

2020 FALL ISSUE NO.1



**SOUTHWOODS
HEALTH**

THE SOUTHWOODS WAY



“WE ALL HAVE A
‘her’
TO ASK FOR...”

SouthwoodsHealth.com

MAMMOGRAMS SAVE LIVES, ASK FOR HER

The Ask For Her campaign was designed by the Southwoods Center for Breast Health to urge women to get their annual mammogram and raise awareness about early detection. Breast cancer affects all of us, and we hope to inspire everyone to have meaningful conversations and ask questions to help the women we love most.

This year, we want you to continue to Ask For Her. Our hope is by raising these important questions again, we'll encourage even more women to get their preventative screening mammogram. Knowledge is power, and we want to help fight breast cancer by keeping you informed.

We all have a 'her' to ask for – whether it's your mom, wife, sister or friend. Ask for your mom, because she means so much to you. Ask for your wife, because she's too busy taking care of everyone else. Ask for your sister, because she's afraid. Ask for your friend, because it's been three years since her last screening.

You have a choice when it comes to your healthcare, that's why Southwoods offers the most technologically advanced, comprehensive breast health services in the area. Complementing the innovative technology and the world-class amenities you've come to expect from all of our facilities is a specialized network of expert physicians and staff who understand the needs of our patients by focusing on delivering timely, effective care.

The convenience of having these services in one location helps ensure patients' peace of mind. If you need a diagnostic mammogram, our radiologists can read the test immediately and if an abnormality is found, they have the ability to perform additional same-day testing. The Southwoods Center for Breast Health has one goal in mind...to get patients from diagnosis to treatment in days, not weeks.

Simply put, MAMMOGRAMS SAVE LIVES. Call to schedule yours today at 330-965-5100 or visit ASKFORHER.COM for more information.

The Southwoods Center for Breast Health is conveniently located inside Southwoods Imaging at 7623 Market Street in Boardman and offers early morning, evening and Saturday hours.



THE EXPRESS WAY TO HEALTHY LIVING



Now more than ever, good hygiene is critical to our overall health and well-being. Practicing good hygiene minimizes your risk of infection.

The number one way to avoid getting sick and prevent germ spread is proper handwashing. It's the best way to eliminate germs and should be done often: before eating, during and after food preparation, after blowing your nose and after using the restroom. If you don't have access to soap and water, use hand sanitizer while on the go until you are able to wash your hands properly. You should also avoid touching your eyes, mouth and nose with unwashed hands.

If you are feeling ill, avoid contact with others and disinfect surfaces and objects that may be contaminated. It is also important to keep in mind loved ones who are at a higher risk for serious complications from illness. These can include older adults, children and those with weaker immune systems.

Getting your annual flu shot is going to be even more critical this year. The flu can weaken your immune system making a diagnosis of COVID-19 even more dangerous than if you were to be diagnosed with COVID-19 alone.

Whether it's cold and flu season or an unprecedented global pandemic, having access to reliable, trusted healthcare is vital for you and your family. As the season shifts to colder weather and outdoor activities begin to change, you may require after-hours care from a local, trusted source.

Southwoods Express Care has you covered. Our services are available seven days a week with convenient evening and weekend hours.

Southwoods Express Care treats allergies and asthma, insect bites and stings, rashes and skin irritations, and sprains and strains. Other common ailments like minor injuries, earaches, cold, cough, fever, sore throat and sinus or viral infections are also treated.

Patients visiting Southwoods Express Care can anticipate the same compassionate care and quality service expected from every Southwoods facility – and Express Care is a convenient alternative to an emergency room visit offering shorter wait times, a lower average cost per visit and a strong network of referral services.

For more information on Southwoods Express Care, visit SouthwoodsHealth.com.

For life-threatening emergencies, please visit the nearest emergency room or call 911.

