



INOVA FAIR OAKS HOSPITAL

INhealth

Fitness enthusiast sets his life on new path with weight-loss surgery

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Top of his **GAME**

Nicholas Durso, who at one point tipped the scales at over 300 pounds, underwent weight-loss surgery at Inova. He is now training to compete in a sprint triathlon.

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FOLLOW THE LEADER

A Splendid Year

It was about six years ago that several of us had the vision of bringing world-class cancer treatment and diagnostic services to the communities served by Inova Fair Oaks Hospital. That dream was realized last year when the new Cancer Center at Inova Fair Oaks Medical Campus opened.

We marked the Cancer Center's one-year anniversary in March, and boy did we have a lot to celebrate. In just one year, the Radiation Oncology Department and Inova Breast Care Center have opened. Already, the Cancer Center has treated 320 radiation oncology patients and 250 breast care patients. Meanwhile, Life with Cancer®, a support and education program, has established a permanent home in the center, and several surgical specialty groups have opened offices in the building.

Of course, this is just the beginning. The healing garden, which is intended to help offer calm to patients and families, is expected to be completed this summer.

Our team of physicians, nurses and clinicians aim to create a destination at which individuals suffering from cancer can receive compassionate care with state-of-the-art services. Thanks to our umbrella organization, Inova Comprehensive Cancer and Research Institute, we are building a complete system of care for the community. There is more to come. Stay tuned.



JOHN FITZGERALD

Chief Executive Officer,
Inova Fair Oaks Hospital

PAIN SERVICES

Easing THE PAIN

Inova Fair Oaks to take an integrated approach to treating patients' pain

Pain is a common occurrence in a hospital, whether it is a byproduct of the healing process or a symptom of an underlying disease process. To better control that pain, Inova Fair Oaks Hospital is planning to expand its pain services to include chronic pain treatment alongside its acute pain treatment.

Acute pain is the type of pain you would feel if you broke a bone or stubbed your toe: It comes on rapidly and can be very intense. Chronic pain is different in that it doesn't go away and is often a more sustained and dull or achy type of pain. To treat these types of pain as effectively as possible, Inova Fair Oaks Hospital is taking a comprehensive, integrated approach to its new pain treatment plan.

"The idea is to bring all of our pain treatment professionals under one roof," says G. Michael Lynch, MD, Chief Medical Officer, Inova Fair Oaks Hospital. "Having physicians and practitioners who are highly trained about what treatments and modalities work [for

particular patients] is an important part of this," he says.

The hospital may use pain specialists in determining the best courses of treatment for patients. "This person would do an intake evaluation and would determine what kind of pain the patient is experiencing and the significance of that pain," says Dr. Lynch. "They would then guide the patient to the right area."

Another key aspect of this integrated approach could involve deploying psychiatry and psychological pain professionals early on in the treatment of a patient. Often chronic pain has a psychological component, and integrating these services with more traditional pain treatments would ensure patients receive the most effective care possible.

ASK THE EXPERTS LECTURE



Tushar Patel, MD
Orthopedic Surgeon

Treatment Options for Neck and Back Pain

Join Tushar Patel, MD, for this FREE lecture.

Date & Time: Thursday, June 18, 6 p.m.

Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

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

HELPING Hand

Nurse midwives offer safe, personalized care

If you're pregnant or thinking about getting pregnant, you may want to consider including a midwife in your birth plan. Inova Fair Oaks Hospital has a team of certified nurse midwives (CNMs), who offer personalized care that puts moms' priorities first.

"We are really looking at what the woman desires from her birth experience and trying to support that within the realm of safety," says Karen Foster-Anderson, a certified nurse midwife at Inova Fair Oaks Hospital.

The hospital's nurse midwives work with moms-to-be to support birth plans through prenatal visits, health promotion, help with self-care and more. Additionally, if a mom is interested in a natural birth, an Inova Fair Oaks Hospital nurse midwife will support her through that process.

All the hospital's nurse midwives are trained as registered



nurses and received certification for midwifery. This added healthcare expertise is key, says Foster-Anderson. "Being nurses first, generally we are attuned to the physical as well as the emotional needs of the expectant woman and her family," she says.

"The difference between a lay midwife and a certified midwife that is hospital-based is we can provide our patients with the gamut of care, from natural to medicated, if they desire," notes Leonard Rosen, MD, OB-GYN, Women's Medical Director for Inova Fair Oaks Hospital. "We're offering the best of both worlds in a safe environment."

