



SOUTHWOODS HEALTH

COMMUNITY MAGAZINE | ISSUE 11

MERCER

TRUMBULL

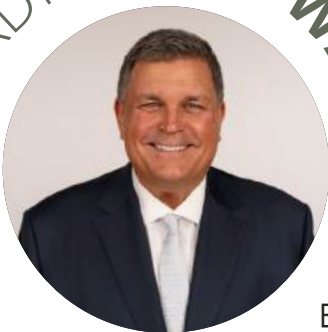
MAHONING

COLUMBIANA



AMID HEALTHCARE CHANGES
SOUTHWOODS'
DEDICATION GROWS

LEADING THE WAY



When we started the development of Southwoods Health almost 30 years ago, our goal was to change the way healthcare services were delivered to the residents of the Mahoning Valley. At the very heart of this effort were our physicians, nurses and support staff, who helped create programs and facilities that connect patients with the quality care they need most.

By working together, our dedicated team of providers also created a healing environment that is second to none. This caring and compassionate approach to every patient encounter has been our point of difference from the beginning, and I am proud of the important contributions our staff is making each and every day.

As patients experience this difference, Southwoods has enjoyed unprecedented growth in our network of physicians, facilities and scope of services. Our Centers of Excellence have been specifically designed to combine highly specialized care with the convenience of a single location. Our patients benefit from the expertise of a large academic medical center, with the comfort of being close to home.

In the coming months, our focus will be concentrated on Trumbull County and ensuring its communities have access to high quality, compassionate care. I view this as an opportunity to not only help those who have been impacted by the recent facility closures, but to also increase the overall standard of care for its residents.

Because at Southwoods, it's not just about the treatment but how you're treated.



Ed Muransky, CEO Southwoods Health



YOUR WELLNESS JOURNEY
**STARTS
HERE**

To find a Primary Care Physician that's right for you,
visit **SouthwoodsPrimaryCare.com**



**SOUTHWOODS
HEALTH**



SOUTHWOODS PRIMARY CARE

 39 Primary Care Physicians

 19 Office locations across
the Mahoning Valley

 330-729-8100



SPRING INTO GOOD HEALTH WITH SOUTHWOODS PRIMARY CARE

Spring is widely considered a time for cleaning and renewal. A time to clean out the clutter, both mentally and physically. Talk with your primary care physician (PCP) about setting goals with renewed optimism that focus on improving your overall health and wellbeing, and outline a pathway for a healthier you.

Exercise

After the cold of winter, spring is a great time to get outside and get moving. Take advantage of the warmer temperatures and longer days by taking a walk or going for a bike ride in your neighborhood or local park. You should always talk with your PCP before starting a new exercise program.

Importance of Wellness Exams

Annual wellness exams are a great opportunity to build a strong relationship with your PCP. These preventive care visits provide a dedicated time to discuss your current health status, prioritize preventive screenings and detect any health concerns early, allowing for timely treatment.

Good Sleep

A good night's sleep is the foundation of a healthy lifestyle. Adults should get between 7-9 hours of uninterrupted sleep per night. If you're having trouble sleeping, or waking up feeling tired, let your PCP know. You may need a referral to Southwoods Sleep Centers for a sleep evaluation.

Healthy Foods

A healthy diet includes a variety of fruits, vegetables, whole grains, lean proteins and healthy fats. Your PCP can refer you to a Southwoods registered dietician who can help you create a personalized meal plan that includes the necessary nutrients your body needs. Spring and summer offer a wide variety of fruits and vegetables that are in season.

Allergy Relief

One downfall to the beauty of spring is the effects it can have on allergies. From pollen to dust mites, spending time outside or tackling your spring-cleaning tasks can cause a variety of symptoms. If you suffer from severe allergies, it is important to talk to your PCP about treatment options.

For a personalized healthcare plan, reach out to your PCP to spring into good health! If you don't have a PCP, contact Southwoods Primary Care at 330-729-8100 to find a physician and schedule your appointment today.

PREVENTIVE HEALTH SCREENINGS

MALE

COLON CANCER

For individuals at average risk, screening begins at 45.

LUNG CANCER

Adults who smoked about one pack a day for 20+ years should have an annual CT scan starting at 50.

