



# SOUTHWOODS HEALTH

## UNPARALLELED ORTHOPAEDIC

### EXPERTISE CLOSE TO HOME

We all know someone living with bone, muscle or joint pain impacting their quality of life. With over 200 bones in the human body, orthopaedic issues are related to a variety of conditions, affect people of all ages and can be caused by a specific event or develop over time.

Orthopaedics focuses on the musculoskeletal system – the body's bones, joints, muscles, ligaments and tendons. Due to its complexity, it is important to find an orthopaedic specialist who focuses on the area of the body causing your discomfort ensuring an accurate diagnosis and appropriate treatment. Equally important is finding a specialist backed by a reputable health system providing a full range of services, including advanced diagnostic imaging and surgical techniques.

Southwoods Health is your solution for comprehensive care, making significant investments so patients can receive the most advanced procedures in the Mahoning Valley. From minimally invasive surgeries to total joint replacements, our sub-specialty trained orthopaedic specialists have the expertise to help you feel better. They'll explore non-surgical options first including physical therapy, medications or injections. If surgery is deemed necessary, Southwoods has the resources to offer a wide range of solutions.

- Hip Care – Manage hip conditions utilizing arthroscopic techniques up to total hip replacement. An alternative to traditional hip replacement, anterior approach hip replacement involves a smaller incision, less muscle trauma, faster recovery and less pain.
- Patient Specific Instrumentation – Developed based on the patient's individual anatomy and wear patterns ensuring optimal positioning, bone preservation and maximizing long-term outcomes.
- Regenerative Medicine – Orthobiological products (platelet-rich plasma and stem-cell therapies) are becoming a vital part of the healing process for bones and tissue. Southwoods uses these conservative treatment options to boost healing and reduce inflammation.

Southwoods provides you with the best possible orthopaedic care while working to significantly improve your health and well-being. For more information, visit [SouthwoodsHealthOrtho.com](http://SouthwoodsHealthOrtho.com).

ISSUE NO. 2



General  
Orthopaedics



Sports  
Medicine



Hand and Lower  
Extremity



Hip and Knee  
Replacements



Shoulder  
Reconstruction



Spine



Regenerative  
Medicine



Foot & Ankle

[SOUTHWOODSHEALTH.COM](http://SOUTHWOODSHEALTH.COM)



**SOUTHWOODS**  
**EXPRESS CARE**

**MONDAY - FRIDAY**

8 A.M. TO 8 P.M.

**SATURDAY - SUNDAY**

8 A.M. TO 2 P.M.

7629 MARKET ST., SUITE 100  
BOARDMAN, OHIO

380 STRUTHERS-COITSVILLE RD.  
CAMPBELL, OHIO

330.965.5050

## TIPS FOR SAFER OUTDOOR FUN



### STAY HYDRATED

drink plenty of water



### MAINTAIN SOCIAL DISTANCING (6+ FEET)

avoid crowded areas



### GRADUALLY INCREASE PHYSICAL ACTIVITY

avoid overdoing it



### WEAR A MASK

if you're going to be  
around others and unable  
to be 6+ feet apart



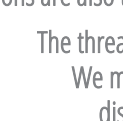
### DEVELOP BETTER SUNSCREEN HABITS

apply SPF (30+) 30 minutes in advance,  
reapplying every couple hours



### LOOKOUT FOR INSECTS & BEES

use mosquito and other  
bug repellants



## THE (EXPRESS) CARE YOU NEED, WHEN YOU NEED IT

With spring just around the corner, many of us are looking forward to sunnier days and nicer weather. Time spent outdoors comes with an increased chance of illness and injury as we take on home improvement projects, participate in sports or garden.

While it's difficult to know when we'll need care for an unexpected health issue, Southwoods Express Care provides convenient access to healthcare seven days a week. Ailments treated include sprains and strains, allergies and asthma, insect bites and stings, ear infections, and rashes and skin irritations. Other common ailments like coughs and colds, sore throat, fever, minor injuries, and sinus or viral infections are also treated.

The threat of COVID-19 exposure is not eliminated even while outdoors.

We must remain diligent to minimize the risk of exposure with social distancing, wearing a mask and washing our hands frequently.

Express Care also offers COVID-19 testing.

Patients visiting Express Care can anticipate the same compassionate care and quality service expected from every Southwoods facility. Our dedicated team of healthcare professionals will meet your individual needs, 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. Patients also have access to Southwoods Imaging, offering the most technologically advanced diagnostic imaging services in the area.

Southwoods currently offers two Express Care locations, in Boardman and Campbell, no appointment necessary. For more information visit [SouthwoodsExpressCare.com](https://SouthwoodsExpressCare.com) or call 330-965-5050.

