



INOVA FAIR OAKS HOSPITAL

INhealth

SLIMMING SOLUTIONS

Inova offers strategies for effective, permanent weight loss

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{ FOLLOW THE LEADER }

Health Matters

Slimming down is about more than just looking good. That may not seem obvious at first as losing weight helps us look our best. But being dangerously overweight is first and foremost a health issue. People who come to our hospital know that.

You'll read in our cover story about Scott Robohn and Melanie Beasley. Before joining our 12-week Medical Weight Loss Program, Mr. Robohn had high blood pressure, fatigue and aching hips. Ms. Beasley, who underwent surgery through our Weight Loss Surgery Program, suffered from pain in her knees and right foot and had trouble climbing stairs.

Thankfully, Inova Fair Oaks Hospital was able to help both of them. While both enjoy the benefits of looking thinner, they rave about how much healthier they feel.

We pride ourselves on stories like these. We have worked hard to develop programs that work for everyone. Our designation as a Center of Excellence for Bariatric Surgery is an example of our commitment to high-quality weight-loss surgery. We continually try to improve upon our programs. Kajal Zalavadia, MD, an obesity medicine physician, is one of the newest members of our Medical Weight Loss team.

We hope that if you have a serious weight problem that persists, you will consider Inova Fair Oaks Hospital's weight-loss programs. Your health may be depending on it.



JOHN FITZGERALD
Chief Executive Officer, Inova Fair Oaks Hospital

Convenient Care



INOVA PHARMACY PLUS OPENING

Patients at Inova Fair Oaks 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 important facts about Inova Pharmacy Plus:

- It is located on the first floor of the hospital across from the Gift Shop.
- 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 operation; all other patients can pick up their orders directly from the pharmacy.
- Pharmacy 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.

PHARMACY INFO.

To find out more about Inova Pharmacy Plus, call **703.391.3080** or visit inova.org/pharmacyplus.

TOP PERFORMER

The Joint Commission recognizes Inova Fair Oaks Hospital for care quality



The Joint Commission, the leading accreditor of healthcare organizations in the United States, late last year named Inova Fair Oaks Hospital the Top Performer on Key Quality Measures.

The hospital was recognized for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions. It was recognized for its achievement on the following measure sets: heart attack, heart failure, pneumonia and surgical care. The ratings are based on an

aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year.

"We understand that what matters most to patients is safe, quality care," says John Fitzgerald, CEO, Inova Fair

Oaks Hospital. "That's why Inova Fair Oaks Hospital has made a commitment to positive patient outcomes through evidence-based care processes."

Inova Fair Oaks Hospital is one of 1,099 hospitals in the United States earning the distinction of Top Performer Key Quality Measures for attaining and sustaining excellence in accountability measure performance.

POWERFUL MEDICINE

Inova Fair Oaks' Cancer Center to provide advanced radiation therapy

Inova Fair Oaks Hospital's Radiation Oncology Department, opening this spring as part of the future Cancer Center, will offer the "latest and greatest" in radiation therapy, in addition to other services. The new facility will be equipped to treat every type of solid cancer that occurs in adults, says Ashish Chawla, MD, Medical Director of Radiation Oncology at Inova Fair Oaks Hospital. This includes breast, prostate, lung, head and neck, and colorectal cancers, among others.

One way Inova Fair Oaks Hospital will provide this high-quality care is through its use of the state-of-the-art Varian TrueBeam system for radiation therapy. This machine, the centerpiece of the department, "delivers radiation treatment quickly and accurately, which helps to minimize risk to the patient. It also has advanced onboard imaging, allowing doctors to better pinpoint radiation to abnormal cells and maximize protection of the healthy tissue," Dr. Chawla says.

The upcoming center will provide expert surgical, medical and radiation oncology; diagnostics; and support services in the personalized Inova Fair Oaks Hospital setting. "It will be the first and only truly multidisciplinary center in western Fairfax County," notes Paul Bajaj, MD, the center's Assistant Medical Director. "Cancer care and outcomes are at their best when a team-based approach is utilized. This involves the input of our specialized radiation oncologists, surgical and medical oncologists, radiologists, pathologists and a team of support services. This team will also include dedicated patient navigators to assist patients in all aspects of their cancer journey. Our goal is to take care of the person ... not just the problem."



The Varian TrueBeam system for radiation therapy delivers treatment quickly and accurately, minimizing the risk to the patient.

Image courtesy of Varian Medical Systems, Inc. All rights reserved.

A Light Touch

MINIMALLY INVASIVE GYN SERVICES OFFER BENEFITS



Inova Fair Oaks Hospital offers a wide range of minimally invasive gynecological services for women. These range from interventional radiology to treat fibroids, to robotic-assisted or laparoscopic surgeries involving incisions as small as 5 mm—less than the length of a grain of rice.

These services provide many advantages over traditional, open procedures. Possibly the most readily apparent advantage to patients is that these procedures, in the hands of experts, take less time, both for the procedure itself and recovery.

