



INOVA MOUNT VERNON HOSPITAL

INhealth



ALL THE RIGHT MOVES

Operation Walk provides free joint replacement surgeries to those in need

PAGE 6

A patient gets a "two thumbs up" from Jen Watters, physical therapist, during Operation Walk Virginia's September trip to Guatemala.

ALSO IN THIS ISSUE:

- 2** Smoking and the heart
- 4** New 3-D mammograms
- 5** Orthopedic honor

FOLLOW THE LEADER

Good Works

I am delighted to offer you this first issue of our *InHealth* newsletter for 2013. Included in this issue are stories on our new mammography services available here at the hospital, a prestigious award bestowed on one of our top-rated orthopedic surgeons and the annual Operation Walk program which our physicians and staff participated in and organized. This program has become not only a humanitarian mission to third world countries, but also an effort to provide free joint replacements to individuals in need within our own community.

As an extension of our commitment to community, we look forward to the opening of the Inova HealthPlex in Lorton within the next several months. This state-of-the-art freestanding emergency room will provide much-needed emergency services to the Lorton community. Experienced physicians and staff will operate the ED, laboratory and radiology, bringing health-care services closer to home in Lorton and its surrounding communities.

Our 2013 commitment remains to provide quality healthcare services to those we serve and to continue on our journey to make Inova Mount Vernon Hospital the best place to give and receive excellent patient care.

On behalf of the physicians, staff and volunteers I wish you all a very happy and healthy New Year.



BARBARA DOYLE

CEO, Inova Mount Vernon Hospital

INthe news



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.

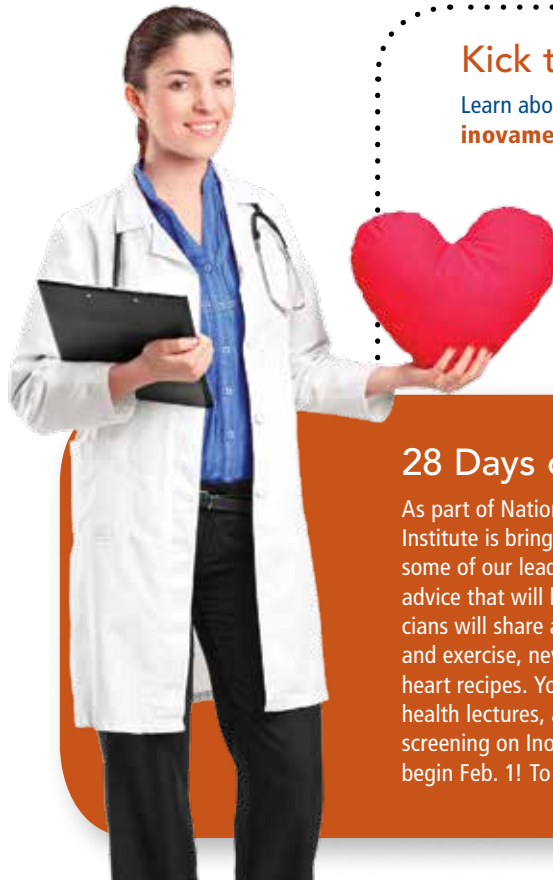
Why? Nicotine in tobacco makes your heart work harder by narrowing your blood vessels and increasing your heart rate and blood pressure. Carbon monoxide in cigarette smoke replaces some of the oxygen in your blood. This increases your blood pressure by forcing your heart to work harder to

supply enough oxygen. There is no such thing as harmless smoking, whether it is smokeless tobacco, low-tar and low-nicotine cigarettes, or exposure to second-hand smoking. 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 effects of quitting.

Kick the Habit

Learn about programs to help you quit smoking at inovamedicalgroup.org/quitsmoking.



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.

TOGETHER AGAIN

Patient reunions celebrate wellness, friendship

Each September, Inova Mount Vernon Hospital's Center of Excellence services host patient reunions to welcome back former patients and catch up on how they are doing since being discharged.

This year, more than 650 people collectively attended the Inova Rehabilitation Center reunion and the Inova Joint Replacement Center reunion. A picnic was held for the former rehabilitation patients and a brunch took place for the former joint patients. Both events were held outside and, as always, "a good time was had by all."



