



INOVA FAIR OAKS HOSPITAL

# INhealth

A woman with short blonde hair, wearing a maroon long-sleeved dress and black boots, stands outdoors in a garden. She is smiling and holding up a pair of large, blue denim jeans that are significantly larger than her current size, demonstrating her weight loss.

## A WEIGHTY PROPOSITION

Bariatric surgery helps keep pounds off for good

**PAGE 6**

Donna Sipe weighed more than 300 pounds at her heaviest. After undergoing weight-loss surgery at Inova Fair Oaks Hospital, her health has improved and she has gained newfound confidence.

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{ FOLLOW THE LEADER }

**Gratitude**

A few months ago, when it was warm and sunny, we broke ground on Inova Cancer Center–Fair Oaks. This is a significant project in the history of our hospital, one that will certainly raise the sophistication and level of care we provide to the community. More importantly, we will be able to bring to the community a valuable service.

The feeling of accomplishment is even sweeter because of a challenge we overcame at the outset of the project. Back before we started construction, we were required to seek the approval of Virginia’s Commissioner of Health. Unfortunately, she had a problem with our plans. So we approached our friends at Inova Fairfax Hospital. Would they be willing to transfer one of the licensed radiation therapy units to Inova Fair Oaks Hospital? Without hesitating, the leaders of Inova Fairfax Hospital and the leaders of the medical staff stepped up and answered our call. With this change in our plan, the commissioner agreed to let us move forward.

So in a little more than a year, the community will have a new comprehensive cancer treatment center. The excellent physicians of the Inova Fairfax Department of Radiation Oncology will staff it. We will all be better off thanks to the wisdom and foresight of the leaders and physicians of Inova Fairfax Hospital. To them we owe a big debt of gratitude.



**JOHN FITZGERALD**  
Chief Executive Officer, Inova Fair Oaks Hospital

# Just Quit It

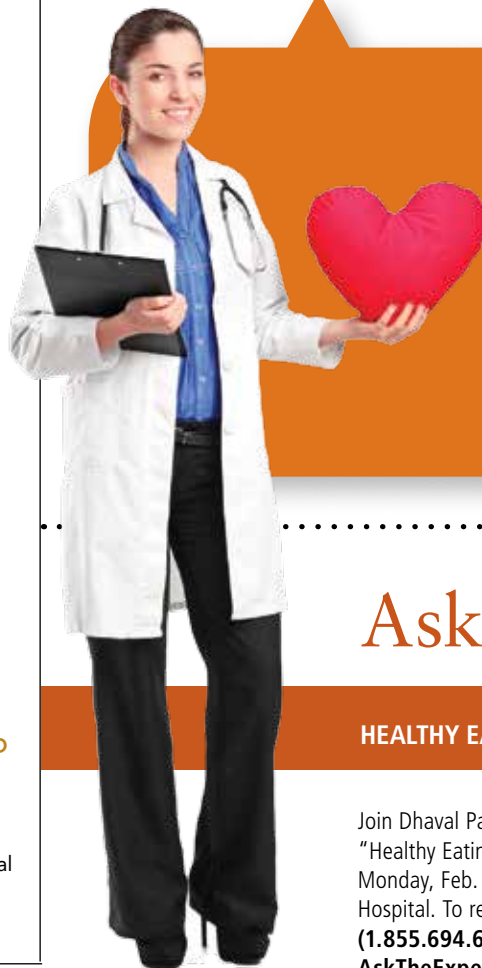
Smoking is a major heart disease risk factor

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.



## 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](http://myheartmonth.org).

## Ask the Expert

### HEALTHY EATING FOR A HEALTHY HEART

Join Dhaval Patel, MD, for a **FREE** lecture, “Healthy Eating for a Healthy Heart,” on Monday, Feb. 11, at 6 p.m at Inova Fair Oaks Hospital. To register, call **1.855.My.Inova (1.855.694.6682)** or visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert).



Dhaval Patel, MD  
Cardiologist

## BARIATRICIAN ON BOARD

*New doctor specializes in weight loss*

According to the Centers for Disease Control and Prevention, 34 percent of American adults are currently obese, and 17 percent of children and adolescents ages 2 to 19 are obese.

