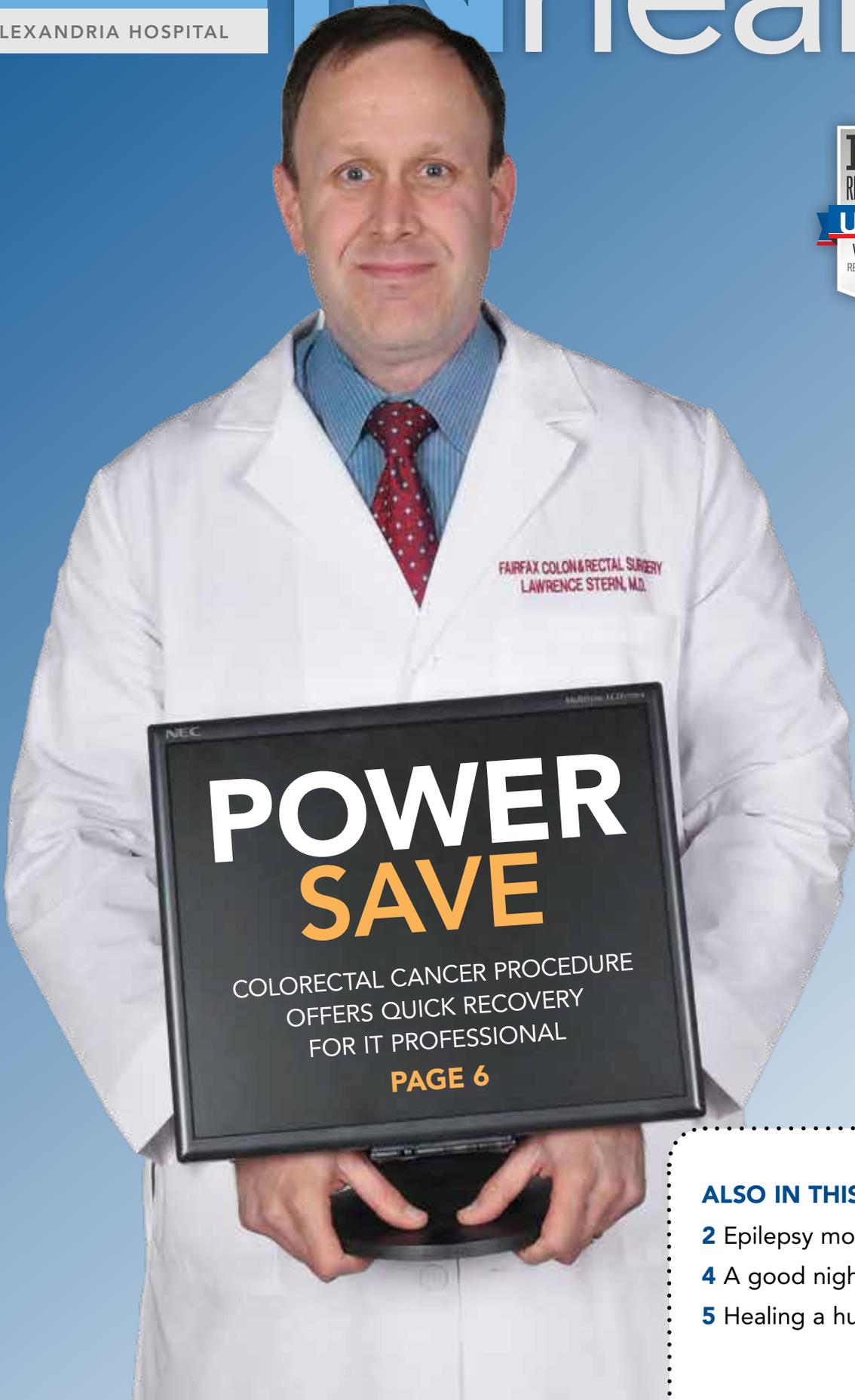




INOVA ALEXANDRIA HOSPITAL

INhealth



POWER SAVE

COLORECTAL CANCER PROCEDURE
OFFERS QUICK RECOVERY
FOR IT PROFESSIONAL

PAGE 6

ALSO IN THIS ISSUE:

- 2** Epilepsy monitoring
- 4** A good night's rest
- 5** Healing a hurt shoulder

**FOLLOW
THE LEADER**

Changing Everyday

With every decision we make we look to our community to create programs to match the healthcare needs. Some great examples of recent initiatives are featured in this edition.

