

thrive

for every season of your life

When it comes
to a stroke,
there is
no time to
waste

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WADSWORTH
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SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

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

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

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

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 HEALTH CENTER LOCATIONS

Natatorium Rehabilitation
and Wellness Center
2345 4th Street
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 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) 572-1011

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) 723-0540

Welcome to *Thrive*



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No time to



waste



KATHLEEN SCHMIDT'S RECOVERY FROM A STROKE BEGAN WITH A QUICK DIAGNOSIS AND TREATMENT

When it comes to a stroke, time is critical. The faster a patient can get to a certified stroke center, the more options physicians have of treating the stroke, and the better chance the patient has of making a good recovery.

In June 2010, Kathleen Schmidt of Bath Township began to experience a tingling feeling in her right arm and leg as she was leaving church. She knew something was wrong but wasn't sure what. Her husband James, noticing his wife was having difficulty with her speech, was sure she was having a stroke. He immediately called 9-1-1.

"I had been feeling fine until the stroke happened," said Kathleen, now age 61. "It took me by surprise."

Within minutes, EMS personnel transported Kathleen to Summa Akron City Hospital, a certified stroke center, where doctors diagnosed a left middle cerebral artery (MCA) infarction. This means she had a clot lodged in one of the bigger arteries on the left side of her brain, said Susana M. Bowling, M.D., Director of Vascular Neurology at the Summa Center for Stroke Care and one of the physicians who treated Kathleen.

Kathleen was seen in the emergency department by neurologist Amir Mazhari, M.D., who along with vascular radiologist Jeffrey Weil, M.D., decided on a procedure to remove the clot. Kathleen was taken to ICU, where doctors used hypothermia for 24 hours, cooling her body to 32

KATHLEEN SCHMIDT, MIDDLE, SURROUNDED BY HER FAMILY, CONTINUES HER RECOVERY FROM THE STROKE SHE SUFFERED IN JUNE 2010.

"I FEEL GOOD AND CONTINUE TO FEEL BETTER EVERY DAY."

IS IT A STROKE? ACT **FAST!**



F **FACE** Does the face seem uneven? Ask the person to smile.

A **ARM** Does the arm drift down? Ask the person to hold both arms up evenly.

S **SPEECH** Does the speech sound strange? Ask the person to repeat a simple sentence. Are their words slurred, garbled or mixed up?

T **TIME** to call 9-1-1. Stroke is an emergency. Two million brain cells die each minute of a stroke.

degrees C (89.6 degrees F) to support the neurons that were still alive and to diminish the swelling.

Following her stay in ICU, Kathleen was transferred to the stroke medical floor and later to acute rehabilitation, which continued after her discharge to home a little more than a month after the stroke.

“THE SOONER A PATIENT COMES IN, THE MORE OPTIONS WE HAVE FOR TREATMENT.”

— SUSAN M. BOWLING, M.D.

Kathleen is a nurse, so she knows the importance of patient care. She said her entire medical team — from the physicians to the nurses and other staff that helped in her care — treated her well. “One of the nurses told me her husband had suffered a stroke, and she was explaining details to me and what to expect,” Kathleen said. “It was nice to have that understanding and support.”

As a certified stroke center, Summa Akron City Hospital provides a multidisciplinary-team approach to patient care. More than 100 people — including EMS first responders, lab technicians, nurses, emergency physicians and neurosurgeons — are involved in acute stroke care. It takes incredible teamwork to win the race against time with stroke care. “If you don’t have a team

ready for a stroke victim, you cannot take care of them,” Dr. Bowling stressed. “Everyone as a whole ensures expedient and highest quality of care.”

The importance of prompt medical attention cannot be overstated, Dr. Bowling insisted. It begins with EMS personnel who are trained to recognize the symptoms of stroke and have protocols in place to begin treatment. That’s why Dr. Bowling emphasizes stroke victims should never drive themselves to the hospital. “If you drive yourself, you’re only going to get worse and you lose time to get treated,” she noted.

