



SOUTHWOODS HEALTH

COMMUNITY MAGAZINE | ISSUE 7



MEET OUR WORLD-CLASS SPINE SURGEONS

PICTURED ABOVE: Dr. Douglas Musser, Dr. Michael Shumaker, Dr. Brian Shannon,
Dr. Frank Grisafi, Dr. Kathryn Jurenovich

LEADING THE WAY



Southwoods has experienced exciting change and growth over the past year. Our network continues to expand with expert physicians, available services and new locations, all while providing the same compassionate care you've come to expect from Southwoods Health.

With preventive care being so important to our overall health and wellbeing, we added six new primary care physicians to our provider network last year. In addition, physicians from seven different specialties joined the network in offices located throughout the Mahoning Valley.

Our newest location on East Market Street in Howland brings expert pain management, spine and orthopaedic services to the area, and introduces the first 3T MRI to Trumbull County, providing patients with the most advanced imaging technology available today.

Southwoods Health at Home is our newest service, delivering skilled care directly to your door. From physical therapy to medication management, our staff can help you or a loved one regain independence and improve your quality of life in the comfort of your own home.

Southwoods is proud to be the fastest growing healthcare system in the Mahoning Valley, and we'll continue to expand our services so we can serve the changing needs of our community. To stay up-to-date with Southwoods news, events and current health and wellness information, I encourage you to sign up for our free newsletters and free monthly health updates. You can do so on our website at SouthwoodsHealth.com/Newsletter.

With all of these changes, one thing remains the same – patient care is still delivered with a focus on quality and compassion. Because at Southwoods, it's not just about the treatment but how you're treated.


Ed Muransky, CEO Southwoods Health



SOUTHWOODS
PRIMARY CARE

Your wellness journey
STARTS HERE

To find a Primary Care Physician that's right for you,
visit SouthwoodsPrimaryCare.com





SOUTHWOODS PRIMARY CARE

 30 Primary Care Physicians

 17 Office locations across
the Mahoning Valley

 SouthwoodsPrimaryCare.com



PREVENTIVE CARE IS THE PATHWAY TO BETTER HEALTH

Going to the doctor for routine check-ups and physicals may not be high on the priority list for some, but the benefits and information provided are crucial for maintaining good health. Regular visits to your family doctor not only help track and monitor your health and well-being, but also make important connections with your family's health history.

Seeing a physician typically includes two types of care: diagnostic and preventive. Diagnostic care is provided to address specific symptoms or an injury, which prompts you to seek a doctor's diagnosis. Preventive care includes routine doctor visits, physicals, immunizations and annual screenings to help build your medical history and watch for early signs of potential health problems. Most preventive care visits and services are covered by medical insurance with little or no cost to the patient.

Annual screenings include checks for cholesterol, blood pressure, diabetes, weight management, colonoscopies and more. For women, annual screenings should also include mammograms and Pap screenings. For men, they should include prostate cancer screenings.

Preventive care is critical to help diagnose health issues sooner, making them easier for doctors to treat. For example, cancer screenings are incredibly important because early detection makes a huge difference in treatment, improving outcomes by providing care at the earliest possible stage.

Having a primary care physician is the key to preventive care. Studies show that adults with a primary care physician are more likely to:

- Schedule routine, preventive visits and screenings
- Manage long-term problems and potential illnesses
- Fill necessary prescriptions
- Track medical history
- Find specialists for advanced treatments

Primary care physicians are expertly trained to treat a broad range of health conditions, but each have a different background and focus. Some treat patients of all ages, while others specialize in the care of women, seniors or children. The right primary care doctor depends on your personal health care needs.

Southwoods Health has a growing network of primary care physicians located in offices around the Mahoning Valley. To see a complete list of these doctors, visit SouthwoodsPrimaryCare.com.

HABITS FOR A HEALTHY LIFESTYLE



EAT HEALTHY

Eat a balanced diet that includes fresh, frozen or canned fruits, a variety of vegetables, healthy forms of protein, whole grains and reduced fat dairy.



BE ACTIVE

The two forms of exercise most important to focus on are aerobic, which gets your heart and lungs moving and working harder, and strength training, which builds muscle groups over time.



LIMIT ALCOHOL CONSUMPTION

Drink in moderation by limiting intake to one drink or less per day for women and two drinks or less per day for men.



AVOID TOBACCO USE

If you smoke or use chewing tobacco, it's important to take steps to quit.



