



INOVA MOUNT VERNON HOSPITAL

INhealth

SMOOTH LANDING

Military contractor enjoys life again thanks to new hip

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Rick Legacy can relax after undergoing hip replacement surgery. He had been feeling constant pain and numbness in his leg due to osteoarthritis.

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FOLLOW THE LEADER

It's Urgent

I am pleased to announce that the Inova Governance Board has approved a state-of-the-art addition to the Emergency Department (ED) at Inova Mount Vernon Hospital. It will be a brand new facility that will be approximately 21,000 square feet with 30 treatment bays (of which two are resuscitation rooms and four are negative air rooms) and five fast track bays. It will also have a CT and digital X-ray and a modern HVAC system. This new addition will create a new ED entrance, which will separate emergency patient flow from other patient and visitor traffic.

This is an exciting announcement for our Mount Vernon community because it represents the creation of an Emergency Department that fully meets the needs of our growing community — not only today, but also into the future. Our hospital staff and physicians are delighted with the board's approval of this addition.

After certain components of the existing ED are moved into the newly constructed space, the project will free up 10,000 square feet of space for development of other clinical programs and services.

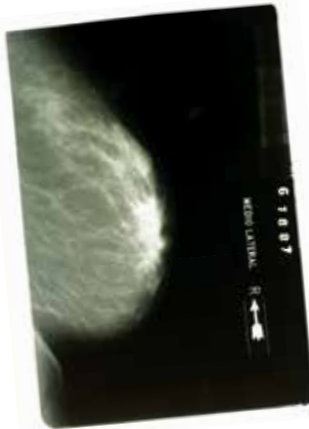
Our goal is always to provide our community with the best possible quality care and to make Inova Mount Vernon Hospital the best place to give and receive excellent care; this is another step toward that goal. Construction for the Emergency Department addition is set for 2014.



BARBARA DOYLE

CEO, Inova Mount Vernon 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.

Make a Commitment to Your Breast Health

Your breast health is our top priority, and as a part of our ongoing commitment to you, Inova Mount Vernon Hospital is proud to offer the latest in breast cancer screening: 3-D mammography. It is the most exciting advancement in breast cancer detection in more than 30 years. A 3-D mammogram consists of multiple breast images taken in just seconds to produce a 3-D image. The doctor looks through the tissue 1 millimeter at a time, seeing detail inside the breast in a way never before possible.

Call us today at **571.423.5400** to schedule your annual mammogram and take advantage of this new technology at Inova Mount Vernon Hospital.

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.

Walk Away From Veins

Seek treatment for varicose veins

Varicose veins, those swollen, twisted veins that may form in the legs, are not just a cosmetic problem. They're a health problem that can cause uncomfortable symptoms, including pain, swelling and even blood clots.

CAUSE AND TREATMENTS

The veins in your legs have one-way valves that allow blood to go from the feet to the heart. When these valves are damaged or defective, the blood flow reverses and pools in the legs. As the blood pools and the pressure increases, varicose veins develop.

As a first line of defense, your doctor may recommend compression stockings that prevent blood from pooling in the veins by creating gentle pressure in the legs. Stockings effectively reduce swelling and other symptoms, but their effect may not be long-lasting.

Another option is vein ablation, a non-surgical, outpatient procedure. During vein ablation, the physician inserts a thin catheter into the knee and uses ultrasound imaging to guide it to the greater saphenous vein. Laser or radiofrequency energy is applied to the inside of the vein, causing it to heat and seal shut.

LOVE YOUR LEGS AGAIN!

Are painful varicose veins slowing you down? Revive your active lifestyle and join us for our FREE Vein Screening Event.

