

thrive

for every season of your life

A Team Effort

Quick thinking and working together helped Sidney Dambrot survive cardiac arrest

— page 3

Alzheimer's disease is manageable

— page 9

'TIS THE SEASON

Tips on eating healthy during the holiday season

— page 11

 **SUMMA**
Health System

summahealth.org

A Publication of Summa Health System Fall 2011



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*



3



10



11

CONTENTS

*On the cover:
Former basketball standout and
cardiac arrest survivor Sidney
Dambrot with his son, Keith*

3 A team effort

Quick thinking and working together helped Sidney Dambrot survive cardiac arrest

7 Flu season is here

Vaccination is your best defense

8 Don't delay

Keep up with scheduled breast health screenings

9 Alzheimer's disease is manageable

An early diagnosis can significantly increase quality of life

10 Judy Salmond regains her step

Joint replacement surgery gives Cuyahoga Falls woman the chance to reconnect with everything she loves

11 'Tis the season

The holidays are upon us, but that doesn't mean you have to abandon your diet or healthy eating habits

13 Meet the doctors

New Summa physicians are ready to serve

A TEAM EFFORT



QUICK THINKING AT HOME AND WORKING TOGETHER HELPED SIDNEY DAMBROT SURVIVE CARDIAC ARREST

Teamwork is essential to success in the world of sports. Sidney Dambrot – who played on one of the nation’s best basketball teams, Duquesne University, in the early 1950s – knows this. So does his son, Keith, the head basketball coach at The University of Akron.

Teamwork is also essential when a life is on the line. As with basketball, Sidney can attest to this as well.

One day in July 2010, he was at home with his wife, Judi, when he suddenly complained of not feeling well. Thirty seconds later, he was unconscious. Sidney had gone into cardiac arrest – his heart had stopped beating.

Suddenly, every second counted.

According to the Centers for Disease Control and Prevention, about 300,000 Americans experience an out-of-hospital cardiac arrest (OHCA) event each year. The likelihood of surviving an OHCA varies widely between 2 percent and 35 percent, depending on the location of the event. The majority of persons who experience an OHCA event do not receive bystander-assisted cardiopulmonary resuscitation (CPR) or other timely interventions, such as defibrillation, that improve chances for survival.

Fortunately, Judi saw Sidney collapse and immediately called 9-1-1.

The operator talked Judi through how to perform CPR on Sidney over the phone.

For the next eight minutes she kept up CPR while anxiously awaiting the arrival of Copley EMS. Paramedics then took over CPR.

“In a cardiac situation, the most critical aspect of care is CPR,” says Kenneth E. Berkovitz, M.D., system medical director, Summa Cardiovascular Institute. “If CPR starts immediately, the patient has a much better chance of survival.”

Paramedics shocked Sidney’s heart three times to restore normal rhythm before transporting him to Summa Akron City Hospital.

While in the ambulance, paramedics began to lower Sydney’s body temperature (hypothermia treatment) in order to prevent potential brain damage. Hypothermia protocol is a new preventative measure that is initiated when someone suffers cardiac arrest.

The hypothermia treatment continued at the hospital.

“Data shows preservation of brain function is much better after hypothermia,” says Michael Pelini, M.D., medical director of heart rhythm services, Summa Cardiovascular Institute, at Summa Akron City Hospital. “The earlier, the better.”

Once at Summa Akron City Hospital, Sidney’s care was coordinated between emergency department (ED) physicians, cardiologists and intensivists. Once stabilized, he was moved from the ED to the coronary care unit. Days later, as Sidney continued to improve, Dr. Pelini implanted a defibrillator in his heart.



Sidney Dambrot with his son, Keith, the University of Akron's head basketball coach. Keith says Summa's teamwork in caring for his father was impressive. "Everybody plays a role ... everyone is equally important."



Dr. Pelini likens a defibrillator to having a paramedic with you at all times. If a patient's heart falls into a dangerous rhythm, the paramedic would administer a shock. The defibrillator monitors the rhythm of the heart and, in the same way, administers a shock to prevent cardiac arrest. "It happens before a person passes out," Dr. Pelini says.

