



INOVA FAIRFAX HOSPITAL

INhealth

Single-site hysterectomy yields quicker recovery and cosmetic result

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SCARLESS SURGERY

Ruchi Garg, MD (left), and Scott Rose, MD (right), perform robotic-assisted hysterectomies. The surgery requires only one incision through the belly button.

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{ FOLLOW THE LEADER }

Forward Motion

One of the defining characteristics of Inova Fairfax Hospital is our innovation. We pride ourselves on using advanced technology in all of our specialties. Of course, we don't turn to the latest machines because of any shiny bells and whistles, but because they make life better for you, our patients.

A recent example of this is our single-site hysterectomy surgery, which is the subject of our cover story. This surgery, which is performed through one incision in the navel using the da Vinci Surgical System, leads to a speedy recovery for patients. It also results in an amazing cosmetic result — a virtually invisible scar. The U.S. Food and Drug Administration recently approved this surgery, and two of our surgeons, Ruchi Garg, MD, and Scott Rose, MD, have been performing it since August.

Our own Chairman of the Department of Surgery at Inova Fairfax Hospital, John Moynihan, MD, also performs single-site gallbladder removal surgery, known as a cholecystectomy.

Of course, innovation covers much more than procedures or equipment. Page 3 offers a story on Inova Translational Medicine Institute, which is on the leading edge of genomics research. And as you'll read, Inova Pharmacy Plus represents a step forward in helping make prescriptions easily accessible to patients.



PATRICK CHRISTIANSEN, PhD
 CEO, Inova Fairfax Medical Campus
 Executive Vice President, Inova

SLEEP TIGHT

Sleep study may provide the answers you need

Having trouble getting the recommended seven to nine hours of sleep per night? If your answer is yes, you may be one of millions of Americans with a sleep disorder.

By not getting enough restorative sleep, you may not focus well or be as sharp in your decision-making or critical thinking skills. You may also be at a high risk for serious health conditions.

“Sleep apnea is a known risk factor for cardiovascular disease; everyone who has had a heart attack or stroke should have a sleep test,” says Jack Cochran, MD, Co-Medical Director of the Sleep Assessment Center at Inova Fairfax Hospital. “It is also strongly associated with atrial fibrillation.”

“People don't realize how important sleep is,” adds Barbara Mancini, RN, Service Line Director of Neurosciences, who oversees Inova Neurodiagnostic and Sleep

Assessment Center at Inova Fairfax Hospital. “Studies have shown that having a sleep disorder such as sleep apnea, narcolepsy or restless leg syndrome can lead to severe medical problems such as stroke, heart attack, hypertension, depression and memory loss.”

GOOD SNOOZE

If you have had difficulty sleeping for more than a month, or if you feel drowsy during the day and you don't know why, your doctor may recommend a sleep assessment. The specially trained physicians and technologists at Inova Neurodiagnostic and Sleep Assessment Center, led by Co-Medical Directors Dr. Cochran and Thomas McCabe, MD, can pinpoint the underlying cause of your sleep problems,

helping you get the restorative rest you need.

During this simple, non-invasive study, you will stay overnight in a comfortable diagnostic suite at the Sleep Assessment Center. While you rest, electrodes will monitor your brain waves, breathing patterns, heart rhythm, muscle movement and oxygen in your blood. The results of your study are reviewed by a physician registered and certified in sleep expertise.

To make your overnight stay at the center a relaxing, homelike experience, each room is equipped with a big-screen TV, and patients have access to a kitchenette. There's even a shower with a full complement of hygiene products so you can go straight to work following your stay.

CATCH A WINK

To schedule a sleep study at the Inova Neurodiagnostic and Sleep Assessment Center at Inova Fairfax Hospital, call **703.698.3883** or **703.776.4700**.

Solving the Puzzles of Pediatric Disease

FIRST 1,000 DAYS OF LIFE STUDY CAPTURES CRITICAL INFORMATION

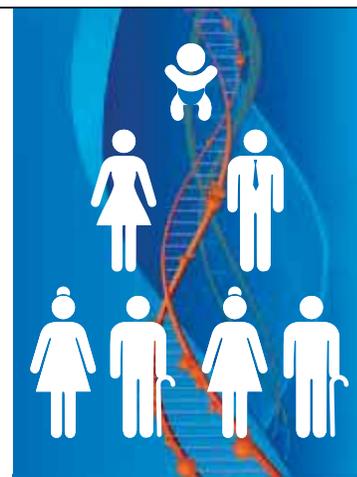
Inova Fairfax Hospital is serving as the headquarters of groundbreaking research that promises to revolutionize future medical care by personalizing the diagnosis, treatment and management of disease.

