



SOUTHWOODS
HEALTH



TIPS TO HELP YOU ADDRESS
ORTHOPAEDIC PROBLEMS

SEE PAGE 4 FOR MORE INFORMATION

LEADING THE WAY



Last year we celebrated our 25th Anniversary, which provided an excellent opportunity to reaffirm our dedication to treating patients the “Southwoods Way” and serving the needs of the communities we serve. We are starting off 2022 with plans to continue expanding services and adding new locations throughout the Mahoning Valley, while remaining steadfast to delivering high quality and compassionate care.

We’ve all had to adjust our way of life over the last two years to keep ourselves and our loved ones healthy. Since people are more likely to get the healthcare they need when it’s closer to home, we know Southwoods has to ensure that convenient access is provided for testing, annual screenings, vaccinations and other routine healthcare initiatives.

As part of these initiatives, we will be adding additional Express Care locations and expanding our primary care and specialty care services across the Valley. We will also be introducing a new home health care service line, so you can get the quality care you need right at home, and we are starting up a Community Lecture Series, featuring Southwoods physicians who will be addressing a wide variety of health topics.

I want all of us to move forward in the new year feeling safer, healthier and happier. We have some exciting changes coming to Southwoods, but the thing you can always count on to stay the same is the compassionate care you’ll receive – no matter which service or location you visit. After all, at Southwoods it’s not just about the treatment, but how you’re treated.



Ed Muransky, CEO Southwoods Health



SOUTHWOODS
PAIN & SPINE CENTER

FIND YOUR STRENGTH

SouthwoodsPainandSpine.com | 330-314-9100





SOUTHWOODS PAIN & SPINE CENTER

📍 250 DeBartolo Place
Boardman, Ohio 44512

☎ 330-314-9100

🌐 SouthwoodsPainandSpine.com



COMPREHENSIVE ROLE IN MANAGING PAIN, RESTORING QUALITY OF LIFE

Many people believe the only way to cope with chronic pain is to suffer in silence. Maybe a certain treatment didn't work or a patient was intimidated by surgical options. But the longer chronic pain goes unaddressed, the more disabling it can become. Treating chronic pain takes a team that can coordinate the right care at the right time.

Southwoods Pain & Spine Center takes an entirely different approach compared to traditional pain management programs. The difference lies in having physicians from a number of specialties that can diagnose and develop treatment plans to address an individual's unique type of pain.

Southwoods' multidisciplinary pain management team includes:

- *Physical Medicine & Rehabilitation (PM&R) Physicians*
These medical experts specialize in the evaluation, diagnosis and treatment of disorders relating to bones, muscles, joints and the central/peripheral nervous systems, including rehabilitation and recovery from disabling conditions.
- *Pain Management Physicians*
Medical specialists with in-depth knowledge of pain disorders that know how to diagnose specific causes of pain and have the ability to treat pain through the use of interventional procedures and the prescribing of pain medications.
- *Advanced Spine Surgeons*
Physicians who specialize in the diagnosis and treatment of conditions related to the spine requiring surgery to correct, which may include degenerative diseases and/or disorders of the neck and lower back.

This specially trained team collaborates to consult and review cases, providing each other with additional insight and options. Studies have proven that comprehensive programs have distinct advantages in improving both pain and function in patients with chronic conditions. Since our providers are centrally located in one building, they are able to find the right treatment to deliver faster results and better outcomes.

From conservative treatment all the way through surgery, the Southwoods Pain & Spine Center is committed to providing truly comprehensive care to help patients who have been living with chronic pain. Same day/next day appointments are available.

Let us help you find your strength. Call 330-314-9100 to schedule an appointment or visit SouthwoodsPainAndSpine.com for more information.