While the figures are daunting, Inova's nationally recognized Medical Weight Loss and Weight Loss Surgery Programs recently took an innovative leap forward to help patients beat the odds and achieve healthier lives.

This step involves Kajal Zalavadia, MD, Inova's newest weight-loss program team member, a bariatrician. If her title seems unfamiliar it's because the doctor's fellowship training represents a new specialty within internal medicine. "My field studies the causes, prevention, treatment and control of obesity and its co-morbidities — diseases associated with obesity, like diabetes, sleep apnea and hypertension," she explains. "Inova offers amazing weight-loss programs, and by medically managing pre-existing diseases, patients are in a healthier position to achieve the best possible results."

Her training has prepared her to help patients address the spectrum of weight concerns, ranging from malnutrition to obesity. She uses a number of tools to determine the potential causes of a patient's weight issue. Her participation is important after a patient undergoes weight-loss surgery. "Their anatomy changes so quickly, and it's important to closely monitor the medical conditions that brought them into Inova's program to begin with," Dr. Zalavadia says.

Taking the time to thoroughly answer patients' questions is another part of Dr. Zalavadia's role. "Those questions about preparing for bariatric surgery and post-surgery management of medical co-morbidities are my expertise," she says. "I'm here so that every Inova weight-loss patient receives the attention they need — and deserve."

\* Dr. Zalavadia is offering free lectures on weight and health. See the Ask the Experts page in the enclosed insert for more information.



Inova leaders in September helped to break ground on the new Cancer Center, which will house a radiation oncology department and an integrated care program for cancer patients. Medical, surgical and radiation oncologists will be in one building.

## Setting a Foundation

Inova Fair Oaks Hospital has broken ground on the new Cancer Center. To learn how you can help support the Campaign for the Future Cancer Center, please contact Foundation Director, Kate Sims, at [kate.sims@inova.org](mailto:kate.sims@inova.org) or at **703.391.4810**.

## ABOVE THE REST

*U.S. News ranks Inova Fair Oaks Hospital among top 10 regional hospitals*

U.S. News & World Report ranked Inova Fair Oaks Hospital the ninth best hospital in the Washington, DC, metro area on its Best Hospitals list.

"This top 10 listing speaks volumes about the care and services we provide here," says G. Michael Lynch, MD, Chief Medical Officer, Inova Fair Oaks Hospital. "We pride ourselves on the quality of all our departments and staff members and the patient-centered nature of our hospital."

The magazine ranked Inova Fair Oaks Hospital No. 14 in Virginia. The hospital was "high-performing" in geriatrics, neurology and neurosurgery, orthopedics and urology. The prestigious list is released annually.

"We are a hospital that does our core services very well and our premier services exceptionally," adds Dr. Lynch. "That outside groups, such as U.S. News & World Report, recognize these qualities confirms the opinions of our physicians, employees and our patients."



### Bragging Rights

To learn more about the U.S. News & World Report rankings, visit [inovaawards.org](http://inovaawards.org).

# Good-Bye, Back Pain

NEW TREATMENT ALTERNATIVES HELP SORE SPINES

**Advances in spine treatments are making it easier for people** with severe back pain to find long-lasting relief. And for millions of Americans who are sidelined from doing the activities they enjoy, that's good news.

Physicians with Inova Spine Services at Inova Fair Oaks Hospital are committed to helping people with acute and chronic back pain find effective solutions, from physical therapy, rehabilitation and pain management to the most advanced minimally invasive surgical procedures available.

"Over the years we've made great strides in improving our quality of care and it's very evident both in our patient satisfaction rating as well as in our clinical outcomes," says Christopher P. Silveri, MD, Medical Director of Inova Spine Services at Inova Fair Oaks Hospital. The department recently was awarded The Joint Commission's Gold Seal of Approval for its spine surgery program.

## SUCCESS STORY

For Sherry Neville, having surgery to treat her back pain meant regaining her quality of life. For six months she felt a constant ache in her lower back, punctuated by sudden sharp pains that would radiate down her leg.

"Getting up in the morning I would crawl out of bed, get on my back and do stretching exercises just so I could stand up straight and walk straight," recalls Neville.