BIRTHING BLISS

Learn more about Inova's maternity department at inova.org/FairOaksOB. See the link for "midwives" at the navigation bar on the left for a listing.

IT'S Complicated

Safe solutions for high-risk pregnancies



Women who have high-risk or complicated pregnancies now can make an appointment with a specialist on Inova Fair Oaks Medical Campus. Moustafa Hassan, MD, who specializes in maternal-fetal medicine, has an office in the new Professional Office Building (where the Cancer Center is located).

High-risk pregnancy issues are common, notes Dr. Hassan. He frequently sees cases of women of upper childbearing age who have problems conceiving. Many of his patients have undergone the reproductive technology in vitro fertilization, or IVF.

"The needs keep on increasing," says Dr. Hassan, who also visits Inova Loudoun Hospital. "With all the advances happening in the area of reproductive medicine, we see more and more patients who are infertile. If they undergo IVF, some of them already have problems conceiving because they have problems with their age, uterus or a medical condition. Some of them have conceived before but lost one or more pregnancies."

He also treats women with hypertension, epilepsy, Lupus, medication exposure, or who are at risk for premature labor.

Additionally, he and his staff deal with issues that happen during pregnancy such as gestational diabetes, inadequate fetal growth, or babies who are identified with abnormalities. The office performs advanced fetal sonograms, Doppler studies, screenings for chromosomal problems and genetic counseling.

"Most of these problems have solutions," says Dr. Hassan. "We work with the primary obstetrician, so it's primarily team management, and our patients get to keep their OBs."

ARE YOU HIGH-RISK?

Moustafa Hassan, MD, has an office at Inova Fair Oaks Medical Campus at 3580 Joseph Siewick Drive, Suite 304. Call 1.855.My.Inova. (1.855.694.6682) to make an appointment.

FORWARD LEAP



Karen Salb (far left photo, center, and photo at left) is back to a full teaching schedule after replacement surgery on her right knee.

Dancer takes strides to overcome knee pain

A dancer her entire life, Karen Salb loves instructing aspiring young dancers at her Hobbs, New Mexico, dance studio. Ever since she danced her way to success in the Miss New Mexico pageant when she was in her teens, Salb has

built her career around her passion for ballet.

Last May, however, Salb's career was put on hold. Having had cartilage removed from her right knee after a college injury, the joint had become bowed. The pain she endured was constant and severe.

"When you're teaching and you own your own business you sometimes ignore pain because you just have to go through it," says Salb, now 65.

Salb struggled to get through her classes, but the throbbing in her knee made standing challenging. So when her

daughter in Fairfax, Virginia, recommended Salb see James Reeves, MD, at Inova Fair Oaks Hospital's Joint Replacement Surgery Program, Salb began her journey to recovery.

ONE STEP AT A TIME

When Salb and her husband flew out for the surgery last May, she felt nurtured by Dr. Reeves' staff and the office environment.

"Everything was catered toward my well-being," she remembers. "I was just so impressed."

During the procedure, Dr. Reeves replaced the damaged cartilage on the surface of her knee joint with metal and plastic components designed to allow the knee to move smoothly.

"Minimally invasive surgery allows us to help our patients rehab a lot faster," says Dr. Reeves. "We get people walking and moving and in physical therapy the day of surgery, and gradually increase their range of motion, their strengthening and their ambulation."

For Salb, the recovery was swift. Three days after her procedure, she began physical therapy at Inova Fair Oaks Hospital. Now back in the swing of things, Salb teaches 19 dance classes a week and walks 15,000 steps with her husband on any given day. She has regained her full range of motion and the pain in her knee is gone.

"A lot of times," she says, "I forget I had my knee done."

ASK THE EXPERT

LECTURE



James Reeves, MD
Orthopedic Surgeon

Latest Advances in Hip and Knee Replacement

Join James Reeves, MD, for this FREE Lecture.

Date & Time: Wednesday, July 15, 6 p.m.
Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

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

HERE TO HELP

Inova Fair Oaks Hospital's Joint Replacement Surgery Program has earned the prestigious Gold Seal of Approval from The Joint Commission for outstanding healthcare. To learn more about joint replacement, call our orthopedic patient navigator, Karen DuTeil, RN, MSN, ONC, at **703.391.4555**.



