



SOUTHWOODS HEALTH

COMMUNITY MAGAZINE | ISSUE 6



introducing



SOUTHWOODS
HEALTH *at home*

ALSO IN THIS ISSUE:
BREAST CANCER AWARENESS MONTH

LEADING THE WAY



Southwoods Health's growing network of physicians, specialists and facilities offers everything from primary care to cardiology to world-class imaging and surgical services. As you will read more about in this issue, our latest addition is Southwoods Health at Home. This new service brings skilled nursing, supportive care, and physical and occupational therapy right to your doorstep. It is another example of Southwoods' commitment to improving access to quality medical care so that our patients have the best opportunity for a great outcome.

Heading into October, we are recognizing Breast Cancer Awareness Month. Preventive care is so very important, and we are urging the women in our community to schedule their annual mammogram. Screening mammograms help detect cancer early and early detection is key in the treatment of breast cancer.

As your medical needs change, the Southwoods network is able to seamlessly provide the comprehensive health care you need rather than you and your family trying to piece it all together. We have continued to expand our services throughout the tri-county area with the addition of several primary and specialty care offices, as well as Express Care sites that are conveniently located close to home. Our expert providers can successfully manage and support your medical care through all of life's transitions, giving you the care you need and the patient experience you have to come to expect from Southwoods.

A handwritten signature in black ink, reading "Ed Muransky".

Ed Muransky, CEO Southwoods Health

PREVENTION DETECTION TREATMENT



SOUTHWOODS
CENTER FOR BREAST HEALTH
SouthwoodsCenterForBreastHealth.com



330-965-5100
7623 Market Street • Boardman

CONVENIENT HOURS

Monday 8 am - 7 pm
Tuesday 8 am - 7 pm
Wednesday 8 am - 5 pm
Thursday 7 am - 5 pm
Friday 8 am - 5 pm
Saturday 8 am - 12 pm



BREAST CANCER AWARENESS

PREVENTION, DETECTION & TREATMENT

Breast cancer is the second most common cancer among women in the United States. With October being Breast Cancer Awareness Month, Southwoods wants to increase awareness about the prevention, detection and treatment of this disease.

PREVENTION starts with understanding what lifestyle changes help lower your risk. These include yearly visits with your Primary Care Physician, maintaining a healthy weight, staying physically active, limiting alcohol use, eating a healthy diet and not smoking.

Additionally, women 40 and older should have a screening mammogram annually. According to the American Cancer Society, more than half a million breast cancer deaths have been prevented in the United States since 1989 because of these testing measures.

The Southwoods Center for Breast Health offers the most technologically advanced, comprehensive breast health services in the area. Southwoods' advanced 3D Mammography (tomosynthesis) significantly increases the **DETECTION** of breast cancer and offers faster scan times, more comfortable testing and less radiation exposure.

Other unique resources to help get a more definitive diagnosis include:

Breast MRI: May be used for those at high risk or those meeting certain criteria. Southwoods' two 3T MRIs are the strongest available in medicine today and create detailed images of the structures within the breast.

Breast Ultrasound: Uses high-frequency sound waves to generate clear images of breast anatomy and possible tumors.

Breast Elastography: Helps differentiate between malignant and benign tissue without the use of radiation.

If an abnormality is detected, **TREATMENT** often begins with a minimally invasive breast biopsy that can be performed the same day it is found – helping get patients from diagnosis to treatment in days, not weeks. This non-surgical procedure obtains tissue samples to determine whether the abnormality is cancerous. If surgical intervention is required, our team has access to The Surgical Hospital at Southwoods, the tri-county area's only 5-Star rated hospital for clinical outcomes and patient satisfaction.

Every patient with a possible cancer diagnosis can meet with a Southwoods Nurse Navigator, who collaborates with the healthcare team to help establish a treatment plan and explains the plan to patients and their families answering any questions they may have.

Whether you're trying to prevent, detect or treat breast cancer, Southwoods has the resources you need. If it has been over a year since your last mammogram, call 330-965-5100 to schedule your appointment today. If you need a Primary Care Physician, visit SouthwoodsPrimaryCare.com.

