

Abdominal Aortic Aneurysm

A WALKING
TIME
BOMB

PAGE 6

Team Work

I want to share a patient story that showcases the teamwork of our staff. It's this kind of teamwork that equates to an excellent patient experience!

A patient recently came to the hospital for a surgical procedure and wanted us to know about the wonderful care she received, not only from the inpatient nursing staff but also from the surgical services team, physical therapists, the receptionist and the registrar.

She described the exceptional care she received from one of our nurses: "Not only was she professional, competent and very knowledgeable, but she was also very kind and compassionate and went out of her way to make me comfortable. She never was rushed and gave me the sense that she would give me whatever time I needed."

The patient had one wish, that Inova Alexandria hospital continue to provide the excellent care that she had received during her recovery, and I have no doubt that we will.

This is just one example of our care team and how we provide care — every time, every touch.

Look for more patient stories like this in future issues.



CHRISTINE CANDIO

Chief Executive Officer
Inova Alexandria Hospital



WELLNESS

Sleep TIGHT

Sleep study may
provide the
answers you need

Having trouble getting the recommended seven to nine hours of sleep per night? If your answer is yes, you may be one of millions of Americans with a sleep disorder.

By not getting enough restorative sleep, you may not focus well or be as sharp in your decision-making or critical-thinking skills. You may also be at a high risk for serious health conditions.

"Sleep apnea is a known risk factor for cardiovascular disease; everyone who has had a heart attack or stroke should have a sleep test," says Lewis Eberly, MD, Co-Medical Director of the Sleep Disorders Center at Inova Alexandria Hospital. "It is also strongly associated with atrial fibrillation."

"People don't realize how important sleep is," adds John Vought, RRT, Director of the Sleep Center. "Studies have shown that having a sleep disorder such as sleep apnea, narcolepsy or restless leg syndrome can lead to

severe medical problems such as stroke, heart attack, hypertension, depression and memory loss."

GOOD SNOOZE

If you have had difficulty sleeping for more than a month, or if you feel drowsy during the day and you don't know why, your doctor may recommend a sleep assessment. The specially trained physicians and technologists at Inova Alexandria Hospital can pinpoint the underlying cause of your sleep problems, helping you get the restorative rest you need.

During this simple, noninvasive study, you will stay overnight in a comfortable diagnostic suite at the Sleep Disorders Center. While you rest, electrodes will monitor your brain waves, breathing patterns, heart rhythm, muscle movement and oxygen in your blood. The results of your study will be reviewed by a physician registered and certified in sleep medicine.

To make your overnight stay at the center a relaxing, homelike experience, each room is equipped with a big-screen TV, and patients have access to a kitchenette. There's even a shower with a full complement of hygiene products so you can go straight to work following your stay.

PEACE OF MIND

Learn more at inova.org/sleep.

FOODS for Your Heart

Go all-natural

While our hearts benefit from exercise, they also thrive with proper nutrition. What to eat? Think all-natural. Food that is in its natural form, in other words not processed, benefits the cardiovascular system. This includes fruits and vegetables, whole grains, beans and legumes, and nuts.

