



Jerry Namken, PhD, builds boats in his woodworking shop. He is able to enjoy his hobbies without pain after two shoulder surgeries.

## *Smooth* **SAILING**

Renaissance man finds relief with shoulder replacement surgeries

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# FOLLOW THE LEADER



## WOMEN'S HEALTH

### Staying Current

Inova Alexandria Hospital (IAH) is ahead of the pack when it comes to shoulder replacement, according to The Joint Commission. In June, the organization awarded the program a Gold Seal of Approval. IAH is the first hospital in the Washington, DC, area and the second in the state of Virginia to receive this honor.

Turn to page 6 to read more about one patient who had both shoulders replaced. Learn how these surgeries helped to improve his quality of life.

We at IAH also are excited about another piece of news — two new OB-GYN physicians, Hillary Robinowitz-Elins, MD, and Kathryn Maloy, MD, have joined our team. As you'll read on this page, their new OB-GYN/primary care office in Arlington offers OB-GYN care and internal medicine services at one location.

It's important to continue to stay on the cutting edge when it comes to treatment. That is why IAH has invested more than \$4.5 million back into the hospital in the form of new equipment and renovations.

Of course, advanced technology and state-of-the-art facilities wouldn't mean anything without specialized doctors. These physicians who receive training in their areas of expertise are armed with the knowledge and ability to care for your needs.



**SUSAN CARROLL FACHE, MBA, MHA**  
Chief Executive Officer  
Inova Alexandria Hospital

# A NEW OPTION for Women

Inova Medical Group, in affiliation with Alexandria Hospital, opens new OB-GYN practice

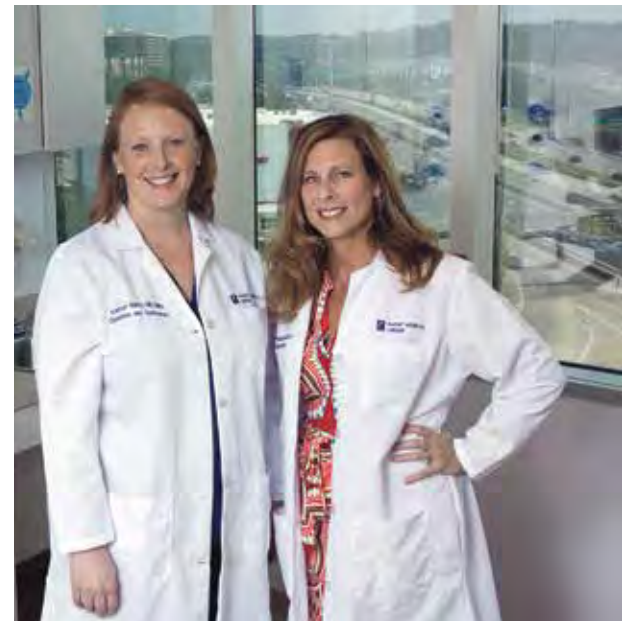
Inova Medical Group, in association with Inova Alexandria Hospital, recently opened a newly constructed OB-GYN/primary care office in Shirlington. The new office, located in the Shirlington Gateway at 2800 S. Shirlington Road, Suite 706, in Arlington, is focused on comprehensive patient services.

"We have the ability to do a lot of things in one place and make it easy for patients," says Hillary Robinowitz-Elins, MD.

As an example of the office's versatility, if a patient has a gynecologic issue and it's found she also has high blood pressure during the exam, she can be treated for both issues in the same office. This new office offers full-service OB-GYN care in addition to full-service internal medicine. "We are working in conjunction with our internal medicine doctor here to really provide care focused on women, by women," says Kathryn Maloy, MD.

Drs. Robinowitz-Elins and Maloy currently make up the office's OB-GYN team, and provide high-quality care in a personalized environment. Because the office is small, patients develop close personal relationships with the doctors, and receive carefully considered, individualized treatment plans.

"Being physically close to each other allows for a lot of shared knowledge," says Dr. Robinowitz-Elins. "We're able to work together and that can expedite the patient's treatment."



Kathryn Maloy, MD, and Hillary Robinowitz-Elins, MD (top), comprise the OB-GYN team at the new medical office in Arlington (above).

