

Vitality

There's No Place Like Home

for Patient of
Summa Health
Neuroscience
Institute

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Grow Your Career with Summa Health

Summa Health is hiring passionate individuals to join our team! Current opportunities are available in many areas including nursing, allied health, medical group, finance, IT, corporate communications and more!

Summa Health offers:

- Full-time, part-time and per diem opportunities
- Flexible 1st, 2nd and 3rd shift hours
- Pay at \$15+/Hour
- Free parking
- Excellent health insurance and paid time off
- Educational assistance
- Opportunities for advancement
- A supportive culture of innovation
- Retirement benefits and more!

Want more info? To learn more, call **330.375.3255** or visit summahealth.org/careers.



6 Tips for Healthy Eating and Cooking

Here are six simple tips for healthy eating and cooking that can help you maintain a balanced diet and enjoy delicious, nutritious meals during the busy summer months.

1 Balance Your Plate
Aim for a variety of foods from all food groups.

2 Portion Control
Use smaller plates and pay attention to hunger and fullness cues.

3 Stay Hydrated
Drink plenty of water throughout the day. Limit sugary drinks and alcohol.

4 Reduce Salt Intake
Cut down on high-sodium foods.

5 Choose Healthy Fats
Choose sources of healthy fats such as avocados, nuts, seeds and olive oil, while limiting saturated and trans fats.

6 Plan Meals Ahead
A variety of nutritious options and avoid impulsive unhealthy choices.

Think a Dietitian Can Help?

Summa Health's dietitians offer Nutrition Education as well as Medical Nutrition Therapy (MNT) appointments and can help with a variety of challenges and conditions, including meal planning, nutrient content, diabetes, elevated cholesterol or lipids and more.

Locations:

Summa Health System – Akron Campus
75 Arch St, Suite 401
330.253.5095

**Summa Health
White Pond Medical Center**
One Park West Blvd, Suite 200
330.835.1934

Summer Squash Ribbons

Ingredients

- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. fresh lemon juice
- 1 tsp. lemon zest
- 2 Tbsp. coarsely chopped oregano leaves
- 1 Tbsp. chopped fresh thyme
- Salt, to taste
- 1 medium-large zucchini
- Freshly ground black pepper, to taste
- 1/2 small red onion, thinly sliced
- 1 medium-large yellow straightneck summer squash
- 1/4 cup crumbled reduced-fat feta cheese

Directions

1. In large bowl, whisk together olive oil, lemon juice, lemon zest, oregano and thyme. Season to taste with salt and pepper. Stir in onion.
2. Cut stem end from squash. Holding stem end of squash and leaning other end on cutting board at an angle, use vegetable peeler to shave squash lengthwise to create ribbons. Stop peeling at seed core.
3. Stack ribbons and cut in half crosswise. Add ribbons to bowl and stir, separating ribbons to cover with dressing.
4. Rotate squash to opposite side and repeat peeling, cutting and mixing with dressing.
5. Peel ribbons from remaining two sides of squash and repeat cutting and mixing with dressing.
6. Repeat with zucchini.
7. Transfer squash salad to serving dish and top with feta. Salad may be chilled and served later in the day.

Makes 4 servings. Per serving: 110 calories, 8 g total fat (0 g saturated fat, 0 g trans fat), 5 mg cholesterol, 5 g carbohydrates, 3 g protein, 1 g dietary fiber, 110 mg sodium, 3 g sugar, 0 g added sugar.



There's no place like home

for patient of Summa Health Neuroscience Institute

“

For me, the best decision was that my husband had me moved back up to Akron, to Summa.

– Kathy Geier, Neuroscience Institute Patient

”



Retiring from Goodyear after 30 years of service, Akron native Kathy Geier and her husband were enjoying the good life – spending winters in Florida, playing golf and scuba diving. Yet during a routine dive in the blue waters of Curacao, Kathy suddenly felt a debilitating pain in her head and immediately ascended to the surface. That's the last thing she remembers for over a month.

