



INOVA FAIR OAKS HOSPITAL

INhealth

**A CUSTOM-FIT APPROACH
TO BACK PAIN**

Naturally!

Inova helps
to find a
treatment
right for you

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Deborah Ondek visited the Inova Spine Program for chronic back pain that would not subside. The solutions? An adjustment to her workstation and daily exercises.

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FOLLOW THE LEADER

Safety Stand-Down

Today, I'd like to share a story about our most important priority at Inova Fair Oaks Hospital: the safety of our patients.

Recently, in response to our continued quest to improve the hospital, the leadership of both the hospital and our medical staff addressed the question of how we can make our hospital a safer place for patients to receive treatment, for physicians to practice medicine and for our staff to provide care.

The meeting produced a unanimous recommendation for the medical and hospital staff to engage in a safety stand-down, a practice quite common in the military and other industries, but not in hospitals. So on July 25, 2014, the operating rooms of Inova Fair Oaks Hospital were closed from 7:30 a.m. until 11:30 a.m., with the exception of emergency surgery, so that the entire team of surgeons, anesthesiologists and staff could gather to hear from experts in the field of high-reliability organizations and practice error prevention techniques. Together, we embraced the ongoing quest for a safer, more reliable organization.

This was a first for us, and overall it was a successful mission. We plan to continue this practice and improve on it, so that you can be proud of your community hospital as a leader in patient care and patient safety.



JOHN FITZGERALD
Chief Executive Officer,
Inova Fair Oaks Hospital

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 Fair Oaks Hospital's clinic is located in the hospital atrium at **3600 Joseph Siewick Drive**. No appointment is necessary. It will be open Saturdays, Sept. 6–Dec. 13, from 1–4 p.m. (On Sept. 13, it will be open from 2:30–5:30 p.m.) To learn more, visit inova.org/flu.

QUALITY |

One of DC's BEST

BEST REGIONAL HOSPITALS

U.S. News & World Report

WASHINGTON, DC
RECOGNIZED IN 4 SPECIALTIES
2014-15

U.S. News and World Report has ranked Inova Fair Oaks Hospital in the top 10 best hospitals in the Washington, DC,

Inova Fair Oaks Hospital earns top 10 ranking

metropolitan area for 2014-15. Rising to No. 9 in the rankings this year, the hospital also ranked No. 14 in the state. "We are honored to be recognized by U.S. News & World Report again for the hard work and dedication by the Inova Fair Oaks Hospital physicians and staff. Our improvement in rankings underscores the efforts of

our staff to make Fair Oaks one of the leading hospitals in the DC Metro area," said John Fitzgerald, CEO of Inova Fair Oaks Hospital.

Inova Fair Oaks Hospital also earned high-performing rankings in four specialties: orthopedics, gastroenterology & GI surgery, geriatrics and nephrology. Learn more at inova.org/usnews.

Staying INFORMED



Understanding cancer risks and minimally invasive gynecologic surgery

Inova's Centers of Excellence in Minimally Invasive Gynecologic Surgery are experienced in the most up-to-date and safe procedures. Recent media attention has focused on a technique used in some of these surgeries called open power morcellation and the possible risk of spreading a very rare form of uterine cancer.

Here at Inova, patients who are candidates for minimally invasive gynecologic surgery (MIGS) are counseled about the benefits and risks of surgery and undergo screening and consideration of risk factors to help rule out the presence of this rare cancer.

ADDRESSING THE NEWS

Open power morcellation uses a device to cut the specimen into very small pieces for removal through a small incision, without the use of a containment bag. This instrument may increase the risk of spreading undiagnosed cancer cells. For this reason, in April, the FDA discouraged the use of open power

morcellation for hysterectomy or myomectomy (removal of uterine fibroids).

