



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

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**FOLLOW THE LEADER**

**A Fresh Perspective**

Spring is commonly associated with renewal and rebirth. As we approach this season, we have the opportunity to pause and take stock of our hospital and how we are working to improve our performance.

Recently, Inova Fair Oaks Hospital was the recipient of two important awards. The first was the designation of the Inova Fair Oaks Hospital minimally invasive gynecologic surgery program as a national Center of Excellence. Our center's designation — one of the first two in the country — was granted by the AAGL, a leading national accreditation agency. The designation was granted after a rigorous evaluation of the care protocols and outcomes for both the hospital and the surgeons who perform the procedures.

Also, in December of last year, the hospital was identified by The Leapfrog Group as a Top Hospital in the nation, based on measures of quality, safety and efficiency. The Leapfrog Group is a national consortium of businesses that purchase healthcare, such as General Motors and Exxon. There were 92 hospitals nationwide and only one in Virginia listed as Top Hospitals.

As we gain a fresh perspective on life this season, it's important to take a look at how we can renew our efforts to strengthen our hospital and, in doing so, better serve you.



**JOHN FITZGERALD**  
Chief Executive Officer, Inova Fair Oaks Hospital

# A Good Complement

Mind-body techniques can soothe stress of chemotherapy

Holistic medicine increasingly is becoming an integrative aspect of cancer care.

Breathing techniques, aromatherapy, progressive muscle relaxation, guided imagery or visualization, meditation, yoga, tai chi and even listening to music can help to soothe the anxiety, fear and worry associated with chemotherapy and other treatments.

Coping with chemotherapy can feel overwhelming. Stress causes muscle tension, a rapid heart rate, elevated blood pressure, fast breathing, as well as feelings of apprehension, irritation and frustration. When facing new treatment procedures, stress levels may rise and can then aggravate some of the potential side effects of treatment including nausea, fatigue and low energy. A relaxed state of mind and body can lessen the likelihood of such side effects. Patients can create a sense of control over their situations and develop more peaceful emotional states.

## Cancer Services

Life with Cancer™ offers services at Inova Fair Oaks Hospital for cancer patients, families and friends, including educational classes, inpatient and outpatient visits, support groups, individual and family counseling, and complementary therapy classes designed to help them understand and cope with the impact of cancer — all at no cost. All of our services are provided by certified oncology nurses and licensed social workers. Life with Cancer also offers programs and support groups specifically for children and teens. Learn more at [lifewithcancer.org](http://lifewithcancer.org).

## New Cancer Center to Open

Early next year, the new state-of-the-art Cancer Center at Inova Fair Oaks Hospital will open, offering a new home to the Life with Cancer program as well as radiation oncology services, chemotherapy infusion clinic, outdoor healing garden and patient education center. To learn more about the services available or to make a charitable gift to the future Cancer Center, please contact Kate Sims, Foundation Director, at [kate.sims@inova.org](mailto:kate.sims@inova.org) or 703.391.4810.

## Free Skin Cancer Screening!

This May is Skin Cancer Awareness Month, a time to increase awareness of the importance of prevention, early detection and treatment of skin cancer.

Inova Fair Oaks Hospital will provide free cancer screenings on Saturday, May 4, from 9 a.m.–2 p.m. Call **1.855.My.Inova (1.855.694.6682)** to schedule your free screening.





# The Best for Mom and Baby

Comprehensive services prepare the way for your new arrival

For prospective parents, having a healthy pregnancy and delivery is at the top of the wish list. With this in mind, Inova Fair Oaks Hospital is there to offer compassionate support every step of the way.

“From pregnancy through delivery, our nationally recognized facility offers expectant parents the very best personalized care,” says Laura Pickford, MD, Dept. Chair of Obstetrics and Gynecology at Inova Fair Oaks Hospital. “We take pride to offer all private rooms both in postpartum and NICU for your convenience.”