### STAY IN GOOD HEALTH

Call **571.777.2420** for OB-GYN and primary care appointments.



# Oh, BABY!

## Inova campaign focuses on newborns

Inova joined forces with the Washington Nationals this past baseball season to celebrate newborns. As part of the #NatsMyBaby program, families with newborn babies on designated days (such as Opening Day and Father's Day) received special #NatsMyBaby goodie bags. Each bag included a Washington Nationals onesie for the baby and baseball caps for parents, among other gifts.

In addition, Instagram users that tagged posts with #NatsMyBaby were entered into a contest to win free Nationals tickets. "Parents are always proud to post photos of their children, so it was natural to tie their milestone in with a fun promotion," adds Rebecca Manarchuck, Inova Marketing Executive for Sports Medicine. "Plus, this opens up an opportunity to plant a seed for a future Nats fan."

"We were so excited to celebrate this milestone with our patients and were

happy to partner with the Nationals in providing these special gifts," adds Kimberli Alberty, Marketing Communications Executive at Inova Alexandria Hospital.

Inova's relationship with the Nationals extends beyond this program. For the past five years, Inova has held blood drives at Nationals Park, and recently Robin West, MD, Medical Director of Inova Sports Medicine, was named lead team physician for the Nationals.

"We're the official hospital network for the Nationals," notes Manarchuck, "and they've always been very supportive of our relationship and our work to create healthy communities."

### TAKE ME OUT TO THE BALL GAME

Visit the landing page [nationals.com/natsmybaby](https://nationals.com/natsmybaby) to see the shared photos and learn more about the campaign.



Baby Micah and Dad show their Nationals pride.

# SMART Medicine

## Inova Alexandria Hospital adds \$4.5 million worth of new equipment and renovations

Inova Alexandria Hospital (IAH) is always working to improve facilities and make the patient experience better. This past year it has been proving that through equipment purchases and renovations that total more than \$4.5 million.

These new purchases include: laparoscopy towers, which are used in minimally invasive laparoscopic procedures; new ultrasound equipment to identify illnesses affecting the stomach lining, gastrointestinal tract and gallbladder; Zeiss surgical microscopes to enhance neurosurgery capabilities; the Magellan robot, used in interventional radiology; and a renovation to the hospital's TrueBeam linear accelerator, which provides higher precision and less exposure to radiation for cancer patients treated by the machine.



The TrueBeam linear accelerator, left, and the Magellan robot, right, are new additions.

Rick Talento, CFO of IAH, explains that these purchases are just part of IAH's commitment to providing cutting-edge care for patients. "Our No. 1 priority is the safety and the quality of care we deliver, in conjunction with the patient experience," says Talento. "We're going through a cultural transformation here to a culture of more accountability and owning our results. We're really focusing on the patient first, and improving safety, quality of care and patient experience are big pieces of that."

# AVOIDING ACCIDENTS

Patient feels free again after undergoing procedure that ends her incontinence

**W**hen JoAnn Hughes, a 46-year-old law firm manager from Springfield, Virginia, began feeling the symptoms of stress incontinence, she was surprised.

"I thought I was too young to have that issue," says JoAnn.

However, the symptoms — incontinence when JoAnn jumped, laughed or coughed too hard, or sneezed, among other similar activities — continued to the point that they were getting in the way of her daily activities, particularly running and exercising. So she spoke to her doctor about the issue and eventually ended up in the office of Alok Desai, MD, a female pelvic reconstructive surgeon with Potomac Urology.

Dr. Desai diagnosed JoAnn's stress incontinence and determined she was a candidate for a surgical treatment called a sling procedure. This procedure creates a strip of mesh or tissue (the "sling") under the urethra, which prevents it from opening when it shouldn't. Following the outpatient procedure, JoAnn was out of the hospital the same day and able to return to work within a couple of days.

