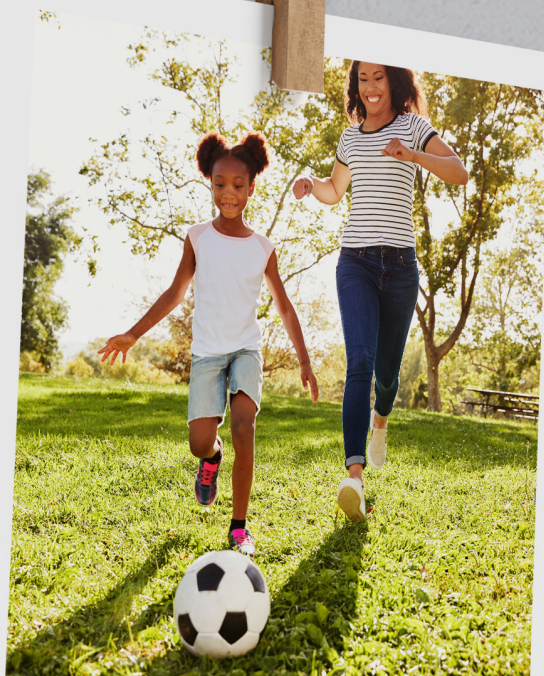


**SOUTHWOODS  
HEALTH**

COMMUNITY MAGAZINE | ISSUE 8

# MAMMOGRAMS SAVE



SOCCER GAMES



SUNDAY DINNERS



GRADUATIONS



BIRTHDAYS



LIVES

## IMPORTANT MOMENTS

OCTOBER IS  
**BREAST CANCER  
AWARENESS MONTH**

SEE PAGE 6 FOR MORE INFORMATION



LEADING THE WAY



It's hard to believe fall is here and 2023 will soon end. We've had another busy year at Southwoods, expanding our physician network and available services, all while providing the same compassionate care you've come to expect from us.

We added 17 new physicians to our growing network, and opened a new location in Howland as well as two new centers on our main campus in Boardman. At the Center for Digestive Health & General Surgery, patients have the benefit of seeing our gastrointestinal (GI) specialists and surgeons at one convenient location, making it easier to schedule appointments and procedures.

And the Center for Comprehensive Weight Management & Bariatric Surgery was created to help those struggling with obesity and weight loss. Our society has reached a pivotal moment for obesity care, as 42% of adults in the U.S. are obese and research is showing over half of the world's population will be obese or overweight within the next 12 years.

Additionally, the Surgical Hospital was awarded a 5-star quality rating by the Centers for Medicare and Medicaid Services (CMS) for the eighth year in a row. This recognition places Southwoods in the top percentile nationally and makes us the only hospital in the Mahoning Valley to earn this rating. I am honored and so very proud of our staff, whose hard work and dedication to providing our patients the best care possible is unmatched.

Whether we're planning our next new service, scheduling appointments or seeing patients in office, our staff has contributed to another amazing year at Southwoods. Because no matter which location, service or physician you see, it's not just about the treatment but how you're treated.

  
Ed Muransky, CEO Southwoods Health



**SOUTHWOODS**  
**HEALTH**

# START YOUR **WEIGHT LOSS** **JOURNEY** *Today*

To learn more about the Center for Comprehensive Weight Management & Bariatric Surgery, visit [SouthwoodsWeightLoss.com](https://SouthwoodsWeightLoss.com).



CENTER FOR  
**COMPREHENSIVE  
WEIGHT  
MANAGEMENT  
& BARIATRIC SURGERY**

☎ 330-729-1033

📍 250 DeBartolo Place, Suite 1200  
Boardman, Ohio

🌐 SouthwoodsWeightLoss.com



## YOUR WEIGHT LOSS JOURNEY STARTS HERE

According to the Centers for Disease Control and Prevention, about 42% of American adults are obese. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancers, which are among the leading causes of preventable death.

