

# INhealth

Nitin Goyal, MD, performs anterior hip replacement surgery, a minimally invasive procedure.

Less invasive hip replacement procedure results in quicker return to activities

**PAGE 6**

## JOINT *Opportunity*

INSIDE: CONCUSSION CLINIC OPENS **3**

BREAST CANCER SUPPORT **4**

ANSWERS TO BACK PAIN **5**

# FOLLOW THE LEADER

## Boom Time

In just a few short months we will be celebrating the completion of our new patient tower and two new operating rooms (currently scheduled for fall 2014). In addition, we will then break ground for the new hospital Emergency Department.

The Emergency Department expansion project will improve patient access and satisfaction, and allow Inova Mount Vernon Hospital to improve capacity to meet current and future demand. This new Emergency Department will provide the Mount Vernon community with a much-improved site for providing high-quality emergency care. In addition, the proposed expansion will ensure that the hospital is able to grow and remain a viable hospital for the Mount Vernon community.

The staff, physicians and volunteers are very excited as we witness the tower and operating room completion and begin the Emergency Department expansion. I will keep you updated on our progress.

Speaking for the staff and partnering with physicians, we continue to make the commitment to you, our community, to be the best place to give and receive excellent healthcare.



**DON BRIDEAU, MD**  
Interim CEO,  
Chief Medical Officer,  
Inova Mount  
Vernon Hospital



WELLNESS |

# Natural REMEDIES

## Take action to improve your warm-weather allergies

While most look forward to spring's warmer weather, for those who suffer from allergies, this time of year can signal the beginning of sniffing and sneezing season. If you depend on a medication to control your allergies, you may be wondering what you can do to reduce your symptoms naturally.

The good news is there are many allergy-abating steps you can take that don't involve swallowing a pill or using an inhaler. Seasonal allergies are caused by outdoor allergens like tree pollens, grasses, dust and weeds. Avoiding these irritants is a great way to improve your allergies. Keeping the windows of your house and car closed will keep the

allergens out and reduce your symptoms.

Other things you can do to reduce the allergens in your home include getting a humidifier, using high-efficiency rather than standard air conditioning filters and using a vacuum with a HEPA filter. With a working HEPA filter, your vacuum will actually expel cleaner air than it takes in. Rinsing your sinuses also is often effective. Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store.

Limiting your outdoor activity will also help improve your allergies. When you do go out, try to minimize your pollen exposure. Pollen count is generally at its highest when the weather is dry and windy, and at its lowest after a rainfall.

If none of this advice reduces your sneezing, sniffing and itchy throat, you may want to consult with a doctor to see about an allergy medication, such as a nasal spray, inhalant, eye drop or oral drug.

# HealthPlex Turns 1!

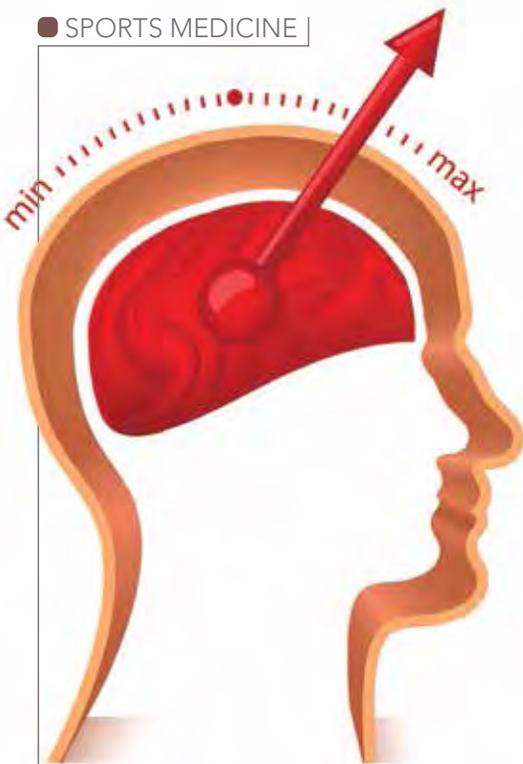
Inova HealthPlex – Lorton celebrated its one-year anniversary this spring with a free event. The whole family was invited to the HealthPlex, 9321 Sanger St., Lorton, for a fun-filled affair that provided activities for everyone:

- Health awareness for young and old
- Safety Wheel (what every child should know)

- Kids activities
- Moon Bounce
- Face painting
- Free hot dogs and hamburgers.