Festive Occasions

Patient reunions held last summer offered a chance for some former Inova patients to reconnect with their clinicians. Above: (Top) Gerard Engh, MD, Medical Director of Inova Joint Replacement Center, catches up with a former patient. (Bottom) Former joint replacement patients enjoy a brunch with all the trimmings.



InovaCares for Seniors PACE Program

A new alternative to traditional senior care

InovaCares for Seniors™ PACE® recently launched its Program of All-inclusive Care for the Elderly (PACE), the first and only program of its kind here in Northern Virginia. PACE is a program for older adults that helps to preserve the independence of seniors living in the community and allows them to receive the care they need and still remain in their home. Each InovaCares for Seniors PACE participant receives an individualized care plan that meets both their medical and social needs.

This care plan is determined by the collaborative efforts of an interdisciplinary team that includes a physician with an expertise in geriatric medicine, a nurse, nutritionist, occupational and physical therapist, social worker, activities coordinator, home care coordinator and transportation staff. "Often, the health problems senior

citizens experience are because of non-medical factors, such as difficulty administering medications, poor diet, trouble getting to and from their doctor appointments, lack of exercise or insufficient social interaction," says Terence McCormally, MD, Medical Director of the InovaCares for Seniors PACE program and a board-certified geriatric physician. "PACE helps with both their medical and non-medical needs."

The InovaCares for Seniors PACE program provides comprehensive care for seniors. "A geriatrician in private practice in our area would typically care for about 900 patients. At the InovaCares for Seniors PACE center, our team will care for about 100 patients, and this allows for personalized, coordinated care by the whole team," says Dr. McCormally.

New Alternative

InovaCares for Seniors™ PACE® may be an alternative to a nursing home. For more information or to request a tour of the InovaCares for Seniors PACE center, please call **703.239.5878**, Monday–Friday from 9 a.m.–4 p.m., or email us at RoseAnn.Mario@inova.org.

You can also visit online at inova.org/pace and pace4you.org.

Picture This

New 3-D mammograms provide unmatched clarity

To enhance its breast cancer screening capabilities,

Inova Breast Care Institute at Inova Mount Vernon Hospital has added 3-D digital mammography to its comprehensive list of services. The cutting-edge technology, also known as tomosynthesis, allows radiologists to detect tiny cancers that may be hidden during conventional 2-D mammography.

“3-D mammography is the latest breakthrough technology available to screen breast cancer in its earliest stages,” says Randy Damron, Director of Radiology at Inova Mount Vernon Hospital. “Our goal is to be the best place to give and receive treatment, and with 3-D mammogram technology, we’re definitely headed in this direction.”

BETWEEN THE LINES

3-D mammography can be used in conjunction with conventional 2-D mammography to screen for breast cancer. During the procedure, a camera moves over the breast, taking low-dose X-rays. A high-powered computer displays the digital images as a series of thin slices, allowing the radiologist to view a single layer of tissue at a time.

While 2-D mammography is still considered the gold standard of breast imaging, it produces a flat view of many layers of overlapped tissue. The overlapping tissue may cause small breast cancers to be missed and normal tissue to appear abnormal, requiring patients to come back for unnecessary testing.

“Particularly for women with dense breast tissue, 3-D mammography is helpful in reducing the number of callbacks because it allows us to tell if we’re looking at superimposed breast tissue or if there really is a mass beneath the breast tissue,” says Kristin Prettol, Imaging Clinical Coordinator for Diagnostic Imaging at Inova Mount Vernon Hospital.

3-D mammography uses low X-ray energy, and while it emits a slightly higher dose than a conventional digital mammogram, says Prettol, any exposure you’re getting falls below the U.S. Food and Drug Administration recommendations.



