



INOVA ALEXANDRIA HOSPITAL

INhealth

PERFECT TIMING

Wolf Ramm is grateful for Inova Alexandria Hospital's stroke center

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{ FOLLOW THE LEADER }

A Smooth Operation

The phrase “A Well-Oiled Machine” is used as the headline of our cover article — and while that describes the wonderful team that helped Wolf Ramm during the diagnosis and treatment of his stroke, that phrase can also be applied to each encounter our patients experience every day at Inova Alexandria Hospital.

Our promise to patients is that we seek every opportunity to meet the unique needs of each person we are privileged to serve every time, every touch. What that means is that from the patient in our Emergency Department, to the new mom, to the heart attack or stroke patient, each individual patient earns the dedication of our team when he or she needs it most.

Also in this issue you’ll read about a baby’s first days in the Neonatal Intensive Care Unit and how he and mom received special care. You’ll also see a story about a patient’s experience with brachytherapy, a non-surgical treatment for prostate cancer. Both these stories illustrate the “well-oiled machine” that is Inova Alexandria Hospital.

As we begin this New Year, I am excited and eager to share more stories like these, highlighting our staff and our patients and the wondrous experiences that happen every day. That is what makes us such a great place to give and receive care!

Best,



CHRISTINE CANDIO
Chief Executive Officer
Inova Alexandria Hospital

Health Insurance Exchange
BASICS

What you need to know

Starting in January, many people throughout Northern Virginia will begin receiving their insurance coverage through the newly created health insurance exchange. If you have not signed up and would like to, there is still time, as open enrollment runs until March 31. Here is a brief overview of the exchange, also known as the Health Insurance Marketplace:

ELIGIBILITY

If you have employer-provided coverage, Medicaid, Medicare, a qualifying plan you bought yourself, COBRA, retiree coverage, TRICARE or VA health coverage, you are considered insured and don’t need to sign up for a plan on the exchange. Note: Even if you’re eligible for insurance through your employer, you can consider switching to a Marketplace plan. However, since most employers pay the majority of costs for their employees’ medical benefits, it is unlikely you will find a better deal on the state marketplace.

COVERAGE

There are five different plan options with varying premium costs and coverage levels. The tiers are bronze, silver, gold, platinum and catastrophic. Depending on income and household size, some people may qualify

for lower premiums due to government subsidies.

Plans cover essential health benefits, pre-existing conditions and preventive care. Essential health benefits include: ambulatory patient services, emergency services, hospitalization, maternity and newborn care, mental health and substance use disorder services, and pediatric services.

Among the services under adult-covered prevention are: blood pressure screening, cholesterol screening, colorectal cancer screening,

depression screening, type 2 diabetes screening, HIV screening, immunization vaccines, and obesity screening and counseling.

PENALTIES

Most people must have health coverage in 2014 or pay a fee. This year, the penalty is \$95 per adult, or 1 percent of your income (whichever is greater). Next year, the penalty will rise to \$325 per adult, or 2 percent of household income. In 2016, the penalty will be \$695, or 2.5 percent of household income.



USE THE EXCHANGE

Find out whether you are eligible to receive insurance on the Virginia Health Insurance Exchange by visiting healthcare.gov.

If you need help signing up for coverage, call **1.800.318.2596**. You can also visit one of the healthcare navigators identified at localhelp.healthcare.gov.

Healthy Substitutes

ENJOY SWEETS THIS WINTER WITHOUT SACRIFICING TASTE

Staying healthy can be difficult during the winter, when it's easy to let exercise and diet go by the wayside. But you don't have to let this season ruin your diet. In fact, you can satisfy your sweet tooth with many healthy foods. Here are a few:

- Try adding roasted sweet potatoes to your hot meals. They contain fiber, vitamin A, potassium and phytochemicals that research suggests may help prevent aging, cancer and arthritis. Plus, they are filling, so you won't feel like you need seconds or a large dessert.
- When you do enjoy dessert, consider pumpkin pie. It's rich in vitamin A, potassium and calcium. You can also try alternative pumpkin desserts, such as pumpkin pudding or pumpkin-flavored, low-fat yogurt to avoid extra fats that come with the crust.
- Another great dessert is dark chocolate fondue. Even though this involves chocolate, you can feel good dunking healthy strawberries, bananas, kiwis or pineapple in the fondue. The dark chocolate dip also has many antioxidants and can lower blood pressure.