"Normally patients leave within hours of the surgery, and most go home to have dinner because they can," says Lynne Kennedy PhD, RN, Program Coordinator of Women's Services, Inova Fair Oaks Hospital. "Many of our patients even go shopping the day after surgery."

In addition to the convenience, recovery is easier and faster because the amount of blood lost in a minimally invasive procedure is often less than would be taken in an average blood test. Most patients feel little pain and don't even need pain medication after they leave the hospital. And because the incisions are smaller, wounds heal faster and leave much smaller scars.

The low complication rate is another plus: the rate at Inova Fair Oaks Hospital for minimally invasive gynecology surgeries is 1.05 percent; worldwide, it's 15.3 percent.

Here for Women

Learn more about women's services at Inova at inova.org/gyn.

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.

Public Service

INOVA PARTNERS WITH THE COMMUNITY



physical exams, cardiovascular screenings, treatment of minor injuries, immunizations and much more.

“This is just another avenue for bringing healthcare to the community,” says Mahajan. “If you had a procedure at Inova Fair Oaks Hospital and you needed a follow-up several times a month, you could stay close to home for follow-up appointments.”

MEET A DOC

Several times a year, physicians attend community events such as running competitions or neighborhood business expos. This program provides an invaluable opportunity for members of the community to meet the specialists who perform state-of-the-art procedures.

Ask the Expert is a lecture series featuring top experts from Inova Fair Oaks Hospital. The physicians speak about a variety of healthcare conditions to educate and inform the community about medical advances.

FIND A DOC

Locate a doctor near you at inova.org/physicians.

Throughout the year, Inova offers

many ways for members of the community to learn about healthy lifestyle choices and have access to top-notch medical care. The hospital builds healthy partnerships through a wide array of wellness programs, educational classes, health screenings and clinical assessments.

“We reach out to the community in many different ways so people are aware of services inside the hospital and outside the hospital,” says Rohit A. Mahajan, Growth Officer with Inova Fair Oaks Hospital. “We also have convenient, expertly staffed physician offices in the surrounding neighborhoods.”

SERVICE AT YOUR DOORSTEP

To make quality healthcare accessible to residents living in nearby communities,

Inova provides physician offices in both the Dulles South and Gainesville areas. The Inova Medical Pavilion in Dulles South provides comprehensive services including diagnostic imaging, urgent care, physical therapy and primary care. The center is staffed with board-certified and board-eligible physicians from the community.

Inova Medical Group in Gainesville is a family medicine practice that provides primary care to residents of all ages. Services include preventive health,

Ask the Expert

PREVENTION AND TREATMENT OF SPORTS INJURIES



David Novak, MD, will hold a FREE lecture, “Prevention and Treatment of Sports Injuries,” on Thursday, Feb. 27, at 7 p.m. at Gum Spring Library, 24600 Millstream Drive, Aldie, VA. To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

SLIMMING SOLUTIONS

Individualized strategies for effective, permanent weight loss

We know by now that obesity is much more than an appearance issue. More than two-thirds of Americans are overweight, putting them at risk for serious health conditions including heart disease, high blood pressure, type 2 diabetes, sleep apnea, gallstones, breathing problems, high cholesterol and certain cancers.

“Obesity significantly affects your health,” notes Kajal Zalavadia, MD, an internist and board-certified obesity medicine physician at Inova Fair Oaks Hospital. “It is so great when we see people achieve better health and overcome a condition rather than just continuing to control it.”

If you're concerned about your weight, but you're wondering how to shed those extra pounds and keep them off, the team of professionals at Inova Fair Oaks Hospital can help. The nationally recognized group of board-certified physicians, registered dietitians, exercise specialists, specialized counselors and certified nurses are there to carefully assess your weight-loss goals and create a personalized plan to help you meet your goals safely and effectively.

NON-SURGICAL APPROACH

One weight-loss option at the hospital to explore is the Medical Weight Loss Program, a 12-week program that includes consultations with a physician, weekly educational classes, nutrition counseling and workouts with an exercise specialist.

For Scott Robohn, 47, Inova's Medical

Weight Loss Program provided the structure and motivational support he needed to accomplish his weight-loss goals. Before joining, the 6' 5" engineering manager weighed 380 pounds. He had high blood pressure, constant fatigue and his hips ached. Simple tasks like getting dressed to go to work or walking from his car to the office had become daunting tasks.

For three years, Robohn had tried to shed pounds through Weight Watchers online and other programs, but every time he lost 15 or 20 pounds, he would gain it back — and then some. Then

In just seven months, he lost 155 lbs. His blood pressure returned to normal and his energy skyrocketed.

last February, with encouragement from his wife, the father of four knew it was time for a change.

“I picked the Inova Medical Weight Loss Program because it offered what I felt I needed and that was essentially a reboot of my eating habits,” he recalls.

The program, thanks to the motivation of Dr. Zalavadia and other weight-loss patients, worked. In just seven months, he lost 155 pounds. His blood pressure returned to normal and his energy skyrocketed. His success inspired those around him, including two friends who joined the Inova program.

