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#### >>> Are You Using MyChart?



Request a medication refill



View consult, test and lab results\*



Ask your doctor a question



Check in to your appointment online



Conduct a video visit with your provider



Manage payments through one easy bill



View and manage a family member's health record



Stay informed and engaged with your care during your hospital stay



Register with the hospital ahead of time for your upcoming labor and delivery









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

Summa Health's Diversity, Equity and Inclusion (DEI) Strategic Plan for 2024-2027:

# Your Health, Our Commitment

At Summa Health, we believe everyone deserves quality healthcare.

#### Building a Culture of Belonging

- Inclusive workplaces: Offer education and training for all staff to ensure everyone feels respected and valued.
- Stronger community voices: Create more opportunities for community members to share their needs and help shape our programs.

Our Diversity, Equity and Inclusion (DEI) Strategic Plan for 2024-2027 outlines our commitment to creating a more inclusive and equitable healthcare experience for our patients, employees and communities we serve.

#### **Measuring Our Progress**

- Data-driven decisions: Use data to track our progress and identify areas where we can improve; then share our progress with the community to hold ourselves accountable.
- Adapting and learning: Continuously learn and adapt our plan based on feedback and data to ensure we are meeting our goals.









## Working Together for a Healthier Community

- Opening doors: We actively seek suppliers and partners from diverse backgrounds to strengthen our community partnerships. Supporting our community strengthens all of us.
- Sharing knowledge: Develop educational programs to raise awareness about health equity and social determinants of health and how we can make an impact.

#### Delivering Equitable Care

- Closing the gap: We actively address health disparities that affect different communities differently.
- Community-focused models: We partner with local organizations to address social factors that impact health and well-being, such as housing and transportation.



Sign-up to stay connected on issues regarding diversity, equity and inclusion.

To learn more, visit summahealth.org/communitybenefit.

Summa Health's DEI plan is just the beginning of our journey. We believe that by doing the work, we can create a healthier, more equitable community for everyone.

# Back in the Saddle

## After Ankle Replacement Surgery

An avid equestrian, Jennifer Frank is a horseback riding trainer and an award-winning competitor.

She and her husband also own and operate a farm in Wooster, OH.

Regular physical activity is more than just a way to stay healthy – for Jennifer, it's a way of life.

Thanks to Dr. Junko and his team, and the life-altering surgery, I am unstoppable.

- Jennifer Frank, Orthopedic Patient

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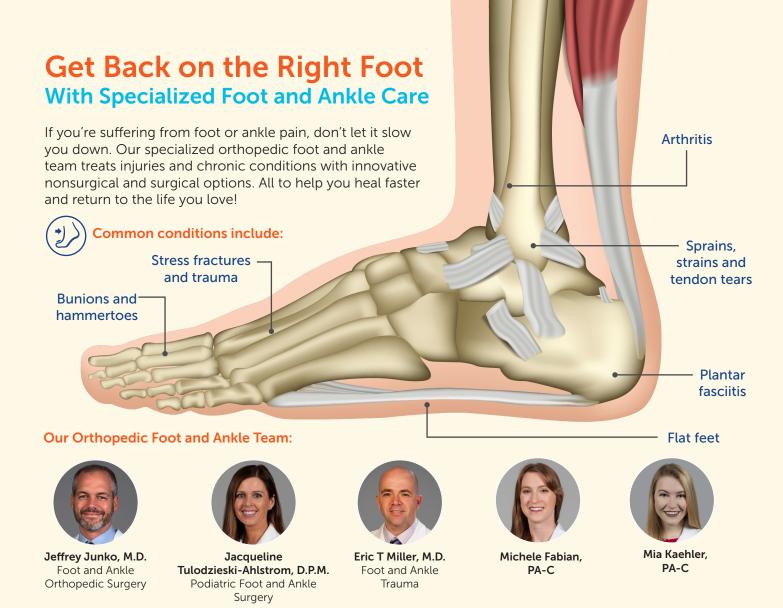


Twenty-three years ago, Jennifer's ankle was shattered after a horse fell on her. Her ankle was surgically repaired using screws to hold it in place, yet doctors warned that the injury would likely lead to issues later in life.

That warning became reality three years ago when Jennifer's ankle pain returned, becoming so severe that she could no longer ride or work the farm. Jennifer visited a local orthopedic specialist where she received injections as a temporary fix to ease the pain, as well as a referral to

see Jeffrey Junko, M.D., a foot and ankle specialist at the Summa Health Orthopedic Institute.

