



INOVA ALEXANDRIA HOSPITAL

HEALTH AND WELLNESS MADE PERSONAL | FALL 2014

INhealth

DESIGNED FOR *Women*

Renovated Women's Tower provides superior services in nurturing environment

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FOLLOW THE LEADER

Focus: Women

As I write this letter, Inova Alexandria Hospital is nearing completion of our Women's Tower renovation, a comprehensive upgrade designed to expand our services and technology alongside patient privacy and comfort. In these pages, you'll catch a glimpse of how we've enhanced the healing environment on four dedicated floors of the tower. Our goal is to offer the best possible birthing experience for women with low- and high-risk pregnancies, as well as excellent recovery care following breast and gynecological surgeries.

These renovations underscore our commitment to the women of this community, as do the important recognitions we've earned. We are top-ranked in women's healthcare, with five stars for gynecologic surgery and maternity care from Healthgrades. We also have a ranking in the top 5 percent in the nation for maternity care outcomes in evaluated hospitals.

In addition, we are celebrating a *U.S. News & World Report* ranking of No. 6 best hospital in the D.C. metro area for the second consecutive year. As you read further, you'll learn more about how we keep the focus on the most important element of these accomplishments: our patients.



CHRISTINE CANDIO
Chief Executive Officer,
Inova Alexandria Hospital

HEALTH BEAT

WELLNESS

Flu BUSTER

Get vaccinated to avoid sickness

During the 2012 flu season, approximately 381,000 Americans were hospitalized due to the flu, and over 30 million were affected by flu-related illnesses, according to the U.S. Centers for Disease Control and Prevention (CDC). In addition to symptoms including sore throat, aches and fever, the flu can lead to serious health complications such as pneumonia.

One of the most important steps you can take to avoid serious, flu-related illnesses is to be vaccinated. The CDC recommends that anyone 6 months of age and older get vaccinated, particularly people who are at a high risk for flu complications. This includes senior citizens, young children and people with chronic conditions such as asthma or heart disease.



Preventative Measures

In addition to being vaccinated, there are simple, preventative measures you can take to reduce the likelihood of getting the flu:



Wash your hands often.



Don't touch your mouth, eyes or nose with unwashed hands. Those are places where germs easily can enter the body.



Avoid being in close proximity to sick people.

If you do get sick, visit your doctor and follow his or her directions; an antiviral medication may be prescribed. If possible, stay home for at least 24 hours after your fever has broken.

GETTING VACCINATED

Inova Alexandria Hospital's flu clinic is located at **4320 Seminary Road, Alexandria**. No appointment is necessary. To learn more about Inova's flu clinics, visit inova.org/flu.

WELLNESS

Nothing to SNEEZE at

While most look forward to fall's cooler weather, for those who suffer from allergies, the changing of the seasons can signal the onset of sniffles and sneezes. If you depend on a medication to control your allergies, you may be wondering what you can do to reduce your symptoms naturally.

Seasonal allergies are caused by outdoor allergens such as tree pollens, grasses, dust and weeds. Avoiding these irritants is a great way to improve your allergies without using medication.

Fall means allergy season for many

Closing the windows of your house and car will keep the allergens out and reduce your symptoms.

If you still find yourself suffering indoors, consider getting a humidifier, using high-efficiency rather than standard air conditioning filters and using a vacuum with a HEPA filter. Rinsing your sinuses also is often effective. Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store.

TOP 10 – Again!

Inova Alexandria Hospital ranks among best in DC Metro area

U.S. News & World Report has ranked Inova Alexandria Hospital as the No. 6 best hospital in the Washington, DC, metropolitan area for the second consecutive year. In addition, the hospital was recognized for its high performance nationally in six specialties for 2014-15: diabetes and endocrinology; geriatrics; nephrology; neurology and neurosurgery;

orthopedics; and urology. Just 3 percent of the nearly 5,000 hospitals that were analyzed for Best Hospitals 2014-15 earned national ranking in even one specialty. The report also ranked Inova Alexandria Hospital the eighth best hospital in the state of Virginia.

"We are extremely proud of this continued success and the ranking demonstrates our dedi-

cation to making this hospital an advanced and well-respected community hospital," said Christine Candio, CEO, Inova Alexandria Hospital.

