

thrive

for every season of your life

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A Publication of Summa Health System Spring 2011



SUMMA HEALTH SYSTEM HOSPITAL LOCATIONS

Summa Akron City Hospital
525 E. Market Street
Akron, OH 44309
(330) 375-3000
summahealth.org

Summa Barberton Hospital
155 Fifth Street
Barberton, OH 44203
(330) 615-3000
summahealth.org/barberton

Summa St. Thomas Hospital
444 North Main Street
Akron, OH 44310
(330) 375-3000
summahealth.org

Summa Wadsworth-
Rittman Hospital
195 Wadsworth Road
Wadsworth, OH 44281
(330) 331-1000
summahealth.org/wadsworth

Summa Western
Reserve Hospital
1900 23rd Street
Cuyahoga Falls, OH 44223
(330) 971-7000
summahealth.org

Robinson Memorial Hospital, an
affiliate of Summa Health System
6847 North Chestnut Street
Ravenna, OH 44266
(330) 297-0811
robinsonmemorial.org

Crystal Clinic
Orthopaedic Center
444 North Main Street
Akron, OH 44310
(330) 375-3000
crystalclinic.com

SUMMA HEALTH CENTERS LOCATIONS

Natatorium Rehabilitation
and Wellness Center
2345 4th Street
Cuyahoga Falls, OH 44221
(330) 926-0384

Summa Health Center
at Anna Dean
Anna Dean Professional Park
28 Conservatory Drive Suite A
Barberton, OH 44203
(330) 615-5000

Summa Health Center
at Cuyahoga Falls
1860 State Road Suite B2
Cuyahoga Falls, OH 44223
(330) 922-4648

Summa Health Center at Green
3838 Massillon Road
Uniontown, OH 44685
(330) 899-5500

Summa Health Center
at Lake Anna
500 West Hopocan Avenue
Barberton, OH 44203
(330) 615-5020

Summa Health Center
at Western Reserve
5655 Hudson Drive Suite 200
Hudson, OH 44236
(330) 650-6710

Summa Health Center
at White Pond/Park West
One Park West Boulevard Suite 130
Akron, OH 44320
(330) 873-1518

Summa Neuroscience Center
701 White Pond Drive
Akron, OH 44320
(330) 572-1011

Summa Rehabilitation Services
at White Pond
750 White Pond Drive Suite 500
Akron, OH 44320
(330) 836-9023

The Heart and Lung Center
95 Arch Street
Akron, OH 44304
(330) 375-3000

Summa Wellness Institute
5625 Hudson Drive
Hudson, OH 44236
(330) 342-4400

Summa Health Center
at Lake Medina
3780 Medina Road
Medina, OH 44256
(330) 723-0540

Welcome to *Thrive*



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Sharon Lauck*

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New Summa Physicians are ready to serve

minimally invasive
procedure helps a
Cuyahoga Falls woman
resume a normal life

living. pain free

Cuyahoga Falls resident Sharon Lauck is used to the occasional bout of lower back pain. As a software engineer, Sharon routinely spends long periods of time in front of a computer.

“Last summer I started experiencing persistent but tolerable lower back pain,” said Sharon. In addition to the back pain, Sharon began experiencing changes in her menstrual cycle and abdominal pain. When a back-to-school shopping trip with her daughter proved too painful to handle, Sharon made an appointment with her gynecologist.


After her gynecologist performed an ultrasound, the source of her pain and bleeding was diagnosed — Sharon had uterine fibroids. “I didn’t want to wait until menopause and simply hope they would go away and I didn’t want to go on hormones or birth control pills,” said Sharon. After discussing her treatment options with her gynecologist, she decided to investigate an option which closely matched her needs. She was referred to Summa Health System interventional radiologist, Dr. Malay Mody, who assessed her

condition and recommended a minimally invasive treatment option called uterine fibroid embolization.

In this procedure, the interventional radiologist makes a small incision in the skin (less than ¼ of an inch) and inserts a catheter into an artery. The catheter is guided through the artery to the uterus while the radiologist watches the progress of the procedure using an intermittent X-ray (fluoroscopy). The radiologist then uses a procedure that cuts off the blood flow and causes the benign tumor (or tumors) to shrink and stop bleeding.

