



INOVA FAIR OAKS HOSPITAL

INhealth

Scuba enthusiast
finds solution
to back pain

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Diving **DEEP**

Bob Vandell, who dives in the Caribbean, lived with severe lower back pain for many years. Finally, this past year, he found relief through a less invasive approach.

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FOLLOW THE LEADER

Honored to Serve

Inova Fair Oaks Hospital has the privilege of treating some very special people, several of whom are featured in this issue. A former military pilot, Bob Vandel is back to golfing, running and scuba diving after being treated for his chronic back pain.

Traudy Moldenhauer benefited from Deep Inspiration Breath Hold (DIBH), a radiation therapy technique used to treat breast cancer on the left side that reduces the impact of radiation on the heart. This innovative technique is one example of how we are constantly striving to improve the lives of our patients.

Treating the whole person is a priority for our team at Inova Fair Oaks Hospital, and the recent opening of our healing garden is another way to accomplish this. Having a space to reflect and relax is instrumental to the healing process of our patients.

Becker's Hospital Review recently recognized Inova Fair Oaks Hospital as a Top 100 Community Hospital in the country. In addition, *U.S. News & World Report* has recently ranked our hospital as No. 3 in the Washington, DC, metro area with a high-performing specialty ranking in orthopedics. We share these honors with our patients, their families, the entire staff and the community we are privileged to serve.



JOHN FITZGERALD
Chief Executive Officer,
Inova Fair Oaks Hospital



SERVICES

FULL CIRCLE

Inova Fair Oaks Hospital offers VIP 360° Concierge Medicine program

Sandy Ibrahim, MD, is now seeing patients at Inova Fair Oaks Hospital through the well-regarded VIP 360° Concierge Medicine Program. This program, which is also available at Inova Fairfax Hospital and Inova HealthPlex - Franconia/Springfield, offers personalized healthcare for patients, including access to a physician 24/7, same-day or next-day appointments and an extensive medical history review.

"You should always be able to think of your family doctor as your advocate," says Dr. Ibrahim, who worked in a McLean, VA-based concierge practice for seven years before coming to Inova. "Preventive medicine is the key. Catching pink flags before they turn red is what I practice."

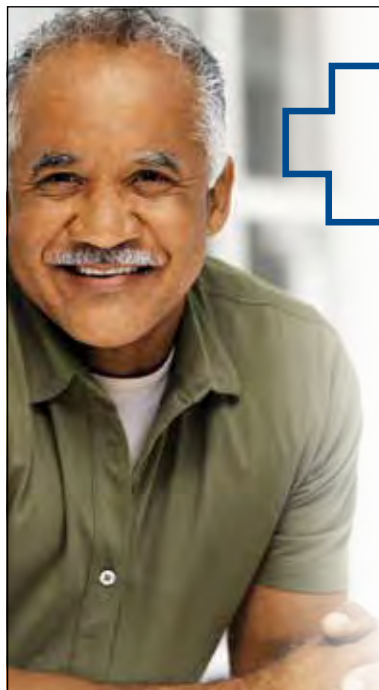
For an annual, out-of-pocket fee,

patients in the program have direct access to their doctors through email or phone, as well as the ability to schedule appointments at non-standard times. VIP 360° leverages the benefits of being on a hospital campus, including quick access to labs and top specialists on campus, with the personal connection of a concierge medicine practice.

"I know my patients on a personal level and genuinely care about every aspect of their physical health and mental well-being," Dr. Ibrahim says. "When you call my office, I know exactly who you are."

ONE-ON-ONE ATTENTION

Learn more about concierge medicine at inova.org/vip360 or at 703.391.4520.



Men, Your Health Matters. Get Checked!

FREE Prostate Cancer Screening

Wednesday, Sept 30, 2015
5:30 p.m. - 7:30 p.m.

Inova Dwight and Martha Schar Cancer Institute
Inova Fair Oaks Medical Campus
Lower Level Conference Center
3580 Joseph Siewick Drive, Fairfax, VA

PSA (blood test screening for prostate cancer) and DRE (digital rectal exam) performed by Inova Fair Oaks Hospital physicians.

Prostate cancer is the most frequently diagnosed cancer in men and the second leading cause of cancer-related death in men. One in six men will develop prostate cancer at some point in their lives.



Appointments are required.
Call 1.855.My.Inova (1.855.694.6682) to register.

Don't Shoulder It ALONE

Sports-related shoulder injuries can affect active individuals of all ages and skill levels. Whether you're a professional athlete or you simply enjoy recreational activities such as swimming, golfing or tennis, you may be prone to shoulder problems. Any activity involving repetitive overhead motion can, over time, lead to pain, weakness in the arm or stiffness in the shoulder. Left untreated, these symptoms can worsen, leading to more serious problems later on.

