Routine doctor visit leads to shocking discovery for Romen Bryant

Read the full story on Page 4
The recent Winter Olympics allowed us to marvel over great feats of strength, agility and speed. Interestingly, one doctor at Summa Health has a regular front row seat to this exceptional talent and resilience.

Salvatore J. Frangiamore, M.D., a sports medicine surgeon at Summa Health, serves as a team physician for the U.S. Ski and Snowboard Association. His sports medicine and shoulder fellowship at the world-renowned Steadman Clinic in Vail, Colorado, introduced him to this opportunity. He has traveled to Germany for a snowboard cross world cup event, to Italy for the 2017 FIS Freestyle Junior World Ski Championships, and returns to Vail in March for the U.S. Open of Snowboarding.

“I have been involved with sports my whole life. Being able to combine my professional work with my passion for sports is a unique and gratifying experience,” shared Dr. Frangiamore.

You can receive the same outstanding sports medicine care as our national ski and snowboard team.

We specialize in the diagnosis and treatment of sports related injuries such as:

• Sprains and strains
• Overuse injuries causing joint or back pain
• Tendonitis and tendinosis
• Dislocations or fractures
• Stress fractures
• Arthritis

This isn’t the bunny slope

For those situations that require emergency care, one of Summa Health’s five emergency rooms is nearby, ready to provide proper care in the event of a major issue.
Meet the Orthopedic Team

Our physicians offer same day/next day appointments and expedited referrals to the top orthopedic surgeons in the area. Call 888.808.3926 to make an appointment.

Nonsurgical/Sports Medicine

Ben Burkam, M.D.
Robert Crawford, M.D.
Nilesh Shah, M.D.

Orthopedic Surgeons

Sal Frangiamore, M.D.
Sports Medicine and Shoulder
Jeff Junko, M.D.
Foot and Ankle Reconstruction
Derek Klaus, M.D.
Hand and Upper Extremity
Eric Miller, M.D.
Orthopedic Trauma
Kiel Pfefferle, M.D.
Total Joint Reconstruction
Scott Weiner, M.D.
Orthopedic Oncology

MyChart
Your Secure, Online Health Connection
24 hours a day

Your health is important to you around the clock – not just during office hours. MyChart puts everything you need to manage your health right at your fingertips.

How to Access MyChart
Go to summahealth.org/mychart. Click on the Login button on the right side of the page. If you received a MyChart activation code, click SIGN UP NOW and enter your access code. You will be prompted to setup your unique MyChart user name and password.

If you have a user name and password, enter them and click SIGN IN.

Mobile Access
MyChart Mobile is now available on your Apple iPhone, iPod touch or iPad or on your Android phone. This does not replace the web-based MyChart and does not include all the same features. You will need to create a MyChart account before you can access MyChart Mobile.

Questions?
If you need an activation code, have forgotten your MyChart username or password, or have tried unsuccessfully to log in to your MyChart account, call the 24/7 MyChart Helpdesk at 844.552.4278 or email summamychartsupport@summahealth.org.

Our locations include:
• Akron
• Barberton
• Green
• Medina
• Wadsworth
Romen is the first to admit he’s never been fond of doctors, hospitals or checkups. And at just 26 years old, he considered himself to be perfectly healthy. He played basketball, ate right and worked out every day.

His wellness checkup, too, started about as routine as they come. That is, until his girlfriend spoke up. She mentioned that sometimes Romen experienced chest pain.

“I would get shortness of breath and chest pain,” said Bryant. “It felt like someone was squeezing my heart in their hand... but then it would go away and I’d be back to normal.”

Because the episodes were short and infrequent, Romen didn’t think it was
worth mentioning. But after his physician learned of the chest pain, Romen was sent to Summa Health cardiologist Steve Klautky, M.D. for cardiac evaluation and possible testing. An echocardiogram and cardiac MRI revealed the cause of his chest pain. Romen had a large Atrial Septal Defect (ASD)—a hole in the wall between the two upper chambers of his heart. ASD is a congenital heart defect—meaning the hole in his heart had been there since birth. While it went unnoticed for years, as Romen grew, the hole grew too.

Instead of pumping blood to the rest of his body, Romen’s heart would pump blood from one side to the other. Left untreated, the ASD could lead to heart failure. So Dr. Klautky referred Romen to Summa Health interventional cardiologist Justin Dunn, M.D. for ASD closure.

“We don’t often see young patients in cardiology, but Romen’s ASD had the potential to really impact his quality of life,” said Dunn. “Instead of performing open heart surgery, we opted for a minimally-invasive procedure called a percutaneous closure.” The ASD closure involved inserting a device with two small discs into Romen’s heart through a catheter. One disk was placed on each side of the hole, in the left and right chambers of the heart. Then, they were clamped together to close the hole.