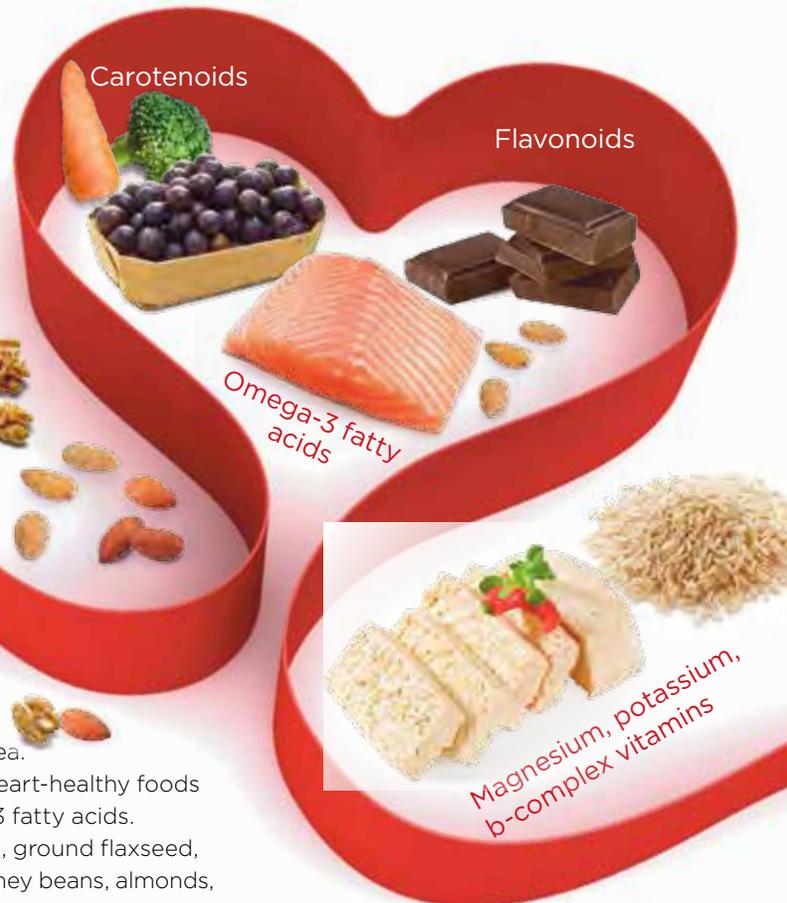
The reason plant foods are so good for our hearts is because they contain natural chemicals called phytonutrients, which wipe out free radicals in the bloodstream, protecting blood vessels.

Phytonutrients come in the form of carotenoids, which are organic pigments found in blueberries, carrots, spinach, broccoli, sweet potatoes, red bell peppers, asparagus, oranges, tomatoes,

cantaloupes and papaya. Flavonoids are also phytonutrients. They are found in dark chocolate and tea.

Many of the best heart-healthy foods also contain omega-3 fatty acids. Examples are salmon, ground flaxseed, oatmeal, black or kidney beans, almonds, walnuts, red wine and tuna.

Magnesium, potassium and vitamin B complex are also heart-healthy. Tofu, brown rice and soy milk are rich in these vitamins and minerals.



GOOD EATING

Learn more about local farmers' markets and the benefits of locally grown foods at inova.org/buyfreshbuylocal.

Intro to SURGERY

Program teaches high school students about operating room

Inova Alexandria Hospital has partnered with the Claude Moore Charitable Fund to offer seniors at T.C. Williams High School the opportunity to learn about surgery and operating procedures.

The Claude Moore Scholars Surgical Tech Program is a two-year course of study. During this time students experience a combination of classroom and clinical work. The clinical rotation takes place at Inova Alexandria Hospital.

Following the program, students

should be able to prepare the operating room; prepare patients for surgery; assist the surgeon with the operating process; operate lights, suction machines and diagnostic equipment during the operating procedure; and clear the operating room after a surgical procedure.

Course study includes: a history of surgery, hazards in the operating room, biomedical principles, perioperative case management and minimally invasive surgery.



Inova Alexandria Hospital welcomes the inaugural class of the Claude Moore Scholars Surgical Tech Program and their instructors.

REAL-WORLD EXPERIENCE

For more information about the Claude Moore Scholars Surgical Tech Program, contact Hanna Felleke, Inova Alexandria Hospital Community Affairs Executive, at **703.504.3618**.

SPECIAL DELIVERY

Choosing a childbirth technique is a personal decision

One size does not fit all. That is certainly true when it comes to delivering a baby. Parents-to-be have more choices than ever about birthing techniques, be it the widely used method such as Lamaze or natural childbirth education called HypnoBirthing, and one is not necessarily better than the others. What is important is that parents think carefully and collaboratively about what feels right to them.

“When deciding how you want to have your baby, discuss your ideas with your doctors and trust yourself,” says Barry Rothman, MD, Medical Director, Obstetric Services, Inova Alexandria Hospital. “What worked for your neighbor or your friend may not be the best option for you.”