1 IN 5 ADULTS
in the U.S. suffer from chronic pain



ADULTS BETWEEN AGES 65-84,
physical health issues associated with chronic pain include:

High blood pressure
Obesity

Diabetes
Kidney problems



WOMEN ARE MORE LIKELY
than men to have chronic pain



CHRONIC PAIN
is defined as pain lasting longer than 3 months
and is associated with the following:

Depression
Anxiety
Social isolation

Medication management issues
Sleep disorders and conditions



TIPS TO HELP YOU ADDRESS ORTHOPAEDIC PROBLEMS

Most of us focus on indoor activities during the winter months. The temperatures are colder and the days shorter, which makes it a perfect time to grab a warm blanket and relax on your couch. As we start to turn our attention to the warmer weather that lies ahead, we look forward to becoming more active and the outdoor activities we enjoy during the spring and summer months.

For people suffering from joint pain or those who have sustained a winter-related injury, the thought of getting back outside and enjoying those activities can be dreadful. So they often begin searching for an orthopaedic specialist best-suited to address their particular problem before the warmer months arrive.

Choosing an orthopaedic specialist can be a difficult task, but Southwoods Orthopaedics can help. Our expert, sub-specialty trained orthopaedic surgeons offer the most-advanced techniques and procedures to help you fully recover and reduce your pain.

With their help, we've compiled some tips that can help you make a decision about your orthopaedic issue and get you on the path to feeling better:

1. Choose an Orthopaedic specialist with experience in your area of need.
To get started, talk with your primary care physician, family, friends and healthcare professionals to obtain recommendations for an orthopaedic specialist. Be sure to focus on finding a specialist that has experience in your area of need.

Common examples include:

- Joint Replacement
- Sports Medicine
- Shoulder
- Spine
- Hand

2. Pursue conservative treatment options first, before making the decision to have surgery. At Southwoods, non-surgical treatment options are always looked at first – ranging from lifestyle modifications and medication management to physical therapy and joint injections. If the injury or pain persists, our specialists can utilize Southwoods Imaging's advanced diagnostic services to get a more accurate diagnosis.
3. If surgery is necessary, explore procedure options with your surgeon. Southwoods encourages its patients to research their surgical options and then talk to their surgeon about those options. Our surgeons are happy to schedule a consultation so you can get your questions answered, discuss procedures for your particular problem and set expectations for your recovery.

Common surgical procedures performed by Southwoods Orthopaedics include:

- Hip and Knee Replacements, including Anterior Approach Hip Replacement and Patient Specific Implants.
 - Anterior Approach Hip Replacement offers patients a smaller incision near the front of the hip, with benefits including less muscle trauma, faster recovery and less pain.
 - Patient Specific Implants is a computer-assisted orthopaedic technique based on a patient's individual anatomy and wear patterns. It ensures optimal positioning and bone preservation and maximizes long-term outcomes.
- Shoulder Reconstruction, including reverse shoulder constructs.
 - Reverse shoulder constructs are procedures where the ball and socket parts of the shoulder joint switch sides. This procedure is a treatment option for those who would not be a candidate for traditional shoulder replacement.

- Sport Medicine procedures, such as anterior cruciate ligament (ACL) repair, rotator cuff repair, ankle surgery, fracture care, arthroscopies and other soft tissue procedures.

4. Select a hospital that has the expertise for your surgical procedure.

When surgery is necessary, it is important to consider the overall quality of care, clinical outcomes and patient satisfaction scores of the hospital or outpatient center where your procedure will be performed. Southwoods Orthopaedics has access to The Surgical Hospital at Southwoods, the region's only CMS Five-Star rated hospital for clinical outcomes and patient satisfaction.

5. Get educated about your procedure.

The decision to have surgery is such an important one. Studies show effective patient education contributes to positive patient outcomes, so Southwoods developed the Joint & Spine Academy to inform our patients on what to expect before, during and after your surgery. This comprehensive program covers topics such as preparation for surgery, the surgical procedure, post-surgery recovery, pain management options, patient goals and expectations, discharge planning and what to anticipate once you are back home.

At Southwoods, we focus on creating the best experience for our patients. Southwoods Orthopaedics' team of highly-qualified physicians and medical professionals will deliver compassionate care to make you feel better.

For more information on our services or to find a location near you, visit SouthwoodsHealthOrtho.com.



COMMON

COLD WEATHER INJURIES



CONCUSSIONS

According to the CDC, most concussions are caused by slips, trips and falls.



