

# thrive

for every season of your life

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to a stroke,  
there is  
no time to  
waste

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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. ■

# IS IT HEARTBURN — OR SOMETHING MORE SERIOUS?

DEPENDING ON THE SYMPTOMS, IT MAY BE  
SOMETHING MORE THAN ACID REFLUX



Heartburn — that burning sensation in the middle of the chest, sometimes originating in the abdomen — extending up into the neck — isn't pleasant. This fairly common discomfort typically is something that can be controlled by diet management or a quick dose of over-the-counter antacids. But depending on its severity and frequency, it may be something more serious.

In addition to heartburn, chest pain, difficulty swallowing or breathing, dry cough, sore throat, bad breath and nausea are the primary symptoms of gastroesophageal reflux disease (GERD). GERD is a digestive disorder where contents of the stomach and small intestine pass back into the esophagus.

It is often caused by abnormal function of the sphincter muscle at the base of the esophagus, which, in turn, is commonly a result of being overweight, overeating or hiatal hernia, among other factors.

If not properly treated, GERD can cause a series of health problems, including bleeding ulcers in the esophagus, narrowing of the esophagus and, in some cases, esophageal cancer.

If you are experiencing any symptoms of GERD, consider an appointment with a gastroenterologist (GI). GIs are physicians who specialize in the treatment of diseases affecting the digestive tract, and they can perform a number of tests to identify the cause of your symptoms.

Lifestyle changes like losing weight, not smoking or changing your diet can be effective remedies for mild cases of GERD. For more severe cases, different types of medication can be prescribed to help manage the condition. Surgical treatment is also an option.

If symptoms occur more than twice per week or increase in severity, it's important to speak with a physician to properly identify and treat your condition.

**For more information about GERD or to make an appointment with a Summa physician, call (800) 237-8662 or go to the Physician Directory at [summahealth.org](http://summahealth.org). ■**



# Did you *know*?



## SUMMA FOUNDATION SUPPORTS THE GROWTH OF SUMMA HEALTH SYSTEM

During the past several years, Summa Health System has grown to include seven hospitals, more than a dozen outpatient sites (including wellness centers and rehabilitation facilities), a provider-owned insurance company (SummaCare) and physician-focused entities such as Summa Physicians Inc. and Summa Health Network.

Did you know Summa Health System includes a foundation as well?

Located on the campus of Summa Akron City Hospital, Summa Foundation was established in 1976 to support medical education and research at Akron City Hospital. As the ambitions of Summa Health System have grown and its responsibility to the community changed, the mission of Summa Foundation changed with it, serving the needs of the System and community. Today, Summa Foundation unites the

philanthropic efforts that support Summa entities, as well as the communities in which we live and work.

Summa Foundation focuses on four critical areas that advance Summa Health System's mission to provide the highest quality, compassionate care to our patients and members, and to contribute to a healthier community.

### DEVELOPMENT

We facilitate philanthropic opportunities for donors who wish to make a positive impact on Summa Health System's programs and projects and to affect positive change in the communities the System serves. Development generates funding for research, education, and clinical and system projects.



## COMMUNITY BENEFIT AND DIVERSITY

Summa Foundation leads efforts to address important community needs, including raising awareness of healthcare issues and health disparities affecting the communities served by Summa Health System. This team provides health promotion, prevention and education, facilitates economic development programs, develops community partnerships, communicates Summa Health System's benefit to the community, engages the community and its workforce within the system and throughout the region, and takes a leadership role to create and sustain an environment that actively embraces diversity.

## GOVERNMENT RELATIONS

The Foundation protects and promotes Summa Health System's health policy and public sector funding priorities and interests with legislators, staff, committees and agencies of government.

## INNOVATION

We provide an effective model which enables Summa to become a magnet for ideas, pioneer technological innovations, and connect with institutions and opportunities that will lead to enhanced medical advancements, quality of care, commercialization and alternative revenue streams.

Summa Foundation fosters partnerships, health policy opportunities and funding strategies to support the System's education, research and patient care agenda. It manages nearly \$90 million in net assets and works to advance philanthropy, understanding and good will at the community, regional and national levels.

