



INOVA FAIRFAX MEDICAL CAMPUS

INhealth

Newly expanded hospital nurtures women at every stage of life

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FOLLOW THE LEADER

Achievements

We at Inova Fairfax Medical Campus often say that we are dedicated to caring for our patients not just for a time in need, but for a lifetime. Nothing demonstrates that commitment more than the completion and dedication of our new Women's and Children's Hospitals, which will open their doors on the Inova Fairfax Medical Campus in January 2016.

We wanted to give you a special look inside the new Inova Women's Hospital in this issue of *InHealth* to highlight the all-private family suites, luxurious interiors and state-of-the-art technologies that will ensure both comfort and safety for all women's healthcare needs.

And we have even more cause for celebration as Inova Fairfax Hospital has just been named the No. 1 hospital in the Greater Washington, DC, region for the fourth year in a row by *U.S. News & World Report*. It is an achievement that belongs to the outstanding medical, nursing and support staff who make Inova Fairfax Hospital the wonderful place it is.

We look forward to sharing more great news with you all as we continue to lay the groundwork for the new Inova Center for Personalized Medicine in the months to come.



PATRICK CHRISTIANSEN, PhD

CEO, Inova Fairfax Medical Campus

Executive Vice President, Inova



Inova's growing family (from left): Christina, Charlie Jr. (age 2) and Charlie Sursa; Caroline (age 16 months) and Mark Corwin; Audrey (age 2), Ben and Madeline (1 year) Lord; and Brianna (born in June) and Bernoullie Blaise-Doricent.

GROWTH |

BABY BOOM

While building Inova Women's Hospital, several contractors become parents

After more than three years of planning and construction, the newly expanded Inova Women's Hospital is scheduled to open this January. Coincidentally, since breaking ground on construction in the summer of 2012, several members of the Clark Construction team, as well as other related Inova staff, have had children — an Inova Fairfax Medical Campus “baby boom,” if you will.

Ben Lord, the lead superintendent on the project, had two children born at Inova Women's Hospital prior to the start of the project. His second daughter was born during the night after a 12-hour workday, and the construction site was even visible from the labor room. “It was a long day at Inova Fairfax Medical Campus,” says Lord. “My wife said it was a good thing it was nighttime, or else I would be running the project from there — which is probably true.”

Bernoullie Blaise-Doricent, a project manager, is the latest to join the parenting ranks. She delivered her daughter on June 6. Charlie Sursa, another superintendent, married to an Inova Women's Hospital nurse; and Mark Corwin, a senior project manager, round out the list of new dads.

Is some of the vibe from the new Women's Hospital rubbing off on the construction team? Possibly. It's certainly a way to “build the future” — one new baby at a time.

Having Your Baby at Inova

To ensure mothers-to-be have the best possible childbirth experience, the newly expanded Women's Hospital will feature all-private rooms for labor, delivery and postpartum; an expanded Antenatal Testing Center; a dedicated High-Risk Pregnancy Unit; and a 108-bed Neonatal Intensive Care Unit. Amenities will include many VIP and luxury options as well as enhanced WiFi, baby photos and lactation consultants.

For mothers who choose to breast-feed their newborns, Inova is committed

to providing resources to help with that experience. One such resource is an expanded lactation center.

“The lactation center is an outpatient center that has a retail component where we can see patients who are having challenges with breastfeeding,” says Patricia Schmehl, RN, MSN, VP, Women's Services, Inova Fairfax Medical Campus.

THINKING OF HAVING A BABY?

Learn more at inova.org/baby.

BEATING Breast Cancer

October is Breast Cancer Awareness Month. After lung cancer, breast cancer is the leading cancer-related death among women. Fortunately, there has been a steady decline in breast cancer deaths in recent years, and that is linked to improvements in early detection.

The best way to detect breast cancer early is to undergo regular mammograms, starting at age 40. Women 30 years and older who have a higher risk of developing breast cancer are also recommended to undergo annual screenings. The most common symptom of breast cancer is a lump or mass in the breast that is usually painless. Less common symptoms include continual changes in the breast, such as thickening or swelling, tenderness, skin irritation or redness; or nipple abnormalities, such as ulceration, retraction or discharge.

