



INOVA FAIRFAX HOSPITAL

INhealth



LEADING *the Way*

Inova
welcomes
two prominent
doctors to
direct signature
programs

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Christopher O'Connor, MD, left, is CEO of Inova Heart and Vascular Institute. Donald Trump, MD, FACP, right, is the first CEO and Executive Director of Inova Comprehensive Cancer Research Institute.

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FOLLOW THE LEADER



Finishing Touches

Each day, thousands of cars drive past Inova Fairfax Medical Campus, but they may not be able to witness what is happening here. Whether it's from Gallows Road, Woodburn Road, Route 50 or the beltway, it's almost impossible to see the cranes and other construction equipment lifting, hauling and heaving. These machines, square foot by square foot, are methodically putting together our future Inova Women's Hospital and Inova Children's Hospital.

It feels like the building went up overnight, but now the real work is underway. We are putting together the insides — the nuts and bolts of the hospital — with all the small details that our patients told us really matter. This includes family consult rooms, more comfortable sleep chairs and stronger WiFi. While these might seem like just finishing touches, they make a world of difference to our patients.

It's hard to imagine that by next January our first baby will be born in the new hospital; our first patient family will be in their own private room in the Neonatal Intensive Care Unit; and that a family of a pediatric patient will have enough space and accommodations to stay with their child as he or she recovers. There are such exciting times ahead. We can't wait to open our doors!



**PATRICK
CHRISTIANSEN,
PhD**

CEO, Inova Fairfax
Medical Campus

Executive Vice
President, Inova



GROWTH |

COMMITMENT to Community

New hospital devoted to women and children to open next year

Inova Women's Hospital and Inova Children's Hospital will soon open their doors in a brand-new location, becoming the largest hospital on the East Coast exclusively dedicated to the care of women and children. Scheduled to open in January 2016, the 660,000-square-foot facility will offer patients a technologically advanced, family-friendly setting featuring all-private patient rooms.

To accommodate the growing demand for maternity care, Inova Women's Hospital will expand its

award-winning services to accommodate 13,500 births annually, up from 8,000 at the current location. Already a leader in specialized care for both normal and high-risk pregnancies, the facility will provide an enhanced antenatal testing center and a high-risk perinatal unit. Infants requiring additional care at birth will receive specialized care in the expanded 108-bassinet, Level IV Neonatal Intensive Care Unit featuring private rooms.

For women seeking gynecologic care, the new facility will provide a dedicated women's surgery center featuring state-of-the-art minimally invasive technology, including dedicated robotics.

To help young patients feel at ease, the new Inova Children's Hospital will feature 116 private patient rooms equipped with video game consoles, kid-friendly décor, dedicated operating rooms and access to Inova Child Life program.



Raj Shah in photo at left and in center photo with Shashank Desai, MD, wife Bharti and Inova CEO Knox Singleton. He is with Nicki, one of his daughters, in the photo at right. His other daughters are Rina Adkins and Suni Walter.

HEARTFELT Donation

Transplant recipient gives back to Inova

Raj and Bharti Shah's contributions to Inova will total **\$1,410,376** by 2016.

Accustomed to an active schedule, Rajesh Shah, a Fairfax businessman, philanthropist and father of three, could no longer get through the day without feeling tired and short of breath. Having lived with advanced heart failure for seven years, Shah faced a worsening progression of a disease that threatened to take his life. So three years ago, when the opportunity for a heart transplant at Inova Fairfax Hospital became available, Shah embarked on a healing journey to restore his health and well-being.

"It is a miracle," says Shah, now 66 and living an active life. "I would not be on this earth without Inova."

GIVING BACK

To give back to those who saved his life, Shah, who runs two nonprofit organizations and a business that provides tech-based healthcare solutions, has donated more than \$1 million to Inova Fairfax Hospital and has contributed many hours of his time as a business adviser and patient coach.

"His gift provides the opportunity to increase patient educational services and resources to enhance staff education, and supports research to help improve the outcomes of advanced heart failure and transplant patients," says Shashank Desai, MD, who has been treating Shah for many years. Dr. Desai is Medical Director

of the Heart Failure and Transplant Program at Inova Fairfax Hospital.

Comments Knox Singleton, CEO and President of Inova: "In both his work and personal life, Raj Shah is committed to finding health solutions for chronic disease and promoting global health equity. As such, he has been a longtime, loyal supporter of Inova, and we are grateful for his unwavering support."