**In future issues of *Thrive*, we'll highlight and share stories that demonstrate the amazing impact Summa Foundation has on our communities. However, if you'd like to learn more about Summa Foundation and/or make a donation, please visit [thesummafoundation.org](http://thesummafoundation.org) or call (330) 375-3159. ■**

# THINKING ABOUT RUNNING A MARATHON?

## WHAT TO CONSIDER BEFORE YOU START



Dr. Tom Bartsokas, M.D.

From its origin in ancient Greece to present-day contests in cities across the country, the marathon has become one of the more popular forms of international sport. Popularity aside, it takes a substantial amount of time and proper training to complete a marathon and – more importantly – avoid injury.

Tom Bartsokas, M.D., is a sports medicine physician with Summa Center for Sports Health, as well as an avid runner. Along with his medical degree and specialized training, Dr. Bartsokas holds a master's degree in exercise physiology. He provided medical support to the 1996 and 1998 U.S. Olympic teams. Dr. Bartsokas answered some important questions related to marathon training and running in general.

### Where or how does someone start training for a marathon?

**Dr. Bartsokas:** To be honest, there are no standards or set guidelines because everyone is different. But in general, there are some basic milestones to keep in mind. If you're already a runner with at least five years of training and experience, you should be in reasonably good shape. Gradually work toward building your mileage to 45 to 50 miles per week for three consecutive weeks without feeling like you're overtraining. This three-week "fitness test" is best started six weeks before the marathon, then you should scale down your mileage in preparation for the event.

### What if you're a beginner?

**Dr. Bartsokas:** It's usually best to start with a sports medicine physician or professional for an evaluation and consultation. Based on the number of runners competing, that doesn't usually happen. Generally speaking, if someone can run 7 to 8 miles without feeling too taxed, the person can usually get through a half-marathon (13.1 miles). For a full marathon, you need to be able to run about 18 miles before attempting the full distance (26.2 miles).



## How long does it typically take to train?

**Dr. Bartsokas:** The best training methods allow for individual variation and personalization. Time isn't what matters most – it's about building endurance and increasing your distance. This type of exercise training takes time – it's a real commitment that must be respected. People who don't give themselves adequate time usually end up suffering from "terrible too" syndrome: too much, too soon, with too little rest. More often than not, that's when they end up in my office.

## In addition to professional guidance, how can a person avoid incorrect training?

**Dr. Bartsokas:** For one, don't get caught up with hitting a certain time. The biggest mistake among beginners is setting a time goal and not being able to finish. It's really about starting and finishing the race, regardless of time. Try to find a few people in similar physical shape and condition who can train at the same pace as you. Group training usually helps with individual progress and dedication.

## Do people use marathon training as a form of weight loss exercise?

**Dr. Bartsokas:** Yes, people do sometimes train for marathons to get in shape, but it may not be as effective as you think. Training for a marathon is about endurance as opposed to your waist line. Running simply for exercise is efficient and effective. It helps with overall health, mental clarity and a number of other things. That's the reason to run – to enjoy it and see the

benefits. If someone is looking for better health, weight loss and improved lifestyle, running simply for exercise is probably the way to go.


## Should someone with certain physical conditions avoid this kind of training?

**Dr. Bartsokas:** People with a history of heart disease or who have suffered a heart attack or stroke, have diabetes, asthma or osteoarthritis should take extra caution before starting any kind of prolonged, endurance-based training program. People with these types of conditions should talk to their primary care physicians.

## Are there additional sources of information about marathon training and running?

**Dr. Bartsokas:** The American College of Sports Medicine is the largest international body of sports medicine experts. Its website ([www.acsm.org](http://www.acsm.org)) has a ton of valuable information about proper training, nutrition, FAQs, health information and more. *Runner's World* is a great publication, too. Locally, the Akron Marathon has a number of training groups. And Summa Center for Sports Health has a variety of information available, including a free seminar series focused on marathon training for beginners.

