



INOVA ALEXANDRIA HOSPITAL

# INhealth

Katie Hansen followed in the footsteps of her mom, Ellen Thomas, delivering at Inova Alexandria Hospital. Little Everett was born in December.



# ALL GROWN UP

Mother gives birth at Inova Alexandria Hospital — where she was born

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### Spring Into Life

Welcome, spring! When the season comes around you always start to appreciate new growth or life. I was especially touched by the story in this issue that highlights two generations born at our hospital.

I have talked with countless community members who have similar stories about their families' links with our hospital, and even those who may have had one baby at our Duke Street location and another here at our Seminary Road location.

I hope that if you, your children or grandchildren are an "Alex Baby" you will help us celebrate Mother's Day this year at our special event on May 4.

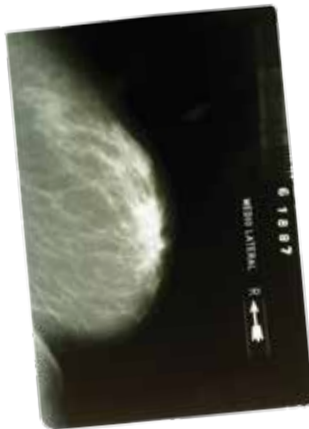
We also encourage you to submit your story and photos to help commemorate our family history and yours!

Best,



**CHRISTINE M. CANDIO, RN, FACHE**  
Chief Executive Officer  
Inova Alexandria Hospital

# Mammograms Matter



## Women, remember your annual breast cancer checkups

Breast cancer is the most common cancer among women in the United States and also one of the leading causes of cancer deaths among women. Fortunately, improvements in screening and early detection, as well as advancements in treatments, have placed breast cancer-related deaths on the decline.

### STAY HEALTHY

Women play a role in their breast health. Watching diet and exercise, knowing personal risk factors and participating in early detection strategies are vital steps in reducing the risk of breast cancer and finding it early enough to successfully treat it. The National Cancer Institute and the American Cancer Society recommend that a woman start annual mammograms and a clinical breast examination at age 40. Women with any increased risk or family history of breast cancer should begin mammograms prior to turning 40. A woman should disclose her family and personal history to her healthcare provider. This enables the physician to initialize an individualized screening plan.

► To schedule your mammogram at an Inova location, call **571.423.5400**.

## Breast Cancer Support

Are you facing breast cancer? Share the journey with someone who knows — a breast cancer survivor. A diagnosis of breast cancer can be overwhelming, but we are here to help. A new program at Inova brings together those recently diagnosed with trained volunteer mentors.

These mentors, all breast cancer survivors themselves, provide knowledge, support, encouragement and a shoulder to lean on.

Whether you're facing breast cancer and could benefit from the help of a mentor, or you are a breast cancer survivor and can offer help to another, Survivors Offering Support (SOS) is for you. With SOS, you're never alone.

To learn more about the program, please contact Pamela Crum, Coordinator, Survivors Offering Support, at **703.698.2532** or **pamela.crum@inova.org**.



## Cancer Services

Life with Cancer™ offers services at Inova Alexandria Hospital for cancer patients, families and friends, including educational classes, inpatient and outpatient visits, support groups, individual and family counseling, and complementary therapy classes designed to help them understand and cope with the impact of cancer — all at no cost. All of our services are provided by certified oncology nurses and licensed social workers. Life with Cancer also offers programs and support groups specifically for children and teens.

- Support and short-term counseling
- Education
- Children and teens' programs
- Mind-body/wellness programs
- Information and resources
- Expressive arts
- Diagnosis-specific groups

To learn more, visit [lifewithcancer.org](http://lifewithcancer.org).



## New Heart Surgeon On Board

Dr. Linda Bogar joins staff as Chief of Cardiac Surgery

Inova Heart and Vascular Institute at Inova Alexandria Hospital is proud to welcome Linda Bogar, MD, cardiac surgeon, as Chief of Cardiac Surgery. She joins Inova from Thomas Jefferson University Hospital in Philadelphia where she served as Assistant Professor of Surgery and Surgical Director of the Heart Transplant and Mechanical Circulatory Support Programs. She practiced there for the last eight years.