PROSTATE CANCER

Men 55-69 at average risk should make individual decisions about being screened. Discuss with your doctor before making a decision.

OSTEOPOROSIS

Screening is recommended for men 70+ and those 50+ who have certain risk factors.

FEMALE

BREAST CANCER

Women at average risk should get an annual mammogram starting at 40.

CERVICAL CANCER

Pap tests are recommended:

Ages 21-29:
Every 3 years.

Ages 30-65:
Co-testing (Pap and HPV) every 5 years;
OR Pap testing alone every 3 years;
OR HPV testing alone every 5 years.

COLON CANCER

For individuals at average risk, screening begins at 45.

LUNG CANCER

Adults who smoked about one pack a day for 20+ years should have an annual CT scan starting at 50.

OSTEOPOROSIS

Screening is recommended for women 65+ and postmenopausal women <65 who have one or more risk factor.



330-729-8000

SouthwoodsHealth.com



AMID UNPRECEDENTED HEALTHCARE CHANGES

SOUTHWOODS CONTINUES TO INVEST IN THE VALLEY

As the Mahoning Valley experiences unprecedented healthcare changes, Southwoods Health continues to expand services and invest in important resources to ensure area patients have access to the best healthcare options.

Recognized as a national leader in patient satisfaction and clinical quality of care, Southwoods Health has been the trusted source of compassionate healthcare for almost 30 years.

Unparalleled Expertise

The diagnosis and treatment of complex medical conditions requires a comprehensive approach, with physicians working together to achieve consistently better clinical outcomes and patient satisfaction.

Southwoods Health's Centers of Excellence offer patients this full continuum of care...access and expertise you will not find at any other local healthcare system. Staff seamlessly coordinates care between various providers involved in the treatment plan, which significantly benefits patients by streamlining the plan, eliminating trips to multiple offices and improving the overall care experience.

"Our centers were created to help patients receive the complete care they need, without having to travel out of town to receive it," said Ed Muransky, Chief Executive Officer of Southwoods Health. "We're offering a truly comprehensive approach with sub-specialty trained physicians who can diagnose and treat even the most complex disorders."

Based on the community's health care needs, Southwoods has developed a number of specialized centers for the benefit of patients:

Center for Breast Health combines the most advanced imaging technology with medical expertise to bring patients peace of mind. Southwoods understands accurate and timely diagnosis of breast cancer is crucial, and is able to get patients from testing to treatment in days, not weeks.

Pain & Spine Center treats everything from pain disorders to back pain to today's most complex spine surgeries. Area patients once had to travel for many of these services, but Southwoods gives patients access to the resources they need, right here at home.

Center for Comprehensive Weight Management & Bariatric Surgery was developed to help combat obesity, providing treatment and support, through nutritional counseling and medical and surgical weight loss solutions.

Center for Digestive Health & General Surgery was created because finding the root of stomach pain or discomfort can sometimes be challenging. This center brings gastrointestinal (GI) specialists and general surgeons together so patients don't have to visit several locations searching for answers.

A Hospital Built for the Future

The Surgical Hospital at Southwoods has been the region's premier hospital provider handling everything from routine procedures to today's most demanding surgical cases. Services include inpatient surgery, outpatient surgery, endoscopy services, pediatric surgery and robotic-assisted surgery.

As an acute care hospital, Southwoods has the capabilities to provide same day surgeries, as well as inpatient care for those procedures requiring a longer hospital stay. This is why more patients have chosen Southwoods over any other facility in the Mahoning Valley.

In response to growing demand, the hospital initiated a \$25 million expansion and renovation project. Phase I was recently completed and included the addition of four state-of-the-art operating suites, providing more surgical capacity than any other facility in the tri-county area.

Phase II is underway and will expand endoscopy services, pre-operative and recovery areas, and patient waiting areas. This phase will also include renovations to ensure the Southwoods patient experience remains unparalleled in northeast Ohio.

"Our focus is always on providing the best care possible," said Muransky. "Expansions and investments not only accommodate growing patient volumes, but also allow for a better patient experience, which is at the heart of everything we do."

Commitment to Community

In response to patient requests, the Southwoods network has expanded well beyond the main campus offering essential healthcare services its patients want and need, close to home.

