

Vitality

A Hidden Danger: Melissa's Story

Lung Cancer and
the Radon Risk

4

3

Obesity Treatment
& GLP-1 Medications

6

Anxiety vs.
Stress

13

The Baby Bump
Breakdown

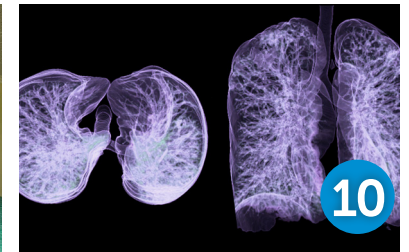
14

Have a Wound
That Won't Heal?

Contents

- 4** **A Story of Lung Cancer and the Radon Risk**
Melissa Derrig, Oncology Patient
- 5** **Understanding the Causes of Cancer**
Importance of Screenings
- 6** **We're Growing to Better Serve You**
Neurosurgery Clinic and Seasonal Allergy Testing

Anxiety vs. Stress
What's the Difference?
- 8** **A Legacy and Future of Compassionate Care**
Our HATCo Partnership
- 9** **Let's Take a Deep Breath Together**
Summa Health Pulmonary Rehab
- 10** **Healthcare Unlocked**
AI for Lung Nodule Detection, Ambient Listening, Deep Transcranial Magnetic Stimulation™
- 11** **SummaCare Medicare Advantage**
Annual Enrollment Ends December 7
- 12** **From Birth to Recovery: A Story of Expert, Compassionate Care**
Natalie Frantz, Maternity Patient
- 13** **The Baby Bump Breakdown**
Tips for Each Trimester
- 14** **Have a Wound That Won't Heal?**
Summa Health Wound Care & Hyperbaric Medicine Centers
- 15** **Numbers that Matter. Care That Makes a Difference.**
Summa Health Surgical Services



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ELIZABETH S., BARBERTON
MEMBER SINCE 2023

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Obesity Treatment in the Age of GLP-1 Medications Often Still Means a Collaborative Approach



Obesity is a complex, chronic disease affecting millions of people. Obesity isn't just about excess weight; it's influenced by genetics, environment, behavior and metabolic factors (how each living organism converts food into energy and more). Historically, weight loss treatments focused primarily on diet and exercise; now the need for a comprehensive approach to sustainable weight loss is both widely acknowledged and accepted. Over the past five years, the introduction of GLP-1 medications has significantly changed the treatment landscape for weight loss patients.

GLP-1s, like semaglutide and tirzepatide, have shown impressive results in weight reduction and metabolic improvements. These medications work by mimicking a hormone that regulates blood sugar and appetite. Mimicking this hormone tricks the brain and helps patients feel fuller longer, reduce cravings and improve insulin sensitivity.

It may be tempting to view this trending wave of new medications as magic weight loss solutions, but it is important to remember while they offer significant benefits, these medications are not a one-size-fits-all solution for all people struggling to lose weight. Also, these medications are most effective in patients who are overweight to mildly obese. Those individuals with severe obesity should still consider surgical interventions a cornerstone of treatment.

For patients with severe obesity, surgery may offer more substantial and lasting results. However, combining GLP-1s with surgery can enhance outcomes, especially in the long term.

Summa Health offers procedures such as sleeve gastrectomy, gastric bypass and single anastomosis

duodenal-ileostomy, which can lead to significant weight loss and improvement in obesity-related conditions. While these surgeries are highly effective, and durable, they require a commitment to lifestyle changes. GLP-1 medications can complement surgery by helping maintain weight loss and manage cravings.

It is important to note that obesity is a progressive and chronic disease with both biological and behavioral components. A multimodal approach addresses these aspects, improving long-term success rates. Behavioral therapy supports patients in making sustainable lifestyle changes, which are essential for maintaining weight loss and overall health.

Cost can be a barrier for many people seeking GLP-1 medications. GLP-1s can be expensive and many insurance plans do not cover GLP-1 medications unless the patient has diabetes, and even then, coverage may be limited. Without insurance coverage for these medications, out-of-pocket costs for these medications can be up to \$1,000 or more each month. Bariatric surgery, on the other hand, is often covered if patients meet certain criteria and some patients find that surgery offers a more cost-effective long-term solution.

