



## *Seeing is* **BELIEVING**

State-of-the-art  
retinal procedure  
restores patient's vision

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Retired attorney Katherine Austin, with  
homegrown vegetables, underwent  
minimally invasive ocular surgery at  
Inova Fair Oaks Hospital.

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OBESITY AND  
FERTILITY

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NEW JOINT  
TIMES THREE

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# FOLLOW THE LEADER

## Take Charge

With summer winding down and school back in session, now is a good time to settle back into a routine and evaluate your healthcare needs. Maybe you are starting to notice your vision failing or your joints not functioning the way they used to function. Maybe you are ready to have a baby and your weight is affecting your fertility. Read the stories of patients that dealt with these very issues, showcasing the importance of early detection and proactive treatment.

As a community hospital, we strive to make our services accessible and convenient. Whether you attend one of our free community education events, visit our website to find a doctor or utilize our on-campus support services, your experience matters. Each member of our community deserves exceptional care in their backyard.

But don't take our word for it. For the fourth year in a row, Inova Fair Oaks Hospital has been recognized by Becker's Hospital Review as a Top 100 Community Hospital. This is a recognition we share 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



## WELLNESS |

# Fending Off THE FLU

## Get the flu vaccine to help prevent the virus

The flu is no laughing matter. Serious outcomes of flu infection can result in hospitalization or death. Each year, the virus claims thousands of lives in the United States alone.

The best way to prevent the flu, whose symptoms include fever, sore throat, stuffy nose and muscle aches, is to get the annual flu vaccine, according to the Centers for Disease Control and Prevention. The CDC recommends the flu shot for people 65 and older, people of any

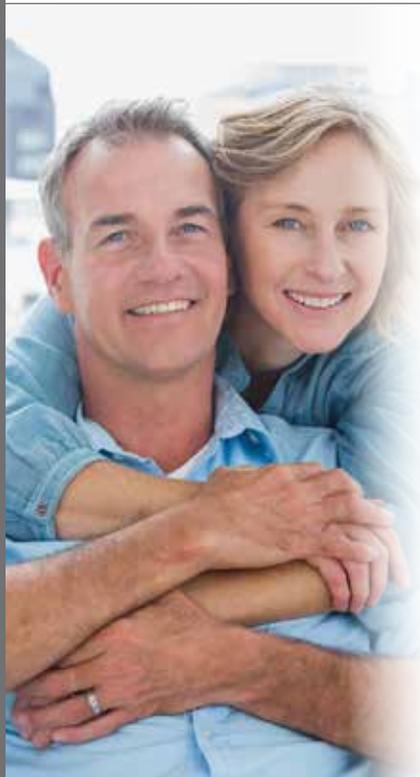
age with certain medical conditions (such as asthma, diabetes or heart disease) and young children.

The flu is believed to be spread by droplets made when people cough, sneeze or talk. Besides the vaccine, here are other ways to help prevent the flu:

- Wash hands often with soap and water, or use an alcohol-based sanitizer.
- Don't touch your eyes, nose or mouth unless you have just washed your hands.
- Eat well, drink plenty of water and get enough rest.

## PROTECT YOURSELF

Learn more about Inova's flu shot clinics at [inova.org/flu](http://inova.org/flu).



Please join us for



Four Course Dining,  
Wine Pairings and  
Intimate Table  
Discussions with  
Leading Physician  
Experts

**Advances in Prostate Cancer Care**  
**Thursday, October 6, 2016**

*Donald L. Trump, MD, FACP – Inova Genitourinary Oncology  
CEO and Executive Director, Inova Schar Cancer Institute*

*Ashish Chawla, MD – Radiation Oncology Associates PC*

*Anthony Felice, MD – Inova Hematology Oncology*

*Anthony Vara, MD – Northern Virginia Urology*

**Reception 6:30 pm, Dinner at 7:00 pm**

\$105 per person

Partner and Host:



4100 Monument Corner Dr, #101  
Fairfax, VA 22030

**Reserve your place by calling 703.266.1004.**  
**Limited space available.**



Partial proceeds to benefit Inova Schar Cancer Institute at Fair Oaks

# Baseball BABIES

## Inova and Washington Nationals partner in campaign focused on newborns

Inova and the Washington Nationals continue to strengthen their partnership. This past baseball season, they joined forces to welcome the smallest fans into the world.

