

# thrive

for every season of your life

Women don't  
have to live with  
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Treating mind and  
body in cancer care  
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**Concussions**  
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 **SUMMA**  
Health System

[summahealth.org](http://summahealth.org)

A Publication of Summa Health System Spring 2012



## 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 Rehab Hospital  
29 N. Adams Street  
Akron, OH 44309  
(330) 572-7300  
summarehabhospital.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) 835-3922

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

The Heart and Lung Center  
95 Arch Street  
Akron, OH 44304  
(330) 375-3000

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

Summa Health Center  
at Lake Medina  
3780 Medina Road  
Medina, OH 44256  
(330) 764-4253

# Welcome to *Thrive*



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# Women don't have to live with vulvar pain

## THERE IS HELP FOR WOMEN WHO EXPERIENCE THIS DISORDER

Women who experience vulvar pain often live with that pain for years – even decades – before seeking treatment. “Women are frequently told by their healthcare providers that there is nothing they can do,” says Lara J. Burrows, M.D., MSc, director of the Center for Vulvar and Vaginal Disorders for Summa Health System. “These women are tired of seeing so many doctors and not getting satisfactory results.”

There are identifiable causes of vulvar pain, which is one type of female pelvic pain, and it can be caused by any number of reasons. It can affect women of any age. Symptoms include:

- Pain when sitting
- Pain after prolonged physical activity
- Pain during or after sex
- Generalized discomfort
- Some women may have vaginal discharge
- There may be a relationship between the pain and menstrual cycle

**Women experiencing vulvar pain are tired of seeing so many doctors and not getting satisfactory results.**

Dr. Burrows is one of the few physicians in Ohio who treats vulvar pain. As such, she sees patients from throughout Northeast Ohio and from as far away as Cincinnati and Kentucky. Often, patients find her on the Internet.

“At some point, they get fed up,” Dr. Burrows says of the women who seek her expertise.

With few exceptions, vulvar pain is not a life-threatening condition. It is overwhelmingly a quality-of-life issue.

Because sexual intercourse is so painful for women with vulvar pain, their spousal relationship may suffer – even to the point of breaking up with their husband or partner because they can’t live in a sexless relationship. Single women with vulvar pain may choose not to date for fear that a relationship will lead to intimacy, and they’re afraid to be intimate because of the pain. Women may also choose not to try to become pregnant.

In the initial appointment, Dr. Burrows spends time talking to the patient. “Typically, the women have a long history and a story to tell,” she notes. Dr. Burrows conducts a physical exam that includes cultures, lab work and vaginal samples. Patients also undergo a vulvoscopy, sometimes with a biopsy, to rule out possible dermatological causes.

Patients return in two to three weeks, at which time Dr. Burrows has pinpointed the diagnoses and prescribes treatment, which can include an oral or topical medication, physical therapy and sometimes injections.

Dr. Burrows encourages husbands and partners to get involved in the care. “Many husbands are skeptical at first,” she says.



Lara J. Burrows, M.D.

## SUMMA PARTICIPATES IN VULVODYNIA TREATMENT REGISTRY

Summa Health System is one of seven enrollment sites nationwide for the Vulvodynia Treatment Registry, funded by the National Vulvodynia Association (NVA). Lara J. Burrows, M.D., director of the Center for Vulvar and Vaginal Disorders for Summa Health System, is an investigator for the registry. She is the only investigator in the Midwest.

Dr. Burrows and her investigator-colleagues generate vital data on which treatments are most effective for different vulvodynia subtypes, identify factors that can predict treatment success and guide the development of large controlled trials of promising therapies.

“I can show them where the pain is and why it is a unique pain. You’re really treating them together.”

The length of time it takes for patients to begin to see improvement depends on the cause of the pain. “It can be a long road,” Dr. Burrows says. But women can’t find relief until they have their pain diagnosed and treated.

When the vulvar pain is gone, women remember what it means to feel normal again. “Treatment affects their quality of life,” Dr. Burrows says.

**Dr. Burrows specializes in the treatment of vulvodynia, sexual pain disorders, dermatologic diseases of the vulva, recurrent vulvovaginal infections and female sexual dysfunction. To make an appointment, call (888) 720-5318.**



# One woman gets her life back

For 10 years, Julie experienced pain in her pelvic area. No doctor could help her, nor was any doctor willing to go the extra mile to try. “Many doctors dismissed my condition,” says the resident of Cleveland.