While ankle fusion – a surgery to fuse two or more bones in the ankle – is a common treatment for Jennifer's condition, she explained to Dr. Junko that it simply wasn't an option for her. Jennifer needed to move her ankle in order to ride, and she was determined not to give that up. Since Dr. Junko's wife and daughters are also avid riders, Dr. Junko understood her concern and, after a thorough



#### Take the first step toward pain relief by calling 888.808.3926.

exam, provided an alternative: total ankle replacement. "Dr. Junko is extremely skilled and knowledgeable, and he gives you all that knowledge right up front without beating around the bush," says Jennifer. "He also has the softest touch, which puts you immediately at ease at a pretty vulnerable state in your life."

Total ankle replacement surgery is the replacement of a damaged ankle joint with an artificial implant. "Ten years ago, Jennifer would have likely received an ankle fusion," says Dr. Junko, "but the technology has improved to the point that, for many people like

Jennifer, an ankle replacement is a better option." According to Dr. Junko, the initial six weeks after ankle replacement surgery are typically the hardest because patients cannot put any weight on the ankle replacement. Six weeks after surgery, however, they can begin walking on the ankle replacement in a boot and, by three months, are in a shoe. As with any major orthopedic procedure, it can take up to a year to have complete recovery.

"Total ankle replacement is not a surgery to be taken lightly," shares Jennifer. "It is a very hard, long surgery. But if you listen to Dr. Junko and do what he says, you will get your life back." Dr. Junko performed Jennifer's ankle replacement in late December of 2022, and she returned to competition just six months later. Today, she is back riding, training and showing horses, as well as teaching and chasing after students. "Thanks to Dr. Junko and his team, and the life-altering surgery, I am unstoppable."

If you have a foot or ankle issue, don't horse around. Make an appointment with the Summa Health Orthopedic Institute at **888.808.3926**.

## We're Growing to Better Serve You

# Transforming the Future of Healthcare

n January 2024, Summa Health's Board of Directors announced its decision to move forward in a strategic partnership with Health Assurance Transformation Corporation (HATCo). We have signed a non-binding letter of intent outlining HATCo's planned acquisition of Summa Health. This marks the beginning of a long-term, transformational journey together to create a new, more proactive, affordable and equitable system of community-based, lifelong healthcare.





Our leadership team and Board of Directors have been focused on opportunities that would ensure the growth of our health system and help Summa Health build upon our current strengths and enhance our organization. We believe that HATCo shares our vision to drive Summa Health's growth and success. HATCo's immediate investment into Summa Health will drive not only near-term benefit to the organization and all those Summa Health serves but also sustainable, long-term transformation.

Within the new structure, Summa Health will become a for-profit organization and HATCo and Summa Health will maintain the health system's commitment



George Strickler, Chair of the Summa Health Board of Directors Hemant Taneja, General Catalyst CEO Marc Harrison, M.D., Chief Executive Officer of HATCo Cliff Deveny, M.D., President and CEO, Summa Health

to charity care. As a result of the transaction, a community foundation will be created that advances Summa's mission through increased, focused investment into social determinants of health that benefits the entire Greater Akron area.

Importantly, Summa Health will continue to provide the same essential services it currently offers, with a focus on continued growth and enhanced access to care. All patients will continue to have access to quality, compassionate care through the physicians, providers and care facilities they've come to trust.

We believe that in HATCo, we have found a truly strategic partner that is committed to our model and the culture that drives who we are. This is a unique and unparalleled opportunity to invest in our care and community to a greater degree. We look forward to working together to eliminate barriers and empower people to live their healthiest lives.

To learn more about this strategic partnership with HATCo, visit **summahealth.org/future**. This site will be updated as new information becomes available.



#### Summa Health Pulmonary Embolism Clinic

Summa Health System – Akron Campus, 75 Arch Street, Suite 501, Akron, OH 44304



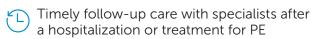
Experiencing a pulmonary embolism (PE), a harmful blockage of an artery in the lung, can be scary and life-threatening. For those patients experiencing a PE, treatment can range from being prescribed medication to being admitted to receive inpatient care. The level of care you receive depends on the PE's severity.

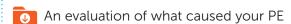
After you receive your initial diagnosis and treatment in the hospital, you will be referred to the Pulmonary Embolism Clinic to receive outpatient follow-up care. Complications from a PE can occur, so we want to ensure you receive personalized and proper care based on your needs, as it could save your life.