Now in its 25th year, the *U.S. News* annual rankings recognize hospitals that excel in treating the most challenging patients, with the goal of helping to guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition or extra risk due to age or multiple health



problems. Objective measures such as patient survival and safety data, adequacy of nurse staffing levels and other data largely determine the rankings in most specialties. Learn more at inova.org/usnews.

● NEUROLOGY |

Minimizing MIGRAINES

Inova Alexandria Hospital offers a surgical solution for migraines

Chronic headaches, migraines and neuralgias are a constant source of discomfort for people who suffer from them. Migraines are headaches characterized by symptoms including nausea, sensitivity to light, and vomiting, in addition to throbbing head pain. Chronic headaches and neuralgias also involve sharp pain in the head or neck area.

For people suffering from these issues, Ivica Ducic, MD, can provide relief. He offers peripheral nerve surgery for migraine sufferers at Inova Alexandria Hospital, which is highly successful in taking care of chronic headache, migraine and neuralgia problems.

"I have 12 years experience in peripheral nerve surgery with about 2,500 headache surgeries performed, which is as much as anyone in the country," says Dr. Ducic. "There is about an 85 percent success rate with the procedure as well. Certainly there are patients who you can't help despite everything, but most are successful."

Many of Dr. Ducic's patients have reached the point in their treatment with other doctors where they don't think anything can be done. If you are in this situation, surgery could be the answer. However, Dr. Ducic encourages patients to see a specialist before pursuing surgery.



"Not every patient with a headache has migraines and not every migraine patient has headaches," says Dr. Ducic. "Patients should be examined by a proper headache medical specialist before they seek out surgery." Learn more at inova.org/migraine.

STOPPING SEIZURES

Inova Alexandria Hospital offers a wide array of epilepsy services

Epilepsy services have expanded at Inova Alexandria Hospital. "We have surgical services available, including implanting brain electrodes to evaluate and record seizures, and we have procedures to reduce or eliminate seizures as well," says James Leiphart, MD, PhD, FACS, FAANS, Director of Epilepsy Surgery and Co-Director of Epilepsy Services for Inova Alexandria Hospital.

"That's the big advance that we're moving forward with," he continues. "[We have] more of a surgical program, as well as what we already had, which is years and years of experience in patient monitoring and treatment."

This availability of surgical procedures makes a huge difference for the 20 percent of epilepsy sufferers who do not respond to medicine-based treatments, notes Lewis B. Eberly, MD, Medical Director of Neuroscience and Stroke at Inova Alexandria Hospital. "Epilepsy surgery provides significant improvement in seizure control for most patients who are carefully selected for this procedure," he says.



Thanks to its dedicated staff, Inova Alexandria Hospital is able to better serve these sufferers of epilepsy. "I was hired by Inova to spearhead the surgical side of the program," says Dr. Leiphart.

In addition to the new focus on surgical offerings, Inova Alexandria Hospital is increasing its number of monitored beds. These beds are used for evaluating patients with epilepsy to determine the type of epilepsy and whether the patient is a candidate for surgery.

"Long-term epilepsy monitoring is important for evaluating patients with frequent seizures, patients with spells of unclear etiology [or origin] and patients who are candidates for epilepsy surgery," according to Dr. Eberly, who along with Dr. Leiphart is also affiliated with Inova Fairfax Hospital.

EPILEPSY AID

Learn more about epilepsy testing and treatment at inova.org/neuroscience.

The Technology of Treatment

Technology is an important part of the epilepsy services provided by the surgeons and professionals at Inova Alexandria Hospital. Staying on the cutting edge allows the Inova Alexandria Hospital staff to offer the latest in

epilepsy treatments. Here are just two of the technologies they use. **Vagus Nerve Stimulation (VNS)** — This is an outpatient procedure that involves implanting an electrode into the patient's



Vagus Nerve Stimulation enables a patient to swipe a magnet on an electrode in his chest to stop a seizure.

chest. How does it work? When the patient senses a seizure, the patient can swipe a magnet on the electrode on his chest, which can stop the seizure.

NeuroPace — Inova doctors have been in talks to begin using this FDA-approved device for recording and blocking seizures through stimulation.

TAKING CHARGE

Empowered by her medical team, a young woman confronts cancer

Amber Joyce had just turned 29 when she discovered she had an aggressive form of breast cancer. It was a few days before Thanksgiving when Joyce, a program manager for a defense agency, discovered a lump in her right breast. She had just seen her gynecologist six months earlier and nothing had turned up during a routine breast check, but a return visit followed by an ultrasound confirmed the presence of a fast-growing tumor.

