

John Donahue is back on the court after suffering a stroke last May. He was treated at Inova HealthPlex – Lorton.

THE RIGHT *Stroke*

Any time, day or night, Inova HealthPlex – Lorton offers convenient, full-service care

PAGE 6

INSIDE: NEW MEN'S HEALTH CLINIC

3

SHOULDER SURGERY

4

WOUND HEALING

5

FOLLOW THE LEADER

Community Hospital Pride

I believe in the power and goodness of community hospitals. I appreciate the sense of accountability and strong bond that is formed when the people you are caring for are many of the same people you know. There is strength and purpose in knowing that we are all in this together, caring for one another in the best ways that we know how.

As I near completion of my first year as CEO at Inova Mount Vernon Hospital, I have never been more optimistic about the future of this hospital — your hospital. In November, we opened the new Mark and Brenda Moore Patient Tower to serve you better. This summer, we will be breaking ground on a greatly expanded Emergency Department to ensure that we can render the best care possible across our growing and diverse community.

But my optimism is built on much more than new, state-of-the-art facilities. It stems from the quality of the people that I am privileged to serve and to lead, and on witnessing their commitment to you. Each day, in meetings and while visiting the many areas across our hospital, I am able to see the mission of Inova Mount Vernon Hospital in action.

Thank you for your trust.



DEBORAH ADDO
Chief Executive Officer,
Inova Mount Vernon Hospital



AWARDS

GOLD SEAL of Approval

Another quality 'first' for Inova Mount Vernon Hospital



Inova Rehabilitation Center of Inova Mount Vernon Hospital has been awarded its first-ever Gold Seal of Approval™ Disease-Specific Designation by The Joint Commission (TJC) for stroke rehabilitation. The Center was evaluated during a rigorous on-site review conducted earlier this year, and has been awarded a two-year certification.

Inova Rehabilitation Center was evaluated according to stringent TJC criteria, including: clinical outcomes in key performance areas, the commitment of organizational leaders to continual quality improvement, and how well patients are educated with respect to the management of their conditions.

"Inova Mount Vernon Hospital always seeks to be evaluated against the highest-performing healthcare organizations in the nation," says Liane Boon, Senior Director, Rehabilitation Services. "Receiving the Gold Seal of Approval validates that our stroke rehabilitation program meets the highest national standards for patient safety and quality of care. We are proud to offer this high level of care right in our community."

REHAB WORKS

To learn about full range of programs of Inova Rehabilitation Center at Inova Mount Vernon Hospital, call **703.664.7592** or visit inova.org/rehab.

EVENTS

2015 PATIENT REUNIONS

Save the Dates!

One of the great traditions of Inova Mount Vernon Hospital involves the annual Patient Reunion Picnics each September on the hospital grounds. Each fall, we welcome back former patients and their families served by Inova Joint Replacement Center and Inova Rehabilitation Center to catch up and renew acquaintances.

Please save these dates, and watch for more information in the mail this summer!

- **Friday, Sept. 18**
Inova Mount Vernon
Joint Replacement Center Reunion
- **Friday, Sept. 25**
Inova Mount Vernon
Rehabilitation Center Reunion



Patients and staff alike enjoyed the Patient Reunion Picnics last year.



COMING this Summer

NEW Inova Mount Vernon Hospital Men's Health Clinic!



Inova Mount Vernon Hospital is pleased to announce the opening of its new men's health clinic this summer! The clinic specializes in treating the unique conditions associated with male health, including BPH (enlargement of the prostate), prostate cancer, sexual dysfunction and wellness.

The program offers all the convenience of one-stop care in a community hospital

setting, combined with full access to the wide range of world-class services provided by Inova, Northern Virginia's largest healthcare provider. Our interdisciplinary team of physicians and specialists is dedicated to helping men of all ages recapture or retain the vigor of their youth.

Inova Mount Vernon Hospital is pleased to offer this new health benefit to the community.