Our cover story highlights our colorectal surgery program. We recently expanded the program at the hospital, with the addition of the largest colorectal surgery group in the area and our new Medical Director, Lawrence Stern, MD. This means more access for patients with conditions like Crohn's disease, diverticulitis, hemorrhoids and colon cancer.

Change is also afoot in neurosurgery. We are excited about our new neurosurgeon, James Leiphart, MD, PhD, FACS, FAANS, who specializes in epilepsy and seizure disorders. His expertise will add a new level of care for our advanced community hospital.

Sleep problems? In the spring, we renovated our Sleep Center with new hotel-like amenities, and are excited to continue our work to diagnose common sleep disorders, including snoring, sleep apnea, insomnia and narcolepsy.

Lastly, our new Shoulder Replacement Program, headed by Jeffrey Lovallo, MD, provides a coordinated approach to care for patients with shoulder issues.

Stay in touch to learn about more positive developments at Inova Alexandria Hospital.

Best,



**CHRISTINE
CANDIO**

Chief
Executive
Officer

Inova
Alexandria
Hospital

Condition Control

TESTING CAN HELP DIAGNOSE, TREAT EPILEPTIC SEIZURES

Epilepsy, a neurological condition in which a person has unpredictable, recurring seizures, is one of the most common disorders of the nervous system. Unfortunately, in some cases, seizures can be misdiagnosed and difficult to control.

Inova's Epilepsy Monitoring Unit is a specialized inpatient unit that offers advanced studies to confirm or further assess an epilepsy diagnosis.

"We first monitor the patient for three to seven days," explains James Leiphart, MD, PhD, FACS, FAANS, who specializes in epilepsy and seizure disorders. "We will conduct video monitoring to detect changes in behavior and activity, and electroencephalographic (EEG) monitoring to pick up changes in the patient's brain activity. This happens in a controlled setting where patients feel comfortable and relaxed."



There are several treatment options for seizures. Anti-epileptic or anti-convulsive drugs control seizures in about 60 percent of patients with epilepsy. Surgery may be the best option for about 40 percent of patients, who are not able to manage their disease with medication. Still other patients may benefit from vagus nerve stimulation, a minimally invasive procedure that aims to block the faulty brain messages that cause epileptic seizures.

Brain Power

Learn more about neurosurgery and epilepsy testing and treatment by calling **703.970.2670** or visiting inova.org/neuroscience.

NEW NEUROSURGEON ON STAFF

Enhanced neurosurgery program

Neurosurgeon James Leiphart, MD, PhD, FACS, FAANS, has joined Inova Alexandria Hospital as the Director of Epilepsy Surgery and Co-Director of Epilepsy Services, as part of Inova Neuroscience Institute.



Board-certified in neurological surgery, Dr. Leiphart has nine years of surgical and clinical experience. He has a special interest in management of epilepsy and complex pain syndrome, in addition to general neurosurgery, including intracranial hemorrhages, tumor resections and spine surgery. He also

has an interest in deep-brain stimulation for movement disorder patients. He will be an integral part of the stroke team.

The hospital's infrastructure has been enhanced to support Dr. Leiphart and neurosurgical service. It will include full-time physician assistant support, operating room equipment upgrades to support the full neurosurgery program, additional training for the Intensive Care Unit and Neurovascular Care Unit nursing staff, and EEG machines with video capabilities. Coming soon will be continuous Epilepsy Monitoring Units.

INOVA OPENS ITS DOORS IN ARLINGTON

The Ballston neighborhood of Arlington welcomes Inova Urgent Care and Inova Medical Group. Located at 1005 North Glebe Road, this unique healthcare facility provides urgent and routine care for individuals, families and employers.

Visitors will find doctors and healthcare practitioners where and when needed, with walk-in and same-day appointments, and extended and weekend hours.