- If you are worried about overindulging while snacking, bake or buy cookies made with whole-wheat flour or applesauce. Look for cookies or treats that contain at least one healthful ingredient, such as oats, almonds, cranberries or dark chocolate. You can also enjoy light popcorn or trail mix when you need a break from sweets.
- Choose splurges wisely. If you decide to forgo a healthy substitution to your favorite dessert, cut your portion size in half. Share a rich dessert with a friend to cut the fat and calories in half.



Healthy Cooking

Please join registered dietitian Erika Johnson, MS, RD, CSR, for a presentation on healthy eating during the winter. It will take place on Thursday, Jan. 23, at 7 p.m. at Inova Alexandria Hospital. Register at inova.org/AskTheExpert.

A CLEARER PICTURE

3-D mammography offers improved breast cancer screening tool

3-D mammography, also called breast tomosynthesis, is a new technology available at our Imaging Center at Mark Center that allows doctors to see breast tissue more clearly, helping to reduce the number of women who are called back for diagnostic mammograms.

Digital mammography, which uses a specially designed digital camera and a computer to produce an image that is displayed on a high-resolution computer monitor, is the established breast cancer screening technology. But it only produces a two-dimensional picture of the breast. Since the breast is composed of pockets of dense tissue surrounded by fat, when X-rayed, it creates an image that looks like a smoky haze. The overlapping tissue in the image

makes it difficult to see tiny "spots," called microcalcifications, and other subtle signs of early cancer. In some cases, the radiologist may ask a patient to come back for a follow-up exam to rule out any suspicious area.

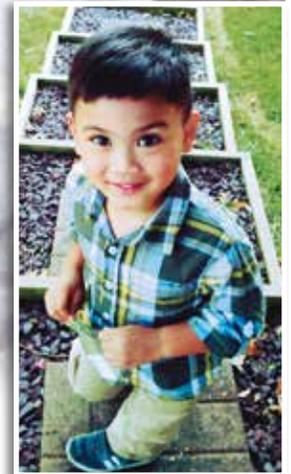
Breast tomosynthesis uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices," building what is essentially a three-dimensional mammogram. Using breast synthesis and digital mammography together for screening has been shown to reduce callbacks.

Better in 3-D

Call [571.423.5400](tel:571.423.5400) or visit inova.org/radiology to schedule your appointment at the Inova Imaging Center at Mark Center, where we also offer same-day results.



Gavin Smit, a healthy youngster, has come a long way since his first days of life in the NICU.



A PLACE OF

COMFORT & HOPE

*Preemie, mom
receive top-notch
care in NICU*

When Stacey Smit first set eyes on her newborn son Gavin, he was suspended in life-support machinery. Born when Stacey was only 28 weeks pregnant, Gavin was in the Inova Alexandria Hospital Neonatal Intensive Care Unit (NICU).

He weighed just 2.5 pounds. “I remember how tiny he looked in the incubator,” Stacy recalls. “There were tubes and wires everywhere. But all I saw was my baby.”

For Stacey and her husband, Cecil, the NICU began as a world of frightening unknowns. Soon it became a place of comfort and hope. The facility combines

the best of both worlds: state-of-the-art technology in a warm and loving environment. Premature or special needs newborns receive round-the-clock care from board-certified neonatologists, as well as specially trained nurses, respiratory therapists, physical therapists and nutritionists.

“We are a level 3 NICU, which means we can provide the highest level of care for infants born as early as 23 weeks,” explains Lesley Chauncey, RN, Nurse Manager. “We have expert staff, but in our family-centered NICU, parents are the most important members of our

team. We do all we can to encourage them to be part of their child’s care.”

CARE FOR MOM

Stacey received special care as well. Her pregnancy was uneventful until complications emerged at 27 weeks. “We admitted her to the hospital and began treatment in an attempt to sustain the pregnancy as long as possible and improve her fetal outcome,” says Kristina Hibshman, MD, Stacey’s OB-GYN, and part of the Physicians for Women practice. “About a week later the baby started to show signs of distress. Stacey delivered by Caesarean section and the baby was treated in the NICU. Despite an unexpected major complication, Stacey had an amazing outcome.”

Six weeks after Gavin was born, the Smits were finally able to take him home to White Plains, MD.

Gavin is now a healthy, thriving 4-year-old who loves bike riding, soccer, collecting rocks and playing with his cars, trains and dinosaurs. On his birthday each year, the Smits return to the Inova Alexandria Hospital NICU to celebrate with staff. Stacey and Cecil cannot say enough good things about them. “They provided all we needed to get through such a stressful, challenging time,” Stacey says. “We are forever grateful. They are really superstars in our eyes.”

