If you know that musculoskeletal diseases account for more than half of disabling health conditions reported by adults? If your sprain, strain, or knee, shoulder or back pain is keeping you from enjoying everyday activities, it may be time to see a Summa Health orthopedic specialist.

Treating head, shoulders, knees and toes and everything in between.

A few aches and pains are normal, but sometimes a trip to the doctor is in order if you suffer from any of the following:

**Sleep apnea**
Solution: If you snore, or are feeling tired even after a full night’s sleep, consult your doctor

**Lack of exercise**
Solution: Exercise in the morning, avoiding high-energy aerobic routines too close to bedtime

**Restless legs syndrome**
Solution: Consider daily exercise, a hot bath before bed, a massage and reducing caffeine and tobacco

**Stress**
Solution: Do a quiet, relaxing activity before bed that doesn’t involve a screen

**Depression**
Solution: See your primary care physician, psychologist, psychiatrist or therapist for help, which may include medications, talk therapy, or both

**Pain**
Solution: Use a heating pad or take a warm bath before bed to ease achy joints and muscles

**Diet**
Solution: Avoid big meals before bed, spicy, fatty foods, as well as alcohol and caffeine

**Poor sleep habits**
Solution: Practice good sleep hygiene strategies such as go to bed and wake up at the same times each day; keep a cool, dark bedroom; get up and leave the bedroom if you can’t fall asleep within 15 minutes

**Sleeping enough**
If these strategies don’t work, talk to a sleep expert. Call 888.689.2037 to make an appointment.

Schedule an appointment at 888.808.3926 or visit summahealth.org/orthopedic to learn more.
During a primary care visit, Sharon Jones-Winfrey’s doctor urged her to have a mammogram, a standard screening test for a woman her age. For the first time she had a 3D mammogram, which unfortunately showed a calcification. She was able to schedule a same-day biopsy at the Summa Health Dr. Gary B. and Pamela S. Williams Center for Breast Health. Her diagnosis: breast cancer.

“Cancer was the furthest thing from my mind,” shared Sharon. “We’ve never had breast cancer in my family.”

Sharon’s cancer journey would start that day. She met with several providers and, together, they developed a plan. Sharon would need surgery to remove all of the cancer, then require 20 sessions of radiation.

“I trust that Summa’s Breast Center was the best place for me to have that type of diagnosis. I know that I’m in good hands. If there is anyone that’s going to help me live longer, I know it’s going to be Dr. Lynch and the Summa Breast Center.”

She respected the staff’s compassion at the Dr. Gary B. and Pamela S. Williams Center for Breast Health. The staff treats you like a person, and not just a process, she shared. She appreciated the small things. A nurse holding her hand. A thorough explanation so she wasn’t as afraid. The smoothie bar.

“It’s those small things that are so big. I’m so very thankful.”

Sharon also was impressed with the extensive support program available for patients. From a free wig salon and massage therapy to customized financial and dietary support, patients have access to the support they need to beat their cancer.

“I have so many things to live for. In fact, I’m planning on living until I’m about 120, so this is just a hurdle that I’m jumping right now, and I’ll get past it. In fact, I’m going to pick up speed afterward. I am a survivor of breast cancer.”

The Summa Health Cancer Institute has helped thousands of patients treat, and beat, cancer. You are never alone in your cancer fight at Summa Health. To learn more about the Dr. Gary B. and Pamela S. Williams Center for Breast Health, call 888.816.4129.
Tallmadge Medical Center

This new two-story facility, located close to Tallmadge Circle at 60 North Avenue, hosts a team of highly qualified and compassionate medical professionals, including Dr. Jeffrey D. Bachtel who has practiced family medicine in his hometown of Tallmadge for nearly 30 years.

Convenient patient services include:

• Primary care  • Cardiology
• Orthopedics  • Lab services

To find out more about the Tallmadge Medical Center, go to summahospital.org/tallmadge.