After his heart transplant, Shah experienced a quick recovery. "Everything is improved — my ability to think, participate, collaborate and exercise," he says.

Now, when Shah, a proud grandfather of two, is not busy at work, he spends time with family. He also often volunteers at Inova, encouraging other transplant recipients. He acknowledges that his "heart" will always be with Inova.

CARDIAC EXPERTISE

To learn more about Inova Fairfax Hospital's Heart Failure and Transplant Program, visit Inovaheart.org.

BE A CHAMPION

Care to support Inova Health Foundation? Visit inova.org/foundation or call **703.289.2072**.

BEATING Breast Cancer



New treatment available

In keeping with efforts to provide the best individualized breast cancer treatment available, Inova Fairfax Hospital has recently begun offering intraoperative radiation therapy (IORT). IORT is a relatively new radiation treatment for breast cancer that offers advantages over traditional radiation for some patients.

Unlike traditional external radiation treatment, which is done over a period of six to eight weeks, IORT takes no more than 30 minutes. It is done after a lumpectomy, a surgical procedure that removes a cancerous tumor from a patient's breast. Under ideal conditions, no other radiation treatments are required.

While the treatment will not be applicable for every breast cancer patient — for example, patients receiving IORT must conform to specific criteria — a key benefit of this new treatment is that it offers Inova Fairfax Hospital breast cancer patients more treatment options.

"This treatment is ideal for older patients with small, low-grade tumors who are worried about having to drive for multiple radiation treatments," says Costanza Cocilovo, MD, FACS, Medical Director, Inova Breast Care Center. "It is great to have one additional method of radiation delivery so we can offer patients more personalized care."

Top neurology experts
offer comprehensive care

TEAM

APPROACH



Linda Rose, shown above with her husband, Kevin, has been part of Inova Brain Tumor Program to eradicate her brain tumor.

Research in Action

For patients with brain tumors who require treatment beyond the traditional standard of care, clinical trials through Inova Neuroscience Research Program offer direct access to personalized, highly targeted therapies. Internationally recognized neuroscience physicians and researchers work collaboratively to make effective new treatments available to patients in a timely manner.

“We are developing ways to target invading brain tumor cells with either personalized therapy or by augmenting the tumor-specific immune response system,” says Dr. Waziri, head of Inova Brain Tumor Laboratory. “We have several early-phase clinical trials that are exploring both of these possibilities, which are unique to Inova and may lead to important new therapeutic options for patients with brain cancer.”

LEADING-EDGE THERAPY

To find out about clinical trials at Inova Neuroscience Research Program, call **703.269.4750**.

Linda Rose rarely had headaches, so two summers ago when a nagging pain in her head wouldn't go away, her husband suggested she see her doctor. After a thorough examination, Rose's general practitioner referred her to a hospital for imaging studies. A CT scan and an MRI revealed a 4-inch tumor on the left side of her brain.

Rose, 66, and her husband met with Allen Waziri, MD, a neurosurgeon who is Co-Director of Inova Neuro-Oncology Program and Director of Inova Brain Tumor Laboratory. Dr. Waziri diagnosed Rose with a stage IV glioblastoma, a complex brain tumor. Treatment would require the concerted effort of a team of specialists from multiple fields including neurosurgery, radiation oncology, medical oncology and neuropathology.

COORDINATED CARE

Fortunately, Rose was in the right place for her care. Inova Fairfax Hospital is ranked among the best in the region for neurology and neurosurgery by *U.S. News & World Report*, and is nationally recognized for its groundbreaking research in personalized, targeted medicine.

“The development of Inova Brain Tumor Program has been entirely dependent on the collaborative spirit and dedication of the physicians involved in the program,” says Dr. Waziri. “All of the

subspecialists on our team see Linda on a regular basis and remain actively involved with her care.”

Dr. Waziri recommended surgery to remove the tumor, followed by radiation and chemotherapy to eliminate any remaining cancer cells. Over the course of her treatment, Rose spent time with her family and friends at her mountain-side home in Delaplane, walked, read books and blogged about her experience at the hospital.

“Dr. Waziri is a wonderful doctor; I just love him. I think he's great,” says Rose. “Everyone has just been wonderful.”