“Dr. Mody and his staff took the time to get to know me, my history and learn who I was as a person first,” said Sharon. “They listened to my questions and presented me with options and information. . . I never felt rushed or unsure at any stage. They spent a lot of time with me explaining everything I needed to know and what to expect. This put my mind at ease,” she added.

Sharon’s procedure was performed by Dr. Mody in the Same Day Surgery Center at Summa Akron City Hospital. “I was



With a minimally invasive procedure, Sharon was back to work in days instead of weeks.

at last

“Dr. Mody and his staff took the time to get to know me, my history and learn who I was as a person first.”

— Sharon Lauck

admitted at 7:00 a.m. and discharged at 5:00 p.m.,” added Sharon. “I had the procedure on Wednesday and was back at my job the following Monday.” With her health and confidence back, Sharon quickly resumed her normal routine.

“I was treated so well by everyone and can’t say enough about my medical team,” she said. “One of Dr. Mody’s staff even called me several times after the procedure just

to check-up on me. I would highly recommend Summa Health System.”

To find out more about uterine fibroid embolization, we recommend you discuss the procedure with your gynecologist. You can schedule a consultation with a gynecologist or request a list of interventional radiologists by calling (330) 379-5111. ■

The faces of SUMMA

WADSWORTH-RITTMAN HOSPITAL

Summa Wadsworth-Rittman Hospital employees see every day as an opportunity to truly provide excellent patient care. Here are some of the best of Summa Wadsworth-Rittman Hospital in action.



- 4 **Diagnostic Imaging**
Atalie Givens, R.T., C.T.
- 5 **Sleep Center**
Laurie Mooney, M.D.,
sleep center medical director
- 6 **Plant Operations**
Nathan Palmer, general maintenance
Michael Taylor, general maintenance
- 7 **Corporate Health**
Mickey Watterson, C.N.P.
- 8 **Operations and Technical Support**
Elaine Anderson, application coordinator
Tim Stafford, application coordinator
- 9 **Gift Shop**
Gael Mericle, auxiliary volunteer

Employees are depicted left to right unless otherwise noted.

- 1 **Summa Wadsworth-Rittman Hospital Home Care**
Kim Karkis, R.N., case manager
Kandie Davies, R.N., case manager
- 2 **Emergency Department**
Greg Smith, M.D.,
regional medical director, emergency services
Maggie Sayre, R.N.
- 3 **Nutrition Services**
Tammy Watson, attendant
Sandy Casto, morning cook
Evelyn Butash, nutritional cook

Unlocking potential

SUMMA'S YMCA PARTNERSHIP

What if proven public health interventions for combating diabetes, high blood pressure and other chronic-diseases facing us today were potentially at our fingertips?

That potential was unlocked on Friday, January 7, 2011, when the ceremonial ribbon was cut at the new \$11 million, 60,000-square-foot University Park YMCA. Located on the Summa Akron City Hospital campus at the corner of East Market and

Adolph streets, "The University Park YMCA truly encompasses the efforts of an entire community to improve the wellness and health of our residents," observed Akron Mayor, Don Plusquellic.

Summa Health System joined the Akron Area YMCA in a collaborative effort to provide the Akron community with stronger access to rehabilitation and physical therapy services. As part of the partnership, Summa's department of rehabilitation services transitioned operations from St. Thomas Hospital to a 5,000-square-foot space within the University Park YMCA. It provides physical, occupational and speech therapies.

"Our partnership with the Akron Area YMCA is a natural extension of our mission to provide the highest quality, compassionate care to our patients and members and contribute to a healthier community," said Summa Health System President and CEO, Tom Strauss.

