

# Vitality

## Resilience in Adversity

with the support of  
the Summa Health  
Complex Care Clinic

4

3

Talking to Your  
Family About  
Menopause

8

Don't Procrastinate  
about Prostate  
Health

12

Double  
ACL  
Trouble

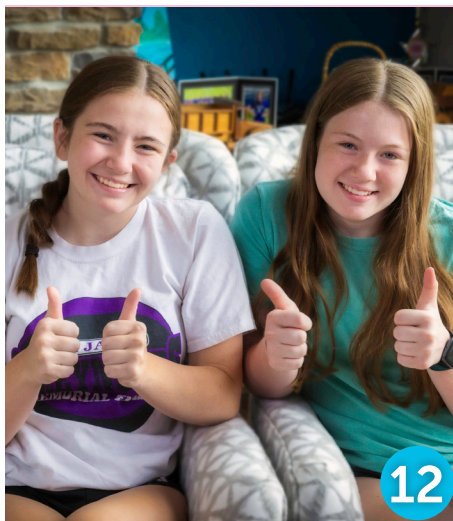
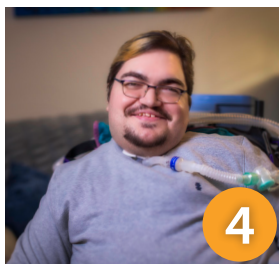
15

8 Habits to Boost  
Your Cardiovascular  
Health



# Contents

- 4** **Resilience In Adversity**  
Brandon Johnson, Complex Care Clinic Patient
- 5** **What Is Complex Care?**  
High-intensity, Team-based Primary Care
- 6** **We're Growing to Better Serve You**  
Enhanced Pride Clinic, Expanded Care in Green and Barberton
- 8** **Care Options Available to You**  
Know Where to Go for Care Depending On Your Symptoms
- 9** **Don't Procrastinate about Prostate Health**  
**Strokes Demand a Need for Speed**  
**Are You Using MyChart?**
- 10** **Technological Innovations**  
BiTE Immunotherapy, Interactive Sensory Room
- 11** **Medicare Advantage Plans that Prioritize You**  
Schedule a 1-on-1 Review
- 12** **Double ACL Trouble**  
Haley and Zoey Lorenzo, Sports Medicine Patients
- 14** **Transforming Lives Together**  
2024 Donor Impact Report
- 15** **Cardiovascular Health**  
8 Healthy Habits



## Where Passion Meets Purpose Nursing Careers at Summa Health



**Be part of a team that champions your growth and recognizes your impact every day.** At Summa Health, you'll collaborate with compassionate nurses, gain ongoing professional development, and shape the future of healthcare – all while enjoying comprehensive benefits.

Take the next step in your career. Scan the QR code to subscribe to our "Nurse Notes" nursing newsletter or apply today at [summahealth.org/careers](https://summahealth.org/careers).



# Talking to Your Family About Menopause

For people with ovaries, having a period is a fact of life, as is menopause. Menopause is a normal part of aging and a natural transition all people with ovaries experience. While menopause is a natural stage in life, it remains a topic that many shy away from discussing openly, even with close family members. Whether you're experiencing menopause yourself or supporting a loved one through it, having honest conversations allows you to normalize the experience, dispel myths and create a supportive environment.



## Talking to Your Partner

- Be honest about your symptoms, letting them know how you're feeling, both physically and emotionally.
- If you need space, patience or assistance with household tasks, communicate that clearly. Discuss ways they can help you manage symptoms and maintain a healthy lifestyle.
- Menopause can affect libido, but intimacy is more than just physical connection. Discuss ways to maintain closeness.

## Talking to Your Children

- Use age-appropriate language.
- Frame menopause as a natural transition, just like puberty.
- Address emotional changes, letting them know that mood swings or fatigue aren't personal, but rather part of the process.

## Talking to Parents or Siblings

- Share your experiences. Talking about symptoms and emotions can foster connection and reduce feelings of isolation.
- If they've been through menopause, they may have useful advice or insights. If they're unfamiliar, you can help educate them.