Sidney's heart had stopped beating for 18 minutes. Paralysis or permanent brain damage was possible. "After five days we knew he had a chance to survive, but we didn't know how much brain damage there might be," Keith says.

Several days after the cardiac arrest, Susana M. Bowling, M.D., stroke and neurocritical care specialist at Summa Akron City

Hospital, evaluated Sidney. She detected and treated abnormal cerebral electrical activity, which kept Sidney from waking up. This is quite common following cardiac arrest and can lead to a poor outcome, Dr. Bowling says. But Sidney responded well to the treatment with clinical signs of a good chance for neurological recovery.

As the days passed it was becoming more evident: Sidney was going to beat the odds. He was going to survive and there would be no permanent brain damage.

Sidney began rehabilitation about three weeks after the cardiac arrest and was soon back home. "I'm very lucky everything fell in line for me," he stresses.

THE CONTINUUM OF CARE

Summa Cardiovascular Institute (SCI) brings together a multidisciplinary team of heart and vascular experts who work together to bring high-quality, coordinated care to their patients. SCI provides a broad range of heart services through six hospitals and 18 physician offices in Summit, Portage and Medina counties.

Summa Akron City Hospital is a certified chest pain center as accredited by the Society of Chest Pain Centers.

Emergency medical services (EMS) personnel is the first point of contact for patients who call 9-1-1. Summa Health System recognizes that EMS is an integral part of the continuum of care provided to acute coronary syndrome (ACS) patients. Summa and EMS work to create a seamless relationship in order to improve the care of ACS patients.

EMS, as a first responder and use of defibrillators in the field, plays an important role in why the Akron area's survival rate for out-of-hospital cardiac arrest is higher than the national average, says Michael Pelini, M.D., medical director of heart rhythm services, Summa Cardiovascular Institute, at Summa Akron City Hospital.

For more information about the comprehensive services that Summa Cardiovascular Institute offers, or to be referred to an SCI physician, call (888) 720-5318. You can also request a free Cardiac Health Guide by calling this number. Visit our website at summahealth.org/heartcare.





The Dambrot family says they were treated like family at Summa Akron City Hospital. Sidney says the staff went out of its way to ensure his comfort, including a nurse who gave him a midnight shower when he remarked he needed one. “The care was wonderful,” he says.

Keith praised the nurses and other staff for their patience. “They had a calming effect on people who were upset because a family member was in such grave condition,” he says. “I haven’t been around a lot of hospital situations, so I really didn’t know what to expect. I was just amazed by it all.”

Sidney says he’s not back to where he was before the cardiac arrest, nor does he think he ever will be. “But I’m walking and driving.”

Keith adds, “His mind is good and he is still feisty.”

Teamwork helped Sidney beat the odds.

“The team that Summa has is very similar to teams I’ve been around my whole life,” Keith says. “Everybody plays a role on that team; everybody is equally important. I think Summa has a really good idea of how to build a team.”

To learn more about Sidney Dambrot’s story, go to summahealth.org/sid. ■

SUMMA BARBERTON OFFERS MRI-COMPATIBLE PACEMAKER



Jennifer E. Cummings, M.D.

On April 15, 2011, Summa Barberton Hospital became the first hospital in Summit County to implant an MRI-compatible pacemaker. Jennifer E. Cummings, M.D., a board-certified cardiologist and electrophysiologist specializing in heart rhythm, performed the procedure. The device is the first FDA-approved pacemaker labeled “MRI conditionally safe”

and in Summit County is only offered by Summa Health System. Dr. Cummings discusses the new pacemaker.

Is the MRI-compatible pacemaker procedure different from a traditional pacemaker procedure?

Dr. Cummings: The procedure is the same; the device itself is different. Traditional devices have multiple ferrous (meaning they are magnetic) components, making it difficult or near impossible to perform an MRI. The new pacemaker can tolerate the magnetic forces of an MRI in certain areas of the body.

What prevents patients with traditional pacemakers from undergoing an MRI?

Dr. Cummings: The electromagnetic field of the MRI can interfere with, or even damage, older pacemakers and prevent them from regulating a person’s heartbeat. Previously, if I inserted a pacemaker into a patient, I would tell them they can never get an MRI. This is a big deal for some patients, such as those with multiple sclerosis, at high risk for stroke and others who might need frequent MRIs. Now, we can continue to treat their other conditions safely.