INOVA URGENT CARE

The staff treats:

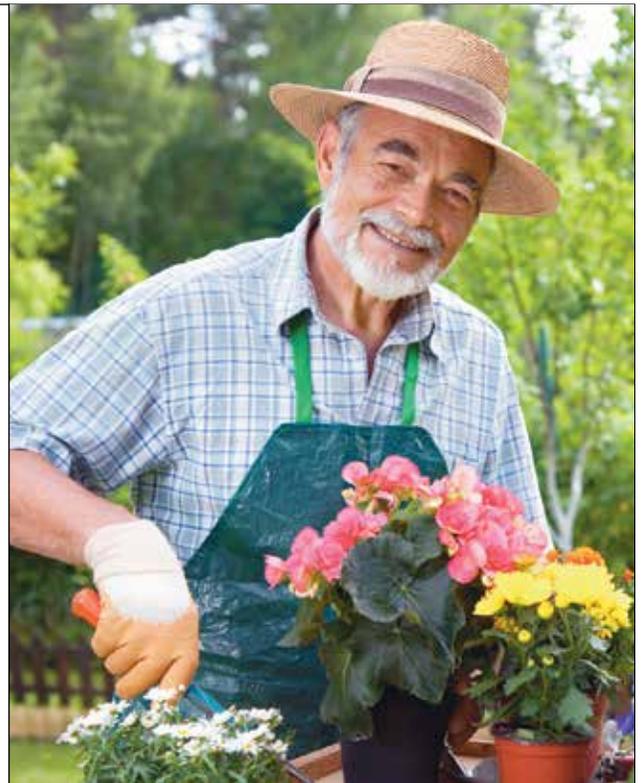
- minor illness and injury
- work-related injuries
- workers' compensation cases
- pre-employment physicals, and alcohol and drug testing
- flu shots
- immigration medical exams
- among other urgent-care services

INOVA MEDICAL GROUP

Primary care physicians are focused on:

- health promotion
- disease prevention
- patient education and counseling
- treatment of acute and chronic medical conditions

► Learn more at inova.org/ballston.



DIG IN

Gardening helps osteoarthritis sufferers

Osteoarthritis (OA), a disease that afflicts millions, is characterized by joint degradation, which can make exercise difficult or painful. In the warmer months, gardening is a good low-impact exercise to increase flexibility and muscle and bone strength if you suffer from OA.

Like any exercise, if you garden without thinking about your OA, you could end up injuring yourself or aggravating your condition. Here are some tips:

- Garden when you feel the best, whether it's morning, afternoon or night. This is the best time to go out and get some exercise.
- To reduce stress to your joints, try using your longer and stronger joints to do the more physically intense work. For example, when carrying something heavy, rest it on your forearms rather than carry it with your hands.
- Consider planting perennials and low-fuss vegetables such as carrots and green beans. This is a good way to make your garden work less taxing on your joints.
- Pay attention to your body. If you're feeling pain, stop gardening or switch to a different position. Switching activities every 15 to 30 minutes can alleviate stress on your joints.

Cancer Treatment Recognition

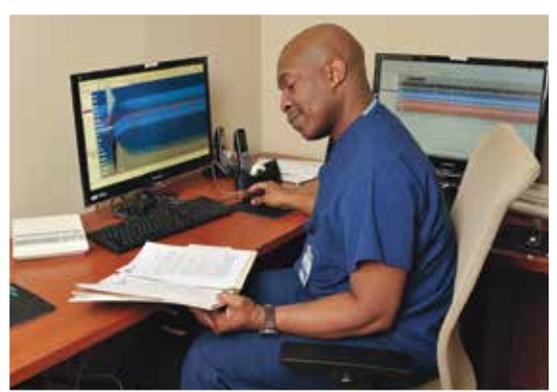
ACR ACCREDITATION FOR RADIATION ONCOLOGY



The American College of Radiology (ACR) has awarded Inova Alexandria Hospital a three-year term of accreditation in radiation oncology, which is the careful use of high-energy radiation to treat cancer.

"Achieving ACR accreditation means our facility has gone through a rigorous review process and has met specific qualifications," says Jane Grayson, MD, Chief of Radiation Oncology at Inova Alexandria Hospital.

The ACR seal of accreditation represents the highest level of quality and patient safety. It is awarded only to facilities meeting specific practical guidelines and technical standards developed by ACR after a peer-review evaluation by board-certified radiation oncologists and medical physicists who are experts in the field.



A SOUND SLEEP

THE SLEEP CENTER AT INOVA ALEXANDRIA HOSPITAL DIAGNOSES SLEEP DISORDERS

The newly renovated Neurodiagnostic Sleep Center diagnoses common sleep disorders such as snoring, sleep apnea, insomnia and narcolepsy. It features a staff of highly trained sleep physicians, technologists and a board-certified sleep physician in a quiet, homelike environment.