“The sooner a patient comes in, the more options we have for treatment,” she added. “Treatments will be less dangerous when you get to the hospital quickly because the amount of damaged tissue will be smaller and the chances for complications are lower. Time is crucial.”

One year later, Kathleen is in good spirits as her recovery continues. While she experiences right-side paralysis and difficulty speaking, she has a positive outlook about the future, surrounded by a loving family. On a sun-filled day in June, Kathleen gathered with her husband, four children and three grandchildren to celebrate that recovery. “I feel good and continue to feel better every day,” she said. ■

Summa FastCare

OPENS AT WADSWORTH GIANT EAGLE

Summa FastCare at the Wadsworth Giant Eagle

825 Ambassador Drive, Wadsworth, OH
(330) 336-5457

Summahealth.org/fastcare

Hours (beginning July 24, 2011):

Monday through Friday: 8 a.m. to 8 p.m.

Saturday and Sunday: 9 a.m. to 5 p.m.

- Caring professional practitioners from Summa Health System provide treatment for common, non-urgent illnesses
- Treatment is provided for patients age 18 months and older

FASTCARE

Exclusively at **GIANT EAGLE**®

Illness doesn't always strike at a convenient time. If you or a loved one develops a non-urgent illness and you don't have a primary care physician, or your doctor's office is closed, you now have a cost-effective alternative to an emergency room visit — Summa FastCare, located at Wadsworth Giant Eagle.

Under the careful supervision of Joseph Burick, D.O., a board-certified family medicine specialist, nurse practitioners will see patients age 18 months and older to diagnose and treat common, non-urgent illnesses. No appointment is required.

Summa FastCare will bill insurance, when applicable. Patients are responsible for their copay. Summa FastCare offers:

Treatments

- Allergies (6 years and older)
- Athlete's foot
- Bladder infections (females, 12 years and older)
- Bronchitis
- Cold and flu symptoms
- Cold sores
- Ear infections
- Impetigo
- Insect bites
- Laryngitis
- Minor burns and rashes
- Minor sunburn
- Mononucleosis
- Pharyngitis (sore throat)
- Poison ivy (3 years and older)
- Possible pregnancy (pregnancy exam)
- Ringworm
- Sinus infection (5 years and older)
- Sports/camp physicals
- Swimmer's ear
- Upper respiratory infection

Lab services

- Monospots
- Rapid flu
- Rapid strep
- TB skin test
- Urinalysis
- Urine pregnancy test

Immunizations

- DTaP (diphtheria, tetanus, acellular pertussis)
- Flu shots
- Hepatitis B (child and adult)
- IPV (polio vaccine)
- Meningitis
- MMR (measles, mumps, rubella)
- Pneumovax
- Td (tetanus, diphtheria)
- Tdap (tetanus, diphtheria, acellular pertussis)



Summa FastCare will notify a patient's primary care physician regarding the care and treatment provided. If needed, referrals to a primary care physician for further treatment can be arranged.

"We're pleased to provide Summa FastCare services," said Tom DeBord, president of Summa Barberton Hospital and Summa Wadsworth-Rittman Hospital. "Summa Health System is a leader in providing high-quality care at a reasonable cost, and now we're making it even more accessible."

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

Back Pain

NEUROSURGERY MAY BE THE ANSWER

Lower back pain is the most common cause of job-related disability. Nearly 93 million days of work are lost each year. It's the second leading reason for physician office visits, the third most common reason for surgery and the fifth most common reason for hospital admission.

Most times, back pain is the result of the aging process and/or sedentary lifestyle with little exercise.

Treatment options can include rest, lifting restrictions, the application of heat or cold, anti-inflammatory medications and physical therapy. Your primary care physician will likely recommend one of these treatments to help with the pain and correct the problem.

However, if you don't respond to treatment, seeing a neurosurgeon is often the next step.

Neurosurgery is the medical specialty focusing on the diagnosis and treatment of injury, diseases and disorders of the brain, spinal cord, spinal column and peripheral

nerves. Neurosurgeons treat a variety of painful back conditions, including degenerative disc disease, spinal stenosis, herniated discs, bone spurs, spinal instability and compression fractures that result from osteoporosis.