Talking about menopause with your family can strengthen relationships and ensure you have a strong support system. By being open and honest, you can help break the stigma and make menopause a topic that is understood and embraced rather than avoided.

If you need help managing your menopause symptoms, talk to your Summa Health gynecologist or healthcare provider. To schedule an appointment, call **866.865.3025**.

## Menopause Symptoms



Night Sweats



Thinning Hair



Hot Flashes



Vaginal Dryness



Heart Palpitations



Dizziness



Increased Facial Hair



Sleep Disturbances



Urinary Incontinence

To learn more, visit [summahealth.org/menopause](https://summahealth.org/menopause).



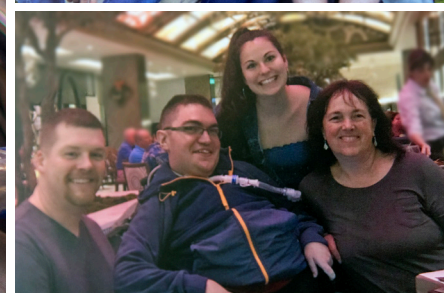
# Resilience in Adversity

With the support of Summa Health  
Complex Care Clinic



“The support from this entire group has helped me achieve far-reaching goals.”

Brandon Johnson,  
Complex Care Clinic Patient





**B**randon Johnson, born with spinal muscular atrophy, has faced unimaginable challenges from birth. Never having walked, he has endured a lifetime of muscle deterioration. At just 12 years old, RSV struck, leading to pneumonia which necessitated the use of a ventilator—a constant companion now at age 29. Despite these hardships, Brandon’s spirit remains unbroken as he lives independently in his apartment, supported by 24-hour care and the unwavering love of his parents.

At 26, seeking better management for his complex needs, Brandon transitioned his care to Summa Health’s Complex Care Clinic. His family found solace in Dr. Rebecca Teagarden’s compassionate, comprehensive approach, which embraces an interdisciplinary team.

Regular visits to Dr. Teagarden ensure that Brandon’s care plan is meticulously and consistently reviewed, with specialists brought in whenever necessary.

“The Complex Care Clinic provides comprehensive wraparound services, which is important because my needs are always changing,” shares Brandon. He visits the Clinic once a month for a port flush and every six months to see his entire team, including specialists from neurology, pulmonary and nutrition. If necessary, team members come to his home.

“Dr. Teagarden listens and makes you feel seen and heard,” explains Brandon. “The support from this entire group has helped me achieve far-reaching goals.”

Brandon has demonstrated remarkable resilience in the face of his condition. He successfully graduated from high school, is currently enrolled in college courses, has published a book of poetry, and intends to publish additional works in the future.

Brandon’s journey is a testament to resilience, strength and the power of dedicated, holistic healthcare.

“It’s just so hard to put into words how amazing they’ve been in helping me achieve things that have only been in my dreams. And they have been crucial in helping me get out there and be my best self.”



**Rebecca Teagarden, D.O.**  
Medical Director,  
Complex Care Clinic

## What Is Complex Care?

Brandon has found a home at Summa Health’s Complex Care Clinic, part of Summa Health’s Complex Care Institute. The Complex Care Clinic serves two groups of patients: young adults with unique healthcare needs who are transitioning out of the pediatric care setting and adults with complex combinations of medical and social needs.

The goal for these complicated cases is to live the healthiest life possible. By better addressing complex needs, Summa Health strives to make healthcare easier to navigate and help reduce costs.



To learn more about the Summa Health Complex Care Clinic, call **877.203.4010** or visit [summahealth.org/complex-care-clinic](https://summahealth.org/complex-care-clinic).