“Sleep disorders are a common problem that can make life harder than it has to be,” notes Lewis Eberly, MD, Medical Director. “The good news is it’s a condition that can usually be fixed.”

Those who suffer from poor sleep may be asked to spend a night in the Sleep Center for an overnight sleep study. Here, specially trained technologists monitor a patient’s status as he or she sleeps. Sensors attached to the patient’s head, upper body and legs monitor breathing, heart rate and oxygen level. Technologists, meanwhile, keep an eye on the patient’s status. The medical director then interprets the results and makes a diagnosis.

The Sleep Center is equipped to

diagnose over 80 sleep disorders. These include insomnia, the inability to fall asleep; narcolepsy, an underdiagnosed but prevalent sleep disorder characterized by the sudden onset of sleep during activity and by muscle weakness during strong emotion; and sleep apnea, the most common cause of daytime sleepiness that usually results from pauses in breathing during sleep.

Impaired concentration and loss of memory and coping skills are just some of the negative effects of living with poor sleep. Those who snore or wake up frequently may affect loved ones negatively. Driving while tired may cost the life of the driver or the lives of others. Obstructive sleep apnea, which causes pauses in breathing or slowed airflow while sleeping, may cause heart disease, hypertension and pre-diabetes.

“If you don’t sleep well on a consistent basis or experience problems during the day as a result of poor sleep, we recommend you talk to your physician about a referral,” Dr. Eberly says.

A sleep study helps to diagnose sleep issues. During the study, sensors attached to the patient’s body monitor breathing, heart rate and oxygen levels. Technologists keep an eye on the patient’s status.

A FEW GOOD Z’S

Helpful Tips for a Good Night’s Rest

- Avoid taking frequent naps during the day.
- Limit alcoholic drinks and drinks with caffeine like coffee or soda before heading to bed.
- Try to go to sleep at the same time every night.
- Be careful of side effects from medications that may affect sleep.
- Get exercise during the day and try to avoid exercising right before bed.
- Make sure that your bedroom is quiet and well ventilated.

Can’t Sleep?

If you are not able to achieve restful sleep, call the Sleep Center at Inova Alexandria Hospital at **703.504.3220**. A doctor referral is needed to make an appointment.

Good As New

INOVA'S SHOULDER REPLACEMENT PROGRAM INCREASES PATIENTS' QUALITY OF LIFE

A new program at Inova aims to provide a coordinated approach to care for patients with shoulder issues. A team of experienced orthopedic surgeons who meet strict participation criteria use advanced techniques for shoulder replacement surgery.

"Shoulder pain can reduce mobility, cause pain, and decrease function and independence," notes program Medical Director Jeffrey Lovallo, MD, who performs most of the shoulder replacement operations at Inova. "Our goal is to improve these problems."

Although not as common as hip or knee replacements, shoulder replacement operations were being performed as early as the 1950s. The procedure is similar to a total knee or hip replacement. If a patient requires surgery, a metal ball and plastic socket replaces that patient's damaged or destroyed shoulder joint. Generally, doctors consider shoulder replacement more difficult to perform than knee or hip surgery due to the complexity of the procedure. While patients may need

A Joint Approach

For more information on the Inova Shoulder Replacement Program, call **703.504.4550** or visit **inovamedicalgroup.org**.

to spend more time in physical therapy getting back to normal, shoulder replacements do generally age better than hip or knee replacements, allowing patients to embrace a more mobile life for longer.

The patient-centered, quality-driven approach of the Shoulder Replacement Program focuses on positive outcomes. A well-performed shoulder replacement procedure means patients can return to the activities they enjoy.

"We want you to return to the things you love, whether that's swinging a golf club, swimming laps or hitting an ace," Dr. Lovallo says.

COMING HOME

Your shoulder surgery should lead to reduced pain and increased range of motion. But how successful your surgery ultimately will be depends on how well you follow the surgeon's instructions upon returning home, according to the American Academy of Orthopaedic Surgeons. The following are common recommendations:

- Do follow the program of home exercises prescribed for you.
- Do ask for assistance.
- Don't use the arm to push yourself up in bed or from a chair.
- Don't overdo it!
- Don't participate in contact sports or do any repetitive heavy lifting.