For other ways to lower your risk for breast cancer, the Centers for Disease Control and Prevention (CDC) recommends:

 <p>Getting enough sleep</p>	 <p>Limiting alcoholic beverages to one per day</p>
 <p>Keeping a healthy weight</p>	 <p>Exercising</p>

Mammograms save lives



According to the American Cancer Society, evidence is growing that physical activity in the form of exercise reduces breast cancer risk.

CARING FOR WOMEN

Learn more about breast health at inova.org/women.

GENEROUS GIFT for Cancer Care

Dwight and Martha Schar



Dwight and Martha Schar during the recent gift announcement.

donate \$50 million to cancer institute

Inova has received a landmark donation from a local Virginia family. Dwight C. Schar, founder and chairman of homebuilding giant NVR, and

his wife, Martha, have announced a \$50 million gift to Inova's cancer institute that will be located on The Inova Center for Personalized Health's new 117-acre site. The Schar's donation is the single largest gift given to a health organization in Virginia,

and one of the largest single contributions of its kind on the East Coast. The institute, which is scheduled to open in 2018, will be called The Inova Dwight and Martha Schar Cancer Institute. It will be the central location for cancer care at Inova.

The Schar's \$50 million donation will go toward recruiting cancer specialists and affording them the equipment and facilities needed to advance their treatments and research.

This year has marked a

dynamic period for genomic and cancer research at Inova. Earlier in 2015, the Peterson Family Foundation donated \$10 million to further cancer care and genomic research. Also this year, Donald "Skip" Trump, MD, a nationally recognized cancer specialist and expert in the treatment of prostate cancer, was appointed head of the institute that will bear the Schar's name. Virginia Gov. Terry McAuliffe announced the new Inova Center for Personalized Health in February.

DONATIONS WELCOME

To learn how to make a gift for cancer care, contact Jennie McGihon, Institutional Giving Director, Inova Dwight and Martha Schar Cancer Institute, at **703.776.3422**, or at jennifer.mcghon@inova.org.



THE RIGHT BEAT

For individuals with atrial fibrillation (AFib), a rapid, irregular heart rhythm that can lead to stroke and heart failure, Inova Heart and Vascular Institute (IHVI) at Inova Fairfax Medical Campus offers a world-class program featuring the latest minimally invasive procedures available. Internationally renowned experts in cardiac

Cardiac ablation reverses symptoms of atrial fibrillation

electrophysiology, cardiology and cardiac surgery work in close concert to help each patient control symptoms and achieve a healthy heart rhythm.

procedure that controls erratic signals, stopping the AFib.

“For people who have persisting symptoms despite medication, or don’t want to take medication and have no significant underlying structural heart disease, then ablation is a good option,” says cardiologist Marc Wish, MD.

One of the program’s signature procedures for patients with episodic AFib is “balloon cryoablation,” which delivers cold energy through a balloon at the tip of a catheter. The coolant freezes the tissue where the unsteady electrical impulses are generated, restoring a regular rhythm.

For patients who have continuous, long-standing AFib, the team offers the phased radiofrequency (RF) system, which delivers customized radiofrequency energy through multiple electrode catheters rather than single-point catheters.

The procedure can eliminate AFib symptoms without the need for open-heart surgery.

“With this new radiofrequency system, patients can avoid being on a heart-lung machine during surgery and can go home the next day rather than be in the hospital for four or five days,” says Ted Friebling, MD, Medical Director of Electrophysiology at Inova Heart and Vascular Institute.