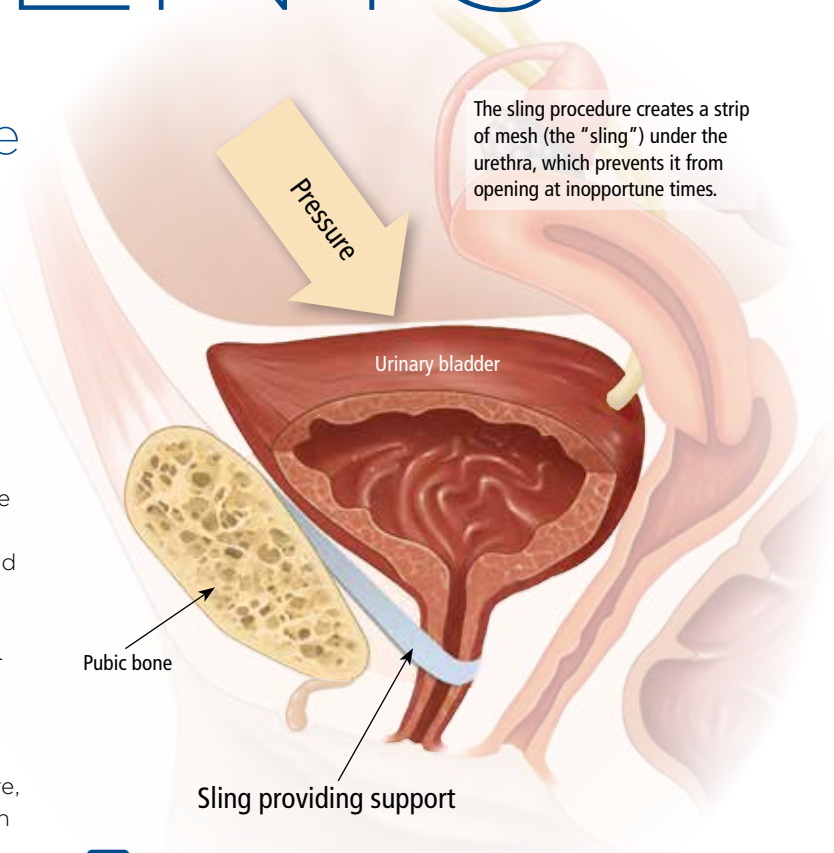
According to Dr. Desai, this procedure has an 85-90 percent success rate of curing stress incontinence, and in JoAnn's case that statistic held true.

"I can exercise again now," says JoAnn. "I was doing minimal exercising before [due to the stress incontinence], but now I can feel free to get out there and run again."

While JoAnn was a candidate for the sling procedure, not every woman with incontinence requires surgical intervention. Treatments for incontinence provided by Dr. Desai begin with more conservative options such as bladder retraining, pelvic floor therapy or medication, and eventually progress to more serious options if necessary, which include Botox® injections, implantable nerve stimulators and the sling procedure.

## GET ANSWERS

To find out about treatment for pelvic-floor disorders, visit [inova.org/pelvicfloor](http://inova.org/pelvicfloor).



## Speak Up

Incontinence is a common issue for women, but it often goes untreated because it's seen as something you can't do anything about. Alok Desai, MD, female pelvic reconstructive surgeon, encourages women to not accept incontinence as something they have to live with, and to talk with their doctors about the issue as soon as it begins interfering with their quality of life.

"There's a misconception that some of these disease processes are a function of age or having children and that because a woman has had children or is older, she has to deal with them," says Dr. Desai. "That's not true. Regardless of what has happened prior [to a patient seeing me], if incontinence is interfering with her life, it can and should be addressed."

# SURROUNDED BY HOPE

Building a strong support network helps one woman face down cancer

**F**or Roxana Guerra, the diagnosis came unexpectedly. Last October, when the legal assistant first noticed a dimpled area on her right breast, she didn't think much of it. She was only 41 and no one in her family had ever had breast cancer. Still, a baseline mammogram at a nearby women's clinic revealed a small tumor in her right breast.

Roxana was immediately referred to Sara Bruce, MD, a breast surgeon at Inova Alexandria Hospital, for further testing. An ultrasound, an MRI and a biopsy painted an even more serious picture. Roxana's tumor was much larger than it had appeared on the mammogram and it was malignant. Although two lymph nodes were cancerous, a full-body scan provided reassurance that the disease had not spread.

Despite an overwhelming diagnosis, Roxana knew she had found a doctor who could help. "Dr. Bruce was very informative and very caring," says Roxana. "She said, 'we're going to get you in and knock it out.'"