The procedure was complete in about an hour, and Romen went home to his family the next day. Now, the chest pain is gone and he has the rest of his life ahead of him.

“After I had my procedure, everything changed,” said Bryant. That includes his attitude toward visiting the doctor.

“I’m not glad that this happened, but it’s a blessing that it did happen how it did because we caught it early,” he said. “If you don’t have a doctor, go get one!”

High blood pressure accounts for the second largest number of preventable heart disease and stroke deaths, second only to smoking.

A wellness checkup is recommended once a year. Schedule today at 888.689.2037.
We provide community access to a wide range of specialized healthcare services.

- **24-Hour Emergency**
  - Freestanding emergency department provides adult and pediatric patients expert care, close to home, 24 hours a day, 7 days a week

- **Cancer Care**
  - Gynecologic Oncology
  - Medical Oncology
  - Orthopedic Oncology
  - Radiation Oncology

**Summa Health Medina Medical Center**

3780 Medina Rd, Medina
The new Summa Health Vivitrol® Clinic on our St. Thomas Campus offers patients a chance to kick their opioid habit. When used as part of a treatment plan that includes counseling, Vivitrol can help prevent relapse to opioid dependence after detox.

Vivitrol® (naltrexone) is a once-monthly injection that does not lead to physical dependence. This drug blocks any response from opiates.

Important Facts:
- Opioid antagonist
- Used with counseling
- Not a narcotic
- Non-addictive
- Once-monthly injectable
- Does not require a physician referral
- Requires detox (Before starting Vivitrol, you must be opioid-free for a minimum of 7-14 days to avoid sudden opioid withdrawal).

To learn more, or to enroll in the Vivitrol Clinic, contact us at 330.379.9836.
Now when people look at me, they look at my eyes, my blue eyes, and not my weight.

I lost a lot of weight, but I gained better health, better life, better relationships with my children.

If you’d like assistance in getting control of your weight, talk with a weight management specialist. Call 888.757.7605 or learn more at summahealth.org/weightloss.
How to avoid common foods that trigger heartburn

Heartburn is triggered by different things in different people, but often large meals of fatty food eaten late at night, spicy food, alcohol, smoking and high BMI are common causes among sufferers. Replacing food and drinks that commonly cause heartburn with another option and eating 5-6 smaller meals a day is a good start to prevent heartburn.


Concerned your heartburn could be something more? Take our quick quiz to see if your symptoms warrant a trip to your doctor: [summahealth.org/GERDQuiz](http://summahealth.org/GERDQuiz)

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### How to Avoid Common Foods that Trigger Heartburn

- **EAT THIS**
  - Pineapple
  - Sweet Pepper
  - Iced Tea
  - Herbal Tea
  - Light Beer
  - Strawberry Shortcake
  - Lean Protein (Fish)
  - Ginger
  - Pesto
  - Shallots
  - Grilled Steak & Veggie Kebabs
  - Cantaloupe

- **Instead of THAT**
  - Lemons & Oranges
  - Hot Pepper
  - Soda
  - Coffee
  - Wine
  - Chocolate Bar
  - High-Fat Red Meat (Rib-Eye Steak)
  - Peppermint
  - Tomato Sauce
  - Onion
  - BBQ Ribs
  - Watermelon

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Improving Breast Cancer Care

Cancer patients face many challenges as they travel from diagnosis through survivorship. Treatments may cause symptoms and physical challenges that can affect a patients’ quality of life. With the support of a generous grant from the Summa Health Women’s Board, the Dr. Gary B. and Pamela S. Williams Center for Breast Health has implemented an integrative medicine program to enhance the care our breast cancer patients receive.

“Clinical research clearly demonstrates that mindfulness, yoga, Reiki, and even essential oils, have a role in helping manage the symptoms associated with cancer treatments,” explained Melanie Lynch, M.D., a breast surgeon at Summa Health.

The Urban Zen Integrative Therapy (UZIT) program will be available to breast cancer patients and breast cancer survivors in March 2018. Women can attend a six-week group class, free of charge, that will include:

- Mindful movements
- Restorative yoga
- Body awareness meditation
- Breathing techniques
- Reiki
- Essentials oils

The class will provide education and support to help women use these integrative therapies to manage symptoms that may occur from cancer treatment:

- Pain
- Anxiety
- Nausea
- Insomnia
- Constipation
- Fatigue

“Surviving a cancer diagnosis is more than the surgery, chemotherapy and radiation. It is about maintaining and restoring balance in your physical, emotional and spiritual health,” shared Dr. Lynch.

The grant from the Women’s Board also supports the Breast Multidisciplinary Clinic (MDC), launched last year.

