



INOVA LOUDOUN HOSPITAL

# INhealth

# THE NATURAL WAY

How one mom's delivery wishes became a reality

PAGE 6



Marijke Van Fleet-Silvent, here with her husband, Edward, older son, Edison, and baby Cajetan, was able to deliver naturally — exactly the way she envisioned.

## ALSO IN THIS ISSUE:

- 3 Health on wheels
- 4 Q and A on women's care
- 5 NICU delivers



{ FOLLOW THE LEADER }

Current Thinking

Keeping up with the latest medical technology is one of the priorities here at Inova Loudoun Hospital. We believe it is important to have all the tools at our disposal to promote and maintain wellness, and restore health in you, our patients. The better the tool, the better the care our physicians and nursing staff can provide.

Two examples of these advancements at our hospital are MAKOpasty® and the da Vinci® Si Surgical System. MAKOpasty is a partial knee resurfacing procedure for patients with early- to mid-osteoarthritis. It allows doctors to remove the arthritic portion of the knee and preserve the healthy tissue in the knee. The da Vinci Si is a robotic technology that doctors use for minimally invasive surgeries. Both technologies result in smaller incisions, shorter hospitalization and quicker recuperation compared to traditional surgeries.

Other innovations at our hospital are physical structures. The new Antenatal Testing Center allows us to meet the needs of high-risk OB patients. And the renovation of the Leesburg campus, which is opening this spring, offers an expanded emergency room and other modern services.

Whether big or small, these innovations have one objective: to help us serve you better.



**LISA DUGAN**  
Chief Nurse Executive,  
Inova Loudoun Hospital

Plan of Attack



Breast care navigator helps cancer patients create a customized plan of care

In keeping with Inova Loudoun Hospital’s personalized approach, Inova Breast Care Institute offers a navigator program designed to help patients and their loved ones successfully manage the healing process from diagnosis through treatment and beyond.

“It is overwhelming to hear the word ‘cancer,’” says breast care navigator Barb McDonnell, RN. “This one word can forever change your life. **As breast care navigators, our goal is to empower the patient with making the right decisions for their treatment.** We can be the sounding board, advocate and provide the guidance to make this difficult time in their life more manageable.”

As to the most rewarding part of a navigator’s job?

“Being able to help patients through their cancer journey and knowing you are making a difference,” notes breast care navigator Christine Stone, RN.



Barb McDonnell, RN

**PARTNER IN CARE**

A breast care navigator is a registered nurse specially trained in breast cancer care who helps each patient by:

- Scheduling diagnostic tests
- Assisting patients with referrals
- Collaborating with the multidisciplinary team to address patient questions about the care process and treatment options
- Providing resources for financial, insurance and transportation concerns
- Offering educational materials



Christine Stone, RN, MSN, OCN

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.

