



INOVA FAIR OAKS HOSPITAL

INhealth

Thanks to minimally invasive gynecologic surgery Catherine Schmitt was able to make a quick comeback to entertaining.

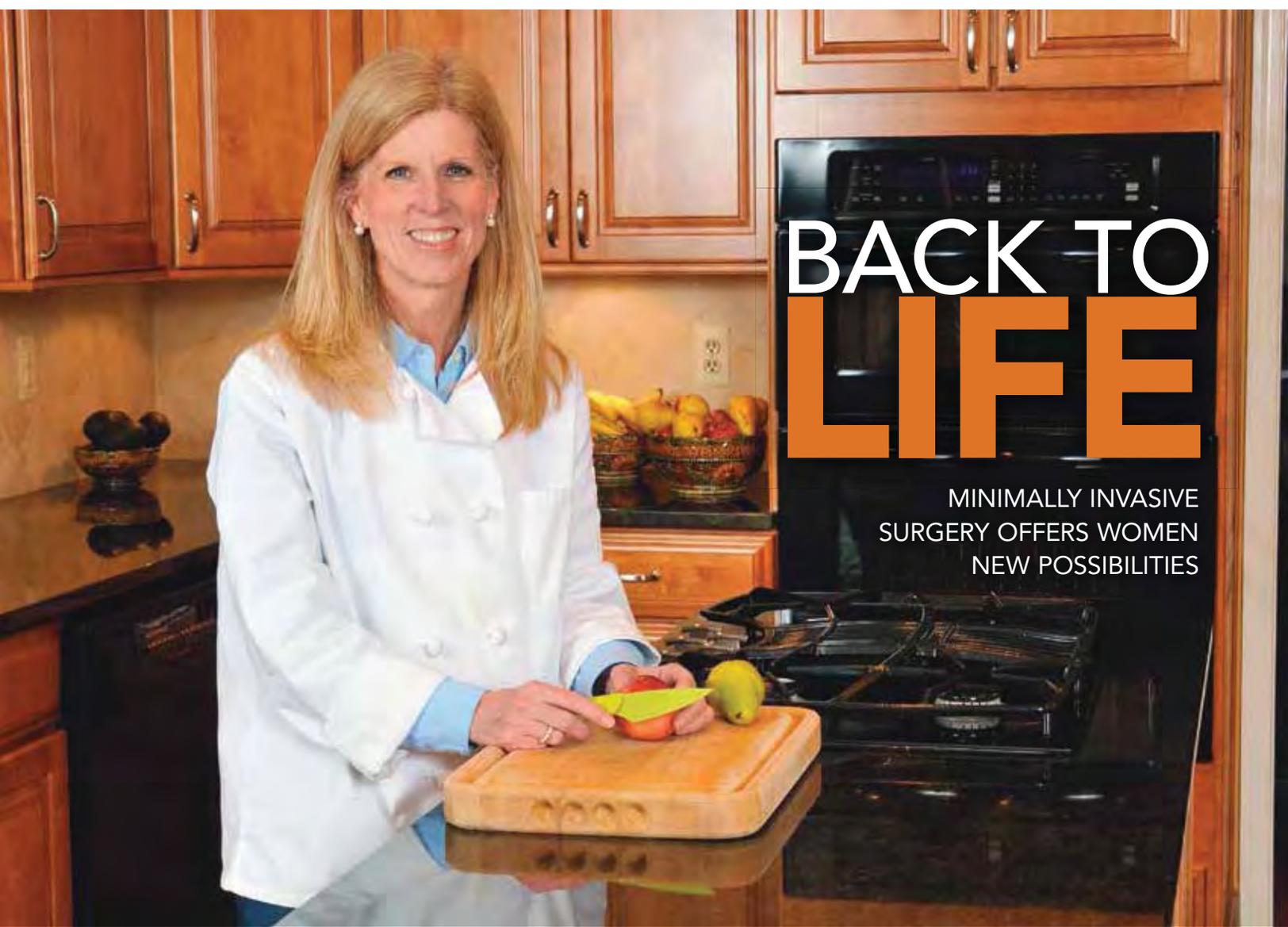
BACK TO LIFE

Minimally invasive surgery offers women new possibilities

PAGE 6

ALSO IN THIS ISSUE:

- 3** New specialty centers
- 4** Colorectal surgery
- 5** Hip replacement advances



BACK TO LIFE

MINIMALLY INVASIVE
SURGERY OFFERS WOMEN
NEW POSSIBILITIES

Inova Fair Oaks Hospital has been named a Center of Excellence in Minimally Invasive Gynecology by the AAGL, the leading association promoting minimally invasive gynecologic surgery. This prestigious award represents a five-year journey with one goal in mind: to improve the center's already exceptional healthcare services for women.