A GENTLER TOUCH

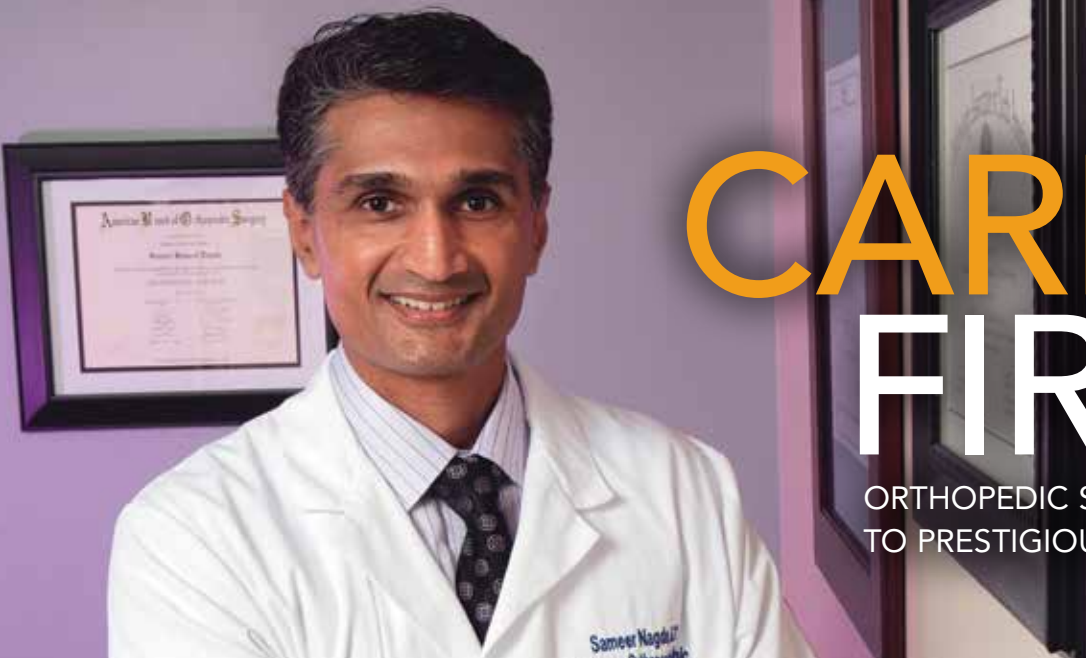
Compassionate care is the hallmark of Inova Breast Care Institute at Inova Mount Vernon Hospital. To minimize any pain or discomfort you might feel during a mammogram, the imaging team provides a breast cushion called a MammoPad®. The pad is placed on the compression plates of the mammography machine to provide a warmer, more comfortable mammogram.

“We were the first in the area to offer the MammoPad,” says Director of Radiology Randy Damron. “It decreases the pain a woman might feel during a mammogram.”

Studies show that MammoPad breast cushions lower mammogram-related discomfort by 50 percent for three out of four women.

Imaging Excellence

To schedule a mammogram at Inova Breast Care Institute at Inova Mount Vernon Hospital, call **571.423.5400**.



CAREER FIRST

ORTHOPEDIC SURGEON ELECTED TO PRESTIGIOUS SOCIETY

Sameer Nagda, MD, a shoulder and sports medicine specialist at Inova Mount Vernon Hospital, was recently selected to join the American Shoulder and Elbow Surgeons (ASES), an elite society whose membership consists of approximately 300 leading orthopedic surgeons worldwide who specialize in the shoulder and elbow. Dr. Nagda is the only such specialist in all of Northern Virginia to have received this distinguished membership.

"I'm very fortunate to have been elected into this elite group of surgeons," says Dr. Nagda. "Their criteria for membership involves all aspects of a surgeon's career and all facets of their expertise in the field of shoulder and elbow surgery, so it's very difficult to get into."

Dr. Nagda practices orthopedic surgery at Inova Mount Vernon Hospital and the Anderson Orthopaedic Clinic. He is also Assistant Clinical Professor of Orthopedic Surgery at Georgetown University School of Medicine. He provides expertise in complex problems of the shoulder and elbow, with a special emphasis on arthroscopic rotator cuff surgery, shoulder replacements and injuries to athletes who play overhead

sports. Dr. Nagda has published scientific studies in many orthopedic journals and has been awarded the prestigious Neer Award, the highest research award given in the field of shoulder and elbow surgery.

OUTSTANDING ACHIEVEMENT

Through its emphasis on medical education and research, ASES promotes the science and practice of shoulder and elbow surgery. Membership into the society is based on a selective process recognizing competence and achievement in the field of shoulder and elbow surgery, extensive medical training, research achievements, academic success and a demonstrated commitment to education.

For Dr. Nagda, practicing orthopedics in a world-class clinical environment has provided a solid foundation for his membership into the ASES. "My peer group at Inova Mount Vernon Hospital and in my practice has always been top-notch," says Dr. Nagda. "I have always been surrounded by exceptional people who have encouraged me to better myself and to continue to advance my knowledge. And that's made me a better surgeon."