Southwoods Health has developed a comprehensive program to help combat obesity through medical and surgical weight loss solutions. The team at the Center for Comprehensive Weight Management & Bariatric Surgery focuses on providing personalized care through a multidisciplinary approach that provides patients a path to a healthier future.

### Medical Management

Physicians board certified in obesity medicine develop specifically tailored plans that address each patient's needs. These specialists are experts in non-surgical sustained weight loss and offer the following treatment options:

- Medical Nutrition Therapy
- Medication Management
- Physical Therapy
- Lifestyle Consultations

### Surgical Options

Patients who cannot achieve their individual goals through medical management can be evaluated for surgical options. All patients choosing surgery undergo a pre-surgical psychological evaluation and multiple medical nutritional therapy consultations to ensure the best possible outcome. If surgery is determined to be the best course of treatment, patients are scheduled with a fellowship trained bariatric surgeon.

### Compassionate Nurse Navigator

With a long history of helping patients on their emotional and physical journey with obesity, our dedicated nurse navigator is the single point of contact for both patients and physicians, and is available to:

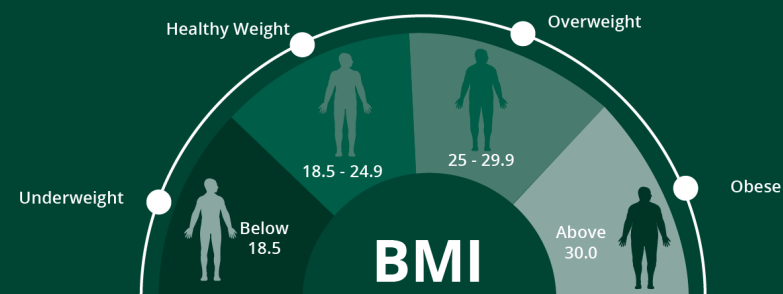
- Educate and guide patients so they understand their treatment options and make informed decisions
- Coordinate treatment plans with the medical team
- Offer support and encouragement to patients and families

### Nutrition Services

A registered dietitian completes this care team and plays an important role in each patient's journey, providing comprehensive nutrition services including clinical assessments, education on disease prevention and healthy eating habits, and individualized counseling.

Our goal is for patients to live longer, healthier lives. To start your weight loss journey, call 330-729-1033 today.

## WHAT IS BODY MASS INDEX



### BODY MASS INDEX (BMI)

is a health metric used to gauge a person's weight category by calculating body fat relative to height and weight.



$$BMI = \left( \frac{WEIGHT \text{ (POUNDS)}}{HEIGHT^2 \text{ (INCHES)}} \right) \times 703$$



EXAMPLE  
Height: 5'9"

Weight Range	BMI	Weight Status
< 124 lbs	< 18.5	Underweight
125 - 168 lbs	18.5 - 24.9	Healthy
169 - 202 lbs	25.0 - 24.9	Overweight
> 203 lbs	< 30	Obese

### LOWERING YOUR BMI

You can reduce your body weight with physical activity and healthy diet changes. So get active!

**GO FOR  
A WALK**



30 Minutes  
or 3,000 - 5,000  
steps a day





## CENTER FOR **DIGESTIVE HEALTH & GENERAL SURGERY**

☎ 330-729-8200

📍 250 DeBartolo Place, Suite 3000  
Boardman, Ohio

🌐 [SouthwoodsHealth.com](https://SouthwoodsHealth.com)

## COMPLETE CARE FOR **DIGESTIVE HEALTH & GENERAL SURGERY**

Around 65 million Americans suffer from some type of digestive issue that can affect and disrupt their daily life. Digestive health affects both physical and mental health – and can impact a person's ability to leave their home, earn a living, spend time with family and friends, and more. It is the foundation of our overall health and well-being. From heartburn to bloating to constipation, the food and liquids we consume have a great impact on our overall health.

The intricate system that makes up the digestive tract begins with the mouth, moves on to the esophagus, stomach, small and large intestines, pancreas, liver, gallbladder, colon, rectum and ends at the anus. The food we eat travels throughout this system to become the nutrients and energy our bodies need. Because this is a major system affecting multiple organs, finding the root of any pain and discomfort can be challenging.