Most importantly, the key to finding long-term, sustainable weight loss is to consult with your healthcare provider to discuss the best treatment plan for you. Obesity is a disease, not a lifestyle choice. With the right treatment, you can achieve and maintain a healthier weight.

For more information or to request an appointment, visit summahealth.org/weight-loss or call **866.595.2460**.





“
I told the doctor
everything, the
moment I said
headaches, his
eyebrows shot up.”

” — Melissa Derrig
Oncology Patient

A Hidden Danger: Melissa's Story of Lung Cancer and the Radon Risk Few Talk About

Last February, Akron resident Melissa Derrig was 56 and healthy — keeping up with regular checkups, never missing a mammogram or colonoscopy.

“I thought I was doing everything right,” she shares. But one evening, she noticed a strange wheeze when taking a deep breath. It didn't seem serious, but it was the first sign of something much more.

When steroids and allergy medications didn't help, her ENT remained puzzled. Then came the cough, vertigo and persistent headaches. Doctors treated each symptom separately. But a visit to the Summa Health Akron Campus emergency department led to a life-altering diagnosis.

“I told the doctor everything, and the moment I said ‘headaches,’ his eyebrows shot up,” Melissa recalls. A head CT led to the shocking truth — stage 4 lung cancer that had already spread to her brain. “They found over 50 tumors. I was stunned.”

As a non-smoker, Melissa was desperate to understand the cause. That's when she learned about radon — an invisible, odorless gas and the second leading cause of lung cancer. After speaking with her previous home's new owners, she found out the house she'd lived in for 35 years had tested extremely high for radon. She'd had no idea.

Melissa immediately began treatment. She was hospitalized for five days to reduce swelling in her brain and underwent whole-brain radiation.



Melissa's Care Team



Sameer Mahesh, M.D.
Medical Director,
Oncology



April Liszeski, CPhT
Pharmacy Liaison,
Specialty Pharmacy



Desiree Doncals, M.D.
Radiation Oncology



**Alexis El-Khoury,
PharmD, BCPS**
Oncology Clinical
Pharmacist

Initial chemotherapy was started while she awaited results that confirmed her cancer was eligible for targeted therapy, an innovative approach that attacks cancer cells based on their genetic makeup. On her current course of treatment, she feels well enough to cook, be active — even plan to walk 18 holes at a golf tournament.

"Dr. Mahesh has been the most instrumental part of my care team," Melissa says. "He's incredibly compassionate and knowledgeable and in tune with every detail — he doesn't miss a thing."

Melissa credits her strength, in part, to a strong support system. Her husband of 35 years has been by her side every step of the way, and her two adult children, who live nearby, are always available when she needs them. Her mother, a cancer survivor herself, also offers unwavering encouragement.

Melissa is now using her voice to raise awareness about radon testing, which is free in Ohio at Ohio.radon.com. "Every home needs regular testing. If I can help one more person discover radon before it becomes lung cancer, that matters," she says. "You just don't think it'll be you — but it can be. Early detection and knowing your risks can save your life."

Lung cancer can affect anyone. To learn more, visit summahealth.org/lungcancer or call **866.595.1380** to make an appointment for a lung screening.

Understanding the Causes of Cancer and the Importance of Screenings

Cancer is a complex disease caused by a combination of genetic, environmental and lifestyle factors. While some risk factors — like age or family history — can't be changed, many others can be managed. Smoking, excessive sun exposure, poor diet, lack of physical activity and exposure to harmful chemicals all increase cancer risk.

Lung cancer is the second most common cancer in both males and females (not counting skin cancer). Unfortunately, it is also the leading cause of cancer deaths in the U.S.

Smoking, by far, is the leading risk factor for lung cancer. But, as is the case for Melissa, exposure to certain gases or elements can increase your risk, too. These include radon, asbestos, uranium, inhaled chemicals and diesel exhaust. That's why regular cancer screenings are so important. Screenings are medical tests that look for signs of cancer before symptoms appear. They can detect cancer early — when it's most treatable — and sometimes even prevent it altogether.