Green Express Care

Have a bee sting that’s starting to swell? A sniffle that just won’t go away? Walk right into the newly renovated Summa Health Green Express Care at 3593 South Arlington Road for fast and easy treatment. We provide medical care for a variety of common health concerns, like:

• Colds, flus, sore throats  • Eye infections
• Bronchitis, pneumonia, asthma  • Cuts, scrapes, splinters
• Ear pain  • Minor burns and puncture wounds
• Allergies and sinus infections
• Rashes and poison ivy

No appointment is necessary, and we’re open evenings and weekends. To learn more, call 234.867.6600 or visit summahospital.org/greenexpresscare.

Barberton Campus

While the Summa Health Barberton Campus has always had a strong cardiac program, we recently increased our capabilities and competencies with the opening of the new High-Intensity Cardiac Unit (HICU). This specialized unit concentrates on round-the-clock care for complex heart failure patients, patients with acute coronary syndromes and 24/7 cardiac emergencies. Its staff includes nurses motivated to improve cardiovascular care delivery in an environment focused on education of the patient and family.

If you or a loved one is struggling with addiction, the Barberton Campus Emergency Department also offers the First Step Opiate Addiction Treatment Program. This unique program initiates addiction treatment right in the emergency room – 24 hours a day, seven days a week.

Recent expansions also have been made to the Barberton same-day surgery and radiology departments. For additional information, call 888.689.2037 or visit summahospital.org/barberton.

Congratulations Dr. Jeffrey D. Bachtel!

Named Family Physician of the Year by the Ohio Academy of Family Physicians
Millions of Americans carry extra weight, and it affects all aspects of their lives. Not only does it put you at higher risk for major health problems like heart disease, diabetes and cancer, but it keeps you from everyday life activities and living life to the fullest. We have multiple options to support your weight loss journey.

Having gained popularity in recent years, integrative medicine combines modern medical care and treatments with other forms of therapy to address the full range of a patient’s physical, emotional and spiritual well-being. Healing the “whole person,” not just treating a specific symptom or disease, is considered the most important aspect.

Healing the “whole person,” not just treating a specific symptom or disease, is considered the most important aspect.

Talk with your PCP about which complementary therapy may be best for you.

All therapies are currently offered at the Summa Health Wellness Center in Hudson. Payment is due at time of service. To schedule an appointment, call 330.342.4400.

Mindfulness
Uses practices such as meditation to enable people to fully engage in the present moment, allowing them to relax and truly experience what is going on both inside and outside themselves.

Reiki
Facilitates unrestricted energy flow throughout the body promoting balance, peace and relaxation and stimulating the body’s healing energy.

Massage Therapy
Helps eliminate the buildup of adhesions in muscles, tendons and ligaments throughout the body allowing blood to circulate more efficiently and in turn, restore motion and relieve pain.

Mindfulness
Uses practices such as meditation to enable people to fully engage in the present moment, allowing them to relax and truly experience what is going on both inside and outside themselves.

Acupuncture
Restores the body’s proper energy flow, which stimulates its natural healing abilities and can help with:
- Back and neck pain
- Fatigue
- Insomnia
- Fibromyalgia
- Headaches
- Migraines
- Stress/anxiety
- Pain relief
- Depression
- Infertility

Healing You - Mind, Body and Spirit

Depression is a common and serious medical illness that affects millions of people every year. People with depression have an immense feeling of sadness and/or a loss of interest in activities once enjoyed. It can affect a person’s work and home life.

There are numerous treatments for depression to increase neurotransmitter activity in the brain, with one of the newest offerings now available at Summa Health.

For patients with major depressive disorder who have not achieved remission through typical treatment methods, Summa Health Behavioral Health Institute provides NeuroStar™ Advanced Transcranial Magnetic Stimulation (TMS). TMS is a safe and effective noninvasive procedure that uses magnetic fields, similar to that of an MRI, to stimulate the natural function of the brain’s neurotransmitters for long-lasting symptom relief.

To learn more or to schedule an appointment, visit summahealth.org/behavioral or call 855.385.8598.

Remission from Depression is Possible

Studies have shown that several different areas of the brain regulate mood. Patients with depression show different metabolic activity in the brain compared to patients without depression.