The pain was taking a toll on Julie, both physically and emotionally. She was experiencing anger, depression, anxiety and stress. She says she couldn’t have sexual intercourse with her husband because it was too painful. “I felt like I was dooming my relationship,” she says.

Julie was diagnosed with endometriosis in 2006 and underwent three surgeries as a result. Doctors told her it is common for women with endometriosis to experience painful intercourse. There was no follow-up to see whether the pain could be treated. “I was told that it’s part of being a woman and I should learn to deal with it,” she points out. “In fact, the pain was pretty crippling.”

Julie works in Akron and was referred to Lara J. Burrows, M.D., director of the Center for Vulvar and Vaginal Disorders for Summa Health System. Her first appointment with Dr. Burrows was in September 2011.



Almost immediately, Dr. Burrows diagnosed her condition as vulvodynia, a chronic pain disorder. Vulvodynia can continue for months or – as in Julie’s case – years.

Dr. Burrows told Julie that there are many nerves in the vulva, which can flare up for a number of reasons. The medication she was taking for her endometriosis was suppressing hormones in that area, contributing to the pain. After checking lab work and looking at the vulva under high-power magnification, Dr. Burrows prescribed a topical cream. After three weeks, the pain lessened and, eventually, went away.

“I couldn’t believe it – this works,” Julie recalls. “It was that easy. I wondered why it took so long to get here.”

It was as if the pain was never there. But Julie was still experiencing internal muscle spasms and pelvic floor issues that prevented her from being sexually intimate with her husband. She believed that pelvic physical therapy was not helping. Dr. Burrows prescribed a medication to be inserted vaginally. “It was a godsend,” Julie notes. “It actually worked so well I wrote Dr. Burrows a thank-you letter.”

Julie’s life has completely changed. The pain is gone and she enjoys a healthy sexual relationship with her husband.

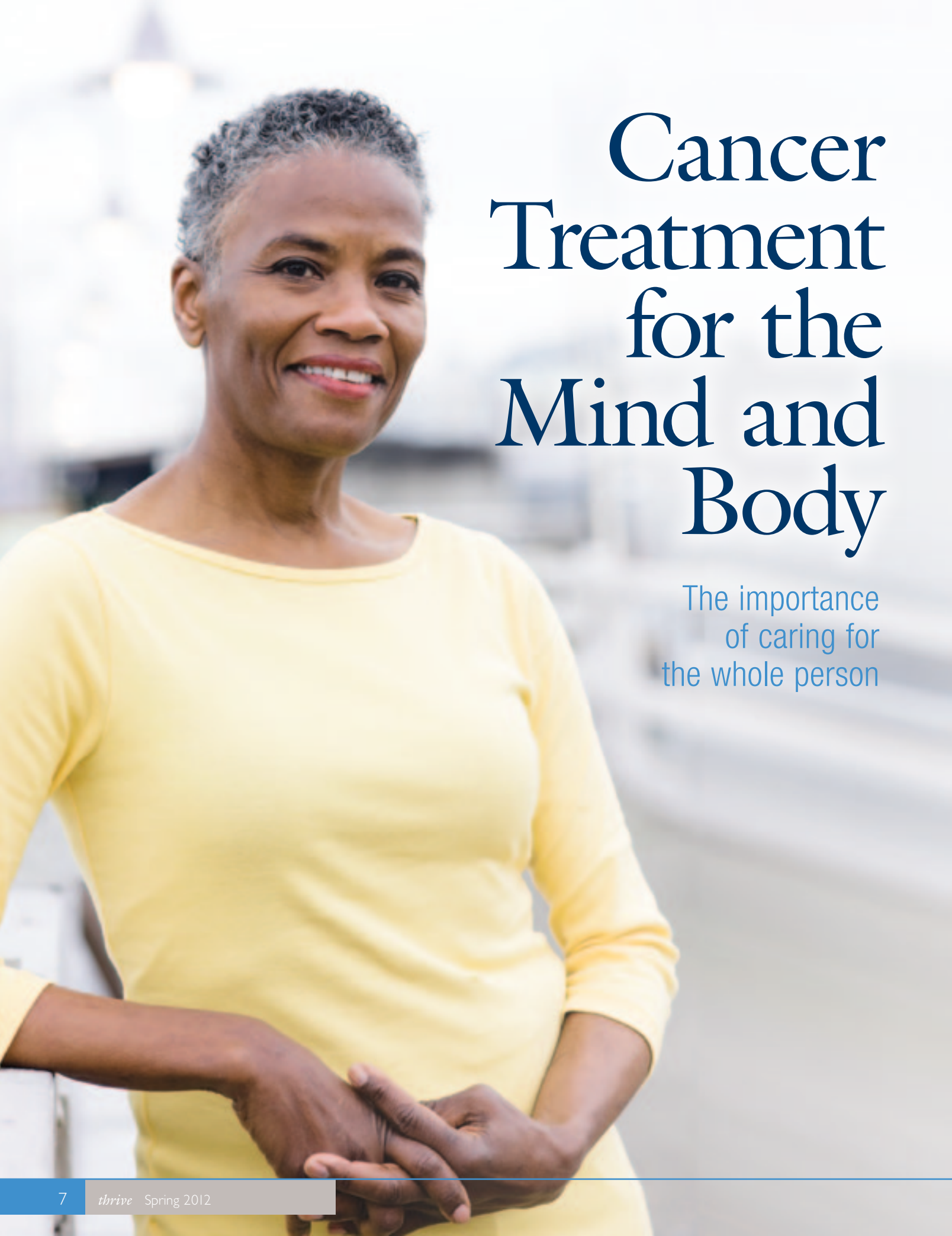
“Dr. Burrows gave me my life back,” Julie says. “I tried to find answers and get myself healthy for years. Feelings of failure and anguish are gone. It wasn’t until Dr. Burrows began treating me that I saw a light at the end of the tunnel.”