Many neurosurgical procedures, including back surgery, are now minimally invasive, meaning smaller incisions that result in less pain, less anesthesia, less risk for infection and an easier recovery.

Summa Wadsworth-Rittman Hospital has the latest technology for minimally invasive spinal surgery. The technology can also be used for neck problems.

Dane Donich, M.D., is a board-certified neurosurgery specialist on the Summa Wadsworth-Rittman Hospital staff. To make an appointment with Dr. Donich or any Summa Health System physician, call (330) 379-5111. For more information about surgical services at Summa Wadsworth-Rittman Hospital, visit summahealth.org/wadsworthsurgery. ■



MARK GARDNER GETS RIGHT BACK TO WORK

Mark Gardner's back pain came after two disks were injured lifting luggage.

In severe pain, he didn't sleep for three weeks. He sought care from his primary care physician and a chiropractor, but nothing helped.

Although Mark lives in Aurora, he followed the recommendation of his surgeon, Dane Donich, M.D., to have surgery at Summa Wadsworth-Rittman Hospital. "He told me that the hospital had a lower infection rate than others and that the staff would treat me well," Mark said.

Mark underwent minimally invasive spinal surgery. One of the benefits of this type of surgical technique is that patients often can go home the same day of surgery or the next day, and they are able to return to work faster.

That was the case with Mark. He returned to work the day after his surgery.

Mark Gardner



Learning together

EXPECTANT MOMS CAN FIND SUPPORT IN AN INNOVATIVE APPROACH TO PRENATAL CARE

Every woman knows the importance of having a close friend, someone to confide in – someone who listens, shares and supports you. Imagine having eight or more friends who understand what you’re going through because they’re going through the same experiences at the same time. Such is the case with CenteringPregnancy.®

CenteringPregnancy is an innovative approach to healthcare for pregnant women and their families. It brings together women with similar due dates who have their prenatal appointments with care providers as a group. As an added benefit, the two-hour appointments are prescheduled for your entire pregnancy.

Together, the group learns about making healthy choices during pregnancy, care and treatment options, raising children, and more. As partners with their care providers, participants also learn how to

weigh themselves, take their own blood pressure and record the information in their medical chart. Patients have more time with their provider, and they can share their experiences with others.

Research shows the Centering model of care is an effective way to receive prenatal care. A randomized clinical trial, completed in 2007, found that women participating in centering groups had a 33 percent lower rate of preterm births compared with women in traditional care.


Participating in the Centering model gives most patients 10 times more time with their provider, a community of friends, an opportunity to actively participate in health decisions, plenty of time to discuss questions and an enjoyable, fun prenatal visit.

“Centering is just one reason why Summa Barberton Hospital is the best place for women to deliver their babies,”

said Greg Kovacevich, M.D., chief of obstetrics and gynecology at Summa Barberton Hospital. Patients have many options to develop a care plan that meets their needs, as well as the needs of their families.

“They can have traditional prenatal care or participate in Centering,” Dr. Kovacevich said. “They can choose an obstetrician – male or female – or a midwife. All patients have a private room for their labor, delivery and postpartum care – admission to discharge – from a skilled and caring staff. We have the whole package for our patients.”

Centering appointments are available on both the Summa Barberton Hospital and Summa Wadsworth-Rittman Hospital campuses. For a brochure about maternity services and CenteringPregnancy, or for a referral to a physician or midwife, call (888) 720-5318, ext. Baby3. ■



SAY 'SAYONARA' TO SINUSITIS

AN ALTERNATIVE TO TRADITIONAL SINUS SURGERY

While spring and summer can bring misery to people with allergies, those with chronic sinusitis often suffer year-round. Sinusitis is the inflammation of the sinus lining caused by bacterial, viral or other infections.

Because the sinuses do not drain properly due to infection or other blockage, symptoms often include facial pain or congestion, headache, and difficulty breathing. Additional symptoms may include bad breath, sore throat, and an inability to taste and smell. It is considered chronic sinusitis when symptoms linger for longer than three months.