HERE ARE SOME OPTIONS FOR EXPECTANT PARENTS TO CONSIDER:



LAMAZE

This childbirth method, the most widely used in the United States, approaches childbirth as a natural and healthy process. Lamaze emphasizes keeping labor and birth as safe and healthy as possible and avoiding interventions that are not medically necessary. Learn more at lamaze.org.



BRADLEY

The Bradley Method classes teach families how to have natural births, without drugs during labor and birth. Husbands are the coaches in this method. See more at bradleybirth.com.



HYPNOBIRTHING

Also known as the Mongan Method, HypnoBirthing uses self-hypnosis techniques to achieve deep calm and relaxation during childbirth. Find out more at hypnobirthing.com.



MIDWIVES

Certified nurse-midwives and certified midwives are specialists in maternity care and the full range of a woman’s healthcare needs. While they are independent healthcare providers, they also work with other members of the healthcare team, such as physicians and nurses, to provide the highest quality care.



C-SECTIONS

One reason many women turn to natural birthing methods is to avoid Caesarean sections, or C-sections. A C-section is the delivery of a baby through an incision in the mother’s belly and uterus. Several circumstances warrant C-sections, including a slow or halted labor or when the baby shows signs of distress.

Even if a mother has received a C-section, she may still be able to deliver vaginally for the next birth. If you and your doctor agree to try a vaginal birth after C-section (VBAC), you will have what is called a “trial of labor.” This means that you plan to go into labor with the goal to deliver vaginally. A C-section may still be warranted.

“Having a vaginal birth after having a C-section can be a wonderful and safe choice,” says Dr. Rothman. “You and your doctor will consider why you had a C-section before and how many C-sections you’ve had in order to determine the best direction to take.”

FIRST STEPS

Learn more about maternity services at inova.org/childbirth.



Breastfeeding Advocate

Inova Alexandria Hospital is part of the Baby-Friendly Hospital Initiative, launched by the World Health Organization and the United Nations International Children’s Emergency Fund (UNICEF). As part of this program, Inova follows the “10 Steps to Successful Breastfeeding.” These include training all healthcare staff in the skills necessary to promote breastfeeding; helping mother initiate breastfeeding within one hour of birth; and providing newborn infants only breast milk, unless medically indicated. Inova Alexandria Hospital supports mothers’ decisions on how to feed their babies — whether that is breast or bottle-feeding.

GOT BACK PAIN?

Count on Inova Alexandria Hospital for high-quality spine care

If your back pain is putting a damper on your activities and you've tried numerous treatment options with little or no success, the Inova Spine Program at Inova Alexandria Hospital offers award-winning spine care uniquely devoted to treating problems of the back and neck. The Inova Spine Program provides the most comprehensive spinal solutions in the Northern Virginia and the Washington, DC, metro area, including physical therapy, pain management, as well as the most advanced minimally invasive surgical techniques.

"The overwhelming majority of patients can get better with conservative care," says Corey Wallach, MD, an orthopedic surgeon and Medical Director of the Inova Spine Program at Inova Alexandria Hospital. "When a patient has symptoms that do not



Barbara Klix underwent a traditional lumbar decompression and fusion and now feels back to normal.

"As soon as the surgery was over, I came home and was completely pain-free." —Barbara Klix

respond to conservative care and they have nerve pain, weakness, loss of sensation, or show evidence of nerve damage, that would be the appropriate time to proceed with surgical intervention," says Dr. Wallach.

STEPS FORWARD

When Barbara Klix chose to have back surgery at Inova Alexandria Hospital, the 74-year-old Springfield resident felt confident about her choice.

"Dr. Wallach is very well-known in his field and there are many articles written about him," says Klix. "He has a wonderful bedside manner. He put me at ease and he made me feel like the decision that I made was the right one."

Klix was experiencing pain extending from her waist down to the back of her left knee, preventing her from walking.

Six months after receiving a steroid shot, Klix returned to Dr. Wallach who recommended other conservative options such as another shot, acupuncture or massage.

"I said to Dr. Wallach, I don't want a temporary fix, I want to get rid of this permanently." Dr. Wallach scheduled Klix for a traditional lumbar decompression and fusion; her results were everything she had hoped for.