Akron’s Most Comprehensive Weight Management Program

Millions of Americans carry extra weight, and it affects all aspects of their lives. Not only does it put you at higher risk for major health problems like heart disease, diabetes and cancer, but it keeps you from everyday life activities and living life to the fullest. We have multiple options to support your weight loss journey.

Brian
Weight Loss Surgery Patient
When Brian lost more than 300 pounds through our minimally invasive gastric bypass surgery, he said goodbye to his asthma and diabetes, too.

Marissa
Nutrition Services Patient
Just 19, Marissa decided to take control of her weight and has lost 63 pounds with the help of our dietitians.

Kathy and Vance
Nonsurgical Weight Loss Patients
This husband and wife team together lost nearly 200 pounds with help from our obesity medicine physicians.

Weight loss is a personal journey for each of us. Call our Weight Management Institute at 888.749.9095 to get started.

Multiple locations to serve you: Akron • Barberton • Green • Hudson • Medina • Wadsworth
Looking to the Future
A strategic partnership with Beaumont Health

After a thoughtful and deliberate process, and evaluation of numerous proposals from health systems throughout the region, Summa Health’s Board of Directors has decided to sign a Letter of Intent to develop a strategic partnership with Beaumont Health, a leading not-for-profit based in Michigan.

Throughout this process, the Board’s priority has been to identify a potential partner whose mission and vision most closely align with our commitment to provide compassionate, quality care while enhancing our ability to provide excellent clinical services throughout Northeast Ohio.

This partnership with Beaumont Health will help us leverage our current strengths and enhance our organization by:

- Providing long-term financial stability
- Investing in local healthcare and expanding and advancing our programs and services
- Expanding the growth of SummaCare in local markets
- Supporting continued investment in our communities’ healthcare needs
- Prioritizing the professional futures of our physicians and employees
- Building upon our commitment to medical education and training physicians to care for tomorrow’s patients and communities

In addition to being aligned on the proposed objectives of our partnership, we also share complementary visions that are at the heart of the Board’s decision and are both mission-driven systems with proven track records of providing quality care to the communities we serve.

After due diligence and approval from regulatory agencies, Summa Health and Beaumont plan to finalize the partnership by the end of the year. Summa Health is committed to keeping the community informed of any significant developments. Learn more at summahealth.org/ourfuture.

Who is Beaumont Health?
- 38,000 employees
- 145 outpatient sites
- 5,429 beds in 8 hospitals
- $4.7 billion in total annual net patient revenue
- 5k affiliated physicians
- Most preferred healthcare in Southeast Michigan

Akron Campus Patient Tower
Now Open at 141 N. Forge Street

Have you visited our new seven-story, 343,000 square-foot tower on the Summa Health Akron Campus yet? Opened on May 28, it provides a new “front door” visible from State Route 8, as well as expanded facilities for same-day surgeries and women’s health, 108 large private patient rooms, increased surgical capacity and so much more!

Ground Floor: Breast Health
- Bone density DEXA scan checks bone strength
- 3D mammography enhances accurate imaging

First Floor: Same-Day Surgery
- Two expansive operating rooms dedicated to robotic surgery
- Special air flow throughout decreases chances of infection

Second Floor: Labor and Delivery
- Akron Children’s Hospital NICU, a Level 3 perinatal facility, for critically ill and premature newborns
- Four tub rooms for hydrotherapy during labor

Fourth Floor: Mother and Baby
- 36 private rooms for mother-baby bonding
- Onsite lactation consultant

Fifth/Sixth Floors: Private Patient Rooms
- 36 private rooms provide a personal healing environment

Exterior/Entrance
- 57,000 feet of heated piping beneath sidewalks and main entrance quickly melts snow and ice
- Backlit screen wall facing State Route 8 glows a beautiful white at night.

Coming in Early 2020!

- Full-service Starbucks restaurant
- Expanded gift shop with custom floral department

Want to volunteer at Summa Health’s new patient tower? Opportunities are available at the main information desk, maternity, gift shop, patient experience and more! Volunteer benefits include free meals in the cafeteria, free parking and flexible schedules. To apply, visit summahealth.org/volunteer, email volunteer@summahealth.org or call 330.375.3247.
For many years, David Cruise experienced overwhelming feelings of despair and worthlessness. He knowingly struggled with an extremely low sperm count, which left him and his wife unable to conceive. And fertility experts had told them that there was simply no hope.