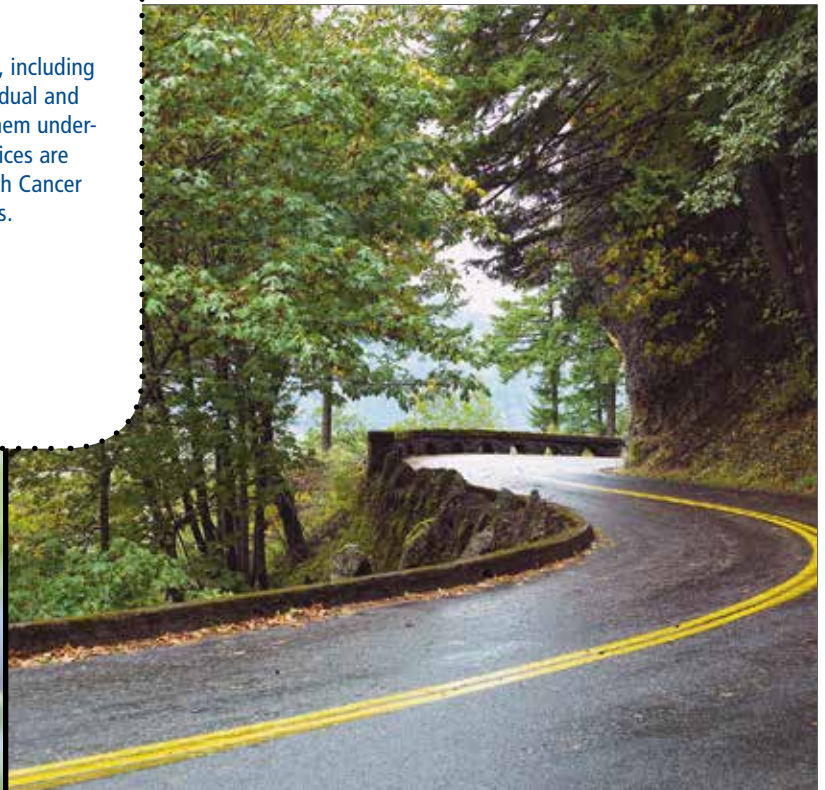
Whether you’re facing breast cancer and could benefit from the help of a mentor, or you are a breast cancer survivor and can offer help to another, Survivors Offering Support (SOS) is for you. With SOS, you’re never alone. To learn more about the program, please contact Pamela Crum, Coordinator, Survivors Offering Support, at **703.698.2532** or at **pamela.crum@inova.org**.

## Cancer Services

Life with Cancer™ offers services 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).



## THE ROAD TO GOOD HEALTH

### *New Mobile Health unit*

A new Mobile Health bus, arriving this spring, promises expanded size and services. The new bus will offer all of the same services as the current bus — and more. Among its offerings are:

- Immunizations
- Blood pressure checks
- Blood sugar screenings
- Cholesterol screenings
- Body mass index (BMI) screenings
- Bone density screenings
- Hearing and vision screenings
- Tuberculosis shots

Lectures about technological advancements in health, and expanded services and programs offered at Inova Loudoun Hospital will take place onboard. Mobile Health Services soon will be celebrating 15 years of service to the community. With over 25,000 visitors per year, the new bus, and its expanded services, is a welcome addition!

## 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.

### Get on the Bus

The bus participates in organizational events, health fairs, community programs and other events. To schedule your on-site event, call us at **703.858.8801** or visit [inova.org/mobilehealth](http://inova.org/mobilehealth).





# FORGING *the* PATH

TOP DOCS  
TALK  
INNOVATION  
AND  
TEAMWORK



Jennifer Young, MD (top left), Chauncey Stokes, MD, (bottom left), and Ruchi Garg, MD (bottom right)

**Inova Loudoun Hospital is on the leading edge when it comes to treating women's health issues.** The medical team offers state-of-the-art procedures for a wide array of gynecologic conditions including uterine fibroids, endometriosis, pelvic prolapse, menorrhagia and gynecologic cancer. Here's what three Inova surgeons say about the latest procedures for women.

**Q: HOW IS THE MEDICAL TEAM AT INOVA LOUDOUN HOSPITAL SPECIALLY EQUIPPED TO HANDLE WOMEN'S HEALTH ISSUES?**

**A: CHAUNCEY STOKES, MD, OB-GYN:**

We have advanced technology for the management of gynecologic surgery such as robotic and laparoscopic surgery. The primary procedures I perform utilizing these techniques are benign and non-benign hysterectomies, laparoscopy for endometriosis, and cystectomies. For our OB patients, we have a patient-focused Birthing Center with in-house OB-GYN doctors to manage emergencies and assist the private physicians, allowing for patients to be managed safely 24 hours a day.

**A: JENNIFER YOUNG, MD, UROLOGIST:**

Patients can be confident that they are receiving the latest treatment option with robotic surgery when they have gynecologic or urologic surgery at Inova Loudoun Hospital. We have a very well-trained team that has been using robotic technology for years now, and we're in tune with the details that go into the technology and using the robot. With robotic surgery the incision is dramatically smaller and more cosmetic, and the requirements for pain medication are lower because the incisions are so small.