## ONE FORM OF PELVIC PAIN

Vulvar pain is one type of female pelvic pain, which is pain below the belly button. Some common causes of female pelvic pain include:

- Problems of the reproductive system, such as endometriosis, adenomyosis and uterine fibroids
- Scar tissue in the pelvic area after a pelvic infection or surgery
- Diseases of the urinary tract or bowel, such as irritable bowel syndrome or chronic bladder irritation

Pelvic pain can be categorized as either acute (sudden and severe) or chronic (either comes and goes or is constant). According to the American College of Obstetricians and Gynecologists, pelvic pain lasting longer than six months and showing no improvement with treatment is considered chronic pelvic pain.



# Cancer Treatment for the Mind and Body

The importance  
of caring for  
the whole person



When a person is diagnosed with cancer, an enormous amount of time, energy and medical expertise goes toward the treatment of the disease itself. That's understandable – it's what the patient needs. But an important factor that sometimes gets overlooked is the psychological effect cancer often has on a patient.

"Cancer is a condition that can be really debilitating and have a serious impact on the individual patient and his or her family," says Sarah Reimer, Ph.D., a clinical psychologist who specializes in the treatment of cancer patients for Summa Health System. "There's a real opportunity to be very creative and hopeful once they get past that initial shock of diagnosis."

*"Therapy provides the opportunity to identify and learn about what's really most important to us."*

Dr. Reimer's practice is a valued part of Summa Health System's cancer program. She maintains offices in both of Summa's freestanding cancer centers – Parkview Center at Summa Barberton Hospital and the Jean and Milton Cooper Cancer Center at Summa Akron City Hospital. Dr. Reimer's primary goal is to help patients hone their current coping skills and develop new ones that will make the journey through cancer treatment more manageable.

"Integration of psychology and psychiatry within medical programs has really grown during the past 15 to 20 years," Dr. Reimer says. "Summa is really progressive when it comes to including behavioral health services in specialized care, like oncology, and primary care settings."

The benefits to the patient are significant.

"I usually see patients after they're diagnosed," Dr. Reimer points out. "They can be referred by their oncologist or make a decision to come on their own. Most people see me if they begin to feel distressed or begin having trouble with normal, everyday activities – sleeplessness, relationship issues, focusing at work, difficulty eating – and don't feel comfortable discussing them with family and friends."

Though it varies for each patient, common benefits of therapy include:

- Reduction in physical and mental symptoms
- Greater insight or self-knowledge
- Renewed commitment to values and personal beliefs
- Improved interpersonal relationships

Many benefits carry over and help family and friends cope with the diagnosis as well.

"What you get out of therapy is directly related to the effort you put into it," Dr. Reimer says. "Therapy provides the opportunity to identify and learn about what's really most important to us. It's amazing and inspiring to see how resilient people are."

