



**SOUTHWOODS  
HEALTH**

COMMUNITY MAGAZINE | ISSUE 10

# MAMMOGRAMS SAVE

## IMPORTANT MOMENTS



OCTOBER IS  
BREAST CANCER  
AWARENESS MONTH





LEADING THE WAY



As we get ready for autumn and prepare for winter, I'm reminded of the changes this time of year brings to Northeast Ohio. Temperatures cool, leaves on trees transform and we move our clocks back. In a similar fashion, the healthcare industry is also in a constant state of change requiring focus on the changing needs of the communities we serve.

I am proud to lead the dedicated team of medical professionals at Southwoods Health, and just as proud of the contributions we've made to enhancing patient access to world-class services here in the Mahoning Valley. As you will learn in this issue, Southwoods has evolved over the past 30 years from a small outpatient surgery center to an integrated network of facilities and providers.

Anchored by The Surgical Hospital at Southwoods, we offer a broad array of services that range from today's most advanced robotic surgery and high-technology imaging, to home health and physical therapy services.

Southwoods has also created centers of excellence that are dedicated to managing the unique, and sometimes complex, healthcare needs of our patients. These developments are reflective of our deep roots in this community and ongoing commitment to serving the changing needs of our patients.

So with Fall comes change, but the one constant that will never change, is the compassionate care you receive at all Southwoods Health locations. Because it truly is not just about the treatment, but how you're treated.

  
Ed Muransky, CEO Southwoods Health



IT'S NOT JUST ABOUT THE  
**TREATMENT,**  
BUT HOW YOU'RE  
**TREATED**

  
**SOUTHWOODS**  
**HEALTH**

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





# SOUTHWOODS IMAGING

 7623 Market Street  
Boardman

 **NEW LOCATION**  
9371 E. Market Street, Suite 2  
Howland

 330-965-5100

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

## REASONS TO GET SCREENED



**8 IN 9 WOMEN**  
DIAGNOSED WITH BREAST CANCER  
HAVE NO FAMILY HISTORY



**1 IN 8 WOMEN**  
WILL DEVELOP BREAST CANCER IN HER LIFETIME

**ALMOST 100%**

5-YEAR SURVIVAL RATE  
WITH EARLY DETECTION WHEN  
BREAST CANCER IS LOCALIZED



## MAMMOGRAMS SAVE

### IMPORTANT LIFE MOMENTS

According to the Centers for Disease Control and Prevention (CDC), mammogram screenings have contributed to a 29% reduction in the number of women diagnosed with breast cancer that has spread to other parts of the body.

Scheduling your annual mammogram, beginning at age 40, is a proactive step towards maintaining your breast health – and your future. Studies show regular screenings help find breast cancer early, when treatment is likely to be most effective and recovery is a more probable outcome.

Simply stated, mammograms save lives. This is why Southwoods added mammography services to its Howland location, so patients in Trumbull County can have the same convenient access to life-saving mammography services and the specialized resources of The Southwoods Center for Breast Health in Boardman.

The difference in receiving a mammogram at Southwoods is in the advanced technology and the overall patient experience.

#### 3D MAMMOGRAPHY

Southwoods offers the latest technology with the highest resolution 3D imaging. Our technology generates images of the breast that are sharper and more detailed, giving our physicians – and you – increased confidence and greater certainty in diagnoses.

#### FASTER DIAGNOSIS TO TREATMENT

The national average spent from breast cancer diagnosis to definitive treatment plan is four weeks. At Southwoods, patients go from diagnosis to treatment in days, not weeks. Early diagnosis and faster treatment initiation are critical for successful outcomes.

#### COMPASSIONATE NURSE NAVIGATORS

Our compassionate nurse navigators help educate and guide patients through the emotional and physical journey of breast cancer diagnosis and treatment. They collaborate with the healthcare team to help establish a treatment plan, answering any questions patients and their families may have along the way.

Every October, Southwoods raises awareness about the impact of breast cancer and encourages women to have their mammogram. With convenient early morning, evening and weekend hours, our dedicated team is ready to guide you through your exam. Call 330-965-5100 to schedule your mammogram today!