Kathy was flown from Curacao to a hospital in Florida where she was diagnosed with a subarachnoid hemorrhage – a brain bleed caused by blood vessels, usually an artery, spontaneously rupturing. While she initially appeared stable, Kathy's condition began to worsen with no sign of improvement. That is when her husband reached out to Summa Health for help and connected with Dr. Susana Bowling, a board-certified neurocritical care specialist and the director of Summa Health Neuroscience Institute. In search of the cause, Dr. Bowling contacted the Florida neurosurgical team. "I wanted to learn, step-by-step, what the clinical course had been during the weeks that Kathy was there, so I could better understand what was happening."

As Kathy's condition continued to progressively decline, her husband requested that she be medically transported to Ohio – and directly to the Summa Health System – Akron Campus. "I still remember the first time I met Larry, Kathy's husband, in person after having talked with him over the phone more than daily," says Dr. Bowling. "The first thing he did was hug me, and I could feel his sense of relief. 'She is home at last.'"



"Somebody who could choose to go anywhere to receive care, chose Summa."

Susana Bowling, M.D., FAHA, FNCC, FAAN
Director, Summa Health Neuroscience Institute

Upon Kathy's arrival, Summa Health neurosurgical and neurocritical care teams quickly evaluated her and made the decision to insert a permanent drain, or shunt, to monitor pressure and drain fluid from the brain. The very next day, Kathy was wide awake and asking to read the newspaper!

While the surgery was a critical step in Kathy's recovery, Dr. Bowling is quick to add that nursing also played a vital role. "We can never underscore the importance of nursing," she adds. "Summa Health nurses take away anxiety and put patients at peace. They also understand the position of loved ones who are nervous because they see their family members sick. Nurses make a difference – a huge difference."

Kathy agrees. "It's one thing to get good medical care, but the caring – the attitude – is a huge help, especially when you've been through a lot and are looking for that support."

Four weeks after the pivotal Curacao dive, Kathy finally returned to her Akron home. "For me, the best decision was that my husband had me moved back up to Akron," she says, "to Summa."

Find out more about the award-winning Summa Health Neuroscience Institute at summahealth.org/brain.



Managing Unique Brain and Spine Conditions

The nationally accredited, award-winning Summa Health Neuroscience Institute offers a multidisciplinary approach to treating neurological disorders and conditions. We combine the experience of physicians in neurology, neurosurgery and neurointerventional surgery to provide the most advanced care – from the latest diagnostic technology to a wide range of treatment options.

Our services include:



Endovascular
Care



General Neurology
Outpatient Care



Neurodiagnostic
Testing Services



Comprehensive
Epilepsy Center



Stroke
Care



Neurosurgery –
Cranial and Spinal
Surgery

To learn more, call **888.241.5493** or visit **summahealth.org/brain**.

We're Growing
to Better Serve You

Building Bridges, Breaking Barriers

Enhancing Services at the Summa Health Pride Clinic

Since opening in late 2019, the Summa Health Pride Clinic has provided high-quality, compassionate care. It also serves as an invaluable resource for education, advocacy and empowerment – a safe space where individuals can access resources, connect with peers, and seek guidance without fear of discrimination or prejudice.

The Summa Health Pride Clinic consists of primary care and specialty providers trained in the unique health needs of LGBTQ+ patients. Dedicated to providing the best culturally competent care in a safe environment, these friendly and affirming medical professionals are here to provide support throughout your healthcare journey.

The demand for this type of clinic is significantly increasing – in our community and beyond. In fact, the Summa Health Pride Clinic, located in Akron, serves patients from 32 counties. Between 2022 and 2023, patient volume jumped more than 47% and, today, continues to climb.

To meet this critical need, the Summa Health Pride Clinic is expanding to accommodate a variety of multidisciplinary services within one location. By 2025, plans include adding almost 8,000 square feet of clinical space to accommodate growth over the next few years. Some of the areas of expansion will include:

- Additional primary care and specialist providers
- Plastic surgery and gender affirmation procedures
- Expanded behavioral health services
- Pastoral care
- Expanded gynecology and urology services
- Potential for other specialties driven by patient needs

By investing in the Summa Health Pride Clinic, we're building a stronger, more compassionate community where everyone can thrive.