SOUTHWOODS

PAIN & SPINE CENTER



WORLD-CLASS SPINE CARE

WORLD-CLASS PHYSICIANS

As hard-working people in the Mahoning Valley know, a life of physical labor can take a toll on the body. Occupations involving lifting or moving heavy objects, repetitive motions or even sitting at a desk all day with poor posture can cause significant back pain.

Without a healthy spine, everyday tasks and movements such as bending over, walking, picking up objects, or twisting and moving your neck can be difficult. You can expect to feel discomfort and have limited mobility when your spine is injured, which can have a negative effect on your quality of life. The health of your spine is critical to your overall well-being.

Southwoods Health has assembled a multidisciplinary team that can help. Our specialists collaborate to diagnose and treat complex disorders of the spine using the most recent advances in medicine. They consult and review cases, providing our patients with additional insight and options using the most recent advances in medicine. From conservative treatments through the latest minimally invasive surgical techniques, our comprehensive care model delivers timely and effective results.

Studies have proven that comprehensive programs have distinct advantages in improving both pain and function in patients with chronic conditions, making it easier for our providers to find the right treatment. This team includes:

Physical Medicine & Rehabilitation (PM&R) Physicians specializing in the evaluation, diagnosis and treatment of disorders related to bones, muscles, joints and the central/peripheral nervous systems, including rehabilitation and recovery.

Pain Management Specialists with in-depth knowledge of pain disorders who diagnose specific causes of pain and treat through the use of interventional procedures and the prescribing of pain medications.

Advanced Spine Surgeons specializing in the diagnosis and treatment of conditions requiring surgery, which may include degenerative diseases and/or disorders of the neck and lower back.

World-Class Spine Surgeons

Southwoods Health's spine surgeons have dedicated their careers to helping those whose lives have been detrimentally impacted by back pain. This team includes:

Frank Grisafi, M.D., FAAOS

Dr. Grisafi is a northeastern Pennsylvania native who completed his orthopaedic surgical residency at West Virginia University and his spine fellowship at Case Western Reserve University School of Medicine. He sees patients at the Southwoods Pain & Spine Center on the main campus in Boardman.

Kathryn Jurenovich, D.O.

Dr. Jurenovich grew up in Howland and her father is an orthopaedic surgeon who has practiced in the area for over 30 years. She completed her orthopaedic surgical residency at St. Elizabeth Hospital and her spine fellowship at The Ohio State University Wexner Medical Center. She sees patients at the new Howland location.

Douglas Musser, D.O.

Dr. Musser has been treating patients in the Mahoning Valley for over 20 years. He completed his dual spine fellowship in both Orthopedic and Neurosurgery in Louisville, Kentucky. Dr. Musser hails from Chillicothe, Ohio, and sees patients at the new Howland location and the Southwoods Pain & Spine Center on the Boardman campus.

Historically, our area has seen a high out-migration of spine cases going to Cleveland or Pittsburgh. We've made significant investments
SO PATIENTS DON'T HAVE TO GO OUT OF TOWN FOR THIS TYPE OF CARE.

ED MURANSKY,
SOUTHWOODS HEALTH CEO

Brian Shannon, M.D.

Dr. Shannon completed his orthopaedic training at Georgetown University Medical Center and his spine fellowship through Harvard Medical School at Massachusetts General Hospital. Dr. Shannon grew up in New Wilmington, Pennsylvania, and sees patients in Hermitage, Pennsylvania, and the Southwoods Pain & Spine Center on the Boardman campus.

Michael Shumaker, D.O.

Dr. Shumaker is a native of southwestern Pennsylvania, who completed his orthopaedic surgical residency at St. Elizabeth Hospital and his spine fellowship through the State University of New York in Syracuse. He sees patients at the Southwoods Pain & Spine Center on the main campus in Boardman.

“The expertise of our spine surgeons and the comprehensive approach we take at the Southwoods Pain & Spine Center truly makes us different,” explained Muransky. “I am confident our team can help those who may have resigned themselves to living with their pain.”

Surgeons also have access to Southwoods Imaging’s state-of-the-art diagnostic equipment and The Surgical Hospital at Southwoods, the region’s only CMS Five-Star rated hospital for clinical outcomes and patient satisfaction.

From conservative treatment all the way through spine surgery, Southwoods is committed to providing world-class care to help patients who have been living with persistent back pain. Same day/next day appointments are available.

To schedule an appointment or for more information, call 234-287-6500 today.