However, on a routine visit to Summa Health Urologist Dr. Kevin Spear, David shared his strong desire to become a father. Making what he considered a final – and probably futile – effort, David asked if there was anything Dr. Spear could do to help him realize his dream of parenthood. Dr. Spear’s answer was surprising. Without over-promising a positive outcome, Dr. Spear suggested use of an estrogen receptor blocker.

Remarkably, within four to five months, David’s sperm count increased and his wife became pregnant with their first son. Twenty-two months later, the couple welcomed miracle baby boy number two. “It’s unbelievable. I feel great and the children are awesome,” says David. “It’s amazing!”

At 54 years old, David’s despair has been replaced with the fulfillment of fatherhood, and he has big plans for his little guys. Eventually they’ll join him on the family farm, but for now, romping around in the fields is just fine. “This experience has revitalized me,” shares David. “It’s given me a whole new life and future — a real purpose.”

To learn more about male infertility and possible treatments, make an appointment with Summa Health Urology at 888.302.3897 or visit summahealth.org/urology.

What is male infertility?

Male infertility is the male's inability to cause a pregnancy in a fertile female. There are many conditions that can be the underlying cause. Most often it is due to problems with sperm production or sperm delivery. Many treatment options are available, both surgical and nonsurgical. To learn more, contact the Summa Health Urology specialists at 888.302.3897.

Potential Causes of Male Infertility

• Over or under weight
• Vascular abnormalities
• Illness or injury
• Testosterone supplements
• Congenital abnormalities
• Unhealthy lifestyle choices (smoking, drugs, alcohol)

Average number of sperm cells released during normal ejaculation. Of these, only one sperm fertilizes the egg.

Sources: Urology Care Foundation and the American Society for Reproductive Medicine
Mark Your Calendars for October 16!

Join us at the 18th annual Sapphire Ball

Sapphire Ball
SATURDAY, SEPTEMBER 21, 6 P.M.
JOHN S. KNIGHT CENTER, AKRON

An unforgettable night of glamour, fine dining, top entertainment and dancing — all to support a worthy cause — makes the Summa Health Sapphire Ball one of the most sought-after tickets in Akron every year. Bob and Regina Cooper are the honorary chairs of the 2019 Sapphire Ball, which will benefit Summa Health Cancer Institute Patient Support Services and other key clinical areas at Summa Health.

The legendary KC and The Sunshine Band will bring its feel-good music and iconic hits such as “That’s The Way (I Like It),” “Get Down Tonight” and “Shake Your Booty” to this year’s gala.

James Simon will lead a group of 20 volunteers as the fundraising committee chair. Sameer Mahesh, M.D. is the physician chair.

For ticket and sponsorship information, visit summahealth.org/sapphireball, or contact Nikki Hawk at 330.375.3548 or hawkn@summahealth.org.
Want more info?

Monthly enewsletter
Full of general health and wellness tips, healthy recipes, Summa Health program updates and more. Sign up for free at summahealth.org/vitality.

Flourish blog
Check back every Monday for helpful articles on health and wellness for the betterment of a healthier community summahealth.org/flourish.

See the Doctor on Your Time

Have you taken advantage of Virtual Visit yet?

Receive diagnosis and treatment for more than 20 common medical conditions from a Summa Health provider directly through your smartphone, tablet or computer.

Good For:
- Colds/Flu
- Eczema
- Female UTI
- Conjunctivitis (pink eye)
- Acne
- Acid reflux
- Minor burns and skin conditions
- STD exposure
- Tobacco cessation
- And so much more!

Through the system, you will answer some questions online, just like you would in a doctor’s office. Your information is sent to a Summa Health provider who will then make a diagnosis. Within an hour, you will receive your results and follow-up care instructions in a text message or email. And if a prescription is needed, it will be sent to the pharmacy of your choice.

Visit summahealth.org/virtualvisit to get started!