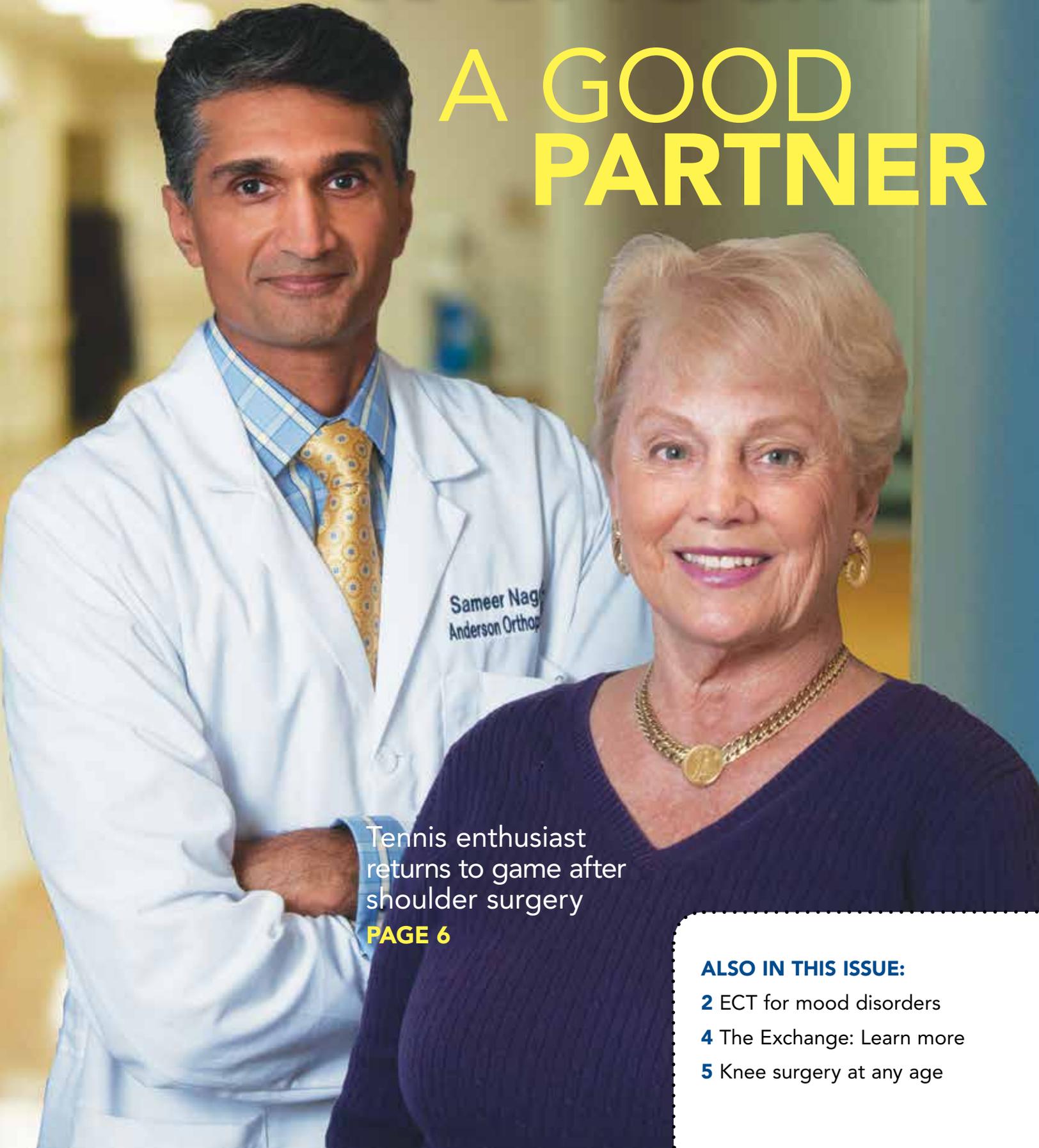




INOVA MOUNT VERNON HOSPITAL

INhealth

A GOOD PARTNER



Sameer Nag
Anderson Orthop

Tennis enthusiast returns to game after shoulder surgery

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FOLLOW THE LEADER

Thank you, Barbara

As some of you may be aware, Barbara Doyle, CEO of Inova Mount Vernon Hospital for the past seven years, left at the end of 2013 to accept a position in Boston. Barbara's home is Boston so she looked forward to going home and being geographically close to her family once again. Barbara left big shoes to fill, and as we look back on last year, we are struck by all of the accomplishments made at the hospital under her leadership and achieved by our incredible physicians and staff. Here are a few:

- We successfully implemented the new electronic medical record — EpicCare — throughout the hospital. This is a tool that improves the quality, safety and efficiency of patient care.
- Both our Joint Replacement and Stroke Programs were recertified as Centers of Excellence by The Joint Commission.
- Our freestanding emergency room, the Inova HealthPlex in Lorton, opened and began providing emergency services along with outpatient imaging and lab services to the southeastern Fairfax community.