The Breast MDC is a one-stop shop for newly diagnosed breast cancer patients, or any patient who may be seeking a second opinion, to come to one appointment and meet with their entire treatment team. They will receive a coordinated, comprehensive and personalized plan of care, all from one day’s appointments.

Danielle Leasure, diagnosed with breast cancer, attended Summa’s Breast MDC and benefited from this multidisciplinary approach.

“With my diagnosis, I had so many questions,” said Leasure. “I didn’t even know who to ask. But with the MDC, you have all of these advisers in one room, and they talk to each other. I was able to get all of my questions answered, even the small ones. They addressed my concerns and came up with the best solution for me. I am so glad they have the Breast MDC.”

Do you want to know your breast cancer risk?

We offer the breast cancer risk assessment for those individuals interested in learning their individual risk for developing breast cancer, and it identifies women at higher than average risk.

Based on your individual risk, your doctor will be able to determine what preventive cancer screening is best for you, the frequency of screening and if you might benefit from genetic testing.

If you are interested in learning more, please contact the Dr. Gary B. and Pamela S. Williams Center for Breast Health at 888.816.4129.
Taking Care of business

#1

33 million Americans experience Overactive Bladder (OAB)

22.6

Asthma

20.9

Diabetes

18

Fecal Incontinence

5.3

Alzheimer's

3

Overactive Bladder (OAB)

10,20

or 30

Bathroom Trips Per Day?
The average adult makes 4-7 trips

3 common types of incontinence:

Overflow Incontinence
Frequent dribbling of urine due to a bladder that doesn’t empty completely

Overactive Bladder
Sudden and strong need to go to the bathroom

Stress Urinary Incontinence
Urine leaks out when you cough, laugh, sneeze or lift something heavy

#2

Colorectal Cancer

It’s #2:
Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States

Send photos to socialmedia@summahealth.org or tag us on Facebook and Twitter.

More than 140,000 adults are diagnosed with colorectal cancer each year

90% survival rate when colorectal cancer is found early and treated

Is FIT the right fit for you?
The Fecal Immunochemical Test (FIT) detects minute traces of blood in the stool. It:
• Can be done in the privacy of your home
• Is non-invasive and easy to do
• Requires no special prep, changes to your diet or medicines

With the FIT, you will collect your samples and mail them to the lab. Your doctor will give you the results. If blood is detected, additional tests may be needed to determine the source. One of Summa’s board-certified gastroenterologists or colorectal surgeons can help you with next steps and treatment options.

Get checked. Visit summahealth.org to schedule a visit.

White had been shot multiple times and his survival was in doubt when the EMS crew pulled up to the Emergency Department at Summa Health System – Akron Campus. White had lost 40 percent of his blood volume.

“There were 15-20 people waiting when they opened the doors to the ambulance. The trauma team was standing next to the sides of my gurney as I was coming through the doors already starting treatment,” White said. “The emergency personnel that night was fabulous. If it wasn’t for God and the trauma team I had at Summa, I wouldn’t be here today.”

According to Joshua Nash, D.O., trauma surgeon, it took mere minutes to get White assessed and into the operating room for emergency surgery.

“We’re a level one trauma center, so this is what we do. Take the sickest of the sick and get them through it. We gave him our best efforts and then Sgt. White did the rest. He came in as serious as you can get, our highest degree of shock. He’s a fighter.”

During his first week in the intensive care unit, White had four surgeries to help save his life.

“I had a team of physicians and trauma surgeons as well as all the trauma nurses. The care they showed me was remarkable,” White said. “They treated me as if I was royalty, always asking how I was feeling and if I was in any pain.”

The 25-year police veteran spent three weeks in the hospital recovering and walked out under his own power when he was released. He is expected to make a full recovery, though his physical therapy and rehabilitation continues today.

“You don’t have to go to Cleveland Clinic for this kind of care, you can get it right here in Akron,” said White.

“This team, these people are the best in the world.”
How to recognize a Stroke

Time is Brain
Summa Health utilizes InTouch Health™ robots at emergency departments at our Akron and Barberton Campuses. Summa’s robots allow stroke neurologists to remotely perform live, real-time audiovisual consultations with the patient and emergency medicine team to speed the delivery of clot-busting drugs crucial to halt and reverse stroke damage.

For the past two years, the American Heart Association and American Stroke Association has recognized Summa Health with Target: Stroke Honor Roll Elite, Gold Plus status in recognition of our ability to meet or exceed the quality measures for treating a stroke.

For more information about how to control your stroke risk factors, visit summahealth.org/stroke.

Are you thinking about Medicare?
Contact SummaCare to get your copy of the official Medicare booklet published by the Social Security Administration.