# We're Growing to Better Serve You

## More Services Available in Green



### Summa Health Pulmonary

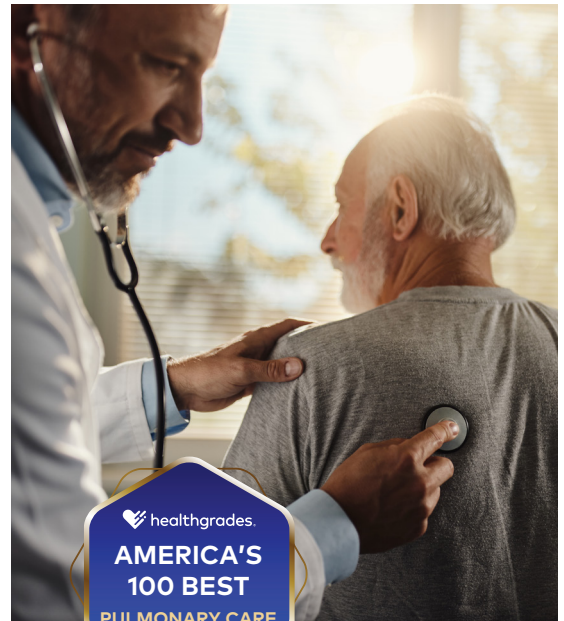
1835 Franks Parkway, Uniontown, OH 44685

Summa Health pulmonologists and respiratory therapists focus on discovering the causes of, diagnosing, preventing and treating all diseases and conditions that affect the lungs. Patients who live in the Green/Uniontown area can now breathe easier with access to a team of pulmonary specialists even closer to home.

Our award-winning, multidisciplinary pulmonary team will be assisting patients with the following diseases and conditions at this new location:

- Asthma
- COPD
- General pulmonary
- Lung nodules
- Sleep

For more information or to schedule an appointment, visit [summahealth.org/lung](https://summahealth.org/lung) or call **866.865.3138**.



### Summa Health Interventional Pain Management

1790 Graybill Rd, Suite 100, Uniontown, OH 44685

Chronic pain impacts health, work and relationships. It can reduce activity, disrupt sleep, and cause stress, anxiety, or depression.

Summa Health Interventional Pain Management aims to reduce pain and enhance life quality without relying on oral opioids. We offer treatments like injections, pain pumps, spinal cord stimulator trials and implants. We also may recommend behavioral health, physical/occupational therapy, dietary changes and educational programs.

Call **866.879.2572** to schedule an evaluation at our new Green location, as well as Medina or Akron.

### Summa Health Orthopedics

1790 Graybill Rd, Suite 100, Uniontown, OH 44685

Summa Health Green offers a growing team of orthopedic specialists committed to helping you increase your mobility and independence. Our orthopedic specialties in Green have recently expanded to include:

- Foot and ankle
- Hand and upper extremity
- Knee, Hip and shoulder
- Orthopedic surgery
- Podiatry
- Spine
- Sports medicine
- Sports medicine surgery
- Total joint reconstruction and revision

To schedule an appointment at any of our 11 orthopedic locations, visit [summahealth.org/ortho](https://summahealth.org/ortho) or call **888.808.3926**.



## Neurosurgery Expands Care to Barberton Campus

201 5th St NE, Suite 16, Barberton, OH 44203

For those individuals who live near the Summa Health System – Barberton Campus, award-winning neurosurgery care is closer to home than ever before. In fact, Summa Health is ranked #1 in Ohio for Cranial Neurosurgery for 2025 by Healthgrades.

Neurosurgery is an innovative field that focuses on diagnosing, treating, and rehabilitating patients with nervous system disorders. The nervous system includes the brain, spinal cord, and central and peripheral nervous systems. Our team of neurosurgeons treats a full range of neurological disorders of the brain and spine.



healthgrades.  
**#1 IN STATE**  
CRANIAL  
NEUROSURGERY  
2025

Examples of the disorders they treat, include:



### Brain

- Aneurysm
- Benign and malignant brain tumors
- Brain hemorrhages
- Epilepsy
- Stroke
- Traumatic brain injuries



### Spine

- Herniated disc
- Sciatica
- Spinal tumors
- Spine injuries
- Vertebral fractures



### Nervous system

- Carpal tunnel syndrome

While some patients receive neurosurgery care because of an emergency department visit, if you have a condition that requires the care of a Summa Health neurosurgeon—request an appointment today. No referral is necessary. For more information or to schedule an appointment, visit [summahealth.org/brain](https://summahealth.org/brain) or call **888.201.9818**.



