

Our philosophy – evidence-based medicine

When it comes to caring for our patients our goal is to use all information available to best diagnose and plan treatment.

Each case is reviewed with all options in mind. Our dedication to evidence-based medicine sets us apart from other cancer programs.

Our information comes from:

- Our peer-review process – weekly meetings to discuss patient cases
- Following National Comprehensive Cancer Network (NCCN) guidelines – used in more than 115 countries, these guidelines are developed by oncology doctors to improve the quality, effectiveness and efficiency of oncology care
- Our participation in the Radiation Therapy Oncology Group (RTOG) – comprising 250 of the leading research institutions in the United States and Canada. This national cancer study research group is funded by the National Cancer Institute and has almost 30 years of experience in running clinical trials
- Our cancer registry

Inova Joseph Viar and Bonnie Christ Cancer Center – Alexandria

4320 Seminary Road
Alexandria, Virginia 22304

703.504.7900

Hours: Monday through Friday
7:00 a.m. to 4:30 p.m.

After-hour and weekend emergencies are handled on an as-needed basis.

Our Treatments

Radiation Oncology

Inova Joseph Viar and Bonnie Christ Cancer Center – Alexandria was the first in Northern Virginia to offer Trilogy™, a state-of-the-art linear accelerator that can treat cancer conditions early and with unprecedented precision while reducing treatment times, improving outcomes and minimizing side effects.

Our equipment includes:

- Two Varian Linear Accelerators (Trilogy and 21 EX)
- GE LightSpeed CT/Simulator
- Nucletron Simulator
- VariSource iX

Technologies include:

- Stereotactic radiotherapy
- Stereotactic radiosurgery
- Partial breast irradiation
- Intensity-modulated radiotherapy
- High-dose-rate brachytherapy
- Image-guided radiation therapy with cone beam CT
- Low-dose rate Brachytherapy

Medical Oncology

Provided in collaboration with our community-based medical oncologists, these services are for patients prescribed chemotherapy treatment, blood component therapy, hydration therapy, invasive and non-invasive procedures, education and counseling services. Patients are treated using different drug and infusion therapies for palliation and cure. The oncology pharmacist is available for consultation with physicians and patients 24/7.

Interventional Oncology

In collaboration with our interventional radiologists, we are able to offer minimally invasive therapies, including:

- Selective Internal Radiation Therapy (SIRT), which uses millions of tiny resin microspheres that contain the radioactive element yttrium-90 are used to deliver targeted therapy directly to tumors. SIR-Sphere therapy is a promising treatment for hepatocellular carcinoma and neuroendocrine malignancy, such as metastatic carcinoid tumors.
- NanoKnife uses irreversible electroporation technology to precisely target and kill hard-to-reach tumors at the cellular level. Tumors in the liver, lungs, kidneys and pancreas can be treated with NanoKnife.
- Thermal Ablation including Radiofrequency and Cryoablation. A probe is placed through a needle hole under CT or US guidance into the tumor, either heating or cooling it to cause tumor tissue destruction. This may be indicated for renal cell cancer, lung and liver cancer and bone metastases.
- Chemoembolization, pain and palliative therapies, including, nerve plexus blockade and vertebral augmentation.



Quick Reference of Key Services

- Apheresis
- Brachytherapy
- Cancer Recovery and Exercise Program
- Chemotherapy
- Chemoembolization
- Complementary therapies
- Cryotherapy
- Diagnostic services (digital mammography, CT, MRI, etc.)
- Healthy Weight for Life program
- Hormone Therapy
- Image-guided breast biopsy
- Infusion
- Lymphedema treatment
- Nutrition services
- Platelet transfusion
- Positron emission tomography (PET/CT)
- Prostate seed implants
- RapidArc™ radiotherapy technology
- Rehabilitation
- Sentinel node mapping/surgery
- Stereotactic radiosurgery/radiotherapy
- Systemic radioisotopes
- Trilogy™ with IMRT, IGRT, SRS, and SBRT Capabilities

A World-Class Team



Jane Grayson, MD
*Chief
Division of Radiation Oncology
Inova Alexandria Hospital*

Dr. Grayson joined the hospital in 1989, after 14 years at the National Institute of Health's National Cancer Institute (NCI), with the last five years as senior investigator and chief of the NCI-Navy Radiation Oncology Branch.

