



INOVA FAIR OAKS HOSPITAL

INhealth



ALL THE RIGHT NOTES

Shoulder replacement surgery
restores pianist's quality of life

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{ FOLLOW THE LEADER }

Who We Are

What is a hospital? Most people consider it a building or a service until they or someone close to them need to use it. Then the answer is pretty clear and pretty consistent. A hospital is its people.

We who work at Inova Fair Oaks Hospital know this to be true. Here is a story that illustrates this concept: It is about a caregiver who we will call Mr. M. He actually works in our telecom area answering incoming phone calls. During a particular shift he received a call from out-of-town relatives of a patient who had knee replacement surgery. They wanted the patient to receive flowers to speed recovery, but our area was experiencing a severe snowstorm and flowers could not be delivered.

Mr. M promised to convey their wishes to the patient. He ended up going further than that. Mr. M. drew a beautiful picture of a vase of flowers and presented it to the patient along with the message of how it came to be. This gesture of compassion and creativity touched the patient deeply along with all of the staff that witnessed the action.

Excellent hospitals do not achieve excellence through the quality of their buildings. They achieve excellence through the quality of the culture of the organization. This is what truly makes us special.



JOHN FITZGERALD
Chief Executive Officer, Inova Fair Oaks Hospital

Mind Games

CONCUSSIONS CAN BE A COMPLEX PROBLEM

Any activity where impact occurs — such as sports or even car accidents — can put children and adults at risk for concussions that can have many negative effects on the human body. Concussion symptoms vary greatly from person to person and may include difficulty concentrating, difficulty thinking clearly, headache, dizziness, changes in vision, irritability, sleep disturbances, balance problems, and sensitivity to noise or light.

“The spine can also be part of that equation, resulting in pain or muscle spasms,” says Jordan Tucker, PT, DPT, physical therapist at Inova Fair Oaks Hospital Concussion Clinic.

While most symptoms from concussion resolve on their own, working with a therapist who specializes in concussion can effectively address any lingering deficits. And seek treatment as soon as you can. “Be diligent. If you think you have a concussion, go see your doctor immediately,” she advises.



Good Thinking

The best way to avoid concussion problems is to seek treatment right away. If you have any questions or wish to see a concussion specialist, please contact Inova Fair Oaks Concussion Clinic at **703.391.3642**. If concussion symptoms include changes in alertness, confusion, convulsions, muscle weakness, unequal pupils, balance problems or repeated vomiting, seek medical care right away at a hospital, Emergency Care Center or Urgent Care Center.

LEADING THE PACK IN QUALITY, SAFETY

Inova Fair Oaks Hospital has received several honors over the last several months. Here is a brief summary:



HIGH PERFORMER

U.S. News & World Report has ranked Inova Fair Oaks Hospital among the top 15 hospitals in the Washington, DC, metro region and as a high-performer in Orthopedics.

SAFETY FIRST

AARP The Magazine listed Inova Fair Oaks Hospital in its April/May issue as one of “America’s Safest Hospitals.” A total of 66 hospitals were on the list, which was a collaboration between AARP and The Leapfrog Group, a nonprofit organization.



TOP 100 HOSPITAL

Truven Health Analytics, a leading provider of information and solutions to improve the cost and quality of healthcare, has named Inova Fair Oaks Hospital one of the nation’s 100 Top Hospitals.

URGENT CARE NEAR YOU

Minor emergencies often occur at inconvenient times. Expert medical care is available at Inova Urgent Care Centers (UCCs) throughout Northern Virginia. Doctors and clinical staff provide care for non-life-threatening injuries and illness for patients of all ages — from infants to seniors.

SERVICES INCLUDE:

- Open seven days a week: Monday through Friday, 9 a.m.–8 p.m.; weekends and holidays (closed Dec. 25), 9 a.m.–4 p.m.
- Walk-ins welcome
- Online scheduling available
- Short wait times
- On-site lab and X-ray
- Treatment of minor illness and injury
- Flu shots
- Physical exams for sports, school and pre-employment
- Primary care offices (coming to Dulles South in 2014)

LOCATIONS:

Inova Urgent Care – Dulles South
24801 Pinebrook Road, Suite 110
Chantilly, VA 20152
703.722.2500

Inova Urgent Care – Centreville
6201 Centreville Road, Suite 200
Centreville, VA 20121
703.830.5600

► For online appointments, maps and directions, visit inova.org/urgentcare.



Inova leaders, cancer survivors, community members and supporters gather for the beam-signing ceremony in June for the future Cancer Center.