The 61-year-old customer service representative tried conventional treatments including physical therapy and steroid injections as well as a variety of alternative therapies. Still stricken with pain, Neville sought the care of Dr. Silveri.

"We were able to offer Ms. Neville less invasive posterior lumbar decompression and fusion to stabilize her lumbar spine and to remove the painful disc which was causing nerve compression," says Dr. Silveri. Neville left the hospital two days after surgery and within three months she was back to taking dance classes and riding her motorcycle for hours at a time. "Dr. Silveri restored my normal active lifestyle," says Neville. "I feel like a 20-year-old and I can do anything and everything. He is one of the best surgeons in the country."

## Find Relief

To make an appointment with an Inova Spine Services physician at Inova Fair Oaks Hospital, call **703.391.3667**, or learn more at **[inovaspine.org](http://inovaspine.org)**.

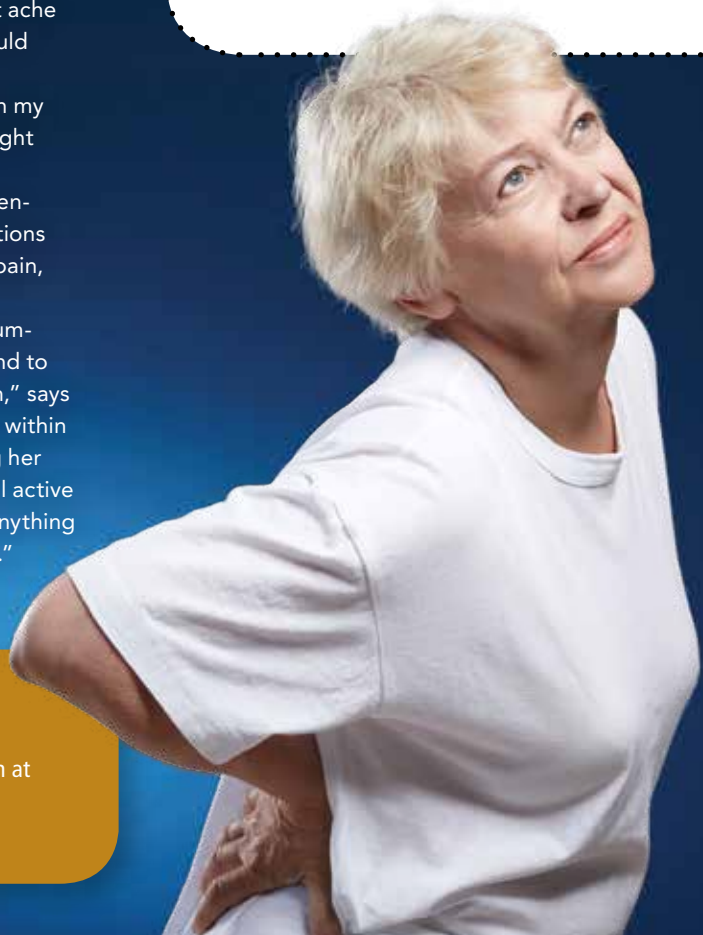
## Ask the Expert

### OPTIONS FOR BACK AND NECK PAIN

Join Christopher P. Silveri, MD, for a special **FREE** lecture on Thursday, March 7, at 6 p.m. at Reston Community Center. Call **1.855.My.Inova (1.855.694.6682)** or visit **[inova.org/AskTheExpert](http://inova.org/AskTheExpert)** to register.



Christopher P. Silveri, MD  
Orthopedic Surgeon





# LESS IS MORE

Partial knee resurfacing provides alternative to full knee replacement



**America's 78 million baby boomers, born between 1946 and 1964**, are not sitting still for their golden years. They're walking, running and cycling through their 60s — putting more time into staying active than any past generation. While all this high-octane activity is undeniably healthy, it sometimes comes with a price. Long-term repetitive impact activities, like jogging, can wear down knee cartilage and trigger painful osteoarthritis. Technology now allows us to more precisely target only the affected area to relieve the pain and get boomers back in the action.