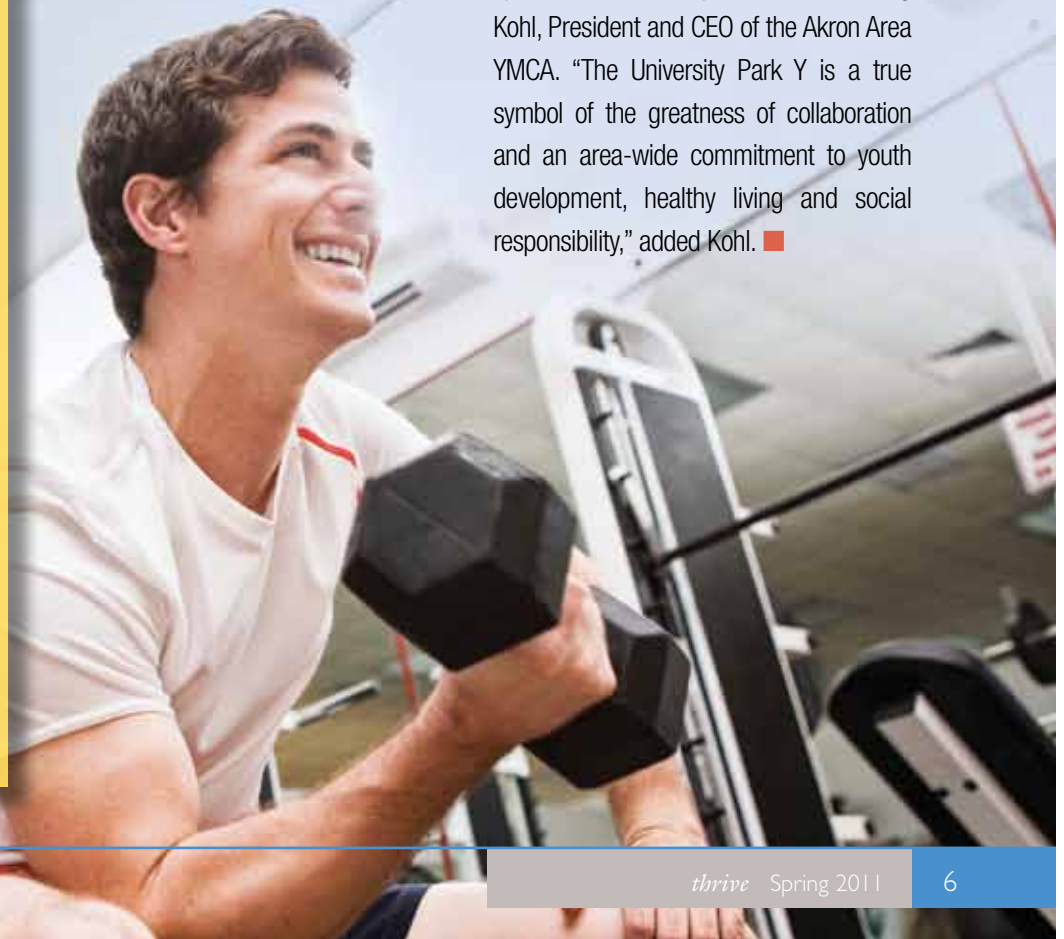
The YMCA's are embedded in their communities and are very much a trusted resource. They also are engaged in communities beyond the YMCA's walls, offering programs for physical activity and nutritional-health programming, as well as reaching out to support schools and other institutions in their communities.

"We will reach out and help lift up the surrounding community with a rich tapestry of programs designed to strengthen the spirit, mind and body for all," said Doug Kohl, President and CEO of the Akron Area YMCA. "The University Park Y is a true symbol of the greatness of collaboration and an area-wide commitment to youth development, healthy living and social responsibility," added Kohl. ■

The University Park YMCA facility includes:

- Health & Wellness Center – 7,000 square feet with 70 pieces of exercise equipment
- Six-lane, 25-yard pool with leisure aquatics surrounding the lanes and 4 water features
- Therapy pool
- Co-ed sauna
- (2) Racquetball/handball courts with plastered walls
- (1) Racquetball/handball court that can be converted to a squash court
- (4) Locker rooms
- Gymnasium
- Two-lane track suspended above the gymnasium
- Child watch area with daily crafts
- Aerobics room with a dance barre
- (2) Multipurpose rooms for a variety of classes, meeting space, etc.

For information about the University Park YMCA's many programs and services, please call (330) 434-9622.



An unusual case

Laura, a marketing communications professional from Stow, Ohio, shared in-depth information about her treatment for Stage IV rectal cancer at the Jean and Milton Cooper Cancer Center on the campus of Summa Akron City Hospital.

Laura isn't a typical cancer patient. She's a 36-year-old mother of two who appears to be in good health and high spirits, proving colorectal cancer is more difficult to identify than other forms of the disease.

Prior to her diagnosis, Laura was a stay-at-home mother. Once her kids were able to start school, she began working full-time again.

"I started to have some bowel issues, mostly irregularity and some minor pain," Laura said. "I was busy and stressed, so I didn't really think anything of it."



Over time, Laura's symptoms persisted and got worse, especially her abdominal pain. Blood also started appearing in her stool as it became more and more narrow.