Medications are often prescribed and sometimes can bring relief. It may take several types of medication to help alleviate suffering — antibiotics for infection, decongestants or corticosteroids for swelling, and analgesics for pain. About 20 percent of patients do not get relief from medications, while others may not be able to tolerate the side effects. There used to be only one additional option — traditional sinus surgery that removed bone and tissue.

Now, chronic sinus sufferers have another choice.

Balloon sinuplasty uses technology that is minimally invasive with little discomfort during and after treatment. A small, flexible balloon catheter is inserted into the nose until it reaches the blocked sinus area. The catheter is gradually inflated to open the passageways helping to restore normal drainage. Patients receive general or local anesthesia prior to the procedure and return home the same day.

With the minimally invasive balloon sinuplasty technique, many patients are able to return to their normal activities more quickly.

Thomas Bruderly, D.O., performs balloon sinuplasty at Summa Barberton Hospital. Mark Brigham, D.O., performs the procedure at Summa Wadsworth-Rittman Hospital. Both physicians are board-certified specialists in otolaryngology (ear, nose and throat). Dr. Bruderly also is board-certified in facial plastic surgery. To make an appointment with Dr. Brigham, Dr. Bruderly or any Summa Health System physician, call (330) 379-5111. ■

The clear choice

DIGITAL MAMMOGRAPHY QUICKLY ACQUIRES SHARP IMAGES, HELPING WITH DIAGNOSES, TREATMENT

Many of us upgrade our DVD collection with Blu-Rays, just as we upgraded our video collection with DVDs, cassette tapes with compact discs and albums with 8-tracks. We do this because the new technology provides better quality – better pictures, better sound, ease of use and convenience.

The same can be said about advancements in healthcare technology which provides better quality and other benefits.

Consider digital mammography.

Digital mammography is performed in the same manner as traditional film mammography but the images are digital files saved to a computer rather than film saved in an envelope. Digital mammography:

- produces clearer images
- uses less radiation
- is faster
- can be viewed immediately so there are fewer callbacks for retakes
- can be manipulated to change brightness, contrast and zoom
- can be shared electronically for consultations
- works with computer-aided detection and diagnosis technology for a computerized “second look” at the images

The National Cancer Institute found that digital mammography was more accurate than film at finding cancer in women under age 50 and women who have dense breast tissue.

To further validate the quality of care, Summa Barberton Hospital in 2010 was the first hospital in the Akron/Canton region – and the seventh hospital in Ohio – to earn a three-year accreditation from the National Accreditation Program of Breast Centers (NAPBC). In 2011, it became the third hospital in Ohio to be awarded a three-year accreditation in breast magnetic resonance imaging (MRI).

For patient convenience, the hospital recently added a second digital mammography unit. Evening and weekend appointments are available.

With so many advantages for patients, it's no surprise all Summa Health System mammography locations use digital technology. For a brochure about all Summa Health System imaging locations and contact information, call (888) 720-5318, ext. XR3, or go to summahealth.org/imaging.



Critical Care, Critical Caring at Summa Wadsworth-Rittman

The first of the baby boomers (those born during the population explosion between 1946 and 1964) have turned 65, prompting a great deal of discussion about the aging of America. Happily, we're living longer – and many are living healthier – but the fact remains that the need for critical (intensive) care is rising on par with the age of our population.

Summa Wadsworth-Rittman Hospital saw this same trend in the communities it serves and reflected the communities' changing needs in its vision for the future of the hospital. The first phase of its vision focused on adult medical and surgical care. A first step toward achieving it occurred in late 2010 with the opening of the hospital's new intensive care unit (ICU).

The eight-bed ICU was built on the second floor of the main hospital, doubling the size of the previous unit. It offers a variety of benefits, including:

- spacious, private rooms
- a negative air pressure room
- a bariatric room
- lifts to transfer patients from the bed
- a new monitoring system
- a spacious, comfortable lounge for families and other visitors

The unit is staffed with specially trained critical care nurses, as well as hospitalists (physicians who provide care for hospital inpatients on behalf of primary care physicians and for patients who do not have a primary care physician).