**Sarah Reimer, Ph.D., is a member of Summa Physicians Inc. To make an appointment, call (888) 720-5318. ■**

# Team up FOR RECOVERY

SUMMA WADSWORTH-RITTMAN HOSPITAL'S JOINT REPLACEMENT PROGRAM  
EMPHASIZES TEAM-BASED CARE FOR ORTHOPAEDIC PATIENTS

Following recent trends in the field of orthopaedic surgery, Summa Wadsworth-Rittman Hospital will launch a team-based program for patients undergoing joint replacement surgery in spring 2012.

Though similar programs have been implemented at numerous hospitals during the past few years, Jeffrey Morris, M.D., vice president of medical affairs at Summa Barberton and Summa Wadsworth-Rittman Hospitals, says the program will be one of the few available for joint replacement patients in Northeast Ohio.

"The concept is about putting a team together and standardizing the approach from pre-surgical preparation all the way to rehabilitation," Dr. Morris says. "If you have a program where patients have the same experience from beginning to end and are well prepared for what's ahead of them, they're going to do better."

A clinical team of orthopaedic surgeons, nurses, social workers, physical therapists and care managers will comprise the team. Prior to surgery, patients and their families will meet with the treatment team and attend pre-operative education classes, including watching videos of their specific type of surgery and touring the surgery department.

"This program will reduce the level of anxiety and stress that patients may feel," Dr. Morris says. "They'll know what to expect."

Patients will be more engaged in their recovery, as they will be part of a group of patients who undergo surgery on the same day and rehabilitate together throughout their hospital stay. Participants will stay in the same area of the hospital designed

for joint replacement patients and may attend outpatient rehabilitation together once discharged.

"Patients have a much better experience and outcomes improve when they go through the process together," says Douglas Chonko, D.O., an orthopaedic surgeon at Summa Wadsworth-Rittman Hospital. "Patients typically get their strength back more quickly."

Upon discharge, the care manager will ensure everything is in place for patients to continue the next stage of their recovery, from medications to physical rehabilitation, and ease the transition from hospital to home.

As patients' worries are alleviated through the support of the team, their risk for complications will be reduced as well.

"We will be doing things on a very well-planned and reproducible model that helps to reduce errors because the team is doing the same procedures over and over," Dr. Chonko says. "Everybody will benefit from it – from the 30 year old with a traumatic case to the elderly patient with degenerative arthritis."

**For more information about Summa Wadsworth-Rittman Hospital's team-based joint replacement program, call (800) 237-8662. ■**



Dr. Jeffrey Morris



## Advancements in size and quality

### SUMMA WADSWORTH-RITTMAN HOSPITAL EXPANDS SURGERY DEPARTMENT

In October 2011, Summa Wadsworth-Rittman Hospital expanded its surgical services department, adding three surgical suites, which are twice the size of existing operating rooms (ORs).

While the expansion allows for achievement of the hospital's vision to grow surgical services in Medina County, it also provides residents with the "latest and greatest" in surgical care, according to Robert Castanaro, regional director of surgical services for Summa Barberton and Summa Wadsworth-Rittman Hospitals.

"There is a need for more advanced procedures, such as total joint replacements and neurosurgery, which take a lot of modern equipment," Castanaro says. "They require more technical expertise and an environment that is very much controlled."

The expansion required one year of construction and increased capacity from

four to six ORs, adding three new surgical suites and converting the smallest of the original suites into storage space. Each surgical suite is also equipped with its own sterile storage area to provide surgeons and staff with quick access to necessary tools and materials during procedures.

The expansion included space for the addition of advanced equipment necessary for the latest surgical techniques. Two high-definition (HD) television screens are displayed at opposite ends of each surgical suite, and adjustable LED lighting is mounted overhead.

"This provides us with better visualization, and it's all built into the room," says Pamela Melton, BSN, R.N., CNOR, interim manager of surgical services for Summa Wadsworth-Rittman Hospital. The department's X-ray system is

connected to the in-suite HD screens, so surgeons may view X-rays without delaying a procedure.

Patient areas are currently undergoing expansion to meet the needs of the hospital's increased surgical capacity. The patient and family waiting area is being upgraded, and a second surgeon-family conference room will be added.

Summa Wadsworth-Rittman Hospital continues to recruit additional specialized surgeons to its medical staff. Most recently, Paul Hartzfeld, M.D., a neurosurgeon, and Jonathan Kase, M.D., an orthopaedic surgeon, joined the staff.