Can a patient with an older pacemaker receive an MRI-compatible pacemaker?

Dr. Cummings: No. The pacemaker can be MRI-safe but the leads that go to the heart also need to be MRI-compatible. If someone wants an MRI-safe pacemaker, we would have to remove the old device down to the heart. Currently, the risks outweigh the benefits.

Who do you recommend receive an MRI-compatible pacemaker?

Dr. Cummings: Only people who anticipate a need for an MRI.

HEART ATTACK AND CARDIAC ARREST ARE NOT THE SAME

Many people think that cardiac arrest and heart attack are the same medical condition. But they are different – and they need to be treated differently.

A **heart attack**, or myocardial infarction, occurs when a coronary artery (one of the arteries that supplies blood to the heart muscle) suddenly becomes blocked. The blockage robs a portion of the heart muscle of its vital blood supply, and the muscle dies.

Many individuals who experience a heart attack have had prior symptoms, including:

- Episodes of chest pain that come and go for hours or days prior to the actual heart attack
- Feelings of nausea
- Shortness of breath
- Rapid or irregular heartbeats

A person who suffers a heart attack must get to an emergency room as quickly as possible, and 9-1-1 should be called.

Cardiac arrest is caused by a sudden heart arrhythmia called ventricular fibrillation (V-fib), in which electrical signals within the heart suddenly become chaotic, causing the heart to stop beating. Cardiac arrest comes on suddenly, usually with no warning, says Kenneth E. Berkovitz, M.D., system medical director, Summa Cardiovascular Institute.

To increase the chances of survival, bystanders should call 9-1-1 and then immediately begin cardiopulmonary resuscitation (CPR). Bystanders should also locate an automated external defibrillator (AED), if one is available. Many public places, such as churches, schools, community centers, etc., have AEDs on hand for medical emergencies.

The AED is not complex, and it will actually let the bystander know when it is time to shock the patient, Dr. Berkovitz says. “It’s easy to use, even in a crisis situation,” he adds.

DON'T IGNORE THE WARNING SIGNS OF A HEART ATTACK

Bernie Hovey remembers noticing a tingling feeling in his left arm every so often, but he always ignored it. One morning, he woke up sweating and not feeling well. Still, he thought it was nothing serious.

The resident of Silver Lake went to his teaching job at Archbishop Hoban High School that morning intending to put in a full day. But when he still wasn't feeling any better, he went to see his primary care physician, who immediately sent him for an EKG at Summa Western Reserve Hospital. The results sent a group of doctors running into Hovey's room to tell him he was having a heart attack.

“I didn't believe them,” Hovey says.

Hovey was transported to Summa Akron City Hospital and taken immediately to the catheterization lab.

Kenneth E. Berkovitz, M.D., system medical director, Summa Cardiovascular Institute, diagnosed a completely blocked right coronary artery. Dr. Berkovitz placed two stents to open the artery. He added a third stent to another artery about two weeks later.

Almost immediately, Hovey felt better.

He remains quite active, working as many as 10 or 11 hours a day. He is back teaching at Archbishop Hoban High School and has resumed his duties as mayor of Silver Lake.

“I love both jobs,” says Hovey, 64. “I think that's what keeps me going and young, with a positive and fresh outlook on life.”

Reflecting on his heart attack, Hovey believes he was in denial. He knew that many of the sensations he was feeling could be precursors to a heart attack or heart-related problems. “But I just thought not me; it's not going to happen to me,” he emphasizes. “I didn't think I was a prime candidate, because I am pretty healthy. I should've been much more aware of what was going on with my body.”

Hovey's advice to people is not to ignore potential warning signs. “It's important to get a physical every year,” he says. “Be aware of your body. Make the right choices.”

He's following his own advice – he went for his yearly physical in August.

Learn more of Bernie Hovey's story with your smart device or go to summahealth.org/bernie.



Bernie Hovey



Flu season is here

VACCINATION IS YOUR BEST DEFENSE

Come November, most people start to think of wintertime staples like Thanksgiving, “Black Friday” door-buster sales and – everyone’s favorite – blizzard-like weather conditions.