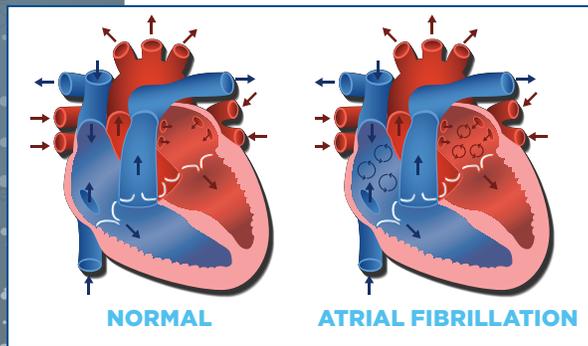
Fixing Faulty Signals

With every heartbeat, the heart’s electrical system fires impulses that cause the muscles to contract and pump blood. When AFib occurs, the top chambers of the heart, or atria, produce rapid, irregular impulses, causing the heart muscle to quiver instead of pumping efficiently. While usually not life-threatening, AFib can cause blood to pool in the atria, potentially forming clots that can travel to the brain.

Treatment goals include slowing the heartbeat to a normal pace, regaining a normal heart rhythm, eliminating symptoms and lowering the risk of stroke. AFib symptoms include palpitations, weakness, dizziness, shortness of breath or chest pain. If you experience these, ask your doctor to refer you to a cardiac rhythm specialist, or electrophysiologist, to discuss options.

CONTROLLING THE CHAOS

The first line of treatment for episodic AFib is usually medication. Patients whose hearts do not go back into normal sinus rhythm may require an “electrical cardioversion,” a small shock that resets the heart rhythm. For patients who continue to experience irregular heartbeats, IHVI offers cardiac ablation, a minimally invasive



SEPTEMBER IS AFIB AWARENESS MONTH!

To schedule an appointment at Inova Heart and Vascular Institute, call **1.855.694.6682**.

NO MORE SILENT SUFFERING

Surgical advances help treat women's pelvic-floor disorders

Many women feel comfortable openly discussing their health issues with their doctors and close friends and family. That is not necessarily the case with pelvic-floor disorders.

While nearly 1 in 3 women in the United States suffer from these disorders, which are treated in a dedicated women's hospital, many feel isolated — too embarrassed to mention them, and certain that there is nothing they can do about them.

“Pelvic-floor disorders” refer to a group of conditions affecting the structure and function of the muscles and organs in the pelvis. The most common fall into three categories: urinary incontinence, fecal incontinence and pelvic-organ prolapse. While treatment is both highly common and readily available, many women don't act until symptoms have worsened — or they don't act at all. To make matters worse, there has been widespread attention to litigation concerning “trans-vaginal mesh,” a treatment option for pelvic-organ prolapse. This has resulted in fear concerning surgical treatments of any sort for pelvic-floor disorders and patients not achieving attainable improvements in quality of life.

NEW TREATMENTS

Fortunately, surgical advances continue, and women no longer need to suffer silently. Inova Women's Hospital, whose new building is opening in January 2016, has introduced a multi-disciplinary program to diagnose and treat a wide array of pelvic-floor disorders.

“Inova has been a pioneer in minimally invasive procedures for pelvic-floor disorders in Northern Virginia and the metropolitan DC area, and we have a lot of experience in that area,” says Jeffrey Welgoss, MD, Medical Director of Urogynecology. He, along with Nicolette Horbach, MD, and Walter vonPechmann, MD, form the division of Urogynecology at Inova Fairfax Hospital. “We are excited about being able to open a new hospital that adds a cutting-edge physical plant to the No. 30-ranked gynecology program in the country, and to add to our vast clinical experience and expertise.”

GET ANSWERS

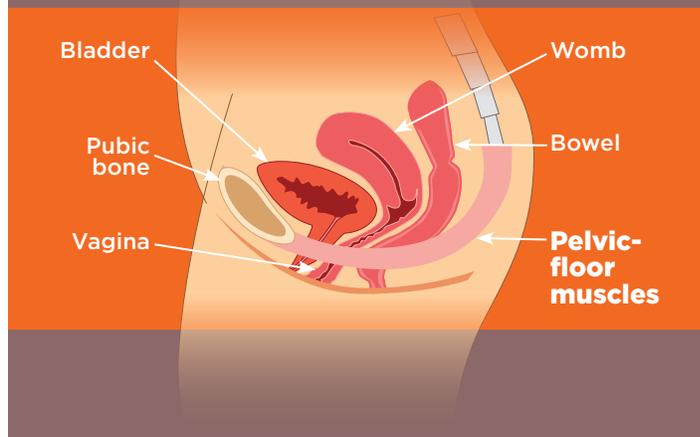
To learn more about the Department of Obstetrics and Gynecology, of which urogynecology is a part, call **703.776.6040**.