"As soon as the surgery was over, I came home and was completely pain-free and was able to do anything I wanted," says Klix. "I'm glad I had the procedure done and I'm glad I had it done by Dr. Wallach."

ASK THE EXPERT



Corey Wallach, MD
Orthopedic Surgeon

LECTURE

Treatment Options for Back Pain

Join Corey Wallach, MD, for a discussion on different treatment options dealing with back pain.

Location: Inova Alexandria Hospital

Date: Wednesday, May 21

Time: 7 p.m.

Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

MAKE AN APPOINTMENT

To contact the Inova Spine Program at Inova Alexandria Hospital, call **703.391.3667**.

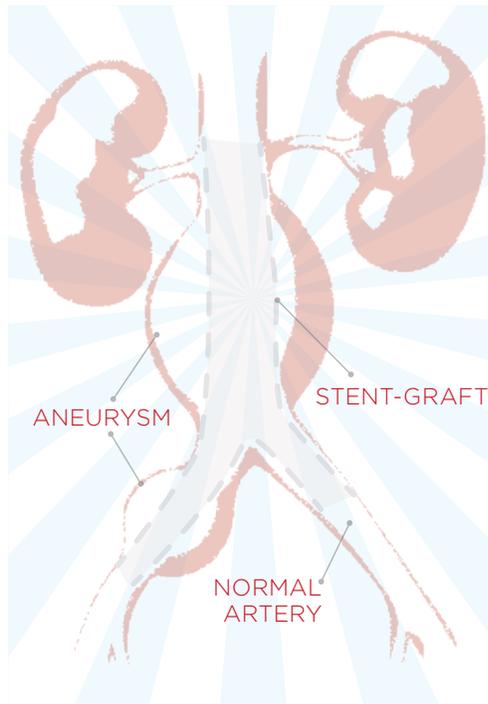
A WALKING TIME BOMB

Consultant receives stunning diagnosis on Inova Heart Beat Bus

It may sound like the plot of a TV medical drama, but for Bob Burkhardt it was all too real. The 64-year-old telecommunications consultant from Alexandria was in the middle of a routine cardiovascular health screening aboard the Inova Heart Beat Bus when he sensed trouble. “The clinician’s eyes suddenly got as wide as saucers,” he recalls. “She told me I was in critical condition and called for a doctor right away.” Tests revealed a 7.4-centimeter aortic aneurysm in Burkhardt’s abdomen. With a 90 percent chance it would rupture, and a 99 percent chance of death if it did, he was a walking time bomb.

Burkhardt then went to the emergency room at Inova Alexandria Hospital where physicians conducted a battery of tests to confirm the diagnosis. A few days later, a team of interventional radiologists and vascular surgeons performed an endovascular aneurysm repair (EVAR) with a stent graft. Led by Keith Sterling, MD, the team inserted the stent graft inside the diseased portion of Burkhardt’s aorta to reinforce the weakened part of the vessel and create a new channel for the blood to flow through, eliminating the risk of rupture.

Dr. Sterling and his colleague, James Cooper, MD, have been performing EVAR at Inova Alexandria Hospital since 2000



with excellent results. “The majority of abdominal aortic aneurysms can now be repaired with this minimally invasive technique,” he explains. “Patients spend an average of one to two days in the hospital as compared to at least one week with open repair. In addition, EVAR is associated with a very low complication rate.”

LEARNING EXPERIENCE

As a dedicated lifelong athlete who swam regularly and performed the rigorous P90X workout, Burkhardt thought he was in excellent shape. “If anyone should not have been in this condition it was me,” he says. “I took good care of myself. I didn’t have



What is EVAR?

Abdominal endovascular aneurysm repair (EVAR) is a minimally invasive alternative to major open surgery for the repair of abdominal aortic aneurysms (AAAs). It results in reduced recovery times and potentially improved survival rates. In the open surgical procedure, the walls of the aneurysm are replaced with a synthetic graft. In the EVAR procedure, endovascular specialists insert a stent graft into the aneurysm through small incisions in the groin.

any pain or other symptoms. The diagnosis left me dumbfounded.” His experience convinced many of his relatives, friends, and even some members of his care team, to have a screening.