Fortunately, the most common shoulder problems — rotator cuff tendinitis and tears, shoulder instability and labral tears — can be treated with arthroscopic surgery, a less invasive approach that allows you to resume your activities sooner. At Inova Fair Oaks Hospital, board-certified, fellowship-trained physicians treat a wide range of shoulder injuries using the latest arthroscopic techniques.

"Arthroscopy involves the

Sports medicine experts can help you stay in the game

use of tiny incisions around the shoulder to gain access with a camera and small instruments so we can repair problems deep in the shoulder without making large incisions or cutting through normal tissue and muscles," says David Novak, MD, an orthopedic surgery and sports medicine specialist who serves as a team physician for the Washington Redskins and two local high schools. "There is less postoperative pain and stiffness and earlier return to function in many cases."

REACHING HIGH

To learn more about arthroscopic shoulder procedures at Inova Fair Oaks Hospital, visit inova.org or call **703.205.2626**.



ASK THE EXPERTS



Ryan Miyamoto
Orthopedic Surgeon

LECTURE

Shoulder Treatment Options for Rotator Cuff Tears and Osteoarthritis

Join Ryan Miyamoto, MD, for this FREE lecture.

Date & Time: Thursday, Sept. 17, 6 p.m.
Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

To register visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

Golfing and GIVING

Annual Inova Fair Oaks Golf and Tennis Classic set for September

This Sept. 21, Inova Fair Oaks Hospital will host its 25th annual Golf and Tennis Classic at the International Country Club in Fairfax, VA. Each year, golfers and tennis players come out for a little healthy competition and to raise money for Inova Fair Oaks Hospital.

Last year, the event raised \$135,000 for the campus. This year, the proceeds will go toward the hospital's new surgical expansion, which will increase the total number of operating rooms in the surgical building, and expand several more to accommodate additional equipment to perform advanced procedures. The entire unit is being redesigned to facilitate a smooth flow of patients and visitors, including a fully renovated surgical waiting room.

TAKE A SWING

For more information about the event, or for other ways you can help give back to Inova Fair Oaks Hospital, contact Nicole Kinard at nicole.kinard@inova.org.



LIFE-ALTERING DECISIONS



Mary Wyckoff's colonoscopy revealed a cancerous polyp.

Colonoscopy comes just in time

Mary Wyckoff had never had symptoms of colorectal cancer. Nor was she aware of any family history of the disease. Busy working, caring for her aging parents and helping her sons plan their weddings, there never seemed to be a good time to get a colonoscopy. It wasn't until she turned 59, with the encouragement of her husband and close friends, that Wyckoff made an appointment to get screened.

As it turns out, it could not have come too soon. The test revealed a cancerous polyp in Wyckoff's colon. Concerned that the malignant cells may have invaded her colon wall or spread to her lymph nodes, Wyckoff's board-certified gastroenterologist, Tonya Adams, MD, referred her to Inova Fair Oaks Hospital colorectal surgeon Lynda Dougherty, MD. Supported by a highly skilled team, Dr. Dougherty, who is board-certified and fellowship-trained, performed a robotic colectomy to remove a portion of Wyckoff's colon.

Wyckoff soon learned that the cancer had traveled to one of her lymph nodes, and she needed immediate treatment with chemotherapy.

"Dr. Dougherty and Dr. Adams were wonderful, and their being proactive and going ahead and recommending the surgery saved my life," says Wyckoff, now 60, whose one-year repeat colonoscopy revealed she is completely cancer-free. "I feel incredibly grateful things worked out so well for me and I would certainly encourage anyone who hasn't had a colonoscopy to get one."

CUTTING-EDGE CURE

The most common treatment for colorectal cancer is surgery, and at Inova Fair Oaks Hospital, patients can reap the benefits of the latest techniques available including robotic-assisted surgery.

"Inova's got the fastest growing robotic colorectal program in Northern Virginia," says Dr. Dougherty. "All we do is colon surgery, so we tend to have a higher volume, and higher-volume surgeons have been shown to have better outcomes in the colorectal specialty."

Robotic surgery also provides a safe, effective option for patients with common digestive conditions such as diverticulitis and inflammatory bowel disease.

"Because we can do the surgery through smaller incisions, patients have less pain and a faster recovery," says Dr. Dougherty.

Get Screened

When should you get screened? "We go by the recommendations of the American Gastroenterology Society and the American Cancer Society, which is if you are low risk, have no symptoms or family history, start at age 50," says Lynda Dougherty, MD.

