

- Pre-season physical exam
- Wearing safety equipment
- Warm-up exercises
- Water bottle
- Apply sunscreen



A little prevention can help parents keep children secure, healthy **PAGE 6**

# SAFE *at School*

# FOLLOW THE LEADER

## School Days

For families with school-aged children, September can feel like the true start of the New Year. It's time to prepare for new schedules and new experiences, and to once again reinforce the goals that keep our families growing in healthy ways.

In important transition times like these, our staff's high level of community engagement continues to set Inova Loudoun Hospital apart. In the fall, our pediatric partners are busy lending their expertise to pre-sports evaluations and baseline testing. Our specialists offer medical support to our high school football teams and our staff provides health screenings to local teachers to ensure a healthy start to the fall semester.

In these pages, you'll find expert information about how to keep children and teens healthy and safe from injury as they gear up for a new sports season. You'll also read advice from an Inova Loudoun behavioral health expert on the topics of ADHD and bullying.

You'll also see how we're continuing to broaden our services for women in every stage of life, including high-level perinatology support for high-risk pregnancies, and expanded breast health services and technological capabilities. At Inova Loudoun Hospital, our family is here to serve your family's healthcare needs this fall and throughout the year.



**H. PATRICK WALTERS**

Chief Executive Officer,  
Inova Loudoun Hospital



## WELLNESS |

# Flu BUSTER



### Get vaccinated to avoid sickness

A recent report released by the U.S. Centers for Disease Control and Prevention (CDC) estimated that during the 2012 flu season, approximately 381,000 Americans were hospitalized due to flu and over 30 million were affected by flu-related illnesses. 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 illness is to be vaccinated. Each year, the flu vaccine targets what doctors expect will be the three most common strains of the flu that season. 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 like 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 gone.

## GETTING VACCINATED

Inova Loudoun Hospital's flu clinic is located in the alcove outside the cafeteria at the hospital at **44045 Riverside Parkway, Leesburg**. No appointment is necessary. For more information, visit [inova.org/flu](http://inova.org/flu).

## QUALITY |

# AWARDS & Recognition



### Women's Health and Patient Safety Excellence Awards from Healthgrades

The Excellence Awards recognize hospitals that have the lowest occurrences of 14 preventable patient safety events. These hospitals are in the top 10 percent in the nation for patient safety.



### Joint Commission Gold Seal of Approval for Orthopedic

**Joint Replacement** Inova Loudoun Hospital received this award for demonstrating commitment to a higher standard of service.

**Top Hospital for Safety in Washington, DC** *Consumer Reports* honored Inova Loudoun Hospital with this distinction.



### da Vinci Epicenter

**Designation** In July 2014, Inova Loudoun Hospital's da Vinci® robotic-assisted surgical program became one of fewer than 20 general surgery programs in the United States that serve as a national education and training site for general surgeons.

# STOPPING Spine Pain

BACK PAIN AFFECTS CLOSE TO 90% OF PEOPLE IN THEIR LIFETIME.

IN 85% OF CASES, THE PAIN WILL BE GONE WITHIN THREE MONTHS WITH NO TREATMENT WHATSOEVER.



Inova Loudoun Hospital offers individualized approach to spine pain

Dr. Wattenmaker, MD, a spine surgeon at Inova Loudoun Hospital, emphasizes the hospital's evidence-based approach to spine pain management.

"I am very thoughtful and deliberate in my approach to figuring out exactly why a person is in pain," he says. "When a person has symptoms, such as pain, numbness or weakness, what we do is carefully correlate their symptoms with physical examination findings, imaging studies and their personal history. These components are assembled like a puzzle to find the cause."

Dr. Wattenmaker avoids prescribing or suggesting one treatment to fit all circumstances. Often physicians will

ascribe symptoms to a non-problematic, incidental imaging finding and treat with oral narcotics, injections or surgery. Even when a disc herniation is causing back pain or lower extremity pain, he notes, a doctor must be careful not to overtreat it, as in 85 percent of cases, the pain will be gone within three months with no treatment whatsoever.

"The average adult is not going to have a 'normal' spine on an MRI," he says. "When it comes to routine back pain, it's important to know how common it is. It affects close to 90 percent of people in their lifetime. You have to be careful not to overtreat it."

This is why Dr. Wattenmaker stresses

coming to an evidence-based diagnosis. That way he knows that whatever treatment he prescribes — whether it is surgery, responsible use of narcotics, or other medications or injections — it is the right treatment for that patient.

## GET BACK

Learn more about spine services at Inova at [inova.org/spine](http://inova.org/spine).