"The process of achieving this award has helped our team assess and improve our skills, establish detailed guidelines and expand our knowledge in the area of minimally invasive surgery," says Ray Wertheim, MD, FACOG, Director, Minimally Invasive Gynecology Center of Excellence at Inova Fair Oaks Hospital. "We have superb outcomes, we have lowered our complication rate from 9 to less than 3 percent and our patient satisfaction rate has gone through the roof."

The OB-GYN experts at Inova Fair Oaks Hospital perform 97 percent of gynecologic procedures using a minimally invasive approach, exceeding the national rate of 25 to 32 percent.

"There is not another hospital in the nation that can boast those statistics," says Leonard Rosen, MD, Chairman of the Robotics Committee at Inova Fair Oaks Hospital. "Inova Fair

Oaks Hospital's designation as a Center of Excellence truly speaks to the benefits of minimally invasive surgery for women."

RIGHT PLACE, RIGHT TIME

For Catherine Schmitt, having minimally invasive surgery at Inova Fair Oaks Hospital changed her life. For three years, the 54-year-old elementary school administrative assistant had endured problems associated with a fibroid in her uterus that had grown so large that she could feel it when she went for her daily jog. Though Schmitt felt she could no longer tolerate the pressure in her abdomen, the intermittent bleeding and the accompanying anemia, she was still anxious about having surgery.

Know Your Options

To learn more about minimally invasive gynecology at Inova Fair Oaks Hospital, visit inova.org/women.

◀ MASTER CHEF

Minimally invasive laparoscopic surgery to remove Catherine Schmitt's uterus also took away the fibroid that was causing her so much discomfort. It didn't take her long to feel better. One week after the surgery she entertained eight guests for dinner.

When Schmitt went to see Dr. Wertheim, her anxiety vanished. She and her husband knew they were in capable hands.

"Dr. Wertheim did a wonderful job of giving us clear, solid information about what this procedure would involve," she says. "One of the things that was really key was we talked to Dr. Wertheim on at least three occasions, and he listened to my concerns and helped me understand what the possibilities were."

Dr. Wertheim performed a minimally invasive laparoscopic hysterectomy, which involved removing Schmitt's uterus and the fibroid that had caused her so much discomfort. Schmitt's surgery was done as an outpatient procedure and she went home two to three hours after the surgery. Just one week after the surgery she had eight guests over for dinner.

"It's a great procedure," says Schmitt. "I think the combination of good medical practice, the surgery itself and Dr. Wertheim's phenomenal medical style is what has made it such a great experience."

These days, when Schmitt is not working full-time, she runs, gardens, entertains in her home and spends quality time with her husband and their two sons.

"By removing the uterus and the fibroid, she felt wonderful," says Dr. Wertheim. "She felt no more pelvic pain or pelvic pressure. She can do anything she wants, much better than she did before the surgery."

Schmitt's only regret is not having done the surgery sooner. "If I had known what I knew the day after the surgery, I would have done it three years before," she says.

ARRAY OF TREATMENTS

The Center of Excellence in Minimally Invasive Gynecology at Inova Fair Oaks Hospital is dedicated to bringing the best in women's healthcare to our patients. The center offers a comprehensive array of minimally invasive procedures that help women return to their normal activities sooner and with much less pain and discomfort than traditional surgery.

We offer minimally invasive procedures to treat:

- uterine fibroids
- stress urinary incontinence
- abnormal bleeding
- pelvic floor disorders
- gynecologic cancer
- endometriosis
- uterine prolapse

UNMATCHED PERFORMANCE

Minimally invasive procedures offer numerous benefits for women, compared to traditional open surgery. With the minimally invasive approach, women can get back to their normal activities sooner than with traditional open surgery. At Inova Fair Oaks Hospital, patients typically return home four hours after surgery and resume their active lifestyle within two weeks.

"Minimally invasive surgery is safer than open surgery, the recovery is quicker, there's less pain and discomfort and the long-term outcome for the patient is better," says Dr. Wertheim.



BIG JUMP

INOVA FAIR OAKS HOSPITAL RECEIVES LEAPFROG TOP HOSPITAL SAFETY DISTINCTION

Inova Fair Oaks Hospital just hopped ahead of the competition. Late last year, it received the 2012 Leapfrog Top Hospital distinction, one of the most competitive national hospital quality awards in the country.

"This award is a testament to our ability to provide safe and reliable care to each patient who comes through our doors," says John Fitzgerald, CEO of Inova Fair Oaks Hospital.

The selection is based on the results of The Leapfrog Group's annual survey, which measures hospitals' patient safety and quality performance in three critical areas: how patients fare, resource use and management structures in place to prevent errors. Inova had consistently high safety rating scores across its hospitals.

The Leapfrog Group is a national organization that uses the collective leverage of large purchasers of healthcare to initiate improvements in the safety, quality and affordability of healthcare. Nearly 1,200 hospitals participated in The Leapfrog Group's annual survey.