PERSONALIZED THERAPY

Last October, a routine MRI revealed that the tumor had returned. Fortunately, Rose is being treated at a destination-level center that offers advanced therapeutic options ranging beyond the traditional standard of care. Dr. Waziri recommended that Rose join a clinical trial offered through Inova Brain Tumor Program.

“Linda is currently enrolled in a trial that utilizes re-irradiation in combination with a biological therapy that is specifically designed to decrease new blood vessel growth,” says Dr. Waziri. “The overall goal is to provide a one-two punch against the recurrent tumor.”

“I feel good,” says Rose. “I'm really glad to be in the study.”

TREATMENT IN TIME

Groundbreaking therapy saves patient with pulmonary embolism

It was a brisk December afternoon in downtown Fairfax. Roger Eddy was walking to the bank to make a deposit when suddenly he felt dizzy, started to see myriad small bronze-colored stars and then collapsed on the sidewalk.

"I was going up an incline and I noticed that I seemed to be working harder to go up that incline than usual," remembers the 69-year-old law office administrator.

When Eddy regained consciousness, he lay on the pavement gasping for air. Fortunately, an alert and caring bystander recognized the urgency of the situation and asked someone nearby to call 911. Within minutes of Eddy's fall, emergency technicians from Fair Oaks (who happened to be in the heart of the City of Fairfax at the time) boarded him into an ambulance and rushed him to Inova Fairfax Hospital's Emergency Department. The diagnosis was a life-threatening pulmonary embolism.

DIRECT DELIVERY

After numerous tests, a team of physicians at Inova Fairfax Hospital, led by David Spinosa, MD, an interventional radiologist and Medical Director of the Vascular Program at Inova Heart and Vascular Institute, worked to dissolve the clots that blocked the pulmonary arteries in both of Eddy's lungs.

The expert team was also composed of emergency medicine physician Neal Shelley, MD, critical care physician Soleyah Groves, MD, and pulmonologist Adlah Sukkar, MD. They deployed a groundbreaking treatment called ultrasonic mechanical thrombolysis to melt the clots.

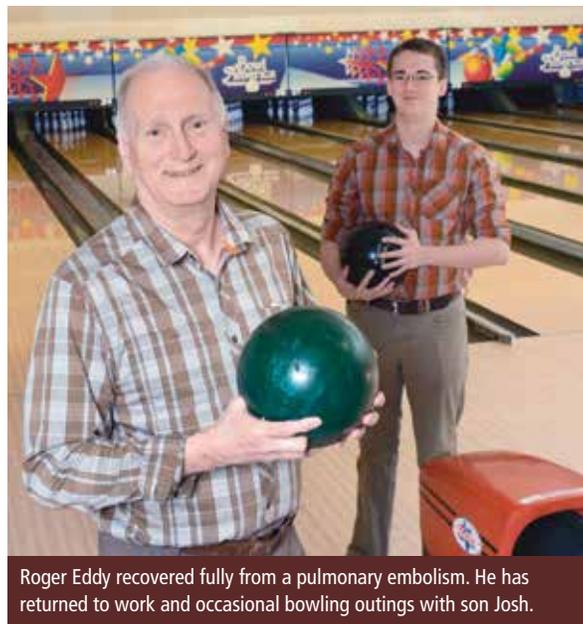
Guided by advanced X-ray imaging, the team threaded two catheters through a vein in Eddy's neck to his heart, then into the pulmonary arteries. Over a period of 12 hours, it delivered low doses of the clot-busting medicine

tissue plasminogen activator (tPA). Special catheters using ultrasonic vibration pushed the tPA into the clot to help dissolve it faster.

DISSOLVING CLOTS

"We used this system because it allows a lower dose of the blood-thinning agent to work faster," says Dr. Spinosa. "We thought if we could dissolve the blood clots over the next 12 hours, in the short term we could lower his risk of a life-threatening cardiac event, and in the long-term help him have better lung function and return him back to normal life."

The results were what they had desired. After just one week of convalescence following his discharge from the hospital, Eddy returned to work and is now more active than ever. In fact, he has returned to his occasional bowling outings with his son, Josh, who graduates from Virginia Tech this May. Says Eddy, "We've never bowled a perfect game, but we make a perfect team."



Roger Eddy recovered fully from a pulmonary embolism. He has returned to work and occasional bowling outings with son Josh.