# SOUTHWOODS HEALTH

 42 healthcare specialties

 Over 200 medical providers

 40 Mahoning Valley  
office locations

 SouthwoodsHealth.com



## PATIENT FOCUSED GROWTH &

### A VISION FOR CHANGE

The healthcare landscape is constantly evolving. Advances in technology, patient needs and changing demographics are all factors that affect how healthcare is delivered.

As a locally owned and operated organization, Southwoods Health focuses on these shifts, leading to a more personalized and accessible approach to healthcare. In doing so, Southwoods has become an integral part of the community, making a positive impact on the health and well-being of its residents.

#### Investments & Growth

Southwoods experienced steady growth since opening. Not only by serving an increased number of patients, but also by expanding services to meet the changing healthcare needs of these patients.

The Surgery Center at Southwoods performed its first outpatient procedure on June 10, 1996, offering a better patient experience and giving physicians a voice in determining how services are delivered. Over the years, Southwoods has continued to invest in services and facilities to serve the changing needs of our community.

“We started with a vision for change, to provide excellent medical care and create an environment of healing and support,” explained Ed Muransky, Southwoods Health Chief Executive Officer. “We have now tripled in size and brought more than 1,000 new jobs to our area. But we’ve grown for the right reasons, keeping our standards high.”

**2004** Fueled by an increased demand for outpatient services, The Surgery Center at Southwoods adds operating rooms, endoscopy suites, clinical space and waiting room capacity, allowing it to serve an additional 10,000 patient visits per year.

**2009** To accommodate more complex surgical procedures that require an inpatient admission, Southwoods is licensed as an acute care hospital and renamed The Surgical Hospital at Southwoods.

**2010** Southwoods Sleep Centers open, specializing in the diagnosis and treatment of sleep disorders.

**2011** Southwoods Physician Services is created, bringing together a network of primary care and specialty physicians, to help coordinate quality, seamless care.

**2014** Southwoods Imaging and the Center for Breast Health open, offering the most comprehensive and advanced imaging technology in the area and bringing the first 3T MRI and first fixed PET/CT scanner to Mahoning County.

**2017** Southwoods brings Cardiology and Cardiac Imaging services to its main campus in Boardman.

**2019** The Southwoods Pain & Spine Center opens, giving patients the comprehensive services they need without having to travel out-of-town for this specialized care.

**2020** Southwoods Express Care opens, helping provide fast, easy and convenient access to care that is non-emergent.

**2022** Southwoods announces new home health services for the tri-county area. Southwoods Health at Home delivers skilled care directly to patients' homes. Southwoods brings expert specialty and advanced imaging services to Trumbull County at its new Howland facility.

**2023** The Center for Digestive Health & General Surgery opens, bringing surgeons, gastroenterologists and colorectal specialists together at one convenient location. Southwoods creates the Center for Comprehensive Weight Management & Bariatric Surgery, a comprehensive program that helps combat obesity through medical and surgical weight loss solutions.

**2024** Southwoods announces the addition of outpatient Physical Therapy & Rehabilitation Services. These services allow patients to stay within the Southwoods system, thereby enhancing continuity of care.

“Our focus is always on doing the right thing for local healthcare,” said Muransky. “If a service can fill a need or have a positive impact on our patients and the community, we’ll pursue it.”



# MEDICAL STAFF SPECIALTIES

- Anesthesiology
- Audiology
- Bariatric Surgery
- Cardiology
- Colorectal Surgery
- Dental Surgery
- Ear, Nose & Throat
- Family Medicine
- Gastroenterology
- General Surgery
- Geriatric Medicine
- Gynecology
- Gynecologic Oncology
- Hand & Upper Extremity
- Hand & Wrist Reconstructive Surgery
- Head & Neck Surgery
- Hospital Medicine
- Internal Medicine
- Nephrology
- Obesity Medicine
- Occupational Therapy
- Ophthalmology
- Oral & Maxillofacial Surgery
- Orthopaedics
- Pain Management
- Pediatric Dentistry
- Pediatric Gastroenterology
- Physical Medicine & Rehabilitation
- Physical Therapy
- Plastic & Reconstructive Surgery
- Podiatry
- Primary Care
- Pulmonary Medicine
- Radiology
- Reproductive Endocrinology & Infertility
- Rheumatology
- Sleep Medicine
- Spine Surgery
- Sports Medicine
- Urogynecology
- Urology
- Vascular Surgery

