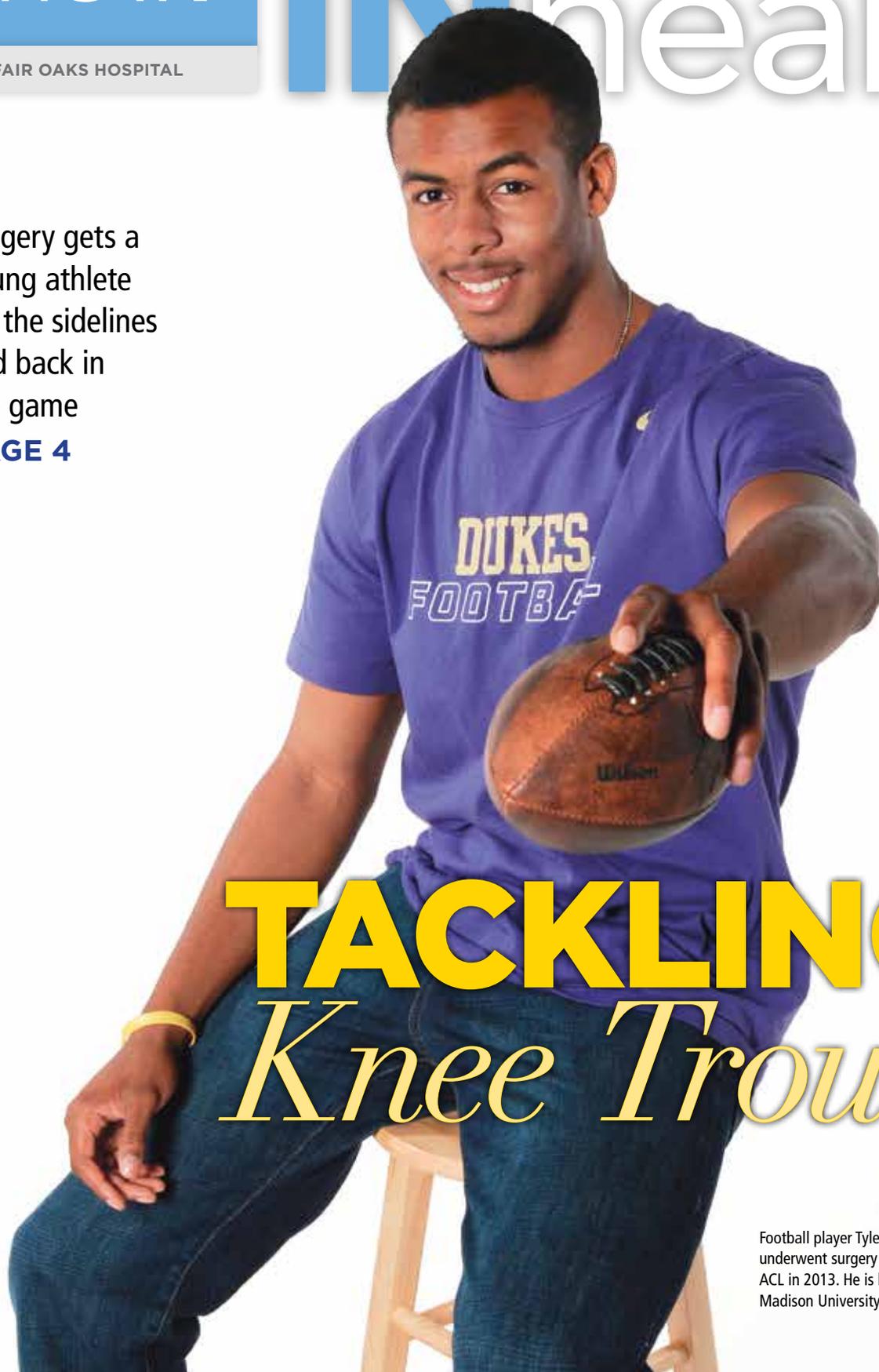


Surgery gets a young athlete off the sidelines and back in the game

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TACKLING

Knee Trouble

Football player Tyler Thrasher-Walker underwent surgery after tearing his ACL in 2013. He is headed to James Madison University this spring.



FOLLOW THE LEADER

Cars and Caring

It may be hard to imagine what a hospital and a car company could have in common, but it turns out we do have a similarity. Each is an organized system designed to deliver a specific product or service.

Recently, we have adopted a new way of designing and improving the care we provide to our patients, and we borrowed it from Toyota. It's called the lean management system. The goal of this approach is to remove waste from our processes and respect the people who use the systems. This means working continuously to improve the systems so that we can improve the care we provide to our patients.