**Q: WHAT IS AN INNOVATIVE TREATMENT OPTION YOU PROVIDE?**

**A: DR. YOUNG:**

A common procedure we perform is robotic sacrocolpopexy to correct pelvic organ prolapse, which occurs when the bladder, uterus or rectum slip out of position, which causes varied degrees of incontinence. Using robotic surgery, we are able to restore pelvic organs to their normal position.

**Q: HOW WOULD YOU DESCRIBE THE MEDICAL TEAM'S ABILITY TO TREAT GYNECOLOGIC ISSUES?**

**A: RUCHI GARG, MD, GYNECOLOGIC ONCOLOGIST:**

We're embracing new technologies and working toward the goal of advancing women's healthcare and our ability to treat patients who were previously too high-risk for minimally invasive surgery. A decade and a half ago only a handful of doctors knew how to do laparoscopy. Now it's thought of as nonstandard care if you don't offer a minimally invasive hysterectomy to a patient if they qualify for it. It has changed how quickly women recover and return to their normal activities. Women are now able to leave the hospital in two to four hours.

## Ask the Experts

VISIT [INOVA.ORG/ASKTHEEXPERT](http://INOVA.ORG/ASKTHEEXPERT) OR CALL **1.855.MY.INOVA (1.855.694.6682)** TO REGISTER FOR THESE FREE LECTURES ON WOMEN'S HEALTH.

Join Ruchi Garg, MD, on **Monday, April 1, at 6:30 p.m.** for a **FREE** lecture on the prevention and treatment of gynecologic conditions, including cancers. The lecture will take place at Inova Loudoun Hospital, Conference Rooms A and B.



Ruchi Garg, MD  
Gynecologic Oncologist

Join Jennifer Young, MD, on **Wednesday, April 17, at 6 p.m.** to learn how to achieve and maintain pelvic health; and risk factors and symptoms of pelvic floor disorder, including incontinence and robotic advancements in treatment options. The **FREE** lecture will take place at Inova Loudoun Hospital, Conference Rooms A and B.



Jennifer Young, MD  
Urologist

## MINIMALLY INVASIVE SURGERY OFFERS QUICKER RECOVERY

If you've tried medication and non-invasive options to relieve symptoms of a gynecologic condition and you've had little to no success, your doctor may recommend surgery. The good news is, newer, minimally invasive techniques, such as utilizing the da Vinci<sup>®</sup> Si surgical system, result in a much faster recovery than traditional open surgery.

Laparoscopic surgery can be performed through a single tiny incision on the abdomen, compared to the larger incision used in open surgery. This technique results in less pain and scarring. Robotic surgery is a newer, high-tech approach that allows your physician to view a highly magnified, 3-D view of the surgical site through a small incision. Both techniques allow you to return to your active lifestyle more quickly.



Benjamin Hutchings is an active 3-year-old (left). He spent the first days of his life in the Neonatal Intensive Care Unit at Inova Loudoun Hospital (above).

# Weathering the Storm

FAMILY RECEIVES WORLD-CLASS CARE WITH FRIENDLY TOUCH AT NICU

**After her twins had been diagnosed in utero with twin-to-twin transfusion, a rare disorder in which identical twins share a single placenta, Lisa Hutchings and her husband, Brent, went on an emotional roller coaster.**

It was in the middle of a blizzard when Lisa went into premature labor. The hospital where she had received prenatal care instructed her to go to Inova Loudoun Hospital Birthing Center's Level IIIA Neonatal Intensive Care Unit (NICU), which was closer to her home.

At 28 weeks into her pregnancy, Lisa had an emergency Caesarean delivery. One of her sons, Daniel, was stillborn. The other twin, Benjamin, stayed in the NICU for 45 days until he was healthy enough to go home. The NICU staff was compassionate and caring as they helped Lisa and her family with their loss throughout Benjamin's NICU stay.

"I'm really glad we went to Inova Loudoun Hospital," says Lisa. "The NICU staff was

phenomenal. The neonatologists gave us constant updates, the nursing staff was excellent and the NICU Family Support Specialist supported our family throughout Benjamin's NICU stay."