As part of the #NatsMyBaby program, on designated days (such as Opening Day, Mother's Day and Father's Day), families with newborn babies 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 who tagged posts with #NatsMyBaby were entered into a contest to win free Nationals tickets.

"I love that this partnership has allowed us to pass the fun along to our patients,"

adds Denielle Nall, Marketing and Communications Executive for Inova Fair Oaks Hospital. "Our nurses loved surprising the families with their goodie bags."

Inova's relationship with the Nationals extends beyond this #NatsMyBaby 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.

"As the official hospital network for the Washington Nationals baseball club, we are proud to support the team and partner with it to keep our community healthy," comments Nall. "It's truly a winning combination."

Baby Micah and Dad show their Nationals pride.



### 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.

# Take a SWING

## Annual Inova Fair Oaks Golf and Tennis Classic to be held in September

Inova Fair Oaks Hospital will host its 26th annual Golf and Tennis Classic on Monday, Sept. 19, at the International Country Club in Fairfax.

A silent auction, patio reception and awards dinner celebration will follow.

Last year, the event raised over \$130,000 for the surgical expansion project at the hospital. The expansion includes increasing the total number of operating rooms in the hospital, and expanding several more to

accommodate additional innovative 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.



### PLAY BALL

For more information about the event or for other ways to give back to Inova Fair Oaks Hospital, contact Nicole Kinard at [nicole.kinard@inova.org](mailto:nicole.kinard@inova.org).

# WEIGHT LOSS FOR FERTILITY



## Bariatric surgery offers promise for couples trying to conceive

**S**tarting a family can be a bumpy road for some couples, especially when weight gets in the way. Obesity can cause fertility problems in both women and men.

Research shows that obesity can also contribute to pregnancy problems such as hypertension, miscarriage, pre-eclampsia, stillbirth, gestational diabetes and an increased need for a Caesarean section delivery.

“Obesity can result in reduced fertility in both men and women. Obese men may have lower sperm counts or lower sex drive and difficulty conceiving as a result of those issues,” says

John Gordon, MD, Division Director of Reproductive Endocrinology at Inova Fairfax Medical Campus and Co-Director of Dominion Fertility. “Women who are markedly above their ideal body weight will often have irregular menstrual cycles because they’re not ovulating regularly. Getting pregnant becomes more problematic because they’re not sure exactly when they’re fertile.”

### THERE’S STILL TIME

Fortunately, there’s an answer for couples struggling with weight issues. Inova Weight Loss Services offers many options, from a medically supervised weight loss program to minimally invasive weight loss surgery, for couples who don’t want to wait years before they are able to conceive.

“Weight absolutely contributes to infertility by causing hormonal disorders. By the time couples come to us they’re in their mid-thirties and they can’t take four or five years to lose the weight,” says Amir Moazzez, MD, a weight loss fertility specialist. “People have this misconception that if you have weight loss surgery you cannot get pregnant, but the opposite is true.”

Dr. Moazzez and his expert team are dedicated to providing weight loss options to help couples improve their ability to start a family.

“A 100-pound weight loss in patients with a BMI of over 50 significantly improves their fertility, and a BMI of less than 30 is ideal for patients to consider pregnancy,” says Dr. Moazzez.

In addition to improving a couple’s pregnancy prospects, weight loss can also help a couple be healthier throughout pregnancy and parenthood.

## Achieving Your Goals

If you’ve tried diet, exercise or medications to lose weight, but you have not achieved your desired weight loss, minimally invasive bariatric surgery may provide a solution. In addition to improving fertility, weight loss contributes to a healthier pregnancy as well as overall health.

“Weight loss surgery provides you with a better pregnancy outcome and protects you from gestational hypertension, gestational diabetes and the need for a Caesarean section,” says George Iskander, MD, an obstetrician and gynecologist who performs minimally

invasive gynecologic surgery at Inova Fair Oaks Hospital.