Our PE team will empower you with knowledge, monitor your health, and keep your primary care provider in the loop, paving the way for a vibrant and fulfilling life.

For more information about Summa's Pulmonary services, call 877.209.2732.

#### We offer the following at Summa Health's PE Clinic:







Ongoing assessments of your progression and quality of life



#### Summa Health Neuromuscular Clinic

Summa Health System – Barberton Campus, 201 5th Street NE, Suite 16, Barberton, OH 44203

Do you experience muscle weakness, tingling or numbness? If you have been diagnosed with peripheral neuropathy, myopathy or Myasthenia Gravis and have not seen a neuromuscular specialist, Summa Health has a specialized clinic just for you.

#### Our Neuromuscular Clinic offers:



campuses.



Expert care and personalized attention Our specialists are experts in treating

nerve and muscle disorders, and they will take the time to listen to you and develop a personalized treatment plan.



**Smooth transition** to regular care

After your initial visit, you may be able to transition to an outpatient clinic for ongoing care.

A provider referral is required for an appointment. For more information, call 888.241.5493.

## Meed Help with Addiction?

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you are addicted, you may continue using the drug despite the harm it causes.





#### **Emergency Room**

Our First Step addiction program at Summa Health's Akron, Barberton, Green and Wadsworth Emergency Departments (ED), made available through a partnership with the United Way of Summit County and other community agencies, allows patients to receive addiction treatment 24 hours a day, seven days a week, right in the ED.

#### Addiction Medicine Intensive Outpatient Program (IOP)

A group therapy treatment program, available days or evenings, that runs three days a week, three hours a day, for an average of 15 to 20 sessions. There also is a dual diagnosis track for those whose addiction recovery is significantly impacted by mental health symptoms of depression, anxiety and trauma.

#### Inpatient Detoxification Program

An acute care inpatient unit that provides alcohol and chemical dependency detoxification for adults.

#### Specialty Services

A number of options are available including medication-assisted treatment (MAT), which uses approved medications, in combination with counseling, to provide a "whole-patient" approach to treat those addicted to substances such as alcohol, opioids and methamphetamines; as well as a nurse-led injection clinic which provides Vivitro<sup>®</sup> (naltrexone) and Sublocade<sup>®</sup> (buprenorphine) to clinically qualifying patients.

To learn more visit summahealth.org/addiction.



# Happy Birthday to the Juve Family Behavioral Health Pavilion!

One year has flown by, and the Juve Family Behavioral Health Pavilion recently marked its first anniversary. Opened in January 2023, the building expanded healthcare access for the community's residents in the past year, treating thousands of patients.

## Understanding **Weight Loss Medications**





Losing weight and keeping it off can be very challenging. Over the past year, weight loss medications have come to the forefront as a solution and with them, there has been a lot of information and many questions about how they work.



Dr. Kenneth Wells, an obesity medicine specialist at the Summa Health Weight Management Institute, was featured on the Healthy Vitals Podcast. Dr. Wells discusses how these medications work, how they should be used, and what you need to know when considering them as a treatment option.

For more information about the comprehensive and compassionate services offered at the Summa Health Weight Management Institute, visit summahealth.org/weightloss.

Scan the QR Code to listen or visit summahealth.org/podcast.



















With the anniversary of the pavilion, Summa Health celebrates the expanded behavioral health care made possible and the stories of hope in which our patients and dedicated staff have played a role. We also commemorate our continued service as one of the behavioral health leaders in the region.

We look forward to many more anniversaries of helping our patients experience relief from behavioral health symptoms while gathering hope for new possibilities in their lives.

#### At a Glance



16,769 inpatients

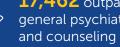


**242** Spravato appointments





17,462 outpatient general psychiatry and counseling visits





**4,863** patient days in addiction and psychiatric IOPs\*



outpatient visits at Traumatic Stress Center\*

Scan the QR code to learn more about this facility.



To learn more, call the Summa Health Behavioral Health Institute at 888.204.0180

# Technological Innovations

Achilles SpeedBridge™ Repair Not Just for NFL Athletes

Last fall, New York Jets quarterback Aaron Rodgers surprised the sports world by returning to practice just 77 days after surgery for a torn Achilles tendon, an injury that's typically season-ending. His expedited recovery was, in part, due to a "speed bridge" technique that allowed him to participate in an accelerated rehabilitation program.