As you plan for your child’s birth, the medical team at Inova Fair Oaks Hospital can help you feel confident about what to expect. Certified instructors offer a comprehensive array of informative childbirth classes in person and online. You can choose from a wide range of topics, including nutrition and fitness during pregnancy, childbirth preparation, what to expect during a Caesarean delivery, breastfeeding and caring for your baby. If you have special concerns, our team of maternal/fetal medicine specialists is ready to provide you and your prenatal care provider with the information you need for a successful pregnancy and delivery.

Please visit [inovahealthsource.org](http://inovahealthsource.org) for a convenient virtual tour of the Inova Fair Oaks Hospital Birthing Center.

## March for Babies

Join Inova Fair Oaks Hospital’s team at the March for Babies March of Dimes walk to support research to help prevent premature birth and other serious problems that threaten our babies. The walk will take place on Sunday, May 5, at the Reston Town Center. Please contact Dawn Murphy, Director of Patient Relations, at **703.391.3885**.

## IT’S OUR SPECIALTY

*Three new specialty centers open*

In February, we opened three new specialty centers at Inova Fair Oaks Medical Campus: Inova Spine Care Center, Inova Pain Management Center and Inova Weight Loss Center.

These comprehensive one-stop centers help patients return to the activities they enjoy sooner as a result of a multidisciplinary treatment approach to spine, pain and weight-related issues. Our team, comprised of expert physicians, nurse navigators, physical therapists and counselors, works together to provide the best personalized patient care. For more information on services at these centers or to make an appointment, call **703.391.4200**.