Ask the Expert

LABOR AND DELIVERY OPTIONS

Join Kristina Hibshman, MD, and labor and delivery nurses at Inova Alexandria Hospital for a conversation on the many labor and delivery options available for women at Inova Alexandria Hospital. The topic will include pain management, VBAC, HypnoBirthing, C-sections and more. The lecture will be held on Wednesday, Jan. 29, at 7 p.m. at Shirlington Library, 4200 Campbell Ave., Arlington, VA. To register, please visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).



*Kristina Hibshman, MD
Obstetrician and Gynecologist*

The Best for Mom, Baby

Learn more about Inova Alexandria Hospital Birthing Center at inova.org/iahnicu.

A Personal Approach

Brachytherapy offers non-surgical alternative for prostate cancer

When Jack Glasscock learned he had prostate cancer, he did what a lot of people do: he scheduled surgery. “I just wanted it out of me,” recalls the 54-year-old from Annandale. “I figured surgery would be the best possible option.”

Glasscock never got to the operating room. Instead, he met with Matthew Poggi, MD, Medical Director of the Inova Joseph Viar Jr. and Bonnie Christ Cancer Center – Alexandria, who suggested a non-surgical alternative: brachytherapy.

Brachytherapy is a type of radiation treatment in which radioactive seeds are implanted directly into the prostate gland to kill cancer cells. It allows for a higher dose of radiation in a shorter period of time over conventional

external beam therapy. The radiation is concentrated onto the cancer cells, and there is less damage to surrounding healthy tissues with fewer long-term side effects.

Inova Alexandria Hospital was the first hospital in Northern Virginia to perform brachytherapy and is now the area’s largest provider of radioactive seed implants for prostate cancer.

Glasscock was initially skeptical. But after discussing it with Dr. Poggi, he decided it was the right treatment for him. “Dr. Poggi really took the time to explain the advantages and answer all of my questions. Ultimately, he made me feel totally comfortable and I cancelled my surgery,” he says.

Glasscock’s therapy began with a dose of targeted external radiation at the Inova Joseph Viar Jr. and Bonnie Christ Cancer Center – Alexandria. A short time later, Dr. Poggi used imaging guidance to implant 92 radioactive seeds throughout his prostate and took an X-ray to confirm they were positioned properly. When Glasscock returned for his first PSA test six months later, his PSA had dropped by

“Dr. Poggi really took the time to explain the advantages and answer all of my questions.”

50 percent. It continued to fall and is now well within the normal range for his age group.

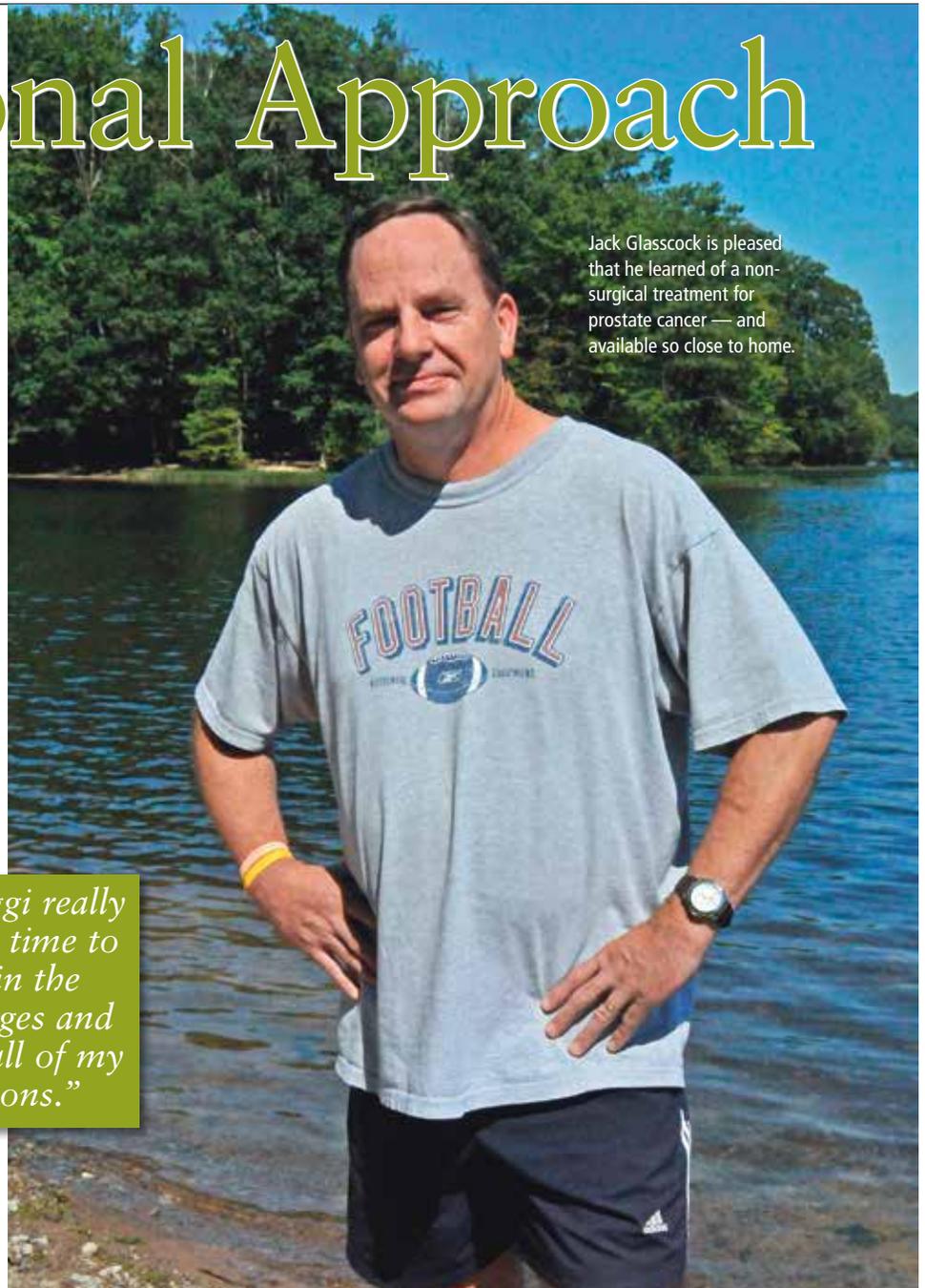
“We understand that one size cancer treatment does not fit all and that every patient requires a unique and personal approach to care,” Dr. Poggi says. “Jack was a good candidate for brachytherapy. Other patients may benefit from a different approach. We offer a full complement of cancer services including surgery, radiation therapy and chemotherapy, and we tailor treatment to each individual.”