## TEAM APPROACH

Dr. Bruce performed a nipple-sparing mastectomy and removed the large tumor in addition to 13 lymph nodes. At the time of surgery, a plastic surgeon inserted a temporary expander to prepare for a permanent implant. Chemotherapy and radiation treatments would round out Roxana's treatment plan.

"Ms. Guerra needed to see a lot of physicians very early on," says Dr. Bruce. "We offer a team approach with a tight group of physicians who work together, meeting frequently at regular tumor conferences where we discuss the best course of action for each patient."

## TAKING CHARGE

With the support of oncology nurse navigator Gerry Higgins, MSN, RN-BC, OCN, and oncology therapist Michelle Ferretti, MSW, Roxana reached out to those who could guide her through the healing process. Early in her treatment, she met with a geneticist to determine appropriate genetic testing, she discussed a new dietary approach with a nutritionist and she joined two support groups. She also enrolled her 7-year-old son in a "Curious about Cancer" support group for kids offered through Life with Cancer, the psychosocial arm of Inova Schar Cancer Institute.

"Roxana demonstrated an amazing ability and drive to seek out and utilize resources at Life with Cancer and in her community to support herself and her family," says Ferretti.

## ANSWERING YOUR QUESTIONS

Learn more about the Inova Breast Cancer Program at [inova.org/breast](http://inova.org/breast).



Roxana Guerra used Inova's resources, such as Life with Cancer, for support for herself and her son, Enrique.

## A Helping Hand

To help patients and their families navigate the cancer journey, Life with Cancer provides a wide range of support services.

"For all individuals coming into the cancer center, my job is to explore how their experiences of cancer are affecting other aspects of their lives including the ongoing adjustment to their illnesses, the impact on their relationships and families, and their internal emotional and spiritual experiences," says Oncology Therapist Michelle Ferretti, MSW.

Oncology navigators are available to address medical questions and concerns, aid in navigating the healthcare system and assist in the transitions from one aspect of treatment to the next, including the transition from treatment to survivorship.



# SMOOTH SA

## Renaissance man finds relief with shoulder replacement procedures

**T**he Joint Commission recently awarded Inova Alexandria Hospital's (IAH's) Shoulder Replacement Program a Gold Seal of Approval — a testament to the hospital's commitment to provide the highest level of quality and safety. IAH is the first in the Washington, DC, area and the second in the state of Virginia to receive this prestigious award.

"What sets our program apart is if someone comes in they can be assured they will receive excellent patient care and receive premier shoulder replacement," says Surgical Director Jeffrey Lovallo, MD.

"One of the reasons we started on this journey is Dr. Lovallo's outcomes are wonderful," notes Leanne Repko, Program Manager, Shoulder Replacement Program. "He is one of the more renowned orthopedic surgeons in the area for this particular procedure."

Repko attributes the award to the hospital's successful outcomes; the committed clinical care team, including an IAH joint navigator; a focus on patient education; and low surgical-site infection rate.

"We're really passionate about this program and what it can mean to the Alexandria community," says Repko. "We know we were providing great care for our patients. The Joint Commission Seal of Approval helped us to make it official."

### LEADING THE WAY

The Shoulder Replacement Program at IAH treats a wide range of shoulder problems, both common and complex. Patients with osteoarthritis and intact rotator cuff tendons are considered to be prime candidates for shoulder replacement, a procedure that involves substituting the eroded joint surface with a metal ball attached to a stem and a plastic socket. New techniques make it possible for more conditions to be treated with the procedure.



"There have been tremendous advancements in recent years," says Dr. Lovallo. "In addition to performing commonplace shoulder procedures, we do reverse shoulder replacement for people with a nonfunctioning rotator cuff or previous failed surgeries."

Reverse total shoulder replacement involves switching the ball and socket so that patients use their deltoid muscles rather than their rotator cuffs to raise their arms. The procedure can also be used to treat severe shoulder fractures.

