



INOVA FAIRFAX HOSPITAL

INhealth

LISTEN TO YOUR HEART

Proper maintenance can keep you
on the road to good health

PAGE 6

Vintage car enthusiast Margaret Straubinger felt healthy before she suffered a heart attack at 41. Now, more than 10 years later, she encourages others to pay attention to any unusual symptoms.

ALSO IN THIS ISSUE:

- 3** Ankle replacement surgery
- 4** Memory loss services
- 5** Caring for tiny hearts



{ FOLLOW THE LEADER }

Heart-to-Heart

February is American Heart Month — a reminder to us all of the importance of heart health. Many people do not know that cardiac disease is the leading cause of death among women in the United States. Heart disease can be easy to overlook because it cannot be seen or touched, like many other health ailments.

We encourage you to take charge of your health and lower your risk of heart disease. For starters, know your numbers — those numbers associated to blood pressure, cholesterol and blood sugar. Adopting a healthy diet and regular exercise routine can help lower hypertension, cholesterol and blood sugar levels.

If you do encounter a heart condition, we at the Inova Heart and Vascular Institute are here to help. Our cardiology and heart surgery programs are ranked among the top 50 in the country by *U.S. News & World Report*. This national recognition is yet another reminder of our outstanding cardiac services, exceptional outcomes and unparalleled reputation.



PATRICIA KNOWLES, RN

Administrator, Inova Heart and Vascular Institute



HARVEY SHERBER, MD

Medical Director, Inova Heart and Vascular Institute

Just Quit It

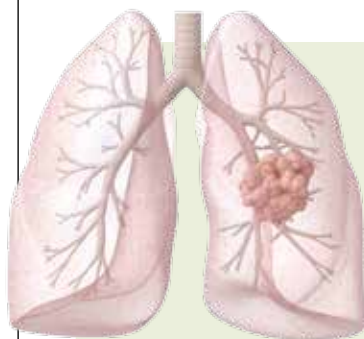
Smoking is a major heart disease risk factor

If you want to improve your heart health in a hurry, stop smoking. Smoking or using tobacco is one of the most significant risk factors for developing heart disease, according to the Mayo Clinic.

Why? Nicotine in tobacco makes your heart work harder by narrowing your blood vessels and increasing your heart rate and blood pressure. Carbon monoxide in smoke replaces some of the oxygen in your blood. This increases your blood pressure by forcing your heart to work harder to supply

enough oxygen. There is no such thing as harmless smoking, whether it's smokeless tobacco, low-tar and low-nicotine cigarettes, or exposure to second-hand smoke. Even smoking socially when out with friends takes a toll on the heart.

The good news? When you quit smoking, your risk of heart disease drops dramatically within just one year. And no matter how long or how much you smoked, your body will immediately begin to feel the positive effects of quitting.



Inova Lung Cancer Screening Program

CT screening can detect lung cancer early

Recently, *The New England Journal of Medicine* published the results of the National Cancer Institute's National Lung Screening Trial, which indicated that low-dose CT scans could have a positive impact on lung cancer mortality. This study is the first comprehensive clinical trial to find that screening high-risk individuals with low-dose CT scans reduces lung cancer deaths by 20 percent when compared to traditional chest X-rays.

The Inova Lung Cancer Screening Program offers low-dose CT scans for individuals matching the following criteria:

- Ages 55–74 years old
 - A history of smoking more than 30 packs per year
 - Smoking cessation of less than 15 years
- OR
- Age 50 years and older
 - A history of smoking more than 20 packs per year
 - One additional risk factor (other than second-hand smoke)

▶ Call 703.776.3777 to learn more or to schedule your lung cancer screening.



TOWERING ABOVE

New South Patient Tower opens

Things are looking up this January. That's because an 11-story patient tower is opening as Inova Fairfax Hospital's new main entrance.

The new tower, which connects to the pre-existing patient tower, will have 174 private patient rooms, three intensive care units and five medical/surgical floors.

"This state-of-the-art facility is a welcome addition to our campus, particularly because of its high-tech infrastructure that will support EpicCare EMR, the nation's premiere electronic medical records system," says Patrick Christiansen, PhD, Chief Operating Officer for the Inova Fairfax Medical Campus and Senior Vice President for Inova. "The building is just one more reason why we were named the top hospital in the region by *U.S. News & World Report*."

The building has features that improve patient healing and safety. These include ICU rooms that are specially designed to give staff 360-degree patient access for bedside procedures, patient/family zones in patient rooms, larger patient room windows and free Wi-Fi.

Also in the works is a 650,000-square-foot building that will house Inova Women's Hospital and Inova Children's Hospital. Inova Women's Hospital will include 192 private patient rooms; a dedicated women's surgery center; 33 labor, delivery and recovery suites; six cesarean-section operation rooms; and a high-risk perinatal unit. Inova Children's Hospital will provide 116 private pediatric patient rooms and an expanded neonatal intensive care unit, among other services. The ground-breaking took place in September.