Summa Health offers a CT lung screening test to detect early stage lung cancer. The test produces a 3D image of the lungs. A physician's referral is needed for a CT lung screening.

Many cancers, when found early, can be treated successfully, allowing people to live longer and healthier lives. The right screenings for you depend on your age, gender, family history and risk factors.

Talk to your provider about your risk factors and what screenings are right for you. To learn more about screenings, visit summahealth.org/screenings.

We're Growing to Better Serve You

Neurosurgery Patient Clinic Expands to Akron Campus

75 Arch St, Suite 201, Akron OH 44304

Patients needing clinic appointments with the Summa Health Neurosurgery team may now schedule at Summa Health System – Akron Campus – the team's third clinic location (clinic appointments are also available at Summa Health System – Barberton Campus and the Summa Health Spine and Neuroscience Center in Fairlawn). All neurosurgery surgeries are still scheduled at Summa Health System – Akron Campus.

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. Examples of the disorders they treat, include:

- Aneurysms
- Benign and malignant brain tumors
- Brain hemorrhages
- Carpal tunnel syndrome
- Epilepsy
- Herniated disc
- Stroke
- Sciatica
- Spinal tumors
- Traumatic brain injuries
- Traumatic spine injuries
- Vertebral fractures
- And more

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. For more information or to schedule an appointment, visit summahealth.org/brain or call **888.201.9818**.



Anxiety vs. Stress: What's the Difference?

Key Differences

- **Anxiety** = internal worry that lingers, even without a specific trigger
- **Stress** = response to an external situation, usually passes

Seasonal Allergy Testing Now Available in Akron

55 Arch St, Suite 2A, Akron, OH 44304

Allergic rhinitis, commonly known as allergies or hay fever, is an allergic reaction to airborne allergens, like seasonal grass or ragweed pollen or year-round allergens, like dust and animal dander. Those individuals who suffer from seasonal allergies often don't fully realize how much their condition is affecting them until they experience what relief feels like.

Like a persistent cold that won't go away, exposure to constant allergy symptoms can impact several aspects of daily life. Dealing with allergy symptoms over a long period can have an impact on your overall mood, disrupt sleeping habits, limit or reduce social interactions, decrease daily productivity and more.

Sometimes people with seasonal or year-round allergies are unsure if they have them because the symptoms are also often associated with other illnesses. These include but are not limited to:

- Runny or stuffy nose
- Red and watery eyes
- Sneezing
- Itchy nose, eyes, ears or mouth

The good news is that help is available. The Summa Health Otolaryngology (ENT) team offers allergy testing for environmental allergies through a skin prick test followed by a small intradermal injection (just under the skin) to confirm the reactions.

Once you have seen a provider and discuss allergy testing, an allergy testing order will be created. An allergy testing program nurse will call you and discuss next steps. On testing day, you will complete a history



form, provide a history and discuss how the testing takes place.

The results of the in-office skin prick and intradermal test will reveal your specific allergies and help determine treatment options. A follow-up appointment will be scheduled with your original provider who will go over possible treatment options, including immunotherapy injections, nasal sprays, pills or avoidance.

Based on your medical history and testing results, a provider may prescribe any of the following: over-the-counter or prescription oral medications, nasal spray, allergy shots or suggest controllable environment changes.

To schedule an initial visit or for questions, contact the Summa Health ENT team at **866.584.5563**.

Anxiety and stress are often used interchangeably, but they are different experiences with unique causes and effects.

Stress is a response to an external trigger — like a deadline, conflict or major life change. It's typically short-term and goes away once the situation is resolved. Physical symptoms may include:

- Headaches
- Muscle tension
- Trouble sleeping
- Difficulty concentrating

While stress can sometimes be motivating, chronic stress can take a toll on your health.

Anxiety, on the other hand, is more internal. It may

persist even without a clear cause. Anxiety involves ongoing worry or fear that feels difficult to control. It can cause similar physical symptoms as stress, such as a racing heart or stomach issues, but the emotional experience is often more intense and long-lasting. Anxiety disorders are diagnosable mental health conditions that may require professional support.