OUTPATIENT JOINT REPLACEMENT

During the last quarter of 2012, physicians practicing at Inova Joint Replacement Center began providing outpatient partial knee replacements, with positive outcomes.

Doctors may recommend partial knee replacement if only part of a knee joint is affected by arthritis. The advantages of this minimally invasive procedure include less postoperative pain, a quicker recovery at home and less stiffness. During the surgery, damaged bone and cartilage are removed and replaced by an implant. Unlike a total knee replacement, all of the knee ligaments are left intact and the knee is more of a "normal" feeling knee.

Ask the Expert

PREVENTING AND TREATING SPORTS INJURIES

Join Sameer Nagda, MD, at Inova Mount Vernon Hospital for a **FREE** community lecture, "The ABC's of Sports Injuries," on Wednesday, March 20, at 6:30 p.m. Learn what you can do to prevent and treat sports injuries. Call **1.855.My.Inova (1.855.694.6682)** or visit **inova.org/AskTheExpert** to register for this **FREE** program.



Sameer Nagda, MD
Orthopedic Surgeon

Our Services

Learn more about Inova Joint Replacement Center at Inova Mount Vernon Hospital by visiting **inova.org/jointcenter**.



All the Right

OPERATION WALK VIRGINIA PROVIDES FREE JOINT REPLACEMENT SURGERIES TO THOSE IN NEED

With smoke softly puffing from nearby Fuego volcano, peace lilies gently waving in the late September breeze, and historic ruins lining cobblestone streets, team Operation Walk Virginia pressed on — barely noticing the sublime photo ops. Their destination was Las Obras Sociales Hospital, located in Antigua, a city in Guatemala, where more than 40 American volunteers, including orthopedic surgeons, physicians, anesthesiologists, operating room staff, internists, nurses and physical therapists would spend the next eight days providing free surgical hip and knee replacements.

“We help people who suffer debilitating hip and knee joint pain but could never afford this kind of care,” says Gerard Engh, MD, Operation Walk Virginia founder and joint replacement surgeon, Inova Mount Vernon Hospital. “Their crippling pain affects them physically, emotionally, financially and spiritually. Operation Walk is their only hope for a pain-free, productive life.”

When it was time to leave Antigua, Dr. Engh and his altruistic team tallied their numbers. They’d replaced 54 joints to help 45 previously crippled Guatemalan patients walk again. As for new Operation Walk Virginia friends, there were too many to count.

JOINT VENTURES

Operation Walk Virginia is one of 14 chapters within the international nonprofit Operation Walk organization. The Virginia team makes one trip annually to a developing country where local hospitals are not equipped to perform joint replacements. For three consecutive years, Operation Walk Virginia has also partnered with Inova Mount Vernon Hospital to host an annual day dedicated to uninsured Virginia residents in need of joint replacements.

For every mission, manufacturers donate the joint replacements, and the medical and surgical members donate time. When traveling abroad, Operation Walk Virginia must raise approximately \$150,000 to fund medical supplies, medications and patient equipment, as well as airfare, ground travel, meals and hotel accommodations for the volunteers. Surgeries performed stateside are made possible by Inova Mount Vernon Hospital.

HISTORY REPEATS ITSELF

Operation Walk America began in 1995 with a mission to provide free joint replacement surgery to patients residing in developing countries. Dr. Engh spearheaded the Operation Walk Virginia chapter in 2006 and has since led surgical teams on missions to Nicaragua, Ecuador and, most recently, Guatemala.

When it became clear that Americans needed help as well, Inova Mount Vernon Hospital partnered with Operation Walk Virginia and initiated an annual one-day mission to provide free joint replacement surgery to Northern Virginia area patients without health insurance or means to cover such procedures. Each year since 2010, Inova Mount Vernon Hospital has donated operating rooms

Next Steps

To find out how to give to Operation Walk Virginia, visit opwalkvirginia.org.