"I'm very excited about the program we have here at Inova Loudoun Hospital," says David Goodwin, MD, Director of the NICU and the Newborn Nurseries. **"Our experienced staff provides round-the-clock, family-centered care that is tailored to the unique needs of each individual family."**

One additional benefit is the close relationship between Inova Loudoun Hospital and Inova Fairfax Hospital. "The physicians and nurse practitioners in the NICU here work closely with the staff at the Inova Children's Hospital NICU (located at Inova Fairfax Hospital) to provide a seamless and safe transport, if an infant requires more specialized care than is available here," adds Dr. Goodwin. "This transport usually occurs within two hours if necessary.

Many of the NICU physicians at Inova Loudoun Hospital work at both facilities which provides great continuity of care."

Inova Loudoun Hospital is currently in the final phase of planning for a remodeling project for the NICU, which will include greater privacy for the families through curtained individual rooms.

Benjamin is now a healthy 3-year-old who tries to keep up with his older sisters. "If you met him today, you would never know he was born prematurely," says Lisa. "He's our little miracle."

## Get Tested

To make an appointment at the Inova Loudoun Hospital Antenatal Testing Center, call **703.858.TEST (8378)**.





# THE NATURAL

*How one mom's delivery wishes became a reality*

**As Marijke Van Fleet-Silvent planned for her baby's arrival, there was one thing the expectant mom knew for sure; she wanted a natural childbirth.**

Having carefully considered every step of her pregnancy and delivery, Van Fleet-Silvent envisioned having her baby in a friendly, nearby setting where the medical team would help her realize her goals. At Inova Loudoun Hospital Birthing Center, Van Fleet-Silvent found the individualized birth experience she was looking for.

"We provide a very personalized level of care at the Birthing Center," says Jennifer Hickman, MD, Van Fleet-Silvent's obstetrician. "We try to accommodate women with a variety of wishes for their pregnancy experience and we support them and like to have as few interventions as possible from an obstetrics standpoint. Our staff is well-trained and we have a wonderful



Inova Loudoun Hospital Birthing Center prides itself on providing personalized care for each new mom, says Jennifer Hickman, MD.

## Ask the Expert

ATTEND THIS FREE LECTURE AND RECEIVE A FREE WEEKEND CLASS VALUED AT \$165.

Join Tracy Cross for a **FREE** preview of Inova Loudoun Hospital Birthing Center's Childbirth Complete Weekend Class. It will take place on **Tuesday, April 23, at 6 p.m.** at Broadlands Community Center. To register, visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call **1.855.My.Inova (1.855.694.6682)**.



Tracy Cross, RN, IBCLC, RLN  
Nurse Manager,  
Lactation and Family  
Education

## BREASTFEEDING SUCCESS

To fully support your decision to breastfeed your baby, the Birthing Center at Inova Loudoun Hospital offers an award-winning lactation support program featuring counseling, classes and supplies.

"Breastfeeding is the best thing for your baby if it's possible to do," says Dr. Hickman. "Having specialized lactation consultants available in the hospital and on an outpatient basis helps promote more women to try to reach their goals of breastfeeding their baby as much as possible."

**Right after you have your baby, international board-certified lactation consultants are there to help you get started and answer any questions you may have.** Once you and your newborn go home, the Birthing Center offers a free prenatal (30 minutes) and postpartum (one hour) visit with a private lactation consultant, breastfeeding advice over the phone, breast-pump information plus a boutique featuring all the supplies you need for a successful breastfeeding experience.

# WAY

neonatology group that's here if we have an emergency."

The expertly staffed team comprises board-certified obstetricians, nurse-midwives, perinatologists, neonatologists, anesthesiologists, nurses and lactation consultants. For babies who need extra care, the Birthing Center features a newly renovated Level IIIA Neonatal Intensive Care Unit (NICU) staffed with a team of highly skilled specialists with access to the latest technology.