Led by internationally renowned scientists and physicians at Inova Translational Medicine Institute (ITMI), the study will capture the genetic codes of 5,000 families over the next four years. About 1,000 families were enrolled as of early November 2013 in the Inova Fairfax County Longitudinal Study, launched in April 2012 and dubbed the *First 1,000 Days of Life*.

Each participating family must be pregnant and planning to deliver at Inova Fairfax Hospital. Genomic sequencing mapping out all 20,000

individual genes will be performed on mother, father and baby, along with grandparents and other family members when possible. Researchers hope to track the babies' health and development for their first two years — and perhaps up to age 18 — gaining understanding about genetic and environmental factors triggering disease.

“One of the really interesting aspects of this study is it’s not only looking at the mother-father-baby trio — that being the core trio — but we’re also asking if grandparents are coming to the baby’s birth, so we can get them involved too,” says Kathi Huddleston, PhD, Director of Clinical Research for ITMI, explaining the high interest among participants.



MAPPING LIFE'S ORIGINS

Learn more about the *First 1,000 Days of Life* study at inova.org/1000days.

NEW SERVICES IN ARLINGTON

Location welcomes more practices

The Ballston neighborhood of Arlington welcomes Inova Medical Group Obstetrics and Gynecology and Inova Medical Group Orthopedics and Sports Medicine. These new practices join Inova Urgent Care and Inova Medical Group Primary Care located at 1005 North Glebe Road. Also joining this new location are Inova Physical Therapy and Inova Behavioral Health Services.

Inova Medical Group Obstetrics and Gynecology provides patients with lifelong obstetrics and gynecologic care — from annual checkups to the most advanced specialty care. Mothers-to-be have excellent and varied choices for labor, delivery and recovery to suit their individual needs. The OB-GYN physicians are highly specialized in diagnosis, care



and treatment of women’s reproductive, sexual and postmenopausal health. These experts practice at Inova Fairfax Hospital, recently ranked by *U.S. News & World Report* as one of the best hospitals nationwide in gynecology. To make an appointment, call **571.302.3920**.

Inova Medical Group Orthopedics and Sports Medicine physician specialists are experts in general orthopedics, joint replacement and sports medicine. This highly skilled team is ready to help patients return to good health. To make an appointment, call **703.205.2626**.

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 • Learn more at
 • inova.org/ballston
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Convenient Care

INOVA PHARMACY PLUS OPENING

Patients at Inova Fairfax Hospital will be able to take advantage of a pharmacy on the premises. Inova Pharmacy Plus provides all the services of a retail pharmacy plus additional services for patients. These include delivery service of discharge medications and supplies to inpatients, and the integration of the retail pharmacist into the patient’s care team. Here are some other facts about Inova Pharmacy Plus:

- There will be two convenient locations: in the Heart and Vascular Institute, which is open now, and another in the Emergency Department, which is opening soon.
- The pharmacy carries an extensive inventory of medications, similar to what you would find at your neighborhood pharmacy.
- If the patient prefers to refill his or her prescriptions elsewhere, Inova Pharmacy Plus staff will transfer the remaining refills to the pharmacy of his or her choosing.
- Medications can be delivered to inpatients in their beds during the pharmacy hours of opera-

- tion; all other patients can pick up their orders directly from the pharmacy.
- Inova Pharmacy Plus delivery services are free of charge. Prices of medications and products are competitive to what you would pay at a pharmacy or medical supplies store.



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; 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.

CHOICES IN Childbirth

A NATURAL DELIVERY REFLECTS A WOMAN'S UNIQUE PREFERENCES

Exploring options for labor, delivery and recovery is an important aspect of childbirth for expectant moms. At Inova Women's Hospital at Inova Fairfax Medical Campus, the highly skilled medical staff provides a supportive, safe environment for women to have the unique birthing experience they hope for.

"We provide all the services that are safe for the mom and the baby in order to assure that they have options. So if they want a completely natural childbirth without any intervention, as long as the mom and baby are safe we encourage that," says Sanda DiPaolo, MD, an obstetrician at Inova Women's Hospital.

SUPPORTIVE ENVIRONMENT

Having a natural childbirth is different for every woman. For new mom Jennifer D., being in an environment where the medical staff supported her decision to have a vaginal birth and to labor naturally without medication was on the top of her list as she approached her first childbirth last September.

