

{ FOLLOW THE LEADER }

2013
Year

Start the New Year Right

Happy 2013! I hope you enjoy this issue of *InHealth*. As always, we try to include information that is relevant to you and health issues you may be facing — along with some valuable tips on how to maintain a healthy lifestyle.

We are very proud of the services we offer at the hospital and have recently achieved two more awards for quality services. I am happy to report that we were ranked No. 4 out of 59 hospitals in the Washington, DC, metro area by *U.S. News & World Report*, and this past November we received the Gold Seal of Approval™ from The Joint Commission for joint replacements. The Joint Commission recognizes facilities that make exceptional efforts to meet the unique needs of joint patients and foster better outcomes. Our staff and physicians have worked very hard to achieve this designation, and I'm very proud of their accomplishments.

On behalf of myself and the entire hospital staff, we wish you health and wellness in the New Year.



CHRISTINE M.
CANDIO,
RN, FACHE

Chief Executive Officer

Inova
Alexandria
Hospital

INthe news



Just Quit It

Smoking is a major heart disease risk factor

If you want to improve your heart health in a hurry, stop smoking. Smoking or using tobacco is one of the most significant risk factors for developing heart disease, according to the Mayo Clinic.

Why? Nicotine in tobacco makes your heart work harder by narrowing your blood vessels and increasing your heart rate and blood pressure. Carbon monoxide in smoke replaces some of the oxygen in your blood. This increases your blood pressure by forcing your heart to work harder to supply enough oxygen. There is no such thing as harmless smoking, whether it's smokeless tobacco, low-tar and low-nicotine cigarettes,

or exposure to second-hand smoke. Even smoking socially when out with friends takes a toll on the heart.

The good news? When you quit smoking, your risk of heart disease drops dramatically within just one year. And no matter how long or how much you smoked, your body will immediately begin to feel the positive effects of quitting.

Kick the Habit

Learn about programs to help you quit smoking at inovamedicalgroup.org/quitsmoking.

28 Days of Heart Health

As part of National Heart Month, Inova Heart and Vascular Institute is bringing you 28 Days of Heart Health — tips from some of our leading heart specialists. Register for free to receive advice that will help you develop a healthier lifestyle. Our physicians will share advice on a wide range of topics, including: diet and exercise, new technologies, treatment options and happy heart recipes. You'll also receive reminders of upcoming heart health lectures, as well as a special discount for a cardiovascular screening on Inova's Heartbeat Bus. Your heart healthy emails will begin Feb. 1! To register, go to myheartmonth.org.

New Alternative

InovaCares for Seniors™ PACE® may be an alternative to a nursing home. For more information or to request a tour of the InovaCares for Seniors PACE center, please call **703.239.5878**, Monday–Friday from 9 a.m.–4 p.m., or email us at RoseAnn.Mario@inova.org.

You can also visit online at inova.org/pace and pace4you.org.

INOVACARES FOR SENIORS PACE PROGRAM

InovaCares for Seniors™ PACE® recently launched its Program of All-inclusive Care for the Elderly (PACE), the first and only program of its kind here in Northern Virginia. PACE is a program for older adults that helps to preserve the independence of seniors living in the community and allows them to receive the care they need and still remain in their home. Each InovaCares for Seniors PACE participant receives an individualized care plan that meets both their medical and social needs.



Family-Focused

Twig Surgical Center recognized for excellence

Since it opened its doors in November 2011, Inova Alexandria Hospital's Twig Surgical Center has emphasized patient- and family-centered care. This means involving both patients and their families in the surgical process — from start to finish.

"Caregivers can be here around the clock with Inova's new visiting policy, so we encourage patients to have someone stay with them in the hospital after surgery," says Valerie Murphy, patient care navigator at the Twig Surgical Center. "Our private rooms are extremely accommodating for that," she adds.

The center's 24 spacious private rooms come equipped with a comfortable sleep chair for overnight guests. Workspace/ desk areas are located throughout the unit to accommodate busy schedules. "We have WiFi access, so visitors can bring their laptops and still do work while

they're here with their loved ones," Murphy says.

"Ultimately, we want people to be able to feel comfortable and prepared to go home after surgery," Murphy adds. "With patient- and family-centered care, everyone involved knows what's going on and what to expect."