As we start 2014, we are committed to achieving even more successes. On behalf of the physicians, staff and volunteers at Inova Mount Vernon Hospital, we wish all of our community members a very happy and healthy 2014.



DON BRIDEAU, MD

Interim CEO,
Chief Medical Officer,
Inova Mount Vernon Hospital

IN *the* news

MOOD BOOST

Therapy spells relief for patients resistant to medication's effects

A severe behavioral health condition can greatly reduce a person's quality of life. Fortunately, for patients who have not responded to medication or are unable to tolerate its side effects, a treatment called electroconvulsive therapy (ECT) may provide rapid relief.

A highly qualified staff of psychiatrists, registered nurses and anesthesia experts at Inova Mount Vernon Hospital offer ECT treatments to care for patients with severe depression, bipolar disorder, schizophrenia, schizoaffective disorder and Parkinson's disease. During the procedure, low-voltage electrical currents are delivered to the brain, triggering a seizure that lasts about 40 seconds. The procedure enhances mood and behavior by changing the activity in the brain.

"ECT is a very effective

treatment for several psychiatric illnesses," says Sumana Suresh, MD, a psychiatrist at Inova Mount Vernon Hospital. "Most patients experience significant improvement in their symptoms and their quality of life improves."

ECT treatments are usually given two to three times weekly for a total of six to 12 sessions. The treatment regimen is generally followed up with maintenance ECT or psychiatric medication.

SCHEDULE A CONSULTATION

To learn more about inpatient or outpatient ECT services, or to schedule an ECT consultation, call **703.664.6878**.



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 pie 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 fruit, such as strawberries, bananas, kiwis or pineapple in it. The dark chocolate dip also has many antioxidants and may 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.

MENDING TEARS

Wound Healing Center welcomes plastic surgeon



Kirit Bhatt, MD, plastic surgeon, has joined Inova's Dorothea R. Fisher Wound Healing Center. Specializing in reconstruction, cosmetic surgery and wound care, Dr. Bhatt provides

to the Wound Healing Center. He is fellowship-trained in microvascular surgery, which involves transplanting tissue from one part of the body to another. His extensive research in tissue engineering and stem cell research has led to several patents, multimillion-dollar funding from federal and private investors, and a wound-healing biotechnology start-up. Such experiences provide a solid foundation for his work in wound care.

Raised in New York City, Dr. Bhatt received his medical degree from Boston University School of Medicine, and then completed his fellowship training at Stanford University, Georgia Regents University and The Buncke Clinic in San Francisco.

He is excited to be part of

a medical team that provides successful outcomes for patients with challenging conditions.

"When our patients have had many different treatments with little or no success, and then they come to the Wound Center and things start healing, it's very rewarding to see the smile on their faces."

On a personal note, Dr. Bhatt and his wife enjoy a variety of outdoor activities such as golfing, kayaking and running. They spend time traveling and exploring different cultures and they also enjoy local art and theater.

exciting new options for patients with hard-to-heal wounds.

"At the Wound Care Center, we can manage all types of complex wounds, and as a plastic surgeon, I am able to provide additional options to patients when conservative measures don't work," says Dr. Bhatt.

For patients requiring complex reconstruction, Dr. Bhatt is a welcome addition

HEAL THYSELF

To schedule an appointment at the Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital, call **703.664.8025**.

Losing Movement

Active patient overcomes rare disease with help from Inova Rehabilitation Center

Juan Ochoa thrived on an active lifestyle — running five miles several times per week, playing squash and helping others achieve their fitness goals as a personal trainer.

Then, in September 2011, he was diagnosed with Guillain-Barre syndrome (GBS), a rare autoimmune disease that attacks the covering (myelin sheath) of nerves throughout the body. Symptoms of GBS include numbness of the face or extremities, muscle weakness and trouble speaking.

Ochoa was hospitalized and given treatments aimed at removing harmful antibodies from his system. However, his condition worsened. His lungs weakened and paralysis progressed to the point that he could move only his head for a period of three months.

Slowly, he regained movement, first in his right hand and fingers. In time, he transitioned to Inova Rehabilitation Center (IRC)

at Inova Mount Vernon Hospital. Both as an inpatient and outpatient, he worked on restoring strength and balance, transitioning safely and walking with the aid of a walker. He credits his doctors and therapists at IRC not only with helping him recover but also with helping him remain optimistic. "In my opinion, what I experienced was a great staff. It was a pretty sad thing I was going through but they always made me feel comfortable. Nothing was boring to me."