48,645

Residents of Summit,
Stark, Medina and Portage
Counties Identify as LGBTQ
according to Census data

Current services include:

Hormone Replacement Therapy

Pre-Exposure Prophylaxis (Prep)

Primary Care
(Family Medicine and
Internal Medicine)

Transgender Care

Our providers also assist in coordinating care for:

Behavioral Health

Infertility

HIV

HPV

Reproductive
Endocrinology

OB-GYN

Psychology

Urology Obstetrics and
Gynecology

To learn more about the Summa Health Pride Clinic, call **877.205.9464** or visit **summahealth.org/prideclinic**.

New! Summa Health Sports Cardiopulmonary Clinic

Are you an athlete experiencing difficulty breathing, palpitations, dizziness or lightheadedness? If so, the new Summa Health Sports Cardiopulmonary Clinic may be able to help. Our specialized pulmonary and cardiology team evaluates athletes of any age who are experiencing performance issues related to an underlying heart or lung issue.

Call the Summa Health Sports Cardiopulmonary Clinic at **877.201.0003** to learn more about our coordinated care approach and personalized treatment plans. All focused on getting you back to the sport you love.



Summa Health Neuropathy Treatment

Summa Health System – Akron Campus, 75 Arch Street, Suite 201, Akron, OH 44304

Find Relief for Diabetic Neuropathic Pain

Diabetic neuropathy is the most common cause of neuropathic pain. Symptoms include burning, tingling or pins and needles which can significantly impact your life. Summa Health Neuroscience Institute offers a new treatment option, called Qutenza® (capsaicin), to help provide long-lasting relief.



This in-office treatment is a 30-minute patch application of capsaicin on the affected areas.



Reduces nerve fiber density to target the root of neuropathic pain and decreases signals traveling to the brain.



Through careful, clinical delivery, it can significantly help with pain relief for up to three months.

If you are living with diabetic neuropathy, talk to your primary care provider about this new treatment. A provider referral is required for an appointment. Call **888.241.5493**.

The Evolving Need of Your Skin: A Skincare Routine by Age

Our skin is an organ that changes throughout our lives, and our skincare routine should evolve with it. Here's a quick guide to what your skin might need at each stage of life:

Tweens and Teens: Keep it simple

- A gentle cleanser, moisturizer and sunscreen are all kids this age need.
- Many products that are meant for adult skin are too potent for younger people. Harsh scrubs and acne treatments can irritate young skin.
- Kids should use products labeled hypoallergenic and noncomedogenic. These products have been tested and are appropriate for sensitive skin and won't clog pores.



30s:

- Exfoliation is your friend! Your complexion may start to look dull because of slower cell turnover, so regular exfoliation should be your top priority. Buff away dullness and keep skin glowing.
- Vitamin C serums help brighten skin, promote collagen production and decrease sun damage.
- Facial oils can add a plump, dewy look.



40s:

- Wrinkles, dryness and uneven skin tone become more noticeable.
- Skin care products high in vitamins and antioxidants are most important in your forties. Layer an antioxidant serum under your SPF moisturizer for extra protection.
- Specialized eye serums can target concerns around the eyes.



Remember, this is just a general guide. Always consult with a dermatologist before starting any skincare regimen or if you have any specific skin concerns.

To make an appointment, contact Summa Health Dermatology at **877.204.5921** or summahealth.org/dermatology.



20s: Focus on prevention

- Daily sunscreen protects against wrinkles and reduces risk of skin cancer.
- Moisturizer with SPF 30 is key. Internal health also impacts your external skin, which means water, diet and other factors will be visible on your face.
- Use a cleanser with lactic acid, glycolic acid or salicylic acid. These acids help with cell turnover in the skin prevent hyperpigmentation, like dark spots and dryness.

50s and beyond:

- Menopause is the onset of high hormonal changes which will impact your skin.
- Hydration is key and can help reduce wrinkles. Your internal health is the most important ingredient in your skin care routine after age 50, which includes skin cancer prevention.
- Richer moisturizers and creams can help address sagging and uneven skin tone.



The most important thing for healthy skin at any stage in your life is sun protection.

Look as good as you feel

with a facial cosmetic procedure

Let's face it, in the era of selfies and social media, the pursuit of beauty has taken on a whole new dimension. Facial cosmetic procedures have become increasingly popular, offering the opportunity to enhance your natural features while boosting your confidence.

