

A special publication by Southwoods Pain & Spine Center

Let Southwoods Help You
FIND YOUR STRENGTH



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

FIND
HOPE



An estimated 50 million Americans suffer from chronic pain that impacts their daily activities and overall quality of life. Chronic pain is a fast-growing health problem that not only affects a patient's physical health, but also increases rates of sleep problems, stress, anxiety and depression. Unfortunately, chronic pain impacts more than the individual; it extends to family and social relationships, as well as the ability to contribute in the workplace.

This is why Southwoods Health invested over \$10 million in the development of the Southwoods Pain & Spine Center, to help those afflicted with chronic pain gain access to comprehensive resources that can diagnose and provide treatment options. Conveniently located on the Southwoods campus in Boardman, this center is the largest and most capable facility of its kind in the region.

COMPREHENSIVE CARE

At the Southwoods Pain & Spine Center, clinical care is seamlessly coordinated to deliver faster results and better outcomes for people suffering chronic pain. A team of expertly trained pain management specialists collaborate with physical medicine and rehabilitation physicians and spine surgeons to develop plans of care to address the unique causes of an individual's pain. With so much at stake, good outcomes are not only about providing access to the right resources but effectively coordinating those resources as well.

"As part of our commitment to improving lives in the community, we're offering a truly comprehensive approach that delivers all of the clinical options patients may need to relieve their pain," said Ed Muransky, Chief Executive Officer of Southwoods Health. This center is uniquely positioned to identify the causes of pain at first onset then develop a comprehensive treatment plan, ranging from conservative medical treatment to the most complex neck and back surgery.

"After talking with our patients, their families and local primary care physicians, we recognized the need to bring these services together at one site," Muransky said. "We designed the center to help patients receive the complete care they need, from diagnosis to treatment, in one convenient location."

The Southwoods Pain & Spine Center houses over 40,000 square feet of space that is dedicated to pain and spine services and features a specially trained staff to help patients who have been dealing with a chronic pain diagnosis.

"In keeping our focus on the needs of the local community, we continue to expand clinical offerings to help patients gain access to the important care they need," said Steve Davenport, Chief Operating Officer of Southwoods Health. "This facility provides these necessary resources, without having to travel to Cleveland or Pittsburgh for care that can be more effectively coordinated and delivered right here in the Valley."

FIND HOPE

INTERDISCIPLINARY CLINICAL TEAM

All patients should have convenient access to high quality healthcare. This is particularly important for those suffering from chronic pain, not just in relation to how quickly they can get an office appointment but also when it comes to seeing the specialists they need. Oftentimes, patient care is delayed and optimal results not achieved when patients get referred to multiple specialists located in different offices who may not have the whole picture of their past medical history or current medical treatments.

The Southwoods Pain & Spine Center reduces these frustrations by guiding patients through the entire care continuum with a team of providers who communicate and actively manage care together, all in one location. With this type of approach, patients who do not receive the desired level of pain relief from more conservative measures can be offered alternative pain management solutions without having to leave the practice or the building.

Fellowship-trained spine surgeons, pain management specialists, orthopaedic surgeons and a board-certified rheumatologist are offering appointments at the new facility. Trained advanced practice nurses and navigators assist the care team by assuming responsibility for the patient care pathway to ensure it is efficient and that follow-through is achieved during each step of the treatment plan.

As part of the Southwoods Health network of facilities, advanced imaging such as MRIs are seamlessly coordinated with Southwoods Imaging and patients requiring surgery have access to The Surgical Hospital at Southwoods, the region's only CMS Five-Star rated hospital for patient satisfaction and clinical outcomes.

TREATMENT OPTIONS

The Southwoods Pain & Spine Center provides a wide range of non-invasive treatments and interventional techniques for the management of chronic pain. After a thorough evaluation where the source of pain is identified, Southwoods' pain management specialists can offer a variety of advanced, clinically proven treatment techniques to bring pain relief. Although these techniques most frequently resolve pain without surgery, if patients could benefit from surgical intervention, Southwoods' advanced spine surgeons are available to offer minimally invasive and advanced surgical options.

THE SOUTHWOODS WAY

According to Muransky, he designed the Pain & Spine Center the same way he has every Southwoods facility, with a focus on the patient. Everything from the waiting areas to the procedure suites were designed to provide a clean, spacious feel. Adding aesthetically pleasing artwork and furniture to the space were also factors in the design process. And just like his other facilities, the staff at the Southwoods Pain & Spine Center go above and beyond to perfect the patient experience, treating every patient as if they were family.

"We try to think of everything so the patient doesn't have to," said Muransky. "We aim to exceed our patients' needs and expectations in everything we do. We started this healthcare system 20 years ago with a single mission to transform the patient experience."

It's a mission that goes well beyond the standards and expectations all patients have for the safe, high quality and accessible care expected at all Southwoods Health facilities.