Back on Your Feet

To schedule an appointment with a physician at Inova Fairfax Hospital, call **1.855.My.Inova (1.855.694.6682)**.

Stepping Out

Ankle replacement may hold key to walking without pain

With new advances in ankle replacements, more and more people with arthritic ankles are choosing ankle replacement surgery, also known as arthroplasty. According to the American College of Foot and Ankle Surgeons, the number of ankle replacements in the United States more than doubled last year.

"The newest generation of ankle replacements came out a decade ago and it's an exciting, growing field," says Steven Neufeld, MD, an orthopedic surgeon at The Orthopaedic Foot & Ankle Center, which recently teamed up with Inova Fairfax Hospital to provide one of the first comprehensive total ankle replacement programs in the country. "The procedure removes the arthritic pain the patient had before the surgery, it increases their quality of life and it gives them a normal gait," says Dr. Neufeld. Usually within two to three months, patients are back to their normal activities such as playing golf or tennis.

LONG-TERM SOLUTION

Ankle arthritis occurs when ankle joint cartilage wears out, causing pain, loss of motion, swelling and difficulty walking. Ideal candidates for replacement surgery are 50 and older, in good general health and have severe ankle pain from arthritis or cartilage injury. During the procedure, an orthopedic surgeon removes the damaged joint and replaces it with a precisely aligned implant that preserves natural movement. The procedure lasts about an hour and a half and most patients go home the next day. According to Dr. Neufeld, the treatment boasts a 90 percent success rate over 10 years.

An ankle prosthesis can reproduce the natural flexion and extension axis of the ankle.



Brain Gains

INOVA MEMORY PROGRAM
HELPS PATIENTS WITH DEMENTIA



The Inova Memory Program is about more than just medical services; it's about bringing together all the different aspects involved in caring for a person with a cognitive impairment.

"Something that makes us [at the Memory Program] unique is that we have a relationship with the social work and radiology arms of the Inova system, along with the Alzheimer's Association," says James Bickel, MD, Medical Director of the Inova Memory Program. "This way, we are able to bring together the various aspects of dementia treatment and offer the very best care to our patients and their families."

Dr. Bickel notes that early detection and early diagnosis is key when treating cognitive diseases. "The disease process is going on in the brain for many years before people start to experience the symptoms of memory loss," he says. "It's better when we catch it right away because it's easier to develop a treatment plan early on."

Research and development initiatives are a big component of the Inova Memory Program. In conjunction with George Mason University, the program offers a clinical trial on mild cognitive impairment — to see if any cognitive training tasks, such as brain exercises

Remember When?

To learn more about the Inova Memory Program, call the team of experts at **703.776.4700**, Monday through Friday, 9 a.m. to 5 p.m.

and teasers, are useful in preventing conversion from mild cognitive impairment to Alzheimer's disease.

While the majority of patients at the Inova Memory Program have a form of dementia, such as Alzheimer's or Parkinson's, anyone experiencing a mental status change is encouraged to utilize the program's resources. "We're here for anyone who has any type of memory issue or change in mental status," says Barbara Mancini, RN, MBA, Director of Neuroscience Services at Inova Fairfax Hospital. "We're here to help navigate them through the system and answer any questions they might have."

"With the Memory Program, we're just really trying to connect all the dots," says Julie O'Brien, patient nurse navigator at the Inova Memory Program. "We want people to be able to have access to all the resources that they need."

Ask the Expert

ALZHEIMER'S AND OTHER MEMORY DISORDERS

Join James Bickel, MD, for a **FREE** lecture, "Alzheimer's and Other Memory Disorders," on Wednesday, Jan. 16, at 6:30 p.m. at City of Fairfax Regional Library, 10360 North St., in Fairfax. To register, call **1.855.My.Inova (1.855.694.6682)** or visit inova.org/AskTheExpert.



James Bickel, MD
Medical Director, Inova
Memory Program

CARING FOR THE TINIEST OF HEARTS

A team approach to mending babies' hearts

As a pediatric medical-surgical nurse at Inova Children's Hospital, Catie Ensz spends her days caring for sick children. But when her baby Josiah faced a series of life-threatening medical challenges, it was her turn to receive help.

While he was in the womb, Josiah was diagnosed with transposition of the great arteries (TGA), a rare and complex congenital heart defect in which the aorta and pulmonary artery are reversed. He would need open-heart surgery at birth.