Dr. Bogar received her medical degree from Temple University School of Medicine in Philadelphia and completed her surgical residency and a fellowship in cardiothoracic transplant at Temple University Hospital. She then went on to complete a cardiothoracic surgery residency at Thomas Jefferson University Hospital in Philadelphia.

She will be joining Inova's expert team of cardiac surgeons, Nelson Burton, MD, and Eric Sarin, MD, as well as the team of thoracic and vascular surgeons and interventional radiologists.

### THE HEART OF IT

The heart specialists at Inova Heart and Vascular Institute at Inova Alexandria Hospital use advanced technologies to provide cardiac patients with services that include evaluation, diagnosis, treatment, education and rehabilitation. Our diagnostic and treatment capabilities include catheterization, electrophysiology, cardiovascular magnetic resonance and cardiac surgery. We offer state-of-the-art cardiac rehabilitation and programs in our brand new Center for Rehabilitative Care on the Inova Alexandria Hospital campus to help you live a heart-healthy life.

Our recently expanded Cardiovascular and Interventional Radiology Department includes a dedicated interventional radiology lab and a neurovascular interventional radiology lab to treat stroke, an electrophysiology lab and two cardiovascular ultrasound rooms. Our surgical services have also expanded to meet the growing need for open and minimally invasive surgical procedures. To learn more, visit [inovaheart.org](http://inovaheart.org).

## A GOOD COMPLEMENT

*Mind-body techniques can soothe stress of chemotherapy*

Holistic medicine increasingly is becoming an integrative aspect of cancer care.

Breathing techniques, aromatherapy, progressive muscle relaxation, guided imagery or visualization, meditation, yoga, tai chi and even listening to music can help to soothe the anxiety, fear and worry associated with chemotherapy and other treatments.

Coping with chemotherapy can feel overwhelming. Stress causes muscle tension, a rapid heart rate, elevated blood pressure, fast breathing, as well as feelings of apprehension, irritation and frustration. When facing new treatment procedures, stress levels may rise and can then aggravate some of the potential side effects of treatment including nausea, fatigue and low energy. A relaxed state of mind and body can lessen the likelihood of such side effects. Patients can create a sense of control over their situations and develop more peaceful emotional states.

# HAPPY TO HELP

THANKS TO SPINAL SURGERY,  
HOSPITAL VOLUNTEER  
REGAINS QUALITY OF LIFE



Donna Gathers, a volunteer at Inova Alexandria Hospital, underwent a spinal decompression and fusion at the hospital. Her surgeon was Corey Wallach, MD.

**Seven years ago, Donna Gathers experienced sudden and immobilizing back pain** that prevented her from going about her daily routine. She sought medical advice, was treated with an epidural injection, and the pain disappeared.

But the same pain, a pain that made it difficult to walk and stand, came back with a vengeance six years later. “I couldn’t even cook a meal without taking breaks to sit down because my back bothered me so much while standing,” Gathers says. “I wasn’t able to live my life the way I wanted. I’m in my early 60s, and I want to enjoy life and be able to do things, particularly now that I’m retired.”

## RECURRING PAIN

Treating her back pain with epidural injections only provided temporary relief. So Gathers, wanting a permanent solution, consulted with Corey Wallach, MD, Medical Director, Inova Spine Services at Inova Alexandria and Mount Vernon

hospitals. Dr. Wallach diagnosed Gathers with spinal stenosis, a narrowing of the spine that can cause pain, numbness, weakness and problems of coordination; and spinal instability, a condition in which one vertebra is shifted forward on another.

“Donna was a classic patient who presented with really bad symptoms and was significantly limited in her quality of life,” Dr. Wallach says. “While surgery is not the solution to most back problems, for Donna’s condition surgical correction was far superior to nonoperative care.”

## THE RIGHT CARE

In February 2012, Dr. Wallach performed a spinal decompression and fusion on Gathers at Inova Alexandria Hospital. After a short stint in the hospital after surgery, where she says she received “fabulous” care from “very attentive” staff, Gathers was on her way to recovery.

“It’s amazing — the way we are able to improve people’s lives so quickly,” Dr. Wallach says. “Using minimally invasive techniques [smaller incisions], we have been able to reduce the length of hospital stays [after surgery] and get people back to their normal routines faster.”