Signs of Pelvic-Floor Disorders

Pelvic-floor disorders can be tricky to pinpoint (and there may be other causes for some symptoms) — which is why you should reach out to your doctor if you have any of the following signs or symptoms:

- Loss of control of urine or stool
- Painful urination, or a frequent or urgent need to urinate
- Protrusion of tissue from the vagina
- Lower back pain
- Less common symptoms include:
- Ongoing pain in pelvic region, genitals or rectum
- Constipation or straining pain with bowel movements
- Spasms in pelvic muscles



JUST FOR WWO



Newly expanded hospital nurtures women at every stage of life

Tranquil, private, nature-inspired. These are a few of the qualities a woman can expect to find in the newly expanded Inova Women’s Hospital, set to open on the Inova Fairfax Medical Campus in January 2016. The brand-new 12-story building is being constructed to meet every aspect of a woman’s healthcare needs in an intimate, nurturing atmosphere.

“We want women to have a sense that they are in a soothing, healing environment,” says Patricia Schmehl, RN, MSN, Vice President of Women’s Services at Inova Fairfax Medical Campus. “The building is designed with the patient and family in mind on every floor to create that sense of comfort that expedites the whole healing process.”

Conceived with input from physicians, nurses and hospital staff, and drawing on research for enhanced quality of care and outcomes, the hospital will provide many patient-focused elements including all-private patient rooms, VIP amenities, and areas in patient rooms designated for privacy when caregivers or visitors are present. Built with the patient and her family in mind, the building will be easy to navigate.

EXPECT THE BEST FOR MATERNITY

Mothers-to-be will have the opportunity to experience a private, individualized birthing experience in a soothing, comforting environment. A team of skilled physicians and nurses with years of experience in successfully delivering babies are there to provide the highest level of expertise.

“In addition to the focus on high-risk deliveries, we’re expanding on our natural, low-risk deliveries,” says Darya Maanavi, MD, an obstetrician at Inova Women’s Hospital. “We’re going to have nurse midwives and doulas available, and we’re promoting skin-to-skin contact between mother and baby and also our dads. We are striving to provide the ultimate patient- and family-centered care in a nurturing environment.”

If the mother or baby should ever need it, a Level IV Neonatal Intensive Care Unit is just steps away.

Each room is private and will offer a spa-like atmosphere with special attention paid to intimate lighting, medical technology that is hidden from view and a feeling of comfort. Patients and their family and friends will be able to lounge in large,



comfortable areas and relax in peaceful outdoor gardens. Throughout the hospital, a curvi-linear design and family-focused artwork on the walls will reinforce a calming environment.

DEDICATED TO YOUR CARE

The new hospital will be dedicated to providing the entire range of enhanced state-of-the-art gynecologic services for women of all ages. Comprehensive services will be under one roof, and the equipment will be updated to provide the most advanced minimally invasive treatments for both minor and complex conditions.

“Inova Fairfax Hospital has always been cutting-edge in its care for women, and now by moving into this new hospital, we’re even increasing it to a whole other level,” says Nancy Hafner, MD, a gynecologist at Inova Fairfax Medical Campus.

WOMEN

No. 1 — Yet Again

Inova Fairfax Hospital is the No. 1 hospital in the Washington, DC, metropolitan area for the fourth year in a row, *U.S. News & World Report* has determined.

The campus is also ranked No. 30 in gynecology, according to the news magazine's "Best Hospitals" rankings, which were released in July.

"To be named the No. 1 hospital in the DC area for the fourth year running is an incredible accomplishment," says Patrick Christiansen, PhD, CEO, Inova Fairfax Medical Campus.

Inova Fairfax Medical Campus earned high-performing rankings in the following specialties: cancer, cardiology and heart surgery, gastroenterology and GI surgery, geriatrics, nephrology, neurology and neurosurgery, pulmonology, and urology.

