



INOVA FAIRFAX HOSPITAL

INhealth

FORM MEETS FUNCTION

Inova Fairfax Hospital's new patient tower brings healthcare into the future

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FOLLOW THE LEADER

Busy Saving Lives

Inova Fairfax Hospital made its mark this year when *U.S. News & World Report* ranked our hospital No. 1 in the Washington, DC, region. It also ranked our gynecology, cardiology and heart surgery programs among the best in the nation.

Now it has another feather to add to its cap. The Organ Procurement and Transplantation Network recognized our hospital as among the top 50 most active kidney transplant centers in the country. It is the only hospital in the Washington, DC, region on this list.

This recognition is a reflection of the hard work our staff has put into the transplant program. Nationwide, more than 93,000 people are currently listed for kidney transplantation. We feel privileged to do all we can to help those in need of lifesaving care.

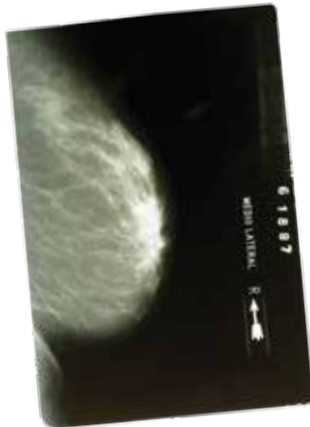
Inova Transplant Center is an example of Inova's commitment to service. Its facilities and staff are available 24 hours a day, seven days a week, to provide consultation and immediate care for transplant patients.

The kind of personalized care offered at the center can be seen throughout the system — whether it's cardiovascular health, OB-GYN, orthopedics, primary care or another area of expertise. Wherever you come at Inova, you can expect the best — because that's what we expect of ourselves.



PATRICK CHRISTIANSEN, PhD
CEO, Inova Fairfax Medical Campus

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 advancement 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 women 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.



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.

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.

Cancer Services

Life with Cancer™ offers services at Inova Fairfax 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
- Information and resources
- Education
- Expressive arts
- Children and teens' programs
- Diagnosis-specific groups
- Mind-body/wellness programs

► To learn more, visit lifewithcancer.org.



DEWBERRY FAMILY CENTER

Life with Cancer's Dewberry Family Center, located at 8411 Pennell St., in Fairfax, is a freestanding resource center for cancer patients and their families. The 16,000-square-foot facility combines the comforts of home with a place for cancer education and support of cancer patients and survivors at no additional cost. Learn more at [703.698.2526](tel:703.698.2526) or at lifewithcancer.org.

Study Up

Learn more about the Betty & Guy Beatty Center for Integrated Research at inova.org/research/center-for-integrated-research.

Diabetes Under the Microscope

Inova researches molecular factors



One of the most critical public health problems in the United States is the subject of in-depth research here.

“Inova’s team has been intimately involved in cutting-edge clinical and translational research of obesity and type 2

diabetes and their complications,” says Zobair M. Younossi, MD, MPH, FACP, AGAF, Chairman, Department of Medicine, Inova Fairfax Hospital, and Vice President for Research, Inova.

A number of projects are using the advanced technologies of proteomics and genomics to identify impaired biological pathways in those individuals who are obese, diabetic or have complications such as liver disease or heart disease. The goal is to develop biomarkers — indicators of the disease — and identify potential treatment targets.

While the project has been ongoing for 12 years, it picked up speed in 2008 with the opening of the Betty and Guy Beatty Center for Integrated Research at Inova. Here, on the third floor of the Claude Moore Health Education and Research Center on the Inova Fairfax Medical Campus, about 20 scientists, clinical investigators, database researchers and students are studying obesity, diabetes and liver disease. Funding this research is the Beatty Liver & Obesity Research Program and other grants and contracts.

“We’re collaborating with people internationally,” Dr. Younossi says. “We’re expanding our research portfolio to include other complications of obesity and diabetes and by adopting newer and more sophisticated technologies as they become available.”

Precise Approach

MINIMALLY INVASIVE SURGERY TRANSFORMS PATIENT CARE

Minimally invasive surgery is advancing the way surgeons provide care for their patients. Known for smaller incisions and rapid recovery, the pioneering approach has revolutionized nearly every surgical field.

“Because minimally invasive surgery offers a less painful approach to surgery, a shorter hospital stay and a cosmetically better result, it has become one of the preferred ways to take care of patients with surgical problems,” says John Moynihan, MD, Chief Medical Officer and Chairman of the Department of Surgery at Inova Fairfax Hospital. “The technique involves highly specialized instruments and tiny video cameras while still allowing for the delivery of highly effective quality surgical care.”

At the forefront of this innovative approach, Inova Fairfax Hospital offers laparoscopic and robotically assisted procedures spanning a wide array of surgical

subspecialties including urology, gynecology, otolaryngology, general and thoracic surgery as well as pediatric surgery and transplant surgery.