Joyce's physician referred her to the Inova Breast Care Center at Inova Alexandria Hospital for further imaging. A digital mammogram followed by a biopsy revealed that she had stage II triple negative breast cancer.

"Amanda was suddenly hit with a difficult diagnosis," says breast surgeon Sara Bruce, MD, who treated Joyce. "She was faced with many challenging decisions that most 29-year-olds don't have to worry about. Part of my job as her surgeon was to give her as much information as possible so she could make an informed decision. This often includes consultations with other members of a team of breast specialists."

After carefully weighing her options with Dr. Bruce, Joyce chose to have a double mastectomy. The surgery was followed by 16 weeks of chemotherapy, reconstruction surgery and four weeks of radiation treatment.

"Dr. Bruce gave me the right tools to make the right decisions," says Joyce. "I wouldn't have done it any differently and I wouldn't have done it with a different set of doctors."

IN CONTROL

Joyce's meeting with an Inova Breast Care Center nurse navigator provided her with the resources she needed to help her with



After overcoming breast cancer, Amanda Joyce places an emphasis on healthy living and eating.

every aspect of her wellness journey. She met with a genetic counselor, joined an exercise class, sought nutritional guidance and found a nurturing support group. The latter provided her additional information on how to handle the side effects from chemotherapy and radiation.

Joyce has been cancer-free for two years, and she and her fiancé are planning their dream wedding. Now an avid runner, Joyce has shed 30 pounds and she swears by a diet consisting mainly of lean meats and vegetables. Joyce and her fiancé are excited about making their new house a home and starting a family.

"I feel pretty awesome," says Joyce. "Life is good."

A GUIDING HAND

Contact a breast care navigator at the Inova Breast Care Center at Inova Alexandria Hospital by calling **703.207.4320**.

Planning Ahead

Sometimes cancer treatment can interfere with fertility. When 29-year-old Amanda Joyce was first diagnosed with breast cancer, her breast surgeon, Sara Bruce, MD, recommended that she visit with a fertility specialist to make plans for the future.

"Because she was so young and she wasn't married, we talked about fertility preservation," says Dr. Bruce. "There were no guarantees that her fertility would remain after chemotherapy."

After a consultation at Shady Grove Fertility in Annandale, Joyce made the decision to preserve her eggs for future safekeeping.

"It definitely makes you feel like you can do this, because there's always a backup plan for the future," says Joyce.

DESIGNED FOR

Renovated Women's Tower provides superior services in nurturing environment



An expansion of the Brock Family Antenatal Testing Center was part of the renovation at Inova Alexandria Hospital.

Expectant women now have even more reasons to deliver their babies at Inova Alexandria Hospital. With a \$5.2 million renovation near completion, the new Women's Tower, located within the hospital, offers four floors of state-of-the-art women's services delivered in a nurturing and private environment.

"Our primary goal was to create the best environment for our patients and their families to receive excellent care, as well as for physicians and staff to practice," says Chief Nursing Officer Mary Dixon, RN, MSN, NEA-BC.

Some of the exciting enhancements include expansion of the Brock Family Antenatal Testing Center, upgraded birthing suites, a dedicated area for women recovering from postpartum anesthesia and a unit for women recovering from breast and gynecologic surgeries. The hospital's level 3 neonatal intensive care unit (NICU), remodeled in 2008 following a \$1 million donation from the Jones family, is also a vital department in the Women's Tower.

HEALTHY START

For a woman experiencing a high-risk pregnancy, waiting for her new arrival can be an anxious, emotionally challenging time. Whether a mom-to-be has an underlying medical condition such as diabetes or hypertension, or a history of poor pregnancy outcomes or concerns about her current pregnancy,

the newly upgraded Brock Family Antenatal Testing Center provides prospective parents with the care they need to ensure a healthy delivery.

"The recent renovations have doubled the space available, allowing us to hire more sonographers and personnel to assist us in the testing of the patients," says maternal fetal medicine specialist Alessandro Ghidini, MD. "The result is a shorter waiting time, better care and greater satisfaction of the patients."

With the number of patients having quadrupled over the last 10 years, the antenatal unit has expanded the number of ultrasound machines from two in 2004 to five machines today.