APPROXIMATELY

80% OF ADULTS

EXPERIENCE SOME FORM OF BACK
PAIN IN THEIR LIFETIME

THOSE DEALING WITH
PERSISTENT BACK PAIN ARE

3X MORE LIKELY TO BE
IN POOR HEALTH

4X MORE LIKELY TO EXPERIENCE
MENTAL DISTRESS

TIPS TO PREVENT BACK PAIN

Warm up with stretching exercises
before any physical activity

Maintain a healthy weight

Utilize proper posture when
sitting or standing

Wear comfortable, supportive shoes

Sleep on a medium or firm mattress

When lifting heavy objects, bend your knees
and keep your back straight

WHAT'S GROWING ON AT SOUTHWOODS HEALTH

“Most of my patients suffering back pain can't even stand on one leg. Their core is too weak, making them unsteady.

YOUR CORE MUSCLES PLAY SUCH AN INTEGRAL PART IN SUPPORTING YOUR SPINE.”



DR. TOM GEMMA

PAIN MANAGEMENT SPECIALIST, ANESTHESIOLOGIST

TIPS TO KEEP YOUR HEART HEALTHY

Heart disease accounts for one third of worldwide deaths each year. It's important to remember the role our lifestyles play in maintaining heart health.

EAT A HEART HEALTHY DIET

One of the easiest and most effective ways you can keep your heart healthy is by maintaining a healthy diet. Incorporating foods like healthy fats, lean proteins, berries, nuts, fruits and vegetables and limiting processed foods, sugar and high amounts of salt can help keep your heart strong and healthy.

EXERCISE REGULARLY

Staying active and focusing on regularly moving your body can help strengthen your heart and improve your overall health. It's recommended adults get at least 30 minutes of exercise 5 or more days a week to maintain a healthy lifestyle. Cardio exercises and strength training are very beneficial, but any type of movement is better than none!

For more information on these and other healthy lifestyle options, visit SouthwoodsHealth.com to read the rest of this blog. You'll also find additional blog posts with tips and resources to boost your well-being.



DID YOU KNOW

45



YEARS OLD...

...is now the recommended age people at average risk of colorectal cancer should start regular screenings, according to the American Cancer Society.

People who are in good health should continue regular colorectal cancer screening through the age of 75. For people 76 through 85, the decision to be screened should be based on a person's preferences, life expectancy, overall health and prior screening history.

March was Colorectal Cancer Awareness Month providing a time to educate the community and promote awareness about the importance of colorectal cancer screening, prevention and treatment. No matter the time of year, it's important to take the opportunity to learn more about this disease and find out how you can take steps to stay healthy. Finding colorectal cancer early, when it's small and hasn't spread, often allows for more treatment options and more successful outcomes. Talk to your doctor today!

FAST & EASY HEALTHY RECIPE

Whether you're feeling under the weather or you're just in need of a little comfort, there's nothing like homemade chicken noodle soup to warm you up from the inside out. This crockpot recipe is quick, hearty and comforting!



INGREDIENTS

1 lb. boneless, skinless chicken breast	1 tsp garlic powder
4 medium carrots, sliced	1/2 tsp black pepper
4 celery stalks, sliced	1/2 tsp celery salt
1 small yellow onion, diced	1/2 tsp dried thyme
8 cups chicken stock, unsalted	2 tsp dried parsley
1/2 tsp onion powder	12 oz yolk-free noodles

DIRECTIONS

Add all ingredients to a slow cooker – except noodles – and cook on high for 4 hours (or on low for 8 hours). Over high heat, bring 5 quarts of water to a boil. Boil noodles according to package instructions (typically around 10-12 minutes). Drain. Shred chicken using two forks. Add noodles to slow cooker, replace lid and continue to cook for another 15 minutes on low.

NEW SOUTHWOODS PHYSICIANS & LOCATIONS



ALBERT BUCH, D.O.
PRIMARY CARE | INTERNAL MEDICINE
225 E. STATE ROUTE 14 • COLUMBIANA
330-932-9782

Dr. Albert Buch has joined Southwoods' growing network of Primary Care providers. He received his Medical Degree at Kirksville College of Osteopathic Medicine and completed his residency through St. Joseph Hospital in Warren. Dr. Buch has been practicing in the Mahoning Valley for almost 30 years.



LORI CROWL, M.D.
PRIMARY CARE | FAMILY MEDICINE
225 E. STATE ROUTE 14 • COLUMBIANA
330-932-9782

Southwoods' Primary Care network has also added Dr. Lori Crowl to its growing roster. Dr. Crowl received her Medical Degree from Ohio University College of Osteopathic Medicine and completed her residency at Youngstown Osteopathic Hospital. She is board certified in Family Medicine and has been practicing in the area for over 25 years.