Understanding the difference can help you recognize when you need simple self-care — or when it's time to seek help from a mental health professional. To learn more about Summa Health's behavioral health services, visit summahealth.org/behavioral or call **866.584.5469**.

A Legacy and Future

Defined by Delivering Compassionate, Community-Based Care

With the acquisition of Summa Health by Health Assurance Transformation Corporation (HATCo) now complete, it is once again an appropriate time to provide an update about the exciting future that lies ahead. Specifically, we'd like to provide Summa Health patients and SummaCare members with an update about our Focus, Transformation, Culture and Mission as this journey continues.

Our Overarching Focus

Summa Health and HATCo are embarking on a long-term vision to create a new, more proactive, accessible and affordable system of community-based, lifelong healthcare.

Together, we seek to incorporate innovative technology solutions and best practices to eliminate barriers, empower people to live their healthiest lives and reshape and improve the future of healthcare delivery.

Why We're Transforming

With new investment and strategic partnership as part of HATCo, Summa Health is taking bold steps to build a stronger, more modern, and sustainable health system that can more adeptly navigate industry challenges while preserving our deep roots in the community.

We are shaping a more agile, community-connected Summa – one that honors our legacy and values while embracing new tools and ideas to better serve the future.

- With meaningful investment, tools, and partners, we are acting with urgency and purpose to stabilize our operations and remove any barriers to our continued delivery of high-quality, affordable, and accessible care.
- We are not using a generic playbook. We're redesigning the system from the inside out, informed by frontline input, local insight, and a deep commitment to serving Northeast Ohio.

Our Transformation will connect, support, and empower our patients, providers and staff to improve the health of all the communities we serve.

Summa Health Culture and Mission

- At Summa Health, our mission hasn't changed. We're still here to deliver high-quality, community-based care with compassion and purpose. What's changing is how we equip our people and systems to do that better, faster and for more people.
- We are built on 130 years of community-centered care. Our legacy is defined by service to Greater Akron and surrounding communities. We've always delivered care close to home, and we always will.
- Our vision is a more proactive, affordable and accessible system. We're committed to lifelong healthcare that starts in the community, leverages the right technology and centers on transparency, access and trust.
- We're not just modernizing systems, we're removing barriers. That means simplifying navigation, improving affordability and making healthcare more connected across people, teams and technology.
- Technology is a tool, not a goal. Innovation is only valuable if it helps our providers spend more time with patients and our patients feel more supported, whether at home in our facilities.
- We are designing a new standard of care that centers on people. That means creating a future where caregivers are empowered, patients are informed and every touchpoint is easier to access and understand.

As always, thank you for your continued support of Summa Health. More information about our partnership with HATCo is available at summahealth.org/future.



Let's Take a Deep Breath Together



Those who have trouble breathing don't always realize there are ways to overcome breathing problems, decrease the fear that accompanies them and increase their quality of life. Summa Health offers a pulmonary rehabilitation program to do just that – help you or a loved one breathe easier.

Launched in 1987 to treat those with chronic lung diseases like COPD, pulmonary fibrosis and asthma, Summa Health's Pulmonary Rehab program has received the Quality Respiratory Care Recognition from the American Association for Respiratory Care.

The program consists of three main components:

Educational Programs



- Understand and learn to better manage your respiratory illness(es) or condition(s).
- Learn about subjects like breathing and coughing techniques, medications, and proper inhaler and oxygen use.

Psychosocial Support



- Onsite support group for emotional and social needs.
- Learn how to cope with the depression and anxiety that is often associated with breathing problems.
- Pulmonary staff is able to provide professional counseling referrals, if necessary.

Monitored and Supervised Exercise



- Improve your strength and endurance.
- Develop a physical activity plan to meet your needs and abilities.

“

Pulmonary rehab was a very good experience. It helped me have confidence to exercise without worry.