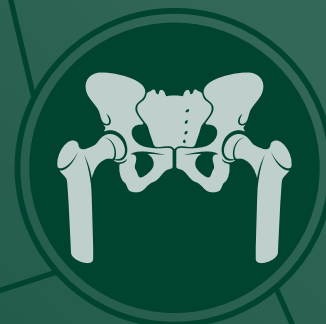
SHOULDER INJURIES

Injuries like dislocations, sprains and rotator cuff tears are more likely to happen when the tendons around the shoulder are not warm enough to easily move the arm.



WRIST FRACTURES

A broken wrist commonly occurs when people try to catch themselves during a fall and land on their outstretched hand.



HIP INJURIES

Excessive tightness or stiffness from the cold can lead to major hip injuries. In addition, more than 95% of hip fractures are caused by falls each year with 75% occurring in women.



KNEE INJURIES

Knee ligaments become vulnerable to sprains and tears during winter months because the muscles and tissues surrounding the knee become stiffer and less lubricated in colder conditions. Knee injuries account for approximately 35% of all ski-related injuries.

WHAT'S GROWING ON AT SOUTHWOODS HEALTH



DR. FRANK GRISAFI
SPINE SURGEON

“My rule in treating patients has always been to **TREAT THEM LIKE I WOULD MY OWN FAMILY & FRIENDS.**”

I was happy to find out this is also the golden rule at Southwoods.

HOME HEALTH COMING SOON

The best place to recover from an illness, injury or procedure is in the comfort of your own home. It is where you feel safest, the surroundings are familiar and where you spend the most time with family and friends.

Southwoods Health is excited to announce we will provide patients of the Mahoning Valley with expert home health care done the Southwoods Way – offering compassionate support, encouragement and genuine peace of mind for you and your family. Southwoods Health at Home is skilled care delivered directly to you.

Our team serves as a single point of contact, collaborating with your physicians to establish a course of treatment while guiding you and your family through options and processes. Treatment plans are tailored to each patient's individual needs and family members are encouraged to be active participants in the planning process.

Services include:

- Skilled Nursing
- Physical, Occupational and Speech Therapy
- Home Health Aides
- Social Work

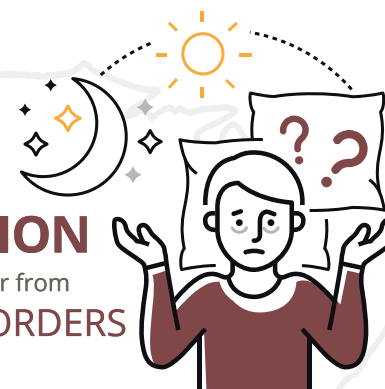
Stay tuned for more information on Southwoods Health at Home!



SOUTHWOODS
HEALTH *at home*

DID YOU KNOW

70 MILLION
adults suffer from
SLEEP DISORDERS



Sleep is essential for both brain and body health. Adults need at least seven hours of sleep each night for proper cognitive and behavioral functions. Lack of sleep has been linked to a higher risk for certain diseases and medical conditions including obesity, type-2 diabetes, high blood pressure, heart disease, stroke and poor mental health.

Southwoods Sleep Centers specialize in the diagnosis and treatment of sleep disorders. Staffed by board-certified sleep medicine physicians and registered sleep technologists, the Sleep Centers offer private sleep testing suites and accommodations that will make your visit comfortable and restful.

If you suspect you have a sleep-related disorder, call the Southwoods Sleep Centers at 330-729-9480 to schedule your consultation.

LATEST GENERATION 3T MRI INTRODUCED

Committed to pairing the best patient experience with the most advanced medical technology available today, Southwoods Health is proud to announce the arrival of the Vantage Galan 3T MRI at Southwoods Imaging. 3T MRI is the strongest magnet used in medicine today, producing the most detailed, accurate images with the highest degree of resolution. Southwoods Imaging is the only provider with multiple 3T units in one location in the area.