**To learn more about sports medicine, proper marathon training or to make an appointment at Summa Center for Sports Health, call (888) 778-6627 or go to [summahealth.org/sportshealth](http://summahealth.org/sportshealth). ■**



# WHEN PACKING YOUR PICNIC BASKET

## DON'T FORGET FOOD SAFETY

People often spend more time planning their menu than they do thinking about food safety. This worries Virginia Abell, R.N., CIC.

Abell is the director of infection control and clinical safety for Summa Akron City and St. Thomas Hospitals. By her own admission, she is a very cautious picnicker. "I guess considering what I do for a living, I just know too much," she said. "I know how easy it is for bacteria to multiply in food."

She also realizes people often get careless with food safety rules when it comes to picnic foods, which is never a good idea, according to Abell.

"All of the rules you use at home still apply," she emphasized. "After all, you wouldn't let your deviled eggs sit out on your dining room table for four hours and then serve them. The same goes for your picnic food. The same rules still apply."

Abell said hamburgers can be especially tricky to cook adequately so they are safe to eat. "How many times have you seen a burger that was charred on the outside and still red in the middle? But you ate it anyway because you didn't want to offend the cook.

"Don't do it," she warned.

According to U.S. Department of Agriculture (USDA) research, one out of every four hamburgers turns brown before it reaches a safe internal temperature. The only way to know if meat, poultry and egg dishes are “done” is to use a food thermometer. Using a food thermometer not only keeps you safe from harmful bacteria, but also helps avoid overcooking food, which can affect the flavor and texture.

Some food safety tips from Abell (and USDA) include:

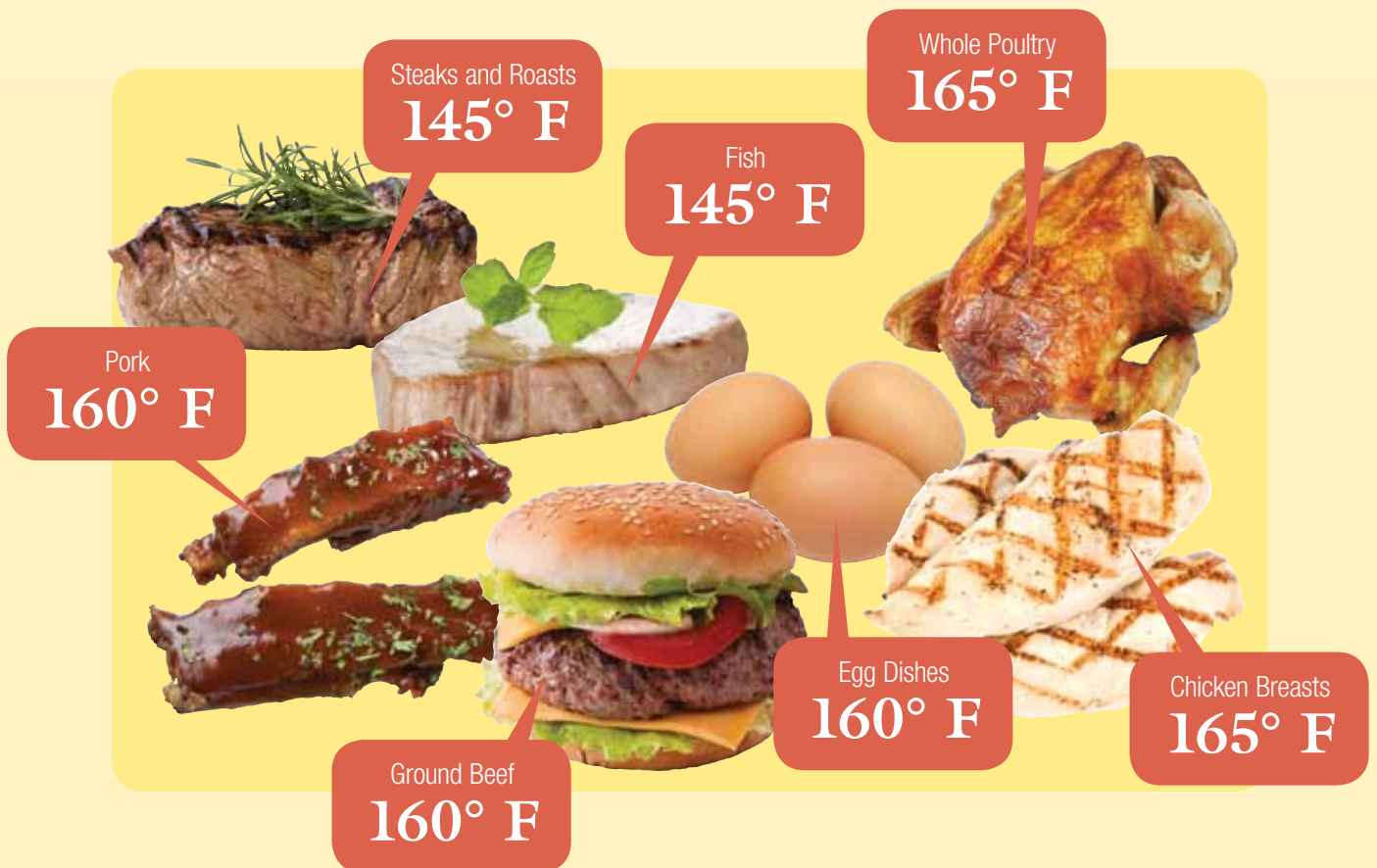
- **Follow USDA’s recommended guidelines for safe minimum internal temperatures** — Don’t guess, use a thermometer.
- **Keep cold foods cold and hot foods hot.** Both Abell and USDA recommend cold foods be kept at a temperature of **less than 40 degrees F** until eaten, while hot foods

