



# SOUTHWOODS HEALTH

COMMUNITY MAGAZINE | ISSUE 4



OCTOBER IS BREAST CANCER AWARENESS MONTH  
**MAMMOGRAMS SAVE LIVES**

SEE PAGE 4 FOR MORE INFORMATION



LEADING THE WAY



Celebrating our 25th Anniversary this year gave me time to reflect on the amazing changes and growth Southwoods has experienced. We started in 1996 as an outpatient surgery center with only seven procedure rooms, and have grown into a network of providers and facilities all working to deliver the best healthcare in the Valley.

We now offer inpatient, outpatient and robotic-assisted surgery at the Surgical Hospital, the most technologically advanced diagnostic imaging services in the area at Southwoods Imaging, comprehensive treatment for pain relief at the Pain & Spine Center, and a growing physician network offering everything from compassionate primary care to advanced spine surgery.

As we open our third Express Care location in Columbiana, we will continue to serve the growing needs of our communities by focusing on the development of additional service lines, Primary Care offices and Express Care locations for easier access to the healthcare you need.

The patient experience is truly what sets us apart. From the very beginning, I've encouraged our staff to treat every patient like their favorite family member. We've been putting you first for the last 25 years and we'll continue to do so for the next 25. Because at Southwoods, it's not just about the treatment but how you're treated.

Ed Muransky, CEO Southwoods Health

GET IN.  
GET OUT.  
GET BETTER.

[SouthwoodsExpressCare.com](https://SouthwoodsExpressCare.com)



**SOUTHWOODS**  
**EXPRESS CARE**



MONDAY - FRIDAY

8 A.M. TO 8 P.M.

SATURDAY - SUNDAY

8 A.M. TO 2 P.M.

330.965.5050

SouthwoodsExpressCare.com

BOARDMAN

7629 MARKET STREET, SUITE 100

CAMPBELL

380 STRUTHERS-COITSVILLE ROAD

**NEW LOCATION!**

**COLUMBIANA**

225 EAST STATE ROUTE 14

## NEW LOCATION IN COLUMBIANA

### SAME COMPASSION, QUALITY & CONVENIENCE

Over the past 18 months, the healthcare landscape has evolved to meet the changing needs introduced by the pandemic. While masks helped reduce the number of people suffering from the typical coughs, colds and flu, these illnesses are still prevalent and expected to return to prominence as people begin to gather again.

Southwoods Health offers Express Care services in Boardman, Campbell and our newest location in Columbiana. Patients at Express Care can walk-in without an appointment, expect shorter wait times and lower costs than emergency room visits, and have access to a network of physicians with priority referrals to other Southwoods specialty care services, if needed.

"We know health issues can arise anytime, anywhere – especially as kids are returning to school and extracurricular activities," said Ed Muransky, Southwoods CEO. "We're excited to open our Columbiana location and bring Southwoods' compassionate, quality, convenient care to that community."

Southwoods Express Care provides fast, easy access to medical care that is non-urgent but still requires immediate attention. Patients can be treated for allergies, asthma, sinus infections, sore throats, ear infections, sprains, strains, viral infections, rashes, skin irritations, and more. Flu shots are available and the CDC recommends vaccinations early in the fall. COVID-19 testing is also available.

Southwoods Express Care locations are open seven days a week with convenient morning, evening and weekend hours. Visit SouthwoodsExpressCare.com or call 330-965-5050 for more information.