So how does a hospital adopt a car-manufacturing model? The first step is to adopt the core concepts of the manufacturing model. In the case of lean, this means examining the important outcomes of our practices and protocols everyday to deliver the best value to you our customers. This includes catching mistakes before they happen and making the corrections to the systems to prevent the same mistakes from reoccurring.

The ultimate goal is to make Inova Fair Oaks Hospital one of the best community hospitals in the country. If you have the opportunity to use the hospital, take a moment and let us know how we are doing.



JOHN FITZGERALD

Chief Executive Officer,
Inova Fair Oaks Hospital

MATERNITY

IT'S Personal

Individualized birthing experience

The experienced team at Inova Fair Oaks Hospital's Birthing Center understands how special a newborn's "birth day" is and strives to support a patient's personalized birthing plan.

"The physicians, midwives and staff provide both a high level of care that all patients should expect as well as a comfortable environment," explains Laura Pickford, MD, Chairman of the Obstetrics Department at Inova Fair Oaks Hospital.

A trusted, compassionate birthing care team and private rooms are a vital piece of the birthing experience at Inova. Staff is ready and willing to support the needs of new moms. New parents also have access to a newly expanded Neonatal Intensive Care Unit, which includes all private rooms so mothers can stay with their newborns full time. The hospital is also planning to expand the labor, delivery and recovery area.

INTIMATE EXPERIENCE

Private, intimate and comfortable. These should be the characteristics of the first moments of a newborn's life. Inova Fair Oaks Hospital's private rooms and bathrooms and dedicated operating

rooms for Caesarean births are just some of the services offered to help provide this experience.

Other services include breastfeeding support and education from International Board-certified lactation consultants with daily, hands-on classes, a breastfeeding boutique, an on-site professional baby photographer, a cafeteria meal ticket for Dad and free valet parking.

"The first few days are a unique time to spend with your new baby," Dr. Pickford says. "We encourage skin-to-skin contact after birth and rooming-in for mother and baby, although we have a fully staffed nursery if the mother chooses."

While having a baby is thrilling, it can also be stress-producing, so Inova Fair Oaks Hospital encourages mothers to discuss any questions with their care teams to help them prepare for the big day. And in preparing for their discharge home, the team is here to support new moms with their educational and emotional needs.

GET A HEAD START

Take a virtual or in-person tour of the Birthing Center.

Visit inova.org/fairoaksob.

ASK THE EXPERTS



Laura Pickford, MD
Obstetrician/
Gynecologist



Walter Hodges, MD
Obstetrician/
Gynecologist



Alan Silk, MD
Neonatologist



Moustafa Hassan, MD
Maternal-Fetal
Medicine Specialist

LECTURE

Beth Goodiel
Certified Nurse
Midwife

To Be Announced
International
Board-Certified
Lactation
Consultant
(Not pictured)

A Panel Presentation: Labor and Delivery Options

DATE/ TIME: Thursday, April 16, 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).

Happy HEARTS

Use Inova resources to stay on top of your health



computer, you can take an online heart-risk assessment. This assessment will ask you for facts about your life, such as your age, weight, cholesterol levels and selected medical history. Based on the data you provide, it will give you your “heart age,” which ideally should be the same as, or younger than, your biological age.

A new cardiac screening center is opening this winter at Inova Fair Oaks Medical Campus, 3580 Joseph Siewick Drive, in the Cancer Center.

CARDIAC CARE

Take Inova’s online heart-risk assessment at inovaheart.org.

Heart disease is a major threat to the health of Americans. It is the leading cause of death for both men and women, and is linked to about 1 in 4 deaths overall. To find out whether you are at risk, get a heart assessment at Inova. As February is Heart Month, it is an ideal time to get checked.

Inova offers multiple ways to check for heart disease risk factors. If you have a

LECTURES

Life with Cancer

Two Life with Cancer® lectures will be held in the coming weeks:

Hot Topics in Nutrition and Cancer

Speaker: Deb Rowland, RDN, CSO

Date/Time: Wednesday, Jan. 21, 5 p.m.

Peripheral Neuropathy

Speaker: Sharon Gaskin, MS, OTR/L

Date/Time: Wednesday, Feb. 18, 5 p.m.

To register, visit lifewithcancer.org.

Cancer Center Continues to GROW

Life with Cancer space to open this winter



Another exciting development will soon be taking place at the new Cancer Center at Inova Fair Oaks Medical Campus. This winter, Life with Cancer® will have a new satellite location on the lower level, next to Radiation Oncology.