Today, he is walking two miles, playing soccer and hitting the gym, where he bench-presses 185 pounds. Though he still experiences numbness when he is tired, Ochoa maintains a positive outlook and hopes his experience can serve as encouragement to others. "It is not easy to survive this kind of illness but you can do it," he says. "You have to encourage yourself and keep trying."



Juan Ochoa, who recovered from a debilitating illness, has set a good example for others.

Rehab to Life

Learn more about Inova Rehabilitation Center at inova.org/rehab-center.

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.

A Quality of Life ISSUE

KNEE REPLACEMENTS ARE POSSIBLE AT ANY AGE

When Judith Rodney was in her early 50s, three doctors told her that she was too young to have her knees replaced. But her arthritis was growing worse over time, causing her tremendous pain, stiffness and curvature in her knee joints. As a manager in human resources for the federal government, Rodney found it challenging to get through each workday. She walked with the help of a cane and often used wheelchairs while traveling.

“I tried everything,” remembers Rodney. “I had steroid shots, I did physical therapy, but nothing stopped the pain.”

One day Rodney attended a free seminar about joint replacement led by Kevin Fricka, MD, an orthopedic surgeon at Inova Mount Vernon Hospital. One of the key messages that she took away from the class was that age is not the deciding



Judith Rodney is enjoying physical activities again after undergoing surgeries.

factor for knee surgery; quality of life is what matters. The message hit home. Rodney made an appointment to see Dr. Fricka, and in July 2008, he replaced her left knee. The procedure was so successful, Rodney had her right knee done three months later.

“In the past with older implants and older material, the statement from physicians may have been to hold off as long as you could to have a knee replacement,” says Dr. Fricka. “However, nowadays with the newer technology, newer materials and knee replacements lasting longer, if you’re at a point in your life where you’re debilitated by arthritis and it

bothers you daily, I don’t believe there’s a too-young category anymore.”

FLEXIBLE KNEES

When Rodney had her first knee replaced, she was walking soon after surgery. She returned home two days later and could climb up and down her stairs with ease.

“My results were so good, it was unbelievable!” Rodney recalls.

Rodney embarked on a physical therapy program to build strength and flexibility in her knee joints. Now she practices yoga, dances, works out with a personal trainer, walks on a treadmill, rides her stationary bike and plays with her five young grandchildren. Her legs are no longer bowed and she has tremendous flexibility in both knees.

“This surgery has given me my life back and I am just so grateful,” she says. “I had such a good experience and I would recommend it to anybody.”

PHYSICAL THERAPY EQUALS LASTING SUCCESS

Physical therapy is integral to the long-term success of your knee replacement.

“As evidenced by Mrs. Rodney, the sooner we get you moving, the sooner you recover,” says Kevin Fricka, MD. “There’s no question that you can have an excellent surgeon, but

if you do not do the physical therapy and the exercises after the knee replacement, the result will be compromised.”

Typically patients work with a physical therapist at their house during the first few weeks following surgery, then participate in outpatient physical

therapy for an additional two to four weeks.

Following physical therapy, advises Dr. Fricka, “It’s important to take up some form of exercise, whether it’s exercising on a bike, in a pool or on an elliptical trainer to maintain your knees and allow them to last for 15 or 20 years.”

A NEW LIFE

For more information about Inova Joint Replacement Center, visit our website at inova.org/joint-replacement.

Back in the **SWING**

*Tennis enthusiast
returns to center court
after shoulder surgery*

Pain is no match for Betsy Leavitt Stanford. When osteoarthritis threatened her ability to play tennis, the 77-year-old Arlington resident stayed in the game with shoulder replacement surgery. And she's glad she did.

"Before surgery, my shoulder throbbed all the time and there was just no end to the pain, no matter what exercises I tried to do or how much I tried to lay off it," recalls Stanford.

The aching and stiffness she felt in her right shoulder also affected her work as a realtor, a business she enjoys sharing with her daughter.