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FIND
EXPERTISE

ADVANCED SPINE SURGEONS Bring Unparalleled Expertise to Southwoods Pain & Spine Center

As the hard-working people of the Mahoning Valley can attest, a life of physical labor can take its toll on the body. Many occupations that involve lifting or moving heavy objects, repetitive motions or even sitting with poor posture at a desk can place significant demands on your spine and cause back pain.

fellowship training in spine surgery in Louisville, Kentucky. “I am proud to have played a key role in the development of the spine surgery program at The Surgical Hospital at Southwoods almost ten years ago,” explained Dr. Musser. “During that time, I have been able to help thousands of patients and

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TREAT THEM LIKE I WOULD MY FAMILY AND FRIENDS.”

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-DR. FRANK GRISAFI

Without a healthy spine, everyday tasks and movements such as sitting up straight, bending over, picking up objects, walking, twisting and moving your neck can become extremely difficult or painful. When the spine is injured, you can expect to have limited mobility and discomfort, which can have dramatic effects on a person’s quality of life. This is why a critical component to your overall well-being includes the health of your spine.

THE PHYSICIANS

Local spine surgeons Frank Grisafi, M.D., Douglas Musser, D.O., and Brian Shannon, M.D., have dedicated their careers to helping those whose quality of life has been impacted by back pain.

Dr. Grisafi is a northeastern Pennsylvania native who completed his orthopaedic surgical residency at West Virginia University and his spine fellowship at Case Western Reserve University School of Medicine. “To be able to intervene surgically and restore a patient’s quality of life is what attracted me to this field,” explained Dr. Grisafi. “Orthopaedic surgery, and more specifically spinal surgery, can help restore a person’s functional abilities and relieve pain.”

Dr. Douglas Musser grew up in Chillicothe, Ohio. He completed his orthopaedic surgical residency through Ohio University at Cuyahoga Falls General Hospital, and dual-

contribute to the expansion of the program by bringing new techniques and interventions to the Youngstown area. We are fortunate to have a facility like Southwoods that can deliver great clinical care with high levels of patient satisfaction at the same time.”

Dr. Brian Shannon grew up about 20 miles east of the Southwoods campus in New Wilmington, Pennsylvania. He completed his orthopaedic surgical residency at Georgetown University Medical Center and his spine fellowship through Harvard Medical School at Massachusetts General Hospital.

“Being a spine surgeon has allowed me the opportunity to help others,” said Dr. Shannon. “It is truly gratifying to see improvements in my patients after surgery. I have compassion for those in pain and a deep understanding of how to diagnose and treat back and neck pain,” he explained. “I also have 17 years of experience in treating patients with acute and chronic pain.”

COMPASSIONATE, EXPERT CARE

Southwoods has placed tremendous effort in the development of its facilities and services that enables our community to receive care, even for more complex conditions, right here in the Mahoning Valley.

“Historically, our area has seen a high out-migration of spine surgery cases; some say upwards of 50% of all cases are going to Cleveland or Pittsburgh,” said Steve Davenport, Chief

FIND EXPERTISE



Southwoods Spine Surgeons standing outside the entrance to the Advanced Spine Center (left to right): Dr. Brian Shannon and Dr. Frank Grisafi.

Operating Officer of Southwoods Health. “Southwoods continues to make significant investments in facilities, physicians and services so patients don’t have to go out of town for this type of specialized care.”

“My rule in treating patients has always been to treat them like I would my family and friends. I was happy to find out this is also the golden rule at Southwoods,” said Dr. Grisafi. “I’ve found if you follow this rule, are honest and give the attention that’s deserved, patients will be open to different techniques and procedures designed to alleviate their discomfort.”

Dr. Shannon agreed, “Patients appreciate doctors who take the time to listen, which is always what I’ve tried to do. People don’t care how much you know until they know how much you care about them. Once

can help those who may have resigned themselves to living with their pain.

“I take comfort in knowing there are a variety of services available at Southwoods before surgery is even considered,” said Dr. Musser. “I only recommend surgery once more conservative solutions are exhausted and use the latest technologies to bring about the best outcomes for my patients.”

“We see a spectrum of improvement with spine surgery; from the relief of nerve pain to seeing patients that could barely walk, walk again,” added Dr. Grisafi.

“I’m really excited about the comprehensive care my patients will receive at the new Southwoods Pain & Spine Center,” said Dr. Shannon.

We know you will be too, once you experience it for yourself.

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TAKE THE TIME TO LISTEN,
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FIND EXPERIENCE

PAIN MANAGEMENT SPECIALISTS BRING EXPERIENCE AND COMPASSION to Southwoods Pain & Spine Center

The Southwoods Pain & Spine Center offers patients suffering from chronic, debilitating pain a complete plan of care with access to multiple specialties in one location. Recognizing the far reaching effects of chronic pain, Southwoods places great importance on providing access to the region's most capable team of professionals. This means our patients will receive care that is timely, comprehensive and effective in delivering results that reduce or eliminate pain altogether.