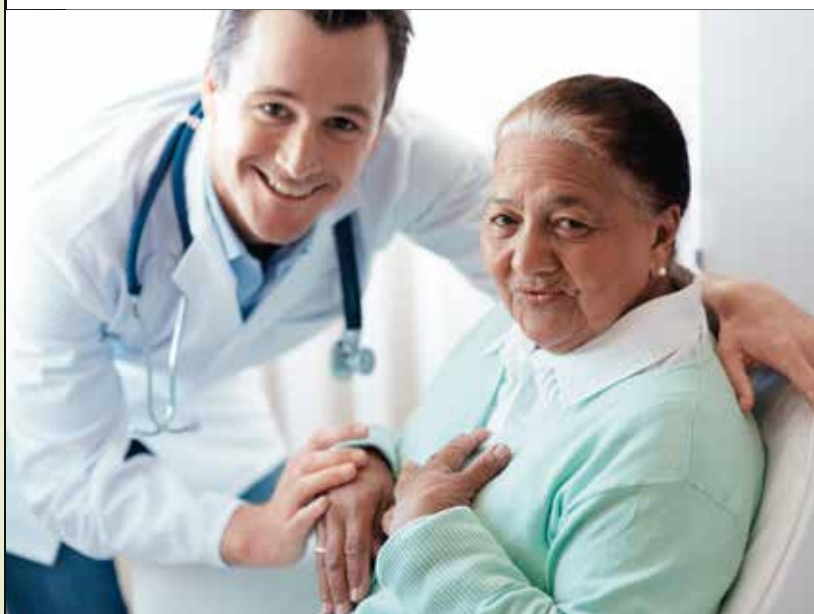
Where: Inova Mount Vernon Hospital

When: Monday, April 8

Appointment required! Call us today to reserve a time for your FREE screening: **1.855.694.6682**.



Sandeep Bagla, MD
Vascular Radiologist



Healing Power

Wound Healing Center treats chronic ulcers

If you have a chronic wound in Northern Virginia, chances are you have been to the Inova Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital. The center treats people with diabetic ulcers and other non-healing wounds on an outpatient basis.

"We have a great support system to ensure that our patients are receiving the finest care," explains Bill Bartow, Director of Operations. "We team with other specialists, such as reconstructive plastic surgeons, general surgeons, orthopedic surgeons and vascular surgeons, along with infectious disease doctors and interventional radiologists."

The aim of the center, he explains, is to create a wound environment conducive to healing by reducing bacteria and improving circulation. The center employs a wide range of wound healing techniques to achieve this goal. These include advanced therapies, such as negative pressure wound therapy, bioengineered skin substitutes and advanced wound dressings, to name just a few. Hyperbaric oxygen therapy is another powerful tool used to treat diabetic foot ulcers and certain other wounds.

The center at Inova Mount Vernon Hospital, along with its sister clinics at Inova Fair Oaks Hospital and Inova Wound Healing Center in Annandale, currently schedule more than 1,000 visits a month.

Wound Warriors

To learn more about the Wound Healing Center at Inova Mount Vernon Hospital, visit our website at inova.org/wound-healing or call 703.664.8025.



INOVA HEALTHPLEX – LORTON OPENS

Freestanding emergency services now available in growing community

Inova HealthPlex – Lorton, a freestanding Emergency Department with 24-hour emergency services and other outpatient care, is now open.

“We are delighted to be able to provide the Lorton community with quality emergency services close to home,” says Barbara Doyle, CEO of Inova Mount Vernon Hospital.

As a freestanding emergency room, the department is designed to stabilize a patient and, if necessary, transfer that patient to a facility with a higher level of care, such as Inova Mount Vernon Hospital — about nine miles away.

“The link from the emergency room at Inova HealthPlex – Lorton to admission in our hospital is seamless,” Doyle says.

Notes JoLynn Aponte, Director, Business and Clinical Operations, Inova HealthPlex – Lorton: “It is a nice bridge,

not only as a way to provide ancillary support for the hospital, but also as a great opportunity to provide quality patient care to this community.”

The opening of the HealthPlex is taking place in phases. Now available to the public is the first floor, which offers emergency services and support services, such as lab, radiology and registration. The second floor will be built out as an ambulatory surgery center. Phase two entails a five-story, 125,000-square-foot medical office building. The final phase allows for the building of a four-story, 75,000-square-foot building for related uses, such as a limited service hotel.

WELCOME, HEALTHCARE SERVICES

Inova HealthPlex – Lorton has been in the works for several years. Inova Mount Vernon Hospital saw a need for emergency services

▲ OPEN FOR BUSINESS

Elected officials and community members join Mark Stauder, President and COO of Inova (seventh from left), and Barbara Doyle, CEO, Inova Mount Vernon Hospital (eighth from left), for the ribbon-cutting ceremony of Inova HealthPlex – Lorton. The HealthPlex offers 24-hour emergency services along with support services, including lab, radiology and registration. The second floor will be built out as an ambulatory surgery center. The link from the emergency room at the HealthPlex to admission in the hospital will be seamless, Doyle says.

in Lorton as the community has expanded.

“The Lorton community is growing by leaps and bounds, so it’s really important for them to have healthcare services in their area,” Doyle says.

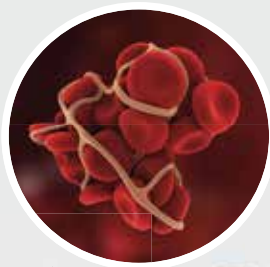
The Lorton community could not be more thrilled, Aponte says. “I think it’s going to decompress the ER at Inova Mount Vernon Hospital and the Springfield HealthPlex, allowing us to better serve patients,” she adds.