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

# PICTURE PERFECT, ADVANCED IMAGING SERVICES

Advanced diagnostic imaging assumes a critical role in the diagnosis and treatment of a range of health issues which is why Southwoods has invested in the latest technology to deliver fast, accurate results.

Southwoods Imaging offers everything you need for complete diagnostic imaging in one, convenient location. Services include MRI, CT, PET/CT, Nuclear Medicine, Ultrasound, Diagnostic X-ray, Digital Mammography and DEXA. The facility offers two 3T MRIs, the strongest in the area at more than double the strength of many other local MRI units. With higher quality images, precise anatomic detail and faster scan times, Southwoods offers more accurate diagnoses.

When it comes to breast health, the best prevention is early detection. If you or a loved one is in need of a mammogram, the Center for Breast Health offers a calm, spa-like environment. Complementing the world-class amenities and innovative technology is a specialized network of expert physicians and staff who are focused on delivering timely and effective care. From Digital Mammography to Tomosynthesis (3-D Mammography) to Minimally Invasive Breast Biopsy, our staff is specially-trained to walk patients through the process from testing to diagnosis to treatment.

You have a choice when it comes to your healthcare, and the choice is clear as Southwoods offers the most advanced imaging services. While some insurance providers may try to guide patients, they cannot completely dictate your choice. We know the importance of keeping patients well-informed and aware of their options. The truth is, not all imaging equipment is created equal. There are various levels of imaging strength and new technological advancements which provide more highly detailed results allowing for a more accurate diagnosis.

Southwoods Imaging, located at 7623 Market Street in Boardman, offers convenient morning, evening and Saturday hours. Visit [SouthwoodsImaging.com](http://SouthwoodsImaging.com) for more information or call 330-965-5100.



## OUR NEW DOCTORS

Southwoods Health's growing network of physicians and specialists provide a comprehensive range of services. These physicians follow the Southwoods tradition of commitment to advancing the healthcare needs of the communities we serve. Join us in welcoming these new physicians to the Southwoods family.



**SCOTT AGNEW, M.D.**  
PRIMARY CARE • FAMILY MEDICINE  
901 Trailwood Drive • Boardman  
330-726-3000



**NECKLALL KHOOBLALL, M.D.**  
PRIMARY CARE • INTERNAL MEDICINE  
253 S Canfield-Niles Road • Austintown  
330-792-9630



**PAUL LESNOSKI, D.O.**  
PRIMARY CARE • FAMILY MEDICINE  
901 Trailwood Drive • Boardman  
330-726-3000



**ANDREW LOCKSHAW, III, D.O.**  
PRIMARY CARE • FAMILY MEDICINE  
296 E Manor Avenue • Struthers  
330-755-3233



**DAVID LOCKSHAW, D.O.**  
PRIMARY CARE • FAMILY MEDICINE  
296 E Manor Avenue • Struthers  
330-755-3233



**MICHAEL MALMER, D.O.**  
PRIMARY CARE • INTERNAL MEDICINE  
821 McCartney Road • Youngstown  
330-743-4440



**J. ANDREW MARAKAS, M.D.**  
PRIMARY CARE • INTERNAL MEDICINE  
901 Trailwood Drive • Boardman  
330-726-3000



**JESSICA REITER, D.O.**  
PRIMARY CARE • INTERNAL MEDICINE  
1450 S Canfield-Niles Road • Austintown  
330-799-8752

Visit [SouthwoodsHealth.com](http://SouthwoodsHealth.com) for a complete listing of physicians in the Southwoods network.



## 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](http://SouthwoodsHealth.com)

[info@SouthwoodsHealth.com](mailto:info@SouthwoodsHealth.com)



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

LEADING THE WAY



When The Surgical Hospital at Southwoods opened in 1996, we had no idea of the growth and development that would occur over the next 25 years. Originally created as an outpatient surgery center, we've transformed into a network of providers and healthcare facilities all working to deliver

the best healthcare in the Valley.

While we understood our services had to have excellent quality and produce great outcomes, our pursuit of perfection didn't stop there. We devoted significant time understanding how patients wanted to be treated, and we infuse genuine care and compassion into everything we do to create a patient experience beyond compare.

Moving forward, we will continue to focus on the community's healthcare needs while expanding our services and locations. We know you have a choice when it comes to your healthcare, and we are proud Mahoning Valley residents have chosen Southwoods for 25 years.

  
Ed Muransky, CEO Southwoods Health



**SOUTHWOODS**  
**HEALTH**