# SOUTHWOODS NEAR YOU

## Advancements & Quality

Southwoods stays at the forefront of advancement by investing in the latest medical technology. The Surgical Hospital at Southwoods utilizes state-of-the-art surgical techniques, including robotic-assisted surgery, endoscopy and minimally invasive procedures that enable surgeons to perform surgeries with increased precision, reduced complications and faster recovery times – helping provide the best patient experience.

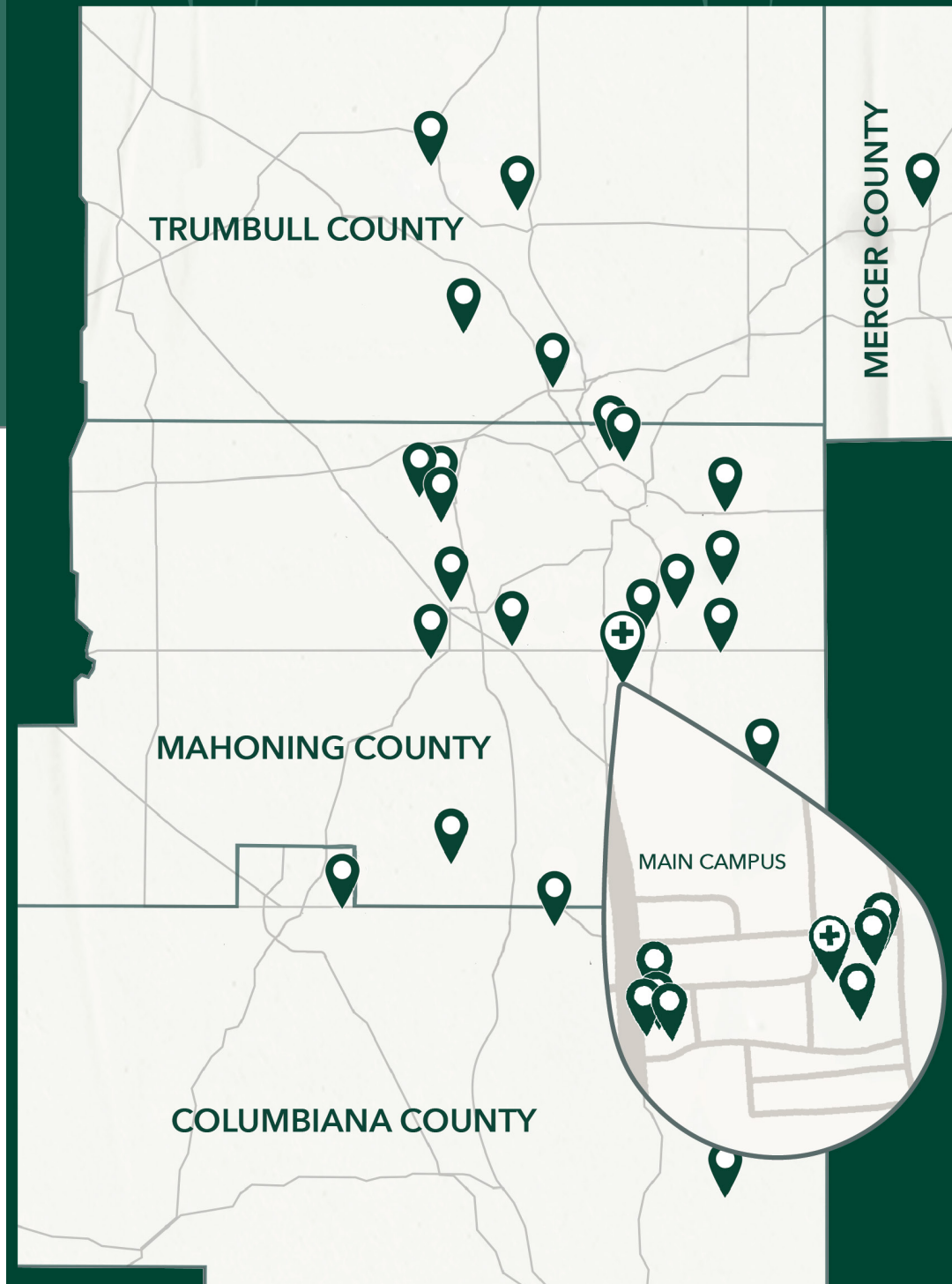
Although Southwoods has dedicated millions to ensure its technology remains current, care and compassion stay at the forefront of its mission. Southwoods is a national leader in patient satisfaction, and holds the honor of being the only local Five-Star hospital for quality and patient satisfaction from the Centers for Medicare & Medicaid Services (CMS).