This is why Southwoods Health developed the Center for Digestive Health & General Surgery, to bring gastrointestinal (GI) specialists and surgeons together so patients don't have to travel to several locations searching for answers. This expert team works together to determine the cause of your discomfort, provide a definitive diagnosis and develop a plan to bring you long-term improvement.

**"The team we've assembled at the Center for Digestive Health & General Surgery has been carefully selected to meet the needs of our community,"**  
said Ed Muransky, Southwoods Health CEO.

**"Digestive issues are at the root of so many health problems for so many people.  
WE WANT PATIENTS TO COME IN, EXPLAIN THEIR ISSUE, RECEIVE A  
DIAGNOSIS AND BEGIN TREATMENT – ALL IN ONE LOCATION."**

Our specialists focus on the prevention, detection and treatment of common digestive disorders, including irritable bowel syndrome, diverticular disease, GERD, constipation, diarrhea and disorders of the pancreas and liver. If your condition requires procedural or surgical intervention, our team performs procedures from GI endoscopy through today's most advanced robotic surgery for digestive disorders.

Outside of the digestive tract, our highly trained general surgeons are able to handle all of your surgical needs including gallbladder surgery, hernias, thyroid surgery, breast biopsy, lumpectomy and mastectomy.

And since this is all part of the Southwoods Health network, patients have priority access to world-class, diagnostic testing at Southwoods Imaging and the cutting edge technology at The Surgical Hospital at Southwoods, the region's only CMS Five-Star rated hospital for clinical outcomes and patient satisfaction.

Together, our team at the Center for Digestive Health & General Surgery offers both medical and surgical intervention to help relieve your symptoms. Call 330-729-8200 to schedule an appointment today!



# MEET OUR

## SPECIALISTS

**BRANDON DESSECKER, M.D.**  
GENERAL & BARIATRIC SURGERY

**DAVID DUNCH, M.D.**  
COLORECTAL SURGERY

**STEPHEN EVAN, M.D., FACS**  
GENERAL SURGERY

**JOSHUA GADY, M.D.**  
GENERAL SURGERY

**THOMAS GEISLER, D.O.**  
GASTROENTEROLOGY

**IBRAHIM HADDAD, M.D., FAAP**  
PEDIATRIC GASTROENTEROLOGY

**LOUIS LYRAS, M.D.**  
GENERAL SURGERY

**RICHARD MARINA, M.D.**  
GASTROENTEROLOGY

**IGOR MILOSEVIC, M.D.**  
GENERAL SURGERY

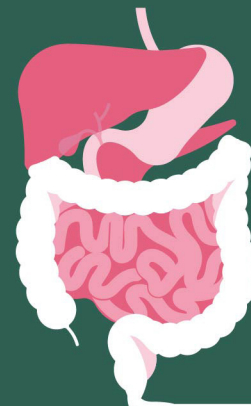
**J. KYLE PHILLIPS, M.D., FACS**  
GENERAL SURGERY

**JONATHAN PULIDO, M.D., FACS**  
GENERAL SURGERY

**JAMES SMITH, M.D., FACS**  
GENERAL SURGERY

**JOHN SMITH, M.D.**  
GASTROENTEROLOGY

**SAYED YOSSEF, M.D.**  
GASTROENTEROLOGY



## HOW TO IMPROVE YOUR DIGESTIVE HEALTH

### AVOID FOODS THAT BOTHER YOU



- You don't need a diagnosed allergy to a food for it to cause issues
- Food intolerances are becoming more common with foods including gluten, dairy, etc.

### MAINTAIN A HEALTHY LIFESTYLE

- Eat a diet rich in fiber, fruits and vegetables
- Drink plenty of water
- Exercise regularly
- Maintain a healthy weight



### CONSIDER PROBIOTICS AND PREBIOTICS TO FIND RELIEF



- Probiotics are healthy bacteria that keep bad bacteria in check
- Prebiotics are a form of dietary fiber that feed the healthy bacteria in your gut

### MONITOR BOWEL PATTERN CHANGES

- A sudden change in bowel habits can be an indicator of a larger issue



### GET ENOUGH SLEEP



- Sleep deprivation may lead to inflammation in the bowel, which can cause gastrointestinal symptoms

### REDUCE STRESS

- Long-term stress negatively affects your overall health and is linked to diarrhea, constipation, IBS and ulcers. Managing your stress can benefit digestion.