"Endometrial and cervical cancer can usually be diagnosed before surgery," says Ray Wertheim, MD, Co-Director, Minimally Invasive Gynecology at Inova Fair Oaks Hospital. "However, uterine sarcoma, a rare cancer, cannot always be ruled out prior to surgery. Inova Fair Oaks Hospital's Minimally Invasive Gynecology Department recently sponsored a conference for surgeons discussing tissue extraction and the safest tissue containment techniques."

He continues, "Anyone considering gynecologic surgery should undergo a careful screening and have known risk factors ruled out. Then, together with their doctor, they can make an informed decision about their treatment options."

GET THE SCOOP

Visit inovanewsroom.org to read a longer story about open power morcellation.

Quick CARE

A program to be available this fall at Inova Fair Oaks Hospital aims to make a patient's time in the emergency room easier and more convenient. iTriage is an online service that helps cut down on wait time in the emergency room. A patient may choose to provide all the relevant information online, so when he or she arrives in the ER, a healthcare provider will be available and attend to the patient's needs.

"With this free new service, the ER team is very clear about what to expect when the patient shows up at the ER. Also, the amount of registration time is

ER program cuts down on wait times

reduced because the patient completes that online, either at a computer or on a smart phone before he or she arrives," says Rohit A. Mahajan, Growth Officer at Inova Fair Oaks Hospital. This advance notice of the condition and reduction in registration time helps the ER team to provide efficient and customized care to the patient, adds Mahajan.

The service should be used for non-life threatening conditions only, says Mahajan. If you have symptoms of a heart attack (chest discomfort, shortness of breath) or stroke (face drooping, arm weakness, speech difficulty), call 911 immediately or go to the nearest emergency room.

TIMELY TREATMENT

Download the Inova app that finds the closest Inova ER to you at inova.org/emergencyapp.

EVENTS |

Get on the Ball

Inova Fair Oaks Hospital will once again host a Golf and Tennis Classic. It will take place Monday, Sept. 22, at the International Country Club. Proceeds will benefit the growth of our medical campus including the new Cancer Center, the labor and delivery renovation and surgical expansion.

Space is limited, so register early. To learn more about the event, visit inova.org/ifohclassic.

LEARN MORE

If you would like to learn more about supporting Inova Fair Oaks Hospital, contact Nicole Kinard at nicole.kinard@inova.org or at **703-391-3206**.



Double knee replacements allow couple to travel again

Joint JOURNEY



Sharon Zareski and Dave Cogle are on the move again after undergoing knee surgeries.

Sharon Zareski and Dave Cogle are an energetic couple who love to travel the world together. But for three years, the duo put their travels on hold as debilitating pain and stiffness from arthritis put a damper on their active lifestyle.

Committed to staying fit and active, Zareski and Cogle sought the surgical expertise of James Reeves, MD, an orthopedic surgeon at Inova Fair Oaks Hospital Joint Replacement Program, who had successfully replaced Cogle's hip a little over a year ago. With guidance and care from Dr. Reeves and the expert program staff, each chose to

have double knee replacements, and the couple was able to resume their vigorous lifestyle with little downtime.

"The joint replacement program at Inova Fair Oaks offers the latest technologies and surgical techniques while being supported by the highest quality patient care team," says Dr. Reeves. "The program's success is the result of a collaborative effort by our surgeons, anesthesiologists, nurses, technicians, physical therapists and case managers."

BACK TO ACTIVE

For 15 years, Zareski, a full-time real estate broker, had experienced severe chronic

pain in both knees, making it difficult to stand or walk. In December of 2013, when steroid injections and pain medication no longer provided relief needed to maintain her normal activities, Zareski decided to have a bilateral knee replacement. Post-surgery, she had two weeks of physical therapy three times a week, and was soon back on her feet.

"Ms. Zareski was extremely motivated," according to Dr. Reeves. "She quickly transitioned from a walker to a cane, and was walking with no assistive device within three months."

Cogle also suffered from wear and tear in his knee joints, having played sports during his service in the U.S. Navy for nearly three decades.