“Many members of our community turned out in the interest of health and safety. It truly was a special day,” says Nicholas Gimmi of Inova Mount Vernon Hospital, who helped coordinate the event. The HealthPlex, a service of Inova Mount Vernon Hospital,

is a full-service healthcare facility that combines state-of-the-art technology with a comprehensive array of services, including a 24-hour Emergency Department, and radiology and laboratory services. Stay tuned for more events!



# Use Your **HEAD**

## Concussion clinic opens at Inova Mount Vernon Hospital

Children and adults who experience head injuries can now come to Inova Mount Vernon Hospital for testing and expertise. The Inova Concussion Clinic started at the hospital late last year.

“I think it’s a great service to the community, and it’s helped a lot of kids get back sooner than they would have [to school],” notes Jamie Swanton, physical therapist at the clinic.

When a person comes into the clinic, he or she will undergo comprehensive objective testing, including an oculomotor exam and balance assessment, to determine the extent of the injury. A clinician will then make recommendations regarding activity levels

and going back to school or work. Modifications to rest and nutrition will be discussed.

“The main goal is to protect the brain from a second injury because that could lead to more long-term damage,” says Swanton. “We also want to get them back to their previous level of activity. Until they’re symptom-free and all of the objective exams come back OK, we recommend no physical activity except walking, and then make modifications so they can go back to school successfully.”

Swanton notes that some common missteps that parents make are keeping kids out of school too long; letting children sleep too much, which can be confusing to the brain; and letting children go back too early to sports.

“We say you can’t put your brain in a cast [like you would a broken arm],” she says. “Increasing protein and water intake and not stimulating the brain is like putting it in a cast.”

### GAME PLAN

Concerned about a concussion? Call the outpatient department at Inova Mount Vernon Hospital **703.664.7190**.

## Breast cancer support group offers physician expertise

The second Wednesday night of every month you can find David Weintritt, MD, breast surgeon, in a second floor conference room at Inova Mount Vernon Hospital. Here, he talks and listens to a group of women who convene for the Mount Vernon Breast Cancer Support Group, which Dr. Weintritt spearheaded last year for breast cancer survivors.

"We have wanted for years to put together something to offer patients in the Mount Vernon area," he says. "There are other support groups in the Northern Virginia area, but they are either covering multiple types of cancer or they are geographically difficult to get to, or perhaps they are run by ancillary personnel but don't have much physician involvement. What we wanted to do was come up with a model that addresses all of those issues."

Each meeting, which runs about two hours, focuses on a specific topic, such as nutrition, chemo brain or the benefit of mammograms for breast screenings. Sometimes Dr. Weintritt leads the discussion, and other times there is a guest speaker. There is plenty of time to socialize and ask questions. Michele Reddick, RN, BSN, an oncology nurse navigator,

coordinates with the speakers and the group and organizes the discussions.

The women, who range from the newly diagnosed to those who are cancer-free, feel fortunate they have a group to go to with people who understand their experiences, as well as clinicians on-hand to listen and field questions.

"When you are diagnosed with breast cancer, you receive a lot of love and support from family and friends. However, no one knows how you truly feel," says member Donna Powell. "Deep down, I want to scream and cry. I am blessed to be able to sit in a room with other women who know exactly

how I felt and still feel about my diagnosis and treatment."

Pam Reynolds, a patient of Dr. Weintritt who was diagnosed with breast cancer last year, agrees: "As much support as you can get from other people, it's not 100 percent the same as someone who has experienced it herself. The fact this group is also goal-oriented, focused on developing survivorship plans and guided by those with relevant medical knowledge makes it a full-service breast cancer support system."