– Rehab Patient

”

Patients work closely with a team of specialists, which include respiratory therapists, exercise physiologists and nurses. These experts will develop an individualized program under the medical direction of a board-certified pulmonologist. Patient progress is monitored daily and any concerns with a patient's response to exercise are promptly reported to their healthcare provider.

Pulmonary Rehab services are available at the two Summa Health locations below. For more information or to see if you qualify for pulmonary rehab, please contact your preferred location.

Summa Health System – Akron Campus

Richard M. and Yvonne Hamlin Pavilion
95 Arch St, Suite G25
Akron, OH 44304
866.584.5547

Summa Health System – Barberton Campus

155 5th St NE, Ground Floor
Barberton, OH 44203
866.584.5550

Technological *Innovations*

Early Lung Cancer

Detection Saves Lives:

Using AI for Improved Lung Nodule Detection



Lung nodules are abnormal clusters of tissue that appear as spots on imaging tests. While lung nodules/spots are common, they must be monitored. While 95% of nodules are not cancerous, every type of lung cancer starts as a nodule.

The Summa Health Lung Nodule Clinic is staffed by a dedicated team of experts who handle the full continuum of lung care — cancer screenings, rapid evaluation of nodules and executing a multidisciplinary approach to lung cancer treatment. Summa Health now uses artificial intelligence (AI) to aid in the detection and evaluation of lung nodules during lung screenings and routine scans.

These deep-learning algorithms automate the detection and measurement of nodules; plus, they detect nodules or even early densities that human eyes can have difficulty seeing. These improved early detection rates mean lung nodules are identified more effectively and may help guide diagnostic follow up sooner leading to better patient outcomes.

AI will not replace your doctor; it's not the answer or solution; it's simply a new medical tool. When that tool is used in conjunction with human expertise, our doctors can work faster, offer new solutions and help more patients.

To learn more or to schedule an appointment, call **866.584.5551**.

HEALTHCARE UNLOCKED:

INNOVATING THE CARE EXPERIENCE

Ambient AI: Helping Providers Focus on You



Summa Health providers are embracing a new technology that's enhancing patient care by strengthening communication. Ambient Listening uses secure, AI-powered software to listen to conversations during your visit and automatically create a structured draft of the clinical note — like a virtual scribe.

With Ambient Listening, Summa Health providers no longer need to type during your appointment — they can be present, listen closely, and build a more personal connection. After the visit, your provider reviews and finalizes the note, ensuring it's accurate and complete while keeping your information private and HIPAA-compliant.

Ambient Listening gives Summa Health providers more time to do what matters most — focus fully on you, not the computer screen.

To learn more about Ambient Listening at Summa Health, scan the QR code or watch our online video at summahealth.org/healthcare-unlocked.



Video features:
Alexander
Barlekamp, M.D.
Family Medicine

BrainsWay: Deep Transcranial Magnetic Stimulation™ (TMS) Treatment



Summa Health Behavioral Health Institute provides BrainsWay Deep Transcranial Magnetic Stimulation™ (TMS) for patients with various behavioral health conditions who have not achieved remission through typical treatment methods. TMS, an FDA-cleared, noninvasive procedure, has proved effective for:

- Major depressive disorder
- Obsessive-compulsive disorder
- Anxious depression

TMS stimulates the natural function of the brain's neurotransmitters for long-lasting symptom relief. During the procedure, a helmet holding BrainsWay's H-coil technology is fitted over the patient's head

before sending magnetic pulses to targeted areas of the brain. Patients will experience a light tapping sensation on their scalp during the treatment. The patient comfortably sits in a chair, awake and alert during the treatment. Each session takes about 20 minutes, after which patients can drive themselves and go about their daily routine. Treatment usually lasts four to six weeks, with five sessions a week.

To learn more or to schedule an appointment, call **866.584.5553**.

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MEMBER
SINCE 2025

Medicare Advantage Plans that have **you** covered.

97%
of members
who join,
stay!

Annual Enrollment
Ends December 7th!



OTC quarterly benefit allowance
that can that can be used at
70,000+ national retail locations.



**Friendly,
local service.**



Large Provider Network
across Northern Ohio.