Summa Wadsworth-Rittman Hospital offers minimally invasive surgical techniques, as well as most other surgical specialties including general surgery, diagnostic laparoscopy, podiatry, otolaryngology (ear, nose and throat), plastic/cosmetic, genitourinary, gynecology, vascular and ophthalmology. ■

# CONCUSSIONS

## – NOT JUST PART OF THE GAME

What parents of young athletes should know

“Getting your bell rung . . .” is an expression used by athletes to describe what happens when a player takes a hard hit to the head and sustains a concussion. Many young athletes view a concussion as simply “part of the game.”

But that attitude needs to change, according to Robert S. Crawford, M.D., a board-certified family medicine physician in Cuyahoga Falls and team physician for the Akron Aeros, Kent State University and Wadsworth High School.

A concussion is a complex process affecting the brain. It is induced by traumatic biochemical forces and can be caused by a direct blow to the head, face or neck, or a blow elsewhere on the body, which transmits force to the head.

As a result, brain tissue is violently shaken within the skull, which can damage both brain cells and the blood vessels that feed them. The injury also triggers a cascade of biochemical reactions, flooding the brain with calcium and potassium ions that cause blood vessels to constrict. This hampers the metabolism of glucose, which is the fuel the brain uses for energy.

Most concussions will resolve on their own in 7 to 10 days, but others may take 30 days or more for symptoms to subside. “Each individual is different,” Dr. Crawford says.

He recommends complete physical and mental rest to reduce the metabolic demands placed on the brain while it is healing.

“If you could put injured athletes in a semi-darkened room and have them sit there for three days and do absolutely nothing

– no TV, texting, video games, attending school or doing homework – that would be the best early treatment for concussion,” Dr. Crawford says.

How does a physician know when it is safe for an athlete to return to action? Most area schools subscribe to a five-day, return-to-play protocol. Athletes must be completely symptom-free before they can even start the protocol. “It’s a graduated return to play. First, the athlete will just run around the track – with no practice. Or ride a stationary bike. If any symptom returns at any time during the five days, he/she will have to restart the protocol,” Dr. Crawford points out.

**The sports medicine specialists of the Summa Center for Sports Health are experienced in concussion management. To make an appointment for your child at one of our six locations in Summit, Medina and Portage counties, call at (888) 778-6627. ■**



**Dr. Robert Crawford:**

It's important for parents to discuss concussions with their child athletes.



## Having “the talk” with your child athlete

It’s important for parents to have “the concussion discussion” with their child. Talk to your athlete about the dangers of ignoring a possible concussion. Make it clear that:

- Playing with a concussion is dangerous – it is not a sign of courage or toughness.
  - Concealing symptoms increases the risk of a life-threatening brain injury.
  - Physician instructions and return-to-play guidelines exist to protect – not hamper – the athlete. The recommendations should be followed.
- It’s important to avoid sustaining a second concussion before the first injury has healed. Cases of second injury syndrome (SIS) are rare but can occur in children and young adults after even minor impacts. In SIS, due to the reduced blood flow caused by the first concussion, a seemingly minor second impact can be catastrophic, causing blood flow regulation in the brain to go haywire, which can result in serious brain damage or even death.

## Pre-testing for young athletes

Robert S. Crawford, M.D., recommends pre-season cognitive testing for young athletes because it helps physicians decide when – or if – it is safe for youngsters to return to play after a concussion. Preseason testing provides a baseline for comparison purposes should a child be injured.

Some schools offer testing as a standard part of the school’s athletic program. If your child’s school does not, the Summa Center for Sports Health can administer the test. To make an appointment, call (888) 778-6627.





Programs are free,  
unless otherwise noted.  
Registration is requested.

# communitycalendar

## SUMMA BARBERTON HOSPITAL CALENDAR OF EVENTS

### EDUCATIONAL CLASSES

#### Childbirth Classes

Classes are customized for class participants and scheduled for their convenience. To coordinate a class time that best fits your schedule, call (800) 237-8662.

#### Breastfeeding Classes

Classes are customized for class participants and scheduled for their convenience. To coordinate a class time that best fits your schedule, call (330) 615-3550, ext. 6908.

#### Healthy Heart Lectures

March 20, 6 p.m.  
April 17, 6 p.m.  
May 15, 6 p.m.  
Parkview Center Lobby

This lecture series is for individuals (and their family and friends) who want to learn more about improving or maintaining heart health. The program is free, although registration is preferred. For more information, call (330) 615-3918; to register, call (800) 237-8662.