Subtle Enhancements

Non-surgical cosmetic treatments can temporarily relax facial wrinkles, contour and add volume, while offering a quick recovery and almost instant results.

- **Botox® Injections:** Effectively reduce wrinkles and fine lines, leaving skin looking smoother and more youthful.
- **Juvéderm® Dermal Fillers:** Whether it's plumping up lips or adding volume to cheeks, fillers offer dramatic results with minimal downtime.

Advancements in technology have made these procedures safer and more effective than ever, yet there are still risks involved. Choosing a qualified and experienced practitioner, like a board-certified plastic surgeon, is crucial to ensure optimal results and minimize chances of complications.



8% Growth

in Facelift Procedures
likely attributed to heightened
self-awareness via virtual
platforms*



19% Increase

in Overall Cosmetic
Procedures*



1 Million+

Men & Women Choose
Dermal Fillers Annually



Number of Injections
and Dermal Fillers

DOUBLED*

Interested in a consultation?

Summa Health board-certified plastic surgeons are accepting new patients in Akron, Wadsworth, Uniontown and Hudson. Call **877.200.9810** or visit summahealth.org/plastics.

Transformative Changes

Facial cosmetic surgeries bring lasting and dramatic changes to your appearance by tightening your skin and/or adjusting facial features and structures.

Some of the most common of these surgeries performed at Summa Health include:

Chemical
peels

Brow lifts

Blephroplasty
(drooping eyelids)

Eyes

Rhinoplasty
(nose)

Face lifts

Fat grafting

Neck lifts

Technological Innovations

ExactVu™ Micro-Ultrasound at Summa Health

Prostate cancer is the most common cancer in men after skin cancer, affecting roughly 1 in 8 men in their lifetime, according to the American Cancer Society. While it's a serious diagnosis, early detection is key, and that's where a precise biopsy comes in.

At Summa Health, we're committed to making the process as accurate and comfortable as possible. That's why the Summa Health Medina Medical Center features the ExactVu™ Micro-Ultrasound, which provides:

- **Precise Imaging**

Unlike traditional ultrasound, ExactVu uses high-frequency sound waves to create a 300% sharper image. This allows urologists to see microscopic details, leading to more targeted biopsies.

- **Reduced Risk of Repeat Procedures**

With exceptional clarity, ExactVu helps us pinpoint suspicious areas more effectively. This can potentially reduce the need for repeat biopsies, saving you time and stress.

- **Safe and Familiar**

Like traditional ultrasound, ExactVu uses sound waves, making it a safe and familiar procedure.

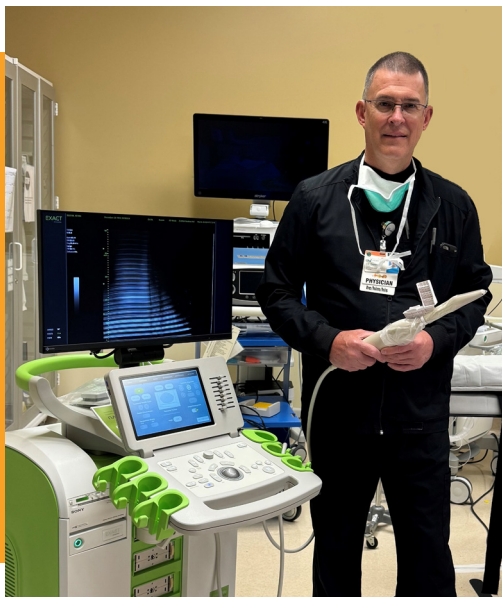
Our goal is to give you peace of mind with this more precise approach. Schedule a consultation to learn more about ExactVu and how it can benefit you by calling **888.302.3897**.

“

With the addition of the ExactVu micro-ultrasound technology, we will continue to increase the likelihood of early detection of prostate cancer.

— **Joseph Dankoff, M.D.**
Summa Health Urology

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NICO BrainPath® Minimally Invasive Brain Surgery

Traditional brain surgery often involves large incisions and lengthy recoveries. Thankfully, the NICO BrainPath® minimally invasive solution gets you back to living your life, faster.

