



INOVA FAIRFAX HOSPITAL

# INhealth



# REMARKABLE JOURNEY

Family thrives thanks to superior care at NICU

**PAGE 6**

**BEST**  
REGIONAL HOSPITALS

& WORLD REPORT  
**USNews**

WASHINGTON, DC  
RECOGNIZED IN 12 SPECIALTIES  
2013-14

#### ALSO IN THIS ISSUE:

- 2** The region's top hospital
- 4** Conquering breast cancer
- 5** Overuse injury treatment

**FOLLOW THE LEADER**

**Let's Take a Bow**

The staff of Inova Fairfax Hospital has done it again. *U.S. News & World Report* in its 2013-2014 list of Best Hospitals has ranked our hospital No. 1 in the Washington, DC, region — for the second year in a row. In addition to Inova Fairfax Hospital being named the top hospital in the Washington, DC, region, we were ranked 19<sup>th</sup> in the nation in Gynecology, and the recent *U.S. News Top Children's Hospitals* list ranked Inova Children's Hospital 35<sup>th</sup> nationally in Neonatology.

*U.S. News* evaluates nearly 4,800 hospitals in 16 adult specialty and 10 children's specialties. In most adult specialties, it ranks the nation's top 50 hospitals and recognizes other high-performing hospitals that provide care at nearly the level of those nationally ranked.

While the rankings are a source of pride, even more impressive is what is behind them: our talented team of doctors, nurses, allied health professionals and hospital staff. This group rolls up its sleeves every day and every hour of every day to deliver exceptional care to you, our patients. We are indeed unique among hospitals for the level of gifted, caring and dedicated employees who work here. So here's to you, Inova Fairfax Hospital employees. You are in a class all your own.



**PATRICK CHRISTIANSEN, PHD**

COO, Inova Fairfax Hospital  
Senior Vice President, Inova

# We're No. 1 — Again

*U.S. News: Inova Fairfax Hospital is Washington Metropolitan Region's top hospital*

For the second year running, Inova Fairfax Hospital has been named the Washington Region's No. 1 hospital, according to *U.S. News & World Report*.

This year, the hospital was nationally ranked in Gynecology (No. 19) after coming in 23<sup>rd</sup> in this specialty last year. In addition, Inova Children's Hospital was ranked 35<sup>th</sup> in the nation in Neonatology in the recent *U.S. News Top Children's Hospital* rankings. The annual Best Hospitals rankings, now in their 24<sup>th</sup> year, recognize hospitals that excel in treating the most challenging patients. *U.S. News* evaluates hospitals in 16 adult specialties and 10 pediatric specialties. Inova Fairfax Hospital is the only hospital in the region to be ranked nationally in both women's and children's care.



## STRONG SHOWINGS

Besides being nationally ranked in Gynecology and Neonatology, Inova Fairfax Hospital was named high-performing in the following specialties:

- Cancer
- Cardiology & Heart Surgery
- Diabetes & Endocrinology
- ENT

- Gastroenterology & GI Surgery
- Geriatrics
- Nephrology
- Neurology & Neurosurgery
- Orthopedics
- Pulmonology
- Urology

# 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
- worker's compensation cases
- pre-employment physicals, alcohol and drug testing
- flu shots
- immigration medical exams
- other urgent-care services

► Learn more at [inova.org/ballston](http://inova.org/ballston).



## INOVA MEDICAL GROUP

Primary care physicians are focused on:

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



# Practical Knowledge

## Women's Health Integrated Research Center analyzes GYN cancer at the molecular level



G. Larry Maxwell, MD

Researchers at Inova are actively researching at the molecular level to find treatments and prevention techniques for gynecologic cancer. The Women's Health Integrated Research Center at Inova, an 8,000-square-foot laboratory, is developing "bench-to-bedside" therapeutic opportunities for patients, notes G. Larry Maxwell, MD, Chairman of Obstetrics and Gynecology at Inova Women's Hospital at Inova Fairfax Medical Campus. "Genomics and proteomics data gathered at the bench are being studied in animal models and human trials, translating into novel, targeted drug strategies for patients with gynecologic cancer," he says.

The group has identified a number of proteins that are, in part, associated with resistant chemotherapy. It has developed inhibitors to this resistance that sensitize patients to the effects of chemotherapy and is currently developing therapeutic strategies for clinical trials early next year. Dr. Maxwell's group is also finalizing a phase 1b study using a vaccine therapy for patients with ovarian and endometrial cancer.