Today Gathers is back volunteering at Inova Alexandria Hospital’s Same Day Surgery Center two afternoons per week. In January, she attended the presidential inauguration, “a wonderful, memorable experience,” that involved walking two miles to the Capitol building from her son’s apartment and standing for the ceremony.

“Before the surgery, I wouldn’t have been able to stand for the ceremony, never mind walk to get there,” she says.

## Ask the Expert

### THE LATEST TREATMENTS FOR BACK PAIN

Join Corey Wallach, MD, for a special lecture at the Charles E. Beatley, Jr. Central Library at 5005 Duke St. in Alexandria. “The Latest Treatments for Back Pain” will take place on Monday, May 13, at 7 p.m. Visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call **1.855.My.Inova (1.855.694.6682)** to register.



Corey Wallach, MD  
Orthopedic Surgeon

## Find Relief

To learn more about Spine Services at Inova, visit [inovaspine.org](http://inovaspine.org).

# All Grown Up

Mother gives birth at Inova Alexandria Hospital — where she was born

**When Katie Hansen gave birth to little Everett late last year**, the experience felt even richer knowing that she was born in the same hospital 33 years before.

"It is such a special story, to be able to keep the tradition of the same OB-GYN practice and same hospital as my mother," says Hansen, Vice President of Member Engagement at the American Society of Interior Designers. "DC is a very transient area, but for those of us who actually grew up here, our provider networks mean so much and offer so many meaningful relationships and memories."

## LONG HISTORY

Inova Alexandria Hospital has been delivering babies for more than 140 years. Today, it offers hotel-like

amenities; 24-hour neonatal services, anesthesia and a well-baby nursery; a Level 3 neonatal intensive care unit; a lactation center with board-certified lactation consultants; and easy hospital access with ample free parking.

The staff includes board-certified private practice obstetricians, nurse-midwives, perinatologists, neonatologists, anesthesiologists and nurses.

Hansen's OB-GYNs were Tina Pham, MD, Marion Bissel, MD, Aditi Agarwal, MD, and Jennifer Santiago, MD. They make up the practice of OB-GYN Associates of Northern Virginia.

Hansen, who is married to Erik Hansen, appreciated the intimate size of the hospital and its diversity of staff. She came to the hospital twice before the birth because she had a fibroid that

needed to be monitored. Fortunately, it moved out of the way of the birth canal by 36 weeks.

"The care I received from everyone on staff through the whole process was exceptional — and I'm talking about 15 different staff members," she says.

When it came time to deliver, Hansen arrived on Dec. 26, a week after her due date, to be induced. After sleeping overnight, she started having contractions that were two minutes apart. She received an epidural for the pain. After only 20 minutes of pushing, out came Everett, born at a little over 8 pounds.

One of the highlights of her delivery experience? "The staff allowed me to listen to reggae music through the labor and pushing, which helped me to relax and concentrate," she says.



## Are you an Alex Baby?

Were you or a family member born at Inova Alexandria Hospital in the last 140 years? Did you have your baby here? Inova Alexandria Hospital is planning the largest Mother's Day celebration in the area, and we are looking for you. To learn more, check us out on Facebook at [facebook.com/InovaAlexandriaHospital](https://www.facebook.com/InovaAlexandriaHospital).



Martin Bailey is back in form after undergoing total shoulder replacement surgeries

# SHOULDERING THE LOAD

Total shoulder replacement restores full function

## Stay Active

Learn more about orthopedic services and surgery options at [inova.org/ortho](http://inova.org/ortho).

**It takes a lot to throw Martin Bailey off his stride.** Even a severe case of arthritis in his shoulder didn't slow him down. The martial arts enthusiast from Woodbridge kept up his exercise routine — lifting weights and working through the pain. Then one day he looked in the mirror and noticed something odd: his body was leaning to the right.

Bailey returned to Jeffrey Lovallo, MD, a pioneering shoulder surgeon at Inova Alexandria Hospital, who had diagnosed his arthritis five years earlier. This time, the arthritis was so bad Dr. Lovallo couldn't even see the shoulder joint on the X-ray.