## Trumbull County Expansion

Southwoods has recently expanded its footprint, and is offering nine specialty services to Warren and its surrounding areas. Southwoods also brought the only 3T MRI to Trumbull County in 2022, and Mammography and Ultrasound are now available at its Howland location.

“I believe everyone in the Mahoning Valley deserves expert medical services and quality, compassionate care,” said Muransky. “It was an easy decision to expand upon Southwoods’ brand of services for Trumbull County residents.”

Moving forward, Southwoods will continue to adapt to the ever-changing healthcare landscape by focusing on the needs of its patients and the communities it serves. Visit [SouthwoodsHealth.com](https://SouthwoodsHealth.com) for more information on Southwoods’ services and locations.



# WHAT'S GROWING ON AT SOUTHWOODS HEALTH

Preventive care (including routine doctor visits, physicals, immunizations and screenings, like mammograms) is crucial to **STAYING HEALTHY** and **DETECTING PROBLEMS EARLY**, before they become serious or harder to treat.

**DR. KIMBERLY JACKSON**  
PRIMARY CARE PHYSICIAN | HOWLAND

## BENEFITS OF HOME HEALTH CARE

After a procedure, injury or illness, the best place to recover is at home. It's where you feel safest, the surroundings are familiar and where you spend the most time with family and friends. Southwoods Health at Home offers physical, occupational and speech therapies, skilled nursing services, home health aides and social work services – all in the comfort of your own home.

Benefits of home health care include:

- Faster recovery from a procedure, injury or illness
- Improving or maintaining current level of function
- Learning proper medication management
- Assessment of current living environment for safety
- Regaining independence over time

Whether you need help or you are a family member assisting a patient, Southwoods Health at Home offers compassionate support, encouragement and genuine peace of mind for you and your family. Learn more at [SouthwoodsHealthAtHome.com](http://SouthwoodsHealthAtHome.com).



**SOUTHWOODS**  
**PAIN & SPINE CENTER**

# DID YOU KNOW ...51.6 MILLION

Americans are living with chronic pain and 17.1 million experience high-impact chronic pain, a subcategory for patients whose pain significantly limits their daily life or work activities.

There are more new cases of chronic pain among U.S. adults than other common long-term conditions like diabetes, depression and high blood pressure, according to a new study. September was Pain Awareness Month, a time to promote pain education and raise awareness about issues related to chronic pain. Living with chronic pain can be incredibly challenging, affecting every aspect of life.

If you or a loved one is suffering from chronic pain, call the Southwoods Pain & Spine Center at 234-287-6700 to schedule your appointment today.

## HEALTHY DESSERT RECIPE PUMPKIN CHEESECAKE

When the leaves start to fall, so do cravings for all things pumpkin. From coffee to candles to desserts, pumpkin spice season is the perfect time to savor the most popular flavor of fall. This no bake cheesecake recipe is easy, creamy and light. A delicious fall festive dessert packed with pumpkin flavor. Taking under 10 minutes to make – with a readymade, low fat crust – it's just perfect for the holidays, too!