"Mr. Cogle had severe arthritis in both knees that in addition to causing pain, also significantly limited his range of motion," says Dr. Reeves. "Mr. Cogle is extremely active and loves to travel, but even walking had become a challenge."

Since having both knees replaced last January, Cogle now exercises on a recumbent bike. He says he is walking "straight as an arrow," with no limp and is already making travel plans with Zareski. They no longer take pain medication and both agree that Dr. Reeves is an "exceptional" doctor.

"He is extremely competent, compassionate and wonderful with patients," says Zareski. "He's a surgeon we recommend to everyone."

MOVE FREELY

To learn more about joint replacement at Inova Fair Oaks Hospital, call **703.391.4555** or visit inova.org/hipsandknees.

ASK THE EXPERTS



James Reeves, MD
Orthopedic Surgeon

Latest Advances in Hip and Knee Surgery

LECTURES

Join Dr. James Reeves for a lecture. Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

Date & Time: Wednesday, Oct. 15 at 6 p.m.
Location: Inova Fair Oaks Medical Campus Building 3580 - Conference Rooms B, C, D



Ryan Miyamoto, MD
Orthopedic Surgeon

Treatment Options for Shoulder Arthritis and Rotator Cuff Tears

Join Dr. Ryan Miyamoto for a lecture. Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

Date & Time: Tuesday, Nov. 18 at 6:30 p.m.
Location: Inova Fair Oaks Hospital, Conference Room 1

STAYING ABREAST

Inova's new Cancer Center offers expanded breast care services

Following the opening of the Radiation Oncology Department at Inova Fair Oaks Medical Campus, the new Breast Care Center began welcoming patients in August. The modern and soothing suite, which is conveniently located within the new Cancer Center, will allow for increased early detection services, comprehensive treatment and a program specifically for women in the Fair Oaks community who are at a high risk for developing breast cancer.

"Every programmatic effort we take is directed at enhancing the patient experience," says Hernan Vargas, MD, Medical Director of Inova Breast Care Center - Fair Oaks. "We not only provide a service and

treat breast cancer, but we also take care of the person and provide an experience that transforms the patient's life in a positive way. That's the concept that moves this program forward."

Inova Breast Care Center's dedicated breast surgeons offer a high level of integrated care for patients with breast cancer and benign breast disease, and for those who are high risk. They work closely with dedicated breast radiologists, along with breast care navigators and genetic counselors. This multidisciplinary approach allows patients to be treated by a team of experts. Life with Cancer® offers educational opportunities, counseling services, art therapy, and many other supportive programs



The new Inova Breast Care Center opened in August.

and services. Comprehensive oncology rehabilitation services are also available on the Fair Oaks Campus.

"We have state-of-the-art treatments and extraordinary support services," notes Costanza Cocilovo, MD, FACS, Medical Director of the Inova Breast Care Institute. "We run clinical trials, and we partner with medical oncologists to provide patients with the latest chemotherapy."

FIGHT CANCER

Learn more about the Cancer Center at Inova Fair Oaks Hospital. Call **703.391.4250** or visit inova.org/FairOaksCC.

Genetic Counselor Sheds Light on Testing

Genetic testing is getting better all the time. A new multigene panel, for instance, now allows doctors to test 18 or 20 genes associated with hereditary cancer syndrome, as opposed to just two genes a few years ago. "It really has revolutionized the way we do genetic testing," says Kim Rutledge, the genetic counselor at Inova Fair Oaks and Inova Loudoun hospitals.

In her role, Rutledge, who received her master's degree in genetic counseling at Arcadia University, outside of Philadelphia, talks to people about their risks for developing cancer and the possibility of a hereditary component if they already have been diagnosed with cancer. "A lot of times we're trying to identify

the most appropriate candidates for genetic testing," she says. "We're trying to identify individuals who have a presentation of a hereditary cancer pattern in their family."

Appropriate candidates are those who have multiple cancer diagnoses in their family. Also, those whose immediate family members were diagnosed with cancer, as opposed to distant relatives, and early in their lives, might want to think about testing.