**Features** a knotless construction and small incision for a faster recovery

Fortunately, the Arthrex Achilles SpeedBridge™ Repair Implant is a relatively common procedure at Summa Health. Compared to more traditional techniques, it features a completely knotless construction and requires a smaller incision so that immediate postoperative weight-bearing and range of motion is possible. It also uses FiberTape – an ultrahigh-strength tape that is stronger, flatter and less abrasive for even better patient outcomes.

To learn more, contact the Summa Health Orthopedic Institute at 888.808.3926.



#### **Epilepsy Surgery** at Summa Health

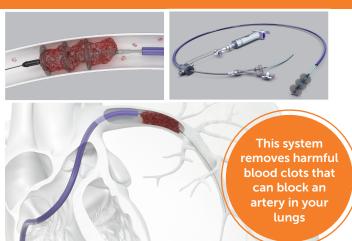
The Summa Health Comprehensive Epilepsy Center offers many treatments, including medication, special diets, psychiatry services and surgery. Epilepsy surgery is an excellent treatment option if your anti-seizure medication is no longer effective in managing your epilepsy. The surgical options offered at Summa are:

- Resective epilepsy surgery
- Responsive neurostimulation
- Vagus nerve stimulation

Epilepsy surgery can help you gain control over your seizures and reduce your reliance on medication, which can lead to a happier life with more independence and improved mental health.

To learn more, call 888.203.1181 or visit summahealth.org/epilepsy.

#### FlowTriever® System Pulmonary Embolism Treatment



Summa Health has always provided innovative care for patients experiencing pulmonary embolism (PE), and we have added a new treatment option with the FlowTriever® System. This system removes harmful blood clots that can block an artery in your lungs and put your life at risk.

The FlowTriever is minimally invasive, so you can recover faster. It is also potentially a life-saving procedure as quickly removing PEs can prevent serious complications and improve your chances of a full recovery. Using this equipment to remove clot allows healthy blood flow to quickly be restored to the lungs.

If you are experiencing symptoms of a PE – such as sudden shortness of breath, chest pain that worsens when inhaling and dizziness – seek medical attention immediately.



### **Exploring Your Medicare Options-What to Do When**



Chris H.,

Follow this important timeline to learn how to navigate your Medicare Advantage plan signup process. Here are some important dates to keep in mind before you turn 65 or retire:















#### 6 months before

Contact SummaCare to schedule a one-onone health plan review.

#### 4 months before

Compare plans with a SummaCare Medicare Advisor and ensure your doctors and prescriptions are covered

#### 1-3 months before

Your advisor will help you enroll in Medicare Parts A and B and then help you select a SummaCare Medicare Advantage plan that best meets your health needs and budget.

65th Birthday or Retirement



#### Learn more and request a free information kit



SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. Actual SummaCare Medicare Advantage plan member shown. Member was not compensated for their appearance. H3660\_SC870 M Accepted 01292024

## With Age Comes Wisdom... And Questions



As we age, many of us will start to experience subtle changes in our body. Here are a few questions to consider as time marches on:

what can I do to ensure I stay as healthy as possible? Routine follow-up with your primary care provider is essential to your health as you age. It also is important to eat a well-balanced diet, get regular exercise and follow recommendations for routine preventive visits and vaccinations. Your primary care provider can help maximize your function, identify changes early and connect you with Summa's Senior Health Center as needs arise.

Now that I am getting older,

My dad seems to be repeating himself. Is that normal aging or something I should be worried about? Repeating an occasional story thing over and over again in a short period of time may be a

I am the only one helping to care for my parents. Is there someone that can help me? Many caregivers neglect themselves trying to help their parents. It is important to get help for this very difficult job. An assessment in the Summa Health Senior Health Center for your parents will help identify what type of help would be most beneficial and provide referrals to take advantage of the help that is out there.

To begin the conversation, talk to your primary care provider or a senior health expert.

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I could not have gotten through this journey without the wraparound services from Summa

- Dee Dee Pitts, Cancer Patient



## A Sense of Tope During Cancer

he cancer journey for Dee Dee Pitts started when she found a lump in her breast during a self-exam. She had a mammogram at Summa Health and, after an ultrasound and biopsy, was officially diagnosed with breast cancer on January 2, 2023. Dr. Victoria Van Fossen performed surgery, then Dee Dee started chemotherapy.