MYTHS VS FACTS OF BREAST CANCER

5-10%
MYTH: Breast cancer is an inherited disease.

FACT: Only about 5-10% of breast cancers are believed to be hereditary. The vast majority who get breast cancer have no family history.

weight
MYTH: Maintaining a healthy weight and lifestyle eliminates the risk of breast cancer.

FACT: While those behaviors can help lower the risk, they do not eliminate it.

average age
MYTH: Only middle-aged and older women get breast cancer.

FACT: Although the average age at the time of breast cancer diagnosis is 62, younger women can and do get breast cancer, as do men.

treatment
MYTH: All breast cancer is treated the same way.

FACT: Treatment plans are tailored to each patient's needs and vary greatly depending on the stage, characteristics and location of the cancer.



INTRODUCING HOME HEALTH SERVICES

We all know the best place to recover from an illness, injury or procedure is in the comfort of your own home. It is where you feel safe and comfortable.

For over 25 years, Southwoods Health's focus and mission has been on the needs of the communities it serves. Southwoods continues to expand clinical offerings to ensure patients have access to the important care they need while providing an exceptional patient experience.

Southwoods Health is proud to announce a new service with that same focus in Southwoods Health at Home. Southwoods Health at Home is skilled care delivered directly to you.

OUR GOAL

"Our goal is to provide the community with expert care done the Southwoods Way – offering compassionate support, encouragement and genuine peace of mind for patients and their families right in their own homes," said Ed Muransky, Southwoods Chief Executive Officer. "You do have a choice when it comes to your home health care."

Services are available to anyone who needs them and can be requested by the patients themselves, family members or a physician. You do not have to be in the hospital to request services. Patients at home or those being cared for in an outpatient setting, such as an emergency room or a doctor's office, may also be eligible. Although anyone can make a request, services must be ordered by a physician.

BENEFITS

The Southwoods Health at Home team serves as a single point of contact, collaborating with physicians to establish a course of treatment while guiding you and your family through options and processes.

"Home health services are so very important to the overall continuum of care," explained Muransky. "We are providing care that lets patients safely remain at home – helping them recover faster, with fewer complications."

Treatment plans are tailored to each patient's individual needs and family members are encouraged to be active participants in the planning process, assisting with setting goals and working with staff for the patient's benefit.

Benefits of home health care include:

- Faster recovery from illness or injury
- Improving or maintaining current condition and/or level of function
- Learning proper medication management
- Assessment of current living environment for safety
- Recognizing signs and symptoms, which can reduce avoidable hospital re-admissions and expensive hospital bills
- Understanding how to appropriately manage chronic conditions
- Regaining independence (over time)
- Assistance to follow discharge instructions and/or physician orders

SERVICES

Skilled Nursing Services

Southwoods Health at Home's dedicated, registered nurses educate patients and their families on their condition and teach them how to manage it. They assess the patient's health, monitor vitals, help oversee treatments, administer medications and work directly with physicians, communicating and actively managing patient care together.

Therapy Services

Physical and occupational therapists work to help increase strength and mobility, reduce pain, regain function and restore or improve the ability to perform everyday tasks. Speech therapists are responsible for the assessment and treatment of speech, language, swallowing, cognitive and voice disorders. Therapy may be ordered after joint replacement procedures, neurological conditions, orthopaedic injuries, nerve-related conditions or to improve a patient's balance, flexibility and strength.

- **Physical Therapy.** Physical therapists offer training to prevent falls, perform home safety assessments, and offer assistance with learning to use equipment such as walkers or wheelchairs.
- **Occupational Therapy.** Occupational therapists use treatments to develop, recover or maintain functions of daily living. Their goal is to improve the ability to perform tasks at home.
- **Speech Therapy.** Speech therapists use multiple techniques in their treatment program, to help remedy speaking or swallowing challenges.

Home Health Aides

Home health aides help the patient with basic personal needs, such as bathing, getting out of bed, dressing and ensuring safety in the home.

Social Work Services

Social work services are available related to an illness or injury, if you are receiving skilled care. Services include counseling for social or emotional concerns, and connecting patients and families to community resources to help the patient in their recovery.