Sometimes people may be surprised at the role genetics plays. For example, only 5-10 percent of breast cancer is hereditary. "Most of the time when a woman develops it, it's random," she says.



Kim Rutledge
Genetic Counselor

MAKE AN APPOINTMENT

To schedule an appointment with genetic counselor Kim Rutledge, call **703.698.2491**.

STAYING

Inova offers
custom-fit approach
to back pain

When it comes to back pain, there is no one-size-fits-all approach to treatment. That's why the Inova Spine Program at Inova Fair Oaks Hospital has developed a unique, patient-centered program that tailors treatment to each patient's needs.

"We customize the treatment plan," says Ali Ganjei, MD, Co-Medical Director of the Inova Spine Program. "First, we identify each and every pain-generating structure, then we design a logical and evidence-based treatment plan that aims to reverse the root cause."

When a patient visits the Inova Spine Program, a dedicated intake coordinator takes a detailed spine history and gathers recent test results to assess physical condition and pain level. After a comprehensive evaluation, the patient is referred to the appropriate specialist for treatment.

"Every patient's experience is different, so we really focus on personalizing our care," says spine care navigator Kelly Walsh, RN, MSN, CNL.



Ali Ganjei,
MD

CONSERVATIVE PATH

Fewer than 15 percent of patients who seek care at the Inova Spine Program require surgery; most can be treated conservatively with solutions including pain management and physical therapy.

Relief with Surgery

While most people recover from back pain with the help of conservative methods such as physical therapy, some find relief through surgical solutions. When a person is in severe pain, has back instability, or has nerve issues such as bladder control or loss of motor function, he or she may benefit from surgery, says Ali Ganjei, MD, Co-Medical Director of the Inova Spine Program. To determine whether surgery is right for you, your physician will assess the severity of your condition, whether

you have pressure on the spinal cord or nerve root, how long you have been in pain and your medical history.

The Inova Spine Program at Inova Fair Oaks Hospital provides the latest minimally invasive surgical procedures to treat a wide array of back problems including herniated discs and compression fractures. These procedures are performed through tiny incisions, resulting in less pain, a quicker recovery and a speedier return to normal activities.



In his spare time, computer software salesman Michael Fox plays trumpet and is a member of the Polished Brass Quintet. He underwent surgery for a pinched nerve in his back and vertebral body slippage.

IN TUNE

Deborah Ondek is one of those individuals. A little more than a year ago, Ms. Ondek experienced lower back pain that wouldn't subside. Her sleep was constantly interrupted and she had to miss work at her job at a telecommunications company.

"I was convinced that because of the chronic pain and its severity, I would need surgery," recalls Ms. Ondek.

Ms. Ondek was referred to Dr. Ganjei at the Inova Spine Program. Dr. Ganjei recommended ergonomic correction at work that involved modifying her workstation, as well as performing daily therapeutic exercises. Within two weeks, Ms. Ondek noticed a marked improvement in her back pain and the ability to sleep through the night. Two months later, her pain was gone entirely.

"The lifestyle changes Dr. Ganjei recommended became part of my daily routine," says Ms. Ondek, who now hikes, exercises regularly and has recently started martial arts. "I went from not being able to sleep throughout the night and living with chronic pain to being able to do any activity pain-free."

CHOOSING SURGERY

For some, a surgical approach is the only treatment that can vanquish chronic back pain. When computer software salesman Michael Fox tried less invasive options, such as physiotherapy, acupuncture and nerve blocks, nothing eased the ache he endured around the clock.

"I had very strong, constant radiating pain down my right leg," recalls Mr. Fox, who plays trumpet in a professional group in his spare time. "I couldn't sit or stand comfortably and my sleep was disrupted."