Life with Cancer, which is unique to Inova, provides education and support to people with cancer and their families, at no cost. “Our hope is we will grow exponentially and be able to provide more services to the Fair Oaks community with this new designated space,” says Sage Bolte, PhD, Director, Life with Cancer, which also has a freestanding home in Fairfax. “Having our own space means we can create and maintain consistent

programming and support for the community.”

The new space at the Cancer Center was developed to improve access to Life with Cancer services for the patients and families in and near the Fair Oaks community. This new 2,900-square-foot facility will offer space for counseling and nurse navigator support, support groups, and exercise and education classes. Bolte hopes to grow the program to provide more education and support programs that focus on survivorship and wellness.

Expanded Survivor Care

The Cancer Center strives to offer premiere cancer services in a single location. “For us, this goes beyond

the core services of radiation therapy, surgery and medical oncology. We care for the entire person, not just the disease. For example, we want to ensure that our patients have access to physical therapy, occupational therapy and speech therapy experts with specialized training in the needs of cancer patients,” says Ann Miner, Cancer Center Director.

Inova Fair Oaks Hospital recently achieved STAR (Survivorship Training and Rehabilitation) certification. Through the STAR certification process, the Cancer

Center staff and physicians received extensive training on the needs of cancer patients, and screening processes were established to ensure patients’ needs are identified.

“Cancer treatment can be very toxic and may cause patients significant pain, fatigue and disability,” says Helen Parker, PT, DPT, NCS, Outpatient Rehabilitation Clinical Coordinator at Inova Fair Oaks Hospital. “Through the STAR program, our goal is to ensure everyone with cancer is able to attain their best quality of life possible.”

VALUABLE CANCER SERVICES

Find out more about Life with Cancer® at lifewithcancer.org or call **703.206.LIFE** (5433). This central phone number helps to best match services to patients’ needs and questions.

Surgery gets a young athlete off the sidelines and back in the game

It was the best game of his life. But for Tyler Thrasher-Walker, the game in December of 2013 would end too soon. As the football running back dug his cleats into the field, he heard a snap in his left knee joint. A rival player had slammed into the side of his leg, knocking him to the ground. When Thrasher-Walker stood up, his leg gave out and he spiraled downward onto the grass.

"I felt destroyed when that happened. I felt like I was letting down my team," remembers Thrasher-Walker, now 19, whose Westfields High School team was competing in the Virginia High School League All-State playoffs. Fortunately, Thrasher-Walker would find the help he needed at Inova Fair Oaks Hospital, just down the street from his school.

FORWARD PROGRESS

Thrasher-Walker met with his team's physician, Robert M. Dombrowski, MD, Director of the Department of Orthopedics at Inova

Fair Oaks Hospital. An MRI revealed that the anterior cruciate ligament (ACL), a band of tissue that connects the bones in the knee, was severely torn. Tyler would need immediate surgery.

Using bone tissue from another part of the knee, Dr. Dombrowski successfully reconstructed the ligament.

"ACL reconstruction is a solution to an acute injury that has excellent long-term results," says Dr. Dombrowski. "Inova Fair Oaks has excellent resources and staff, and you get very personalized patient care and very experienced and competent orthopedic care teams."

BRIGHT FUTURE

Thrasher-Walker began physical therapy immediately after his surgery

and used crutches for the first six weeks of his recovery. Within two months, he was able to run again, and within six months, he was fully recovered. Thrasher-Walker looks forward to playing football at James Madison University in the spring.

"My leg feels great and I can do whatever I want to do," says Thrasher-Walker. "I have my full range of motion and I don't feel any pain in my knee whatsoever. Dr. Dombrowski is the greatest doctor in the world."

ASK THE EXPERT

LECTURE

Prevention and Treatment



David Novak, MD
Orthopedic Surgeon

of Sports Injuries

Join David Novak, MD, for this FREE lecture.

DATE: Monday, April 13

TIME: 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).



TACKLING KNEE TROUBLE

READY TO MOVE

To schedule an appointment with an orthopedic specialist at Inova Fair Oaks Hospital, call **703.391.4555**.

SMART SCREENING

Colonoscopy helps stop colon cancer in its tracks

At 77, Ruth Crumb is a picture of good health. She works part-time as a government contractor, walks four miles most days of the week and enjoys traveling with friends to dog shows. But if it hadn't been for a routine colonoscopy, Crumb says she might not be as healthy and active as she is today.

Five years ago, when Crumb went to Inova Fair Oaks Hospital for a colonoscopy, her gastroenterologist, R. Allen Blosser, MD, removed several benign polyps and suggested she come back for a follow-up test in five years. Crumb followed her doctor's recommendation, and she's glad she did. The colonoscopy, done last January, detected a cancerous mass that required immediate surgery. Because Crumb followed up on time, the cancer was caught early.