## Ask the Expert

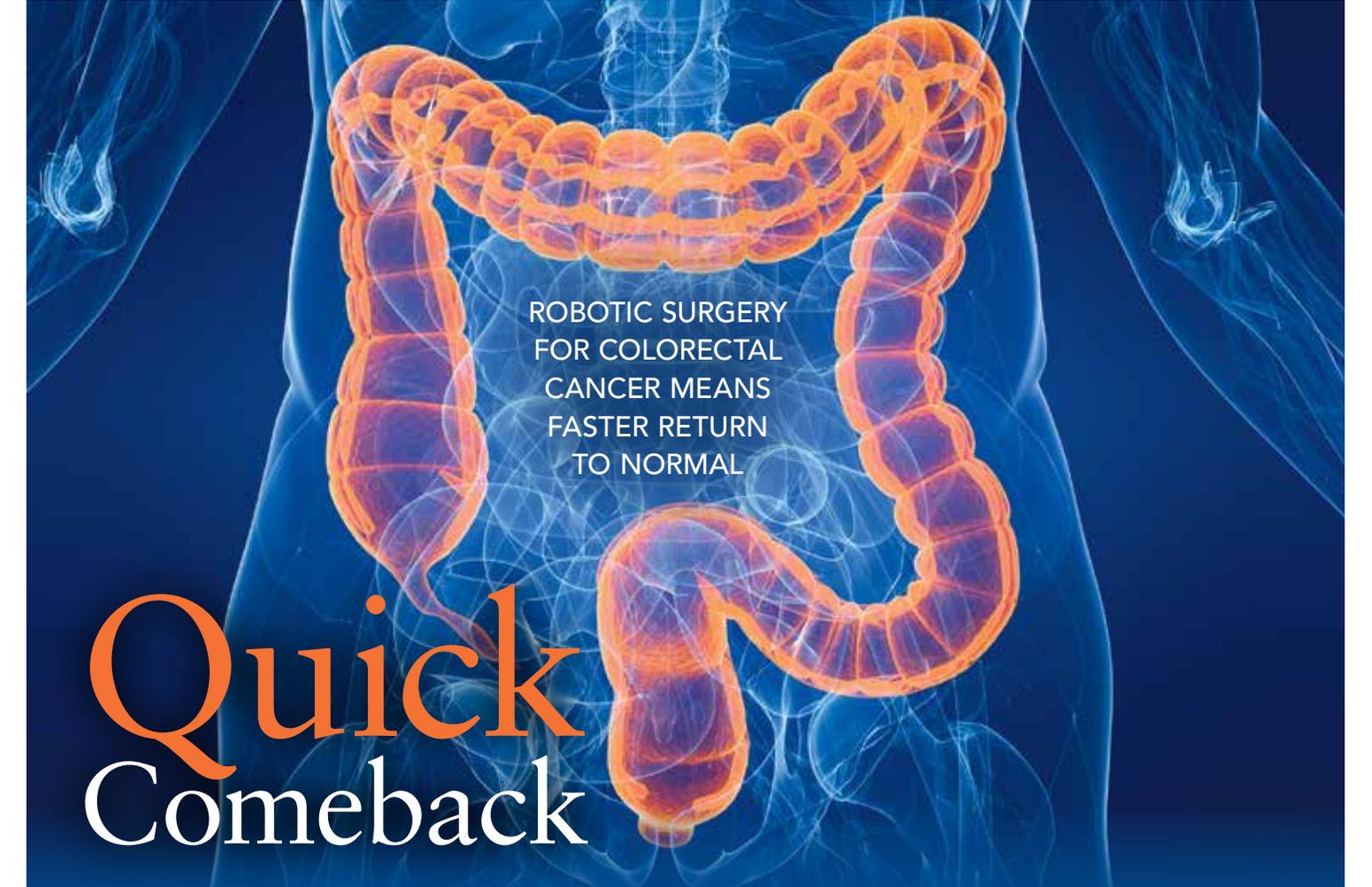
### HAVE A HEALTHY PREGNANCY

Join Neda Hashemi, MD, on Thursday, May 2, 6:30 p.m. at Inova Fair Oaks Hospital, Conference Room 1, for a FREE community lecture titled “Have a Healthy Pregnancy.”

Call **1.855.My.Inova (1.855.694.6682)** or visit **[inova.org/AskTheExpert](http://inova.org/AskTheExpert)** to register for this **FREE** program.



Neda Hashemi, MD  
Obstetrician



ROBOTIC SURGERY  
FOR COLORECTAL  
CANCER MEANS  
FASTER RETURN  
TO NORMAL

# Quick Comeback

**When Deborah Horseman discovered she needed surgery,** she wanted the most effective procedure that would require the least amount of recuperation. The 59-year-old secretary had been diagnosed with colon cancer that would ultimately require the removal of 15 inches of her colon, and she was ready to have the surgery and get back to her busy career.

Deborah's physician, Daniel Otchy, MD, a colon and rectal surgeon, performed a robotic left colectomy, a minimally invasive procedure that results in a dramatically faster recovery than open surgery. Just three days after the procedure, which was performed at Inova Fair Oaks Hospital, Deborah went home and was able to walk and have normal bowel function. Only three weeks after the surgery, she was back to her normal activities.

#### Express Healing

"With robotic surgery, we use very small incisions and most patients have a rapid recovery," says Dr. Otchy. "Patients are in the hospital usually three or four days after a robotic procedure as opposed to five or six days with open surgery."

Deborah is pleased with her results. "I am very, very happy with the procedure," she says. "Dr. Otchy is wonderful. He explained everything from the get-go and he was very matter-of-fact. He's one of those very personable doctors who has a great bedside manner."

## Robotics in Action

Learn more about the da Vinci® Surgical System at Inova at [inova.org/davinci](http://inova.org/davinci).

## Ask the Expert

### COLORECTAL CANCER — TREATMENT FOR A PREVENTABLE DISEASE

Join Daniel Otchy, MD, on Thursday, April 4, at 6:30 p.m. at Inova Fair Oaks Hospital, 5th Floor (J1M) for a **FREE** community lecture titled, "Colorectal Cancer — Treatment for a Preventable Disease."

Call **1.855.My.Inova**  
**(1.855.694.6682)** or visit  
**[inova.org/AskTheExpert](http://inova.org/AskTheExpert)**  
to register for this FREE program.



Daniel Otchy, MD  
Colon & Rectal Surgeon

# IT'S IN THE HIP

Innovative approach to hip replacement speeds healing

If you're considering a hip replacement but are concerned about a lengthy recovery, an advanced new procedure may provide the answer you're looking for. The medical team at the nationally recognized Inova Fair Oaks Hospital Joint Replacement Program now performs anterior hip replacement, a less invasive approach that allows you to get back on your feet soon after surgery.