"Ten years ago, Dr. Ghidini and I did all the scans ourselves," says Sarah H. Poggi, MD, also a maternal fetal medicine specialist. "We now have four sonographers performing the ultrasounds."

To help women with complicated pregnancies feel nurtured and supported, the center now includes additional examination rooms, a more spacious waiting area with private restrooms, private areas for both consultation and education, and a children's play area.

MAKE AN APPOINTMENT

For more information or to schedule an appointment with a specialist at the Inova Alexandria Hospital Birthing Center, call **703.504.3000**.



The newly renovated Women's Tower includes a remodeled level 3 neonatal intensive care unit (NICU) (upper left) and nursing stations (upper right), and upgraded birthing suites (bottom).

Gifts to Grow On

The new Women's Tower is a result of support from the Alexandria community. "We've received over \$2 million in philanthropy toward this \$5.2-million renovation," says Judy Bilicki, Executive Director, Eastern Region for the Inova Health Foundation. "We're very grateful for the outpouring of support."

The renovations have occurred as part of a long-range plan to upgrade and expand the hospital campus and services. "We wanted to invest in our surroundings and make sure the patient experience is the best it can possibly be," says Bilicki.

"Our goal was to create a space that was able to provide all of the technological advances needed for a patient's diagnosis and treatment in a soothing environment that would be very friendly to both the patient and her family," says Nurse Manager Victoria Korker, RN, BSN.

EXPECT THE BEST

The newly improved Susan Dau Fannon Labor and Delivery Unit boasts a fresh, welcoming appearance, featuring spacious, remodeled birthing suites and upgraded technology to provide the highest quality of care.

"The use of technology in labor and delivery, the NICU and the Antenatal Testing Center are all of the newest quality in

terms of the ultrasound machines and the monitoring devices for moms and babies," says Korker.

Women who undergo Caesarean sections now recover in the calming environment of the all-new Labor & Delivery Post-Anesthesia Care Unit (PACU). "We created a four-bed PACU for patients who have C-sections, where they can recover prior to their transfer to the Family Centered Care Unit," says Dixon.

The new Women's Tower also provides services for women recuperating from a gynecological or breast surgery in the Jones Family Women's Specialty Unit. The 10-bed unit has a dedicated staff specially trained to respond to a woman's unique needs throughout her recovery.

PRIVACY AND SECURITY

The renovations reinforce the focus on increased privacy and security and fast patient transport. "The beautiful thing with the building of the tower is that all of the services related to women and children are now located in the same four stories and are connected with a private elevator reserved for patients, babies and personnel, so it bypasses the general areas of the hospital creating more privacy," says Dr. Ghidini.

According to Dixon, "The elevator was a great part of the women's project to provide that privacy and that immediacy when we need to take a patient from one department to another," she says. "It ties it all together for the patient's experience."



ASK THE EXPERT

LECTURE

What's New in Prenatal Genetic Testing

Join Dr. Poggi for a lecture. To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

Date: Thursday, Oct. 23

Time: 6:30 p.m.

Location: Inova Alexandria Hospital

Sarah Poggi, MD
Maternal Fetal Medical Specialist

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 in recent months:

NAME	DEPT/SECTION	NAME	DEPT/SECTION
Radha Agepati, MD	Psychiatry	Kathleen Noorbakhsh, MD	Emergency Medicine
Zahid Asgher, MD	Laboratory Medicine	Lily Otolorin, MD	Medicine/Palliative Care
Sarfraz Choudhary, MD	Medicine/Infections Disease	Larry Quate, MD	Medicine/eICU
Robert Cohen, MD	Surgery/Breast Surgery	Peter Reuss, MD	Radiology/VRAD
Elizabeth DeOreo, MD	Psychiatry	Liam Ryan, MD	Surgery/Thoracic/ Cardiovascular Surgery
Ivica Ducic, MD	Plastic Surgery	S. Tariq Shahab, MD	Medicine/ Cardiovascular Disease
Adam Fein, MD	Medicine/ Cardiovascular Disease	Lucas Sheldon, MD	Radiology VRAD
Albert Holt, MD	Medicine/eICU	Neeraja Tandra, MD	Medicine/ Nephrology
Kanwal Khan, MD	OB-GYN	Diane Traficante, DO	Medicine/ Internal Medicine
Ashlei Lowrey, MD	Medicine/Palliative Care	Venu Vadlamudi, MD	Radiology
Leon Moores, MD	Surgery/Neurosurgery		

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