"Colorectal cancer is a highly preventable and treatable cancer if caught early," says Dr. Blosser. "For Ms. Crumb, we were able to pick up a potential malignancy at a very curable stage."

The National Cancer Institute recommends that individuals at average risk for colorectal cancer begin regular screenings at age 50, with follow-up tests every 10 years. Doctors may recommend screenings at an earlier age or more frequently if patients have a personal history of colon



Ruth Crumb is thankful for a routine colonoscopy, which revealed a cancerous mass that required immediate surgery. Another scan showed a tumor in her right lung. Both tumors were removed. She is now back to taking daily walks and attending dog shows.

cancer, precancerous polyps or inflammatory bowel disease, or if they have a family history of colon cancer.

PERFECT TIMING

For Crumb, the next step was to have the cancer surgically removed. Dr. Blosser arranged for her to see Lynda Dougherty, MD, a colorectal surgeon at Inova Fair Oaks Hospital. Dr. Dougherty performed minimally invasive robotic surgery to remove the tumor.

"Fortunately, it was a very early cancer," says Dr. Dougherty. "Had she waited five or 10 years, that would have been too long."

To rule out additional tumors, Dr. Dougherty ordered a full-body scan. The test revealed a tumor in Crumb's right lung, which was subsequently removed. Although the tumor was unrelated to her colon cancer, Crumb attributes her current good health to routine screenings.

"I am so thankful for where I am today," she says. "None of this would have been discovered if I hadn't had a routine colonoscopy."

GET SCREENED

To set up an appointment for colorectal cancer screening at Inova Fair Oaks Hospital, call **703.391.3696**.

High Ranking

Inova Fair Oaks Hospital recently received a "high-performing" ranking in gastroenterology & GI surgery by *U.S. News & World Report*, in addition to recognition as one of the best hospitals in the DC Metro Area and Virginia.

"One of the things that we at Inova Fair Oaks Hospital should be very proud of is recognition for GI services," says R. Allen Blosser, MD. "The award was based on a multitude of factors including outstanding care from the nursing staff, our ability to perform challenging procedures, our enormous success rate in performing colonoscopies, our exceedingly low complication rates and our ability to see patients in a timely fashion."



TRIUMPH

AJ Stidham and his mom, Amy, teamed up with Inova Medical Weight Loss Program to shed unwanted weight. They succeeded.

Mother, son achieve weight-loss success

After losing her husband seven years ago, Amy Stidham was faced with raising her two children singlehandedly while mourning the loss of her partner. As the years went by, she often found herself turning to food for comfort. Dieting helped Stidham shed excess pounds, but she was never able to keep the weight off for long. Having reached 257 pounds, Stidham began experiencing weight-related conditions such as sleep apnea, high cholesterol and back pain.

“It’s helpful having the support system. They give awards out every 10 pounds you lose and it’s nice to go in and be cheered.”

—Amy Stidham

“I’ve been a lifelong yo-yo dieter,” says Stidham, 52. “I’ve tried different things and inevitably I would get going and then I would fall off the plan and gain the weight back again.”

Stidham’s children also struggled with weight issues. But things changed a year-and-a-half ago, when her 22-year-old son, AJ, told her he was ready to lose weight. Standing by his side, Stidham registered AJ and herself for Inova Medical Weight Loss Program, a nonsurgical weight loss approach, at Inova Fair Oaks Hospital. Although she didn’t know what would happen next, she hoped for a positive change that would get her family back on track.

Healthy Choice

Inova Weight Loss Surgery Program is another option for candidates seeking a permanent weight-loss solution and improvements in their overall health.

“Bariatric surgery should be looked upon mainly for its medical improvements, not just a weight-loss and cosmetic type of

operation,” says Medical Director Amir Moazzez, MD. “It is by far the most effective way to get rid of chronic conditions caused by obesity, such as sleep apnea, diabetes, hypertension and high cholesterol.”

The specially trained staff includes a bariatrician, board-certified bariatric surgeons who

have performed over 8,000 surgeries, a nurse program coordinator, a licensed professional counselor, registered dietitians and exercise specialists. A fully accredited Comprehensive Center for Bariatric Surgery, Inova Fair Oaks Hospital offers a customized program tailored to the needs of each patient.

TIMES TWO



AJ STIDHAM BEFORE



AJ STIDHAM AFTER

AJ Stidham weighed 427 lbs. when he started the Medical Weight Loss Program at Inova Fair Oaks Hospital. He has lost more than a third of his weight.

LIFE-CHANGING IMPACT

For AJ, getting started in the program took a tremendous amount of courage.