Available Round the Clock

Pulmonary embolism is a complex disease. To ensure the best possible outcome for every patient, physicians at Inova Fairfax Hospital have developed a team of specialists from multiple disciplines who are expertly trained to evaluate and treat this life-threatening illness. Inova Pulmonary Embolism

Response Team (IPERT) provides the most advanced diagnostic and treatment techniques to help each patient achieve his or her best outcome.

"Our team of emergency physicians, pulmonologists, intensive care specialists, cardiologists and vascular/interven-

tional radiologists are innovators who have dedicated themselves to work together to break down traditional barriers to rapid care," says Alain Drooz, MD, an IPERT team member and attending physician in the Division of Vascular and Interventional Radiology at Inova Fairfax Hospital.

FIND OUT MORE

Learn more about pulmonary embolism at inovaheart.org.

Inova
welcomes
two
prestigious
doctors to
direct
signature
programs

In keeping with its mission to enhance the health of the community through patient-centered care and leading-edge research, Inova welcomes two prominent leaders to direct its nationally recognized cancer and heart programs. The distinguished leaders, Donald L. Trump, MD, FACP, and Christopher O'Connor, MD, bring the highest level of expertise to Inova's culture of excellence.

BEST IN CANCER CARE

Inova Comprehensive Cancer Research Institute and cancer specialists practicing at Inova provide one of the largest, most comprehensive cancer programs in the Northern Virginia and Washington, DC, metro area. The cancer specialists at ICCRI offer a full spectrum of diagnostic and treatment options for a wide range of common and rare cancers. Learn more at inova.org/cancer.

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Donald Trump, MD, FACP, is CEO and Executive Director of Inova Comprehensive Cancer Research Institute. He previously worked at the Roswell Park Cancer Institute.

NEW REALM OF CARE

Having spent the last 13 years of his esteemed career as a leader at the Roswell Park Cancer Institute, the country's first cancer center and one of only 41 cancer centers designated as comprehensive by the National Cancer Institute (NCI), Dr. Trump joins Inova as the first CEO and Executive Director of Inova Comprehensive Cancer Research Institute (ICCRI). His role will be to develop available opportunities to coordinate and enhance cancer services through partnerships with cancer care providers in the community, and recruit additional cancer specialists to enhance clinical and translational research available to patients in this region. This will involve working closely with leaders at all five Inova hospitals, as well as Northern Virginia and regional cancer specialists. The goal of ICCRI is to provide state-of-the-art care and prevention strategies, and develop personalized approaches to care and prevention with the aim of developing a "destination" cancer program, known throughout the country.

"There are tremendous opportunities at Inova," says Dr. Trump. "There is broad appreciation in the community for the excellence of care at Inova facilities, there is a strong commitment by Inova leadership to develop a world-class cancer center, and there have never been better opportunities in cancer research and science to make substantial contributions that will transform the



way we care for cancer patients and develop new strategies to prevent cancer.”

Dr. Trump received his medical training at The Johns Hopkins University School of Medicine and was on the faculty of the Johns Hopkins Oncology Center before taking leadership positions at

NCI-designated cancer centers at the University of Wisconsin, Duke University and the University of Pittsburgh. He began working at the Roswell Park Cancer Institute in 2002. Dr. Trump cites the outstanding program in genomics and clinical genetics that John Niederhuber, MD, Director of Inova Translational Medicine Institute (ITMI) and the former Director of the NCI, has developed. He notes that collaboration between ICCRI and ITMI programs has enormous potential to facilitate progress and develop individualized cancer care through genetic research. He and Dr. Niederhuber “will work together to discover new targets, and new understanding of cancer biology, progression and cancer risk, all aimed at defining better approaches to cancer treatment and prevention. The goal is to make each patient’s treatment better and tailored as much as possible for his or her specific situation.”

During his 30-year career, Dr. Trump has held peer-reviewed grants funded by NCI, the Department of Defense, American Cancer Society and multiple foundations. Dr. Trump’s clinical practice and investigative work has focused on new approaches for treating prostate and bladder cancer, and understanding the role of vitamin D in cancer prevention and treatment.

“I’m extraordinarily excited that Inova will be led by an internationally renowned leader from one of the top cancer centers in the country. Dr. Trump’s years of experience at the Roswell Park Cancer Institute will enable him to bring a world-class vision of cancer care to the ICCRI and Inova,” says John Deeken, MD, Associate Director for Clinical Research in Medical Oncology at ICCRI.