Minimally invasive brain surgery offers:

- **Faster Recovery:** Shorter stays, quicker healing from minimally invasive procedures.
- **More Comfort:** Smaller incisions for less pain and a smoother recovery.
- **Less Scarring:** Smaller cuts mean minimal scars.
- **Reduced Blood Loss:** Less bleeding for faster recovery and lower infection risk.
- **Preserved Nerves:** Minimally invasive approach reduces nerve damage risk.
- **Treating Complex Tumors:** Access and treat previously inoperable tumors.

Summa Health neurosurgeons use the NICO device to treat various conditions, including:

- Brain tumors
- Epilepsy
- Stroke
- Fluid buildup in the brain
- Certain skull base lesions



Learn more about our award-winning cranial neurosurgery care at summahealth.org/brain.



We value our members. (And vice versa.)

Jim and Diane M., SummaCare Medicare Advantage members since 2015

97%
of Medicare members
who join: **stay.**

For individuals who will be turning 65 and aging into Medicare eligibility, you can explore Medicare Advantage plan options in a way that works best for you. SummaCare has plans designed to meet various medical and financial needs. Learn more at an upcoming event at summacare.com/events or schedule a personalized, one-on-one health plan review with a SummaCare Medicare Advisor using the information below.

**Schedule Your One-on-One
Health Plan Review**

At SummaCare, it's personal.



Let's talk.

888.330.1501

(TTY 711)

summacare.com/vitality



SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. 97% retention rate based on 2024 AEP voluntary disenrollment study completed by SummaCare. Actual SummaCare Medicare Advantage plan members shown. Members were not compensated for their appearance. For accommodations of persons with special needs at sales meetings call 888.464.8440 (TTY 711). H3660_SC1064_M Accepted 05222024

“

The physical therapists just had so much compassion, mercy and grace for me. ”

– Annette Ripley,
Therapy Services Patient



No Longer Behind the Eight Ball

Thanks to Summa Health Therapy Services

Annette Ripley has always been active, from working two jobs and volunteering to riding her bike and playing competitive pool. A few years ago, however, an excruciating pain in her arm began preventing her from doing the activities she loved.



After a thorough examination and a lot of testing, Dr. Mark Cipriani – a primary care sports medicine physician with the Summa Health Orthopedic Institute – diagnosed Annette with a frozen shoulder and referred her to Summa Health Therapy Services.

Frozen shoulder typically develops typically develops slowly in three stages: freezing, frozen and thawing, which can take anywhere from one to three years to clear. Often caused by inflammation of the tissue surrounding the shoulder joint, treatment involves controlling shoulder pain and keeping as much range of motion in the shoulder as possible.

“Initially, Annette was very anxious over the pain and the fact that she couldn’t use her arm normally,” recalls Vana McGonigal, DPT, of Summa Health Therapy Services. “Anxiety can make the condition worse because, if you are afraid to move your shoulder, it will just keep getting stiffer and stiffer.”

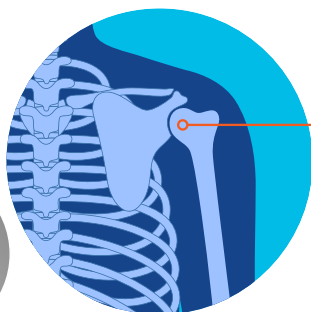
Over the next year, the therapy team worked diligently with Annette in performing a variety of range-of-motion exercises, stretches and soft tissue work. “Once Annette finally relaxed and started trusting us, she was able to take control of her own condition and, eventually, conquer it.”

Today, Annette is able to move her arm and has returned to the activities she enjoys, like playing pool and, even more importantly, holding her new grandson. “The Summa Health therapy team was a blessing – heaven-sent – and I cannot thank them enough.”

For an appointment with Summa Health Therapy Services, please discuss a referral with your physician.



Vana
McGonigal, DPT



Frozen shoulder is a fairly common condition involving stiffness and pain in the shoulder joint

Outpatient Therapy Services

Comprehensive Care

From Hospital to Home



Summa Health Therapy Services provide patients with convenient access to licensed physical therapy, occupational therapy and speech therapy specialists. Serving Portage, Stark, Summit, Medina, southern Cuyahoga and Wayne Counties, our goal is to deliver comprehensive care that will allow you to return to your maximum functional level.