UNLIMITED POTENTIAL

For both diagnosis and treatment, minimally invasive surgery provides a sophisticated way of performing surgery without a major incision. During a laparoscopic procedure, tiny incisions are used to introduce specially designed surgical instruments including a miniature camera that sends a clear, magnified view of the surgical site to a monitor. The technique translates into less trauma for the patient.

“Minimally invasive surgery is an opportunity to really advance the care of patients with surgical disorders on our campus,” says Dr. Moynihan. “It is the future of surgery.”



VISIONARY TOOL

The specialized team at Inova is beginning to expand the application of robotically assisted surgery to continue to drive improved patient outcomes with less pain, less blood loss and quicker recovery. During this advanced laparoscopic technique, the surgeon controls robotic arms while viewing a superior three-dimensional image of the surgical site from a nearby console.

“Because of the visual capabilities provided by robotic technology, surgeons are able to visualize more difficult anatomic areas within the body and therefore are able to do a minimally invasive approach in areas that might otherwise not lend themselves to that kind of surgical technique,” says Dr. Moynihan. The technique also provides the surgeon with greater precision and range of motion, he adds.

Body Basics

Learn more about the Inova Spine Program at inovaspine.org.

HE'S GOT YOUR BACK

Dr. Ali Ganjei, Inova spine doctor

It's been a professionally rewarding period for Ali Ganjei, MD, Co-Medical Director of the Inova Spine Program. The experienced physical medicine and rehabilitation specialist, who is focused on helping patients beat back pain, has recently earned a U.S. patent for a special body mechanics device.

"I'm a strong believer that an ounce of prevention is better than a pound of cure," Dr. Ganjei says. "My device can potentially be used as a powerful preventive tool for some of the most common — and most expensive — medical problems in the United States: back pain."

Dr. Ganjei's focus is on not just treating patients, but changing the way that we deliver medicine and approach disease. It is one that is shared by many of his colleagues within the Inova Spine Program. Physicians in the program have focused their research in various clinical and biomechanical areas. Inova doctors are investigating new screws and devices for difficult spinal fusions, and other tools that can be used in the operating room when performing surgery. Other research focuses on paralysis and how a computer brain

interface could change the lives of thousands of people living with spinal cord injuries. Dr. Ganjei's device is focused on injury prevention. His conservative approach fits hand-in-hand with the approach of the Inova Spine Program — 80 percent of our patients find relief without surgery.

TEAM PLAYER

Since joining the Inova team about 20 years ago, Dr. Ganjei has spent his time working in physical medicine and rehabilitation. He says he was drawn to this specialty because of its holistic approach to medicine.

"Because we take care of very complicated cases, we really work as a team," Dr. Ganjei says. "I see patients in various stages of their treatment plan for back and neck pain. It's my role to help them to recover in a conservative manner, meaning I help them without entering the operating room."

While the vast majority of Inova Spine Program patients are able to find relief from their back and neck pain without surgery, sometimes it is necessary. That's where a coordinated program,

like Inova Spine, makes a difference. Dr. Ganjei is part of a team that includes physical therapists, anesthesiology and pain management physicians, and spine surgeons — as well as Spine Program nurse navigators who are there to guide patients through the process. It's a coordinated approach that has helped more than 3,000 patients each year find relief.

ADMIRER TEACHER

Dr. Ganjei, who teaches fourth-year medical students at the Virginia Commonwealth University School of Medicine's Inova Campus, is skilled at communicating the importance of providing good care. Last year, he received the school's M-4 Clinical Educator Certificate of Recognition for Teaching Excellence award.

"I truly was honored," says Dr. Ganjei, who has been recognized as a "top doc" in national listings, as well as in *Washingtonian* magazine, for more than a decade. "It makes me humble, and it makes me want to try even harder. I feel very fortunate to be able to train the next generation of physicians. Being able to have a part in molding a physician is truly a privilege."



FORM MEETS FUNCTION

INOVA FAIRFAX HOSPITAL'S NEW PATIENT TOWER BRINGS HEALTHCARE INTO THE FUTURE

Everywhere you look in Inova Fairfax Hospital's new main entrance, there is a sense of calm, serenity and meditation.

Among these indicators: plants; pictures of Northern Virginia and iconic Washington, DC, structures; water trickling in the atrium; walls that absorb sound. While there is no question the new 216,000-square-foot South Patient Tower is beautiful, the pleasing surroundings tie into a larger purpose.

"Function is the primary driver of the South Patient Tower," says Rick Sasaki, project manager of the building and Vice President of Wilmot Sanz Architecture Planning, a Gaithersburg, MD, firm that specializes in health care construction. "It's all about patient care."

The environment is a critical element of the healing and care processes, notes Kristin Feliciano, Vice President of Inova and Administrator of Inova Fairfax Hospital.

"With everything – from the artwork that brings nature

indoors, to the windows and shades that provide a balance of sunlight and privacy – it's all part of a nurturing process to help the patient get back to health and back to enjoying life," she says.