ACCREDITED PROGRAM

Southwoods Health at Home is accredited by the Joint Commission, an organization whose recognition shows Southwoods' dedication to patient care meets or exceeds national standards for safety and quality.

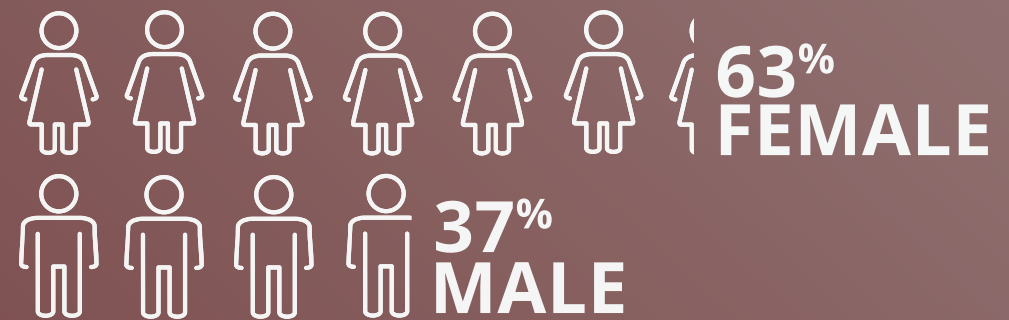
Visit SouthwoodsHealthAtHome.com to learn more.



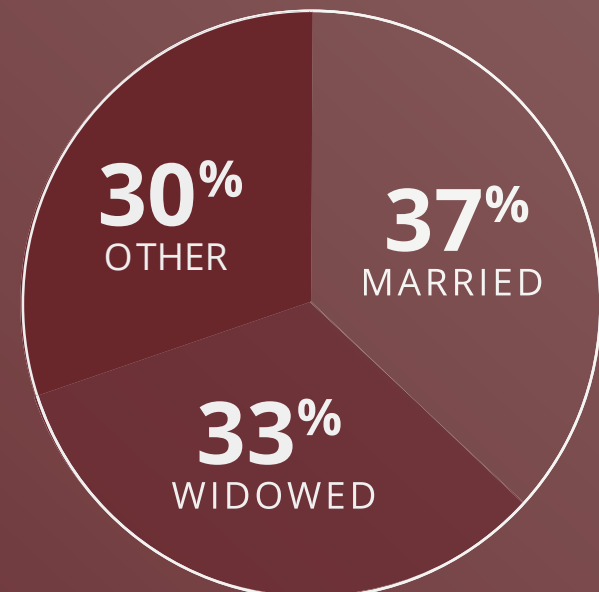
WHO USES

HOME HEALTH CARE?

In 2021, over 15 million people in the U.S. received home health care services.



AGE



WHAT'S GROWING ON AT SOUTHWOODS HEALTH

Southwoods is currently in the
90TH PERCENTILE NATIONALLY

for our cancer detection rate. Utilizing Elastography with Mammography, Southwoods Imaging is able to clearly identify, in most cases, benign versus malignant lesions without subjecting the patient to biopsy.

DR. RICHARD BARR
RADIOLOGIST

SOUTHWOODS HOSTING COMMUNITY HEALTH TALKS

Southwoods Health is hosting another series of Community Health Talks, brought to you by our expert physicians. These free seminars include presentations on our services and the latest treatment options available, followed by an interactive question and answer session.

OCTOBER
Women's Health Topics

NOVEMBER
Preventive Care Information

The events are being held at the Southwoods Executive Centre Auditorium, 100 DeBartolo Place on the Southwoods main campus in Boardman. Light refreshments and snacks will be served.

To register, visit www.SouthwoodsEvents.com or call 330-729-1030.



DID YOU KNOW



In the United States, someone has a heart attack every 40 seconds. Heart disease is the leading cause of death for both men and women in the U.S., but it can be prevented. Making small adjustments to your everyday life can go a long way, and help lower your risk of heart disease and other heart problems.

On average, not smoking, maintaining a healthy weight, and controlling blood sugar, blood pressure and cholesterol can add 10 years to a person's life. Keep this in mind to improve your overall health and keep your heart strong.