“My advice to anyone suffering shoulder pain is this: don’t put it off. When your daily routine is hindered, go ahead and have it done.”

Five weeks later, Bailey underwent a total shoulder replacement surgery.

“This minimally invasive procedure involves replacing the arthritic joint surfaces with a metal ball attached to a stem and a plastic socket,” Dr. Lovallo explains. “Patients with severe osteoarthritis like Martin Bailey are good candidates. For those with bigger problems, such as irreparable rotator cuff tears, we offer a reverse total shoulder replacement in which the socket and metal ball are switched.”

Dr. Lovallo performed Virginia’s first reverse total shoulder replacement at Inova Alexandria Hospital in 2004. This groundbreaking achievement ushered in what he calls “the decade of the shoulder,” with enormous advancements in shoulder surgery and replacement. He is also a founding member of the Mid-Atlantic Shoulder Society.

Just 12 hours after his procedure, Bailey was up and walking. One week later, he began rehabilitation, and

# Ask the Expert

## OPTIONS FOR ROTATOR CUFF TEARS AND SHOULDER ARTHRITIS

Join Jeffrey Lovallo, MD, for a special lecture at Inova Alexandria Hospital on "Options for Rotator Cuff Tears and Shoulder Arthritis." The lecture will be held on Wednesday, April 17, at 7 p.m. Visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call **1.855.My.Inova (1.855.694.6682)** to register.



Jeffrey Lovallo, MD  
Orthopedic Surgeon

within six months he was again performing the strikes, kicks and grappling moves in his martial arts routines.

He is now back to full function and heartily recommends Dr. Lovallo and Inova Alexandria Hospital for shoulder replacement. “My advice to anyone suffering shoulder pain is this: don’t put it off,” he says. “When your daily routine is hindered, go ahead and have it done.”

## SHOULDER REPLACEMENT: WHO NEEDS IT?

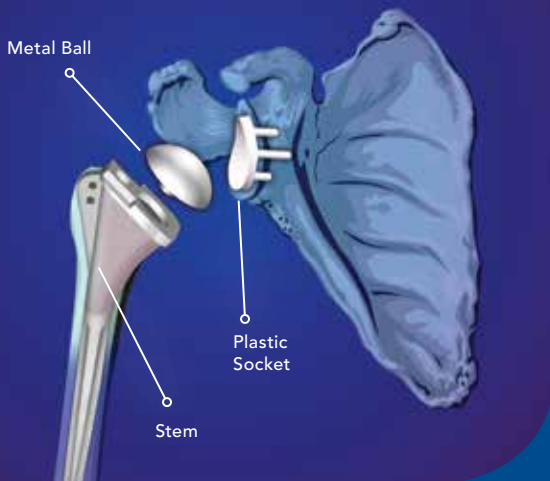
Hip and knee replacement surgeries in the United States far outweigh shoulder replacement operations, but the latter can be just as beneficial in relieving pain and restoring function.

Several conditions can result in shoulder pain and disability, prompting a need for shoulder replacement surgery. One common condition is osteoarthritis, an age-related “wear-and-tear” type of arthritis. Here, the cartilage, which cushions the bones of the shoulder, softens and wears away. The bones then rub against one another. Over time, the shoulder joint slowly becomes stiff and painful. Other reasons for the surgery include rheumatoid arthritis, arthritis caused by a longstanding rotator cuff tear and severe fractures.

The surgery may help people who have the following symptoms, according to the American Academy of Orthopaedic Surgeons:

- Severe shoulder pain that interferes with everyday activities, such as reaching into a cabinet, dressing, toileting and washing.
- Moderate to severe pain while resting.
- Loss of motion and/or weakness in the shoulder.
- Failure to substantially improve with other treatments such as anti-inflammatory medications, cortisone injections or physical therapy.

Don’t hesitate to discuss options with your primary care doctor and orthopedic surgeon.



### SHOULDER REPLACEMENT SURGERY

In shoulder replacement surgery, the damaged parts of the shoulder are removed and replaced with artificial components, called a prosthesis. The treatment options are either replacement of just the head of the humerus bone (ball), or replacement of both the ball and the socket (glenoid).

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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### LEARN MORE

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we've gone electronic

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