## Pride Clinic Unveils Patient-Centered Renovations

1260 Independence Ave, Akron, OH 44310

The Summa Health Pride Clinic provides high-quality, compassionate care to the LGBTQ+ community in a welcoming and inclusive environment. With our recent renovations, we have further enhanced our commitment to excellence by improving both our facility and services to better meet your unique needs.

Designed with patients in mind, our remodeled space now features:



7,000 total square feet



15 private exam rooms and a treatment room



Original pride/inclusive artwork



Private lobby



**Enhanced Facility**

This enhanced space also will let us expand our services and skills in the near future – with more providers and specialized care. To learn more, call **866.865.3064** or visit [summahealth.org/prideclinic](https://summahealth.org/prideclinic).

# Care Options Available to You

There are many options available for when you need care for an ailment or illness.

Summa Health Medical Group Primary Care and Urgent Care locations provide care to all patients, regardless of insurance status.



## Primary Care Physician (PCP)



Has access to your medical history



24 hours a day / 7 days a week call center



Non-emergency care



Well visits, annual checkups and vaccinations



Virtual visits may be available



## Urgent Care



Non-emergency care



Evening and weekend hours, or if you are unable to get an appointment to see your PCP



No appointment necessary



## Emergency Department (ED)



Emergency and life-saving care



Open 24/7



To find a Summa Health location near you, visit [summahealth.org/locations](https://summahealth.org/locations).

# Don't Procrastinate about Prostate Health

Feeling great doesn't mean that you don't have health concerns that require attention. In fact, some conditions like prostate cancer only present symptoms once the risk and difficulty to treat dramatically increase. Here is some information on screening guidelines, risk factors as well as signs and symptoms to keep in mind.

## Prostate Cancer Screening

Those age 55 and older should start a conversation with your primary care provider (PCP) about prostate health and the value of regular prostate-specific antigen (PSA) screening. This can be achieved through a blood test. Individuals with additional or increased risk factors may be advised to screen at an earlier age.

## Risk Factors

Patients with a first-degree family history (father, brother or son) diagnosis of prostate cancer, of African-American heritage or experiencing symptoms should be considered for screening around their 40th birthday. Obesity and smoking may also increase your risk of prostate cancer and create a need for earlier screening.

## Symptoms

While in its earliest stages you may not experience physical symptoms, if you experience any of the following, please speak with your PCP:

- Dull pain in the lower pelvic area
- Blood in the urine or semen
- Frequent urinating
- Trouble urinating, pain, burning or weak urine flow
- Pain in the lower back, hips or upper thighs
- Loss of appetite and weight



**One out of every eight men**  
will develop prostate cancer in their lifetime.

For more information about urologic services offered at Summa Health, including prostate screening and prostate cancer treatment, go to [summahealth.org/urology](https://summahealth.org/urology) or call 877.655.6330.



# Strokes Demand a Need for *Speed*



According to the American Heart Association, every 40 seconds someone in the U.S. has a stroke. Stroke is the #5 cause of death, and the leading cause of adult disability. One of every 4 stroke survivors suffers a second stroke.

Most strokes are caused by a clot or other blockage within an artery in the brain; these are called ischemic strokes. Blockage of blood flow to the brain for even a short period of time can cause brain damage or even death. In fact, approximately 33,000 brain cells are at risk of dying each second while a stroke occurs without treatment.

A second type of stroke, which accounts for roughly 20 percent of strokes, is due to bleeding that occurs in or around the brain. Hemorrhagic strokes are most frequently caused by high blood pressure and are more devastating with higher risk of disability or death.