Unfortunately, along with the winter comes flu season.

Seasonal influenza (flu) rightfully gets quite a bit of attention between October and May every year. According to statistics from the Centers for Disease Control and Prevention, between 5 percent and 20 percent of the U.S.

population annually contracts the flu virus. Furthermore, more than 200,000 people are hospitalized each year because of the flu or flu-related complications.

The flu is most often spread from person to person when strands of the virus – called “droplets” – are expelled while someone coughs, sneezes or talks. In some instances, the virus is spread by touching an inanimate object with droplets on the surface (door handles, computer equipment, phones, etc.).

“The single best way to combat the flu is by getting your flu vaccination every year,” says Thomas File, M.D., medical director, infectious disease for Summa Health System.

Vaccination is especially important for those at greatest risk of contracting the flu virus, including:

- Women who are pregnant
- Children younger than age 5



- People older than age 65
- People with chronic medical conditions or weakened immune systems
- People who live or work in nursing homes and other long-term care facilities
- Healthcare workers

“Vaccination is an extremely important safety measure,” says Ginnie Abell, R.N., CIC, director, infection control and clinical safety for Summa Akron City and St. Thomas Hospitals. “Influenza is a serious health risk. Vaccine protects you and the people you come in contact with on a regular basis.”

Though vaccination is highly recommended, there are certain people

who should not be vaccinated, including individuals with a severe allergy to chicken eggs, and individuals who have had serious adverse reactions to previous flu vaccinations or have developed Guillian-Barre syndrome (GBS).

A preservative-free vaccine is available for those who are allergic to certain preservatives in the flu vaccine. Simply request it when getting your flu vaccination.

If you have questions about the flu and seasonal vaccination, speak with your primary care physician. If you need a primary care physician or an infectious disease specialist, call (800) 237-8662. ■

SIGNS AND SYMPTOMS OF FLU

People who have the flu often feel some or all of the following signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Vomiting and diarrhea (While this is more common in children, some adults may also experience these symptoms.)

* Not everyone with flu will have a fever.

Source: Centers for Disease Control and Prevention

Don't delay

KEEP UP WITH SCHEDULED BREAST HEALTH SCREENINGS

When it comes to breast health screenings and exams, it's just as common for women to delay them as it is to attend them. Only 50 percent of insured women over age 40 receive the recommended breast cancer screening mammogram every year. And, according to Heidi Eve-Cahoon, MSN, CNP, breast care coordinator at Summa Health System's Jean and Milton Cooper Cancer Care Center, it's not for a lack of knowledge. "People understand breast cancer and that it's a real health issue," Eve-Cahoon says. "But there's a big difference between understanding and doing."

While women 40 years and older are the target population for breast health – as being female and aging are the two greatest risk factors for breast cancer – Eve-Cahoon thinks breast health should be a priority for all women.

"Women need to take responsibility for their breasts and start getting to know what they feel like and what they usually look like," she emphasizes. "Then, when they notice a change they can talk to their doctor."

Eve-Cahoon recommends performing monthly self exams and beginning clinical breast exams every three years as early as a

woman's first OB/GYN visit. After age 40, women should begin both yearly mammograms and clinical breast exams.

To increase access to breast health services for women, Summa Health System has more than 10 locations in the region that offer digital mammography – technology that reduces errors and the need for repeat mammograms. Summa Health System also has significantly decreased patient wait times for a mammogram appointment – taking days compared with the national average of weeks. Evening and weekend appointments also are available.

Despite increased accessibility and convenience, many women continue to put themselves at risk by delaying necessary screenings and exams. "If you find breast cancer when it's early, it can be very treatable," Eve-Cahoon points out. "But the longer you wait, the more serious it becomes. Early detection is key."

Most physicians encourage patients to attend their yearly screenings and exams with reminder calls and postcards; but Eve-Cahoon thinks stronger motivation lies within a woman's inner circle. "Most women know somebody who's had breast cancer, and if you act in honor of them, that can help," she says.

For more information on breast health, go to summahealth.org/womens. ■

WHERE TO GO

Summa Health System offers digital mammograms at a number of conveniently located imaging centers. To make an appointment, call (888) 720-5318.