Christopher Silveri, MD

After consulting with his primary care physician and an orthopedic surgeon, Mr. Fox turned to the Inova Spine Program for help. He consulted with Christopher Silveri, MD, spine surgeon and Medical Director of the Inova Spine Program at Inova Fair Oaks Hospital. Dr. Silveri recommended that Fox try conservative therapy first. Mr. Fox then spent six weeks under the guidance of Dr. Ganjei, completing core strengthening and stretching exercises. He also took pain and anti-inflammatory medications. But when Dr. Ganjei saw little improvement, he recommended surgery.

"Mr. Fox had a pinched nerve in the right lower lumbar region that was not responding to conservative care, and he also had slippage of one vertebral body over the other," says Dr. Ganjei. "Therefore surgery was his only reliable option."

Dr. Silveri performed a procedure known as multilevel decompression and fusion. The results exceeded Mr. Fox's expectations, allowing him to resume his work-related travels with little to no pain.

Lending Support

At the Inova Spine Program, a spine care navigator is there every step of the way to help simplify your wellness journey.

"As navigators, we have extensive experience working with spine

patients. We serve as a resource for education, as a liaison between a patient and his or her providers, and as an advocate," says spine care navigator Kelly Walsh, RN, MSN, CNL. Whether your treatment involves conservative therapy or surgical care, Walsh is there to explain

each modality, review medication protocols, help coordinate appointments and review plans of care.

"I enjoy helping to improve patients' outcomes by being a resource and an advocate during their journey to better spine health," says Walsh.

"The surgery was very beneficial," Mr. Fox says. "I expect that after starting physical therapy I'll get back to 90 to 100 percent of unimpaired capacity without medication. It is this coordinated and patient-centered approach the two doctors took that gave me great confidence I was in the right hands."

BACK PAIN SOLUTIONS

Learn more about back and neck pain treatment options by calling the Inova Spine Program at **703.391.3667**.

Convinced she needed surgery, Deborah Ondek received relief from lower back pain with a workstation adjustment and daily exercises. She uses an ergonomic chair, like the one shown here.



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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Falls Church, VA 22042**

inova.org

IHS-054-IF0H



WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Fair Oaks Hospital medical staff in recent months:

NAME	DEPT/SECTION	NAME	DEPT/SECTION
Tarek Abou-Ghazala, MD	Medicine/Cardiology	Frederick Liu, DDS	Dentistry
Temilolu Aje, MD	Medicine/Internal Medicine	Kimberly Lui, MD	Medicine/Hospitalist
Wasel Akbary, MD	Medicine	Ericka Maximous, MD	Medicine/Hospitalist
Zahid Asgher, MD	Pathology	Jenifer Nadel, MD	Emergency Medicine
Deborah Brown, MD	Anesthesiology	Lily Otolorin, MD	Medicine/Palliative Care
Srilataha Cherlakola, MD	Medicine/Hospitalist	Ranjit Pullarkat, MD	DaVinci Robotic Assisted Surgery
Adam Fein, MD	Medicine/Cardiology	Katherin Rutledge, MD	Medicine/Hospitalist
Swapna Gaddipati, MD	Medicine/Hospitalist	Tushar Sinha, MD	Medicine/Hospitalist
Noreen Galaria, MD	Medicine/Dermatology	Jason Sun, MD	Medicine/Radiation Oncology
Mirtha Galliani-Alvarez, DDS	Dentistry	Neeraja Tandra, MD	Medicine/Nephrology
Brian Godinez, MD	Radiology	Behman Tehrani, MD	Cardiology Privileges
Anjali Gresens, MD	Surgery/General Surgery (Fellowship)	Bezawait Tekola, MD	Medicine/Gastroenterology
Jennifer Harr, MD	Pediatrics	Henry Tran, MD	Medicine/Cardiology
Kanwal Khan, MD	OB/GYN	Huy Trinh, DDS	Dentistry
Lucas Lindsell, MD	Surgery/Ophthalmology	Samuel Weinstein, MD	Pediatrics
		Robin West, MD	Orthopedic Surgery

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