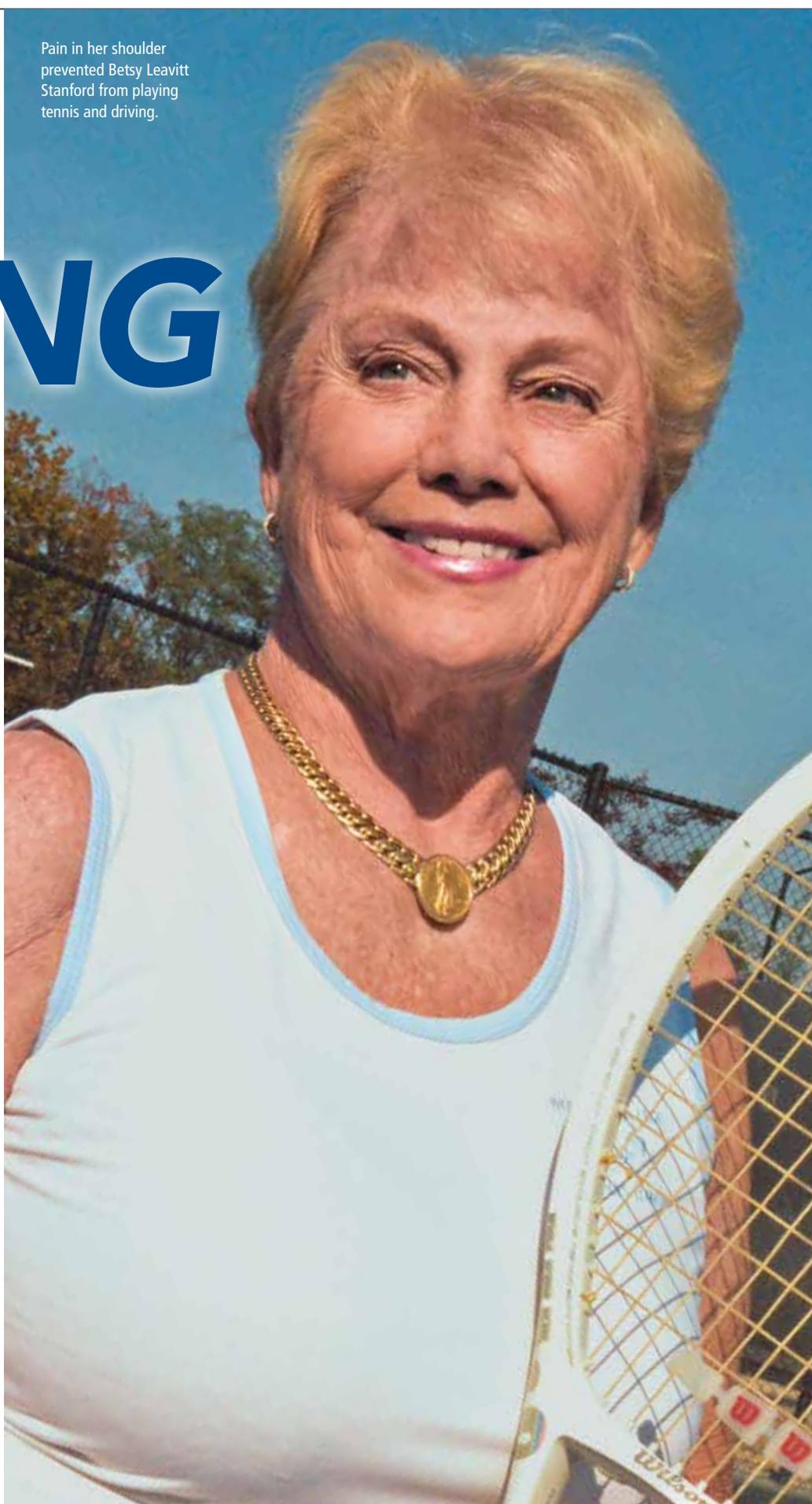
"The shoulder pain got in the way of driving," Stanford says. "Using a car is a big part of my business and I got to where I couldn't shift the gears. It was major that I had this done because I couldn't do anything that my business entailed."

Years of wear and tear had caused Stanford to develop osteoarthritis in her shoulder joint. The cartilage cushioning the bones in her shoulder had worn away, resulting in pain and stiffness that prevented her from doing the things she loves to do.

A WINNING SHOT

On the recommendation of two trusted friends, Stanford called Sameer Nagda, MD, an orthopedic surgeon at Inova Mount Vernon Hospital, who specializes in shoulder surgery. Stanford explained to Dr. Nagda that she had tried many

Pain in her shoulder prevented Betsy Leavitt Stanford from playing tennis and driving.



therapies to heal her painful shoulder, including steroid injections and physical therapy, but none of those treatments had resolved her problem. After examining Stanford's shoulder, which included an MRI exam and a careful evaluation of her overall health, Dr. Nagda recommended shoulder replacement surgery.

For the first time in more than two years, Stanford felt confident that she could hit a winning return at the pain that had kept her off the tennis court.