Glasscock experienced very few side effects and has returned to all the activities he loves, including regular running, Tae

Bo and taking care of his yard. He feels extremely lucky to have such great cancer resources so close to home. It meant less stress and disruption to his daily life.

“When you get a cancer diagnosis, you do all you can to search out the best place possible for the best care possible,” he says. “To find this locally meant a lot. Dr. Poggi and everyone at the Cancer Center made everything easy and comforting. It was nothing but a positive experience.”

Jack Glasscock is pleased that he learned of a non-surgical treatment for prostate cancer — and available so close to home.



Men’s Health

Learn more about prostate cancer treatments at Inova Alexandria Hospital by calling **703.504.7900**.



“The fast response, the coordination, how calm everybody was throughout those first critical minutes, the follow-up care — it was all absolutely amazing.”

Fast care helped Wolf Ramm recover rapidly from a stroke. He is back to many activities he loves, such as biking.



TIME IS BRAIN
Stroke is the third leading cause of death in the United States. Treatment is most effective when given within the first hour after a stroke has occurred, so it’s important to recognize the symptoms and act quickly. If you suspect a stroke, call 911 immediately! EMS can begin vital treatment in the ambulance.

STROKE SYMPTOMS INCLUDE:

Sudden numbness or weakness of the face, arm or leg, especially on one side
Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes
Sudden trouble walking, dizziness, loss of balance or coordination
Sudden severe headache with no known cause

“A WELL-OILED MACHINE”

Inova Alexandria Hospital Stroke Center saves lives

When Barbara Ramm heard a loud thud, she thought something had hit her house. Downstairs, she found her husband Wolf, 69, sitting on the floor, unable to speak. The right side of his face was drooping. He was having a stroke.

EMS paramedics quickly transported Wolf to the Inova Alexandria Hospital Stroke Center where the entire stroke team was waiting for him in the Emergency Department. When Barbara arrived a few minutes later, doctors were ready to give Wolf an injection of the clot-busting drug tPA. The total “door-to-needle” time: a remarkable 13 minutes.

Door-to-needle time refers to the time between a stroke patient’s arrival in the Emergency Department and the moment medication is administered. The American Heart Association (AHA) and the American Stroke Association recommend door-to-needle time at 60 minutes or less. The national average is 76 minutes. Even in stroke hospitals dedicated to improving treatment protocols, investigators report that less than a third of patients are treated with tPA within the hour guideline.