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

## TIPS FOR A SAFE, HEALTHY FALL



### ANNUAL CHECK-UPS

early detection is the best prevention



### WASH HANDS OFTEN

before eating and drinking and as soon as you return home



### FLU SHOT

the flu vaccine is the best way to protect against flu



### REST

get at least 7 hours of sleep per night



### DRINK WATER

substitute water for sugary or alcoholic drinks



### WEAR SUNSCREEN

important no matter the season to wear at least SPF 15



### EXERCISE

adults need at least 150 minutes of aerobic activity each week



### EAT HEALTHY

enjoy fruits and veggies currently in season







## OCTOBER IS BREAST CANCER AWARENESS MONTH

### MAMMOGRAMS SAVE LIVES, ONE OF THEM MAY BE YOURS

The COVID-19 pandemic resulted in elective procedures and routine screenings being put on hold for several months during 2020, leading many women to postpone their annual mammogram. Because October is Breast Cancer Awareness month, it's important to remember regular medical screenings are the most effective way to detect various forms of cancer early in their development. Early detection is the best form of protection. In early stages, treatment is likely to be most effective and recovery is a more probable outcome.

"From the very beginning, the Southwoods Center for Breast Health has been determined to reduce a patient's wait time. If there's an abnormality, why should someone have to wait weeks for another appointment or a more definitive diagnosis?" questioned Ed Muransky, Chief Executive Officer of Southwoods Health. "If that's my wife, mother, or daughter, I want to know immediately if there is an issue and what the next steps are to treat it. Every patient deserves to know if they are in need of additional testing or treatment as soon as possible."

According to the American Cancer Society, more than half a million breast cancer deaths have been prevented in the United States since 1989 thanks to mammography and improvements in treatment. Simply put, mammograms save lives.

The Southwoods Center for Breast Health offers the most technologically advanced, comprehensive breast health services in the area. Used for all screening mammograms, digital mammography produces high-resolution, electronic images that can be enhanced to provide sharper images. Tomosynthesis (3D mammography) is an advanced screening option using three-dimensional imaging. This provides physicians the opportunity to pinpoint location, shape, and size of an abnormality with more accuracy and clearer details.

Breast MRI uses radio waves and strong magnets to create detailed pictures of the breast. Instead of using radiation, Breast MRI is utilized in those who may be at a higher risk and meet specific criteria. Breast Ultrasound uses high-frequency waves to generate images including any possible tumors. Breast Elastography is used to assist in detecting whether an abnormality is malignant (cancerous) or benign (non-cancerous) without the use of radiation.

If an abnormality is detected, a minimally invasive breast biopsy may be recommended. This non-surgical, outpatient procedure can be performed the same day the abnormality is found and is used to obtain tissue samples to determine whether the abnormality is cancerous – helping to get patients from diagnosis to treatment in days, not weeks.

Southwoods also offers patients a Nurse Navigator program. These Navigators collaborate with the healthcare team to establish a course of treatment while guiding patients and their families through options and processes. They serve as a single point of contact, offering support and encouragement. Southwoods' patient-focused care ensures no patient feels as if they are going through their fight alone.

If it's been over 12 months since your mammogram, now is the time to schedule. Mammograms save lives, and one of them may be yours. With convenient morning, evening and weekend hours, Southwoods Center for Breast Health can accommodate any schedule in their relaxing, spa-like atmosphere.

Call 330-965-5100 to schedule your mammogram today. The Southwoods Center for Breast Health is located inside Southwoods Imaging at 7623 Market Street in Boardman.

WHAT MAKES THE  
**SOUTHWOODS CENTER  
FOR BREAST HEALTH**  
DIFFERENT?

**BREAST MRI**

Has a higher cancer detection rate  
than mammography alone

SOUTHWOODS' TWO 3T MRIs ARE THE  
STRONGEST AVAILABLE IN MEDICINE TODAY

**BREAST ULTRASOUND  
AND ELASTOGRAPHY**

Can help differentiate between malignant and  
benign tissues without the use of radiation

National Average of time spent from  
Breast Cancer diagnosis to definitive treatment  
plan is 4 weeks. At Southwoods, patients  
go from diagnosis to treatment  
**IN DAYS, NOT WEEKS**

