

INhealth

Wayne Thiemert enjoys the Grand Canyon after undergoing knee replacement surgery.

Knee replacement allows outdoorsman to pursue his passion

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FOLLOW THE LEADER

Aim for the Best

Undergoing a medical procedure can make the difference between a good quality of life and a fair quality of life. Don't believe me? Just ask Wayne Thaemert and Cesar Sharper, the subjects of our cover story beginning on page 6.

Both are active adults who love the outdoors. But years of severe knee pain put a cramp in their style, so they came to us. As a result of their surgeries, they both have been able to pick up their passions again.

The Joint Replacement Program at Inova Alexandria Hospital has earned The Joint Commission's Gold Seal of Approval for outstanding care in joint replacement procedures. Thanks to state-of-the-art joint replacement surgical options, we can help you achieve a life free of pain and improve your mobility.

We want you to be educated about your health and health-care. See page 4 for some common health questions and answers.

As October is Breast Cancer Awareness Month, we draw attention to a new radiation treatment. Read about it on page 5. Ladies, if you have not been to the doctor for a mammogram yet or if your regular screening is coming around, use the month as a reminder to get screened. It's too important to overlook.



SUSAN CARROLL FACHE, MBA, MHA
Chief Executive Officer
Inova Alexandria Hospital



VASCULAR

A LEG UP

Peripheral arterial disease affects our ability to walk long distances

Peripheral arterial disease (PAD) is a common problem caused by artery or blood vessel blockages in a patient's legs or feet. Leg pain — often feeling like cramps — that stops you from walking after a few blocks and reoccurs after rest is the main symptom of PAD.

"When you start using your muscles, they need more oxygen, and that's delivered by your blood," says Kapil Gopal, MD, MBA, vascular specialist at Inova. "If you have blockages in your arteries or blood vessels, the body can't deliver that oxygen to the muscles while they're working, causing discomfort."

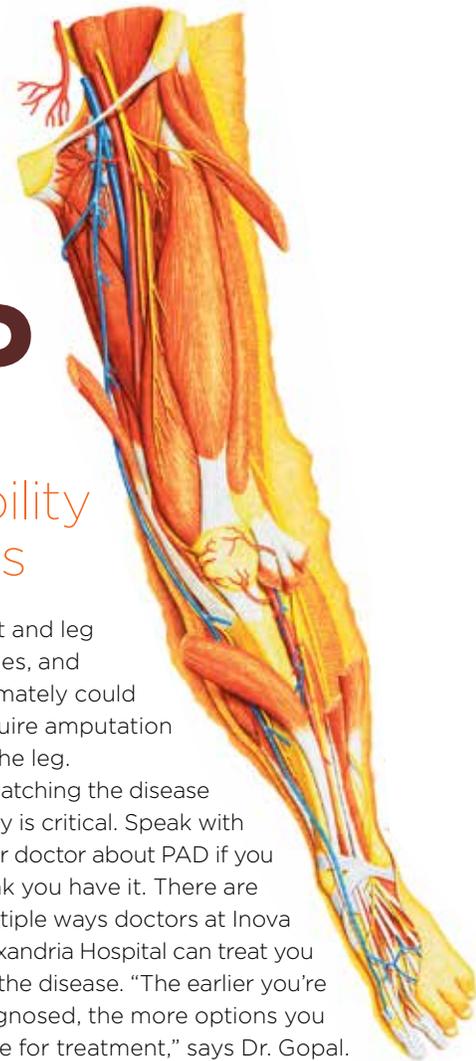
People with diabetes, high blood pressure or high cholesterol and smokers are at a higher risk for the disease. In fact, smokers have five to eight times the risk of losing their legs to PAD than non-smokers. If the disease is left untreated, it can end up causing gangrene or other

foot and leg issues, and ultimately could require amputation of the leg.

Catching the disease early is critical. Speak with your doctor about PAD if you think you have it. There are multiple ways doctors at Inova Alexandria Hospital can treat you for the disease. "The earlier you're diagnosed, the more options you have for treatment," says Dr. Gopal. "Treatment can include everything from medication to control of risk factors, along with exercise to minimally invasive procedures like angioplasty to surgery."

COMMON CONDITIONS

Learn more about PAD and other heart problems at inova.org/heart.



Kapil Gopal, MD, MBA
Vascular Specialist

ASK THE EXPERT

LECTURE

Got Leg Pain?

Join Kapil Gopal, MD, MBA, for this FREE lecture on peripheral arterial disease (PAD).

Location: Inova Alexandria Hospital, Auditorium

Date: Tuesday, Nov. 17

Time: 6 p.m.