Laura had minor complications during her second childbirth a few years before experiencing her bowel symptoms. Her OB/GYN recommended a consultation with a gastroenterologist. He performed Laura's first colonoscopy shortly after their meeting. At that time, her results were clear.

After making some dietary changes, Laura was still having problems as her bowel symptoms persisted. Laura went back for another colonoscopy and a mass in her rectum the size of a plum was discovered and had grown into the lining.

Shortly after the screening, a biopsy confirmed the tumor was malignant. "I was in complete shock," Laura said. "I had never even broken a bone!"

Laura went for a second opinion, which resulted in the same findings, and opted for treatment at Summa Akron City Hospital.

Laura's age led her oncologist to recommend the most aggressive treatment possible. Her surgery was scheduled for 11 days following diagnosis. As it turned out, Laura did have a family history of colon cancer but genetic testing came back negative.

The surgical resection was very successful. Unfortunately, another problem was discovered: the tumor had reached Stage IV and spread to the liver.

Courage, a 36-inch tall bronze sculpture on display in Akron City Hospital's Jean and Milton Cooper Cancer Center. Created by artist Michael Tieman, *Courage* is a standing tribute to those who have, who are and who will battle cancer in their lives.

Once Laura was able to recover from surgery, she began infusion chemotherapy. She did experience side effects from treatment, including nausea, neuropathy (pain in the hands) and diarrhea.

“I wouldn’t call the side effects unbearable,” Laura said, “just uncomfortable.” Laura completed her first round of chemotherapy, which focused on her rectal cancer, but still had another problem to overcome: metastasis.

She underwent a partial liver resection soon after. Following her procedure, Laura began her second round of chemotherapy at the Jean and Milton Cooper Cancer Center on the campus of Summa Akron City Hospital. She finished in April 2009 after experiencing many of the same side effects.

Laura’s treatment was intense. Fortunately, it “went very well,” she said. “All has been successful up to this point.”

The medical circumstances were unique, but Laura proved to be a motivated and savvy patient. She was involved in the decision-making process from diagnosis through surveillance.

“After that initial shock and emotion of a cancer diagnosis, I tried to be as proactive as possible,” Laura said. “Some staff members in the cancer center even asked if I had a medical background.”

Common signs of colorectal cancer include:

- Bleeding from the rectum
- Change in bowel movement/irregularity
- Cramping or steady abdominal pain
- Vomiting
- Constant fatigue
- Sudden weight loss
- Loss of appetite
- Chronic constipation

Laura was able to assemble her own care team by asking for physician recommendations and changing them based on her comfort levels. She also took advantage of a number of support services, including third-party support groups and one of Summa Health System’s oncology social workers, Susan Popovici.

When asked about her experience at Summa Akron City Hospital and the Jean and Milton Cooper Cancer Center, Laura promptly replied: “It was absolutely positive.”

“Everyone met every expectation and more,” she said. “I could tell they really had my best interests in mind.”

“I feel blessed. I never needed to change doctors because I was uncomfortable. It was as good as it could have been,” she said.

“Then again,” Laura said with a laugh, “I did do my homework.” ■

WHAT IS A CLINICAL TRIAL?

Have you ever heard about a new treatment for a disease or maybe a new drug therapy? Ever wonder how and where this innovation takes place? More often than not, healthcare innovations are the result of clinical trials.

A clinical trial is a research study designed to test the safety and/or effectiveness of drugs, devices, treatments or preventive measures in humans. Clinical trials often involve patients with specific health conditions who benefit from receiving otherwise unavailable treatments. According to the National Institutes of Health, there are more than 100,000 clinical trials currently underway in more than 174 countries.

With approximately 400 Institutional Review Board-approved clinical trials underway at Summa Health System, the Summa Center for Clinical Trials (SCCT) currently is working with research departments in surgery, women's health, infectious disease and cardiology/pulmonary.

During the clinical trial, investigators recruit patients with predetermined characteristics, administer treatment(s), and collect data on the patients' health for a defined time period. These data include measurements like vital signs, concentration of the study drug in the blood and whether the

Did you know...

Clinical trials have been in existence for nearly 1,000 years. In *The Canon of Medicine* in 1025 AD, Persian physician and philosopher, Avicenna laid down rules for the experimental use and testing of drugs and wrote a precise guide for practical experimentation in the process of discovering and proving the effectiveness of medical drugs and substances.

patient's health improves. The researchers send the data to the trial sponsor who then analyzes the pooled data using statistical tests.