**COMPASSIONATE  
NURSE NAVIGATORS**

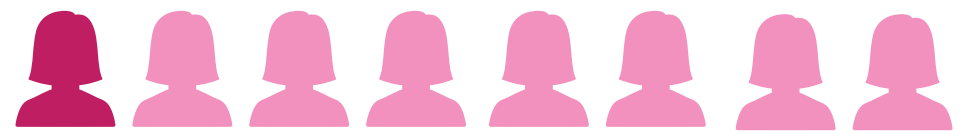
Nurse Navigators help guide patients through  
the emotional and physical journey  
of cancer diagnosis and treatment

**FACTS & STATS**



**20 MINUTES**

LENGTH OF AN  
AVERAGE  
MAMMOGRAM



**1 IN 8 WOMEN** WILL BE  
DIAGNOSED  
WITH **BREAST CANCER** IN THEIR **LIFETIME**

WHILE SELF AND CLINICAL **BREAST EXAMS**  
ARE IMPORTANT, THEY SHOULD NOT  
REPLACE **ANNUAL MAMMOGRAMS**

**PHYSICAL ACTIVITY CAN LOWER  
YOUR BREAST CANCER RISK BY**

**10-20%**



DRINKING 2-3 **ALCOHOLIC  
DRINKS/DAY** INCREASES  
BREAST CANCER RISK BY **20%**

*cancer.org*





**SOUTHWOODS**  
PAIN & SPINE CENTER

# FIND YOUR STRENGTH

[SouthwoodsPainandSpine.com](http://SouthwoodsPainandSpine.com)



**SOUTHWOODS**  
HEALTH

# EXPERT ORTHOPAEDIC CARE

[SouthwoodsHealthOrtho.com](http://SouthwoodsHealthOrtho.com)

# COMPREHENSIVE CARE

## PAIN, SPINE & ORTHOPAEDICS

We all know someone living with muscle, joint or chronic pain that impacts their quality of life. Understanding more about the underlying causes of pain can be key in finding the right treatment to alleviate suffering. Southwoods Health has made significant investments in the Mahoning Valley, dedicated to finding effective results that reduce or eliminate pain altogether.

### SOUTHWOODS PAIN & SPINE CENTER

If chronic pain does not directly affect you, chances are it affects someone you know. One in five adults in the United States experience chronic pain. Research focuses on learning more about the causes of chronic pain, what treatments work best and how it can be prevented.

At the Southwoods Pain & Spine Center, patients have access to the latest therapeutics and techniques targeted at the identified source of pain with the goal of achieving long-term improvement. Patients who do not receive the desired level of relief through more conservative measures, are offered alternative treatment options without having to leave the building. This means patients receive care that is timely and effective in delivering results that reduce or eliminate pain altogether.

Southwoods places great importance on providing access to the region's most comprehensive team of specialists and advanced practice providers, so you can find comfort in knowing you do not have to suffer through pain alone. Same day/next day appointments are available. Call 330-314-9100 to schedule an appointment today or visit [SouthwoodsPainandSpine.com](http://SouthwoodsPainandSpine.com) for more information.

### SOUTHWOODS ORTHOPAEDICS

Our joints bear a heavy burden, providing flexibility to the skeletal system and allowing our bodies movement. With so much work to do, it's common to feel pain and discomfort especially as we age. Joint pain can prevent you from enjoying your favorite activities and even take away your ability to perform simple daily tasks.

Southwoods' sub-specialty trained orthopaedic specialists have the expertise to help you feel better. Non-surgical options are looked at first, and if surgery is deemed necessary Southwoods has the resources to offer a wide range of solutions, including:

- Anterior Approach Hip Replacement – An alternative to traditional hip replacement offering patients a smaller incision, less muscle trauma, faster recovery and less pain.
- Patient Specific Instrumentation – Based on a patient's individual anatomy and wear patterns ensuring optimal positioning, bone preservation and maximizing long-term outcomes.
- Regenerative Medicine – Conservative treatment option using orthobiological products (platelet-rich plasma and stem cell therapies) to boost healing and reduce inflammation.