To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

CATHETER Technology

Inova Alexandria Hospital is committed to providing innovative and exceptional healthcare to its patients. It has recently expanded its range of robotic technologies with the addition of the new Magellan™ Robotic System. This robotic catheterization system assists in complex vascular procedures.

“Robotic catheters have the potential to provide enhanced precision and control, especially when navigating in the small, often tortuous blood vessels involved in embolization procedures,” says Keith Sterling, MD, Director of Cardiovascular and Interventional Radiology.

The Magellan Robotic System allows doctors more control and precision while navigating catheters through

small blood vessels in complex vascular procedures. Magellan robotic catheters can rotate 360 degrees, and bend 180 degrees in any direction. This may lead to fewer catheter exchanges during the procedure and more predictable procedure times. It also may help facilitate navigation through the anatomy, potentially leading to less radiation and contrast exposure. This makes the procedure safer for the patient.

“The introduction of the Magellan Robotic System to our endovascular program demonstrates our commitment to providing the most advanced technologies available to ensure the highest quality of care for our patients,” says Susan Carroll, CEO of Inova Alexandria Hospital.

Robotic system allows doctors more control, precision with vascular procedures



The Magellan™ Robotic System offers many advantages for both physicians and patients, including faster, more predictable procedures, reduced radiation exposure and better procedural precision.

TOP TECH

Learn more about Inova Alexandria Hospital's state-of-the-art services at inova.org/magellan.



JOINING the Family

New Inova Medical Group practice to open in Shirlington

This fall, Inova Medical Group will open its brand-new Shirlington, VA, practice. This practice will offer primary care, mammography,

bone-density scanning, and obstetrical and gynecologic services. There also will be specialized rooms for outpatient procedures. This practice will be primarily focused on women's health.

The practice initially will feature two primary care physicians and two OB-GYN physicians. One physician is board-certified in minimally invasive gynecologic surgery. There will be room for as many as six OB-GYN physicians to join the staff at the Shirlington location.

CONVENIENT SCHEDULING

Schedule an appointment with a doctor online at inova.org/img.

HEALTH CARE Q&A

Inova docs
answer
basic health
questions

WHAT ARE THE HEART ATTACK SIGNS FOR A WOMAN?



While the first image that may come to mind when you think about a heart attack may be someone clutching his chest, the truth is heart attack symptoms in women are often more subtle than that. According to the American Heart Association, there are five main types of symptoms of which all women should be aware:

- **Chest pain or discomfort.** Although this is the most common sign for women and men, women are actually more likely than men to experience other signs of a heart attack.
- **An uncomfortable squeezing** or sensation of pressure in your chest that lasts more than a few minutes, or reoccurs.
- **Pain** in either arm, or back, neck, jaw or stomach pain.
- **Shortness of breath**, whether accompanied by chest discomfort or not.
- **Other symptoms** such as nausea or vomiting, lightheadedness or breaking out in a cold sweat.

If you believe you are having a heart attack, call 911 immediately.



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GET THE FACTS

To get the answers to other health questions, visit inova.org.



WHAT IS A MATERNAL FETAL MEDICINE SPECIALIST?

A Maternal Fetal Medicine (MFM) physician, also known as a perinatologist, takes care of women who have complicated or high-risk pregnancies. For example, older mothers and women with multiple pregnancies are considered high-risk. Moms-to-be with pre-existing conditions such as diabetes or hypertension would also fall under the care of an MFM specialist. Some women are healthy when they become pregnant but experience complications caused by pregnancy or may develop a baby with an inherited or growth abnormality. An MFM specialist works with each high-risk mother's primary obstetrician or nurse midwife to monitor the health of both mother and baby. The specialist's goal is to keep risk levels as low as possible and work toward the birth of a healthy baby.

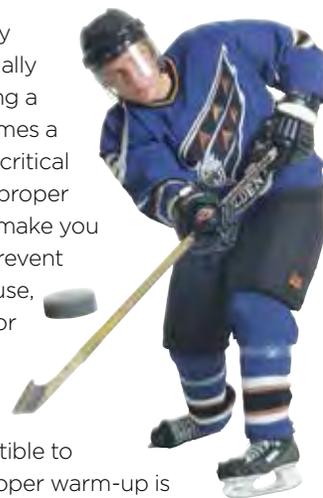


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HOW DO YOU AVOID SPORTS INJURIES?

As fall is starting, so are many sports leagues. Here are some tips to avoid getting hurt while playing:

- 1. Be in proper physical condition.** It's a good idea to train for the sport in which you are participating. Many injuries can be prevented by following a regular conditioning program of exercises designed specifically for your sport.
- 2. Don't play in pain.** Playing when you're hurt — or before an injury has had a chance to fully heal — can lead to an even worse injury, one that might sideline you for a long time. Listen to your body.
- 3. Rest.** Your body needs it, especially if you are playing a sport several times a week. Rest is a critical component of proper training. It can make you stronger and prevent injuries of overuse, fatigue and poor judgment.
- 4. Warm up.** Warm muscles are less susceptible to injuries. The proper warm-up is essential for injury prevention.