Summa Wadsworth-Rittman's new intensive care unit offers spacious, private rooms.

Along with clinical expertise, the staff is highly regarded for service excellence. According to Press Ganey, a national firm that surveys patients of more than 7,000 healthcare facilities across the country, ICU patients at Summa Wadsworth-Rittman Hospital rated the unit with a mean score of 92.1 for their overall care.

The new unit allows critically ill patients to stay close to home in a familiar, tranquil environment they want, to get the expert care they need from caregivers they trust.

For questions about the care and services provided at Summa Wadsworth-Rittman Hospital's intensive care unit, call (330) 331-1757. ■

Understanding Imaging

Imaging is one of the most rapidly advancing healthcare fields. In years past, imaging would have meant an X-ray. Today, imaging includes X-ray, ultrasound, mammography, CT scan, MRI and more. Each of these technologies provides your doctor with information to aid diagnosis. Your doctor chooses the appropriate technology based on the reason you need the test and what needs to be visualized. Patients seem to have the most questions about the differences between MRI and CT scan.

MRI

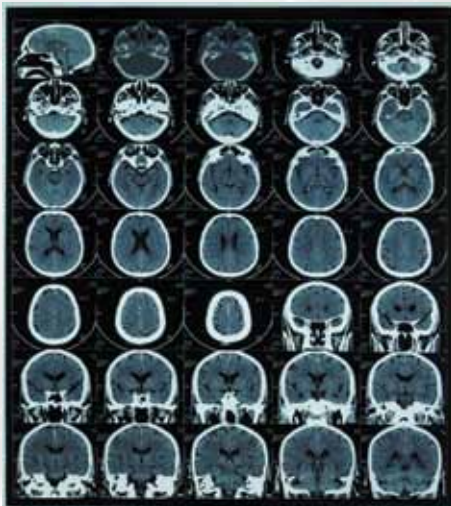
Magnetic resonance imaging (MRI) uses a powerful magnetic field and radio waves to make pictures of organs or structures inside the body. MRIs are done on the head, chest, blood vessels, abdomen, pelvis, bones, joints and spine, and they are used to find bleeding, tumors, infections, diseases and injury.

What to Expect

When you have an MRI, you lie down on a mobile table, which is moved into a donut-shaped space that encloses a large magnet. You must lie still for the duration of the exam, which varies depending on the part of the body being imaged.

Open vs. Closed

Some patients are concerned about feeling enclosed and want an “open” MRI. Because the pictures from an open MRI are generally not as good and the tests can take longer, patients may be better served to look for an MRI with a gantry that is larger in diameter and shorter in depth, creating an open feeling. Summa Wadsworth-Rittman Hospital has a 1.5 Tesla MRI with such a gantry. Its enhanced technology allows exams to be completed more quickly and provides images that are reminiscent of high definition TV.



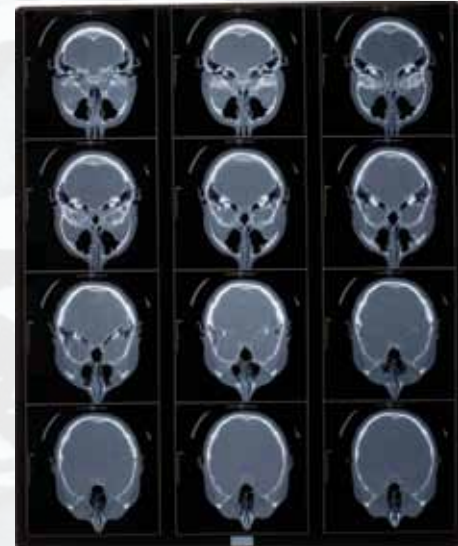
CT Scan

Computed Tomography (CT) can be done on all parts of the body, including organs, bones and blood vessels. It uses X-rays taken from many different angles to make a cross-section picture of the inside of the body. By way of comparison, imagine a loaf of bread. You can look at the loaf, or look at a single slice. A CT allows the doctor to examine individual slices and even 3D images of the body.