Dr. Weintritt says he has gained a lot of insight from the women. Thanks to their candor about their treatment experiences, he has learned about medication side effects that he wasn't aware of previously.

"If the group continues on its current path, both sides will benefit," he says. "It's always good to be in an environment where people feel good asking questions."

David Weintritt, MD, and Michele Reddick, RN, BSN, lead the breast cancer support group.



### JOIN US

To get more information about the Mount Vernon Breast Cancer Support Group, call Michele Reddick, oncology nurse navigator, at **703.664.7488**.

# SUPPORT SYSTEM

# STAYING IN SHAPE



Corey Wallach, MD (right) has two happy patients, Anita Ehler (left) and Terri Farley (center).

## Advanced spine care helps two patients resume active lifestyles

**F**or CrossFit competitor Terri Farley, running, lifting weights and bicycling are all part of her high-intensity training program. But last year, as the 45-year-old office manager at Anderson Orthopaedic Clinic trained to qualify for a national CrossFit competition, she experienced weakness and severe pain in her left arm that threatened her ability to compete.

“The pain was pretty brutal,” remembers Farley. “I would wake up fine, get dressed, go to work. As soon as I would get in the car, after just five minutes of driving, I would have a burning, sharp pain that would go from my shoulder all the way down my arm into my hand.”

Farley went to see Corey Wallach, MD, an orthopedic surgeon and Medical Director of the Inova Spine Program at Inova Mount Vernon Hospital. An MRI revealed that Farley had a herniated disc placing pressure on both her spinal cord

and the nerves in her spine. To correct the problem, she had anterior cervical spine surgery, and just three days after the procedure, she was briskly walking four miles a day. In less than six weeks she was back in the gym.

With her pain and weakness gone, Farley hopes to compete in this year’s CrossFit games.

### OPEN ROAD

Like Farley, Anita Ehler is physically fit. Her job as a tour guide often involves walking for miles. So when she began experiencing constant radiating pain in her back and down her left leg, she knew that in order to continue leading trips up and down the East Coast, she needed expert advice.

Ehler visited with Dr. Wallach, who explained that the nerves in her spinal canal were under pressure, causing spinal stenosis, and that her bones were shifting forward on one another, producing spondylolisthesis.

Dr. Wallach prescribed physical therapy to explore whether a conservative approach would provide the answer to Ehler’s pain. At first the strengthening and stretching exercises helped, but when the pain returned, Dr. Wallach recommended a minimally invasive procedure that would fix both of Ehler’s back problems: lumbar

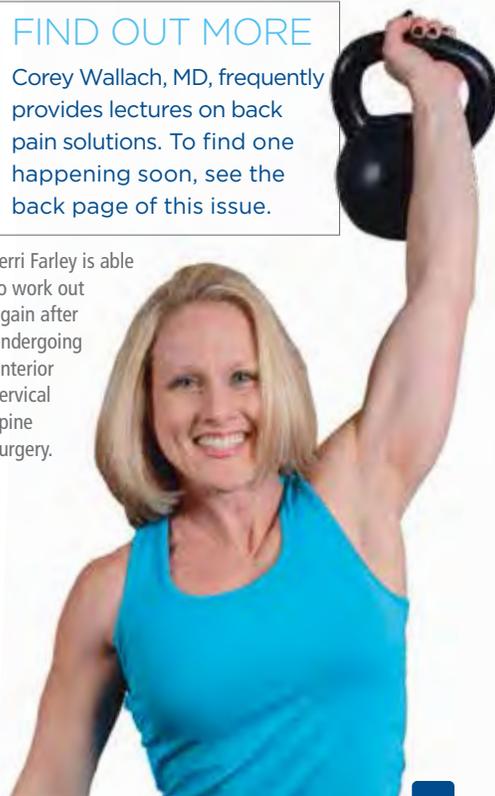
decompression and fusion. Within a few weeks, Ehler was able to walk without pain and get back to the career she loves.