# WHAT'S GROWING ON AT SOUTHWOODS HEALTH

“Clinical trials play such an important role in the detection and treatment of breast cancer. We've developed techniques during our trials that are now being used worldwide, and if we are able **TO HELP JUST ONE ADDITIONAL PATIENT WE KNOW WE'VE MADE A DIFFERENCE.**”

**DR. RICHARD BARR**  
RADIOLOGIST

## WAYS TO REDUCE YOUR RISK OF BREAST CANCER

Every October, the nation comes together for Breast Cancer Awareness Month, using it as a time for awareness and education as well as an opportunity to honor those who have fought the disease. While the focus is on awareness and support for those affected by breast cancer, it is also a time to discuss early detection and ways you can reduce your risk of developing it. Breast cancer is the most common cancer among women worldwide, but there are steps you can take to lower your risk:

Maintain a Healthy Weight  
Limit Alcohol Consumption  
Eat a Healthy Diet  
Be Physically Active  
Get Regular Screenings

Visit [www.southwoodshealth.com/blog](http://www.southwoodshealth.com/blog) to learn more about the ways you can help reduce your risk of breast cancer.



## DID YOU KNOW

# 1 IN 8...

...women in the U.S. will be diagnosed with breast cancer in her lifetime. That means one out of every eight females we know – our wives, mothers, sisters and friends – could be at risk.

According to the American Cancer Society, breast cancer is the second leading cause of cancer death in women (only lung cancer kills more women each year). Mammograms often find or detect breast cancer early and early detection allows for early treatment, leading to more positive outcomes.

Mammograms save lives. Call 330-965-5100 to schedule yours today! The Center for Breast Health is located inside Southwoods Imaging at 7623 Market Street in Boardman, and offers convenient evening and weekend hours.

## HEALTHY RECIPE FOR BREAST CANCER PATIENTS

Eating a balanced diet is particularly important when you have a serious disease like breast cancer. If you're going through treatments, it might be hard to eat the way you typically do but getting adequate nutrients can boost energy levels and help your body heal. This classic chicken rice soup is easy to digest and comforting with mild flavors.



### INGREDIENTS

1 tablespoon oil	1 teaspoon salt
1 onion minced	1/8 teaspoon black pepper
3 large carrots peeled and diced	5 cups low sodium chicken broth
1 stalk celery diced	2 boneless, skinless chicken breasts uncooked
1 teaspoon garlic minced	1 cup brown rice
1 teaspoon dried parsley	1 cup evaporated milk
1/2 teaspoon dried thyme	

### DIRECTIONS

In a large soup pot, heat oil over medium-high heat. Add onion, carrots and celery and cook and stir for 3-4 minutes, until onion begins to turn golden. Add garlic, parsley and thyme and cook for 1 minute. Add salt and pepper, broth, chicken and rice. Stir and bring to a boil over medium-high heat. Reduce heat to medium-low (simmer) then cover and cook for 30 minutes, stirring every 10 minutes or until vegetables and rice are tender. Remove chicken from pot and shred. Add back to the pot with evaporated milk and stir. Soup is ready to serve!

# NEW SOUTHWOODS PHYSICIANS & LOCATIONS

**TYLER AMES, M.D.**

ORTHOPAEDIC SURGERY

1335 BELMONT AVENUE • YOUNGSTOWN

9371 E. MARKET STREET, SUITE 2 • HOWLAND

330-747-2700

Dr. Tyler Ames has joined Southwoods' team of sub-specialty trained orthopaedic surgeons. He graduated from the Ohio State University College of Medicine, completed his residency at the University of Cincinnati Medical Center and is fellowship trained in Adult Reconstruction Surgery.