What to Expect

Having a CT seems very similar to having an MRI, though there are two important differences. First, with most CTs you will have an IV with a contrast material. Second, the CT exam is very fast. For example, Summa Wadsworth-Rittman Hospital has a 64-slice CT Scanner, which can image a beating heart in just 5 seconds and the full body in just 10 seconds.

Summa Health System has many convenient locations for imaging services. For an appointment at Summa Wadsworth-Rittman Hospital, call (330) 331-1111. For a brochure about all imaging locations and contact information, call (888) 720-5318, ext. XR3, or go to summahealth.org/imaging. ■





communitycalendar

SUMMA BARBERTON HOSPITAL CALENDAR OF EVENTS

EDUCATIONAL CLASSES

Childbirth Classes

These classes are customized for class participants. If you are interested in attending, please call (800) 23-SUMMA or (800) 237-8662 or log on to summahealth.org/barbertonregistrations to coordinate a class time that best fits your schedule.

Breastfeeding Classes

These classes are customized for class participants. If you are interested in attending, please call (330) 615-3550, ext. 6908, to coordinate a class time that best fits your schedule.

Caring Hearts Support Group

September 13, October 11, 2-3 p.m.
Summa Barberton Hospital Cardiopulmonary Gym, Ground Floor

This support group is for patients who have congestive heart disease and their family and friends. Various speakers provide helpful information about heart disease, treatment and prevention. The program and parking are free. Refreshments are provided. Registration

is preferred. Please call (800) 237-8662 to register or log on to summahealth.org/barbertonregistrations.

Diabetes C.A.R.E.

September 13, 6:30 p.m.; October 11, 7 p.m.
Summa Barberton Hospital
Parkview Center Lobby

Summa Barberton Hospital offers the Diabetes C.A.R.E. (Community Awareness Resource and Education) program for those who have diabetes, or are family members or friends of people with diabetes. Various speakers provide helpful information to learn more about diabetes. This is a free program. To register, please call (800) 237-8662 or log on to summahealth.org/barbertonregistrations.

Healthy Heart Lectures

September 20, October 18, 6 p.m.
Summa Barberton Hospital, Conference
Rooms D & E on the Ground Floor

Summa Barberton Hospital offers these lectures for those who would like to learn more about having a healthy heart. Various speakers

provide helpful information to learn more about heart disease and how best to try to live a heart healthy life. The program is free. Friends and family are welcome. To register, please call (800) 237-8662 or log on to summahealth.org/barbertonregistrations.

Respiratory Forum

August 3, September 13, October 5, 4 p.m.
Summa Barberton Hospital Cardiopulmonary Gym, Ground Floor

This monthly educational program provided at Summa Barberton Hospital is open to people who have respiratory diseases, such as COPD, asthma or emphysema; friends and families are welcome. Parking is free. Registration is preferred. Call (800) 23-SUMMA or (800) 237-8662 or log on to summahealth.org/barbertonregistrations to register.

OTHER PROGRAMS

American Red Cross Bloodmobile

August 12, September 9, October 14, 8 a.m.-2 p.m.
Summa Barberton Hospital Cafeteria Conference Room D&E

Give the gift of life at Summa Barberton Hospital. Donation times may be scheduled by calling (330) 615-3101 or by going online to www.redcross.org. Walk-ins are always welcome.



EDUCATIONAL CLASSES

For information or to register for the classes listed, call (330) 331-1158 or (800) 828-1789, ext. 1158, unless otherwise noted.

BLS for Healthcare Providers

August 2, August 30 or September 13,
4-8:30 p.m.

Summa Wadsworth-Rittman Hospital
Education Center

This initial course is intended for those in the healthcare field that need to show proof of course completion and have not taken the Healthcare Provider level or have an outdated card. Registration is required. Cost is \$50.

BLS Healthcare Provider Refresher

August 8, September 9, October 10,
9-11:30 a.m.

Summa Wadsworth-Rittman Hospital
Education Center

This is a refresher course for healthcare providers who are already certified in BLS. Registration is required. Cost is \$40.