If you have a family history or symptoms such as rectal bleeding, black, tar-like stools, a change in bowel habits or unexplained weight loss, Dr. Dougherty recommends talking to your doctor about getting screened earlier.

MAKE AN APPOINTMENT

To schedule a colonoscopy at Inova Fair Oaks Hospital, call **703.391.3600**.

ASK THE EXPERTS LECTURE



Lynda Dougherty, MD
Colorectal Surgeon

Advances in Colorectal Cancer Screenings and Treatments

Join Lynda Dougherty, MD, for this FREE lecture.

Date & Time: Wednesday, Oct. 7, 6 p.m.

Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

To register visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

WHERE THE HEART IS

Precision technology lessens long-term side effects from radiation

Traudy Moldenhauer, a patient treated for breast cancer at the newly named Inova Dwight and Martha Schar Cancer Institute at Fair Oaks Hospital, is grateful for a new radiation therapy technique called Deep Inspiration Breath Hold (DIBH).

"The technique made me feel much better about the radiation treatment," says Moldenhauer, 72, who sought treatment in February. "I went in knowing every precaution was being taken to protect my heart."

Patients treated for left-sided breast cancer are at a greater risk of long-term cardiac side effects. DIBH reduces cardiac exposure for such patients undergoing radiation. Moldenhauer's cancer was in her left breast, and her doctors chose to treat her breast cancer with a lumpectomy to remove the tumor, followed by radiation.

"For patients with left-sided breast cancer, we and others have found that delivering radiation therapy when a patient is holding her breath reduces radiation exposure to the heart by displacing cardiac tissues away from the radiation beam," says radiation oncologist Ashish Chawla, MD, who treated Moldenhauer. "Ms. Moldenhauer did very well with the treatments, and we feel confident



Active retiree Traudy Moldenhauer is woodworking again six months after cancer treatment.

this technology will reduce her long-term cardiac risks from radiation therapy to a very low level. While our cardiac exposure was already well within accepted limits, DIBH reduces the risk even further."

SAFE AND PRECISE

When used in conjunction with Inova Fair Oaks Hospital's Varian TrueBeam™ linear accelerator, DIBH technology reduces heart toxicity from radiation therapy to less than 1 percent.

A sensor placed on the patient's chest tracks movement of the target area to be treated. The sophisticated design of the TrueBeam allows the radiation to turn on only when the patient breathes in and

the tumor area is pulled away from the heart.

"Our philosophy of care is to use all of the state-of-the-art technology available at Inova in order to deliver the best possible care while minimizing side effects and toxicity," says Hernan Vargas, MD, Director of Inova Breast Care Program at Inova Fair Oaks Hospital, who provided Moldenhauer's surgical treatment. "Our goal is to help each person return to their life, at a minimum, the way it was prior to breast cancer treatment, and gain a new and more positive perspective on life."

As for Moldenhauer, a retiree, it's been more than six months since her treatment and she's back to walking, bicycling, doing aerobics, woodworking and participating in community theater.

"I'm feeling fine, I feel absolutely fantastic," she says. "I just had my follow-up mammogram two days ago and everything is clear."

A Place to Heal

For patients visiting Inova Dwight and Martha Schar Cancer Institute, comprehensive services are all available in one convenient location. One of the most recent additions to the Institute, a healing garden, provides a peaceful retreat where patients and their loved ones can take time to relax and reflect. The garden, which opened in July, offers a walking path, eating areas among

the plants and trees and a patio with ample seating. Visitors can also meander through a labyrinth, a soothing circular path designed for meditation.

"The stresses associated with a cancer diagnosis can be overwhelming to patients and caregivers," says Ann Miner, Director of Cancer Services. "The sights and sounds of nature can provide a few moments of much needed peace."

PATIENT-CENTERED CARE

To learn more about cancer services at Inova Fair Oaks Hospital, visit inova.org/cancer.

THE WORLD

Bob Vandel, with his wife, Nancy, continues to scuba dive thanks to treatment for back pain.

His back pain gone for good, a scuba enthusiast emerges triumphant



At 72, Bob Vandel scuba dives in the Caribbean, plays golf most days of the week, works out with a personal trainer, jogs and lifts weights. Needless to say, the former military pilot enjoys an active lifestyle. But it wasn't always easy. Ever since his teens, Vandel lived with severe lower back pain stemming from a high school football injury that grew worse over time and would not respond to medical treatment.

"I just kept living with it," says Vandel. "There was no way I could even envision a pain-free life. It was to the point where I didn't think I could walk more than 100 yards or stand for more than three or four minutes. The pain would be so bad I would just have to sit down."