# Master Plan Update

Keeping up with expansion efforts

**Free valet parking.** It is now available Monday through Friday from 6 a.m.-6 p.m. at Inova Loudoun Hospital. The valets are located at the main entrance of the hospital.

**Inova HealthPlex – Ashburn groundbreaking.** On June 11, 2014, local elected officials, community leaders and those important to the project broke ground on the facility, which will include a new Emergency Department, imaging center, physician office space and more. The HealthPlex is scheduled to open mid- to late 2015.

**Inova Loudoun Hospital's Natural Birth Center.** Scheduled to open this fall, the center gives mothers an option to deliver their babies with minimal medical intervention while having the support of a highly trained staff. (See renderings at right.)

### LANSDOWNE UPDATES

- Construction on three new operating rooms and support space has begun.
- Roof upgrade and updating in preparation for new hospital infrastructure is in progress.
- Traffic studies for campus are underway.



Front Entrance



Common Dining Space



Welcome Area



Birthing Room

Integrative medicine treats the whole person

# A WIDER VIEW



**I**ntegrative medicine combines Western treatments with evidence-based nonconventional therapies. This patient-centered approach incorporates a broad range of factors that contribute to an individual's well-being, including genetics, environment and lifestyle.

"In integrative medicine, the physician and patient work in partnership to optimize health and well-being, using our Western medicine and a variety of less traditional modalities," says Martha Calihan, MD, a board-certified practitioner in integrative, functional and holistic medicine who is on the medical staff at Inova Loudoun Hospital. "We work together toward health and wellness in body, mind and spirit."

## NATURAL HEALING

While conventional medicine often emphasizes treatment of specific symptoms,

functional medicine focuses on the origins of a patient's condition and steps the patient can take to achieve optimal health. Patients commonly seek integrative treatment for general wellness and preventative care, in addition to conditions such as irritable bowel syndrome, hormonal issues, fibromyalgia, chronic fatigue syndrome, diabetes, cardiovascular disease, weight management, healthy aging and allergies.

The integrative approach includes therapies stemming from nontraditional approaches such as acupuncture, herbal medicines, massage, yoga, meditation and Reiki. For example, says Dr. Calihan, who works at Integrative Family Medicine Center in Leesburg, Virginia, if a patient were to seek treatment for irritable bowel syndrome, "we would look at specific imbalances, food intolerances, stress management and herbal and nutritional supplements," she says. "A lot of people come to my practice because they feel there is more to their condition than a single issue, and they believe that there are other approaches to health and well-being."

Dr. Calihan pairs the best of alternative and traditional methods of medicine to educate and empower her patients so they can be instrumental in their own healing process.

"I'm a strong proponent of integrative medicine because it offers a wider view and more options, and makes the best use of treatments from many traditions," says Dr. Calihan. "It's a very rewarding field for patients and providers."

## MIND, BODY, SPIRIT

Visit [inova.org/physicians](http://inova.org/physicians) to find an integrative medicine physician near you.

# FOCUS ON



**T**hroughout each stage of a woman's life, Inova Loudoun Hospital is there to

provide the services she needs to maintain optimal health. From breast care and gynecologic health to maternity services and genetic counseling, the hospital offers top-quality services provided by highly qualified healthcare specialists in a friendly, caring environment.

Superior,  
personalized  
healthcare  
for every  
life stage

to her healthcare provider even if a recent mammogram was normal.

Regarding gynecologic health, cervical cancer screening begins at age 21, with well woman visits performed each year. According to Anne Brown, MD, an obstetrician gynecologist at Inova Loudoun Hospital, a Pap test and an HPV (human papilloma virus) test are

done every third annual visit in monogamous patients who are HPV negative, and more frequently in patients who have had abnormal Pap or HPV tests.

can be an effective solution. HT comes in newer formulations (patch, sprays and gels) and in lower dosages that can reduce the risk of blood clots and breast cancer associated with HT, says Dr. Hackenberg. For women who are unable to tolerate HT, non-hormonal medications such as paroxetine and gabapentin are available to relieve symptoms. For vaginal dryness, she recommends over-the-counter lubricants or topical estrogen therapies. Hot flashes may also be treated with lifestyle changes such as reducing stress and limiting hot beverages, spicy foods, sugar and alcohol, she adds.

## SCREENING SERVICES

When it comes to breast cancer, early detection is key. Inova Loudoun Hospital now provides 3-D mammography, improving the ability of its specialists to detect breast cancer by about 40 percent and decreasing the number of recalls by 15 percent, says Shannon Lehr, MD, a breast surgical oncologist and Medical Director of Inova Breast Care Institute at Inova Loudoun Hospital.