Christopher O’Connor, MD, formerly of Duke University Medical Center, has started his tenure as CEO of Inova Heart and Vascular Institute.



VISION FOR GROWTH

An internationally recognized clinician and researcher, Christopher O’Connor, MD, has been recruited as the new Chief Executive Officer of Inova Heart and Vascular Institute (IHVI). Formerly Chief of Cardiology at Duke University Medical Center and Director of the Duke Heart Center, Dr. O’Connor brings 25 years of leadership experience to Inova.

“My five-year plan is to really drive quality, drive strategic growth, drive an outstanding patient experience and bring innovation and clinical research in a greater capacity to the institute,” says Dr. O’Connor. “There are 150 cardiovascular specialists who practice at the institute, and my goal is to bring everyone under one vision with a unified set of goals to accomplish the objective of becoming

a nationally and internationally recognized heart institute.”

Achieving the highest level of quality of care and patient satisfaction is one of Dr. O’Connor’s top priorities in his new role at IHVI.

“Dr. O’Connor’s arrival will move IHVI to a true institute model with coordinated and integrated care,” says Paul Massimiano, MD, cardiovascular and thoracic surgeon at Inova. “For years we’ve had many of the elements in place in IHVI, and now we will have the physician leadership to coordinate and to get the word out about the various programs that we have.”

An eminent researcher, Dr. O’Connor has published more than 400 manuscripts and has led more than 20 clinical trials. He is editor-in-chief of the *Journal of the American College of Cardiology: Heart Failure*.

“Dr. O’Connor brings this great wealth of knowledge, name recognition and energy around cardiology research,” says Alan Speir, MD, Medical Director of Cardiac Surgical Services at Inova. Dr. Speir has practiced cardiac surgery at Inova for 32 years. “We couldn’t be more pleased and honored that he would want to spend this segment of his career within Inova.”

HEART HEALTHY

Inova Heart and Vascular Institute offers five beautifully designed, state-of-the-art locations throughout Northern Virginia. The award-winning team of skilled, experienced physicians, nurses and technicians provides comprehensive diagnostic and treatment options for a wide array of cardiovascular disorders. Learn more at inovaheart.org.

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 4 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 Hospital medical staff in recent months



NAME	DEPARTMENT
Imran M. Abassi, MD	Psychiatry
Felice Banson, MD	Medicine/Gastroenterology
Dalila Birem, MD	Family Practice
Lana Bijelic, MD	Surgery/General
Kenneth Blais, MD, DMD	Oral Surgery
Jacquelyn Calbert, MD	Pediatrics/General
Timothy Cannon, MD	Medicine/Hematology/ Oncology
Martha Casamaluapa-Calderon, MD	Pediatrics
Christopher Degannes, MD	Medicine/Internal
Ravneet Dhaliwal, MD	Pediatrics
Tina Floy, MD	Pediatrics/General
George Gantsoudes, MD	Orthopedic Surgery
Kapil Gopal, MD	Surgery/Vascular
Tina Huynh, DPM	Orthopedics/Podiatry
Adrienne Kilgore, MD	Pediatrics/General
William Lang, MD	Family Practice
Sumerta Manchandani, MD	Psychiatry
Darlene Mansoor, MD	Pediatrics/Allergy and Immunology

NAME	DEPARTMENT
Andrei Marconescu, MD	Medicine/Hematology/ Oncology
Richa Mittal, MD	Medicine/Internal
Mahnaz Momeni, MD	Medicine/Rheumatology
Natalie Moore, MD	Obstetrics and Gynecology
Olga Morozova, MD	Physical Medicine/ Rehabilitation
Christopher O'Connor, MD	Medicine/Cardiology
Yasser Ousman, MD	Medicine/Endocrinology
Lauren Outlaw, MD	Obstetrics and Gynecology
Matthew Poffenroth, MD	Medicine/Internal
Elisabetta Pratt, MD	Pediatrics/General
Marc Raphaelson, MD	Neurosciences/Neurology
Mahsa Tehrani, MD	Medicine/Rheumatology
Douglas Villard, MD	Emergency Medicine
Joshua D. Washer, MD	Surgery/General
Jill Watras, MD	Surgery/Trauma
Emily Way, MD	Pediatrics/General
Shumin Zhang, MD	Psychiatry

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