EXPLORING NEW OPTIONS

Last fall, Vandel began searching for a doctor who could help him get back to doing the things he loves doing. When he met with Christopher Silveri, MD, Director of Inova Spine Program at Inova Fair Oaks Hospital, he knew he had found the right physician.

"What Dr. Silveri did for me is amazing, I just can't say enough," says Vandel. "I wanted to go a conservative route and he agreed that that was a good plan. My wife and I met with

him three or four times and we were going in there with pages of questions, and for every question we asked he gave us a candid answer."

Another deciding factor for Vandel was the fact that Inova Fair Oaks Hospital is one of the only hospitals in the area named a Center of Excellence in the surgical treatment of cervical and lumbar disorders by The Joint Commission.

"The Joint Commission evaluated our prehospital care, intra-hospital care and postoperative care to make sure it is on the highest level of excellence you can achieve, and they are very happy with the program we have set forth," says Dr. Silveri, who is fellowship-trained both in neurosurgery and orthopedic spine surgery. "We have a hospital that provides excellence in spinal surgery, and it's only getting better and that's because the administration supports our goal to really make every part of the patient's stay in the hospital a good experience."

BACK TO NORMAL

After discussing Vandel's symptoms with him and examining the results of his MRI, Dr. Silveri diagnosed him with scoliosis, degenerative disc disease and spinal stenosis. Despite the multitude and severity of Vandel's lower back problems, Dr. Silveri recognized that a less invasive approach would yield excellent,

IS HIS OYSTER



Bob Vandel still enjoys golfing and running. A lumbar spine decompression and fusion helped to restore his quality of life.

long-term results. Dr. Silveri performed a lumbar spine decompression to relieve the pressure on the spinal nerves and fused two vertebrae to eliminate painful motion between the degenerated discs.

“Mr. Vandel is a perfect example of how a focused lumbar spine decompression and fusion helped restore his quality of life,” says Dr. Silveri. “His symptoms were resolved almost immediately.”

Vandel was walking the day of surgery and he left the hospital the next day. The pain in his back and in his leg had completely disappeared. Within two and a half months, he was walking more than seven miles at a time and he resumed playing golf. Three months post-surgery, he reconditioned his muscles by attending physical therapy sessions.

DISCOVERING NEW REALMS

With pain a thing of the past, Vandel, now 73, takes being active to a whole new level. When he’s not on the golf course, he and his wife are back to scuba diving off the coast of the volcanic island Bonaire.

“I can do anything I want to,” he says.

Last April, he ran a 5K race, placing high in his age group. “Due to inactivity I was not in shape for running so I experienced trouble with my breathing, but I didn’t have any pain,” he recalls. “That’s the beautiful part; there’s no pain!”



Common Lower Back Problems

About 80 percent of adults have lower back pain during their lifetimes. Most people with lumbar pain do not require surgery. However, when the aching is constant and does not respond to other treatments such as physical therapy, medications or steroid injections, a doctor may recommend less invasive surgery. Here are four common back problems:

- **Spinal stenosis.** The spinal canal can narrow over time, placing pressure on the spinal cord and nerves.
- **Degenerative disc disease.** Also known as a herniated disc, it occurs when the cushioning between vertebrae becomes damaged.
- **Spondylolisthesis.** This painful condition occurs when a vertebra slips out of place.
- **Vertebral fractures.** Most often caused by trauma to the spine, fractures can also result from osteoporosis.

ASK THE EXPERTS



Christopher Silveri, MD
Orthopedic Surgeon

LECTURE

Current Concepts in Spine Surgery

Join Christopher Silveri, MD, for this FREE lecture.

Date & Time: Monday, Sept. 28, 6 p.m.

Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

UNPARALLELED CARE

To schedule an appointment with Christopher Silveri, MD, at Inova Fair Oaks Hospital, call **703.391.0111**.

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 is known for innovative medicine
the world over. Including your corner of it.**



Your family has choices when picking doctors and hospitals, but only one name combines world-class care, multiple convenient locations and years of experience in your backyard. At Inova, you'll receive exceptional care and state-of-the-art treatment at any location within our network, with the confidence of having speedy access to Inova Fairfax and Inova Children's hospitals should you need it. Wherever you go, our electronic health records allow Inova doctors to share medical information across all our facilities. Your family deserves nothing less.

The choice for exceptional care and convenience. For more locations, visit inova.org/hearyou.



Inova Loudoun Hospital

44045 Riverside Parkway, Leesburg

Inova Fair Oaks Hospital

3600 Joseph Siewick Drive, Fairfax

Inova Fairfax Hospital / Inova Children's Hospital

3300 Gallows Road, Falls Church

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