- Summa Breast and Imaging Center
95 Arch St., Akron, OH 44304
- Summa Barberton Hospital Parkview Center
155 5th St. NE, Barberton, OH 44203
- Summa Wadsworth-Rittman Hospital
195 Wadsworth Road, Wadsworth, OH 44281
- Summa Health Center at Cuyahoga Falls
1860 State Road, Cuyahoga Falls, OH 44223
- Summa Health Center at Green
3838 Massillon Road, Uniontown, OH 44685
- Summa Health Center at Lake Medina
3780 Medina Road, Medina, OH 44256
- Summa Health Center at Western Reserve
5655 Hudson Drive, Hudson, OH 44236
- Summa Health Center at White Pond
One Park West Blvd., Akron, OH 44320
- Robinson Memorial Hospital,
an affiliate of Summa Health System
6847 N. Chestnut St., Ravenna, OH 44266
- Robinson Imaging Center of Kent
Kent Medical Arts Building
401 Devon Place, Kent, OH 44240
- Robinson Imaging Center at Streetsboro
9318 State Route 14, Streetsboro, OH 44241



ALZHEIMER'S DISEASE IS MANAGEABLE

AN EARLY DIAGNOSIS CAN SIGNIFICANTLY INCREASE QUALITY OF LIFE

Are you noticing worrisome changes in someone close to you?

Is the person you're concerned about showing signs of:

- Memory loss, such as difficulty remembering names and recent events?
- Trouble completing familiar tasks at home, work or leisure?
- Confusion with time/place?
- Trouble understanding visual images and spatial relationships?
- New problems with words in speaking and writing?
- Difficulty swallowing and/or walking?
- Misplacing things and losing the ability to retrace steps to find an item?
- Decreased or poor judgment?
- Withdrawal from work and social activities?
- Changes in mood or personality?

If your answer to some of these questions is yes, then perhaps there's a reason for concern.

More than 5 million Americans live with Alzheimer's disease. Almost 15 million people serve as unpaid caregivers for loved ones.

While there is no cure, studies show that active medical management of Alzheimer's disease can significantly increase the quality of life for both patients and caregivers. Active medical management includes:

- Appropriate use of available treatment options
- Effective integration of other existing medical conditions into the treatment plan
- Coordination of care among physicians, other healthcare professionals and caregivers
- Access to support programs, such as adult day care, caregiver support groups, counseling, etc.

The first step toward improving the quality of life for a patient with Alzheimer's disease is early detection and diagnosis.

Getting an early diagnosis allows physicians and/or caregivers to:

- Treat reversible or treatable causes of memory problems
- Manage symptoms
- Include the patient in clinical trials
- Avoid prescribing medications for other conditions that can worsen brain function
- Treat and manage other medical conditions that can affect the brain



- Identify patients who can no longer care for themselves
- Reduce anxiety of the patient about the cause of his/her symptoms
- Offer caregivers access to training, education and support services
- Reduce falls and accidents by alerting caregivers to potential dangers
- Alert caregivers to potential financial mismanagement
- Effectively plan for the future

November is National Alzheimer's Disease Awareness Month. For more information, go to www.alz.org.

If you're concerned about an older adult who may be experiencing memory problems, take the first step. Call (330) 375-4100 to schedule a geriatric assessment with a board-certified geriatrician at Summa's Center for Senior Health. ■

Reference: Alzheimer's Association, *2011 Alzheimer's Disease Facts and Figures, Alzheimer's & Dementia*, Volume 7, Issue 2.



Judy Salmond regains her *step*

Thanks to hip and knee surgery, Judy Salmond can once again enjoy life, including spending time in the dance studio with her granddaughter, Marissa.

JOINT REPLACEMENT SURGERY GIVES CUYAHOGA FALLS WOMAN THE CHANCE TO RECONNECT WITH EVERYTHING SHE LOVES

Judy Salmond is a lover of dance, avid gardener and grandmother. She has always lived an active life.

But physical activity can take its toll on the joints. Salmond, a 65-year-old retiree from Cuyahoga Falls, was living with pain in her knee and hip. The loss of mobility was so great that she found it difficult to perform even the simplest of tasks – including turning over in bed.