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TREATMENT IN TIME



New IORT technology targets breast cancer

For Noha Sweid, the journey to being cancer-free may not have been sweet, but it was certainly short. Sweid, 52, a Fairfax County real estate agent, was diagnosed with breast cancer in early April. Within two weeks of her diagnosis she had received a lumpectomy and was treated with intraoperative radiation therapy (IORT), a new treatment.

In fact, because the IORT technology is so new, when David Weintritt, MD, brought it up to Sweid, it was the first time she had heard about it. "I didn't know about it," says Sweid. "Dr. Weintritt explained it very well for me — the results, the side effects, really everything about the surgery."

IORT is performed during a surgery. In Sweid's case, it was performed during her lumpectomy, after which doctors delivered a concentrated dose of radiation to the spot where the tumor sat. "This concentrated radiation takes the place of a traditional radiation therapy that generally takes weeks and can include daily treatments," says Dr. Weintritt of Inova Alexandria Hospital. "With IORT we're able to perform the surgery and deliver radiation therapy in one procedure."

Sweid grasped the advantages of IORT over traditional radiation therapy. "It was very convenient for me," says Sweid. "And I didn't suffer as much as I would have. [Traditional] radiation can also have side effects that I didn't want."

Sweid, who is now cancer-free, would recommend the IORT procedure to other women who are candidates. "I think if a woman qualifies for IORT and is thinking about making this kind of decision, she should go ahead with it," says Sweid. "I suffered less because I avoided 10 [or more] sessions of radiation, and I haven't seen any negative effects. I was very happy with everything, especially Dr. Weintritt, who was great at explaining everything."



Noha Sweid was pleased with the convenience of intraoperative radiation therapy (IORT).

The INTRABEAM® carrier system allows positioning of the applicator as desired and fixes it in place with pinpoint accuracy.

Advantages of IORT

- Intraoperative radiation therapy (IORT) is a new technology. However, it is becoming more popular due to its effectiveness in treating cancer. Some advantages of IORT over traditional radiation therapy for breast cancer include:
- Faster treatment and fewer appointments
 - Effective treatment because radiation is focused on the tumor bed, which is a common place for cancer to reoccur
 - Fewer negative physical effects
 - Targeted radiation to one area, sparing other organs from radiation damage

HERE FOR WOMEN
 For more information about breast cancer treatment, visit inova.org/women.

Knee replacement allows outdoorsmen to pursue their passion

If you are unable to find relief for your painful knee or hip, then Inova Alexandria Hospital's Joint Replacement Program may be able to help. It offers advanced minimally invasive procedures to restore your mobility and permanently eliminate your pain.

"The Joint Replacement Program at Inova Alexandria Hospital is an excellent facility, and we have the capabilities of doing complex primary and revisional joint replacements," says Nigel Azer, MD, an orthopedic surgeon who completed a fellowship in joint replacement at Harvard's Brigham and Women's Hospital. "I'm excited about how our team works together with the patients to minimize pain and accelerate recovery."

INTO THE

CLIMB ANY MOUNTAIN

Knee replacement surgery at Inova Alexandria Hospital helped two nature lovers. Less than two years after his surgery, Wayne Thaemert, a 70-year-old financial planner, set out to hike the Grand Canyon with his son. An avid outdoorsman, Thaemert was physically prepared for the 4,000-foot descent into the canyon; he'd been living pain-free since his operation and was back to an active lifestyle. What he didn't expect was the toll the hike would take on the rest of his body.

"It wasn't my knee that was the problem, it was my calf muscles," says Thaemert. "Going down and then back up in one day was probably the most strenuous hiking I had done since I climbed Long's Peak in Colorado."

In the months before Thaemert had his left knee replaced, he was barely

able to walk without severe pain and a limp. Having suffered from osteoarthritis for years, he twisted his knee while helping a friend move a carpet seven years ago, and from then on he lived with a constant ache. When his son, a doctor in Boston, recommended Dr. Azer, Thaemert knew he was in good hands. "Dr. Azer is a young, energetic professional who is very physically active himself, so he can empathize with a person who wants to be active," says Thaemert.

Dr. Azer prescribed conservative treatments involving medication, exercise and injections, but when the pain persisted, he recommended surgery. In December 2013, immediately following the procedure, Thaemert was walking up and down a set of stairs in the hospital. He participated in physical therapy for two weeks at home, then drove to an outpatient facility to continue therapy for four more weeks.