BLS Online

July 28, August 24 or September 26,
noon-3 p.m.

August 15, September 7, October 7
or October 26, 9 a.m.-noon

Summa Wadsworth-Rittman Hospital
Education Center

This class includes the online BLS program, as well as the hands-on skills test for healthcare providers. Participants who completed the online course within the previous 60 days may bring their completion certificate for the skills test. Registration is required. Cost is \$30.

Diabetes Education

Summa Wadsworth-Rittman Hospital offers diabetes education and self management program to meet the needs of those who are living with the disease. The program provides a full spectrum of classes, literature and support, whether you are a newly diagnosed diabetic or in need of better control of your existing diabetes. The education program includes disease process, nutritional management, physical activity, medications, monitoring, preventing acute complications, risk reduction and preventing chronic complications, goal setting, psychosocial adjustment, and preconception care and management during pregnancy.

Health insurance usually covers the cost of these classes (check with your carrier). For more information about the program, call (330) 615-3911.

Diabetes Support Group

July 30, August 27, September 24 and
October 29, 8 a.m.

Summa Wadsworth-Rittman Hospital Cafeteria

This support group meets for breakfast, followed by an educational program for those with diabetes and their family and friends. There is no charge to attend. Registration is not necessary. For more information, please call (330) 331-1163 or (800) 828-1789, ext. 1163.

Gentle Fitness

Each Wednesday, noon-1 p.m.

Therapy Services Department at Summa
Wadsworth-Rittman Hospital

This program is for those who want to tone up their bodies in a gentle, non-stressful way. Participants should check with their physician

before beginning the program and wear loose, comfortable clothing in the class. Cost is \$2 per person, per class payable at each class. Call (330) 331-1680 or (800) 828-1789, ext. 1680 to sign up to attend.

First Aid

July 23, 9 a.m.-3 p.m. or September 17,
8 a.m.-2 p.m.

Summa Wadsworth-Rittman Hospital
Education Center

This course is designed to train participants in first aid. Additional course options are available, such as CPR, with or without the use of an Automated External Defibrillator (AED) for adults/children, along with infant CPR.

Heartsaver AED

August 26 or September 19, 9 a.m.-noon
Summa Wadsworth-Rittman Hospital
Education Center

This class is intended for anyone interested in learning CPR and those that need to show proof of course completion. Heartsaver AED covers Adult/Child CPR with an infant option, as well as Adult/Child AED use. Cost is \$45. Registration is required.

Pediatric First Aid

August 20, 8 a.m.-2 p.m.

Summa Wadsworth-Rittman Hospital
Education Center

This class is appropriate for anyone involved in child care. Topics covered include first aid basics, medical, injury and environmental emergencies. Course options are CPR and the use of an AED. Cost is \$75. Registration is required.

OTHER PROGRAMS

American Red Cross Bloodmobile

September 8, 10 a.m.-4 p.m.

Summa Wadsworth-Rittman Hospital
Founders Hall Quad C

Give the gift of life at Summa Wadsworth-Rittman Hospital. Donation times may be scheduled by calling (330) 331-1583 or (800) 828-1789, ext. 1583, or by

going online to www.redcross.org. Walk-ins are always welcome.



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

Nonprofit Organization
U.S. Postage Paid
Akron, Ohio
Permit No. 83



Mark rode 20 miles one month after spinal surgery.