Advancing Cancer Care in Your Community

CANCER CENTER CEREMONY HONORS PROJECT'S PROGRESS

Construction began almost a year ago on the future Cancer Center at Inova Fair Oaks Medical Campus. As our local population grows, Inova is poised to advance our cancer services to support the community. The state-of-the-art center will bring radiation oncology services, a chemotherapy infusion clinic, an outdoor healing garden, a patient education center and a Life with Cancer® program to support patients and their families. The center will start serving patients in the spring of 2014.

Swing Into Action

Inova Fair Oaks Hospital will hold a Golf and Tennis Classic this Sept. 23 at the International Country Club to support the Cancer Center.

Register early. Space is limited. Visit inova.org/ifohclassic to learn more.

Inova Health Foundation is halfway toward meeting its \$3 million goal for the new center, notes Foundation Director Kate Sims. "The community has really come forward generously to support this project and our not-for-profit hospital," she says.

If you are interested in giving to support the center, please contact Sims at kate.sims@inova.org or at **703.391.4810**.





Hold the Trimmings

FOUR STRATEGIES FOR MAINTAINING YOUR WEIGHT DURING THE HOLIDAYS

When the weather outside is frightful, for those of us watching our waists, so is the nonstop supply of home-cooked meals, food-focused festivities and towers of treats at the office. Not surprisingly, most of us put on a few pounds over the holidays. And according to a report in the *New England Journal of Medicine*, that excess weight may be hard to reverse.

“People who have a genetic and otherwise easy disposition toward weight gain are at higher risk to gain a whole lot more than just a few pounds during the holidays and that weight is tremendously difficult to lose,” says Kajal Zalavadia, MD, a bariatrician at Inova.

This holiday season, by planning ahead and developing a strategy for success, says Dr. Zalavadia, you can avoid gaining extra weight. Here are four tried-and-true tactics:

1 Deck the halls, then hit the deck: With all the holiday hustle and bustle, scheduling gym time can be challenging. But don't despair. Researchers found that even short spurts of exercise, such as brisk walking, can temporarily raise your metabolism. Boosting your metabolism even temporarily helps you burn calories faster.

2 Don't skimp on shut-eye: Sometimes sleep takes a back seat to your holiday to-do list. Unfortunately, the downside to sleep deprivation is weight gain. “If you are sleep deprived, this may lead to an increase in the appetite hormone, ghrelin, which in turn stimulates hunger

and appetite. This suggests inadequate sleep contributes to obesity,” Dr. Zalavadia says.

3 Just say no. You may feel pressure to take a second helping of your great aunt's chocolate cream pie at a family gathering, or sip calorie-laden eggnog at an office party. Have a rebuff ready, advises Dr. Zalavadia. “You can prepare in advance by having a respectful but firm and polite way of declining holiday indulgences that are outside of your plan,” she says.

4 Spoil your appetite. To avoid overeating at a dinner party, munch on a nutritious snack 30 minutes before your arrival. “I recommend eating a snack that contains healthy fat and protein, rather than a starch or a sugar, since that will simply make you hungrier later,” according to Dr. Zalavadia.

Save the Date!

SURVIVE AND THRIVE WORKSHOP: HAPPY HOLIDAYS, HEALTHY WEIGHT

What: Weight Loss Workshop

When: Saturday, Nov. 2, 10 a.m.–1 p.m.

Where: International Country Club
13200 Lee Jackson Memorial Highway
Fairfax, VA

Info: Call **703.348.4716** or
email weightloss@inova.org.



Life

AFTER BREAST CANCER

Restore your physical and emotional well-being

Beating breast cancer can feel like an all-consuming effort.

After triumphing, it's time for patients to reclaim their quality of life. While post-recovery is an exciting time to restore balance and to focus on feeling good again, it's also a time when patients may feel overwhelmed by the physical and emotional challenges that lie ahead, experts say.

A breast care navigator from the Inova Breast Care Institute at Inova Fair Oaks Hospital is there to guide the patient through the recovery process and to connect her with resources that can help her feel energized, rejuvenated and confident about her body.

"Often, the most challenging time can be post-treatment when a patient no longer is seeing caregivers on a regular basis," says breast care navigator Gale Towery, RN, BSN, OCN. "The breast care navigator has the privilege of helping patients direct their future healthcare and regain their overall health and well-being."

TAKING SMALL STEPS

Exercise is an important aspect of your recovery, says Towery. Whether you prefer walking, biking, swimming or practicing yoga, a little bit of fitness boosts your energy level, improves your mood and helps you keep your weight under control. To make

lasting changes, Towery recommends starting slowly and then gradually adding to your routine.

"Studies have shown that even taking a 15- to 20-minute walk three times a week can help with fatigue," says Towery. As you regain your strength, she adds, try to increase your exercise regimen to five days per week.