Ensz and her husband put themselves in the capable hands of her colleagues in the Inova Women's Hospital Fetal Care Program. Patient navigator Kelly Gallo guided them through the medical maze of subspecialists and treatment options, providing critical education and support. "Kelly was our advocate and lifesaver," Ensz says. "It was such a relief to have someone else to answer the medical questions and help make decisions so I could just be mom."

COORDINATED CARE

Moms and babies receive coordinated care at Inova Women's Hospital and Inova Children's Hospital. The Inova Women's Hospital Fetal Care Program brings together perinatologists and pediatric specialists to diagnose and treat pregnant women at risk of carrying a child with a heart defect. Each year, Inova Children's Hospital's pediatric cardiac surgeons perform more than 300 pediatric cardiac surgeries with an overall mortality rate of just 1 percent.

When Josiah was born at 37 weeks, Irving Shen, MD, and Lucas Collazo, MD, performed an arterial switch, moving the aorta and pulmonary artery to

their normal positions. The fragile newborn was placed on a bypass machine while the surgeons repaired his tiny heart. Afterward, little Josiah spent eight days in the Pediatric Intensive Care Unit (PICU) with his chest open because it was too small to close. All told, he spent 37 days at Inova Children's Hospital.

Ensz continued to rely on her colleagues in the months following Josiah's surgery. PICU nurses pulled him through some serious postoperative complications, the Cardiac Feeding Team provided nutritional guidance, and occupational and speech therapists helped with developmental issues. Josiah is now a thriving 17-month-old, fully caught up to his peers in all areas.

"In the end, probably more than 100 of my co-workers touched my son, and we are so grateful to every one of them," says Ensz. "This is an amazing program and we feel lucky to have this kind of care."

Catie Ensz, a pediatric medical-surgical nurse, Josiah and husband, Drew, continue to rely on pediatric care services at Inova Children's Hospital.



MAKE A RUN FOR IT

The Inova 5K Race and Family Fun Run has raised over \$500,000 for the Pediatric Heart Program at Inova Children's Hospital. This year's seventh annual event will take place on April 14 at Fairfax Corner Shopping Center. Following the run, there will be activities for children, including a moon bounce, face painters and a DJ. Awards for the run will be given for the top three finishers in each group. The cost for running is \$20 for adults and \$10 for kids 10 and under. To sign up, go to [inova.org/5K](https://www.inova.org/5K). Send questions to Starkid5k@inova.org.

Listen to Your HEART

PROPER MAINTENANCE CAN KEEP YOU
ON THE ROAD TO GOOD HEALTH



Margaret Straubinger, who has an ICD, does not let her heart condition stop her from enjoying life. Here she is with her 1970 Oldsmobile Cutlass, which she exhibits at car shows.

Margaret Straubinger was going about her daily life as a young mother of two back in 2000 when she started experiencing unusual symptoms.

“I walked around for a week with chest tightness,” Straubinger, now 54, recalls. “I had been diagnosed with cold-induced asthma and it was January, so I didn’t think too much of it.”

However, the symptoms didn’t go away. After a normal electrocardiogram (EKG) at her family doctor’s office, Straubinger was treated for asthma. She then assumed she had bronchitis. But then she began to feel alternately hot and cold, nauseated, and noticed pain in her joints. She went to an Inova hospital and this time, she was diagnosed with a heart attack.

“The lesson I learned from experiencing a heart attack is it can happen to anyone. No one should think they are exempt,” Straubinger says. “Leading up to my heart attack, I had chest pain on and off and my breathing became labored — uncomfortable but not unbearable.”

COMMON SCENARIO

Straubinger suffered a heart attack the same way most people do, notes Robert McSwain, MD, a cardiologist at Inova Fairfax Hospital who manages Straubinger’s implantable cardioverter defibrillator (ICD). “She had a narrowing of the artery, and plaque ruptured inside the artery,” he explains. “It restricted blood flow to a substantial portion of the front of her heart.”

What makes Straubinger’s heart attack unusual was her relatively tender age. “It’s a reminder that we’re all at risk for coronary disease and we need to do our best to take care of our bodies,” he says. “A healthy diet and exercise are key, as well as avoiding things that are damaging to one’s health, like smoking.”

Dr. McSwain adds that many patients have fallen victim to a standard combination of risk factors: genetics, high cholesterol, high blood pressure, smoking, diabetes and, unfortunately, “some bad luck.”

Straubinger notes that she was in relatively good health before she suffered her heart attack. She took blood pressure medication,



BEST IN THE REGION

U.S. News & World Report ranked Inova Fairfax Hospital No. 1 in the Washington, DC, metro area. It also placed 50th in the country in heart and heart surgery and 23rd in gynecology, according to the magazine’s Best Hospitals listing. Learn more about the U.S. News rankings at inovaawards.org.