Moves

▲ Above (l to r): Rita Fields, operating room RN, helps Raphael, who received a new knee, make his way down the hallway. Raphael had both arms amputated after an electrical accident, so it took some time with Operation Walk's physical therapists to learn how to use crutches. (Second) Patrick Gaspar, MD, and Maria Schaart, MD, talk with a patient who is hoping to receive a new knee. The medical team has to be sure a patient can handle surgery. (Third) Anne Herbst, RN, receives a hug. (Fourth) The Operation Walk Virginia team gathers for a photo.

and surgical equipment as well as each patient's medication, room and board, and follow-up care. "On December 8, the hospital funded 10 free joint replacements," says Julia Warner, PCD, Inova Joint Replacement Center, and Operation Walk Virginia's clinical coordinator. "It's hard to put a dollar figure on this kind of support — since we're talking about giving people back their lives — but I can say that each procedure costs around \$40,000. Without Inova Mount Vernon Hospital, our U.S. mission would not happen."

As the largest center of its kind in the mid-Atlantic region and a nationally accredited program in Virginia with The Joint Commission's Gold Seal of Approval™ for outstanding care in joint replacement procedures, the Inova Mount Vernon Hospital

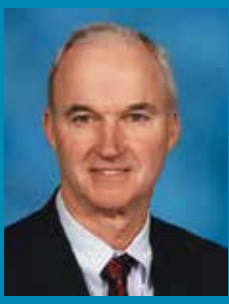
See Us Online

View more photos from the trip on Facebook. Search Operation Walk – Virginia.

Joint Replacement Center represents a remarkable alliance of respected medical experts. "At Inova, we see this wealth of talent as a unique opportunity to help the communities we serve live healthier, more fulfilling lives," says Barbara Doyle, CEO, Inova Mount Vernon Hospital.

Whether serving those in need at home or abroad, Warner most enjoys recalling the end of each mission. That is when patients take a step or two for the first time in a while and they smile. "On our final day in Antigua, I walked with several recovering patients out to the hospital's courtyard," Warner says. "One week earlier, many of these patients couldn't walk at all! It was a day for reaching goals."

LEADER AMONG LEADERS



When discussing Operation Walk Virginia, its founder Gerard Engh, MD, joint replacement surgeon, Inova Mount Vernon Hospital, focuses on the team's "passion for using their talents and skills to help those in need." He humbly sidesteps any mention of his own renowned accomplishments.

If, however, you Google the surgeon's name, pages of achievements pop up, beginning with *Becker's Orthopedic & Spine Review* listing Dr. Engh as one of the nation's top 70 knee surgeons. The publication evaluated physicians based on their awards, leadership, published work and professional recommendations.

Dr. Engh is also a 2013 nominee for the American Academy of Orthopaedic Surgeons' (AAOS) Humanitarian Award. This honor, to be officially presented at the AAOS 2013 Annual Meeting, recognizes those distinguished by outstanding musculoskeletal-related humanitarian activities in the United States or abroad.

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-IMVH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

Ask the Experts

ALL ASK THE EXPERT LECTURES ARE FREE, BUT TO HELP US SERVE YOU BETTER, PLEASE CALL 1.855.MY.INOVA (1.855.694.6682) OR VISIT INOVA.ORG/ASKTHEEXPERT TO REGISTER.



Nitin Goyal, MD
Orthopedic Surgeon

OSTEOARTHRITIS AND THE LATEST ADVANCES IN JOINT REPLACEMENT

Nitin Goyal, MD
Wednesday, Jan. 16,
6:30 p.m.
Inova Mount Vernon
Hospital

Wednesday, Feb. 27,
6:30 p.m.
Inova Mount Vernon
Hospital

Wednesday, March 13,
6:30 p.m.
Marriott Residence Inn,
National Harbor, MD



Corey Wallach, MD
Orthopedic Surgeon

THE LATEST TREATMENTS FOR BACK PAIN

Corey Wallach, MD
Wednesday, Feb. 20,
6:30 p.m.
Inova Mount Vernon
Hospital



Sameer Nagda, MD
Orthopedic Surgeon

THE ABC'S OF SPORTS INJURIES: WHAT YOU CAN DO TO PREVENT AND TREAT SPORTS INJURIES

Sameer Nagda, MD
Wednesday, March 20,
6:30 p.m.
Inova Mount Vernon
Hospital



Kajal Zalavadia, MD
Bariatrician

HOW DOES YOUR WEIGHT AFFECT YOUR HEALTH?

Kajal Zalavadia, MD
Wednesday, Feb. 27,
12-1 p.m.
Inova Mount Vernon
Hospital



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



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



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.