When she was first diagnosed, Dee Dee knew she was going to need help. A counselor by profession, she knew the value of a support team. She took advantage of the support services at Summa Health System - Barberton Campus.

Summa Health's cancer support services are designed to support patients in the many ways they are affected.



Navigator



Massage **Therapist** Behavioral Health

Financial Support Navigator

"The cancer support services at Barberton were amazing," she says. "The social worker provided emotional support. I mean, just her demeanor of calmness helped me out tremendously," Dee Dee shares.

"I didn't know what I could eat or what I couldn't eat during my chemo, and so the nutritionist came and helped me. She gave me recipes of things that I could eat, and she was just a blessing."

She also was able to receive financial assistance.

"When you go through the cancer experience, you don't know what's going to happen financially, and so I had a financial person to come and talk to me about some of the services." Dee Dee was able to apply for and receive several grants to help with expenses.

"The wraparound support services that they give you, it's so important going through the journey. You can tell that they really care about the patients that they service. They're always so friendly, always so caring, always so giving. I could not have gotten through this journey without the wraparound services from Summa."

To learn more about the support services available through the Summa Health Cancer Institute, call 888.234.1660.

Dee Dee's care and support team included:



Fossen, M.D.



Cathi Bentley, MPA **RDN, LD, CDCES** 



Gina Daniels, LISW-S



**Debbie Hull** 

Specialist

## Ways to Lower Your Cancer Risk



Here are seven things you can do to lower vour risk:

Don't smoke or use tobacco products.



Be sun smart and avoid tanning beds.



Be physically active

Drink no

or less

alcohol.

March is Colorectal Cancer Awareness

Month and it's

Preventable – Get

Screened!



>> When Was Your Last Screening?

For your health, you should screen on a regular basis – find out when and where.

Did you know? According to a study by the American Cancer Society, more than 40 percent

of cancer cases in the United States are linked

to modifiable risk factors, such as weight, physical activity, tobacco use, alcohol intake and diet.



- Starting at 21 years old Clinical Breast Exam every 3 years
- Starting at 40 years old Clinical Breast Exam every year
- Females should have the choice to begin screening at age 40 and should have an annual mammogram and clinical breast exam by age 45. Those with lifetime risk > 20% or family history may choose to begin at 35.



- Those with a 20+ pack year history
- AND < 15 years smoking cessation
- Annual Low Dose **CT Lung Screening** starting at age 50



- Starting at 45 years old
- Colonoscopy every 10 years for those with average risk
- **OR** earlier for those with increased risk such as family history





- Starting at 55 years old for average-risk
- Starting at 40 years old for high-risk
  - **PSA Screening** should be discussed, especially those at high risk (African-American, family history, symptoms)



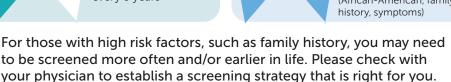


Eat a healthy diet, including vegetables, fruits, whole grains, legumes and nuts.



Get screened.

- Ages 21-29 Pap test every 3 years
- Starting at 30, Pap test every 3 years
- OR starting at 30, Pap and HPV test every 5 years



\*Screening mammography should cease when life expectancy is less than 10 years.

Visit **summahealth.org/cancerscreenings** for more information and to schedule your screening appointment today.



Michael Chandler, M.D., is the first appointed holder of **The Mike** and **Sheila Lewis Critical Care Directorship** made possible by a generous gift of gratitude from Mike Lewis and his late wife, Sheila.

How gifts to Summa Health make an impact



State-of-the-art equipment and technology



Lifesaving research right here in our backyard



Continued education for the caregivers of tomorrow



Medical care for those in need

# Fueled by Philanthropy...

#### Summa Health's Critical Care Department

Imagine a place where every critical moment in healthcare is met with the highest level of expertise, care and compassion. At Summa Health, our commitment to excellence has garnered us national recognition in the Critical Care Department. Our team, led by medical visionaries like Dr. Michael Chandler, thrives on providing evidence-based best practices, innovative education and cutting-edge research. This exceptional level of care is enhanced with the support of our closest friends and benefactors.





Michael Chandler, M.D., Division Chief and Medical Director, Summa Health Critical Care Department

"Your generosity is a vital part of our capacity to attract top talent, foster medical research and innovation, and ensure the continuation of education for the next generation of caregivers. By supporting Summa Health, you are also backing the comprehensive supportive care services we provide at no cost to patients and their families – truly making a difference during the most challenging times."