Southwoods Cardiology is committed to providing high quality, comprehensive care and works with your primary care physician to ensure that care is coordinated. If you are in need of cardiovascular care and are interested in an evaluation, contact your primary care physician for a referral.

FAST & EASY HEALTHY RECIPE

Sheet Pan Chicken Fajitas is a quick and super-flavorful meal with the easiest clean-up!



INGREDIENTS

- | | |
|---|---|
| ¼ cup taco seasoning | 1 red onion, cut into wedges |
| 1.5 teaspoons salt and freshly ground pepper | 3 garlic cloves, minced |
| 1.5 lbs boneless, skinless chicken breasts, cut into thin strips | 3 tablespoons olive oil |
| 3 medium bell peppers, cut into strips (red, green, yellow and/or orange) | 2 tablespoons freshly squeezed lime juice |
| | ¼ cup chopped fresh cilantro |

DIRECTIONS

Preheat oven to 425 degrees. Coat baking sheet with nonstick spray.

In a small bowl, combine the taco seasoning, salt and pepper.

Place chicken, bell peppers, onion wedges and garlic in a single layer on the baking sheet.

Stir in olive oil and dry ingredient mixture; gently toss to combine. Bake for 20 minutes or until chicken is completely cooked through and the vegetables are crisp-tender.

Stir in lime juice and cilantro.

Serve immediately with warm flour or corn tortillas, lettuce wraps or all by themselves! Add salsa, guacamole, hot sauce or pico de gallo for even more flavor.

PAIN AWARENESS

TREATMENT OPTIONS

September is Pain Awareness Month, a time to promote pain education and raise awareness about issues related to chronic pain. Approximately 50 million Americans suffer from chronic pain that impacts their daily activities and overall quality of life. Fortunately, there are treatment options available that can help alleviate suffering and bring patients relief.

Injections
Depending on the source of your pain, an injection may be the best solution. Types of injection therapy include joint, epidural steroid, trigger point, bursa and facet joint.

Medication Management
When other therapies and injections don't seem to work, medication may be the best option. Medication can play a crucial role in the management of chronic pain, but needs to be monitored closely by a specialist to ensure the correct medication is being administered and that it is working as it should be on the patient.

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



NEW SOUTHWOODS

PHYSICIANS & LOCATIONS



MICHAEL SHULTZ, D.O.
PRIMARY CARE
HEALTHRIDGE CAMPUS • 315 STRUTHERS-LIBERTY ROAD • CAMPBELL
330-750-1333

Dr. Michael Shultz has joined Southwoods' growing network of Primary Care providers. Dr. Shultz received his Medical Degree at Ohio University College of Osteopathic Medicine and completed his residency at Youngstown Osteopathic Hospital. He is board certified in both Family Medicine and Geriatrics.



HEALTHRIDGE CAMPUS

PEDIATRICS • PRIMARY CARE • IMAGING
330-750-1333
315 STRUTHERS-LIBERTY ROAD • CAMPBELL

Southwoods Health's newest location on the Healthridge Campus in Campbell is dedicated to providing the highest quality of care in a timely, compassionate manner. From treating common illnesses and minor injuries to performing annual physicals and managing chronic conditions, the medical team at the Healthridge Campus is here for you.

PEDIATRICS
Whether your child is sick, needs shots or just a check-up, the medical team at the Healthridge Campus offers primary pediatric care for children from birth through adolescence.

PRIMARY CARE
Primary Care Providers are usually the first point of contact for patients – helping treat chronic diseases, diagnose illnesses and manage overall health. The medical professionals at the Healthridge Campus emphasize disease prevention and health promotion.

If you need specialized care, they can refer you to Southwoods' strong network of specialists, as they work hand-in-hand helping develop individualized treatment plans for patients and maintaining continuity of care.

IMAGING SERVICES
Southwoods Imaging now offers digital X-ray in Campbell. These complete digital systems are able to provide clear, sharp, detailed images instantly – assuring a higher quality exam and faster results for patients. A doctor's order is required for this service.

Visit SouthwoodsHealth.com for additional information on Southwoods' 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 *at home*

YOU HAVE A CHOICE

*when it comes to your
Home Health Care*

Visit SouthwoodsHealthAtHome.com to learn more.