### TWICE THE SUCCESS

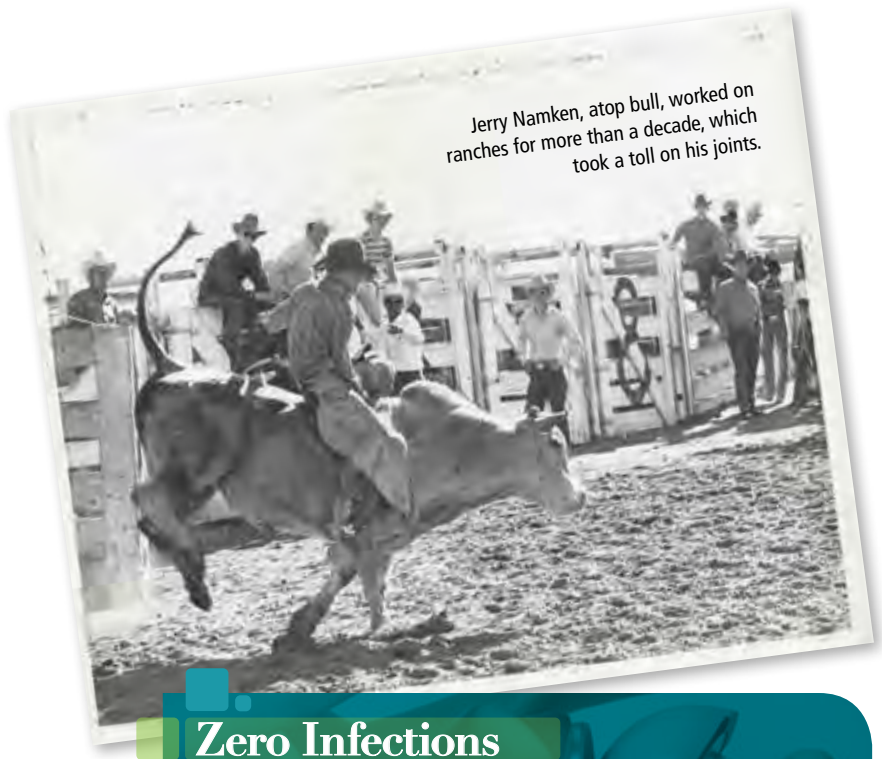
For Jerry Namken, PhD, having both shoulders replaced was a dream come true. Having suffered from severe pain and loss of motion in his shoulders, the 65-year-old retired agricultural economist and former cowboy suffered from painful arthritis that made it difficult to do the activities he enjoys.

"I've been pretty rough on my body my whole life from all of the sports I played, rodeoing and then working as a cowboy," Jerry says. "For more than a decade, I worked on ranches from Texas to Montana and rode bulls and bucking horses from Mexico up to Wyoming and Montana. With every jump the bull or horse took, I pulled or hammered something. And it wasn't only the riding. If you're working on ranches, you're always

# ILING



Jerry Namken, PhD, is able to hammer and saw in his woodshop again after having two shoulder surgeries. Previously, the pain had become so unbearable he could not enjoy physical activities.



Jerry Namken, atop bull, worked on ranches for more than a decade, which took a toll on his joints.

## Zero Infections

One of the major successes of the Shoulder Replacement Program at Inova Alexandria Hospital is its low surgical-site infection rate. Since 2007, the program has not seen any postoperative surgical-site infections. “We are very proud to report we have had no infections in nine years. This equates to over 1,000 shoulder replacements,” says Surgical Director Jeffrey Lovallo, MD.

To eliminate the potential for infection, Dr. Lovallo prescribes an antibiotic before surgery. During the procedure,

in addition to stringent infection control in the operating room, Dr. Lovallo and his team implement a technique known as intraoperative intra-articular injection to eliminate infection-causing bacteria at the time of surgery. The technique is outlined in a paper published in the *Journal of Shoulder and Elbow Surgery*.

“After the procedure, we fill the joint with an antibiotic solution so if there are any bacteria there it kills them immediately,” says Dr. Lovallo.

digging post holes, nailing, hauling equipment, turning wrenches, cutting trees, building corrals, or handling cattle and operating equipment. It all takes a toll on your body.”

Five years ago, when his right shoulder acted up, Jerry sought the help of an orthopedic specialist. After trying cortisone shots, the pain only grew worse.

“It got so bad, I couldn’t lift my arms. All the things I enjoyed doing — working in the garden, swimming, working in the woodshop, turning a wrench, splitting firewood in the winter-time, pushing a lawn mower — all of that was so painful I knew I had to have surgery. I just couldn’t see getting old with that much pain in my life.”