While surgery was always in the back of her mind, Salmond tried other therapies, including cortisone injections and physical therapy. Finally, she convinced herself it was time for surgery.

Salmond made an appointment with Robert F. Kepley, M.D., a specialist in joint replacement surgery with Crystal Clinic Orthopaedic Center, a partnership with Summa Health System. Dr. Kepley could see what Salmond could not – a return to her normal life.

Knee replacement surgery took place four years ago. Earlier this year, Salmond underwent hip replacement surgery.

The result? Salmond is now pain-free. She is riding a stationary bike, swimming and working out. About six weeks after her hip replacement surgery, she was in her garden for about seven hours a day, two days a week.

Salmond is also accompanying her granddaughter, Marissa, to dance lessons. “If she has a question about a dance move, I can actually get up and show her how it’s done,” Salmond points out.

Salmond has recommended Dr. Kepley to many individuals. She recounts her experience – how limited she was prior to the surgeries because of constant pain, and how she is able to once again take part in the activities she enjoys. “It’s unbelievable to have your life back,” she emphasizes.

To schedule an appointment with a Crystal Clinic Orthopaedic Center physician, call (855) 728-4660 toll-free or go to crystalclinic.com. ■

'TIS THE SEASON



THE HOLIDAYS ARE UPON US,
BUT THAT DOESN'T MEAN YOU HAVE TO ABANDON
YOUR DIET OR HEALTHY EATING HABITS

The holiday season is right around the corner – Thanksgiving, Christmas and New Year's Day. It's a time for family gatherings, large meals and plenty of good cheer. It is also a time, conventional wisdom tells us, that diets and healthy eating habits are tossed aside, only to be reestablished in a New Year's resolution.

But Cindy Carrell, R.D., L.D., of "Just This," a Summa Health System weight management program, says individuals shouldn't stop their healthy eating habits for the last five or six weeks of the year just because they may see more food than usual. "You can always make good choices, no matter how much food is around," she notes.

Carrell has some tips that can help you navigate the often overwhelming food maze of the holiday season.

MAINTAIN YOUR WEIGHT

Losing weight during the holidays is usually unrealistic. In fact, most people gain anywhere from 2 to 10 pounds during the holidays. What you want to do is stay at about the same weight. Don't worry if you gain 1 or 2 pounds; you can lose

that quickly. "If you maintain the same weight, you've won the battle," Carrell says.

CHOOSE WISELY

It's all about the choices you make. If you love pumpkin pie, for example, have a slice. But don't follow that up with a cookie, brownie or other sweet. If you want a cookie, try to have one that you may not get at other times of the year.

MODERATION

Eat until you're satisfied, not until you're stuffed. "That's a big issue at anytime of the year but especially during the holidays," Carrell points out.

EXERCISE

After dinner, don't sit on the couch to watch a football game; go outside and get moving. Also, Carrell strongly recommends that you keep up with your exercise regimen during the holidays, though you might have to alter it due to family obligations. But

if you stop exercising altogether, it will be that much harder to get back into the routine once the family festivities come to an end.

THE FAMILY GATHERING

You might be eating at a family member's house during the holidays. What happens if that relative doesn't share your healthy eating habits? Carrell suggests bringing your own healthy side dish or salad. At the very least, don't overload your plate. Start with a smaller plate and take a spoonful of everything. Avoid double-servings or towering your food like a pyramid.

GET MORE SLEEP

Get at least seven hours of sleep. It helps alleviate some of the stress that comes with the holidays. Stress can trigger hunger cravings.

Carrell says it can be difficult to maintain healthy eating and dietary habits during the holiday season. At the same time, she also believes it is not impossible. "It's always a challenge," she emphasizes. "People have to be easier on themselves and not get down on themselves." All that does is create more stress. "What you did yesterday should not affect how you eat today ... you can always start over."

What's important to remember, according to Carrell, is your health. "I encourage everyone to look at it this way: Holiday is family time; look around at your family," she says. "You want to be there for them as long as possible. How do you do that? By taking care of yourself and putting your health first."

"Think more about your health rather than weight loss," she adds. "The important issue is being healthy. Losing weight in the process is a bonus."