"I went in with an open mind," she recalls. "I wasn't pushed in one direction or the other, and that was definitely very helpful to me because I wanted my decisions to be my own and not feel like I was pressured to do it one way or another."

Although Jennifer lives an hour away from the Inova Women's Hospital, the Annapolis mom made the journey regularly throughout her pregnancy. Two weeks before her baby was due,

she went into labor and after two arduous days, Jennifer and her husband drove to the hospital. When she arrived at 9:30 p.m., Jennifer planned for a delivery without medication but was open to an epidural if necessary. As her labor progressed, the sleep-deprived mom-to-be decided that having an epidural would help her to relax and better enjoy the birthing process. The next morning, Dr. DiPaolo supported Jennifer in her decision to have a natural vaginal delivery despite her long labor.

"Dr. DiPaolo was very patient and she said the baby is doing fine so we can do this as long as you feel comfortable," says Jennifer. "I didn't want to be taken in for a C-section and she worked with me on this goal."

Baby Addison was born at 12:13 p.m., a healthy, happy baby.

"To optimize a natural birth, I provide an atmosphere in which the birthing mother follows her instincts, is given assistance only when needed, and labor is allowed to progress to where complete support and encouragement give the mother an empowering, positive birth experience," says Dr. DiPaolo.

"Close surveillance to keep both mother and baby safe still allows labor to progress as it should naturally," she adds.

"The great miracle of life should be cherished from the beginning."



Jennifer D. and baby Addison

READY FOR BABY

Go to inova.org/baby for information about childbirth classes or to schedule a maternity tour.

SCARLESS SURGERY

Single-site hysterectomy yields quicker recovery and cosmetic result

When Jane Brousseau was told by her doctor that she was a prime candidate for scarless hysterectomy, she wanted to try it. The minimally invasive treatment, now offered by Inova Women's Hospital at Inova Fairfax Medical Campus, involves a short recovery and leaves a nearly invisible scar. Given Brousseau's active lifestyle, the 71-year-old grandmother wanted a procedure that would get her back to swimming and walking as quickly as possible. And the fact that the procedure is cosmetically appealing was an added bonus.

"I have to look in a mirror to see it," says Brousseau. "It's incredible. And it's also incredible that I came home the same day of my procedure."

GOOD CHOICE

Brousseau went to see Ruchi Garg, MD, a gynecologic oncologist at Inova Women's Hospital, when she was experiencing abnormal vaginal bleeding. Dr. Garg recommended that Brousseau have a robotically assisted single-site hysterectomy, which is performed through a tiny incision at the base of the belly button. The entire procedure would leave an almost imperceptible scar less than an inch long. "The advantage of robot-assisted single-site surgery over traditional laparoscopy is just that there's no visible scar," says Dr.

Garg. "And the advantages over open surgery include quicker



Ruchi Garg, MD, gynecologic oncologist, performs a new procedure: robotic-assisted, single-site hysterectomy.

recovery with early return to home, minimal blood loss, decreased rate of infection and quicker return to work and normal activity."

Scott Rose, MD, a gynecologic oncologist who also performs the surgery at Inova Women's Hospital, explains that recovery is fast because the navel is not a particularly tender area. "Making a small incision through there cuts down on postoperative pain," he says. "Also, because all instrumentation is placed in the abdomen only once, patients don't have a lot of manipulation of the incision. That contributes to less postoperative pain."



Hysterectomy is not the only single-site procedure being performed at Inova. John Moynihan, MD, Chairman of the Department of Surgery at Inova Fairfax Medical

HIGH-TECH GALLBLADDER SURGERY

Campus, conducts robotically assisted cholecystectomy (gallbladder removal). "There are a number of benefits to the minimally invasive approach to cholecystectomy including a low rate of major complications, virtually scarless results, minimal pain and overall increased patient satisfaction," he says.

This innovative approach,

which received FDA clearance in December 2011, features a magnified 3-D, high-definition vision system coupled with new instrumentation, allowing surgeons to operate with enhanced vision and precision. Dr. Moynihan is a leader in the field of minimally invasive gallbladder surgery.

"I was fortunate to perform the first laparoscopic

cholecystectomy at Inova Fairfax Hospital in 1990 and have been an advocate of the advancement of techniques that promote improved patient outcomes and with shorter hospital stays and increased patient satisfaction, since minimally invasive approaches to surgical conditions expanded our ability to care for our patients," he says.



procedure so she was familiar with what to expect.