Today, Inova Fair Oaks Hospital is among the select few Washington metro area hospitals offering MAKOplasty®. "This is the latest advancement in treating knee osteoarthritis when total joint replacement is not necessary," says Karen DuTeil, RN, MSN, ONC, Inova Fair Oaks Hospital. "Because it's a far less

invasive procedure that can be done on an outpatient basis, MAKOplasty patients are back on their feet much quicker, walking with crutches within hours and back at work within one week. Most patients return home within 24 hours of surgery, as opposed to a two- or three-day hospital stay after traditional knee replacement surgery."

Sometimes referred to as a partial knee resurfacing, MAKOplasty is a robotic-assisted procedure performed by an orthopedic surgeon. With guidance from the robot, the surgeon selectively targets only the arthritic part of the knee and optimally positions an implant in the knee joint to restore full range of motion and eliminate joint pain. By isolating the knee's damaged portion and sparing all healthy bone and ligaments, the patient is in a stronger position should traditional knee replacement be necessary down the road.



MAKOplasty is a procedure to help those with early- to mid-stage knee osteoarthritis. Using a robot, a doctor positions an implant while sparing the healthy bones and ligaments.

## Ask the Expert

### ROBOTICS IN KNEE AND HIP SURGERY

Join Tony Aram, MD, for a **FREE** lecture, "Robotics in Knee and Hip Surgery," on Tuesday, Jan. 22, from 1–2:30 p.m. at Inova Fair Oaks Medical Campus, Auditorium. Visit **inova.org/AskTheExpert** or call **1.855.My.Inova (1.855.694.6682)** to register.



Tony Aram, MD  
Orthopedic Surgeon

### A Good Alternative

For more information about the innovative MAKOplasty procedure, call Karen DuTeil, RN, MSN, ONC, orthopedic navigator, Inova Fair Oaks Hospital, at **703.391.4555**, or learn more at **inova.org/mako**.

# A Weighty

## BARIATRIC SURGERY HELPS KEEP POUNDS OFF FOR GOOD

**You've tried every diet under the sun, and you've logged in more than your share of hours at the gym.** But no matter how hard you try, you just can't seem to shed those excess pounds. If this scenario sounds familiar, you may be a candidate for bariatric surgery, a weight-loss solution for adults with a BMI (Body Mass Index) of at least 35 and who have additional health risks.

"Weight-loss surgery transforms individuals' lives," says Amir Moazzez, MD, Medical Director of the Inova Weight Loss Surgery Program at Inova Fair Oaks Hospital. "It's a safe procedure that eliminates many chronic medical conditions like diabetes, hypertension, sleep apnea, high cholesterol, chronic heartburn and arthritis."

Choosing weight-loss surgery means a lifelong commitment that requires making permanent healthy changes to your diet and participating in an ongoing exercise regimen. Making consistent lifestyle changes following surgery can yield significant results. According to Dr. Moazzez, patients who continue to make healthy lifestyle choices following the

surgery lose 80 to 90 percent of their excess body weight within two years of their surgery.

### THE RIGHT CHOICE

The most common type of bariatric surgery, also known as Roux-en-Y gastric bypass surgery, helps you shed pounds by limiting the amount of food you are able to consume at a time. During the procedure — usually done laparoscopically — the surgeon seals off a small portion of your stomach, and then connects it to your small intestine. Food bypasses the rest of the stomach and the first part of your small intestine, limiting the number of calories that are absorbed.

For Shirley Repta, RN, PhD, MBA, Executive Director for Behavioral Health at Inova, the decision to have weight-loss surgery restored her general health and resolved the arthritis pain that prevented her from doing the activities she enjoys.

"I'm an avid golfer and I found that any time I had to take a step it was painful," says Dr. Repta. "For two years I had tried various diets and exercise programs, but I just wasn't able to lose enough to make an impact."

Weight-loss surgery allowed Dr. Repta to get back on the golf course and work full-time without being inhibited by the pain of arthritis in her ankles "and those unwanted pounds."



**THAT WAS THEN:** Shirley Repta, PhD (right), had a hard time playing golf because of her weight. (Above) Today, Dr. Repta, pictured here with weight-loss surgeon Amir Moazzez, MD, is feeling good and back on the fairway.