"I don't even notice my knee today," says Thaemert. "I'm back to hiking, golfing and biking, and I'm back to normal, like I would have been 20 years or so ago."



Insets (left): Wayne Thaemert enjoys the Grand Canyon with his son, Nelson Thaemert, MD. Large image: Ceasar Sharper's spectacular photo of Hvitserkur, a basalt stack in northwest Iceland.

No Pain, More Gain

At Inova Alexandria Hospital, the surgical team knows how to stop the pain before it starts. "Because we use pre-emptive multimodal anesthesia, we're treating people's pain before

they have it and that means we're able to get most people up out of bed the same day of surgery," says Nigel Azer, MD. "Because of the good pain control, good rehabilitation and the minimally invasive techniques, in most cases

we're able to send folks home the first day after surgery."

Successful pain relief during and after surgery is also important, he adds, because it allows patients to participate in physical therapy more effectively.

WILD

PICTURE PERFECT

Cesar Sharper, whose passion for nature photography has taken him to many parts of the world, also benefited from a knee replacement surgery. After retiring as a colonel in the Air Force a decade ago, he pursued his dream of capturing beautiful imagery in rugged terrains where few others venture. But for much of his adult life, Sharper has suffered from severe knee pain aggravated by a meniscus tear 14 years ago, which has made venturing into the wilderness a challenge.



Cesar Sharper has returned to photography and other pursuits following knee surgery.

"It became increasingly painful to stand and walk," recalls the 64-year-old. "I went to the emergency room when the pain level suddenly increased, and I started to walk with a cane."

Sharper knew that in order to continue his pursuit of photography, which requires long hikes hauling 10 to 20 pounds of photography gear and climbing uneven surfaces, he had to do something about his knee. It was in July 2013 that he met with Dr. Azer. "Dr. Azer is a skilled surgeon and a passionate individual who cares for his patients' mind, body and soul," says Sharper.

Dr. Azer performed a total knee replacement, and within weeks of the operation, Sharper was able to spend short periods of time caring for his many hybrid tea roses. With physical therapy sessions to improve his strength and flexibility, he was able to return to work and pursue photography within six weeks of his surgery. Last winter, Sharper renewed his passion for downhill skiing. At first he exercised caution on the intermediate slopes but soon gained confidence and returned to his former freedom and ease of motion as an experienced skier.

Recently he voyaged to Iceland for 10 days to photograph the wildlife and landscape. Carrying his camera gear, he routinely hiked formidable trails with steep inclines; to capture an image of a rock outcropping on a beach, he climbed down and back up a 200-foot cliff. "I feel great with a full range of motion and without pain," says Sharper.

A JOINT EFFORT

Learn more about Inova Joint Replacement Center at inova.org/joint.

PHOTO BY CESAR SHARPER



Nigel Azer, MD
Orthopedic Surgeon

ASK THE EXPERTS

LECTURE

Minimally Invasive Joint Replacement

Join Nigel Azer, MD, for a FREE lecture. See insert for more lecture dates.

Date & Time: Wednesday, Sept. 23, 6 p.m.

Place: Belle Haven Country Club, 6023 Fair Hunt Road, Alexandria, VA

To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

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-060-IAH



WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the [Inova Alexandria Hospital](#) medical staff in recent months:



NAME	DEPT/SECTION
Jonathan Abraham, MD	Emergency Medicine
Aysha Arshad, MD	Medicine/Cardiovascular Disease
Christina Y. Chee, MD	Medicine/Neurology
Jules Marie Chehade, MD	Anesthesiology
Karen Dixon, MD	Emergency Medicine
Navneen Doki, MD	Medicine/Hematology/Oncology
Ramsey Falconer, MD	Medicine/Neurology
Stuart Hoffman, DO	Medicine/Neurology
Edward Howard, MD	Medicine/Cardiovascular Disease
Marsha Jespersen, MD	Surgery/Plastic Surgery
Conor Kain, MD	Radiology

NAME	DEPT/SECTION
Miraslava Khmurets, MD	Psychiatry
Joanna Krause, MD	Radiology
Timothy Lapham, MD	Surgery/General Surgery
Laura Madoo, DO	Pediatrics
Erik Osborn, MD	Medicine/eICU
Monique Rainford, MD	Obstetrics and Gynecology
Cecile Silvestre, MD	Emergency Medicine
Megan Terek, MD	Medicine/eICU
Athanasios Thomaidis, MD	Medicine/Cardiovascular Disease
Alexander Truesdell, MD	Medicine/Cardiovascular Disease
Donald L. Trump, MD	Medicine/Hematology/Oncology

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Baby Time



Schedule a tour or complete online registration for your OB admission at inova.org/baby.