"I felt nervous at first, but once I started going regularly it felt normal and I felt welcome," says AJ, who takes college-level classes online and walks dogs to earn extra money.

With help from Dr. Zalavadia and her team, AJ learned about meal portion control, the power of a positive self-image and the benefits of strength training. He even learned to incorporate new foods into his diet.

"I feel better overall," says AJ. "The treatment got me to where I am now. In some ways I don't think I could've done this on my own. So it was a good start and I'm looking forward to meeting my goal of getting to a healthy BMI."

According to Dr. Zalavadia, he's well on his way to achieving his target weight. "The goal of the program is to put people on a healthy diet that they can sustain even after they complete the program," she says.

The results were life-changing. During the program, Stidham, who is 6'2" tall, dropped 45 pounds. AJ, who is close to 7' tall, weighed 427 pounds at the start of the program, shed 70 pounds, then went on to lose another 100 pounds on his own.

"AJ was a different person from when he started," says Kajal Zalavadia, MD, a board-certified weight loss physician who guided Stidham and AJ throughout the program. "He was extremely dedicated and motivated because he saw all these changes he was making were definitely having a positive impact on his health. Both Amy and her son, AJ, were very successful."

"It's helpful having the support system," says Stidham. "They give awards out every 10 pounds you lose and it's nice to go in and be cheered."

For Stidham, the program proved to be much more than a way to achieve her desired weight-loss goal. All of her weight-related conditions were resolved through changes in diet and increased exercise.

"Amy was a perfect candidate for the program because we helped her reverse her current weight-related conditions and we talked about preventing any future ones from occurring," says Dr. Zalavadia.

GET HEALTHY

Sign up for a free informational weight-loss seminar or webinar by calling **703.348.4716**, visiting inovaweightloss.org or emailing weightloss@inova.org.

NEW OUTLOOK

At the beginning of the program, Stidham and AJ were given a baseline weight report, a complete medical exam and a body composition analysis. During the next 12 weeks, they attended weekly weight-loss classes on the Inova Fair Oaks Medical Campus and had personalized consultations with Dr. Zalavadia and a dietitian who specializes in weight loss. In addition to weekly 45-minute workouts with an exercise specialist, they were given pedometers to help them track the number of steps they took each day.



Amir Moazzez, MD
Medical Director, Inova Weight Loss Surgery Program

ASK THE EXPERT LECTURE

Advances in Treating Diabetes: A Medical and Surgical Approach

Join Amir Moazzez, MD, for this FREE lecture.

DATE & TIME: Wednesday, March 4, 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).

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.

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**8110 Gatehouse Road
Falls Church, VA 22042**

inova.org

IHS-056-1F0H



WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Fair Oaks Hospital medical staff in recent months:

NAME	DEPT/SECTION
Arpita Basu, MD	Medicine/ Internal Medicine
Vincent Bonin, DPM	Orthopedic Surgery/ Podiatry
Shirley Bethel-Soppet, DMD	Dentistry
Alexandre Gauthier, MD	Surgery/Ophthalmology
Asheesh Gupta, MD	Orthopedic Surgery
Nadim L. Hallal, MD	Orthopedic Surgery
Clarisa Hammer, DO	Surgery/Plastic Surgery
George B. Iskander, MD	Obstetrics & Gynecology
Mathew Katz, MD	Surgery/Ophthalmology
Marwan Khalifeh, MD	Surgery/Plastic Surgery
Sunghee Kim, DDS	Dentistry
Laura Kiszkiel, MD	Obstetrics/Gynecology
Onechang Lee, MD	Surgery/Neurosurgery
Karla Malloy, MD	Medicine/Hospitalist
John McAllister, MD	Surgery/Ophthalmology

NAME	DEPT/SECTION
Johnathan Mobley, MD	Surgery/Urology
Craig Morgan, DPM	Orthopedic Surgery/ Podiatry
Mahvash Mujahid, MD	Family Medicine
Cheryl Ostrowski, MD	Family Medicine
Jean Paul Pinzon, MD	Medicine/ Palliative Care
Rachita Prakash, MD	Medicine/Hospitalist
Abdulahad Rehmatulla, MD	Medicine/Hospitalist
Masoud Rezvani, MD	General Surgery
Rupa Shah, MD	Medicine/ Gastroenterology
Ryan Sobel, MD	Surgery
Bella Speight, MD	Anesthesiology
Jason Weber, MD	Orthopedic Surgery
Ogie Yar, MD	Medicine/Cardiology
Xin Zheng, MD	Medicine/Hospitalist

Find a Physician



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Baby Time



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