## SERVICE SPECTRUM

The competent, caring staff at the Inova Weight Loss Surgery Program at Inova Fair Oaks Hospital is there to guide you every step of the way. Here's an overview of the classes and support groups available to help you with your nutritional, fitness and lifestyle needs:

### Before surgery:

- Information seminar
- Nutrition coaching
- Insurance counseling
- Meeting with a pre-surgical nurse
- Visit with bariatrician

### After surgery:

- Going Home session taught by a dietitian
- Happy New You class covering nutritional, behavioral, social and emotional issues

- Journey Together support group offering monthly success tips and an opportunity to connect with others
- Exercise class taught by certified instructors
- Navigating Your Journey and Gaining Personal Strength workshops for long-term maintenance

\* Go to [inovaweightloss.org](http://inovaweightloss.org) or call **703.348.4716** to learn more.



# Proposition

“Weight-loss surgery was a great option for her,” says Dr. Moazzez, who treated Dr. Repta. “She had tried multiple previous attempts at conservative weight loss but because she had such bad arthritic issues in her ankles she was not able to increase her physical activity in order to lose weight.”

As for Dr. Repta, she’s glad she had her surgery done at the Inova Weight Loss Surgery Program, a Center of Excellence for Bariatric Surgery where specialists have performed more than 6,000 bariatric procedures.

“The care at Inova Fair Oaks Hospital is excellent, which is a testament to the leadership there because they have created a culture that is sensitive to the bariatric patient,” says Dr. Repta.

## FRESH OUTLOOK

Donna Sipe, RRT, CPFT, a respiratory therapist and EEG technician at Inova Loudoun Hospital, says her only regret is that she didn’t have bariatric surgery sooner. Having reached 316 pounds at her heaviest, Sipe realized that the diet rollercoaster she’d been on was not working and the excess weight was causing her to experience high blood pressure, elevated cholesterol and high blood sugar.

“I had been overweight all my life and I would go on many, many diets, lose 20 or 30 pounds, then gain it back,” says Sipe.

Sipe went to see Osvaldo Anez, MD, a surgeon who has performed general surgery at Inova Fair Oaks Hospital for the past 20 years and has performed nearly 5,000 bariatric procedures. Dr. Anez thoroughly explained the process leading up to the surgery, what the procedure would entail and what to expect after surgery.

Now, post-surgery, Sipe has lost 176 pounds. She leads an active lifestyle and her blood pressure, cholesterol and blood sugar are back to normal levels.

“When patients have bariatric surgery, many of their medical problems caused by the excess weight are resolved,” says Dr. Anez. “When they leave the hospital, 80 percent or more of patients who have gastric bypass no longer have diabetes.”

In Sipe’s case, bariatric surgery has boosted her overall sense of well-being. “I have a lot more self-confidence and I’m more active and I feel better,” says Sipe. The best part of losing 176 pounds? “It feels amazing to go clothes shopping!” she says.

## Get the Skinny

To register to attend an informational seminar with a weight-loss surgeon, call **703.348.4716**.

## Take Note

Information seminars are held regularly to teach people about losing weight, either with or without surgery. To register, call **703.348.4716** or visit us online at [inovaweightloss.org](http://inovaweightloss.org).

JOIN US FOR ONE OF THE FOLLOWING:

### Inova Weight Loss Surgery (Bariatric) Program Seminar:

Wednesday: Jan. 9, 23; Feb. 13, 27; March 13, 27,  
6:30–8:30 p.m.

Thursday: Jan. 3, 10; Feb. 7, 14; March 7, 14, 6:30–8:30 p.m.

Friday: Jan. 4, Feb. 1, March 1, 1–3 p.m.

Saturday: Jan. 12, 19, 26; Feb. 9, 16, 23;  
March 9, 16, 23, 10 a.m.–12 p.m.

### Inova Medical Weight Loss Program Seminar:

Thursday: Jan. 24, Feb. 28, March 28, 6:30 p.m.

**DOWN TO SIZE:** Donna Sipe has lost 176 pounds since her weight-loss surgery. Today, she enjoys shopping for clothes that fit her smaller frame.



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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### Interested in a lecture?

Inova holds FREE lectures on various topics. See the Ask the Experts page in this newsletter's insert or visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) to find one or more that appeal to you.

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