“One of the benefits of the minimally invasive techniques is, even though we’re addressing the same problems as we are with traditional open surgeries, we’re able to do it through different incisions that are smaller and much less traumatic to the patients so they’re up and moving that same day,” says Dr. Wallach.

### FIND OUT MORE

Corey Wallach, MD, frequently provides lectures on back pain solutions. To find one happening soon, see the back page of this issue.

Terri Farley is able to work out again after undergoing anterior cervical spine surgery.



### Is Surgery Right for You?

If you’re experiencing back pain, talk with your doctor about conventional options first, such as physical therapy and pain medication, advises Dr. Wallach.

“The overwhelming majority of patients can get better with conservative care including stretching, exercises, the appropriate use of anti-inflammatory medications and weight loss,” says Dr. Wallach. However, he adds, “When patients

have symptoms that do not respond to conservative care and they demonstrate elements of nerve pain, weakness, loss of sensation or evidence of nerve damage, that would be the appropriate time to proceed with spinal intervention and with surgery.”

# JOINT



### PAIN DEFEATED

For tennis aficionado Jo Wendt, anterior hip surgery had her back on the court just months after her surgery. Before the 62-year-old Chevy Chase, Maryland resident had her procedure last October, she could barely walk without severe pain. She had to lift her left leg with her arms to get into her car, and the pain was keeping her up at night.

When two of her friends had successful double hip replacements, one with Dr. Goyal, Wendt realized that despite conventional treatments for her pain — cortisone shots and nine months of physical therapy — she needed a lasting solution. Wendt chose to have anterior hip surgery and the results were everything she hoped for. She returned home the same day of her surgery and after using a cane for three weeks,



she was able to walk unassisted. Within seven weeks, she was back on the tennis court.

**“For me, it was a really easy recovery,”**

says Wendt. “I am totally pain-free in my left hip and happy to be back on the tennis court. I have been recommending Dr. Goyal to all my friends for hip replacement surgery.”

Jo Wendt came out swinging after her hip replacement surgery.



**ATTEND A LECTURE**  
To find out more about anterior hip replacement, attend a free lecture. Dates and times are listed on the back of this newsletter. You may also call our Executive Director to learn more about the Inova Joint Replacement Center at Inova Mount Vernon Hospital at **703.664.7493** or visit our website at [inova.org/jointcenter](http://inova.org/jointcenter).

## Less invasive hip replacement procedure results in quicker return to activities

**H**ip replacement has become one of the most commonly performed surgeries in the U.S. Each year, 332,000 people choose to have the time-tested procedure. The Joint Replacement Center at Inova Mount Vernon Hospital offers several types of hip procedures, including anterior hip replacement, a less invasive procedure that allows patients to get back to their active lifestyles sooner.

“When we talk about conventional hip replacement we’re talking about posterior or lateral approaches to the hip,” says Nitin Goyal, MD, a hip and knee replacement surgeon at Inova Mount Vernon Hospital. “An anterior hip replacement is a muscle-sparing hip replacement that goes between two muscles to get into the hip joint so you don’t actually cut any muscles. It has the potential to result in fewer complications, a faster recovery and less pain in the early postoperative period.”

# OPPORTUNITY

## ACE RECOVERY

Patients undergoing anterior hip replacement with Dr. Goyal have fewer restrictions during recovery and usually return home immediately following the procedure.

“Nowadays most of my patients go home on the day of surgery,” says Dr. Goyal. “They walk in on the morning of their hip replacement and they walk out in the afternoon with a new hip.”

That was the case for Nick

Kappa, a golf enthusiast who lives in Alexandria. Kappa enjoys working out at the gym and golfing whenever he gets a chance. So when his left hip bothered him to the point where walking was painful and even a simple task such as putting a sock on his left foot was excruciating, he realized he needed to find a solution.