DESIGN A DIET

During your treatment, you may have gained or lost weight. To help you achieve your optimal weight, nutrition educators at Inova Fair Oaks Hospital are available for outpatient appointments to design a diet plan tailored to your tastes and needs.

"Nutrition is very important in getting your strength and energy back," says Karen Via, MS, RD, nutrition educator with Weight Loss Services at Fair Oaks Hospital. "We assess each patient's current eating patterns and talk about portion sizes and consuming plenty of fruits, vegetables and whole grains. If a patient has a lack of appetite, we talk about ways they can sneak calories in."

The Big 'C'

To find out more about breast care services at Inova Fair Oaks Hospital, visit inovabreastcare.org or call 703.391.4673.

HELP ALONG THE WAY



There are many resources who can provide assistance upon a diagnosis of breast cancer. A breast care navigator and genetic counselor can be valuable parts of your treatment

and survivorship journey. Gale Towery, RN, BSN, OCN, breast care navigator with Inova Fair Oaks Hospital, provides education and support to patients navigating their healing journey.

"Since my background is direct patient care in administering chemotherapy and working in radiation oncology, I have the unique perspective of side effects and what patients may experience," says Towery, a nurse for more than three decades.



Cassidi Kalejta, who recently joined Inova Fair Oaks Hospital as a genetic counselor, consults with people who are deciding if they should get tested for genetic mutations that may predispose them to cancer.

Nearly all of the cases involve people who are tested for the BRCA1 and BRCA2 breast cancer genes.

"They need to be armed with information upfront," she says. "The information could affect the entire family. Once they have the information, they can make the autonomous decision of whether to take the test — for themselves. Some people ultimately elect not to do the testing."

The issue of genetic testing has been in the spotlight recently after actress Angelina Jolie disclosed that she opted for a double mastectomy upon learning that she tested positive for a BRCA mutation.

"Everybody should be aware of his or her family history," she advises. "Sharing information is really good to do. It's better to know than not to know. If you know you can do something."



ALL THE RIGHT NOTES

SHOULDER REPLACEMENT SURGERY RESTORES PIANIST'S QUALITY OF LIFE

Barbara Donne endured excruciating osteoarthritis pain in her right shoulder for many months, but when the agony affected her lifelong pastime — piano playing — she knew something had to be done.

Donne, 73, had retired from corporate life but kept up performing at concerts and teaching two dozen piano students. Cortisone injections and other medications, however, stopped making a dent in shoulder pain so bad she would awaken screaming in the night.

“I was compensating so much for the pain, I had absolutely no zip or energy to play the piano,” recalls the mother and grandmother. “It was almost all-consuming to deal with the pain and losing my range of motion, and my arm felt heavy and not responsive. I wasn’t able to live my life fully.”

Not wanting to become addicted to painkillers, the Centreville, VA, resident consulted with Ryan Miyamoto, MD, an orthopedic surgeon and sports medicine specialist at Inova Fair Oaks Hospital, about shoulder replacement surgery. Donne was stunned — and thrilled — to hear Dr. Miyamoto’s promise that the procedure would leave her right shoulder pain-free, and the replacement was done in June 2011.

GROWING TREND

Shoulder replacement surgery, in which a plastic and/or metal joint replaces the damaged joint, is becoming more common as the population ages and refinements have been made in the replacement joint, which is designed more compactly than in years past. According to the American Academy of Orthopaedic

WHY SHOULDER REPLACEMENT?

Your doctor may recommend shoulder replacement surgery for a variety of reasons, especially if nonsurgical treatments such as medications and activity changes no longer help relieve pain. Patients who benefit typically have the following conditions:

- Osteoarthritis of the shoulder joint, an age-related condition where the cartilage that cushions the bones of the shoulder softens and wears away.
- Shoulder fractures, especially when the bone breaks into four or more pieces and would be difficult to repair.
- Avascular necrosis (also called osteonecrosis), which occurs when the blood supply to the bone is disrupted by factors such as chronic steroid use, alcohol abuse or sickle cell disease.

Ask the Expert

OPTIONS FOR ROTATOR CUFF TEAR & SHOULDER ARTHRITIS

Ryan Miyamoto, MD, will offer a **FREE** lecture, “Options for Rotator Cuff Tear & Shoulder Arthritis,” at noon on Oct. 1, at Inova Fair Oaks Medical Campus, Auditorium (the building located behind the main hospital). To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682). To see a full listing of Ask the Expert lectures, see page 2 of the insert in the center of this newsletter.



Ryan Miyamoto, MD
Orthopedic Surgeon

Surgeons, about 53,000 people undergo shoulder replacement surgery in the United States each year (still a far cry from the 900,000 who have knee or hip replacement surgery). Replacement joints typically last for 15 to 20 years.