LEARN MORE

To make an appointment or to find out more, please call **703.664.7472** or visit us at inova.org/menshealth.

Don't Feel the BURN

Reduce sun exposure to lessen your risk of skin cancer

There are many factors that determine the likelihood that you will develop skin cancer, including your genetics and family history of the disease. However, one of the main risk factors — exposure to the sun's UV rays — can be mitigated if you take the proper preventive steps.

One of them is to use sunscreen with an SPF of 15 or higher and to apply it liberally to all of the exposed parts of your body. Putting it on your skin 30 minutes before heading outside will make a difference in how much protection you get. Reapply it every two to three hours, especially if you are active.

Beyond sunscreen, you can take other simple precautions to avoid too much exposure. Protective clothing like hats, long-sleeved shirts, long pants and sunglasses will also block the sun and can keep you from getting burned. If you're particularly sun-sensitive, stay in the shade or out of the sun altogether during the sun's peak hours from 10 a.m. to 4 p.m.



GET CHECKED

Inova Melanoma and Skin Cancer Center offers screening, detection and treatment of melanoma, a type of skin cancer, in early and advanced stages. Learn more about skin cancer at inova.org/skin.

REACHING HIGH

Fitness buff finds relief from reverse shoulder procedure

Just eight weeks after her shoulder replacement, exercise enthusiast Susan Frankowski took a cardio and strength-training class. Feeling zero pain, the 73-year-old was back to her active lifestyle.

But in the months leading up to her surgery, Frankowski was in constant severe pain. She couldn't sleep on her side or reach above her head without feeling an intense ache in her shoulder.

When a friend recommended Sameer Nagda, MD, an orthopedic surgeon at Inova Mount Vernon Hospital, Frankowski decided it was time to have her shoulder evaluated. And she's glad she did. Dr. Nagda ordered X-rays and an MRI, revealing a large tear in her shoulder joint.

FIXING THE PROBLEM

To alleviate Frankowski's joint pain and to improve her strength and range of motion, Dr. Nagda recommended reverse total shoulder replacement surgery.

"In patients who are older and who have bigger tears, oftentimes a reverse shoulder procedure can provide a more reliable result than a rotator cuff repair can," says Dr. Nagda. "Instead of trying to repair her rotator cuff, we offered her an option that changes the physics of the shoulder and allows the deltoid muscle to function as a rotator cuff muscle to allow her to lift her arm."

The surgery took a little over an hour, and Frankowski went home the next day.

Susan Frankowski is back to exercising five days a week a little more than a year after reverse total shoulder replacement surgery.

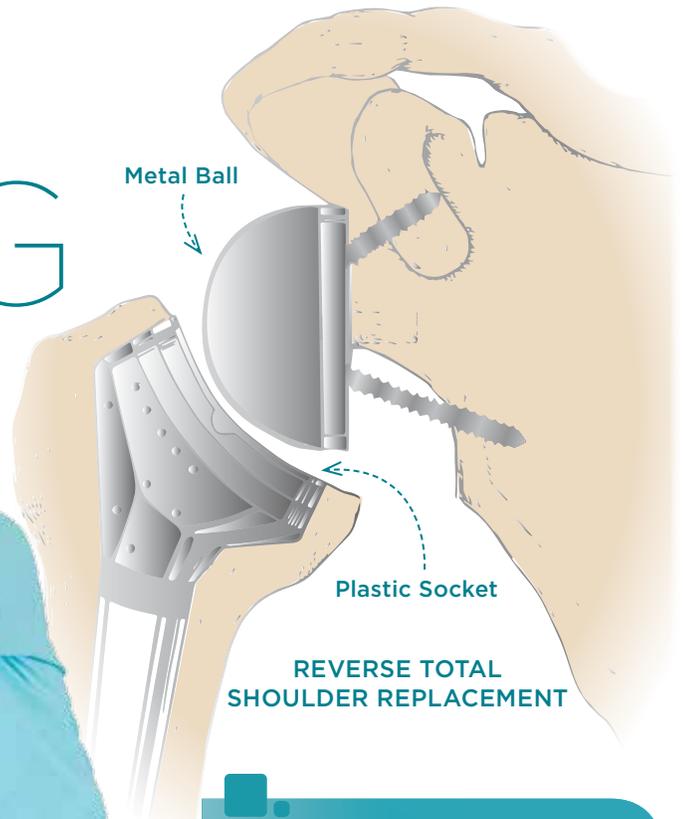
After six weeks of physical therapy, she regained her confidence to exercise again.