When Kappa, 56, learned about anterior hip surgery that would allow him to recover at home, he

knew it was the right procedure for him. Kappa was walking pain-free and unassisted in two weeks, and he’s now back in full swing on the golf course.

**“It’s one of the best things I’ve ever done,”** says Kappa, who had the surgery last June. “I’m so glad I had the procedure done with Dr. Goyal. He’s just got a professional, personal bedside manner about him that inspires confidence to get this surgery done as soon as possible.”



Nick Kappa was walking pain-free two weeks following surgery and has resumed his golf game.

Mary Whiteley lived for years with pain in her left hip. After surgery, she’s back hiking.

## ACTIVE AGAIN

Most people seeking a first-time hip replacement are good candidates for anterior hip replacement, says Dr. Goyal. For patients who are eligible for the procedure, recovery is quicker after surgery.

“Many studies have shown that in the early stages following the replacement, the patients recover faster,” says Dr. Goyal.

Getting back to the activities she loves to do was a primary concern for Mary Whiteley, 68, who needed a treatment for her hip. An artist by profession, Whiteley lives an active lifestyle that includes hiking, racing sailboats, working out at the gym, and practicing Tai Chi and Qigong.

Last summer, after years of living with pain in her left hip and having gone through many months of physical therapy, Whiteley decided it was time to learn about surgical treatments.

After meeting with many doctors, Whiteley found a surgeon and a hospital she could trust.

**“I felt very confident that Dr. Goyal would be a first-rate surgeon, and he is,”** says Whiteley. “He’s well-experienced in doing the anterior hip replacement procedure in terms of the numbers he has done.”

Now post-surgery, Whiteley is back to doing all her normal activities. Recently she hiked in Maine and was able to conquer rocky, uneven trails without any problem. This spring she and her husband plan to hike in Great Britain.

“Being out of pain and knowing that I have greater mobility makes an enormous difference, not only physically but psychologically — knowing that I have the opportunity to grow and develop without the restriction of the painful hip area,” she says.

“All in all, it was a blue ribbon experience for me.”



## A Hip Experience

If you’re experiencing ongoing hip pain that cannot be resolved with conventional treatments such as pain relievers, physical therapy, exercise or walking supports, talk to your doctor about hip replacement and whether it’s right for you. Total hip replacement, whether it’s posterior, lateral or anterior, involves replacing the damaged cartilage in the hip joint with an implant. With the anterior approach, the orthopedic surgeon uses the same implants as those used in a traditional hip replacement. Because the hip joint can be accessed without disturbing the muscles that hold the hip in place, this less invasive approach promotes better stability of the hip and a potentially lower risk of complications and faster recovery.

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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## ASK THE EXPERTS LECTURES



Cyrus Press, MD  
Orthopedic Surgeon

### Shoulder Injuries, Replacement and the Latest Trends

Cyrus Press, MD

**Thursday, May 15, 6:30 p.m.**  
Inova Mount Vernon Hospital



Corey Wallach, MD  
Orthopedic Surgeon

### Treatment Options for Neck and Back Pain

Corey Wallach, MD

**Thursday, July 24, 6:30 p.m.**  
Residence Inn National Harbor



Nitin Goyal, MD  
Orthopedic Surgeon

### Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

**Thursday, June 12, 6:30 p.m.**  
Residence Inn National Harbor  
192 Waterfront St.  
National Harbor, MD

**Thursday, June 26, 6:30 p.m.**  
Inova HealthPlex - Lorton  
9321 Sanger St.  
Lorton, VA

**Thursday, July 17, 6:30 p.m.**  
Springfield Country Club  
8301 Old Keene Mill Road  
Springfield, VA

**Thursday, Aug. 14, 6:30 p.m.**  
Bethesda Marriott  
5151 Pooks Hill Road  
Bethesda, MD

**Thursday, Sept. 11, 6:30 p.m.**  
Inova HealthPlex - Lorton

## 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](http://inova.org/youthsports) or

**scan the QR code HERE**

to find out more.



## 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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