HOW TO **STOP** THE SPREAD OF THE FLU



Keep a distance of **AT LEAST SIX FEET** from anyone dealing with flu-like symptoms



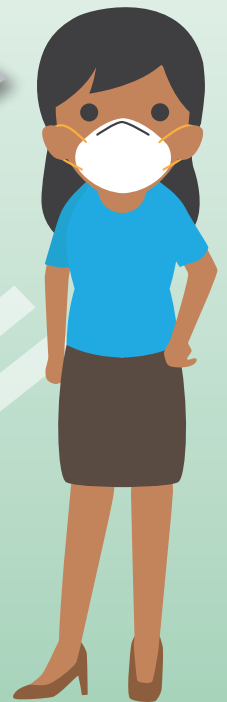
Practice **GOOD HAND HYGIENE** and avoid touching your **NOSE, EYES, AND MOUTH**



Contagiousness occurs most often within **3-4 DAYS OF SYMPTOMS** appearing, but it's also possible to spread as early as a day before symptoms occur



Receive an annual flu shot with the most ideal months being **SEPTEMBER** and **OCTOBER**





SOUTHWOODS HEALTH

Here We Grow Again...

Southwoods Health's dedicated physicians and specialists provide a comprehensive range of health care services conveniently located in offices throughout Mahoning, Trumbull and Columbiana counties. No matter the specialty or location, these physicians follow the Southwoods tradition of commitment to advancing the healthcare needs of the communities we serve, while providing compassionate, personalized care. We have added the following new physicians to our team. Join us in welcoming them to the Southwoods family.



**PETER
ANDREWS, D.O.**

PRIMARY CARE

330-755-3311
47 State Street
Struthers



**KRISTYN
ESSAD, D.O.**

PRIMARY CARE

330-965-4880
7629 Market Street, Suite 100, Boardman
Coming 2021! 225 East State Route 14, Columbiana



**MAGED
AWADALLA, M.D.**

PRIMARY CARE

330-758-7571
725 Boardman-Canfield Road, Unit O
Boardman



**MICHAEL
FRANGOPOULOS, M.D.**

PRIMARY CARE

330-743-4440
821 McCartney Road
Youngstown



**MICHAEL
CILETTI, M.D.**

PRIMARY CARE

330-652-5455
425 Robbins Avenue
Niles



**ANETA
HOMER, M.D.**

PRIMARY CARE

330-314-9140
7000 South Avenue, Suite 2
Boardman



**LUCAS
DAVANZO, M.D.**

PAIN MANAGEMENT

330-385-4610
16687 Saint Clair Avenue, Suite 101
Culcutta



**ADIL
JAFER, M.D.**

PRIMARY CARE

330-314-9170
7641 Market Street, Suite 2
Boardman



**MICHAEL
ENGLE, M.D.**

PHYSICAL MEDICINE & REHABILITATION

330-314-9100
Southwoods Pain & Spine Center
250 DeBartolo Place, Boardman



**MANISH
JOSHI, M.D.**

PRIMARY CARE

330-965-5060
4135 Boardman-Canfield Road, Suite 202
Canfield



SOUTHWOODS HEALTH



PHYSICAL MEDICINE & REHABILITATION

330-314-9100

Southwoods Pain & Spine Center
250 DeBartolo Place, Boardman



GENERAL SURGERY

330-758-3985

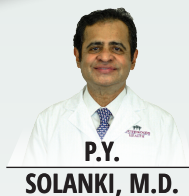
7600 Southern Boulevard, Suite 2
Boardman



PRIMARY CARE

330-726-4500

7067 Tiffany Boulevard, Suite 250, Poland
602 Parmalee Avenue, Suite 400, Youngstown



PRIMARY CARE

330-759-0717

560 Gypsy Lane
Youngstown



ORTHOPAEDIC SURGERY

330-726-9077

Southwoods Pain & Spine Center
250 DeBartolo Place, Boardman



PRIMARY CARE

330-747-8611

602 Parmalee Avenue, Suite 400, Youngstown
7067 Tiffany Boulevard, Suite 250, Poland



PHYSICAL MEDICINE & REHABILITATION

330-314-9100

Southwoods Pain & Spine Center
250 DeBartolo Place, Boardman

Get In. Get Out.
Get Better.