SWIFT RESPONSE

Inova Alexandria Hospital Stroke Center has been working diligently to reduce its door-to-needle time.

“We’ve implemented changes and improvements to create a seamless continuum of care for our stroke patients,” says Jalil Bentaleb, RN, Stroke Program Coordinator at Inova Alexandria Hospital. “Our emergency and stroke staff developed joint protocols to quickly identify and treat stroke patients within the nationally recommended goals. And we were the first hospital in Northern Virginia to collaborate with EMS providers in the field to flag incoming stroke patients. This partnership is now a best practice.”

Here’s how it works: First responders from the city of Alexandria’s EMS

perform an EKG and other neurological examinations at the scene and transmit the results via ambulance computer to the Inova Alexandria Hospital Emergency Department where a physician makes a diagnosis. If the patient is having a stroke, the charge nurse quickly mobilizes the rapid response stroke team, which includes interventional neuroradiologists, the stroke coordinator, an Emergency Department physician, neurologist, pharmacist, registration clerk and CT tech.

The team works together to prepare the CT scan and medications while the ambulance is en route. When it arrives, the team quickly registers the patient, performs a CT scan and administers the necessary medications. “These process improvements have helped reduce door-to-needle times well below the national threshold,” says Lewis Eberly, MD, Director of Neuroscience and Stroke at Inova Alexandria Hospital.

PRIMARY STROKE CENTER

Inova Alexandria Hospital was recently designated a Primary Stroke Center for the ninth year. This gold seal of approval from The Joint Commission recognizes facilities that make exceptional efforts to meet the unique needs of stroke patients. “Joint Commission surveyors called us a ‘well-oiled machine’ and asked permission to share three of our best practices on their website,” Bentaleb says.

The hospital also participates in AHA’s “Get with the Guidelines” stroke initiative to educate patients about the importance of timely treatment. “We use the expression ‘time is brain’ to let people know that the faster they get to the emergency room, the better their chances of a positive outcome,” says Larisa Golding, RN, Patient Care Director. “If you were having chest pain, you wouldn’t hesitate to call for help, but people with stroke symptoms often wait to see if they will go away. Delay can be fatal. Early medical treatment reduces the risk of death or disability from stroke.”

For Wolf Ramm, fast treatment not only saved his life, but also greatly improved his outcome. Within an hour, he was able to talk. The right side of his face returned to normal. He gradually regained his fine motor skills. Four days later, he walked out of the hospital. The retired Federal Reserve Board staff member is now back to many of the activities he loves.

Barbara Ramm has high praise for the community hospital where her sons were born and her family has gone for medical care over the years. “I can’t say enough about the exceptional treatment that Wolf received,” she says. “The fast response, the coordination, how calm everybody was throughout those first critical minutes, the follow-up care — it was all absolutely amazing. The hospital should be very proud of this level of excellence.”

The National Stroke Association recommends the F.A.S.T. test as a way to quickly recognize and respond to stroke symptoms.

THE F.A.S.T. TEST

F = FACE



Ask the person to smile. Does one side of the face droop?

A = ARMS



Ask the person to raise both arms. Does one drift downward?

S = SPEECH



Ask the person to repeat a simple sentence. Is the speech slurred or strange?

T = TIME



If you observe any of these signs, note the time and call 911 immediately.

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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WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Alexandria Hospital medical staff since August 2013:

NAME	DEPARTMENT/SECTION
Emily Albelda, MD	Family Practice
Caroline Arthur, MD	Surgery
Nicholas Balaji, MD	Cardiac Surgery
Kambee Berenji, MD	Cardiology
Mary Jane Bryant, MD	Pediatrics
Kemesha Delisser, MD	Physical Medicine/Rehab
Erin-Ellen Dillon, CNM	Midwife
David Dunning, MD	Oncology
Rawiya Elrufay, MD	Internal Medicine
Arun Grover, MD	Internal Medicine
Rajesh Gupta, MD	Neurology
Priyantha Herath, MD	Neurology
Leena Jha, MD	Endocrinology
Mohnankumar Kurukumbi, MD	Neurology
Matthew Levine, MD	Orthopedics
Sheela Myers, MD	Neurology
Ranjit Pullarkat, MD	Surgery
Ellen Richardson, MD	Family Practice
Katherine Sabatier, CNM	Midwife
Mehash Shenai, MD	Neurosurgery
Saima Siddiqui, MD	Family Practice
Tseday Sirak, MD	Cardiology
Kinda Venner-Jones, MD	Cardiology
Nilesh Vyas, MD	Neurosurgery
Yingxue Zhang, MD	Rheumatology



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baby time

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