Dr. Lehr recommends that women with an average risk for breast cancer have a clinical breast exam annually to every three years between the ages of 20 and 39. In accordance with the American Cancer Society (ACS) guidelines, an annual screening mammogram should be added to an annual clinical breast exam starting at the age of 40.

Self breast exams are encouraged for women of all ages. A woman should promptly report a change in her breasts

## LIFE'S STAGES

Inova Loudoun Hospital is there to help women navigate transitional life stages as well. For a woman experiencing perimenopause, usually during her late 40s, symptoms may include changes in menstrual pattern, insomnia, heat intolerance and irritability.

"I recommend getting back to basics with good nutrition, good exercise, stress reduction and good sleep to help minimize these symptoms," says Virginia Hackenberg, MD, a gynecologist at Inova Loudoun Hospital.

To lessen the effects of menopause, including hot flashes, insomnia, mood swings and night sweats, hormone therapy (HT)

## HERE FOR YOU

Learn more about women's services at [inova.org/women](http://inova.org/women). To set up an appointment or consultation with one of our women's health specialists, call **703.858.6000**.

## Childbirth Options

When you're ready to welcome your new arrival into the world, Inova Loudoun Hospital Ladies Board Birthing Inn provides a personalized, homelike environment where you will be supported by a highly trained group of specialists. Featuring spacious labor and delivery rooms, recovery suites and private postpartum rooms that accommodate family and friends, The Birthing Inn also offers specialized care for high-risk pregnancies and a level IIIA neonatal intensive care unit (NICU).

# SAFE AT

As children start the school year, diving headlong into sports, various social activities and classroom learning, parents have plenty to think about. Sure, every kid catches a cold once in a while, or gets a few bumps and bruises. But heading back to school shouldn't mean heading to the emergency room. With a little prevention, parents can help their children avoid getting sidelined by sports injuries and viruses.

"There are many things parents and students can do to avoid and better treat illness and injury," says Melissa J. Wisner, MD, a pediatrician at Inova Medical Group - Ashburn. "Prevention is preferred to treating later."

**SPORTS SAFETY**

Each year, more than 2.6 million children are seen in the emergency room for sports- and recreation-related injuries, according to the U.S. Centers for Disease Control and Prevention (CDC). Common youth sports injuries include sprains and strains, fractures, repetitive motion injuries, heat-related illnesses and concussions.

There are several preventative measures parents can take to help their children stay safe. One of the most important steps is getting a pre-season physical exam. These can be done by your pediatrician or at your local urgent care center.

"Sports physicals are aimed at identifying any health problem that may put your child at increased risk while playing sports," says Dr. Wisner. "Athletics can be an important part of a child's education and it's very important to try to minimize any health risks it may possess."

Once the sports season begins, the American Academy of Pediatrics (AAP) recommends parents ensure that their child is wearing safety equipment,



A little prevention can help parents keep children secure, healthy

even during practices. Before practices and games, warm-up and cool-down exercises are important for preventing muscle injuries. Parents can send their child to school with a water bottle so he or she can stay hydrated while playing, and provide sunscreen to apply before playing outside.

A common injury that parents can help protect their child from is a concussion, a blow or jolt to the head that disrupts normal brain function, either temporarily or permanently. Although not all concussions are preventable, parents can help keep their child safe by ensuring they wear a properly fitting helmet that is in good condition. If an athlete hits his or her head or is jarred during play, he or she needs to know how important it is to let the coach or parent know, even if it means not playing for a period of time.

- Common signs of a concussion include:
- nausea
  - headache
  - light
  - sound sensitivity
  - problems with concentration
  - balance
  - memory
  - mood
  - sleep

Symptoms usually occur immediately after a concussion, but may not show up for hours or even days. Sometimes, the symptoms only appear or worsen during mental or physical activity, says Dr. Wisner.

A child with a suspected concussion should see a doctor and get both physical and cognitive rest until his or her doctor gives clearance to return to normal activities. Returning to sports too soon could result in long-term cognitive impairment and could be life-threatening.