"In the long-term, patients with both anterior and posterior approach hip replacement do great," says James Reeves, MD, an orthopedic surgeon at Inova Fair Oaks Hospital. "The advantages of the anterior approach are that the recovery tends to be quicker and there's a decreased risk of dislocation afterwards."

## BIG STRIDES

Anterior hip replacement is an advanced, specialized procedure that involves a small incision on the front of the hip area to avoid disrupting muscles surrounding the joint.

"With anterior hip replacement, we see patients walking the day of surgery without any major disruption to their gait and some are even able to go home the next day," says Karen DuTeil, RN, MSN, ONC, orthopedic patient care navigator at the Inova Fair Oaks Hospital Joint Replacement Program. A team of highly skilled professionals, including orthopedic surgeons, a dedicated nursing staff, physical therapists and case managers supports the program.

## Ask the Experts

TO REGISTER FOR ONE OF OUR FREE ASK THE EXPERT LECTURES, VISIT [INOVA.ORG/ASKTHEEXPERT](http://INOVA.ORG/ASKTHEEXPERT).

### ADVANCES IN HIP REPLACEMENT SURGERY

**James Reeves, MD**

Wednesday, April 17, 6:30 p.m.  
Heritage Hunt Country Club, Ballroom,  
6901 Arthur Hills Drive,  
Gainesville, VA



James Reeves, MD  
Orthopedic Surgeon

### SPORTS-RELATED SHOULDER PAIN

**Keith Lawhorn, MD**

Monday, April 29, 7 p.m.  
Inova Fair Oaks Hospital Medical Campus,  
Auditorium, 3700 Joseph Siewick Drive,  
Fairfax, VA



Keith Lawhorn, MD  
Orthopedic Surgeon

## WHY HIP REPLACEMENT?

Your doctor may recommend hip replacement surgery for a variety of reasons. Patients who benefit have the following conditions:

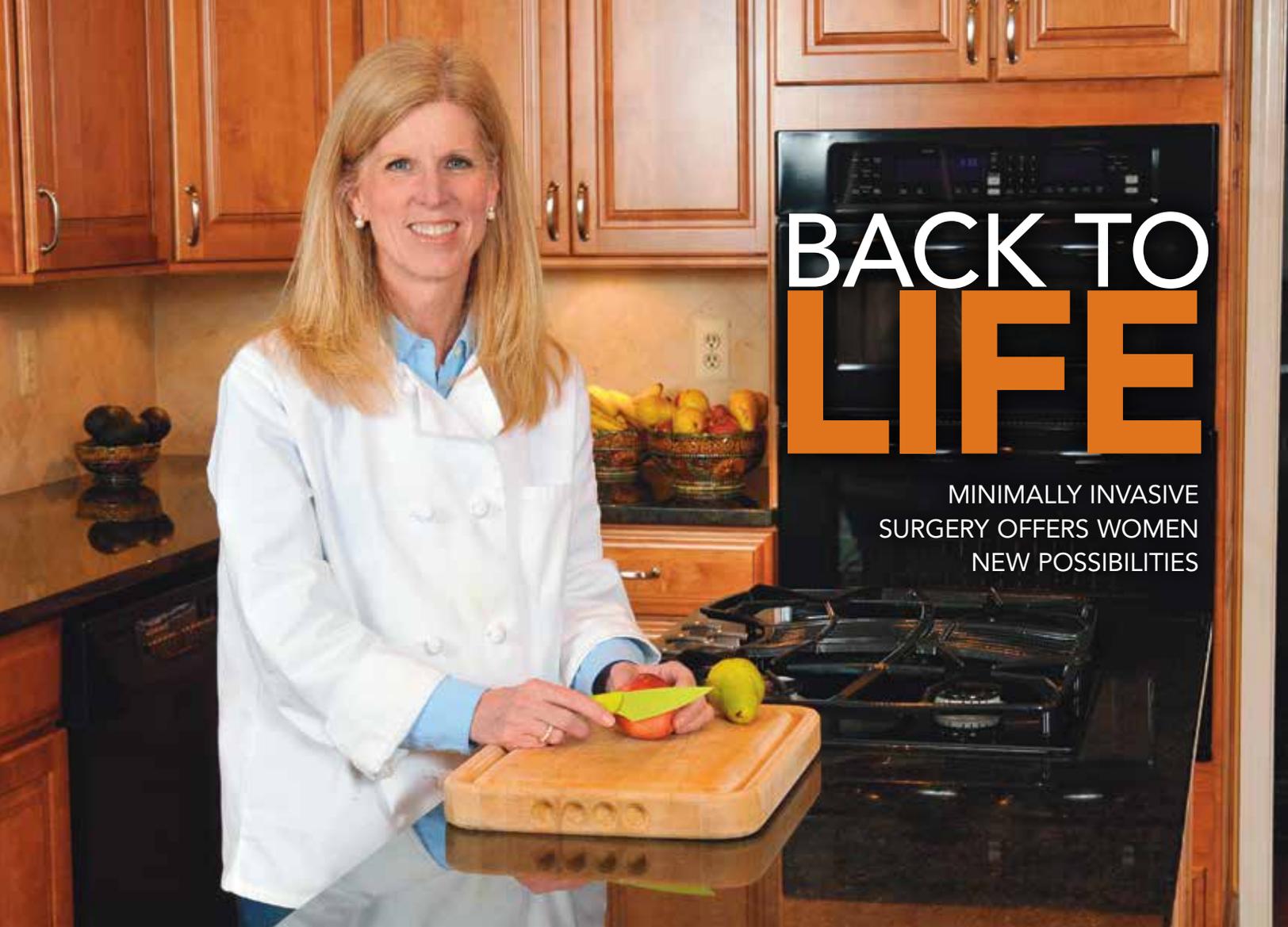
- Hip pain that limits everyday activities, such as walking or bending
- Hip pain that continues while resting, either during the day or at night
- Stiffness in the hip that limits the ability to move or lift the leg
- Inadequate pain relief from anti-inflammatory drugs, physical therapy or walking supports