A friend referred Jerry to Dr. Lovallo, and as soon as they met, Jerry knew he was in good hands.

“Dr. Lovallo is a wonderful doctor. And he has put together such a great team around him,” Jerry says. “They are fantastic and well above the ordinary in terms of their interpersonal skills, their knowledge, and range and depth of their experience.”

The operation allowed Jerry full range of motion, and for the first time in years, he was free of pain. “I felt like I hit the lottery in terms of a successful recuperation,” he says.

The first thing he noticed was the pain from the arthritis had disappeared. Within two weeks of the surgery, he was raising

his arm over his head and able to reach behind him to put on a car seatbelt. He could hammer, saw, and throw a baseball and football again.

Last June, Jerry had his left shoulder replaced, and once again he’s back to doing the things he loves to do.

“Before the operations, I couldn’t use my arms in the water as it was so painful at the shoulder,” says Jerry. “Now I’m back to swimming and doing laps, and really enjoying time at the beach.”

### SHOULDER REPLACEMENT 101

To view Inova’s *Patient Guide to Shoulder Replacement* in English, Spanish or Vietnamese, visit [inova.org/shoulder-replacement-program/patient-information](http://inova.org/shoulder-replacement-program/patient-information).

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 4 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI), Inova Neuroscience Institute, Inova Schar Cancer 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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[inova.org](http://inova.org)

IHS-066-IAH



# WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Alexandria Hospital medical staff in recent months:

NAME	DEPT/SECTION
Farah T. Abdulaaima, MD	Internal Medicine
Omar S. Ahmed, MD	Neurology
Tarek H. Alansari, MD	Internal Medicine
Nasir A. Aziz, MD	Dermatology
Gopal K. Bajaj, MD	Radiation Oncology
Michael W. Balbus, MD	Pediatrics
Casey R. Benton, MD	Cardiovascular Disease
Seema M. Bhansali, MD	Internal Medicine
Susan E. Boylan, MD	Radiation Oncology
Evie K. Cavros, MD	Pediatrics
Sarah A. Chambers, MD	Pediatrics
Ashish K. Chawla, MD	Radiation Oncology
Kevin S. Choe, MD, PhD	Radiation Oncology
Gary A. Coke, MD	Anesthesiology
Ramsey J. Daher, MD	Gastroenterology
Peter F. Duggan, MD	Radiology
Dmitri A. Gagarin, MD	Internal Medicine
Jennifer Han, MD	Neurology
Callie E. Hansen, MD	Pediatrics
Joshua E. Hansen, MD	Anesthesiology
Jeff D. Harvell, MD	Pathology
Stella Hetelekidis, MD	Radiation Oncology
Abed K. Hmaid, MD	Internal Medicine

NAME	DEPT/SECTION
Samir P. Kanani, MD	Radiation Oncology
Bryan J. LeBude, MD	Internal Medicine
Joseph Lee, MD, PhD	Radiation Oncology
Eric M. Ly, MD	Pediatrics
Kathryn S. Maloy, MD	Obstetrics and Gynecology
Saeid Movahedi-Lankarani, MD	Pathology
Michael A. Nitzberg, MD	Emergency Medicine
Faullin M. Paletsky, MD	Internal Medicine
Hillary A. Robinowitz-Elins, MD	Obstetrics and Gynecology
Mustafa Saidi, MD	Internal Medicine
Sunil Kumar Soi, MD	Nephrology
Jason H. Sun, MD	Radiation Oncology
Eva K. Swenson, DDS	Oral Surgery
Fred F. Taweel, MD	Internal Medicine
Glenn L. Tonnesen, MD	Radiation Oncology
Nadine Vidor, MD	Internal Medicine
Ekta Vishwakarma, MD	Obstetrics and Gynecology
Kimberly Woodward, MD	Laboratory Medicine
Michelle D. Xia, MD	Laboratory Medicine
Charles M. Yarborough, MD	Internal Medicine
Misbah Zaheer, MD	Nephrology
Jamie M. Zakkak, MD	Pediatrics

## Find a Physician



Looking for a doctor? Visit [inova.org/physicians](http://inova.org/physicians) or call our 24/7, bilingual physician-referral service at **1.855.My.Inova (1.855.694.6682)** to find one close to home or work.

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