Staff expertise:

- Orthopedics/sports medicine
- Post-surgical care
- Work conditioning
- Breast oncology/lymphedema management
- Custom hand splinting
- Manual therapy



Specialty services (available at select locations):

- Pelvic health for women and men
- Aquatic therapy services
- Specialty hand therapy



Patients attending

80% or more

of scheduled visits achieve

80% or more

of their therapy goals



90,000+

patient visits in 2023



10

Outpatient
Therapy
Locations

4 McKenzie Certified
Therapists for

**spine and
extremity
care**



Diverse patient list includes:

- Runners
- Dancers
- Powerlifters
- Return-to-throwing athletes



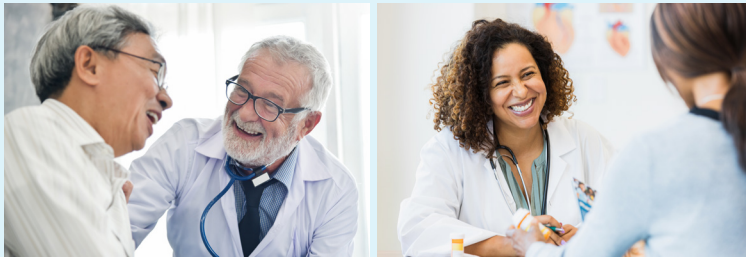
Special programming in:

- Vestibular care
- Temporomandibular joint therapy
- Falls prevention and balance
- Wheelchair assessments
- Parkinson's exercise treatments
- Osteoporosis

Want to know more? Call **877.231.9780** or visit **summahealth.org/therapy**.

Thank Your Summa Health Caregiver... Share a Note of Gratitude

If you have experienced exceptional care at Summa Health, now is the perfect time to express your gratitude. Join our grateful community by honoring a caregiver who played a special role in your healthcare journey. Whether it was their expert care, their unwavering compassion, or simply a comforting presence, your note of appreciation will mean the world to them.



Please scan the QR code to submit your note. If there is a specific caregiver you would like to thank, we will make sure your message reaches them. Your words of thanks are a powerful way to acknowledge the dedication of our doctors, nurses, therapists and volunteers who go above and beyond every day.



To honor your caregiver with a gift to Summa Health, please visit summahealth.org/give.

“

My team of doctors, nurses and pharmacists, I appreciate every one of them. They are the best.

”

“

I want to thank you all for all that you have done since day one.

”

“

I want to thank my whole team of doctors and nurses. You all are the best.

”

“

To all of the doctors that took care of my husband, THANK YOU!!! Your quick and efficient response is why he is still with me today.

”

“

You honestly care and want to help me get better. Doctors like you are few and far between.

”

“

Thank you all for saving my life!

”

“

I am alive and doing well thanks to the amazing team at Summa Health.

”

What Does a Hepatobiliary Surgeon Do?

Hepatobiliary surgeons work closely with other specialists – such as gastroenterologists, oncologists, radiologists and more – to provide comprehensive care for patients with hepatobiliary and pancreatic diseases.

Providers:

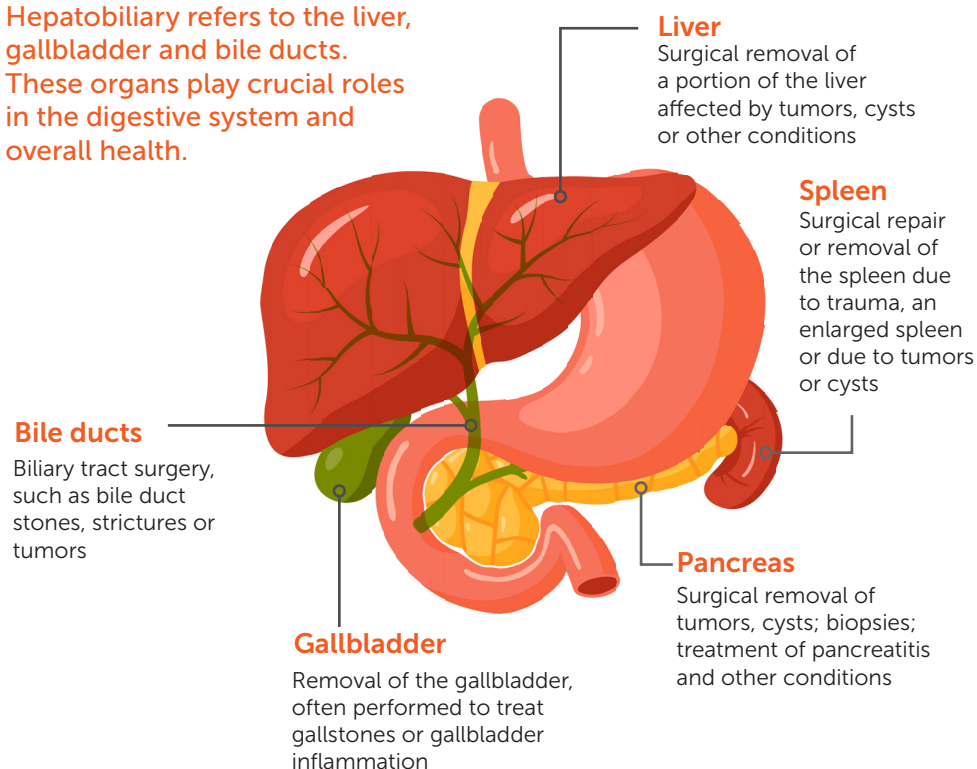


**Andrei
Cocieru, M.D.**



**Amit Sastry,
M.D.**

Hepatobiliary refers to the liver, gallbladder and bile ducts. These organs play crucial roles in the digestive system and overall health.



They use advanced surgical techniques, including minimally invasive approaches such as laparoscopy or robotic-assisted surgery, whenever appropriate, to minimize postoperative complications and promote faster recovery.

To make an appointment within this specialty, call **877.201.0897**.

Community Events

June

6/28-6/29: Akron Marathon 8K & 1 Mile – The University of Akron

July

7/4: Western Reserve Racing: Four on the 4th – Downtown Hudson

7/8: Stow Wellness Coffee Talk: Orthopedics – Stow Senior Center

7/10: Wellness Chat: Dizziness and Vestibular Disorders – Wadsworth Soprema Center

7/20: Main Street Kent's Wizardly Weekend – Downtown Kent

7/25: Ladies Night Out – Medina Public Square

August

8/10: Balloons Over Wadsworth – Wadsworth Municipal Airport

8/10: Circle Fest & Light Parade – Tallmadge Circle

8/10: Akron Marathon Good-year Half Marathon & 10K – Goodyear World Headquarters

September

9/11: Wellness Chat: Neurology – Wadsworth Soprema Center

9/12: Coffee Talk: Pulmonary – Tallmadge Community Center



Vitality Magazine
(1000-94010)

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Nonprofit
Organization
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Akron, OH
Permit No. 83

Want more info?

Sign up for our free monthly eNewsletter that's full of general health and wellness tips, Summa Health program updates and more.

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

You can also check out our Flourish blog at summahealth.org/flourish every week for helpful articles on health and wellness for the betterment of a healthier community.



MAR-24-68648/CS/TZ/06-24

*****ECRWSEDDM****

Residential Customer

Struggling to Lose Weight? Explore Weight Loss Surgery at Summa Health

Have you tried everything to lose weight but haven't found lasting success? You're not alone. Summa Health's Weight Management Institute is here to help. Our team of experts understands the challenges of long-term weight loss.

Our Weight Management team is offering a FREE informational session to learn how weight loss surgery can transform your life.

- Discover the benefits of surgery as a weight loss tool.
- Explore different procedures and what results to expect.
- Get personalized advice from our caring team of physicians.

We provide a supportive environment where you can ask our surgeons questions and develop a plan for a healthier you.

Join Us
and Meet Our Physician Experts

Tuesday, July 16
6 p.m. to 7 p.m.

Summa Health
Weight Management Institute
55 Arch St, Basement Pods
Akron, OH

A virtual option is also available



Take charge of your well-being.
Scan the QR code to register or visit
summahealth.org/surgery-session
for more information.