Express Care services are available at three locations offering convenient, walk-in non-emergent services including allergies, asthma, sinus infections, sore throat, sprains, strains and other common illnesses.

Physical Therapy & Rehabilitation Services are available in Austintown, Boardman, Calcutta, Youngstown and coming soon to Howland, where therapists are committed to helping patients return to an active lifestyle.

Health at Home offers patients skilled home health care in the comfort of their own home – the best place to recover from an illness, injury or procedure. Services offered include skilled nursing, social work, and physical, occupational and speech therapy.

Southwoods Health recently expanded its footprint in Columbiana County. Primary care, physical therapy and digital X-ray services are now available to residents of Calcutta and its surrounding areas, joining orthopaedic and pain management specialty services.

In Trumbull County, Southwoods offers primary care services at several locations and eleven specialty services to Warren and its surrounding areas. The Howland campus also features 3T MRI, mammography and ultrasound imaging services.

With a growing physician network in over 40 locations around the Valley, Southwoods is uniquely equipped to address the community's healthcare needs across virtually every specialty.

To learn more about the Southwoods Health network, visit SouthwoodsHealth.com.



SOUTHWOODS GROWTH & IMPACT

700,000

PATIENT INTERACTIONS PROVIDING QUALITY,
COMPASSIONATE CARE*



DEDICATED
TEAM MEMBERS

300+

HEALTHCARE
PROVIDERS

40

SPECIALTY &
SUB-SPECIALTY
SERVICES



OVER 40 LOCATIONS
IN COLUMBIANA, MAHONING,
MERCER & TRUMBULL COUNTIES

*PATIENT ENCOUNTERS IN 2024.

WHAT'S GROWING ON AT SOUTHWOODS HEALTH

Heart disease is the leading cause of death
in the U.S. in both men and women.

**80% OF THESE DEATHS
ARE PREVENTABLE**

through healthy lifestyle changes.

DR. JOSEPH GRAZIANO
CARDIOLOGIST | BOARDMAN

HEALING POTENTIAL OF PHYSICAL THERAPY & REHABILITATION SERVICES

Physical therapy and rehabilitation services are essential pillars of support for those navigating a path to recovery. At Southwoods Health, these services are not just about restoring mobility or managing pain—they're about empowering patients to reclaim their lives and pursue their health and wellness goals.

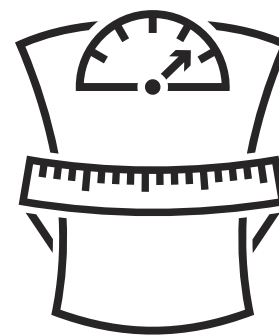
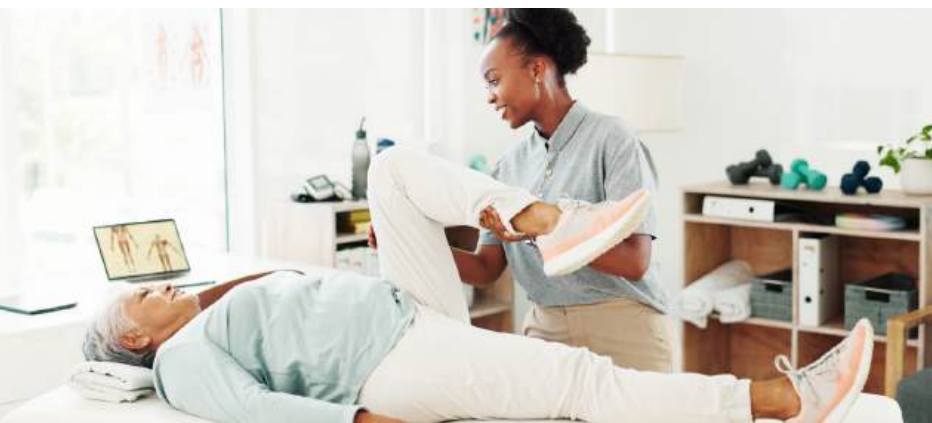
Benefits of P.T.

- Improve strength & mobility
- Relieve/manage pain
- Improve balance
- Faster recovery after surgery/injury
- Manage chronic conditions
- Faster return to sports

Benefits of O.T.