should be kept at a temperature of **above 140 degrees F** until eaten.

- **Don’t leave food unrefrigerated for more than two hours** — one hour if the outside temperature is 80 degrees F or above. Discard any leftovers.
- **Nothing beats washing your hands.** Tip: Pack a squeeze bottle full of soapy water, along with some bottled water and a roll of paper towels, to wash and dry your hands.

USDA’s Food Safety and Inspection Service website on Food Safety Education is a great resource to learn more about how to safely handle, transport, prepare and serve food. Go to [www.fsis.usda.gov/Food\\_Safety\\_Education/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/index.asp). ■

## USDA RECOMMENDED SAFE MINIMUM INTERNAL TEMPERATURES





# HEADACHE *or* MIGRAINE?

## KNOW WHEN TO SEE YOUR PHYSICIAN

Did you know women are three times more likely to get migraines than men? Most patients also have a family history of migraine.

Because there is no single test that can tell whether your headaches are migraines, they are often confused with tension or sinus headaches. Migraine headaches can be triggered by poor sleep patterns, skipped meals, bright lights, watching TV, certain foods, loud noise, stress, depression and other factors.

Non-migraine headache pain can be mild or severe. It can be caused by hormone changes, stress, a cold or infection, sinus problems, a blow to the head, allergies, weather changes and pollution.

Migraine pain, however, is usually much worse.

Migraines occur when brain cells tell a certain nerve to release chemicals that cause blood vessels on the brain surface to swell.

Symptoms may include:

- pain on one side of the head (eye, temple, sinus, jaw or neck)
- pulsing, throbbing pain
- nausea or vomiting
- being sensitive to sound, light or smells
- headache that lasts four hours to three days or more
- seeing wavy or jagged lines, flashing lights or blind spots
- tingling in the arm or face

If you suffer from these symptoms, talk to your primary care physician. Your physician will discuss possible treatment options with you, or may refer you to a neurologist.

**To schedule an appointment with a Summa Family Medicine physician, call (800) 237-8662.**

# MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU!

The following physicians joined Summa Physicians Inc. between January 1, 2011, and April 30, 2011.



BEHAVIORAL HEALTH

**Jennifer Jackson-Wohl, D.O.**

201 Fifth Street NE, Suite 4  
Barberton, OH 44203



FAMILY MEDICINE

**Roberto Lebron, M.D.**

1069 Kenmore Blvd.  
Akron, OH 44314

These physicians are accepting new patients. To schedule an appointment, call **(800) 237-8662, ext. 234**

## communitycalendar

### BLOOD PRESSURE CHECKS – FREE

Stop by for free blood pressure screening; no appointment is needed.