Recently, SCCT opened on the campus of Summa Akron City Hospital. SCCT provides a wide range of clinical and administrative support services, allowing investigators to expand their research activities which will help advance scientific knowledge, the prevention of disease and improve healthcare for all patients.

Dr. Michael Tan, one of Summa Health System's researchers and Summa Physicians infectious disease specialists. ▶

The 3,800-square-foot center supports both investigator-initiated and industry-sponsored clinical trials throughout Summa Health System.

The central research laboratory is on site and staffed full time to provide specimen collection, processing and shipping to central laboratories as needed.

"The Summa Center for Clinical Trials is a convenient, centralized facility for outpatient follow-up of study subjects enrolled in clinical research in a variety of therapeutic areas at Summa," said Steven P. Schmidt, Ph.D., system vice president, clinical research and innovation and interim president and chief operating officer of Summa Foundation. "The center is staffed by a team of research and clinical professionals...and promotes the highest quality care to our research subjects."

The SCCT is located on the Summa Akron City Hospital campus of Summa Health System in the Professional Center North building, 75 Arch Street, Suite 105. Information on Summa's current clinical trials may be found at Clinicaltrials.gov. ■





packing the perfect picnic



Spring is here — and as soon as the weather warms up, everyone wants to spend more time outdoors enjoying the sunshine. One of the best ways to enjoy the outdoors is by having a picnic.

But there are some things you should know before loading up the family picnic basket.

PLAN AHEAD

The Menu

- Select foods that taste good cold or when served at room temperature.
 - Plan to bring at least one main dish, one side dish, a dessert and a beverage.
 - Choose dishes that travel well and don't contain ingredients that spoil easily.
 - Avoid moist, low-acid and animal-product-based foods. Foods containing meat, poultry, seafood, dairy and eggs are breeding grounds for bacteria if not handled properly. An example: opt for a pasta salad with a vinegar/oil dressing rather than a potato salad made with eggs and mayonnaise.
- Easy options include: fresh fruit, sliced vegetables with hummus dip, lemonade, redskin potato salad with olive oil/vinegar dressing, a colorful vegetable and pasta salad, three bean salad or veggie wraps.

KNOW WHAT TO PACK

- Use a wicker basket to transport non-perishable items and use an insulated cooler packed with plenty of ice to safely transport perishable food items.
- A blanket or tablecloth large enough to both sit on and lay out the food. If the ground is damp, bring a tarp to spread under the picnic blanket.
- Plates, cups, glasses, silverware and stemware can all be tucked in the basket.
- Don't forget to pack serving utensils for each dish, a can opener, salt and pepper shakers and a corkscrew (if you're serving wine).
- Cloth napkins are a greener alternative than paper napkins — and since they're heavier, they won't blow away in a breeze.

Did you know...

The Centers for Disease Control and Prevention estimate every year about 76 million people in the U.S. become ill from harmful bacteria in food. Pregnant women and their unborn babies, newborns, young children, older adults and people with chronic illnesses and/or weakened immune systems have a greater risk of developing a serious food-borne illness. These individuals should be extra cautious about food safety.

AND IF YOU'RE GRILLING...

You should also pack:

- Food thermometer
- Spatula
- Meat fork
- Set of tongs
- Platter
- Charcoal
- Lighter fluid
- Matches or lighter

TRANSPORT FOOD SAFELY

- If you are traveling with perishable food, place it in an insulated cooler with plenty of ice or freezer packs.
- When carrying drinks, consider packing them in a separate cooler so the one containing perishables is not opened frequently.
- Pack perishable foods directly from the refrigerator or freezer into the cooler.
- Meat and poultry may be packed while still frozen to stay colder longer.
- Keep everything on ice until the items are eaten. ■



MEET THE DOCTORS

PHYSICIANS IN OUR COMMUNITIES ARE READY TO SERVE YOU!

The following physicians joined Summa Physicians Inc. between October 1, 2010 and December 31, 2010.