MICHAEL DASU, D.O.
PAIN MANAGEMENT
9371 E. MARKET STREET, SUITE 2 • HOWLAND
330-965-5090

Dr. Dasu is the latest addition to Southwoods' Pain Management team. He received his Medical Degree from Des Moines University College of Osteopathic Medicine, and is fellowship trained and board certified in both Pain Management and Anesthesiology.



STUART DREW, D.O.
HAND & UPPER EXTREMITY | ORTHOPAEDIC SURGERY
SOUTHWOODS PAIN & SPINE CENTER, 250 DEBARTOLO PLACE • BOARDMAN
9371 E. MARKET STREET, SUITE 2 • HOWLAND
330-965-5090

Dr. Drew has joined Southwoods' team of sub-specialty trained orthopaedic surgeons. He graduated from Edward Via College of Osteopathic Medicine, and is fellowship trained and specializes in Hand & Upper Extremity.



IBRAHIM HADDAD, M.D., FAAP
PEDIATRIC GASTROENTEROLOGY & NUTRITION
7641 MARKET STREET, SUITE 3 • BOARDMAN
330-729-9140

Dr. Ibrahim Haddad is the latest addition to Southwoods' network of specialists. He received his Medical Degree overseas, and is fellowship trained in Pediatric Gastroenterology through UCLA Medical Center. Dr. Haddad is board certified and has been practicing in the Youngstown area for over 30 years.



KATHRYN JURENOVICH, D.O.
ORTHOPAEDIC SPINE SURGERY
9371 E. MARKET STREET, SUITE 2 • HOWLAND
330-965-5090

Dr. Jurenovich joins Southwoods' expert team of Spine Surgeons. She received her Medical Degree from Ohio University Heritage College of Osteopathic Medicine, and is fellowship trained through The Ohio State University Wexner Medical Center.



DOUGLAS MUSSER, D.O.
ORTHOPAEDIC SPINE SURGERY
SOUTHWOODS PAIN & SPINE CENTER, 250 DEBARTOLO PLACE • BOARDMAN
9371 E. MARKET STREET, SUITE 2 • HOWLAND
330-965-5270

Dr. Musser is also part of the world-class spine team at Southwoods. He graduated from Ohio University College of Osteopathic Medicine, and is fellowship trained in both Spine Surgery and Neurological Surgery. Dr. Musser is board certified, and has been practicing in the Youngstown area for over 20 years.



EDWARD MYERS, D.O.
PRIMARY CARE | FAMILY MEDICINE
2581 NORTH RD NE • WARREN
330-372-5200

Dr. Edward Myers has also joined Southwoods' growing network of Primary Care providers. He received his Medical Degree at Kirksville College of Osteopathic Medicine and completed his residency through Warren General Hospital. Dr. Myers is board certified in Family Medicine, and has been practicing in the Warren area for 35 years.



JOHN SMITH, M.D.
GASTROENTEROLOGY
3304 STONES THROW AVE • POLAND
330-707-1115

Dr. John Smith graduated from the University of Pittsburgh School of Medical, completed his residency through Shadyside Hospital and is fellowship trained in Gastroenterology/Hepatology. Dr. Smith is board certified.

HOWLAND

PAIN MANAGEMENT, SPINE,
ORTHOPAEDICS, IMAGING
330-965-5090
9371 EAST MARKET STREET, SUITE 2 • HOWLAND
SOUTHWOODSHEALTH.COM/HOWLAND

Southwoods Health's newest location in Howland offers expert pain management, spine and orthopaedic services. This location is the latest addition to Southwoods' expanding network of physicians, specialists and facilities throughout the tri-county area, offering patients improved access to the important care they need close to home. This facility also introduces the first 3T MRI to Trumbull County, providing patients with the most advanced imaging technology available in medicine today. Most importantly, patient care is delivered with a focus on quality and compassion – something you'll find at all Southwoods locations.





SOUTHWOODS HEALTH

7630 Southern Boulevard
Boardman, Ohio 44512

IT'S NOT JUST ABOUT
THE TREATMENT,
BUT HOW YOU'RE
TREATED.

330-729-8000

SouthwoodsHealth.com

info@SouthwoodsHealth.com



Southwoods is proud to be locally owned and operated
by the Muransky family and area physicians.



SOUTHWOODS
PAIN & SPINE CENTER

*Schedule your
appointment today*

234-287-6500

Boardman • Howland