Forward Motion

AFTER WEEKS IN A COMA AND INTENSIVE CARE, GRANDMOTHER FINDS HER FOOTING

Margaret (Peggy) Kiefer spent Feb. 28, 2012, enjoying the day with her two grandchildren in her Manassas home. However, as the day went on, she realized she was not feeling well. She told her husband, Bill, she was going to lie down. Moments later, Kiefer fell backwards onto her bed. She remembers a feeling of terror and seeing herself from above.

Bill, a 32-year veteran of the Fairfax County police force and retired Director of Public Safety for Manassas Park, VA, knew his wife needed immediate medical care. Kiefer was rushed by air ambulance to Inova Fairfax Hospital, where



◀ DANGEROUS BLOCKAGE

A blood clot in the brainstem causes a decrease in blood flow to the brain and can lead to a stroke. The brainstem, located directly above the spinal cord, controls functions such as talking and swallowing.

it was determined she had a blood clot in her brainstem. Lifesaving blood thinners were administered, but, as a result, she experienced a bleed in her brain's left hemisphere. She was in a coma for the next three weeks and spent five weeks in intensive care.

When Kiefer emerged from the coma, she had lost the use of her right side and was unable to walk or speak. Once her condition stabilized, she was transferred to Inova Rehabilitation Center at Inova Mount Vernon Hospital. That is when the challenging work of rehab began. She remembers, "At first I couldn't do a lot of anything at all."

Kiefer participated in physical, occupational and speech therapy, as well as neuropsychology sessions. She credits her doctors, nurses and therapists, as well as her strong faith in God, in pushing her toward recovery. "They were the best — absolutely great!" she says.

SMALL STEPS

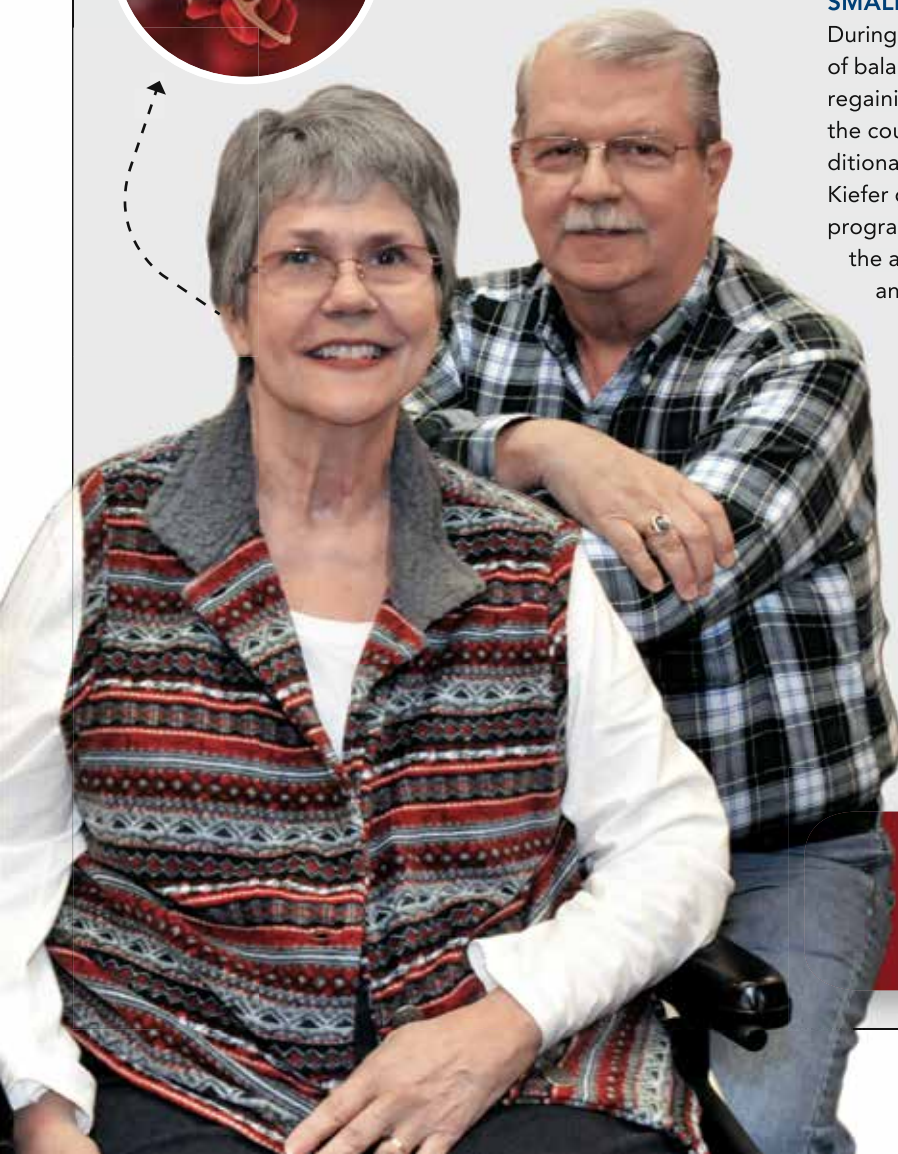
During five weeks of inpatient rehab, Kiefer's days consisted of balance and strength activities, learning to walk again and regaining skills for activities of daily living. Bill, along with the couple's two sons and their families, provided unconditional love, support and encouragement. These days, Kiefer continues her therapy through the outpatient Bridge program at Inova Rehabilitation Center. She is walking with the assistance of a cane and continues to reacquire more and more of her speech.