Patient benefits include:

- Reduced scan times
- Less noise
- Larger opening
- Contrast free scans

Southwoods Imaging is located at 7623 Market Street in Boardman, and offers convenient evening and weekend hours. To learn more about 3T MRI and the other imaging services offered at Southwoods Health, visit SouthwoodsImaging.com.



RECOGNIZE TYPES OF HEART DISEASE

February is American Heart Month, a time to bring awareness to heart disease. According to the American Heart Association, heart disease is the leading cause of death for both men and women in the United States. Sometimes heart disease can be silent and undiagnosed, and many people are either unaware they have suffered a heart attack or just ignore the signs and symptoms as they're experiencing one.

Some of the most common types of heart disease:

- Heart failure is a serious condition in which the heart has weakened and is not pumping as well as it should. It typically gets worse over time.
- Coronary Artery Disease (CAD) is the most common form of heart disease. CAD develops due to plaque buildup and often goes undetected until it produces a heart attack.
- Arrhythmia is an irregular heartbeat. It can cause the heart to beat too fast, too slow or in an irregular pattern. The most common type is atrial fibrillation.
- Cardiomyopathy is a disease of the heart muscle. It gets stretched, thick or stiff, making it harder for the heart to pump blood to the rest of your body and often causing its rhythm to become disturbed.

For more information, including the symptoms closely associated with these types of heart disease, visit SouthwoodsHealth.com for our February Heart Month blog.



MEET OUR NEW SOUTHWOODS PHYSICIANS



JOHN BABYAK, M.D.
EAR, NOSE & THROAT | HEAD & NECK SURGERY
330-629-2144
7227 GLENWOOD AVENUE • BOARDMAN
2388 SOUTHEAST BOULEVARD, SUITE A • SALEM

Dr. John Babyak is an Ear, Nose & Throat Specialist seeing patients at two locations in the Mahoning Valley. He received his Medical Degree at the University of Michigan and completed his residency at University of Michigan Hospitals. Dr. Babyak is board certified in Otolaryngology – Head & Neck Surgery.



WILLIAM BARTELS, M.D.
PRIMARY CARE
330-533-9515
459 LISBON STREET • CANFIELD

Dr. William Bartels has joined Southwoods' growing network of Primary Care providers. He received his Medical Degree at Northeastern Ohio University College of Medicine and completed his residency through Western Reserve Care System. Dr. Bartels is board certified in Family Medicine.



DANIEL EBERT, M.D.
HAND & RECONSTRUCTIVE SURGERY | PERIPHERAL NERVE SPECIALIST
330-757-1495
250 DEBARTOLO PLACE • BOARDMAN
735 NILES-CORTLAND ROAD SE • HOWLAND

Dr. Daniel Ebert is the latest addition to an expert team of skilled surgeons and specialists at Southwoods Health. Dr. Ebert is board certified in Surgery of the Hand, and fellowship trained in Plastic Surgery/Reconstructive Microsurgery and Orthopaedic Surgery/Hand & Upper Extremity.



EUGENE POTESA, JR., M.D.
EAR, NOSE & THROAT | HEAD & NECK SURGERY
330-629-2144
7227 GLENWOOD AVENUE • BOARDMAN

Dr. Eugene Potesta is an Ear, Nose & Throat Specialist and board certified in Otolaryngology – Head & Neck Surgery. He attended Northeastern Ohio University College of Medicine for his Medical Degree and completed his residency at Henry Ford Hospital in Detroit.



RICHARD WISE, D.O.
PRIMARY CARE
330-542-2881
11 SYCAMORE DRIVE • NEW MIDDLETOWN

Southwoods Primary Care network has also added Dr. Richard Wise to their growing physician group. Dr. Wise received his Medical Degree from Ohio University College of Osteopathic Medicine and completed his residency at Youngstown Osteopathic Hospital. He is board certified in Family Medicine.

Visit SouthwoodsHealth.com for additional information on Southwoods Health's services and network of physicians.



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 HEALTH

THE MOST
ADVANCED,
COMPREHENSIVE
ORTHOPAEDIC CARE

SouthwoodsHealthOrtho.com