PUTTING OUT THE FIRE

A firefighter beats prostate cancer with robotic surgery

Four years ago, when firefighter/paramedic Dwan Starks had a prostate exam, his high prostate-specific antigen (PSA) score signaled that something might be wrong. Given his family history of prostate cancer, Starks' urologist closely monitored his PSA level over the next few years. So last year, when his PSA rose even further, his doctor ordered a biopsy. Starks, 49, was diagnosed with prostate cancer, a disease in which malignant cells form in the tissues of the prostate. In true firefighter mode, Starks took action.

"When my doctor told me what my options were, I chose to have robotic surgery and I wanted to have it done as soon as possible," says Starks.

NO CAUSE FOR ALARM
Last January, Starks went to see Jonathan Mobley, MD, a minimally invasive urologist at Inova Fair Oaks Hospital, named a high performer in

the specialty of urology in the *U.S. News & World Report* annual list of hospital rankings. Dr. Mobley performed a robotic-assisted laparoscopic prostatectomy, which completely removed the cancer.

"Traditionally, 15 years ago, these procedures were done through an open 6-inch incision," says Dr. Mobley. "By performing the procedure through minimally invasive techniques, the patient has five small incisions, less pain, a shorter hospital course, and at a lower risk for requiring a blood transfusion."

Dr. Mobley prefers robotic-assisted surgery to open surgery because the advanced system gives him increased visual magnification and the precision he needs to spare nerves that affect urinary and sexual function.

IN THE SAFE ZONE
Within two days after surgery, Starks was able to return home. He has looked forward to rejoining the ladder company and swinging back into action.



Dwan Starks took action when he learned he had prostate cancer.

Unequaled Precision
Prostate cancer is the most common non-skin cancer in American men. It occurs when malignant cells form in the prostate, a walnut-size gland located in the male reproductive system that produces fluid in semen. Prostate cancer often progresses slowly, but certain types may be more aggressive, requiring treatment. Today, four out of five surgeries for prostate cancer are performed using robotic surgery. During a robotic prostatectomy, the surgeon removes the prostate gland and some of the surrounding tissue. With its magnified 3-D high-definition visualization and wristed instruments that precisely bend and rotate, the system enhances the surgeon's precision and control.

Nicholas Durso always enjoyed physical fitness. The weight-loss surgery he underwent at Inova Fair Oaks Hospital helped him return to an active lifestyle.



TOP OF

Fitness enthusiast sets his life on a new path with weight-loss surgery

Sidelined by sports injuries throughout his youth, Nicholas Durso often put his passion for fitness on hold. Recuperating from injuries acquired on the baseball field or on the basketball court often meant settling for a sedentary lifestyle and piling on excess pounds.

Throughout his 20s, the 5-foot 11-inch sports enthusiast tried numerous diets to keep his weight in check, but every time he dropped 50 pounds, he gained it right back. The fact that his career as a wealth management adviser involved countless meals with clients made managing his weight even more challenging. When he was 31, Durso tipped the scales at 301 pounds.

"My issue was serving size," remembers Durso. "Although I wasn't always eating pizza and drinking soda, I would eat the equivalent of four serving sizes for every portion of a meal."

Then a life-changing event happened that set Durso on a different course. His uncle, who was very close to the family, died of a heart attack at age 55.

"I decided to make a change in my life," says Durso. "My wife and I had just had our son who was 6 months old at the time that my uncle passed away, and I thought, 'that's not going to be me.'"

SCORE ONE FOR HEALTH

Durso met with Amir Moazzez, MD, Medical Director of Inova Weight Loss Surgery Program at Inova Fair Oaks Hospital, who explained the options and the lifestyle changes he would need to make.

"Dr. Moazzez is an amazing surgeon," says Durso. "He and his team gave me the tools, the education, the nutrition and the support that I needed to change my life."

Healthier You

Bariatric surgery has been shown to be effective at resolving or improving many obesity-related conditions. In one study, it successfully reduced 96 percent of such conditions.

"Weight-loss surgery helps patients get rid of most of their co-morbid conditions, such as diabetes, high cholesterol, hypertension, sleep apnea and acid reflux,"

says Amir Moazzez, MD, of Inova Bariatric Surgery at Inova Fair Oaks Hospital.

And the health results are long-term. According to the American Society for Metabolic and Bariatric Surgery, more than 90 percent of severely obese patients are able to maintain 50 percent or more of pounds lost after surgery.