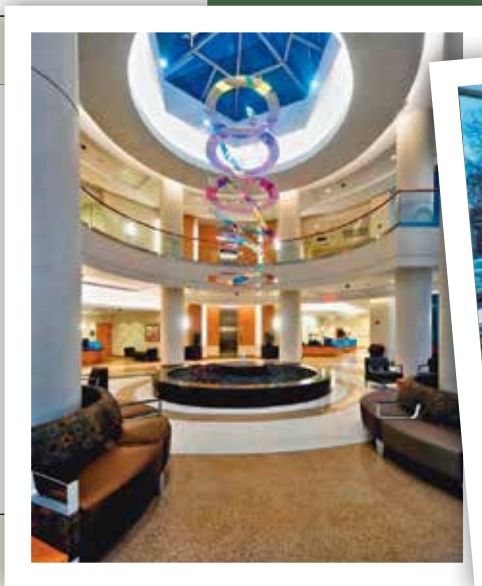
TOWER OF STRENGTH

The new tower, which connects to the pre-existing patient tower, stands an impressive 11 stories. Contained inside are 174 private patient rooms, three intensive care units and five medical-surgical floors. In keeping with its modern design, the ICU rooms are specially designed to give staff 360-degree patient access for optimal patient care. The tower also features designs that are sensitive to older patients, and space for equipment upgrades.

Besides carefully considering the patient experience, architects took an environmental approach. With a green roof, the capability to collect rainwater from it and with efficiency in energy use, the building is a look into the future.

Modern Flair

The new South Patient Tower offers contemporary design in a healthcare setting. While the design and decorative elements are aesthetically pleasing, they also tie into the purpose of promoting and instilling wellness. Images at left (clockwise): Exterior of the tower, the new main entrance for Inova Fairfax Hospital; a patient room, which features a couch by the window that folds into a bed for a loved one; and the nurses desk, which conveys the open and spacious feeling of the building. Right: the rotunda and lobby with comfortable furniture, natural light and innovative art.



Inova Fairfax Hospital has applied to the U.S. Green Building Council for a Leadership in Energy and Environmental Design (LEED) award and believes the South Patient Tower will merit a “silver” designation. If granted, it will become the first LEED-certified building in the Inova network.

That’s something Patrick Christiansen, PhD, Chief Executive Officer of Inova Fairfax Medical Campus, is passionate about.

“The addition of the new patient tower to our medical campus is yet another example of how we are serving the complex needs of the community through high-quality care in a patient-friendly environment,” says Christiansen. “The building represents the innovation that is happening everyday at Inova.”

A TEAM EFFORT

The look toward a green future is accompanied by an understanding that healthcare is no longer just doctor-patient but a team effort in which not all of the players work for a hospital.

“More and more family members want to stay with a patient and help with patient care,” Sasaki says. “We give the family a place to stay in the room. On the window side, there’s a big couch that folds out into a bed. There’s also a nice recliner out there,” as well as the capability to work remotely from the room.

Think suite as much as patient room. There’s even a safe in the closet. The South Patient Tower rooms offer families and other caregivers a sense of what the patient is experiencing.

The South Patient Tower is the first phase of an \$850 million renovation and expansion of the Inova Fairfax Medical Campus. Construction is already underway for the next phase, a 660,000-square-foot building to house the Inova Women’s Hospital and Inova Children’s Hospital. As it stands now, the new South Patient Tower of Inova Fairfax Hospital is a symbol of what’s to come, according to Feliciano.

“Our promise is to meet the unique needs of every patient we serve. Every time, every touch,” she says. “The beauty of the new South Patient Tower provides an environment in which we can facilitate that promise, and is a glimpse of what’s to come. We have an environment that says ‘you’re important to me, I’m here with you, and I care.’ It doesn’t get any better than that.”

VALUABLE INPUT

Before even a line was drawn, architects spent eight months in meetings with the people who would work at the new tower.

“The architects wanted to fully understand how every element of design could affect not just the efficiency of the healthcare provider, but also how it could help the patient,” says Kristin Feliciano, Vice President of Inova and Administrator of Inova Fairfax Hospital. “Everything from sink locations to medical equipment and lifts was meticulously thought through by the staff and design team.”

The root of the study was based on lean ergonomic principles from the 1960s, developed by Toyota in Japan. Saving steps can mean more time with the patient.

The meetings also conveyed an implied staff ownership in the new building, much as a sailor embraces the title “plank owner” after the first voyage of a new ship.

BY THE NUMBERS

Facts about the South Tower construction:

Total man-hours	548,448
Weight of concrete	49,815,000 lbs. or 24,908 tons
Reinforcing steel	2,000,000 lbs. or 1,000 tons
# of light fixtures	4,328
Paint	3,200 gallons
Wall coverings	1,600 sf.
Depth of foundation	105 ft. below
# of doors	800

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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