**STEPHEN EVAN, M.D., FACS**

GENERAL SURGERY

250 DEBARTOLO PLACE, SUITE 3000 • BOARDMAN

330-729-8200

Dr. Stephen Evan has joined Southwoods Health's expert team of general surgeons. He received his Medical Degree from The Ohio State University College of Medicine, completed his residency through St. Luke's Medical Center in Cleveland and is board certified in General Surgery.

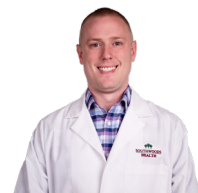
**JOSHUA GADY, M.D.**

GENERAL SURGERY

250 DEBARTOLO PLACE, SUITE 3000 • BOARDMAN

330-729-8200

Dr. Joshua Gady is also part of the world-class general surgery team at Southwoods. He received his Medical Degree from Brown University School of Medicine and completed his residency through University Hospitals of Cleveland. Dr. Gady is board certified in General Surgery.

**ZACHARY GEIGER, D.O.**

EAR, NOSE &amp; THROAT | HEAD &amp; NECK SURGERY

7620 SOUTHERN BLVD., SUITE 1 • BOARDMAN

330-629-2144

Dr. Zachary Geiger is an Ear, Nose & Throat specialist. He attended Des Moines University College of Osteopathic Medicine for his medical degree and completed his residency in Otolaryngology – Head & Neck Surgery at Western Reserve Hospital in Cuyahoga Falls.

**THOMAS GEISLER, D.O.**

GASTROENTEROLOGY

250 DEBARTOLO PLACE, SUITE 3000 • BOARDMAN

330-729-8200

Dr. Thomas Geisler received his Medical Degree from Des Moines University College of Osteopathic Medicine, completed his residency through St. Joseph Health Center in Warren and is fellowship trained in both Gastroenterology / Hepatology and Advanced Therapeutic Endoscopy. Dr. Geisler is board certified in Gastroenterology.

**KIMBERLY JACKSON, D.O.**

PRIMARY CARE

2581 NORTH RD NE • WARREN

330-729-8100

Dr. Kimberly Jackson is the latest addition to our growing Primary Care network. She received her Medical Degree at Ohio University Heritage College of Osteopathic Medicine, completed her residency through St. Joseph Health Center in Warren and is board certified in Family Medicine.

**LOUIS LYRAS, M.D.**

GENERAL SURGERY

250 DEBARTOLO PLACE, SUITE 3000 • BOARDMAN

330-729-8200

Dr. Louis Lyras attended The Ohio State University College of Medicine for his Medical Degree and completed his residency through St. Elizabeth Medical Center. Dr. Lyras has been practicing in the Mahoning Valley for over 40 years, and is a founding physician of The Surgical Hospital at Southwoods.

**IGOR MILOSEVIC, M.D.**

GENERAL SURGERY

250 DEBARTOLO PLACE, SUITE 3000 • BOARDMAN

330-729-8200

Dr. Igor Milosevic graduated from Ross University School of Medicine in New Jersey, completed his residency at St. Elizabeth Medical Center and is fellowship trained in Minimally Invasive Surgery through the University of Maryland Medical Center. Dr. Milosevic is board certified in General Surgery.

**JONATHAN PULIDO, M.D., FACS**

GENERAL SURGERY

250 DEBARTOLO PLACE, SUITE 3000 • BOARDMAN

330-729-8200

Dr. Jonathan Pulido rounds out our new roster of physicians. He received his Medical Degree from Northeastern Ohio Universities College of Medicine and completed his residency through Mount Carmel Health System in Columbus. Dr. Pulido is board certified in General Surgery.

FOR A FULL LISTING OF SOUTHWOODS PHYSICIANS, VISIT  
**SOUTHWOODSFINDAPHYSICIAN.COM**





## 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](https://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.



## SOUTHWOODS

CENTER FOR BREAST HEALTH

# MAMMOGRAMS SAVE LIVES