The Twig Surgical Center's state-of-the-art facility and care have not gone unnoticed. The Joint Commission recently awarded the center its Gold Seal of Approval for hip and knee replacements. The honor recognizes Inova Alexandria Hospital's dedication to compliance with The Joint Commission's criteria for excellence.

"We will continue to improve our systems, care and outcomes each year and keep getting better at what we're doing," says John Albrigo, MD, Medical Director of the Joint Replacement Program.

Ask the Experts

NECK PAIN AND JOINT REPLACEMENT

Join Corey Wallach, MD, for a lecture on neck pain at 6:30 p.m. on Jan. 23. Also join John Albrigo, MD, for a lecture on joint replacement at 7 p.m. on Jan. 7, Feb. 4 and March 4. To register for the **FREE** lectures at Inova Alexandria Hospital, call **1.855.My.Inova (1.855.694.6682)** or visit inova.org/AskTheExpert.



Corey Wallach, MD
Orthopedic Surgeon



John Albrigo, MD
Orthopedic Surgeon

Q&A

WITH TWIG
SURGICAL CENTER
PATIENT CARE NAVIGATOR
ASHLEY MATTHEWS

Q: What is your role as a patient care navigator?

A: I navigate joint replacement patients from the beginning through the end of the surgical process at the Twig Surgical Center. I help teach the pre-operation class and I care for patients post-surgery to make sure their needs are being met. Patients even hear from me after they go home, because I call and check in after one or two days to see how they're doing and answer any questions they might have.

Q: Tell me a little more about pre-operative education.

A: Surgery can be scary and cause a lot of anxiety, especially someone's first surgery. But by attending the joint replacement pre-op class, the patients can meet me and the other staff members, learn what they need to do before surgery, what to expect from their procedure and what they will need to do post-operation in order to have a smooth recovery.

Q: What amenities are available to joint replacement patients at the Twig Surgical Center?

A: We have a spacious in-unit gymnasium where patients can undergo physical therapy. There is a set of five stairs and a platform; curb training; a bench where patients can practice getting in and out of a car; and a bathroom so patients can practice elements of daily living. The center has special high-back chairs in which we can roll patients down to the gym to participate in group therapy sessions.

Ashley Matthews
is a patient care
navigator.





Take Charge

Seek help for urinary problems

Urinary issues are not something most people like to talk about. But the reality is, nearly 25 million Americans have bladder control problems, according to the National Association for Continence.

"Urologic problems are more prevalent than most people think," says Yousef Salem, MD, urologist. "What most people don't know is that many of these problems can be overcome through simple lifestyle changes, exercises or medical treatment, but if you don't talk about it with your doctor then they'll continue to get in the way of your daily life."

Here are some of the most common urinary issues:

FOR MEN:

- **Prostatitis.** This swelling of the prostate gland produced by a bacterial infection or other causes can cause painful urination, and pain in the groin, pelvic area or genitals.
- **Benign prostatic hyperplasia.** In men over 50, the prostate gland can become enlarged, making it difficult to urinate.

FOR WOMEN:

- **Urinary tract infection.** Mostly affecting women, this condition can cause a persistent urge to urinate, a burning sensation when urinating and discolored urine.

Ask the Experts

PROSTATE HEALTH

Join Yousef Salem, MD, for a **FREE** lecture on prostate health on Jan. 22 at 6:30 p.m. at Inova Alexandria Hospital. To register, call **1.855.My.Inova (1.855.694.6682)** or visit inova.org/AskTheExpert.



Yousef Salem, MD
Urologist

PREVENTING LEAKS

If you leak when you cough, sneeze, exercise, carry heavy items or have a good belly laugh, you may find that incontinence is getting in the way of your normal activities.

"Whether incontinence is mild or severe, it can affect an individual's quality of life," says John Klein, MD, urologist. "Seeking medical care to rule out any underlying problems and making healthy lifestyle choices can vastly improve bladder control problems."

Adjustments that may help people include: shedding pounds, training your bladder to improve bladder control, cutting out caffeine and alcohol, eliminating certain medications and quitting smoking.

■ **Bladder prolapse.** When the supportive tissue separating a woman's bladder and vaginal wall weakens, the bladder can shift out of its normal position, causing urinary problems.