Dr. Sterling confirms that most people with abdominal aortic aneurysms (AAA) don’t know they have them. Symptoms are often non-existent until a life-threatening event, such as rupture, occurs. The dominant risk factors are age, smoking and a family history of AAA. Men have a higher incidence of AAA than women. Other risk factors include hypertension and obesity. “The issue we are always concerned about is rupture,” Dr. Sterling says. “Since this is



Bob Burkhardt underwent minimally invasive surgery for the repair of an abdominal aortic aneurysm.

Screening Guidelines

An abdominal aortic aneurysm (AAA) is a localized bulging or abnormal enlargement of the abdominal aorta. AAAs are often attributed to degeneration caused by atherosclerosis, although there may be other causes, including trauma, cystic medial necrosis, arteritis, syphilis and inherited connective tissue disorders. An AAA is a major health risk, but most people don't have any symptoms. The Society for Vascular Surgery and the Society for Vascular Medicine and Biology recommend abdominal ultrasound screening for these patients:

- All men ages 60 to 85 years
- All women ages 60 to 85 years with cardiovascular risk factors
- All men and women ages 50 and older with a family history of AAA

a silent disease, a cardiovascular screening that includes an abdominal ultrasound can be very useful. If a small AAA is found, the patient will be placed in a routine surveillance program with periodic ultrasound examinations to determine if there is growth." (See specific screening guidelines above.)

Burkhardt's recovery has been trouble-free and he is gradually returning to more demanding exercise. He feels fortunate that this level of high-tech, comprehensive health-care is available so close to home. "I've lived and worked all over the world with access to many medical facilities," he says. "Without a doubt, Inova is right at the top of the list. The care and treatment are phenomenal."



Keith Sterling, MD, has been performing abdominal endovascular aneurysm repair (EVAR) at Inova Alexandria Hospital since 2000. The majority of abdominal aortic aneurysms can be repaired with this minimally invasive technique, he says.

All Aboard!

A cardiovascular health screening on the Inova Heart Beat Bus was a quick and easy option for Bob Burkhardt. It also saved his life. "I chose the Heart Beat Bus because of the comprehensive testing available in one place with no wait," he says. "Inova packaged together what might otherwise have been multiple doctor visits at several different locations into one convenient appointment."

The Inova Heart Beat Bus offers mobile heart screenings throughout Northern Virginia to detect your risk for heart attack, stroke and aneurysm. There are several preventive screening packages. Basic tests include the echocardiogram, electrocardiogram, hardening of the arteries test, stroke/carotid artery ultrasound, abdominal aortic aneurysm ultrasound and peripheral arterial disease test. These low-cost tests can identify potential problems before symptoms appear. No referral is required, so make your appointment today. Visit inovaheartbeat.org or call **1.877.599.3247** for locations and more information.

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.

If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

inova.org

IHS-052-IAH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Alexandria Hospital medical staff since December 2013:

NAME	DEPT/SECTION
Asad Chaudrhy, MD	Cardiology
Linda George, MD	Pediatrics
Aanchal Jain, MD	Neurology
Ashlee Lyvers, CNM	OB/GYN
Tung Nguyen, MD	Neurosurgery
Jeffrey Rumbaugh, MD	Neurology
Ramesh Singh, MD	Cardiac Surgery
Mark M. Theiss, MD	Orthopedics
Ajay Virmani, MD	Cardiology



SYMPOSIUM

COME JOIN US!

(Stay Tuned for Details)

What: Youth Sports Safety Symposium

When: Saturday, July 26

Who: Parents, coaches and trainers. Activities will be held for kids.

Why: Learn about youth sports safety, including concussions and orthopedic injuries.

INFORMATION

Visit inova.org/youthsports or

scan the QR code HERE

to find out more.



Find a Physician



Looking for a doctor? Visit 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.

Subscribe Now!



Sign up to receive e-newsletters about health topics and programs at inova.org/subscribe.

Ask the Expert



Find a FREE Ask the Expert lecture on a health topic that interests you at inova.org/AskTheExpert.

Baby Time



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