From minimally invasive surgeries to total joint replacements, Southwoods Orthopaedics offers the most-advanced techniques and procedures to reduce your pain and improve your quality of life. Don't let joint pain slow you down. For more information, visit [SouthwoodsHealthOrtho.com](http://SouthwoodsHealthOrtho.com).

## MEET OUR NEW SOUTHWOODS PHYSICIANS



### CHAD COCHRAN, D.O.

SPORTS MEDICINE  
330-747-2700  
1335 BELMONT AVENUE • YOUNGSTOWN  
SOUTHWOODS PAIN & SPINE CENTER, 250 DEBARTOLO PLACE • BOARDMAN

Dr. Chad Cochran is a Sports Medicine Physician, providing area patients with non-surgical options for sports-related injuries. He received his Master's in Kinesiology at A.T. Still University in Mesa, Arizona, and is fellowship trained in Primary Care Sports Medicine from Summa Health System in Akron. Dr. Cochran is board certified in both Family Medicine and Sports Medicine.



### BRANDON DESSECKER, M.D.

GENERAL SURGERY, ENDOSCOPY & BARIATRIC SURGERY  
330-758-3985  
7600 SOUTHERN BOULEVARD, SUITE 2 • BOARDMAN

Dr. Brandon Dessecker joins Southwoods' highly-trained, experienced team of surgeons, performing a variety of procedures while specializing in minimally invasive general surgery, endoscopy and bariatric surgery. He received his Medical Degree at NEOMED and completed his residency through Western Reserve Health Education. Dr. Dessecker is board certified in General Surgery and fellowship trained in Advanced GI Minimally Invasive and Bariatric Surgery.



### JAMES ENYEART, M.D.

PRIMARY CARE  
330-545-6299  
121 E. LIBERTY STREET • GIRARD

Dr. James Enyeart is the latest addition to Southwoods' growing primary care network. Dr. Enyeart is board certified in both Family Medicine and Geriatric Medicine. He received his Bachelor of Science from the University of Notre Dame, his doctorate at the Medical College of Ohio at Toledo and completed his residency at Mercy Health St. Elizabeth Hospital. Dr. Enyeart specializes in geriatric medicine, serving the Mahoning Valley's aging population.



### MAGDY ISKANDER, M.D., MPH

RHEUMATOLOGY  
330-759-8712  
SOUTHWOODS PAIN & SPINE CENTER, 250 DEBARTOLO PLACE • BOARDMAN

Dr. Magdy Iskander is a board certified Rheumatologist. He completed his residency at Mercy Health St. Elizabeth Hospital and is fellowship trained in Rheumatology from Metro Health Medical Center in Cleveland. Dr. Iskander joins Dr. Ralph Rothenberg at the Southwoods Pain & Spine Center, providing much-needed rheumatology services to area patients.



### MICHAEL SHUMAKER, D.O.

ORTHOPAEDIC SPINE SURGERY  
330-965-5270  
SOUTHWOODS PAIN & SPINE CENTER, 250 DEBARTOLO PLACE • BOARDMAN

Dr. Michael Shumaker is joining Southwoods' comprehensive, expert team at the Southwoods Pain & Spine Center. He received his Bachelor of Science from Duquesne University, his Medical Degree from Lake Erie College of Osteopathic Medicine and completed his residency at Mercy Health St. Elizabeth Hospital. Dr. Shumaker is fellowship trained in spine surgery from SUNY Upstate Medical University in Syracuse, NY.

Visit [SouthwoodsHealth.com](http://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](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.



# MAMMOGRAMS SAVE LIVES

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



## SOUTHWOODS

CENTER FOR BREAST HEALTH

The Southwoods Center for Breast Health is urging women to schedule their mammogram and want you to remember that early detection is the best form of protection. Mammograms save lives – and one of them could be yours.

**Visit [SouthwoodsHealth.com](http://SouthwoodsHealth.com) for more information.**