In addition, Inova Fairfax Medical Campus received high-performing ratings in the procedure of heart bypass and the condition of chronic obstructive pulmonary disease (COPD). This year, for the first time, the magazine evaluated more than 4,500 hospitals nationwide on common inpatient procedures and conditions.

U.S. News publishes "Best Hospitals" to help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition, or extra risk because of age or multiple health problems.

In the recently released *U.S. News* Best Children's Hospital Rankings, Inova Children's Hospital was named 29th best in the nation in neonatology, and 47th in pediatric cardiology and heart surgery.

To learn more about the rankings, visit health.usnews.com/best-hospitals.



The new, expanded Inova Women's Hospital, a 12-story structure that opens early next year, includes VIP amenities, and has all-private patient rooms with areas designed for privacy when caregivers or visitors are present.

Experts project the new facility will meet a rising need for gynecologic services in the community. "Over the past five years, we've seen a continuous demand for advanced gynecologic surgery," says George Maxwell, MD, Chairman, Department of Obstetrics and Gynecology, who specializes in gynecologic oncology at Inova Fairfax Medical Campus. "The new Inova Women's Hospital is an investment in the future and what we anticipate will be a significant set of problems that we need to be ready to take care of."

The new hospital also will expand its gynecologic surgery program to include two dedicated robotic surgical systems for minimally invasive procedures. "In terms of technology and innovation, we have several surgeons on staff who are very skilled in robotic surgery," says Dr. Maxwell. "They are top-tier in terms of volumes and complexity of cases."

The all-inclusive program will support women from puberty all the way through menopause and into their senior years.

"We have patients who were born at Inova who are coming for gynecologic problems, and women who have delivered all their children who come in for advanced gynecologic problems late in life," says Dr. Maxwell. "This hospital has historically served the community in the full spectrum of services, and the new hospital will enable us to do that with an even greater degree of success."

FIND A PHYSICIAN

For a physician referral, please call **1.855.My.Inova (1.855.694.6682)**, or visit inova.org/physicians.

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 Fairfax Medical Campus](#) staff in recent months:



NAME	DEPARTMENT
Jessica Berenson, MD	Pediatrics/General
Rachel Casey, MD	Pediatrics/GYN
Christopher Chang, MD	Surgery/Plastic
Ryan Connolly, MD	Medicine/Internal
Andrew Falconer, MD	Neurosciences/Neurology
Shakun Gupta, MD	Pediatrics
Joseph E. Hartwich, MD	Surgery/Pediatric
Cecily Havert, MD	Family Practice
Stefany Honingbaum, MD	Pediatrics/Gastroenterology
Aran Jawed, MD	Surgery/General
Joseph Jennings, MD	Medicine/Internal
Shahzad Karadooni, MD	Surgery/General
Colleen Kepner, MD	OB-GYN
Samuel Kim, MD	Surgery/Ophthalmology
Adam Kochman, MD	Emergency Medicine
Matthew LaPorta, MD	Surgery/General
Sermsak Lolak, MD	Psychiatry
Brian Long, MD	Pediatrics

NAME	DEPARTMENT
Peter MacArthur, MD	Family Practice
John McConnell, MD	Medicine/Internal
Tulsi Mehta, MD	Medicine/Nephrology
Charles Murphy, MD	Medicine/Critical Care
Andrew Nuibe, MD	Pediatrics/Infectious Disease
Subhashini Ramesh, MD	Medicine/Critical Care
Sean Rogers, MD	Neurosciences/Neurology
Barbara Rosenbaum, MD	Psychiatry
Rachel Satouri, MD	Family Practice
Neal Shah, MD	Medicine/Cardiology
Abbas Shoebeiri, MD	Urogynecology
Vivek Sinha, MD	Family Practice
Timothy Sitts, MD	Psychiatry
Mark Stevens, MD	Family Practice
Kiran Tariq, MD	Medicine/Internal
Jessica Wertz, MD	Family Practice
Estelle Yoo, MD	Surgery/Otolaryngology

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