Talk to your doctor about options if you suffer from one of these problems.

### Forward Motion

Karen DuTeil, patient care navigator, can be reached at **703.391.4555** or at [Karen.DuTeil@inova.org](mailto:Karen.DuTeil@inova.org).





# 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 of 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](http://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.

Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area's only Level 1 Trauma Center and Level 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience Institute and Inova Children's Hospital. Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at [inova.org](http://inova.org).

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- iTriage appointment request mobile application
- MyChart online appointment booking (existing patients)
- Board-certified internal and family medicine physicians
- Seamless access to Inova's world-class hospitals, services and programs

### LEARN MORE

We have a location at 3913 Centerville, Road, Suite 250, in Chantilly, VA. Meet our physicians or find a practice location near you at [inovamedicalgroup.org](http://inovamedicalgroup.org).

### SCHEDULE YOUR APPOINTMENT



Request appointments online at [inovamedicalgroup.org](http://inovamedicalgroup.org) or call us at **1.855.IMG.DOCS/1.855.464.3627**.

You can also use the iTriage mobile application or scan this adjacent code with your smartphone barcode reader.



## BREAST CANCER SUPPORT

### SOS offers mentors

Are you facing breast cancer? Share the journey with someone who knows — a breast cancer survivor. A diagnosis of breast cancer can be overwhelming, but we are here to help. A new program at Inova brings together those recently diagnosed with trained volunteer mentors.

These mentors, all breast cancer survivors themselves, provide knowledge, support, encouragement and a shoulder to lean on.

Whether you're facing breast cancer and could benefit from the help of a mentor, or you are a breast cancer survivor and can offer help to another, Survivors Offering Support (SOS) is for you. With SOS, you're never alone.

To learn more about the program, please contact Pamela Crum, Coordinator, Survivors Offering Support, at **703.698.2532** or **pamela.crum@inova.org**.

we've gone electronic

*InHealth* is now available as an e-newsletter. To sign up to receive this free e-newsletter from Inova Fair Oaks Hospital, go to [inova.org/subscribe](http://inova.org/subscribe).



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### baby and me

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