“I perform shoulder replacements multiple times every month,” says Dr. Miyamoto. “Even since four or five years



MUSIC TO HER EARS
Ryan Miyamoto, MD, performed shoulder replacement surgery on Barbara Donne. She has since resumed performing and teaching.

ago, I'm seeing a big increase. I think the implants are more surgeon-friendly and are becoming much more anatomic, recreating the size and shape of the human shoulder. With better success rates, more people want it."

Despite improvements to the implants, minimally invasive surgery for shoulder replacement isn't an option. However, for many patients only a 4-inch incision on the upper shoulder area is required, and Donne was able to confidently wear a semi-strapless dress to a wedding two months after her surgery.

SMOOTH RECOVERY

After an uneventful two-day hospital stay, Donne dealt with typical post-surgical pain for a few weeks, during which time she had her arm in a sling and packed with ice around the clock. Physical therapy to stretch, flex and strengthen the shoulder area began while she was still in the hospital and continued regularly for almost six months.

"What also enhanced my recovery was the physical therapists kneading and

massaging the scarred area so the scar tissue didn't build up. I still rub it there to keep it loose," Donne explains. "It was a gradual recovery . . . at first I could hardly dress myself, then I could put the dishes back on the shelf from the dishwasher, then I could put on my necklace. Now I don't think about those things — I just do them."

True to Dr. Miyamoto's word, Donne's right shoulder is now pain-free, and she's considering the surgery for her left shoulder, which is also arthritic. Donne was able to play piano pieces using only her left hand while recovering and is now back to full-scale performing and teaching.

"It's given me the stamina I need, and I have all the strength I ever had," Donne says. "I thought it was a miracle."

Shoulder Surgery Questions?

For more information, call **703.504.4550** or visit inova.org/shoulderprogram.

GOALS AND BENEFITS OF SURGERY

Every surgery carries risks, but shoulder replacement surgery can offer several distinct improvements to patients' quality of life. According to Ryan Miyamoto, MD, an orthopedic surgeon and sports medicine specialist at Inova Fair Oaks Hospital, replacing a damaged shoulder joint with prosthesis typically produces the following benefits:

- **Pain Relief:** Discomfort from arthritis, broken bones and other conditions necessitating surgery is gone.
- **Better Range of Motion:** Patients can expect to be able to use their joint normally, bending and flexing in all directions.
- **Improved Strength:** Patients often report that their shoulder feels as strong as it did before developing the problem that prompted surgery.

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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GOLD SEAL OF APPROVAL FOR PALLIATIVE CARE

The Joint Commission has awarded Inova Fair Oaks Hospital a Gold Seal of Approval for its Palliative Care Program. The certification award recognizes Inova Fair Oaks Hospital's dedication to continuous compliance with The Joint Commission's rigorous standards.

"With Joint Commission advanced certification, we are making a significant investment in quality on a day-to-day basis from the top down," says John Fitzgerald, CEO, Inova Fair Oaks Hospital.

The Advanced Certification for Palliative Care standards focus on patient and family-centered care in order to optimize the quality of life for patients with serious illness.

Palliative care addresses a patient's physical, emotional, social and spiritual needs, and facilitates patient autonomy, access to information and choice.



Children's National and Inova Forge Joint Venture

Starkid, Dr. Bear work together to keep Virginia's kids healthy

When it comes to keeping kids and families healthy, Inova and Children's National Medical Center are certainly dedicated to the same goal. In order to even better serve the children and families of our region, the two organizations have recently formed a 50/50 joint venture, Pediatric Specialists of Virginia. The outpatient practice will bring together and hire pediatric specialists to deliver pediatric specialty care to children in Northern Virginia.

"Pediatric Specialists of Virginia brings together two highly regarded and trusted medical centers to provide world-class care for children and families," says J. Knox Singleton, Chief Executive Officer of Inova.

Beginning this fall, Pediatric Specialists of Virginia will offer pediatric Gastroenterology, Nephrology, Genetics, Hematology/Oncology and Orthopedics through the collaboration. This integrated model maximizes the reach of the limited number of pediatric specialists in Northern Virginia.

Inova and Children's National Medical Center will also collaborate on research activities including genomic and translational research, as well as continuing medical education. In addition, the two healthcare organizations will partner in community outreach, with an initial focus on childhood obesity and asthma.



Pediatric Specialists of Virginia



find a physician

Looking for a doctor? Call **1.855.My.Inova (1.855.694.6682)** or visit **inova.org/physicians**. Our 24/7 physician-referral service can help you find one close to home or work.



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