HIS GAME

BEFORE



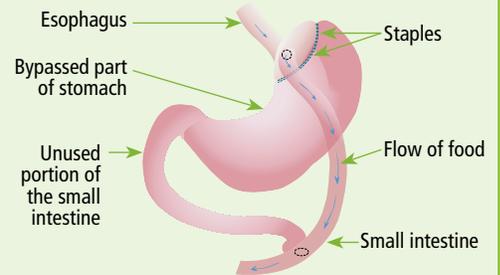
AFTER



Nicholas Durso, at left with son, Brennan, and wife, Samantha, has experienced life-changing effects from weight-loss surgery. Roux-en-Y gastric bypass surgery, the most common and popular bariatric surgery in the United States, involves stapling and partitioning the stomach into a small pouch and connecting the small pouch directly to the small intestine. The smaller stomach pouch restricts the amount of food the patient can comfortably eat. The bypass decreases the amount of nutrients and calories absorbed by the body.

Inova Fair Oaks Hospital specializes in mini-incision and laparoscopic gastric bypass surgery, techniques that are less invasive than traditional surgery and allow for a faster, more comfortable recovery.

ROUX-EN-Y GASTRIC BYPASS PROCEDURE



Based on Durso's body mass index (BMI), which had climbed to 42, and the fact that diabetes and heart disease were prevalent in his family, Dr. Moazzez recommended gastric bypass, considered the gold standard of weight-loss surgery.

"Nicholas had a strong family history of coronary artery disease and diabetes, and even though he didn't have co-morbid conditions yet, he decided to have this operation to prevent getting medical problems that were in the near future," says Dr. Moazzez.

Durso attended an educational seminar at Inova Bariatric Surgery and met with a dietitian, a behavioral specialist, an exercise physiologist and other experts on the medical team who would be there to guide him every step of the way. In the months before his surgery, he shed 50 pounds by walking three to five miles daily while monitoring his activity with a Fitbit activity tracker and his caloric intake with the MyFitnessPal app.

LONG-RANGE GOAL

Immediately after his surgery, the nurses encouraged him to walk to speed his recovery. He walked a mile the first day. After three months of daily exercise, he achieved his weight-loss goal. Having shed 100 pounds, the pain in his ankles and back from previous injuries subsided, and he regained his energy.

"I used to be tired walking from my couch to my car," recalls Durso. "Now I can sprint up my stairs three steps at a time and not even break a sweat."

He began a fitness program by walking daily on the treadmill, then gradually built up his strength to the point where he could run a brisk 10 miles. Now Durso is training to compete

in a sprint triathlon (a shorter version of a triathlon). "When your body is so used to carrying that much weight and you lose it, you feel you can run through a brick wall," says Durso. "It is amazing."

He knows he can call on Dr. Moazzez any time he needs support or has a question.

"Weight-loss surgery has to be combined with a life-long commitment to lifestyle changes and eating habit changes," says Dr. Moazzez. "We follow up on our patients very closely in our office for years to come and we have every help available if they need a dietitian, a behavioral specialist or an exercise specialist."

NEW INOVA MEDICAL GROUP

The Inova team of bariatric surgeons, formerly members of Bluepoint, provides a full range of surgical services including bariatrics, general surgery and minimally invasive surgery. The medical team also provides diabetes education and prevention, overall wellness, medical care, endocrinology testing and behavioral counseling. To schedule an appointment at the Fair Oaks or Woodbridge locations, call **703.620.3211**.

BARIATRICS 101

A FREE weight-loss seminar will be held Saturday, May 16, at 1 p.m. at Inova Physical Therapy Center, 14605 Potomac Branch Drive, Suite 200, in Woodbridge. To register, visit inovaweightloss.org or call **703.348.4716**.

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 Fair Oaks Hospital medical staff in recent months:

NAME	DEPT/SECTION
Sharon Bachman, MD	General Surgery
Felice Banson, MD	Medicine/ Gastroenterology
Arthur Black, DPM	Orthopedic Surgery/ Podiatry
Timothy Cannon, MD	Medicine/Hematology/ Oncology
Svetolik Djurkovic, MD	Medicine/eICU
Miguel Espinal-Santos, MD	Medicine
Aric Gardner, MD	Orthopedic Surgery
Sandy Ibrahim, MD	Family Medicine
Carl Labella, DDS	Dentistry
Alireza Maghsoudi, MD	Medicine/Cardiology
Shruti Malik, MD	Obstetrics/Gynecology
Sonya Shah, MD	Surgery/Ophthalmology
Roy Smith, DDS	Dentistry
Joshua Washer, MD	General Surgery
Jessica Weisz, MD	Pediatrics
Tarique Zaman, MD	Medicine



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Baby Time



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