These days, Robohn walks between seven and 12 miles a day, wearing a pedometer to track his steps. “I have the happiest dog in Fairfax



Scott Robohn walks to stay in shape and uses his weight-loss experience to inspire other people.

County,” he laughs, indicating he couldn't be more pleased. “It's a major lifestyle change that has impacted me positively in just about every way.”

BARIATRIC SERVICES

For those who have tried numerous weight-loss therapies such as diet, exercise and medications, and haven't found lasting success, doctors may recommend bariatric surgery. Weight-loss surgery is an option for individuals who are 100 pounds over their ideal body weight, have a BMI of over 40, or have a BMI of 35 and one or more serious health conditions related to obesity.

The Inova Weight Loss Surgery Program, a Center of Excellence for Bariatric Surgery, is nationally recognized for its expertise and personalized care.

"We're a very mature program," says Matthew Fitzer, MD, a bariatric surgeon at Inova Fair Oaks Hospital. "Inova has done over 7,000 surgeries and that experience has a tremendous effect on surgical outcomes."

For 41-year-old Melanie Beasley, the program at Inova helped her realize a weight-loss goal she thought she would never achieve. From the age of 17, the Sterling resident had tried numerous weight-loss programs, diet pills and food and calorie restrictions. But nothing worked. By the time Beasley saw Dr. Fitzer, the 5'5" Internet engineer weighed 266 pounds and her BMI was 41. Although she was very active, she suffered from obesity-related pain in her knees and her right foot and climbing stairs left her winded.

Last March, on the recommendation of friends who had undergone weight-loss surgery at Inova Fair Oaks Hospital, Beasley had laparoscopic gastric bypass surgery. This minimally invasive procedure decreases stomach size, allowing you to feel full faster. Beasley met with Dr. Fitzer who

explained the procedure in great detail and answered all of her questions about what to expect during and after the procedure. The road ahead would be challenging, but Beasley found the support she needed.

"Dr. Fitzer is just amazing," says Beasley. "He has tremendous bedside manner and his staff has been fantastic with helping me out and answering my questions and concerns."

Beasley lost 91 pounds in the seven months since her surgery. She has dropped three shirt sizes and five pant

Beasley lost 91 lbs. in the seven months since her surgery. She has dropped three shirt sizes and five pant sizes.



sizes. Her foot and knee pain are gone and she can bike 20 miles or walk five miles without getting winded.

"I'm wildly ecstatic!" she says. "This is the best thing that ever happened to me. The clothes sizes are fun and my self-confidence has never been so high. Now I can jog up two flights of stairs with a fully loaded laundry basket and not break a sweat. The changes are mind-blowing."

Melanie Beasley enjoys shopping for clothes more now after undergoing weight-loss surgery.



Ask the Expert

HOW DOES YOUR WEIGHT AFFECT YOUR HEALTH?



Join Kajal Zalavadia, MD, for a FREE lecture, "How Does Your Weight Affect Your Health?" It will be held Thursday, Jan. 23, at 7 p.m. at Gum Spring Library, 24600 Millstream Drive, Aldie, VA. To sign up, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

GAINING GROUND

For more information about Inova Weight Loss Services or to register for a free informational seminar, call 703.348.4716 or visit inovaweightloss.org.

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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SYSTEM

WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Fair Oaks Hospital medical staff from September–November 2013:



DEPARTMENT/ SECTION	NAME	DEPARTMENT/ SECTION	NAME
Anesthesiology	Shayla Gaither, MD	Obstetrics & Gynecology	Serina Floyd, MD
Anesthesiology	Dhiraj Jagasia, MD	Obstetrics & Gynecology	Joanne Gutliph, MD
Dentistry	Vincent Coviello, DDS	Obstetrics & Gynecology	Sona Patel-Grimm, MD
Family Medicine	Marc Childress, MD	Orthopedic Surgery	Cyrus Press, MD
Family Medicine	Jennifer Martini, MD	Pathology	Myong Ho Nam, MD
Family Medicine	Ellen Richardson, MD	Pathology	Rusell Houk, MD
Medicine	Arun Grover, MD	Pathology	Jasbir Johal, MD
Medicine	Behnam Tehrani, MD	Pathology	Yan Liu, MD
Medicine/eICU	Laith Altaweel, MD	Pathology	Haresh Mani, MD
Medicine/Hematology/ Oncology	John Deekan, MD	Pathology	Rebecca McAfee, MD
Medicine/Hematology/ Oncology	Abishek Kalla, MD	Pathology	Dan Qi, MD
Medicine/Hematology/ Oncology	Mary Wilkinson, MD	Pathology	Abdus Salam, MD
Medicine/Neurology	Rajesh Gupta, MD	Pathology	Leslie Sobin, MD
Medicine/Neurology	Sheela Myers, MD	Pediatrics	Beatriz Runkle, MD
Medicine/Psychiatry	Ritu Chahil, MD	Surgery	Ranjit Pullarkart, MD
Obstetrics & Gynecology	Lashea Davis, MD	Surgery/Ophthalmology	Wellington Chang, MD



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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baby time

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