Get the Facts

Learn more about Inova Heart and Vascular Institute at Inova Fairfax Hospital at inovaheart.org.

maintained a normal weight and enjoyed an active lifestyle. Several of her family members have had heart conditions, but none of them suffered a heart attack as early as she did.

LIFE GOES ON

Since her heart attack, Straubinger maintains an ICD to jumpstart her heart in case she suffers from sudden cardiac arrest (SCA), something she's at risk for given the prior heart attack and resultant weakened muscle. It has so far fired once, likely saving her life from an otherwise potentially lethal arrhythmia.

While she has some limitations — she can't walk for long periods of time without taking a break — Straubinger says that her life hasn't changed all that much since the heart attack. Some of her favorite activities are cruising, relaxing and working on her 40-foot yacht, she says. A NASCAR lover, she also enjoys restoring her 1970 Oldsmobile Cutlass and driving it to car shows. Early last fall, she took a cruise to Bermuda. She notes that she lives each day with a joyful attitude and sometimes has to remind herself she has a heart condition.

"I'm a happy-go-lucky person," she says. "I don't let anything get me down. I'm a true believer that each new day is a gift. I enjoy every day to the fullest."

Dr. McSwain confirms that life can go on successfully following a heart attack. "Most patients enjoy a high quality of life despite their heart condition," he says. "Sometimes it can be the end of the world, but fortunately, in the modern era it by no means has to be."



HEART ATTACK WARNING SIGNS

Some heart attacks are sudden and intense, but others begin slowly with mild pain or discomfort. If you have any of the symptoms listed below, get help fast. According to the American Heart Association, calling 911 is nearly always the fastest way to get lifesaving treatment.

- **Chest pain or discomfort.** Most heart attacks involve uncomfortable pressure, squeezing, fullness or pain in the center or left side of the chest that can be mild or strong. These symptoms often last more than several minutes or go away and return.
- **Pain or discomfort in one or both arms, the back, neck, jaw or upper part of the stomach.**
- **Shortness of breath.** This may occur with or without chest discomfort.
- **Nausea, vomiting, lightheadedness, dizziness or breaking out in a cold sweat.**

Ask the Experts

THESE LECTURES ARE FREE. TO REGISTER, CALL 1.855.MY.INOVA (1.855.694.6682) OR VISIT INOVA.ORG/ASKTHEEXPERT.



Rafiq Zaheer, MD
Cardiologist



Dhaval Patel, MD
Cardiologist



Dean Pollock, MD
Medical Director, Cardiac
Catheterization Lab



Edward Puccio, MD
Medical Director,
Emergency Department



Ted Friehling, MD
Cardiologist

Managing Cardiac Risk Factors

Rafiq Zaheer, MD

Tuesday, Feb. 5, 7–8 p.m.
Inova Alexandria Hospital,
Auditorium

Healthy Eating for a Healthy Heart

Dhaval Patel, MD

Monday, Feb. 11, 6–7 p.m.
Inova Fair Oaks Hospital,
Conference Room 1

Emergency Treatment of a Heart Attack

Dean Pollock, MD,

and Edward Puccio, MD

Tuesday, Feb. 19, 6:30–7:30 p.m.
Cornwall Medical Pavilion,
Community Meeting Room
224 Cornwall Street NW
Leesburg, VA

Treatments for Heart Rhythm Disorders

Ted Friehling, MD

Thursday, Feb. 21, 3–4 p.m.
City of Fairfax Regional Library,
Meeting Room A/B
10360 North St.
Fairfax, VA

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.

If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

IHS-044-IFH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM



Inova at Your Fingertips

Need info about a lecture? Health tips? Want to make an appointment with an Inova physician or for a specific service? Access us 24/7 with our apps, website, social media — whatever is right for you.



inova.org/connect



28 Days of Heart Health

As part of National Heart Month, Inova Heart and Vascular Institute is bringing you 28 Days of Heart Health — tips from some of our leading heart specialists. Register for free to receive advice that will help you develop a healthier lifestyle. Our physicians will share advice on a wide range of topics, including: diet and exercise, new technologies, treatment options and happy heart recipes. You'll also receive reminders of upcoming heart health lectures, as well as a special discount for a cardiovascular screening on Inova's Heartbeat Bus. Your heart healthy emails will begin Feb. 1! To register, go to myheartmonth.org.



find a physician

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



subscribe now!

To ensure future arrival of *InHealth*, request your FREE subscription by calling **1.855.My.Inova** (1.855.694.6682) and pressing 1 or visiting inova.org/subscribe.



we're social!

- ▶ twitter.com/InovaHealth
- ▶ facebook.com/InovaHealth
- ▶ youtube.com/InovaHealthSystem



baby and me

Sign up for Inova's free weekly pregnancy and parenting e-newsletter, *Baby and Me*. Visit inova.org/babyandme to sign up today!