Ask the Expert

SHOULDER REPLACEMENT SURGERY

Join Jeffrey Lovallo, MD, on Sept. 26 at 7 p.m. at Inova Alexandria Hospital for a **FREE** community lecture on shoulder replacement surgery. Visit **inova.org/AskTheExpert** or call 1.855.My.Inova (1.855.694.6682) to register for this **FREE** program.



Jeffrey Lovallo, MD
Medical Director

POWER SAVE

Colorectal cancer procedure offers quick recovery for IT professional

For Alemayehu Anna, facing a colorectal cancer diagnosis wasn't going to keep the 50-year-old information technologist from fulfilling the demands of his busy work schedule. So when he learned about a highly effective treatment offered at Inova Alexandria Hospital that would ensure a quick return to work, Anna knew it was the best option for him.

The procedure, known as laparoscopic low anterior resection, is one of many advanced techniques provided by the hospital's highly skilled medical team.

"Compared to traditional open surgery, this minimally invasive technique provides the identical cancer benefit, a shorter hospital stay, a quicker return to function and shorter home recovery," says Anna's surgeon, Lawrence Stern, MD, a colon and rectal surgeon at Fairfax Colon & Rectal Surgery and Medical Director of Colon and Rectal Surgery at Inova Alexandria Hospital. "A faster recovery is important because we have patients like Mr. Anna, who are professionals, and they want to get back to work quickly."

CUTTING EDGE

Colorectal cancer occurs when polyps, or abnormal growths lining the colon or rectum, become cancerous. If diagnosed early, this slow-growing cancer is highly treatable with surgery. In cases where the cancer spreads to the lymph nodes or to other parts of the body, chemotherapy or radiation therapy may be used to eradicate any remaining cancer cells.

The medical team at Inova Alexandria Hospital specializes in the most advanced minimally invasive procedures to halt colorectal cancer in its tracks. During laparoscopic surgery, a miniature camera and surgical instruments are introduced into the abdomen through tiny incisions. The surgeon is able to see a detailed view of the colon and the surrounding structures on a display monitor during the operation.

Because the incisions are so small and located just above the pubic bone, there is a "tremendous cosmetic benefit," according to Dr. Stern. "Another advantage," he adds, "is that patients recover their bowel function more quickly following minimally invasive surgery."

SIGNS AND SYMPTOMS

Many people with colon cancer experience no signs or symptoms in its early stages, which is why it's important to get screened. Talk to your doctor if you notice any of the following:

Talk to your doctor if you notice any of the following:

- a change in bowel habits, including diarrhea or constipation
- rectal bleeding or blood in the stool
- narrower than normal stools
- abdominal discomfort
- a feeling that your bowel doesn't empty completely
- unexplained weight loss
- vomiting

Sources

To learn more about getting screened for colon cancer, visit the American Society for Gastrointestinal Endoscopy's website at screen4coloncancer.org.

FAIRFAX COLON&RECTAL SURGERY
LAWRENCE STERN, M.D.

Ask the Expert

COLORECTAL CANCER — TREATMENT FOR A PREVENTABLE DISEASE

Join Katherine Khalifeh, MD, for a special lecture, "Colorectal Cancer — Treatment for a Preventable Disease." It will take place on Tuesday, Sept. 17, at 6 p.m. at Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria, VA. Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register. For more information on colorectal cancer, visit the American Cancer Society's website at cancer.org/cancer/colonandrectumcancer.



Katherine Khalifeh, MD
Medical Director

COLLABORATION

The minute Anna walked through the door at Inova Alexandria Hospital, a highly skilled team that treats each patient with a collaborative approach was by his side.

"Inova Alexandria Hospital has the largest group of board-certified colorectal surgeons operating with the latest techniques in cancer treatment in the region," says Dr. Stern.

The medical team uses a comprehensive cancer strategy, from diagnosis through treatment and follow-up care. Twice a month, cancer specialists at Inova Alexandria Hospital, including medical oncologists, surgeons, radiologists, radiation oncologists and pathologists, meet to discuss each patient's case and determine the best course of treatment.

"We offer a multidisciplinary approach where multiple specialists discuss each case in a group setting, resulting in years of expertise available to you all at one time," says Dr. Stern. "There's a collaborative effort among the team."