"We're doing lots of science that's important, ultimately contributing to our overall knowledge of gynecologic cancers," Dr. Maxwell says.

## Research in Action

Learn more about Inova women's services at [inova.org/women](http://inova.org/women).

# HITTING THE TARGET

## *New device allows for precise blood draws*

Ouch! Ever had blood drawn and been pricked when the needle missed the vein? Millions of venipunctures are conducted every day in the United States and it is believed that a good portion of these attempts to access a vein fail the first time. To alleviate this problem, Inova is adopting the AccuVein AV30 to assist with IV starts and blood draws at its five facilities.

AccuVein is a handheld, non-contact vein-illumination device. It allows healthcare professionals to see a map of peripheral veins on the skin's surface to improve vascular access procedures including blood draw, IV infusion and blood donation. This technology will be particularly useful among Inova's pediatric and elderly populations, patients on chemotherapy and those having repeated diagnostic or therapeutic procedures.



# Forging Ahead

GOOD ATTITUDE HELPED ONE WOMAN DEFEAT BREAST CANCER

## SUPPORTIVE COMMUNITY

A friendly, caring community is there to support and nurture women as they transition from breast cancer treatment to their daily activities.

"When a woman's treatment is done and they're not seeing doctors all the time, there are many resources to help them transition out of acute care and into living beyond the diagnosis," says Lianne Tedesco, RN, breast care navigator at Inova Breast Care Center at Inova Fairfax Hospital. Here are two such resources:

■ **LIFE WITH CANCER.** This free program offers education, information and support to help women face the emotional, physical and financial challenges ahead. Call **703.698.2526** or visit [lifewithcancer.org](http://lifewithcancer.org).

■ **SURVIVORS OFFERING SUPPORT.** This award-winning support group provides one-on-one mentoring for women transitioning to wellness. Call Pamela Crum, Coordinator, Survivors Offering Support, at **703.698.2532** or [pamela.crum@inova.org](mailto:pamela.crum@inova.org).

**Bessy Blanco's triumph over breast cancer** was due in large part to her positive outlook and the compassionate support she received at Inova Breast Care Center at Inova Fairfax Hospital.

Having served as a prominent attorney in El Salvador, Blanco journeyed to the United States seven years ago with her daughter to care for her aging mother. After many wonderful years of living in this country, a cascade of events changed her life forever. First came the loss of her mother. Then Blanco lost employment, and last winter, she found out she had breast cancer. In the midst of her cancer treatment, Blanco faced her challenges head-on and became an advocate for victims of domestic violence, starting a new phase in her career.

"What's unique and compelling about Ms. Blanco's story is her amazing outlook," says Costanza Cocilovo, MD, a breast surgeon at Inova Fairfax Hospital who treated Blanco. "She didn't let anything stop her along the way."

### COMPASSIONATE CARE

Prior to having a single mastectomy, Blanco received neoadjuvant chemotherapy to minimize the tumor. "We knew she would need a mastectomy but decided it would be helpful to shrink the tumor down prior to surgery," says Dr. Cocilovo. "The other advantage to doing chemotherapy before surgery in patients where we know they will need the treatment and they will benefit from

it, is it doesn't delay the treatment."

For Blanco, the support she received during her chemotherapy treatment was invaluable.

"The nurses at the Infusion Clinic are amazing," she says. "I went there feeling anxious about the chemotherapy, but those women made me feel comfortable and confident. No matter how busy they were, they never stopped being so gentle, supportive and caring. I truly appreciate what those women did for me."

Before Blanco's surgery, Dr. Cocilovo thoroughly explained what the surgery would entail and went over the options for reconstruction. Blanco decided to have an expander placed during her surgery and will have a final reconstruction following her recovery.

"Everybody in the hospital, including Dr. Cocilovo, kept me calm and gave me confidence about the surgery," says Blanco.

Returning home the day after her surgery, Blanco only needed pain medication for three days. That week she resumed her daily walks with her dog, and two weeks following her surgery, she went back to work. With the competent, compassionate care she had received throughout her cancer journey, challenges that seemed overwhelming became possible to overcome.

"I knew I was in good hands," says Blanco. "It was amazing! I never knew I was going to go back to work so quickly."

## Come See Us

To schedule an appointment at the Inova Breast Care Center, call **703.207.4320**.