■ **Intercystial cystitis.** Most common in women, this chronic bladder condition can cause urinary frequency and pain, pressure or discomfort in the bladder.

FOR MEN AND WOMEN:

- **Incontinence.** Loss of bladder control can range from minor leaks when you sneeze or cough to major leaks that disrupt your daily activities.
- **Kidney stones.** Affecting an estimated 10 percent of Americans at some point during their lives, kidney stones occur when materials in the urine form solid crystals.
- **Hematuria.** Although blood in the urine may have no medical significance at all, it may be a sign of infection, stone disease or urinary tract cancer.
- **Overactive bladder.** This condition occurs when the muscles of the bladder involuntarily contract, causing the urge to urinate.



RAPID RESPONSE

DURING A HEART ATTACK, FAST, EXPERT CARE CAN SAVE YOUR LIFE

Each year, tens of thousands of Americans are able to return to a normal life after experiencing a heart attack. Although a heart attack can be life-threatening, getting the appropriate help fast can improve your outcome and lead to a full recovery.

During a heart attack, every minute that ticks by raises the risk of permanent damage to the heart muscle. That's why swift action is critical. At Inova Heart and Vascular Institute at Inova Alexandria Hospital, medical specialists in the Emergency Department and recently upgraded Cardiovascular and Interventional Radiology Department collaborate to quickly identify and treat heart attack patients.

The hospital's emergency and cardiac teams work in concert to ensure that each patient stricken by a heart attack receives focused, expert care from the moment they arrive at the hospital to the time the medical team restores blood flow in their heart.

WHEN SECONDS COUNT

A heart attack occurs when a coronary artery supplying blood to your heart becomes clogged, preventing blood

from reaching your heart muscle. Cardiac specialists at Inova Alexandria Hospital are trained to perform a lifesaving procedure called balloon angioplasty to open a blocked artery, restoring blood flow to the heart.

Currently, the American Heart Association and other leading organizations recommend a door-to-balloon (D2B) time of 90 minutes or less, meaning patients receive lifesaving balloon angioplasty within 90 minutes of their hospital arrival. Inova Alexandria Hospital boasts an average D2B time of 61 minutes and continues to work toward exceeding this goal.

"Our ability to provide these results is a reflection of the seamless communication and coordination among our emergency physicians, interventional cardiologists and the City of Alexandria EMS providers," says Martin Brown, MD, Chairman, Inova Alexandria Hospital's Department of Emergency Medicine.

In recognition of the hospital's efficient care for cardiac patients, the hospital recently received a Bronze Award from Mission: Lifeline®, the American Heart Association's initiative to encourage rapid, appropriate care for patients experiencing a heart attack.

Heart Health

For more information about cardiac services at Inova Heart Institute at Inova Alexandria Hospital, visit inovaheart.org.

HEART ATTACK WARNING SIGNS

Some heart attacks are sudden and intense, but others begin slowly with mild pain or discomfort. Here are the symptoms of a heart attack:

- **Chest pain or discomfort.**
- **Pain or discomfort in one or both arms,** the back, neck, jaw or upper part of the stomach.
- **Shortness of breath.**
- **Nausea, vomiting, lightheadedness,** dizziness or breaking out in a cold sweat.

Ask the Expert

MANAGING CARDIAC RISK FACTORS

Join Rafiq Zaheer, MD, for a **FREE** lecture on managing cardiac risk factors on Feb. 5 at 7 p.m. at Inova Alexandria Hospital. To register, call **1.855.My.Inova (1.855.684.6682)** or visit inova.org/AskTheExpert.



Rafiq Zaheer, MD
Cardiologist

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.

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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!

U.S. NEWS: INOVA ALEXANDRIA HOSPITAL RANKED NO. 4 IN REGION



Inova Alexandria Hospital is ranked No. 4 in the Washington, DC, metro area, according to U.S. News & World Report. It also secured the No. 5 spot in Virginia and was recognized as one of the best in Northern Virginia. It was ranked as a U.S. News Best Hospital in nine adult specialties: cancer, gastroenterology, nephrology, orthopedics, urology, diabetes and endocrinology, geriatrics, neurology and neurosurgery, and pulmonology. Learn more at inovaawards.org.

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