FIXING THE PROBLEM

Back when Anna noticed unusual symptoms such as a change in bowel function, he was referred by his primary care physician to Ronald Barkin, MD, a gastroenterologist at Inova Alexandria Hospital. Dr. Barkin performed a colonoscopy, which revealed a mass in the rectosigmoid, which is located between the end of the large intestine and the rectum. He recommended that Anna meet with Dr. Stern to discuss surgical treatment.

"Dr. Stern was very friendly and he explained everything to me and he gave me several options," says Anna. "I chose to

have minimally invasive surgery because it was important for me to get back to work."

Operating through tiny incisions, Dr. Stern removed the diseased part of Anna's colon and rejoined the healthy tissue. The pathology report showed that the cancer had invaded one of 17 lymph nodes, necessitating chemotherapy treatment as a follow-up measure.

The procedure took about two hours and Anna went home within two days. "The surgery couldn't have gone better and his recovery couldn't have gone quicker," says Dr. Stern.

Within three weeks of his operation, he was back in the office. "The surgery was amazing," he says. "Dr. Stern did a wonderful job."

HIGHLY TREATABLE

Colorectal cancer can be successfully treated if caught early. Getting screened not only ensures early detection, it can also prevent cancer from occurring since polyps can be removed before becoming cancerous.

The American Cancer Society recommends getting screened starting at age 50 and then once every 10 years. Those with a family history of colorectal cancer should talk to their physicians about being screened before age 50. Here are four screening tests that can help you stay healthy:

- **COLONOSCOPY.** This test uses a long flexible scope attached to a video camera, allowing your physician to view your entire colon and rectum. During this test your doctor can remove polyps and take tissue samples for analysis.
- **FLEXIBLE SIGMOIDOSCOPY.** This procedure is like a colonoscopy, but it only examines part of the colon and rectum. If your doctor finds a pre-cancerous polyp or colorectal cancer, a colonoscopy may be needed to evaluate the rest of your colon.
- **BARIUM ENEMA.** Your doctor places a liquid dye into the lower gastrointestinal tract, then makes a picture of your colon using X-rays.
- **CT COLONOGRAPHY (VIRTUAL COLONOSCOPY).** If you are unable to undergo colonoscopy, your doctor may recommend computerized tomography (CT) images to view the inside of your colon.
- **FECAL OCCULT BLOOD TEST.** This screening test checks stool samples for blood in the feces.



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.

If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

inova.org

IHS-048-IAH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

CHILDREN'S NATIONAL AND INOVA FORGE JOINT VENTURE

Starkid, Dr. Bear work together to keep Virginia's kids healthy

Inova and Children's National Medical Center have recently formed a 50/50 joint venture, Pediatric Specialists of Virginia. The outpatient practice will bring together and hire pediatric specialists to deliver pediatric specialty care to children in Northern Virginia.

"Pediatric Specialists of Virginia brings together two highly regarded and trusted medical centers to provide world-class care for children and families," says J. Knox Singleton, Chief Executive Officer of Inova.

Beginning this fall, Pediatric Specialists of Virginia will offer pediatric Gastroenterology, Nephrology, Genetics, Hematology/Oncology and Orthopedics through the collaboration.

Pediatric Specialists
of Virginia



WE'RE IN THE TOP 10 AGAIN!

U.S. News and World Report has ranked Inova Alexandria Hospital as the No. 6 hospital in the Washington, DC, metro area and the No. 6 hospital in Virginia for 2013-2014. The hospital is also ranked as high-performing in Diabetes & Endocrinology, Gastroenterology & GI Surgery, Geriatrics, Nephrology, Neurology & Neurosurgery, Orthopedics, Pulmonology and Urology. See more at inova.org/usnews.



find a physician

Looking for a doctor?
Call **1.855.My.Inova**
(1.855.694.6682) or visit
inova.org/physicians.

Our 24/7 physician-referral service can help you find one close to home or work.



subscribe now!

To ensure future arrival of *InHealth*, request your FREE subscription by calling **1.855.My.Inova** (1.855.694.6682) and pressing 1, or visiting inova.org/subscribe.



we're social!

- ▶ twitter.com/InovaHealth
- ▶ facebook.com/InovaHealth
- ▶ youtube.com/InovaHealthSystem



baby and me

Sign up for Inova's free weekly pregnancy and parenting e-newsletter, *Baby and Me*. Visit inova.org/babyandme to sign up today!