# GO

## THE DISTANCE

Injuries don't have to sideline runners, cyclists



**Whether you're a competitive athlete or a weekend warrior**, injuries happen. Over time, the repetitive motion involved in running and biking can lead to overuse injuries in your muscles and joints, causing chronic pain and discomfort. The good news is that most repetitive injuries can be treated effectively, allowing a quick return to pre-injury performance.

"The vast majority of repetitive use injuries caused by running and cycling issues can often be treated with modification of a person's training regimen with only a minimal amount of time missed from activities that patients want to participate in," says Matthew Levine, MD, an orthopedic surgeon specializing in sports medicine at Inova Fairfax Hospital.

Sports medicine specialists at Inova Fairfax Hospital provide a full complement of services for athletes of all skill levels, including consultation, state-of-the-art diagnostic exams, sport-specific rehabilitation and advanced surgical techniques when needed.

### BACK ON TRACK

For runners, common injuries include runner's knee, or pain centering on the kneecap; iliotibial band syndrome (ITBS), which involves pain and inflammation on the outside of the knee; Achilles tendinitis, or pain and swelling of the tendon just above the heel; and ankle sprain. Runners are also prone to high-impact injuries such as stress fractures and shin splints.

"Most of these common overuse injuries don't require surgery," says Robert Najarian, MD, an orthopedic surgeon and

sports medicine specialist at Inova Fairfax Hospital. "Usually the swelling and pain resulting from these injuries can be treated with rest, ice and anti-inflammatory medications."

Cyclists share some of the same types of slow-onset injuries as runners, such as ITBS and knee pain, and they are also vulnerable to acute injuries such as collarbone fractures and mild head and neck injury caused by falls.

For athletes with traumatic bone and muscle-related injuries, Inova's full-time, orthopedic trauma team is available around the clock. The dedicated team uses the most advanced technology to provide each patient with a superior outcome.

## LOOKING AHEAD

In November 2013, Inova will open the Ballston sports medicine center providing a comprehensive array of orthopedic subspecialties in a single, convenient location.

"The new center will provide our patients with a centralized location where our orthopedic services, physical therapy, sports performance services and urgent care will all be under one roof," says Matthew Levine, MD.

# Remarkable JOURNEY

STRUGGLING NEWBORN, PARENTS THRIVE THANKS TO SUPERIOR CARE AT NICU

**For 24 weeks, Janet Stopa had enjoyed a blissfully smooth pregnancy.**

After trying to start a family for three years, she and her husband, Chris, were now joyfully anticipating the arrival of their first-born son, Nathaniel. Graced with an abundance of energy, Janet was able to maintain her fast-paced career as an emergency room nurse at Inova, where she has worked for more than a decade.

But one August evening in 2010, things changed quickly and without warning. While the couple was socializing with neighbors, Janet suddenly experienced nausea and severe chest pain that wouldn't go away. In the middle of the night she and her husband rushed to the Inova Fair Oaks Hospital Emergency Department, where a thorough evaluation revealed that Janet's blood pressure had skyrocketed and her blood cells were rapidly breaking down.

Janet's obstetrician, who was on call at the hospital, recognized the classic signs of HELLP syndrome, a life-threatening complication of the pregnancy disorder preeclampsia. Given that the only cure for HELLP syndrome is delivery, Janet was transported by ambulance to the Inova Women's Hospital, where she had an emergency C-section. Having her baby in a hospital with a Level IV neonatal intensive care unit (NICU), Janet knew Nathaniel would receive the highest level of care and have an increased chance of survival.

"We're a very high-volume NICU offering an advanced and continually refined approach to neonatal medicine," says Robin Baker, MD, a neonatologist at Inova Children's Hospital, who took care of Nathaniel during his stay in the NICU.

"We provide a team approach with well thought out and tested protocols that set these kids up for a very positive outcome."

#### THERE TO HELP

When Nathaniel was born he weighed barely more than a pound. He spent the first four months of his life in the NICU undergoing multiple procedures, including heart surgery for a patent ductus arteriosus (PDA). In addition, Nathaniel had retinopathy of prematurity (ROP), a vision disorder affecting premature infants, and a small intraventricular hemorrhage (IVH), or bleeding inside the brain. Fortunately, both conditions resolved on their own in the NICU.

When Janet and Chris weren't at work, they stayed close by Nathaniel's side.

"The NICU staff was very good about wanting us to be there and they encouraged us to hold Nathaniel and even do simple things like nap time, feeding, kangaroo care, bathing and changing diapers," says Janet.

With the help and encouragement of the NICU's board-certified lactation consultants, Janet pumped breast milk for Nathaniel to give him the best possible start.