"Dr. Nagda is not only a very personable person but very knowledgeable, and he is a delight to work with," says Frankowski. "He is a ray of sunshine, he's very enthusiastic about what he does and he's very professional."

STAYING FIT

Now, just a little more than a year after her surgery, Frankowski is back to exercising five days a week. On any given day, she lifts weights, walks on a treadmill, and enjoys cardio, yoga and Pilates classes.

"I have 100 percent range of motion," says Frankowski, "and I am back to doing everything I ever wanted to do, pain-free."



Team Doctor

Sameer Nagda, MD, not only uses his skills as an orthopedic surgeon in the operating room. He also brings his expertise to the baseball field. For the last four years, Dr. Nagda has served as the team physician for the minor league team, the Potomac Nationals. Having completed a fellowship in sports medicine at the Kerlan-Jobe Orthopaedic Clinic in Los Angeles, and certified by the American Society of Sports Medicine, Dr. Nagda is highly trained in the field of sports medicine.

"My job is to be there for players if they get hurt before, during or after a game," says Dr. Nagda. "It is the role of the physician, the trainers and the therapists to make sure that the athlete's care is coordinated properly so that they can get back to playing as soon as possible, and as safely as possible."

TAKE A LOOK

To schedule an appointment or take a tour at Inova Joint Replacement Center at Inova Mount Vernon Hospital, call **703.664.7493**.

HIGH-TECH HEALING

Inova Wound Healing Centers change lives

Recent studies estimate that more than 6.5 million Americans suffer from chronic wounds. Non-healing wounds can keep people from participating fully in daily living activities and doing things they enjoy the most.

Inova Wound Healing Centers specialize in treating complex, non-healing wounds using state-of-the-art techniques and scientific advances. The team of physicians and medical professionals works closely with you and your care provider to deliver the expertise that can heal even the most complicated wound.

The Centers' Director, Eric Desman, MD, is dually board-certified in hyperbaric medicine and plastic surgery. Dr. Desman states that an important first step in successfully treating complex wounds is to understand and treat the underlying causes of the wounds. "When we treat a wound, we don't just treat the wound itself," he says. "We assess our patients' overall health and physical condition as well as their support system at home so we can create an individualized treatment plan best suited for their unique situation."

HYPERBARIC OXYGEN THERAPY

For over 30 years, the hyperbaric unit at Inova Mount Vernon Hospital has provided hyperbaric oxygen (HBO) therapy, which is highly effective and safe. During this treatment, the patient inhales 100 percent oxygen for short periods of time in a pressurized chamber. HBO therapy is helpful in treating conditions that require

increased oxygen flow to body tissues, including non-healing wounds.

Inova's HBO Unit at Mount Vernon Hospital is the only resource in the Washington, DC, region available for emergencies 24 hours per day, 365 days per year. HBO therapy is the treatment of choice for medical emergencies such as carbon monoxide poisoning and decompression illness (from scuba diving incidents).