Get access to hospitals you know and trust like Cleveland Clinic, MetroHealth,
University Hospitals, Summa Health, MercyHealth, Aultman and more.



SummaCare Medicare
Advantage Plans

At SummaCare, it's personal.

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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. Other providers are available in our network. H3660_SC2043_M Accepted 09102025



“From labor to recovery, the support I received was top tier. That one night nurse – I’ll never forget her kindness. This experience completely transformed me.”

”

– Natalie Frantz
Maternity Patient

From Birth to Recovery: A Story of Expert, Compassionate Care

When she found out she was pregnant, first-time mother Natalie Frantz knew it would be a journey – and she was right. Supported by a compassionate team of doctors and midwives at Summa Health, she felt well cared for throughout her pregnancy.

“Each visit I saw someone new, but they always took time to answer my questions,” she shares. “I got to know them all. They took really good care of me.”

Managing gestational diabetes with medication, her care team recommended an induction at 39 weeks and 4 days. Labor was long – more than four hours of pushing – and her water had been broken for more than 18 hours. Concerned about infection, her care team prepared for a vacuum-assisted delivery, with a C-section as the backup plan.

“Thanks to the birthing classes at Summa, I knew what to expect,” she recalls.

On the second attempt, Theodore arrived safely.

But recovery brought its own challenges. About two weeks after giving birth, she went to her postpartum appointment and knew something wasn’t right – she could barely sit or stand from the pain. She was referred to Summa Health urogynecologist Tonya Thomas, M.D., who immediately sent her for a CT scan to check for an abscess. She was relieved to learn it was an infection – not an abscess – and was treated with strong antibiotics. “Dr. Thomas really saved me. I had no idea what was wrong – she caught it.”

A severe third-degree tear from her delivery led to a referral to pelvic floor therapy. “My muscles were so weak. Kelly gave me exercises

with bands and a ball. It’s been months, but I’ve seen so much improvement.”

Theodore himself has needed follow-up care. He underwent surgery at Akron Children’s Hospital to repair a hydrocele, a condition discovered when he was just two months old. “He’s doing well now,” she says. “A little sore, but so strong.”

Reflecting on her care, she’s full of gratitude. “From labor to recovery, the support I received was top tier. That one night nurse – I’ll never forget her kindness. This experience completely transformed me.”

To learn more about our maternity and pelvic health services, visit summahealth.org/maternity or call 866.595.1358.



Tonya Thomas, M.D.
Urogynecology



Kelly Holden, PT
Pelvic Floor
Therapist

The Baby Bump Breakdown:

Tips for Each Trimester

Pregnancy is an exciting and life-changing journey, marked by three unique trimesters. Each stage brings new developments and challenges for both mother and baby. Here are tips to help expectant mothers navigate pregnancy with confidence.



First Trimester (Weeks 1–12):

The first trimester can be a rollercoaster of emotions and physical changes. Morning sickness, fatigue and food aversions are common. Try to:

- Get plenty of rest
- Eat small, frequent meals rich in nutrients
- Stay hydrated
- Schedule your first prenatal visit
- Establish healthy lifestyle habits—quit smoking, avoid alcohol and limit caffeine



Second Trimester (Weeks 13–26):

Often referred to as the "golden period," many pregnant individuals experience increased energy and reduced nausea. Use this time to:

- Maintain a healthy routine, including regular exercise like walking or prenatal yoga
- Track weight gain and eat a balanced diet with calcium, iron and protein
- Attend routine prenatal appointments
- Consider childbirth education classes
- Discuss your birth plan with your provider



Third Trimester (Weeks 27–40):

As your body prepares for labor, you may feel more physically uncomfortable. It's important to:

- Prioritize sleep and hydration
- Practice relaxation techniques
- Finalize your birth plan and pack your hospital bag
- Install your car seat
- Set up your nursery
- Contact your provider with any concerns like swelling, headaches or reduced fetal movement

Before Conception

If you're thinking about getting pregnant, taking a few steps beforehand can help set the stage for a healthy pregnancy.