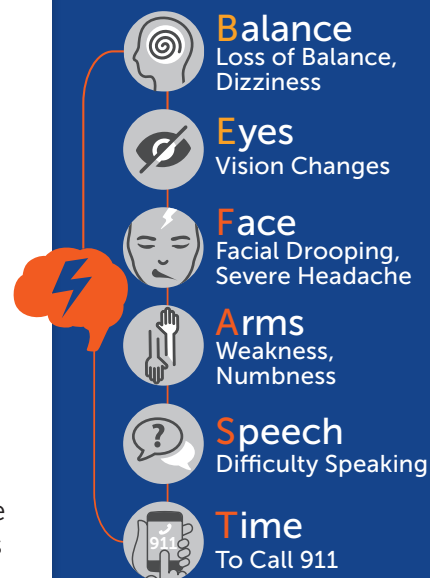
No matter the cause, the risk of dying brain cells makes stroke a medical emergency, in which acting fast is essential. You should always call 911 right away for signs or symptoms of stroke. EMS will call ahead to let us know a potential stroke patient is coming and our specialized stroke team will be waiting. This advanced notice will allow the surgical and nonsurgical teams the chance to prepare for the necessary treatment that may be required in as little time as possible—allowing for a far greater chance to minimize disability and maintain quality of life.

How fast is the Summa Health stroke team? Pretty fast. Summa Health has been recognized by Healthgrades for being #1 in Ohio for Stroke Care in 2025, for a second year in a row. Summa Health is where to go for all stroke and neurological care. In fact, the team treats stroke 22 minutes faster than the national goal.

Memorizing the

## B.E. F.A.S.T.

acronym will help you remember how to respond if you or a loved one may be experiencing a stroke



To learn more, visit [summahealth.org/stroke](https://summahealth.org/stroke).

## Are You Using MyChart?



Schedule, cancel or confirm your appointments



View consult, test and lab results\*



Stay informed and engaged with your care during your hospital stay



Ask your doctor a question



Check in to your appointment online



View and manage a family member's health record



Conduct a video visit with your provider



Manage payments through one easy bill



Request a medication refill



Submit your birth preferences with the hospital ahead of time for your upcoming labor and delivery



### Sign up today!

\* All services are subject to availability on a per office basis



# Technological *Innovations*

## BiTE Immunotherapy Cutting-Edge Cancer Treatment

BiTE (Bispecific T-cell Engager) immunotherapy is a cutting-edge cancer treatment that harnesses the power of the body's immune system to target and destroy cancer cells. This innovative approach involves engineered antibodies that bind to both T-cells and cancer cells, effectively bringing them into close proximity to facilitate the immune system's attack on the malignant cells. By enhancing the body's natural immune response, BiTE immunotherapy offers a promising avenue for treating various types of cancer with precision and efficacy.

Summa Health is currently using BiTE therapy for specific indications of multiple myeloma, lymphoma, leukemia and small cell lung cancer and is available at the Jean and Milton Cooper Pavilion in Akron and Parkview Pavilion in Barberton.

To learn more about all of our cancer treatment options, visit [summahealth.org/cancer](https://summahealth.org/cancer).



**BiTE is available at Akron  
and Barberton Campuses**

## Interactive Sensory Room Personalized Care through Sensory Environments

The Summa Health Complex Care Institute offers a sensory room for patients and their families. Designed for individuals who typically struggle in a traditional adult medical office setting, this room provides an alternative

to standard exam rooms, offering a personalized and controlled environment.

For individuals with sensory processing difficulties such as autism spectrum disorder, intellectual disabilities, severe anxiety, or dementia, sensory rooms help reduce the stress and agitation often experienced during medical appointments. The adjustable lighting, softer colors and textures and calming sounds or music foster relaxation and sensory regulation, which can reduce anxiety and improve mood.

While the patient experiences a warm, relaxing environment for their office visit, accompanying family and caregivers also benefit from the surroundings. The resulting stress reduction increases the care delivery effectiveness for the whole team. To learn more, call the Complex Care Clinic at **877.203.4010**.