To her family and friends, Kiefer is a model of courage and faith. On Dec. 6, the couple welcomed their third grandchild, Max. They are optimistic about the future. "Six months ago, Peggy's whole world consisted of a hospital bed," Bill says. "At first we didn't

think she would get any of it back, but gradually it came back. There are no big turning points — just tiny steps forward. But, when you put all those steps together, you are moving along."

◀ BABY STEPS

Margaret Kiefer, here with her husband, Bill, has come a long way after suffering a blood clot in her brainstem. Today she is walking with a cane and regaining her speech.



A Better Quality of Life

Find out more about Inova Rehabilitation Center at inova.org/rehab.

Smooth Landing

Military contractor enjoys life again thanks to new hip



Rick Legacy knows what it's like to hit the ground running. Literally. The 49-year-old contractor for the U.S. Department of Defense spent the majority of his military career parachuting from airplanes. Physical trauma was a natural extension of his work; Legacy had endured a herniated spinal disk, extensive cartilage deterioration in both shoulders and a ruptured eardrum.

Despite numerous on-the-job injuries, Legacy was not prepared for the pain he would experience when the cartilage in his right hip joint wore down to the bone.

"There was constant pain in my right side and numbness in my leg, all of which became so severe that I could no longer do the gym, bicycle or run," recalls Legacy. "I just pushed through it."

FINDING ANSWERS

On the recommendation of a family friend, Legacy went to see William Hamilton, MD, a fellowship-trained orthopedic surgeon at Inova Mount Vernon Hospital. Dr. Hamilton informed Legacy that he was suffering from osteoarthritis, causing the cartilage in his right hip, which at one time cushioned and supported the bones in the joint, to wear away. To restore his full range of motion and allow him to resume his vigorous lifestyle, Legacy would need a total hip replacement. This information satisfied Legacy.

"Being a military guy, I am very straightforward and I like to get to the point and to know what I'm facing," says Legacy. "Dr. Hamilton is a professional, caring individual and he was right to the point. I truly respect his honesty, his integrity and his commitment towards each individual patient."

Dr. Hamilton performed a right anterior hip replacement, which involved removing the damaged bone and cartilage from the hip joint and replacing it with a specially contoured implant. The innovative, muscle-sparing approach



EXPERIENCE AND EXPERTISE

It's no wonder that people travel from all over the world to seek medical care at Inova Joint Replacement Center at Inova Mount Vernon Hospital. The premier program in Virginia, Maryland and Washington, DC, the center offers the most advanced surgical techniques performed by a medical team of seasoned, caring joint replacement specialists.

"Our success lies in our long heritage of doing joint replacements, and in the cooperation and communication between the hospital, the physicians and our expert staff," says Dr. Hamilton. "We all work together to offer our patients an experience that is efficient, organized and safe."

In addition to being a Center of Excellence for Joint Replacement, the Center has also earned a Gold Seal of Approval for outstanding care in joint replacement procedures by The Joint Commission.

Ask the Expert

OSTEOARTHRITIS AND THE LATEST ADVANCES IN JOINT REPLACEMENT

Join Nitin Goyal, MD, for a lecture, "Osteoarthritis and the Latest Advances in Joint Replacement," on Thursday, April 25, at 6:30 p.m. It will take place at the Courtyard Marriott in Woodbridge. See back page for more community class offerings.