A key component to achieving these goals is a group of physicians with over 80 years of combined healthcare and pain management experience, sharing a passion to not only treat patients dealing with chronic pain every day, but doing it

interventions since then, I know there is a great need for the Southwoods Pain & Spine Center."

Dr. Shawn Donatelli grew up in Lowellville. He completed his anesthesiology residency at Youngstown Osteopathic Hospital and is board certified. He has been providing pain management services in the Mahoning Valley for over 20 years.

"We truly have the opportunity to make a difference in the lives of people who are suffering," Dr. Donatelli said. "Just when the challenges and frustrations of this job are taking their toll, a patient, whose life you have helped change for the better, takes a moment to thank you and voice their appreciation for your help. Nothing is more satisfying than that experience."

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HOPE THAT FEELING BETTER WAS EVEN POSSIBLE FOR THEM. ”

-DR. JOSEPH WILLIAMS

the Southwoods way. Mike Corfias, M.D., Shawn Donatelli, D.O., Thomas Gemma, D.O., and Joseph Williams, D.O., specialize in pain management and have come together to provide the highest quality of care in the region all in a single location at the Southwoods Pain & Spine Center.

These talented physicians are supported by a team of dedicated advanced practice nurses who contribute their expertise to help coordinate all aspects of care for their patients.

THE PHYSICIANS

Dr. Mike Corfias is a lifelong Youngstown resident. A board certified anesthesiologist, he completed his residency through Western Reserve Care System and his pain management fellowship at The Ohio State University.

"When I came to Southwoods almost 20 years ago, the pain management department was in the early stages of development," said Dr. Corfias. "As I look back at the tens of thousands of patients who have benefitted from our

Dr. Thomas Gemma is also lifelong Youngstown resident. A board certified anesthesiologist, he completed his residency through the Cleveland Clinic and is a fellow of the American Osteopathic College of Anesthesiologists. Dr. Gemma has served as the Medical Director of The Surgical Hospital at Southwoods since 2007.

"Anesthesia with the practice of pain management has been a passion of mine ever since I started my clinical rotations as a medical student," said Dr. Gemma. "In the nearly 30 years I have been practicing pain management, my focus is to bring practical and honest expectations to patient care with an emphasis on their participation in the recovery and healing process."

Dr. Joseph Williams grew up north of Pittsburgh in Wexford, Pennsylvania. He completed his anesthesiology residency at the University of Pittsburgh Medical Center and his pain medicine fellowship at Allegheny General Hospital. He is board certified.

FIND EXPERIENCE



Southwoods Pain Management Specialists standing inside the Pain Management Center (left to right): Dr. Thomas Gemma, Dr. Shawn Donatelli, Dr. Joseph Williams and Dr. Mike Corfias.

“Pain management gives me the opportunity to provide pain relief and an improved quality of life to my patients, which is very satisfying,” explained Dr. Williams. “It is also a challenge, which I enjoy. We’re providing pain relief to a patient that may have given up hope that feeling better was even possible for them.”

WHAT MAKES THE CENTER DIFFERENT

To those wondering what to expect when they enter the Southwoods Pain & Spine Center, Dr. Gemma smiled and

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- DR. THOMAS GEMMA

said, “My favorite saying is one displayed at the entrance for our medical staff at Southwoods. It says, ‘Make a difference in someone’s life today.’”

The physicians and staff truly care about how patients are treated and how they respond to treatment. It’s unlike anything Valley residents have ever experienced.

“The simple truth is, most people who are suffering can be helped,” Dr. Donatelli

said. “Those who have given up their quest for a better life and relief of their suffering have never had access to the treatment concept that is unfolding here.”

“The field of pain medicine is constantly progressing with new technologies and techniques,” Dr. Williams added. “I am proud to be part of this team of pain management specialists, dedicated to providing comprehensive care at the Southwoods Pain & Spine Center.

Their efforts, as well as the efforts of a full staff now ready to serve you, are waiting to deliver the best treatment options designed to get you back to your highest quality of life.

find your strength

A special publication by Southwoods Pain & Spine Center

find
CLARITY

Two 3T MRIs • CT • PET/CT

Digital 3D Mammography

Nuclear Medicine • Ultrasound

Digital X-ray • DEXA (Bone Density)

Southwoods Center for Breast Health



PICTURE PERFECT IMAGING SERVICES

At **Southwoods Imaging**, the most important image we produce is yours. That's why we created a world class facility offering the most comprehensive imaging services. Featuring the most advanced technology and continuum of care from local experts all under one roof, the Mahoning Valley's best imaging center is clear. Make an appointment today to see why at Southwoods Imaging, it's not just about the treatment, but how you are treated. We know you'll like what you see.

Call **330-965-5100** for more information

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