## HELP ALONG THE WAY

When Van Fleet-Silvent and her husband, Edward, first met with Birth Navigator Cindy Andrejasich, RNC, MSN, NE-BC, they knew they were in competent hands. In addition to being extremely knowledgeable about natural childbirth, Andrejasich supported Van Fleet-Silvent's desire to enlist the help of a doula, a childbirth coach who would be there to help Van Fleet-Silvent prepare for a natural childbirth and guide her during labor.

"I wanted to do a vaginal birth with no medication, and I wanted to have a doula there during the delivery to help me and my husband," says Van Fleet-Silvent, whose first child, Edison, had also been born naturally with the help of a doula. "The doula we used was a perfect match," Van Fleet-Silvent says.

## GETTING READY

When Van Fleet-Silvent was 20 weeks into her pregnancy, Dr. Hickman referred her to Inova Loudoun Hospital Antenatal Testing Center. In light of her advanced maternal age — Van Fleet-Silvent was in her late 30s — Dr. Hickman wanted to ensure

that her baby was developing properly. The center's team of maternal/fetal medicine specialists, perinatal sonographers and nurses performed an ultrasound to ensure her baby's good health.

"We try to identify any women who could possibly have problems with their pregnancy and we get them involved in the specialized care of the Antenatal Testing Center from an early time in the pregnancy or whenever we find that there may be an issue," says Dr. Hickman. Everything on the ultrasound was good, so Van Fleet-Silvent was confident about delivering her baby naturally, just the way she had envisioned.

## TAILORED TO MOM

When Van Fleet-Silvent went into labor at 38 weeks, Andrejasich arranged for a nurse with natural birthing experience to meet Van Fleet-Silvent and her husband in front of the hospital and escort her to a private labor-deliver-recovery room. The comfortably decorated room provided a relaxing atmosphere with a special labor soaking tub for Mom, plus all the comforts of home.

Everything Van Fleet-Silvent had hoped for, from having an unmedicated delivery with her husband and her doula by her side, to keeping her baby in the room with her, went exactly as she had planned. Even small yet important details, like arranging for umbilical cord blood to be donated to a regional cord blood bank and having pictures taken immediately after the delivery, were acknowledged and accounted for.

But Van Fleet-Silvent's biggest wish was granted when baby brother Cajetan arrived, healthy as could be. "I felt euphoric," she recalls. "It was wonderful."

## HEALTHY PREGNANCY

Sometimes a pregnancy may need careful monitoring to ensure the health of mom and baby. If you have elevated risk factors such as a pre-existing medical condition, a genetic disorder or advanced maternal age, your obstetrician or nurse-midwife may refer you to Inova Loudoun Hospital Antenatal Testing Center for specialized care.

"The experts at the center are able to follow us along with the pregnant patient," says Dr. Hickman. "They can help us with the whole process."

At the Center, a caring staff of top-notch physicians, sonographers and nurses offers specialized counseling and state-of-the-art diagnostic tests to help your medical caregiver monitor both your health and the health of your baby.



## The Place for Moms

To schedule an appointment with our staff at Inova Loudoun Hospital Birthing Center, call **703.858.8690**. To sign up for the Deluxe Maternity Tour and childbirth classes offered at Inova Loudoun Hospital, please visit [thebirthinginn.org](http://thebirthinginn.org).

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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## Ask the Experts

TO REGISTER FOR THESE LECTURES, VISIT [INOVA.ORG/ASKTHEEXPERT](http://INOVA.ORG/ASKTHEEXPERT) OR CALL **1.855.MY.INOVA (1.855.694.6682)**.

Join Saba Sharif, MD, allergy and asthma specialist, for a **FREE** lecture, "Understanding and Treating Environmental Allergies," on **Thursday, April 25, at 6 p.m.** at Inova Loudoun Hospital, Conference Rooms A and B.



Saba Sharif, MD  
Allergy/Asthma Specialist

Join Matthew Gavin, MD, a board-certified orthopedic surgeon, for a **FREE** lecture on prevention and treatment for sports injuries on **Tuesday, May 28, at 6 p.m.** at the Broadlands Community Center.



Matthew Gavin, MD  
Orthopedic Surgeon



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