BEHAVIORAL HEALTH
Simona Suchan, M.D.
 95 Arch St. Suite 240
 Akron, OH 44304



RADIATION/ONCOLOGY
Susan Hong, M.D.
 3780 Medina Rd.
 Medina, OH 44256



FAMILY MEDICINE
Scott Hamler, M.D.
 3838 Massillon Rd., Suite 350A
 Uniontown, OH 44685



VASCULAR SURGERY
Mark Byrge, D.O.
 201 5th St. NE, Suite 8
 Barberton, OH 44203



HEMATOLOGY/ONCOLOGY
Sandra Hazra, M.D.
 157 West Cedar St., Suite 215
 Barberton, OH 44203

These physicians are accepting new patients.
 To schedule an appointment,
 call **(800) 237-8662, ext. 234**

Summa Urgent Care & Corporate Health Serving the Fairlawn Area

Summa Health System Urgent Care & Corporate Health in Fairlawn is designed to treat non-life threatening medical issues that require immediate attention. The center ensures professional and personal care is administered quickly and no appointment is required. Summa Urgent Care is located at 2875 West Market Street, Suite B in Fairlawn.

Benefits:

- Board certified physicians on duty
- Laboratory – phlebotomy services/rapid testing, including urinalysis, strep, mono and urine pregnancy testing
- Digital X-ray
- EKG

Summa Urgent Care & Corporate Health services are offered for:

Acute Illness – Adult and Pediatric (partial list)

- Colds, flu, sore throat
- Bronchitis, pneumonia, asthma
- Ear pain
- Allergies and sinus infections

- Rash, cellulitis, minor allergic reactions
- Nausea, diarrhea, vomiting, dehydration
- Fractures, sprains, strains, finger dislocations
- Laceration repair and wound treatment

Corporate Health

- Drug screens
- DOT physicals
- Vaccinations
- Pre-placement physicals
- Hearing exams
- Respiratory fitness exams

Hours of operation are:

Monday – Friday, 8:00 a.m. – 8:00 p.m.

Saturday and Sunday, 9:00 a.m. – 5:00 p.m.

For questions or more information, please call Summa Urgent Care & Corporate Health at (330) 864-1916.

communitycalendar

11th ANNUAL MEN WHO COOK

Men Who Cook, a popular culinary and social event, returns in 2011! More than 50 chefs will treat guests to a fun-filled night of delectable dining, on Friday, May 13, 2011, from 5-9 p.m. at the St. Joseph Family Center, 610 W. Exchange Street in Akron.

This year's event raises funds to support Summa's Palliative Care and Hospice program which provides compassionate, end of life care for more than 12,000 patients and their families. For more information about the event, please call (888) 720-5318.



UPCOMING BARIATRIC SEMINARS

Studies show patients who lose a significant amount of weight can dramatically improve conditions such as type 2 diabetes, hypertension and others. They also can reduce or eliminate many medications – and improve the quality of your sleep by eliminating the need for a machine to help you breathe. The Weight Loss Surgery Seminar answers your

questions about what to expect before, during and after weight loss surgery.

Location:
Summa Akron City Hospital
Professional Center South Medical Building
55 Arch Street
Akron, OH
Basement Pods D,E,F

Dates:
Thursday, April, 28, 2011 (Fashion Show)
Thursday, May, 19, 2011
6:00 p.m.

Due to limited seating, advance registration is required. Call (330) 375-6590 today to reserve your seat.

DID YOU KNOW?

Summa Akron City and St. Thomas Hospitals are proud to receive Magnet recognition for excellence in nursing from the American Nursing Credentialing Center (ANCC). Long known for its high quality, compassionate nursing care, Summa

is now among the top 6.5 percent of hospitals in the country to have achieved Magnet status. Magnet status is the highest international recognition awarded to a hospital or medical center for excellence in nursing. It is accepted nationally as the

gold standard of patient care and provides healthcare consumers with a benchmark to measure quality of nursing care.



For additional class dates and event information, please visit our event/program calendar at summahealth.org.



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6% of American hospitals achieve nursing's highest honor. We're proud to be one of them.

That's more than healthcare. **That's smartcare.SM**

We salute **Summa Akron City and St. Thomas Hospital** nurses for achieving national **Magnet Nursing Recognition**.



Magnet status is the “gold standard” of nursing excellence. This designation, bestowed by the American Nurses Credentialing Center (a subsidiary of the American Nurses Association), recognizes nurses in healthcare systems who provide exceptional patient care. Magnet designated hospitals have a proven track record for better patient outcomes and shorter hospital stays.



summahealth.org/nursing