Locations:

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

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

### UPCOMING 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.

Location:

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

Dates:

Thursday, July 21  
Thursday, August 18  
Thursday, September 15  
Thursday, October 20  
6 p.m.

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

For additional class dates and event information, please visit our event/program calendar at [summahealth.org](http://summahealth.org).



### Follow us on Facebook and Twitter!

Are you on Facebook? How about Twitter? Become a Summa fan and receive updates on free health talks, seminars and other valuable healthcare information. It's easy. We're at [www.facebook.com/summahealth](http://www.facebook.com/summahealth). Follow us on Twitter @SummaHealth.



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# We measure community reinvestment one life at a time.

That's more than healthcare.  
**That's smartcare.<sup>SM</sup>**

Summa's community reinvestment is a vital part of our mission. Our more than 10,000 employees live, work and give in the neighborhoods we serve. Some share their time through Summa-sponsored opportunities like AkronReads, Habitat for Humanity and OPEN M. Others generously volunteer at schools, places of worship, soup kitchens and more. Summa employee volunteers demonstrate their commitment and passion for making the world a better place when sharing their time and skills. At Summa, we believe the measure of corporate citizenship is determined not just by the hospitals we build, but by the lives we touch. That's more than healthcare. That's smartcare.

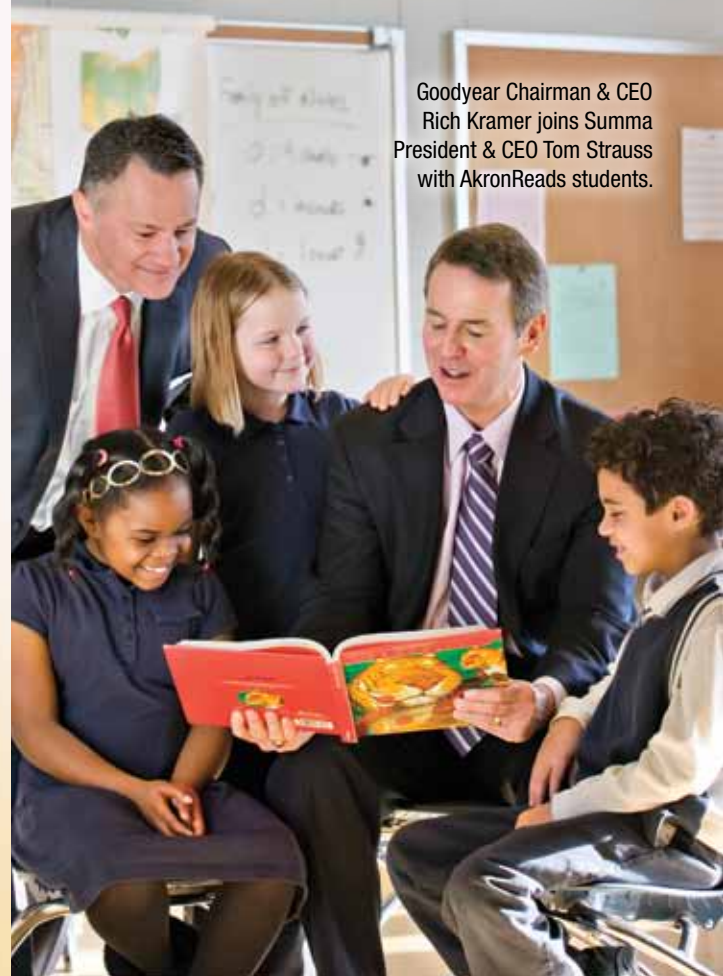


[summahealth.org](http://summahealth.org)

Goodyear associates worldwide are committed to providing hands-on support for education initiatives. Associates in Akron, for example, volunteer for Destination College, which helps high school students prepare for ACT testing and manage the college application process. In addition, Goodyear supports the annual Engineering Career Day for Young Women in Akron. And each week, AkronReads tutors from Goodyear help third-grade students improve their reading and writing skills.



[goodyear.com](http://goodyear.com)



Goodyear Chairman & CEO  
Rich Kramer joins Summa  
President & CEO Tom Strauss  
with AkronReads students.