Coming This Fall

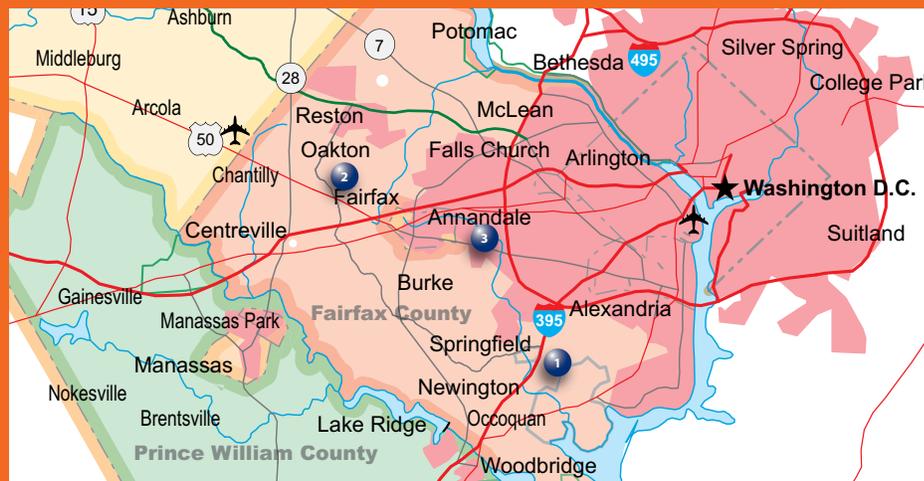
To meet the growing community demand for wound care services, Inova Wound Healing Center at Inova Fair Oaks Hospital will be expanding in the fall of 2015. This expansion includes adding an HBO service in addition to expanded treatment rooms. Look for more news about this enhancement to the health of the community in upcoming issues of *InHealth!*

SCHEDULE AN APPOINTMENT TODAY

If you have a wound that just won't heal, don't suffer another day. Make an appointment to visit the experts at Inova Wound Healing Centers by calling **703.664.8025** or visiting inova.org/wound-healing.

Three Wound-Healing Locations to Serve You Better

- 1 Inova Mount Vernon Hospital**
2501 Parkers Lane
Alexandria, VA 22306
703.664.8020
- 2 Inova Fair Oaks Medical Campus**
3700 Joseph Siewick Drive, Ste. 303
Fairfax, VA 22033
703.391.3784
- 3 Inova Fairfax Hospital at Woodburn**
3299 Woodburn Road, Ste. 180
Annandale, VA 22003
703.876.2710



John and Joanne Donahue felt well taken care of at Inova HealthPlex – Lorton where John went when he suffered a stroke.



ALWAYS IN GOOD HANDS

Any time, day or night, Inova HealthPlex – Lorton offers convenient, full-service care

Having just moved to Lorton, John and Joanne Donahue were still growing accustomed to their new surroundings. But last May, when they needed help and they needed it fast, they knew just where to go.

It was 4 a.m. when John, 78, woke up and was unable to move his left side. He felt confused and had difficulty speaking. Fearing his symptoms were serious, Joanne rushed him to Inova HealthPlex – Lorton, a state-of-the-art full-service healthcare facility offering 24-hour emergency, radiology and laboratory services.

“The people at Inova HealthPlex were wonderful,” says Joanne. “They saw us driving in, they saw the headlights and they came out to the car. Somebody said, ‘Let’s go!’ and they were out with a stretcher in minutes. When I was parking the car they already had done the CT scan.”

Diagnostic imaging, a service provided 24/7 at the HealthPlex, revealed that John had experienced a stroke. Fortunately, he was in the care of highly skilled specialists. The HealthPlex is provided by Inova Mount Vernon Hospital, one of five Inova hospitals designated as a Primary Stroke Center by The Joint Commission for stroke care excellence.

ALWAYS OPEN

Because of the speed of the expert staff and the proximity of the HealthPlex to their home, John was diagnosed and treated in the window of time when treatment is most effective. He was cared for by board-certified emergency medicine physicians and nurses specially trained in emergency medicine.