Dr. Grayson received her medical degree from Harvard Medical School, where she was elected to the Alpha Omega Alpha honor society. After completing a pediatric internship at Johns Hopkins Hospital and a pediatric residency at Stanford University Hospital, she continued her training in pediatric oncology and radiation oncology at the National Cancer Institute.

Dr. Grayson has a special interest in breast, lung and gastrointestinal cancers, as well as lymphoma.

Dr. Grayson is an active member of the American Society of Therapeutic Radiology and Oncology, the American Society of Clinical Oncology and the American College of Radiation Oncology. She served on the Physician Data Query (PDQ®) Committee at the National Institutes of Health for six years.



Matthew Poggi, MD
*Medical Director
Inova Cancer Center - Alexandria*

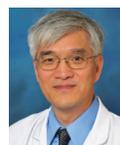
Dr. Poggi is a former commander in the United States Navy and Assistant Head of the Division of Radiation Oncology at Bethesda Naval Hospital. He joined Inova in 2007.

Dr. Poggi received his medical degree from Yale University School of Medicine. Following a surgical internship at Naval Medical Center San Diego and a tour as a General Medical Officer at the Branch Medical

Clinic Marine Corps, he completed his radiation oncology residency at the National Cancer Institute.

Dr. Poggi is an associate professor at the F. Edward Herbert School of Medicine of the Uniformed University of the Health Sciences, assistant professor at Howard University and a lecturer at the Armed Forces Radiobiology Institute.

His clinical and research interests are the definitive management of prostate cancer, post-prostatectomy radiation, head and neck cancer, stereotactic radiosurgery and stereotactic radiotherapy.



Shidong Tong, PhD
*Physicist
Inova Alexandria Hospital Cancer Center*

Dr. Shidong Tong received his Bachelors and Masters degrees in physics from Central China Teachers University and his Ph.D. in medical biophysics from the University of Western Ontario. He subsequently completed residency training at Princess Margaret Hospital in Toronto, Canada and is currently certified by the American Board of Radiology (ABR) in Therapeutic Radiologic Physics.

Before joining Inova Alexandria Hospital in 2007, he was a medical physicist and assistant professor of Physics at the Medical College of Virginia, and Commonwealth University as well as associate professor at Penn State University, Hershey Medical Center.

As chief medical physicist, his clinical work is focused on the accuracy and safety of radiation treatment delivery, implementation and maintenance of cutting edge technology in radiation therapy and the compliance of federal and state radiation safety regulations.

Our Support Services

Dietary Services

A registered dietitian provides an initial assessment for all out-patient oncology patients with moderate to high nutritional risk. Our dietitians use the nationally-recognized Patient Generated-Subjective Global Assessment (PG-SGA) developed by Dr. Faith Ottery.

Social Services

All patients are interviewed by a social worker to assess current support systems, economic resources and the patient's understanding of their medical situation. Services include individual and family psychosocial assessments, insurance pre-certifications, counseling, education, referrals, support groups and discharge planning. Patients also have access to Life with Cancer®, a resource that provides education, information and support, free of charge.

Cancer Recovery and Exercise Program

Patients with a current or past diagnosis of cancer can participate in this eight-week exercise program that includes instruction and exercise from a team of registered nurses and exercise physiologists.

Cancer Registry

For almost 30 years, our registry has been responsible for the collection, management and analysis of data on patients with malignant disease. The registry provides statistical reports that enable physicians to evaluate the success of specific cancer treatments. The information also aids in research on the epidemiology of cancer.

Charity Care

Our Cancer Care Fund, part of the Inova Alexandria Hospital Foundation, provides patients with services not covered by insurance, such as transportation, prescription drugs and medical supplies. We also have an indigent drug program for self-pay patients that acquires drugs from the individual drug companies at no charge.

Call 703.504.7900 for more information.