- Increase independence
- Improve strength/endurance
- Prevent injury/re-injury
- Enhance quality of life
- Improve memory
- Faster recovery after surgery

Southwoods Physical Therapy & Rehabilitation Services can help you on your path to recovery. Services are available in Austintown, Boardman, Calcutta, Youngstown and coming soon to Howland. Call 234-287-6660 to schedule your appointment today!



DID YOU KNOW
...AROUND 40%
OF ADULTS IN THE U.S. ARE OBESE?

Recent studies predict obesity rates will drastically increase, potentially reaching 65% by 2050, if significant changes aren't made.

Obesity is a common, serious and costly chronic disease. It can increase your risk of weight-related health issues, such as high blood pressure, diabetes, high cholesterol, stroke, heart attack and certain cancers.

Southwoods Health's Center for Comprehensive Weight Management & Bariatric Surgery helps patients combat obesity through medical and surgical weight loss solutions. Our team focuses on delivering personalized care through a multidisciplinary approach that includes medical management, nutrition services and bariatric surgical options.

Start your weight loss journey today! Call 234-287-6440 or visit SouthwoodsWeightLoss.com to learn more.



HEALTHY RECIPE PASTA PRIMAVERA

Primavera means spring in Italian, and this healthy recipe welcomes some wonderful springtime flavors. Packed with seasonal vegetables and a light cream sauce, this one-pot pasta primavera is a quick, delightful dinner.

INGREDIENTS

- | | |
|--------------------------------------|---|
| 1 cup fat free milk | 1 cup asparagus, cut into 1-inch pieces |
| 1/3 cup fresh grated Pecorino Romano | 2 cups baby spinach |
| 1/3 cup low fat cream cheese | 1 cup frozen or snap peas |
| 1 1/2 cups low-sodium chicken broth | Salt and pepper to taste |
| 8 oz wheat or gluten-free pasta | |

DIRECTIONS

In a small blender, combine milk, grated cheese and cream cheese. Add this mixture, broth and pasta to a large pot, stir to combine and bring to a boil. Cover and reduce heat to medium-low, stirring occasionally about 15 minutes. When pasta is ready, add asparagus then gently stir and cover. Cook until asparagus is crisp-tender and liquid is mostly absorbed, about 3 minutes. Uncover, add spinach and peas, stir to combine and cook until peas are warmed through. Remove from heat and enjoy!

EXERCISE FOR A HEALTHY HEART

A balanced combination of aerobic workouts, strength training and flexibility exercises can significantly reduce the risk of heart disease, contributing to a longer and healthier life. Let's explore some of the best exercises designed to strengthen your heart.

Aerobic Exercises

Aerobic exercises, also known as cardio, are the cornerstone of cardiovascular health. These activities not only get your heart pumping but also enhance blood circulation and contribute to lowering blood pressure.

Strength Training

Beyond the rhythmic beats of aerobic workouts, strength training plays a pivotal role in heart health. Lifting weights and performing bodyweight exercises helps build lean muscle mass, improving metabolism and reducing the risk of heart disease.

To learn more about these heart healthy exercises, 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 well-being.



NEW SOUTHWOODS PHYSICIANS

Join us in welcoming these new physicians to the Southwoods Health family.



PEDRO BALLESTER, M.D.
PRIMARY CARE
1405 E. MARKET STREET | WARREN
330-729-8100



AMY CALDERON, D.O., PHARM D
GASTROENTEROLOGY
9375 E. MARKET STREET, SUITE 2B | HOWLAND
330-729-8200



BASEM DOSS, M.D.
PRIMARY CARE
425 ROBBINS AVENUE | NILES
330-729-8100



JOSEPH MARTIN, M.D.
GENERAL SURGERY
9371 E. MARKET STREET, SUITE 2 | HOWLAND | 330-729-8200
BARIATRIC SURGERY
250 DEBARTOLO PLACE, SUITE 1200 | BOARDMAN | 234-287-6440



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GYNECOLOGY
1651 E. MARKET STREET | WARREN
330-482-8075



TARA SHIPMAN, M.D.
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JESSICA WILSON, Au.D., CCC-A
AUDIOLOGY
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440-372-0200



SOUTHWOODS HEALTH

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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.



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TREATMENT,
BUT HOW YOU'RE
TREATED

SouthwoodsHealth.com



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