“The services we offer extend from minor care all the way up to resuscitation,” says Medical Director Michael Shuster, MD, FACEP. “We operate under the same rules and regulations any hospital is under, and we follow all the standards for the Joint Commission for Hospital Accreditation.”

Wait times at the Lorton HealthPlex are much shorter than at other facilities.

“We’re newer and we’re smaller, so our wait times are decreased compared to a regular hospital-based Emergency Department,” says Cathy Ford, RN.

For the Donahues, being in a small, friendly environment helped put them at ease.

“You’re kind of frightened by the whole thing, and they just took over,” he says. “I felt like I was in good hands. They took away the fear I had.”

THE RIGHT MOVES

After receiving emergency stroke care at Inova HealthPlex – Lorton, John was transported to Inova Fairfax Hospital via ambulance. After two days, John returned home where he commenced physical therapy for six weeks. A home health nurse came to the house two days a week to help him regain his physical and mental functioning.



Convenient Care

Inova HealthPlex - Lorton offers 24-hour emergency, imaging and laboratory services for patients of all ages.

The Emergency Department, staffed by board-certified emergency medicine physicians and dedicated emergency nurses, offers a full array of services for treating chest pain, shortness of breath, asthma and chronic obstructive pulmonary disease, acute abdominal pain, burns and lacerations, orthopedic injuries and pediatric emergency care.

The HealthPlex also provides comprehensive 24/7 radiology services, including X-ray, CT scan and ultrasound, plus scheduled exams for digital X-ray, ultrasound, CT scan, bone densitometry and digital mammography featuring 3-D mammography.

Patients can obtain comprehensive lab work in the full-service 24-hour laboratory.

He then enrolled in outpatient therapy at Inova Mount Vernon Rehabilitation Center, a state-of-the-art facility that offers rehabilitation services for patients who have experienced a stroke or other cerebrovascular conditions. Joanne was thrilled at how proactive the center was in helping them establish their first appointment.

"They were wonderful," says Joanne. "I didn't have to make many calls. They just took over and he went right into outpatient therapy."

BACK TO ACTIVE

With his balance and motor function fully restored, John is back to playing tennis and driving wherever he needs to go. He feels grateful that Inova HealthPlex - Lorton was nearby when he needed it.

"There were no second thoughts. We just went there because we knew it was there," says John.

When he isn't on the tennis court, he participates in a book club with friends, attends family events and serves on the finance committee at the condominium where he and Joanne now live.

SCHEDULE YOUR APPOINTMENT

Call or schedule an appointment at Inova HealthPlex - Lorton for the following
Emergency Services
703.982.8400
Radiology Services
703.982.8310
Laboratory Services
703.982.8302

CALL 911 FOR STROKE

When it comes to stroke, immediate medical attention is critical. A stroke occurs when a clot or ruptured blood vessel in the brain blocks blood flow to the brain. Immediate care increases the chance of a full recovery. According to the American Heart Association, an easy way to spot stroke symptoms is to recognize a stroke F.A.S.T.:

F

- **Face drooping** - Ask the person to smile. Does one side droop or is it numb?

A

- **Arm weakness** - Ask the person to lift both arms. Is one arm lowering?

S

- **Speech difficulty** - Ask the person to speak. Is his or her speech slurred?

T

- **Time to call 911** - If they have any of these symptoms, call 911 and get them to a hospital.

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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ASK THE EXPERTS

LECTURES



Sameer Nagda, MD
Orthopedic Surgeon

Treatment Options for Rotator Cuff Tears and Shoulder Arthritis

Sameer Nagda, MD

Thursday, May 14
6:30 p.m.

Harbour View
13200 Marina Way
Woodbridge, VA



Nitin Goyal, MD
Orthopedic Surgeon

Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

Thursday, June 4
6:30 p.m.

Inova HealthPlex - Lorton
9321 Sanger Street
Lorton, VA

Thursday, July 9
6:30 p.m.

The Westin Washington
National Harbor
171 Waterfront Street
National Harbor, MD

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