**Helps reduce stress during medical appointments**





# SummaCare Medicare Advantage makes YOU the priority.

Linda I., SummaCare Medicare Advantage member since 2021

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

If you'll be turning 65 soon or becoming Medicare eligible in the next year, a SummaCare Medicare Advantage plan may be just the right fit for you. Our plans are packed with personalized benefit options to fit a variety of unique health and wellness needs and budgets.

Schedule a one-on-one, personalized health plan review with one of our SummaCare Medicare Advantage Advisors today, or visit [summacare.com/vitality](https://summacare.com/vitality) for a list of upcoming Medicare Advantage events to mark on your calendar.

At SummaCare, it's personal.



**Let's talk.**

**888.330.1501**

**(TTY 711)**

[summacare.com/vitality](https://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 2025 AEP voluntary disenrollment study completed by SummaCare. Actual SummaCare Medicare Advantage plan member shown. Member was not compensated for their appearance. For accommodations of persons with special needs at agent or broker meetings call 888.464.8440 (TTY 711). H3660\_SC1707\_C 04082025



# Double ACL Trouble

**F**or sisters Haley and Zoey Lorenzo, sports have always been a shared passion. Unfortunately, so has an unexpected challenge – torn anterior cruciate ligaments, or ACLs. Both athletes faced season-ending injuries less than a year apart: Haley in July 2023 and Zoey in February 2024. “I was going in for a layup and felt my knee go side to side when I landed,” recalls Haley. “I immediately knew something was wrong. The first thing that came to mind was my ACL, but I was hoping it wasn’t.”

Haley’s high school sports physician quickly referred her

to Dr. Joseph Rabe, an orthopedic sports medicine surgeon at Summa Health. The family was impressed by the swift response and exceptional care she received, making her road to recovery as smooth as possible.

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**“Dr. Rabe was really nice and explained everything thoroughly,” says Haley. “He was just very thoughtful throughout the whole process.”**

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When Zoey suffered the same injury, there was no question about where she would turn. Having witnessed Haley’s successful

recovery firsthand, she knew she was in good hands. “I was really scared, because I saw [Haley] go through it and knew recovery was going to be hard,” says Zoey, “but Dr. Rabe assured me that everything was going to be okay.”

Rehabilitation wasn’t easy, but both sisters tackled it with the same determination they bring to the basketball court and soccer field. Through hard work, perseverance and the right medical support, they were able to make a strong comeback – together. “Do your PT and rehab, even when you don’t want to,” advise the sisters. “Keep pushing through the pain – it gets better.”

## Did you know?

Young females are at a higher risk for ACL injuries compared to males.

This is due to differences in:



Biomechanics



Greater ligament flexibility



Genetic factors



# Uh-oh, what's that "pop" in my knee?

## ACL Injury 101

If you've ever experienced an ACL injury, you may be familiar with the telltale "pop" that comes with a tear or sprain of the anterior cruciate ligament. This important ligament connects your thigh bone to your shinbone and helps stabilize your knee. With up to 200,000 ACL injuries occurring in the U.S. each year, it's one of the most common knee injuries.

### What Causes ACL Injuries

ACL injuries often happen during sports like soccer, basketball, skiing and football. They are typically caused by sudden twisting, stopping or landing incorrectly. While athletes are commonly affected, active individuals of all ages can experience an ACL injury, even from something as simple as a misstep on stairs.