"Dr. Nagda is a terrific guy," she says. "He's very reassuring. He's a true professional at everything he does and he just has a very wonderful ability to communicate with patients."

TEAM APPROACH

Stanford knew she had chosen the right doctor and the right medical team to fix her shoulder. Dr. Nagda at Inova Mount Vernon Hospital and his colleagues at two other Inova hospitals perform the most shoulder replacements in Northern Virginia, making them the most experienced orthopedic experts in the region. The multidisciplinary team of surgeons, physician assistants, nurses and physical therapists

work together to provide superior outcomes for each individual patient.

"The team of surgeons in The Inova Shoulder Program are doing several hundred shoulder replacements a year," says Dr. Nagda. "Studies have shown that with any joint, especially shoulder joint replacement, there is a decrease in complications and an increase in good outcomes at centers with higher volumes."

In October 2012, Dr. Nagda and his team repaired Stanford's shoulder by removing the damaged cartilage in the joint and replacing it with an artificial implant specially designed to fit her anatomy.

"Compared to 10 years ago, we now have the ability to customize the shape and size of the implant to the patient," says Dr. Nagda. "In addition to better implants, there have also been advances in the instrumentation used to perform the surgery, making the process more streamlined."

COURTSIDE COMEBACK

Stanford embarked on a physical therapy program one week following surgery at the Anderson Orthopedic

clinic where she went three times a week. Within just five months, her full range of motion was restored, she had regained strength in her shoulder and she was pain-free.

FIXING THE PROBLEM

Your shoulder is a large ball-and-socket joint that allows you to perform everyday tasks such as lifting and reaching for objects. Unlike your knee and hip, your shoulder doesn't support your body weight, but the fact that it is more flexible than any other joint in the body makes it vulnerable to long-term wear and tear.

With 53,000 Americans opting for shoulder replacement each year, surgery has become an increasingly common

solution. According to the Arthroscopy Association of North America, shoulder arthroplasty is the third most common joint replacement surgery, following knee and hip replacement.

You may be a candidate for shoulder replacement surgery if you have severe pain that gets in the way of routine activities such as brushing your teeth or driving, you are unable to sleep through the night due to pain in your shoulder, or you feel



weakness or stiffness in your shoulder joint. Your doctor may recommend surgery after you've tried other therapies including anti-inflammatory medications, cortisone injections or physical therapy, with little or no improvement.



Betsy Leavitt Stanford is pleased with the shoulder surgery performed by Sameer Nagda, MD. She is back playing tennis, the game she loves.

Clinic where she went three times a week. Within just five months, her full range of motion was restored, she had regained strength in her shoulder and she was pain-free.

Now she and her husband enjoy traveling and spending time with friends. And best of all, her dream of being able to play tennis again came true.

"Now I can go back to playing the game I love," says Stanford. "As far as my shoulder is concerned, there's no pain at all. My surgery was just marvelous. I am very, very happy with the whole procedure."

SHOULDER ON

To learn more about the latest advances in shoulder replacement or shoulder pain, turn to the back page for a listing of free community lectures Sameer Nagda, MD, will be giving over the next few months.

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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Nitin Goyal, MD
Orthopedic Surgeon

OSTEOARTHRITIS AND THE LATEST ADVANCES IN JOINT REPLACEMENT

NITIN GOYAL, MD
Thursday, Jan. 23, 6:30 p.m.
Inova Mount Vernon Hospital

Thursday, Feb. 27, 6:30 p.m.
Inova Mount Vernon Hospital

Thursday, March 20, 6:30 p.m.
Laurel Hill Golf Club



Sameer Nagda, MD
Orthopedic Surgeon

TREATMENT OPTIONS FOR ROTATOR CUFF TEARS AND SHOULDER ARTHRITIS

SAMEER NAGDA, MD
Tuesday, Feb. 25, 6:30 p.m.
Inova Mount Vernon Hospital

Tuesday, April 8, 6:30 p.m.
Inova Mount Vernon Hospital



Corey Wallach, MD
Orthopedic Surgeon

TREATMENT OPTIONS FOR NECK AND BACK PAIN

COREY WALLACH, MD
Thursday, March 13, 6:30 p.m.
Inova Mount Vernon Hospital

WELCOME, NEW PHYSICIANS!

Here are new doctors who have joined Inova Mount Vernon Hospital in recent months:

Tara Oden, MD
Emergency Department

Negar Golesorkhi, MD
Surgery/General

Nada Osman, MD
Internal Medicine

Leena Jha, MD
Endocrinology

Sheela S. Myers, MD
Medicine, Neurology

Richard Catherina, MD
Internal Medicine

Bao Vo, MD
Internal Medicine



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