SOUTHWOODS
EXPRESS CARE

BOARDMAN

7629 Market Street, Suite 100
Boardman, Ohio
330-965-4880

CAMPBELL

436 Struthers-Coitsville Road
Campbell, Ohio
Inside the Campbell Community
Literacy Workforce and Cultural Center
330-965-4880



Monday - Friday
8 a.m. to 8 p.m.

Saturday - Sunday
8 a.m. to 2 p.m.

Coming in 2021!

225 East State Route 14 • Columbiana, Ohio



**FLU SHOTS
AVAILABLE**

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



MAMMOGRAMS SAVE LIVES

ASKFORHER.COM

BREAST CANCER UNCONTROLLABLE RISK FACTORS



AGING: risk of breast cancer increases with age with most diagnoses found in women 55+



FAMILY HISTORY: a first-degree female relative (sister, mother, daughter) diagnoses doubles your risk



MENOPAUSE: women who go through menopause after age 55



PERSONAL HISTORY: a previous breast cancer diagnosis, makes you 3-4 times more likely to develop a new cancer in the other breast or a different part of the same breast



MENSTRUAL CYCLE: women who started menstruating younger than age 12

Source: breastcancer.org

BREAST CANCER IN

OHIO

From January through June 2020, breast cancer was the **MOST** diagnosed form of cancer in females

Female breast cancer is the **4TH HIGHEST** cause of cancer death in the state

Only **68%** of women age 45+ were up-to-date on their mammograms in 2018, **32%** were not

Source: <https://cancerstatisticscenter.cancer.org/#!/state/Ohio>



SOUTHWOODS

CENTER FOR BREAST HEALTH

7623 Market Street • Boardman, Ohio

Located inside Southwoods Imaging

330-965-5100

Monday 8 a.m. - 7 p.m.

Tuesday 8 a.m. - 7 p.m.

Wednesday 8 a.m. - 5 p.m.

Thursday 7 a.m. - 5 p.m.

Friday 8 a.m. - 5 p.m.

Saturday 8 a.m. - 12 p.m.



Southwoods Health
7630 Southern Boulevard
Boardman, OH 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.

LEADING THE WAY

All of us at Southwoods Health welcome you to our new quarterly publication, **The Southwoods Way**. In this newsletter you can expect to find timely and useful news and tips, as well as information on how Southwoods is working every day to provide you, as well as all residents of the Mahoning Valley and surrounding communities, with exceptional, technologically-advanced health care options.

When we started Southwoods Health almost 25 years ago, we set out to create a health care system that provided both patient-focused care and cost-effective, efficient medical treatment. Since then, we've been able to expand our services and locations to ensure our community has access to the comprehensive health care they need without traveling to Cleveland or Pittsburgh – while still providing the same first-class patient experience you've come to expect from Southwoods.

We understand you have a choice when it comes to your health care, and the overall patient experience is always our highest priority. After all, at Southwoods, "It's not just about the treatment, but how you're treated."



Ed Muransky, CEO Southwoods Health



What's growing on....



MAMMOGRAMS SAVE LIVES

We are again encouraging our community to raise awareness about the importance of early breast cancer detection. We know Mammograms Save Lives. Learn more about how you can ask for your loved one.

ASK FOR HER: What are some uncontrollable breast cancer risk factors, and where does the state of Ohio rank with breast cancer diagnosis?



THE EXPRESS WAY TO HEALTHY LIVING

Being proactive and practicing good hygiene is crucial to avoid many illnesses. Check out our tips for staying healthy and where to go if you feel sick.

FLU: Flu season will soon be upon us, discover how you can keep yourself and those around you healthy.



EXPRESS CARE LOCATIONS

Southwoods now has two Express Care locations open seven days a week. Find out where else you can go in the near future to Get in. Get out. Get better.



HERE WE GROW AGAIN

We are continually looking to bring new physicians to our facilities providing patients with the best possible care and experience. Meet the new physicians who've joined our team and see how you can schedule an appointment.