### When to See a Specialist

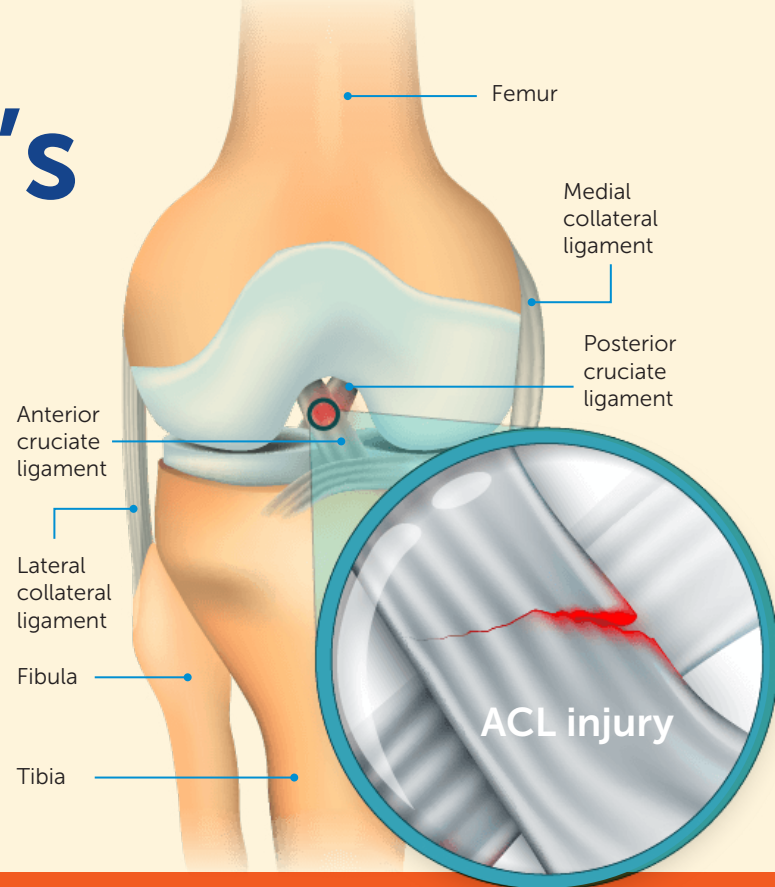
Mild knee swelling often improves with rest, ice, and over-the-counter pain relievers. However, if you experience significant swelling, persistent pain or instability, it's time to see a specialist. Diagnostic imaging, such as X-rays or MRIs, can help determine the severity of the injury and guide the best course of treatment.



**Joseph Rabe, M.D.**  
Orthopedic Surgery  
Sports Medicine



**Ryan Urchek, M.D.**  
Orthopedic Surgery  
Sports Medicine



Up to 200,000 ACL injuries occur in the U.S. each year – it's one of the most common knee injuries.

### Recognizing the Signs

Common symptoms of ACL injuries include:



Knee swelling



Pain



Instability



Difficulty bearing weight



Sudden popping sensation

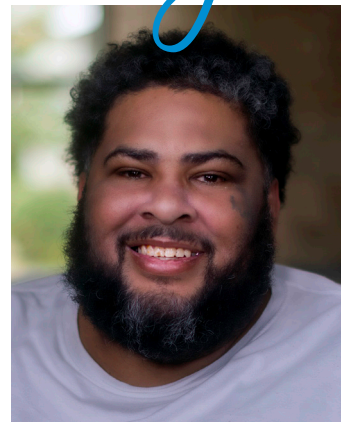
### What to Expect During Treatment and Recovery

For minor ACL injuries, physical therapy alone may be enough for a full recovery. However, more severe tears often require ACL reconstruction surgery, followed by 9 to 12 months of dedicated rehabilitation. While the recovery process takes time and commitment, most people regain strength and return to the activities they love.

To schedule an appointment with a Summa Health Sports Medicine specialist, visit [summahealth.org/ortho](https://summahealth.org/ortho) or call 888.808.3926.

# Transforming lives together

## *A heartfelt thank you*



Summa Health is proud to be recognized as one of America's 50 Best Hospitals™ by Healthgrades, a distinction made possible by the dedication of our staff, community and supporters. This recognition is just the beginning. Every day, we work to enhance the patient experience, empower clinical excellence and transform lives across our communities.