If there's a special caregiver at Summa Health who touched your life, you can honor them with a gift of any size. To make a gift in your caregiver's honor, visit summahealth.org/grateful or call 330.375.3159.

### Looking Forward to the Road Ahead

**Thanks to Summa Rehab Hospital** 

edically retired after serving in Iraq, Johnny Steele was enjoying his time as a stay-home dad and helping homeless veterans. One day, while out for a motorcycle ride, he encountered hydraulic fluid on the road. Johnny swerved to avoid it, but the fluid caught his tire and he lost control. Johnny's bike slid 90 feet and his body slid another 100, landing just short of a telephone pole. He was rushed to Summa Health System – Akron Campus where surgeons performed a right and left craniotomy, as well as treated several oral sinus cavity and clavicle fractures. According to his wife Alyssa, it was day by day on whether Johnny would survive.

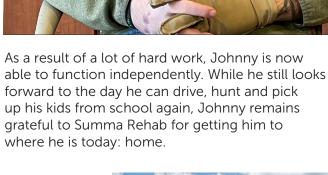
But Johnny did survive. And when he was ready for discharge, Alyssa was confident in Johnny being rehabilitated at Summa Rehab Hospital. Once at Summa Rehab Hospital, Johnny improved immediately. "The therapists were amazing. Everything fell into place quickly and, every day, I saw more and more of my husband coming back," recalls Alyssa. "Within one week at Summa Rehab Hospital, Johnny was himself again."

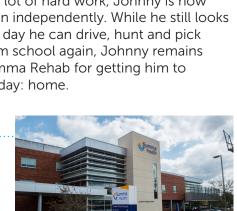
> Summa Rehab Hospital is dedicated to helping people through recovery from serious injuries, illnesses, surgeries and debilitating medical conditions.

Within a week

at Summa Rehab Hospital, Johnny was

feeling like himself again.





To learn more, visit summarehabhospital.com or call **330.572.7300** 

#### Community Events Please visit summahealth.org/events for up-to-date information.

#### March

- **Wellness Chat: Orthopedics** 10 a.m., Soprema Center, Wadsworth
- Coffee Talk: Hearing Health 10 a.m., Community Center, Tallmadge

**Ladies Night Out** 5 p.m., Public Square, Medina

#### **April**

Coffee Talk: Senior Health 10 a.m., Senior Center, Stow

#### May

- Wellness Chat: Sleep Health 10 a.m., Soprema Center, Wadsworth
- **Ladies Night Out** 5 p.m., Public Square, Medina
- **Coffee Talk: Stroke Awareness** 16 <sub>10 a.m.,</sub> Community Center, Tallmadge

#### June

- Founders' Day: Tours 10 a.m. - 4 p.m., Juve Family Behavioral Health Pavilion, Akron
  - **Summer Senior Fair** 11 a.m. - 1 p.m., Active Adult Center, Barberton
- Founders' Day: Tours 10 a.m. - 3 p.m., Juve Family Behavioral Health Pavilion, Akron



Vitality Magazine (1000-94010)

Corporate Office 1077 Gorge Blvd Akron, OH 44310 Nonprofit Organization **U.S. Postage Paid** 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.

\*\*\*\*\*\*\*ECRWSSEDDM\*\*\*\*

Residential Customer











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## Offering a **Smart Start** to Your Healthcare Career

The Summa Health Smart Start Program addresses a need in our community by offering a variety of educational and certification programs, many with financial assistance.

It is another example of the investment we have in our community by creating easy pathways for individuals to begin a career in healthcare. Skills attained through the Smart Start program will help participants thrive in the increasingly competitive workplace and build a career at Summa Health.

Many of these programs are supported through meaningful partnerships with community-based organizations as well as local community colleges and educational institutions. We are proud to partner with several community organizations to offer impactful programs that will grow the local healthcare labor force.

#### Positions available include:

- Associate RN
- IPN
- Medical Assistant
- Patient Access
- Respiratory Therapist
- And more

The Smart Start Medical Assisting Program has been transformative in my life, successfully giving me the ability to launch my new career in the medical field. I appreciate the guidance and support of Summa staff and educators. I felt they championed us, encouraged us and equipped us with the necessary skills and knowledge needed to thrive here. 99



Lauren App, Smart Start graduate

To learn more about this program and to start a career in the growing field of healthcare, visit **summahealth.org/smartstart**.