#### Caring Hearts Support Group

April 10, 2 p.m.  
May 8, 2 p.m.  
Cardiopulmonary Gym, Ground Floor

This one-hour meeting is for patients (and their family and friends) who have congestive heart disease. The program is free, although registration is preferred. For more information, call (330) 615-3918; to register, call (800) 237-8662.

#### Respiratory Forum

April 4, 4 p.m.  
May 2, 4 p.m.  
June 6, 4 p.m.  
Cardiopulmonary Gym, Ground Floor

This lecture series is for individuals (and their family and friends) with respiratory diseases such as chronic obstructive pulmonary disease (COPD), emphysema or asthma. To register, call (800) 237-8662.

#### Diabetes C.A.R.E. (Community Awareness Resource and Education)

April 10, 7 p.m.  
May 8, 7 p.m.  
June 12, 7 p.m.  
Parkview Center Lobby

The Diabetes C.A.R.E. Program is for individuals with diabetes, as well as their family and friends. For more information, call (330) 615-3911. To register, call (800) 237-8662 or go to [summahealth.org/Barbertonregistrations](http://summahealth.org/Barbertonregistrations).

### OTHER PROGRAMS

#### American Red Cross Bloodmobile

April 11, 8 a.m. – 2 p.m.  
May 9, 8 a.m. – 2 p.m.  
June 6, 8 a.m. – 2 p.m.  
First Floor Waiting Area

Donation times may be scheduled by calling (330) 615-3101 or by going to [redcross.org](http://redcross.org). Walk-ins are welcome.



# SUMMA WADSWORTH-RITTMAN CALENDAR OF EVENTS

## EDUCATIONAL CLASSES

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

### Healthcare Provider (initial class)

June 12, 4 – 8:30 p.m.  
Education Center

This 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 \$60.

### BLS Healthcare Provider (video renewal class)

May 10, 8 – 10:30 a.m.  
Education Center

This renewal course is intended for healthcare professionals; class uses the watch and practice video with a written test at the end. Registration is required. Cost is \$50.

### Gentle Fitness

Every Wednesday, noon – 1 p.m.  
Therapy Services Department

A program for those who want to tone 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. To register, call (330) 331-1680 or (800) 828-1789, ext. 1680.

## OTHER PROGRAMS



### Summa Akron City Hospital Bariatric Seminars

Studies show that patients who lose a significant amount of weight can dramatically improve conditions, such as type 2 diabetes and hypertension. They can also reduce or eliminate many medications and improve the quality of their sleep by eliminating the need for a machine to help them breathe. The Weight Loss Surgery Seminar answers your questions about what to expect before, during and after weight loss surgery.

Summa Akron City Hospital  
Professional Center South Medical Building  
55 Arch Street  
Akron, OH  
Basement Pods D, E, F

Thursday, March 22  
Thursday, April 12  
Thursday, May 10 – Fashion Show  
Thursday, June 14

Seminars begin at 6 p.m.

Because of limited seating, advance registration is required. Call (330) 375-6590 to reserve your seat.

For more information on additional programs and clinics, visit [summahealth.org/medicalservices](http://summahealth.org/medicalservices) and click on a specific service.

### American Red Cross Bloodmobile

May 10, 10 a.m. – 4 p.m.  
Summa Wadsworth-Rittman Hospital Founders Hall

Donation times may be scheduled by calling (330) 331-1583 or (800) 828-1789, ext. 1583 or by going to [redcross.org](http://redcross.org). Walk-ins are welcome.



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## **“I’m vertical thanks to Summa’s quick heart care.”**

Tim Smith had a silent, deadly blockage in a critical coronary artery. “I didn’t know that until I went to Summa for a stress test,” he said. “I could not have made it much longer based on the condition I was in. I went from the stress test to a catheterization to open heart surgery in less than a week. I’m really lucky to be alive.”

Today, Tim’s in cardiac rehab and embracing a healthy future. “I’m vertical, and that feels really good. Everyone at Summa was caring and skilled and down to earth. I don’t think there’s any place where I could have received better care.” **To watch the rest of Tim’s story, visit [summahealth.org/TimS](http://summahealth.org/TimS).**



SUMMA CARDIOVASCULAR INSTITUTE