"Concussions are a bigger deal than a lot of people realize," says Dr. Wisner. "It

# SCHOOL



## Coping with ADHD

About 4.7 million children ages 3-17 are diagnosed with attention-deficit/hyperactivity disorder (ADHD),

a condition that makes it difficult for children to control their behavior at school, at home and in social settings. Your child may have ADHD if he or she has a hard time concentrating, is easily distracted, seems to be in constant motion, and acts and speaks without thinking. Talk to your pediatrician

if you have concerns about your child. A treatment combination of the appropriate medication and behavioral therapy can help a child better adapt to his or her environment, says Polly Panitz, MD, a behavioral and developmental pediatrician at Inova Loudoun Hospital. "Most individuals that

have ADHD will continue to have issues their entire life, but many individuals will learn coping strategies so that they are better able to be successful and it becomes less of a disability," she says.

## What Parents Should Know About Behaviors

Sometimes experiences at school can have a negative impact on your child. Here are some issues that might affect your child's behavior:

**BULLYING:** If your child is reluctant to go to school, is anxious about attending social functions, has nightmares or is moody, he or she may be a victim of bullying behavior at school. "The first thing parents want to do is explore what's going on with the child," says Polly Panitz, MD, a behavioral and developmental pediatrician at Inova Loudoun Hospital. "Try to use reflective listening where you reflect back in a very neutral kind of language what you're seeing with the child and hopefully the child will then share more with you."

**ANXIETY:** As children begin a new grade, they may feel anxious about keeping up with new academic challenges.

"Talk to the teacher first to identify what the issues are and ask for data about your child's performance," says Dr. Panitz. "If they continue to have concerns, call a meeting with the school and share concerns."

**DEPRESSION:** Dr. Panitz says older children experiencing depression exhibit a loss of enjoyment in everyday aspects of life, whereas younger children may be irritable and defiant. "Talk to your child and let them know that you are there and available and that you are not going to pass judgment," says Dr. Panitz.

is essential to be evaluated and cleared before returning to play to prevent long-lasting complications."

Inova Loudoun Hospital's Concussion Clinic offers comprehensive evaluations and follow-ups, as well as baseline IMPACT testing.

## IMMUNIZATIONS

In recent years, concerns about vaccines have caused some parents to avoid immunizing their children. While various groups have expressed fears that immunizations cause autism, brain damage, multiple sclerosis or seizures, according to the AAP, none of these claims are based on fact. The studies that have raised the concerns for vaccine safety have been found to be flawed, and since their publication, numerous other studies have been unable to reproduce the concerns and have shown vaccines to be safe, Dr. Wisner says.

"Combined with basic hygiene and nutrition, vaccines are not only safe for children, they save lives across the globe,"

says Dr. Wisner. "Vaccines have worked so well, people have forgotten how terrible and deadly the diseases they prevent are."

By staying up to date with children's immunizations, parents can give kids up to a 98 percent chance of avoiding diseases such as polio, diphtheria, tetanus, chickenpox and whooping cough. The newer vaccine for cervical cancer has been shown to be effective in preventing 70 percent of cervical cancers.

### STAY INJURY-FREE

For more information on preventing sports injuries, visit [niams.nih.gov](http://niams.nih.gov) and search "preventing sports injuries."

### VACCINES YOUR CHILD NEEDS

For an immunization schedule, visit the CDC's website at [cdc.gov](http://cdc.gov) and search "immunization schedule."

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](http://inova.org).

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[inova.org](http://inova.org)

IHS-054-ILH



# WELCOME, NEW PROVIDERS!

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

DEPT/SECTION	NAME
Anesthesiology	Ayman Abdel-Rahman, MD
Cardiovascular Disease	Adam S. Fein, MD
Critical Care Medicine	Albert E. Holt, MD
Diagnostic Radiology	Brian Eduardo Godinez, MD
Family Practice	Lubna Rana, MD
Hospice and Palliative Medicine	Lily Omotara Otolorin, MD
Internal Medicine	Asima S. Quidwai, MD
Internal Medicine	Madhuri V. Vallabhaneni, MD
Nephrology	Neeraja Tandra, MD
Ophthalmology	Giovanni DiSandro, MD
Ophthalmology	Jonathan David Solomon, MD
Orthopedic Surgery	Robin V. West, MD
Pathology	Zahid Asgher, MD
Pediatric Dentistry	Carola M. De La Cruz, MD
Pediatric Hematology/Oncology	Sadhna M. Shankhar, MD
Pediatric Hematology/Oncology	Elizabeth Yang, MD, PhD
Pediatrics	Wendi S. Morfitt, MD
Pediatrics	Sithu Win, MD
Psychiatry	Brian J. Masterson

## Find a Physician



Looking for a doctor? Visit [inova.org/physicians](http://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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## Ask the Expert



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## Baby Time



Schedule a tour or complete online registration for your OB admission at [inova.org/baby](http://inova.org/baby).