Learn about:
- When you can apply for Medicare
- The different types of Medicare coverage
- How you can get help if you’re low income

SummaCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, religion, gender identity or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.888.464.8440 (TTY: 1.800.750.0750).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務，請致電 1.888.464.8440 (TTY: 1.800.750.0750).

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal.

Call 800.801.2516 or visit summacare.com/info today to get your free Medicare booklet, with absolutely no obligation.
Volunteering at the Summa Health System – Barberton Campus Gift Shop is just a part of Francine Hubbell’s weekly routine. “I started volunteering at the Gift Shop because it’s close to home,” said Hubbell. “Hospitals can be stressful environments,” she shared. “The Gift Shop is a bright and cheery place where people can get a few moments of mental relief.”

The Barberton Campus Gift Shop is in need of other volunteers, like Francine, who want to help people and make new friends. To apply, visit summahealth.org/volunteer, email volunteer@summahealth.org, or call 330.375.3247.

The power of philanthropy at Summa Health is evident in the Maternal-Fetal Opiate Medical Home (MOMH), which includes a CenteringPregnancy™ Group Care Program for at-risk pregnant women. MOMH transitions women to buprenorphine for treating opioid dependence during pregnancy. Through the CenteringPregnancy™ program, expectant mothers obtain prenatal care, access to addiction counseling, peer group support and other social services.

Since its inception in 2011, MOMH yearly admissions have increased by 492 percent – from 25 to 148, according to case manager Karen Frantz, BSN, RN. Expectant mothers with addiction problems access MOMH from all over Ohio for help in delivering full-term infants. Average gestation for these women is 39.9 weeks, up from 36.2. Birth weights are up, as well.

Average gestation is 39.9 weeks, up from 36.2 since 2011

Participants attend a CenteringPregnancy™ Parenting program and receive continued counseling by Suman Vellanki, M.D., who recently completed a one-year addiction medicine fellowship at Summa Health. A generous gift from Susan and David Banks helped establish the fellowship program. CenteringPregnancy™ and MOMH have received generous support from the Reinberger Foundation and The Circle of Women’s Health Philanthropists.

Your gift makes a difference
Summa Health Foundation is dedicated to extending the legacy of giving to advance compassionate, coordinated care at Summa Health. Every gift makes a difference. To learn more, visit summahealth.org/foundation or call 330.375.3159.

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Volunteer Opportunities
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Join Us

Classes & programs in the community

Smoking Cessation
- Classes in Barberton and Wadsworth
- Strategies to reduce or quit
- Achieve and sustain your goal

Breastfeeding Mothers Group
- Groups in Akron and Barberton
- Meet with other breastfeeding mothers
- Share your concerns, ideas and successes
- No registration required

Violence: enABLE Yourself to Respond
- Skills and techniques needed to respond to violent/fearful situations
- Basic skills to keep yourself safe when faced with having to fight
- Four-hour program
- Provided through the collaborative efforts of Summa Health’s Safety & Emergency Preparedness, Protective Services and Police and Nursing departments

Diabetes Education
- Take control of your diabetes and reduce the risk of complications
- A series of six workshops to empower and educate
- For dates and locations, visit summahealth.org/diabetes

Visit summahealth.org/classes to sign up for classes and see all the programs that Summa Health has to offer.

Events

March

15
Digestive Health Talk, Silver Sneakers Tallmadge Rec Center

May

5
Health Fair, Summa Health Barberton Campus

17
Stroke Talk, Silver Sneakers Tallmadge Rec Center

25
Medina Half Marathon/5K Expo, Summa Health Medina Medical Center

26
Medina Half Marathon/5K, Downtown Medina

For more information, visit summahealth.org/events.
Want more info?

Sign up for our free monthly enewsletter that’s full of general health and wellness tips, healthy recipes, Summa Health program updates and more.

Visit summahealth.org/vitality or call us at 888.689.2037 to schedule an appointment.

Care that’s more personal.

With every person, every day, Summa Health provides personal, life-changing care. Watch their stories at summahealth.org/care.

“I have plans for my family, and I am in them, and I’m grateful for Summa for that.”

Jamie McKinley
Hodgkin’s Lymphoma Survivor

“Getting my knees replaced helped me get what I wanted to do now and what I’m going to want to do in the next 30 years.”

Deanna Hastings,
Orthopedic Patient

“I owe where I am after five years to Summa Barberton and the medical professionals who helped me through this ordeal.”

Vic Myers,
Throat Cancer Survivor

Your personal story can be a powerful inspiration to others.

My Summa Story is a collection of personal stories shared by patients. Consider sharing your own to help others press forward during their own health challenges. Visit summahealth.org/stories to share your story.