SURGICAL SERVICES AT SUMMA WADSWORTH-RITTMAN HOSPITAL

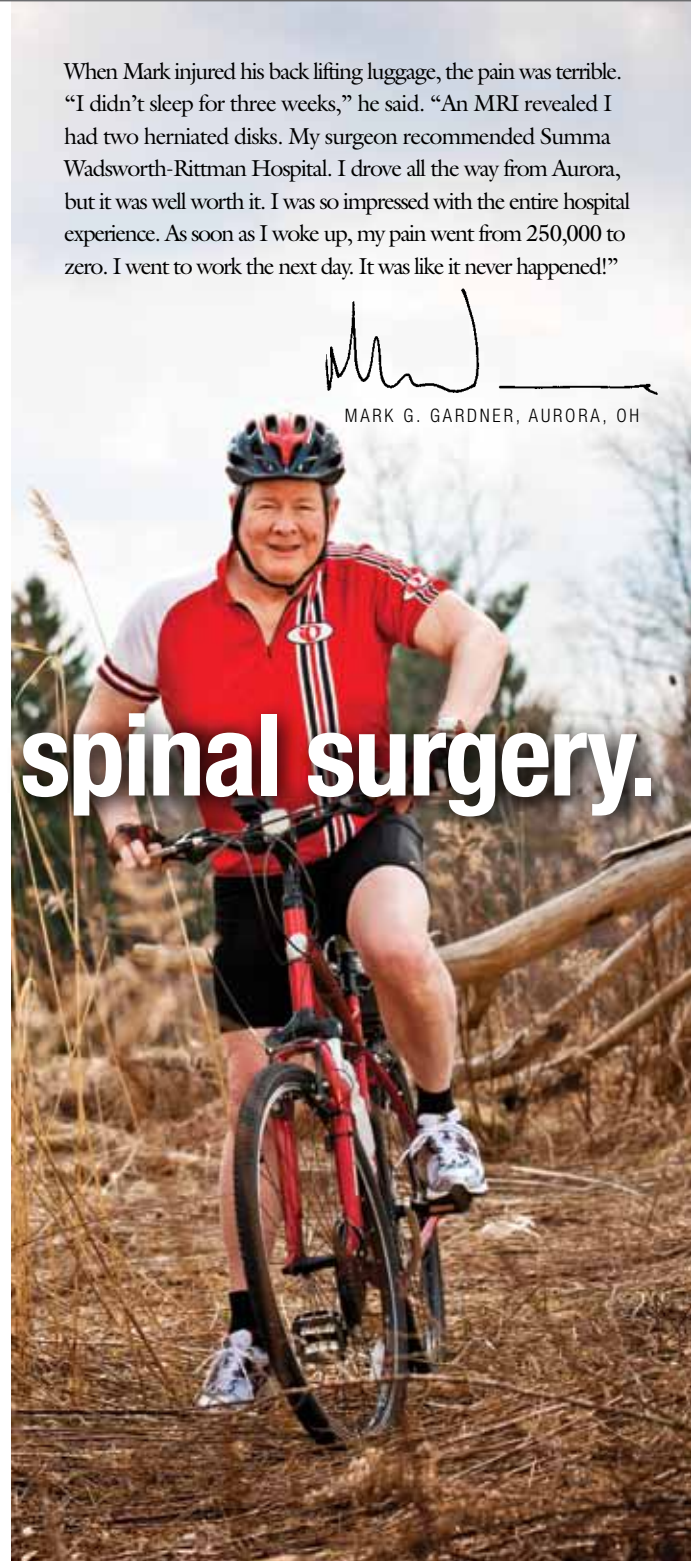
Many of the area's top surgeons choose to operate at Summa Wadsworth-Rittman Hospital. Our procedures include total joint replacements, cataract removals, urological, gynecologic, ENT, vascular, neurosurgery, plastic and laser surgeries. Our ORs provide the latest surgical equipment, while our clinical staff offers patients a caring, calming surgical experience.

That's more than healthcare. That's smartcare.™

Learn more about the wide variety of inpatient and same-day surgeries performed at Summa Wadsworth-Rittman Hospital. Call 1-888-720-5318, ext. Surgery 91, or visit summahealth.org/wadsworthsurgery.

When Mark injured his back lifting luggage, the pain was terrible. "I didn't sleep for three weeks," he said. "An MRI revealed I had two herniated disks. My surgeon recommended Summa Wadsworth-Rittman Hospital. I drove all the way from Aurora, but it was well worth it. I was so impressed with the entire hospital experience. As soon as I woke up, my pain went from 250,000 to zero. I went to work the next day. It was like it never happened!"

MARK G. GARDNER, AURORA, OH



summahealth.org/wadsworthsurgery