To learn more, contact "Just This" at (330) 375-6130 or justthis@summahealth.org. ■



MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU!

The following physicians joined Summa Physicians Inc. between May 1, 2011, and Aug. 30, 2011.



Behavioral Health/Psychiatry
Nicole Ballerini, D.O.
Summa St. Thomas Hospital
444 North Main St., Sixth Floor
Akron, OH 44310



Infectious Disease
Aimee Mandapat, M.D.
75 Arch St., Suite 506
Akron, OH 44304



General Surgery/Trauma
Gregory Beddell, M.D.
550 East Market St., Suite 103
Akron, OH 44304



Cardiology/Cardiovascular Disease
Marc Penn, M.D.
95 Arch St., Suite 350
Akron, OH 44304



Family Medicine
Melanie Bortell, M.D.
155 Fifth St. NE
Barberton, OH 44203



Behavioral Health/Psychiatry
Edward Pierson, M.D.
Summa St. Thomas Hospital
444 North Main St., Fourth Floor
Akron, OH 44310



Urgent Care Medicine
Thang Dang, M.D.
2875 West Market St., Suite B
Fairlawn, OH 44333



Family Medicine
Amy Sadler, M.D.
25 South Main St., Suite B
Rittman, OH 44270



Internal Medicine
Jennifer Dy, D.O.
2875 West Market St., Suite A
Fairlawn, OH 44333



Internal Medicine
Elina Shakya, M.D.
55 Arch St., Suite 1A
Akron, OH 44304



Hematology/Oncology
John Jakob, M.D.
161 North Forge St., Suite 198
Akron, OH 44304



Internal Medicine/Geriatrics
Sara Snyder, D.O.
75 Arch St., Suite G2
Akron, OH 44304



Internal Medicine
Nisreen Khazaal, M.D.
1 Park Center, Suite 304
Wadsworth, OH 44281



Surgery/Breast
Lee Anne Sprance, M.D.
155 Fifth St. NE
Barberton, OH 44203



General Surgery/Bariatrics/Trauma
Chandroutie Latchman, D.O.
95 Arch St., Suite 255
Akron, OH 44304



Internal Medicine/Rheumatology
Kimberly Stewart, M.D.
75 Arch St., Suite 514
Akron, OH 44304

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

communitycalendar

HEALTH INFORMATION YOU NEED – IN REAL TIME



You're invited to chat online with physicians from Summa Health System. This interactive feature allows you to talk with a health expert, ask questions and get the answers you need in real time. And you don't have to leave work or home.

Upcoming Web Chats

November 17
Vascular Disease Prevention
Joseph Pietrolungo, D.O.

December 1
Treatment Options for Neck and Back Pain
Dane Donich, M.D.

December 7
What is a Geriatric Assessment?
Sara Snyder, D.O.

December 14
Heart Valve Disease
David Cutler, M.D.

All web chats begin at noon. To see a list of web chats or to register to participate in any chat, go to summahealth.org/webchats.

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, November 17
Tuesday, December 13

The seminars begin at 6 p.m.

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

For information on additional programs and clinics, please visit summahealth.org/medicalservices and click on a specific service.



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. Follow us on Twitter [@SummaHealth](https://twitter.com/SummaHealth).

Come Sample

Delicious New Fare

Breakfast, Lunch or Dinner

New Dining Hours

7 a.m. to 9 p.m. Monday through Friday

Breakfast Menu: 7 a.m. to 10 a.m.

Lunch/Dinner Menu: 11 a.m. to 7 p.m.

Virtues – Summa Akron City Hospital’s full-service restaurant – now features new dining hours, a “Wine-n-Down” special, new menus and additional seating.



Summa Akron City Hospital Campus
525 East Market Street • Akron, Ohio 44304
Phone: (330) 375-7444 • Fax: (330) 375-7680



MONTHLY SPECIAL
WINE-N-DOWN

Weekdays from 4 p.m. to 6 p.m.

A trio flight of wines and antipasto menu for **\$15** per person

Every month, Virtues Restaurant will feature different regions of Tapas, Antipastos presented with a flight of wines from different regions. You will receive a tasting of each Antipastos, paired with the flight of wines selected.