduce the amount of medication a patient needs to effectively control their pain.

"We individualize the treatment to each patient. If we find that the pain is overwhelming, we offer support not only to the patient, but to their caregiver as well," Dr. Narouze said.

"Our philosophy of care is to make the patient more able to function. That's the goal," he said. "If they are sleeping all the time or not sleeping,

are depressed or drowsy from medications they are taking, then they aren't able to function well. We want to get them back to being active and doing the things they enjoy."

Many of the patients he sees are older adults, with multiple chronic conditions, for which they may be taking as many as a dozen medications, including antidepressants, sleeping medications, etc. It is these patients which have the greatest potential for a possible dangerous drug interaction.

"These patients may see several different specialists – and each one prescribes a different medication for a different condition," Dr. Narouze said. "If you add strong painkillers into the mix, you could really have a problem."

Sometimes getting a patient functioning again may involve weaning the patient from medications they don't need. The team's pharmacist works with patients to gradually reduce the dosage until the patient can safely stop taking the medication.

Dr. Narouze also uses alternative therapies, such as acupuncture, massage, physical therapy or biofeedback and muscle relaxation techniques to help patients learn how use these drug-free strategies for coping with pain. Patients also need counseling and support to address the effects of chronic pain on mood, sleep and activity levels.

"We look at chronic pain now as a disease in its own right," Dr. Narouze said.





Don't let heart disease sideline you!

Join Summa healthcare professionals for a discussion about how making a few simple lifestyle changes can help prevent heart disease in men – and keep you in the game!

The site of all four workshops is:
Summa Wellness Institute
5625 Hudson Drive, Hudson, OH 44236

Time: 6:30 p.m. to 7:30 p.m.

Cost: FREE

Workshop topics and speakers:

Sept. 22: Scout your Opponent: Men and Heart Disease
Michael D. Bage, M.D.

Sept. 29: Have a Game Plan: Finding and Treating Heart Disease in Men
Mark A. Iler, M.D.

Oct. 6: Prepare: Eat Like a Champion!
Lee Ann DiBiase, Registered Dietitian

Oct. 13: Getting to the End Zone: Get Moving!
Jim Rosneck, BSN, MS
Manager, Summa Akron City Hospital
Cardiovascular/Pulmonary Rehabilitation Program

Participants who register for all four workshops receive:

- Voucher for complimentary health screenings
- Free giveaways
- Free game-time snacks
- Chance to win a grand prize (valued at \$50)

Seating is limited, so please call (888) 720-5318 to register today. All are welcome to attend, but the focus of the program is on heart disease prevention in men. Sponsored by Summa Cardiovascular Institute



Concerned about memory lapses?

If you're unsure whether there is a reason to be concerned about memory lapses you (or a loved one) are experiencing, consider registering for a FREE memory screening to be held Tuesday, November 15, 2011 at five area locations. Summa Health System, in partnership with the Alzheimer's Foundation of America, are offering FREE memory screenings to determine if you (or a loved one) are at risk for developing Alzheimer's disease.

The screening will be offered at five convenient locations, including:

- Summa Center for Senior Health at Summa Akron City Hospital
- New Horizons Adult Day Services at Summa Western Reserve Hospital

- Summa Wadsworth-Rittman Hospital
- Summa Barberton Hospital
- Robinson Memorial Hospital, an affiliate of Summa Health System

Times vary by location. Please call (888) 720-5318 to register for the screening.



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SUMMA HEALTH SYSTEM *at a glance*

SUMMA HEALTH SYSTEM INCLUDES:

- Summa Akron City and St. Thomas Hospitals
- Summa Barberton Hospital
- Summa Wadsworth-Rittman Hospital
- Summa Western Reserve Hospital
- Robinson Memorial Hospital, an affiliate of Summa Health System
- Crystal Clinic Orthopaedic Center, a partnership with Summa Health System
- SummaCare
- Summa Foundation
- Summa Health Network
- Summa Physicians Inc.

COMMUNITY HEALTH CENTERS:

Akron

- Jean and Milton Cooper Cancer Center at Summa Akron City Hospital
- Summa Akron City Hospital Specialty Center/ Heart and Lung Center at Summa Akron City Hospital
- Summa Health Center at White Pond in Park West
- Summa Neurosciences at White Pond
- Summa Rehabilitation Services at University Park YMCA
- Summa Rehabilitation Services at White Pond

Barberton

- Parkview Center at Summa Barberton Hospital
- Summa Health Center at Anna Dean
- Summa Health Center at Lake Anna

Cuyahoga Falls

- Natatorium Rehabilitation and Wellness Center
- Summa Health Center at Cuyahoga Falls

Hudson

- Summa Health Center at Western Reserve
- Summa Wellness Institute

Medina

- Summa Health Center at Lake Medina

Tallmadge

- Summa Rehabilitation Services at Tallmadge Recreation Center

Uniontown

- Summa Health Center at Green



The information in *Attitude* is provided by Summa Health System to help you make informed decisions about your health. This information should not be considered medical advice or treatment, nor should it be used as a substitute for a physician consultation.

If you do not receive *Attitude* at your home and would like to subscribe, please call (800) 23-SUMMA or (800) 237-8662. If you have a question or comment about *Attitude*, please send an e-mail to richardsonam@summahealth.org.