Nitin Goyal, MD
Orthopedic Surgeon



◀ GOOD TO BE HOME

Rick Legacy, relaxing with his wife, Jennifer, feels like his old self after undergoing joint replacement surgery. He has resumed hunting now that the pain is gone.

involves less pain following surgery and a faster recovery.

"With the advances in surgical techniques, pain control and the therapy protocols we use to help patients get moving faster, people who have hip replacements are recovering faster, staying in the hospital shorter periods of time, and having fewer interventions and lighter anesthesia, so all of that makes for a better patient experience," says Dr. Hamilton.

LEAPS AND BOUNDS

Legacy's surgery took about an hour, and shortly after he woke from anesthesia, the caring staff had him back on his feet, walking up and down the halls of the hospital. The next day he was back in the comfort of home.

During the first week at home, Legacy learned physical therapy techniques

with the help of a certified physical therapy technician from Inova Mount Vernon Hospital.

"Walking early is very important," says Dr. Hamilton. "Early mobilization helps reduce the risk of blood clots and pneumonia; it helps regain musculature and prevents scar formation early on."

Just eight months after surgery, Legacy was spending quality time with his wife, Jennifer, and their three boys. The pain had completely melted away and he was able to resume his normal activities such as working out at the gym, bicycling, running and working around the house. "I would expect that at this point that Mr. Legacy would have no limitations with his hip so he could do normal activities," says Dr. Hamilton.

Legacy couldn't be happier. "I love to hunt with my brothers in upstate New York and I hadn't been able to do that in four years because of the pain," he says. "One year after my surgery I spent a week hiking around in the woods with my brothers hunting. It was just magnificent."

RETURN TO NORMAL

Having a hip replacement allows you to enjoy the healthy benefits of an active lifestyle. Dr. Hamilton encourages patients who have a hip replacement to resume normal activities to improve muscle strength, coordination, balance and heart health.

"Many people who have hip replacements are able to return to normal function," says Dr. Hamilton. "People participate in sports, work and everything they want to do in life."

Dr. Hamilton recommends choosing low-impact activities such as walking, cycling or swimming. "I counsel my patients to avoid the really heavy impact sports such as long-distance running or sports that involve pivoting and jumping, but I recommend that they exercise, work and go through life normally."



William Hamilton, MD, performs hip replacement surgery. Thanks to advancements, patients are recovering faster.

Get Moving

To learn more about Inova Joint Replacement Center, visit our website at inova.org/IJRC, or to take a tour of the center, call 703.664.7493.

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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INOVA MEDICAL GROUP (IMG) — THE FUTURE OF PRIMARY CARE DELIVERED TODAY

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- iTriage appointment request mobile application
- MyChart online appointment booking (existing patients)
- Board-certified internal and family medicine physicians
- Seamless access to Inova's world-class hospitals, services and programs

MARCH OPENING

The newest IMG primary care practice opened March 18 in Woodbridge at 14605 Potomac Branch Drive, Suite 210.



SCHEDULE YOUR APPOINTMENT

Request appointments online at inovamedicalgroup.org or call us at **1.855.IMG.DOCS/1.855.464.3627**.

You can also use the iTriage mobile application or scan this adjacent code with your smartphone barcode reader.

Ask the Experts

TO REGISTER FOR ONE OF OUR FREE ASK THE EXPERT LECTURES, VISIT INOVA.ORG/ASKTHEEXPERT.



Nitin Goyal, MD
Orthopedic Surgeon

OSTEOARTHRITIS AND THE LATEST ADVANCES IN JOINT REPLACEMENT

NITIN GOYAL, MD
Thursday, April 25,
6:30 p.m.

Courtyard Potomac Mills
Woodbridge
14300 Crossing Place
Woodbridge, VA

**Wednesday, May 22,
6:30 p.m.**

Residence Inn
National Harbor
192 Waterfront Street
National Harbor, MD

**Wednesday, June 12,
6:30 p.m.**

Bethesda Marriott
5151 Pooks Hill Road
Bethesda, MD

**Wednesday, May 8,
6:30 p.m.**

Laurel Hill Golf Club
8701 Laurel Crest Drive
Lorton, VA



Corey Wallach, MD
Orthopedic Surgeon

THE LATEST TREATMENTS FOR NECK PAIN

COREY WALLACH, MD
Wednesday, April 17,
6:30 p.m.

Inova Mount Vernon Hospital



find a physician

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we've gone electronic

InHealth is now available as an e-newsletter. To sign up to receive this FREE e-newsletter from Inova Mount Vernon Hospital, go to inova.org/subscribe.