“It’s kind of an easy surgery to recover from, and Dr. Garg was very good about explaining every aspect,” says Brousseau.

“The procedure was great,” she adds. “I left the hospital the same day and didn’t need any pain medication. My recovery went very quickly, and in two weeks I went back to see Dr. Garg and everything was fine.”

LEADING EDGE

Inova Women’s Hospital is committed to providing women with the most advanced gynecologic procedures available. The Food and Drug Administration recently approved single-site hysterectomy. Dr. Garg and Dr. Rose, who have been performing it since August, are thrilled about the procedure’s potential.

“The general surgeons at the hospital have been performing single-site gallbladder surgery for about two years now, and now that the procedure is approved by the FDA for hysterectomy, we are excited to offer this procedure to our patients,” says Dr. Garg. “We are some of the only people in Northern Virginia performing this procedure,” adds Dr. Rose.

For Brousseau, who wanted to get back to her activities soon after surgery, the procedure was a welcome option. Just six weeks after the surgery, Brousseau was back to swimming, taking long walks and traveling to see her grandchildren.

“Dr. Garg selected the right surgery for me,” she says.

PERSONALIZED TREATMENT
Learn more at inova.org/womens.

Dr. Rose and Dr. Garg, along with their partners, Annette Bicher, MD, and John Elkas, MD, perform a wide range of minimally invasive surgeries. Dr. Rose has been designated by Intuitive Surgical Inc., the maker of the da Vinci Surgical System, as one of only a few surgeons in the United States who can instruct other surgeons in single-site robotics surgery for gynecology.

“We’re certainly excited about any surgical procedure that we give to a patient that makes it less invasive with less recovery time,” he says.

MAXIMUM PRECISION

During single-site surgery, the surgeon sits at a computer console displaying a magnified three-dimensional image of the surgical site. The surgeon uses controls to precisely guide tiny surgical instruments and a camera through a small port in the navel. The procedure can be performed in about an hour, and the patient usually goes home the same day or the next day following surgery.

Several of Brousseau’s friends had experienced robotic surgery and were very happy with the



“We’re certainly excited about any surgical procedure ... that makes it less invasive with less recovery time.”

—SCOTT ROSE, MD

Experience Counts

If your doctor recommends a hysterectomy and you want your recovery to be as short as possible, you may be a candidate for minimally invasive surgery. At Inova Women’s Hospital, most hysterectomies are performed minimally invasively, using both traditional laparoscopic and robotic surgical techniques. Less invasive procedures result in better outcomes, quicker recovery, less time in the hospital and a higher level of patient satisfaction, say Ruchi Garg, MD, and Scott Rose, MD.

“Minimally invasive surgery, whether it is with a robot or not, provides a faster recovery,” notes Dr. Rose. “Minimally invasive implies a minimal number of small incisions, and in each case, it’s a minimal recovery time.”

The gynecology team has the experience to make your surgical outcome the best it can be. *U.S. News & World Report* ranked Inova Women’s Hospital 19th in the nation in Gynecology — the region’s only hospital to be nationally recognized.

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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CHANGING CHOLESTEROL CARE

New guidelines for statins

The American Heart Association and the American College of Cardiology

recently released new guidelines for prescribing statins, drugs commonly used to lower cholesterol levels. These new guidelines emphasize a more holistic approach to prescribing the medications, rather than focusing exclusively on LDL cholesterol levels.

The risk factors of heart disease, diabetes, age, and stroke or heart attack risk are the basis of the new guidelines, which are designed to increase the use of statins for patients who are at risk and reduce the use for patients who would see little

benefit. In all, the number of adults who are likely to benefit from a statin prescription under the guidelines will increase from 15.5 percent to 31 percent.

Some physicians have expressed concern that the new guidelines use a calculator that could overestimate a patient's risk of heart disease, leading to recommendations for patients who don't need the drugs. However, doctors who helped form the guidelines say that these individuals are essentially outliers, and that the guidelines don't replace the discretion of the personal physician. In other words, just because the calculator says a person is at risk doesn't mean a doctor won't use his or her own judgment when prescribing statins.



STRONG HEARTS

Learn more about the relationship between cholesterol and cardiovascular health at inovaheart.org.



find a physician

Looking for a doctor? Visit inova.org/physicians or call our 24/7, bilingual physician-referral service at **1.855.My.Inova (1.855.694.6682)** to find one close to home or work.



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