### INGREDIENTS

- |  |   |
|--|---|
| 8 oz 1/3 less fat Original Philadelphia Cream Cheese | 1 tsp pumpkin pie spice                 |
| 1/2 cup canned pumpkin                               | 1/4 cup brown sugar, unpacked           |
| 1 tsp vanilla extract                                | 4 oz Truwhip, thawed                    |
| 1 tsp cinnamon                                       | 9 inch reduced-fat Graham Cracker Crust |

### DIRECTIONS

In a large bowl, whip cream cheese, pumpkin, vanilla, cinnamon, pumpkin pie spice and brown sugar for a few minutes until fluffy with a hand mixer or spatula. Fold in Truwhip and whip until smooth. Spoon mixture into piecrust and refrigerate for a few hours, until firm. Slice, top each piece with a dollop of Truwhip and enjoy!



# HOME REMEDIES FOR THE COMMON COLD

As the seasons change, kids head back to school and the temperatures begin to drop, the common cold often makes an unwelcome reappearance. Body aches, fever, chills, nasal congestion and a cough are all symptoms of the common cold. While there is no way to cure it, there are plenty of effective at-home remedies that can help ease your symptoms and speed up recovery.

## Get Enough Rest

Rest is one of the most important factors when recovering from a cold. Your body needs energy to fight off the virus, so giving it the rest it needs is crucial. Adequate sleep strengthens your immune system, allowing it to combat the virus more effectively. Aim for at least 7-9 hours of sleep per night, and don't hesitate to take extra naps during the day if needed.

## Drink Plenty of Fluids

Staying hydrated by drinking plenty of fluids is essential when you have a cold. Water, herbal teas and clear broths can help loosen congestion, soothe your throat and prevent dehydration.

To learn about other ways to manage and treat the common cold, visit [SouthwoodsHealth.com](https://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 wellbeing.



# NEW SOUTHWOODS PHYSICIANS



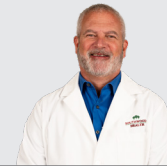
**MICHAEL GEMMA, M.D.**  
ANESTHESIOLOGY  
7630 SOUTHERN BLVD. | BOARDMAN  
330-729-8000

Dr. Michael Gemma is an anesthesiologist at The Surgical Hospital at Southwoods. He received his Medical Degree from Miami University in Oxford, Ohio, completed his residency at the University of Pittsburgh Medical Center and is fellowship trained in Adult Cardiothoracic Anesthesia from the University of Pittsburgh. He is board certified in Anesthesiology.



**JAMES ROUSER, D.P.M.**  
PODIATRY  
7641 MARKET ST., SUITE 2 | BOARDMAN  
225 E. STATE ROUTE 14, SUITE 201 | COLUMBIANA  
330-729-8100

Dr. James Rouser has joined Southwoods' specialist network. He received his Medical Degree from Kent State University College of Podiatric Medicine and completed his residency at East Liverpool City Hospital. He is board qualified in both Foot Surgery and RRA (Reconstructive Rearfoot/Ankle) Surgery.



**PHILIP "DUKE" STARR, D.O., FACFP**  
PRIMARY CARE  
821 MCCARTNEY RD. | CAMPBELL  
330-729-8100

Dr. Duke Starr is the latest addition to Southwoods' growing Primary Care network. He received his Medical Degree from Ohio University Heritage College of Osteopathic Medicine and completed his residency through St. Joseph Health Center in Warren. Dr. Starr is board certified in Family Medicine and a Fellow of the American College of Osteopathic Family Physicians (FACFP).

## NEW SERVICES IN HOWLAND

Southwoods Health is proud to announce the addition of Mammography and Ultrasound services to its Howland site.

### MAMMOGRAPHY

Digital mammography is the standard of care at Southwoods. Studies show it finds more breast cancers and is especially beneficial for women with dense breasts. Advanced 3D mammography, or tomosynthesis, significantly increases the detection of breast cancer and offers more comfortable testing, faster scan times and less radiation exposure.

### ULTRASOUND

Ultrasound is commonly used in conjunction with other imaging studies to confirm diagnosis or assist in the identification of breast abnormalities. When combined with advanced elastography applications, ultrasound is particularly effective in helping classify breast lesions and aid in the differentiation between benign and malignant tumors.

A doctor's order is required for these services. Howland imaging hours are Monday – Friday 7:30 am to 4:00 pm. Call 330-965-5100 to schedule your appointment today!





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7630 Southern Boulevard  
Boardman, Ohio 44512

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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  
HEALTH**