Schedule a preconception checkup



Start prenatal vitamins with folic acid to support early fetal development

Reach and maintain a healthy weight



Review and update necessary vaccines

Each trimester brings new experiences, and no two pregnancies are alike. Staying informed, supported and in communication with your healthcare provider can make all the difference on this incredible journey, and every small step brings you closer to the life you're about to meet.

To learn more about maternity services at Summa Health, visit summahealth.org/maternity.

Have a wound that won't heal?

Wounds that haven't begun to heal in two weeks or completely healed in four weeks may require advanced care.

1 in 4 families



has a family member with a chronic wound

Common Chronic Wounds

Diabetic Foot Ulcer
31%

Pressure Injuries
43%

Surgical or Trauma
8%

Arterial Ulcer
6%



Venous Ulcer
12%



Nearly 7 million Americans are living with a chronic wound



25%

of people living with diabetes will experience a diabetic ulcer

Amputation risk is reduced by nearly half when care is provided by a multidisciplinary team

Timely wound care is important to:

Prevent complications

Increase healing

Maintain good overall health

Summa Health Wound Care & Hyperbaric Medicine Centers consistently have better than a 90% healing success rate. Call now for an evaluation at one of our three convenient locations:

Summa Health System – Akron Campus
866.584.5572

Summa Health Wadsworth-Rittman Medical Center
866.584.5577

Summa Health System – Barberton Campus
866.584.5575

summahealth.org/wound

Numbers that Matter.

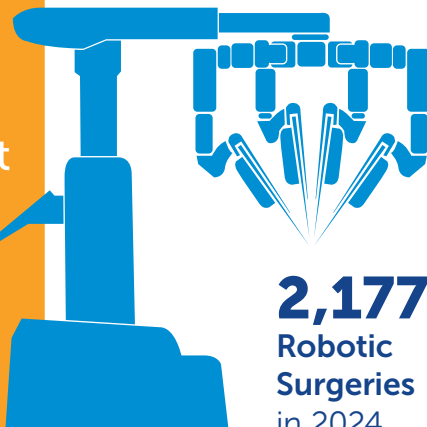
Care That Makes a Difference.



Let's face it – surgery isn't something anyone looks forward to. But when it becomes part of your journey, you want a team that's experienced, compassionate and by your side every step of the way.

At Summa Health, our surgical team is with you from your very first consultation to your final follow-up – answering questions, easing concerns and delivering expert care. With nearly 28,000 surgeries expected to be performed this year, Summa Health surgeons combine advanced skill with the latest techniques to help you recover faster and feel better sooner.

Behind every number is a patient, a story and a commitment to care. Here's a look at what sets our surgical services apart.



2,177
Robotic
Surgeries
in 2024



219
Surgeons

Certified to perform
procedures at
Summa Health

4 Surgical
Locations



- Akron Campus
- Wadsworth-Rittman Medical Center
- Medina Surgery Center
- Barberton Campus

Average Number
of Surgeries



600
a Week



2,400
a Month



60%
Outpatient
Surgeries

40%
Inpatient
Surgeries



37 Operating Rooms
Available across the system

Learn more at summahealth.org/surgery.

SummaCare Individual & Family Plans

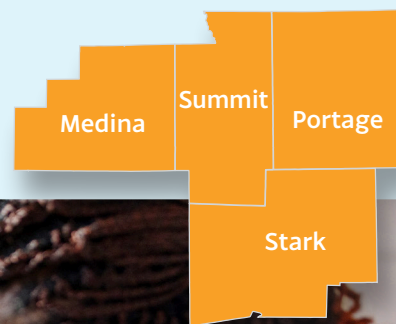
Open Enrollment is Almost Here!

November 1, 2025 – January 15, 2026

Need health insurance in Northeast Ohio and not covered by your employer? SummaCare can help. Our Individual & Family plans offer comprehensive medical coverage for individuals and families in Summit, Stark, Portage and Medina counties, plus access to an exclusive network of providers and hospitals.

Learn more about our plans at summacare.com/provider.

Enroll by December 15 for coverage starting January 1, 2026.



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



Scan

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.

Or find us on any of these social channels.