"Breast milk is the best formula for newborns," says Dr. Baker. "It's laden with antibodies that have a positive influence on the newborn. It's better absorbed, it's better nutrition and easier to digest, and the incidence of a devastating disease called necrotizing enterocolitis is markedly decreased if you use breast milk."

While Janet was at work, she found solace in the fact that the multidisciplinary

#### HELLP SYNDROME

HELLP syndrome is a severe complication of preeclampsia that can be life-threatening for both mom and baby. HELLP syndrome, which stands for Hemolysis (destruction of red blood cells), Elevated Liver enzymes (signaling liver damage) and Low Platelet count, occurs in 10 to 20 percent of women with severe preeclampsia.

The symptoms of HELLP syndrome include headache, nausea and vomiting, vision problems and pain in the upper right abdomen. They can strike at any time, even before the classic symptoms of preeclampsia appear. Although HELLP syndrome can only be resolved with delivery, medication may be used to prevent seizures, control high blood pressure and to help the baby's lungs develop.

Because HELLP syndrome may recur in 1 out of 4 future pregnancies, it is important for expectant moms who've experienced the condition to seek early and regular prenatal care in subsequent pregnancies.

NICU staff, including board-certified neonatologists, neonatal nurse practitioners and respiratory therapists, were there around the clock to watch over Nathaniel. She also felt reassured by the fact that Nathaniel was being cared for by the same team of nurses throughout his NICU stay.

**PARTY OF FOUR:** Chris and Janet Stopa have two healthy boys, Nathaniel (left) and Matthew (right).



“We have primary team nursing where a core group of nurses takes care of a baby,” says Katherine Herold, RN, who took care of Nathaniel while he was in the NICU. “It’s great for consistency, and primary care nurses sometimes pick up faster that there’s an issue because they really know the baby.”

#### **BABY ON THE WAY**

Just three months into Nathaniel’s NICU stay, another remarkable event occurred: Janet was pregnant. She was ecstatic about having a second child after years of trying. But when she learned that having a baby so soon after an emergent C-section could lead to a ruptured uterus, she had concerns about her baby’s outcome. She was also apprehensive about a recurrence of HELLP syndrome.

Fortunately, the pregnancy went extremely well. Janet’s uterus remained intact and she was prescribed medications to prevent HELLP syndrome from

returning. When Janet found out that nurse Katherine Herold had made arrangements to be in the delivery room for Matthew’s arrival, she felt confident and overjoyed. “Having Katie take care of Nathaniel during the most critical and scary time in our lives and then taking the time to make sure she was there for Matthew’s delivery once again made a scary situation more calming,” she says.

Matthew was born at 37 weeks, weighing a healthy 7 pounds and 9 ounces.

Today, Nathaniel, 3, and Matthew, 2 — only 11 months apart — are active toddlers who keep their parents busy. Nathaniel just finished his first year of preschool and he loves to talk and sing and play with his brother. For Janet and Chris, each milestone is a moment to be cherished.

“This has been a life-changing experience,” says Janet. “To look at Nathaniel you wouldn’t be able to tell he had such a rough start.”

## **HIGHEST LEVEL OF CARE**

Parents can rest at ease knowing that Inova Children’s Hospital is home to Northern Virginia’s only Level IV NICU. Recently named 35<sup>th</sup> in the nation in Neonatology by *U.S. News & World Report*, the 75-bed, level IV NICU provides comprehensive services for premature and sick infants. Staffed with neonatologists and a full complement of pediatric sub-specialists, the NICU is the first in the nation to receive The Joint Commission’s Gold Seal of Approval for Prematurity, representing the highest level of care for infants born prematurely.

“In neonatology what we do sets these babies up for how they’re going to do for the rest of their lives,” says Robin Baker, MD. “At the Inova Children’s Hospital NICU, we’re trying to optimize the future for these tiny, fragile infants.”

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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## CHILDREN'S NATIONAL AND INOVA FORGE JOINT VENTURE

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

When it comes to keeping kids and families healthy, Inova and Children's National Medical Center are certainly dedicated to the same goal. In order to even better serve the children and families of our region, the two organizations 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. This integrated model maximizes the reach of the limited number of pediatric specialists in Northern Virginia.

Inova and Children's National Medical Center will also collaborate on research activities including genomic and translational research, as well as continuing medical education. In addition, the two healthcare organizations will partner in community outreach, with an initial focus on childhood obesity and asthma.



## Pediatric Specialists of Virginia



Children's National™



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