In our 2024 Donor Impact Report, you'll find the inspiring stories of four patients—Daniel, DeeDee, Lacey and Raseam—whose lives were changed by the care they received. These stories highlight how we're making a difference through:



State-of-the-art facilities, equipment and technology



Continued education for the next generation of caregivers



Lifesaving research happening right here in our community



Comprehensive medical care for all in need

We are proud of the progress we are making in healthcare. Together, we will continue to create a healthier future for all. To read these stories and learn more, scan the QR code.



To make a gift that transforms lives at Summa Health, visit [summahealth.org/give](https://summahealth.org/give) or call **330.375.3159**.



# "Life's Essential 8": Habits to Boost Your Cardiovascular Health

Heart disease remains a leading cause of death worldwide, according to the World Health Organization. By following "Life's Essential 8" steps, you can take control of your cardiovascular health, lower your risks and live a longer, healthier life! [summahealth.org/heart](https://summahealth.org/heart)



**Brianna French, M.D.**  
Cardiologist

## #1 Eat Better

Build a heart-healthy diet with whole grains, fruits, vegetables and lean proteins. Limit sugary drinks, alcohol, sodium and processed meats.

## #2 Be More Active

Get at least 150 minutes of moderate or 75 minutes of vigorous exercise per week.



In the U.S. alone, almost 700,000 people died from heart disease in 2020 – that's one in every five deaths.

## #3 Manage Blood Sugar

Keep blood glucose levels in check to prevent diabetes. Work with your healthcare provider for regular screenings.

## #4 Maintain a Healthy Weight

Stay active, eat smart and be mindful of emotional eating. Track your habits and seek support when necessary.

## #5 Control Cholesterol

Keep LDL (bad) cholesterol low and HDL (good) cholesterol high by eating heart-smart foods, staying active, quitting nicotine and taking medication if needed.

## #6 Manage Blood Pressure

Aim for below 120/80 mmHg by maintaining a healthy weight, exercising, limiting alcohol and treating sleep apnea.

## #7 Quit Smoking, Vaping and Tobacco

You're more likely to quit if you create a plan that fits your lifestyle. Set a quit date, choose a method, seek support when needed and prepare for cravings.

## #8 Prioritize Sleep

Get 7 to 9 hours of sleep per night and curb late-night scrolling.

# Summa Health Receives Healthgrades Accolades

Healthgrades, an organization that helps consumers find quality care, have revealed their 2025 hospital and specialty ratings. Annually, Healthgrades evaluates approximately 4,500 hospitals across the nation; the awards received from these evaluations are based on hospital patient outcomes for 30 of the most common health conditions. These evaluations are based on patient outcomes. As a part of that evaluation, Summa Health received several awards including be named one of **America's 50 Best Hospitals for 2025**. As a result of our consistently superior patient care, Summa Health has attained the highest achievement Healthgrades offers, placing the organization in the **top one percent of U.S. hospitals** for overall care excellence for the second consecutive year.



Among Summa Health's distinctions are Specialty Excellence Awards, placing the hospital in the **top five percent of the nation** for services such as:

- Critical care (eight years in a row)
  - Stroke care (six years in a row)
  - Pulmonary care (six years in a row)
  - Gastrointestinal services (three years in a row)
  - Gastrointestinal surgery (two years in a row)
- Cranial neurosurgery
  - Critical care
  - Gastrointestinal surgery
  - Neurosciences
  - Stroke care

For more information about Summa Health's awards, visit [summahealth.org/awards](https://summahealth.org/awards).

## Community Events Calendar

Summa Health is honored to both be a part of the Akron community and to offer a wide variety of events for our friends and neighbors throughout the area. The community events page of our website features a useful calendar with a color-coded key to easily identify the different event types. To learn more and view the full calendar, visit [summahealth.org/events](https://summahealth.org/events) or scan the QR code.



## Important Health Information — *Just an Email Away*

Summa Health's monthly email newsletter, eVitality, is filled with the latest health tips, advice and updates. If you'd like to sign up for this newsletter, visit [summahealth.org/vitality](https://summahealth.org/vitality).

Or find us on any of these social channels.