“It gives you a healthier pregnancy and healthier life.”

A designated Center of Excellence for Bariatric Surgery, the Inova Fair Oaks Weight Loss Surgery Program provides a personalized program geared to the needs of each patient. An expert team of bariatric surgeons, weight loss physicians, dietitians, psychiatrists, psychologists and nurses are available to help you find a permanent weight loss solution and improve your overall health, offering nutritional counseling, pre- and post-surgical consultations and more.

### WHY WEIGHT?

To register for a free seminar or webinar with Inova Weight Loss Services, call **703.348.4716**.

### FERTILITY ANSWERS

To learn more about personalized fertility options, call Dominion Fertility at Inova Fair Oaks Hospital at **703.620.0222**.

# SPRING IN HER STEP

After replacements of a hip and both knees, Mary Glauert is ready for action

**A**t 70, Mary Glauert wasn't about to let the pain in her hip hold her back from visiting her four children who live across the country or being able to attend her grandchildren's high school

and college events. After trying different conventional therapies, including cortisone shots, to ease the pain, last fall she decided to have her right hip replaced.

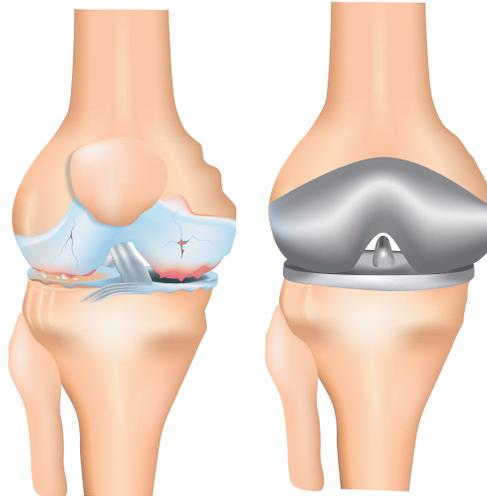
"The pain was excruciating and it really cramped my style," says Mary. "I probably should have done it a long time ago, but in my mind I kept thinking it would get better."

Mary went to see James Reeves, MD, an orthopedic surgeon with the Joint Replacement Program at Inova Fair Oaks Hospital for a consultation. Despite her apprehension about having surgery, she immediately felt at ease after meeting with Dr. Reeves.

"I can't say enough about Dr. Reeves," Mary says. "He explains everything and he answers any questions that you have. He's so professional yet so very approachable. I can't praise him enough."

Mary's hip surgery was so successful, she decided to finally address the arthritis in her knees. She had her left knee replaced eight weeks post-hip surgery and her right knee replaced this past June. The procedures, combined with physical therapy, have allowed her to reclaim her active lifestyle.

"Ms. Glauert is a very active lady," says Dr. Reeves. "Her arthritis had really taken her mobility and quality of life away, and to replace her hip and both of her knees has given her a new lease on life. Once she is fully recovered, she should be able to return to all the activities that she enjoys doing with no limitations."



Arthritic Knee

Joint Replacement

### QUALITY CARE

The nationally recognized Joint Replacement Program at Inova Fair Oaks Hospital offers advanced technology and surgical techniques by an expert patient care team.

"The program's success is the result of a collaborative effort from the surgeons, anesthesiologists, nurses, technicians, physical therapists, case managers and a patient care navigator," says Dr. Reeves. "Using modern techniques and modern pain control, patients are having faster recoveries and getting back to an active lifestyle very quickly," says Dr. Reeves.

As for Mary, she looks forward to spending time with her family and attending her grandchildren's high school and college activities.

"I have been extremely happy," says Mary. "There are no words to explain how great Dr. Reeves and his staff are. After three times, I should know!"



Bradley Boyd, DO  
Orthopedic Surgeon

## ASK THE EXPERT

### LECTURE

Robotic Joint Replacement: What's New in Hip and Knee Arthritis  
Join Bradley Boyd, DO, for this FREE lecture.

**Location: Inova Fair Oaks Medical Campus, Building 3580, Auditorium**

**Date & Time: Thursday, Sept. 15, 6 p.m.**

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

## State-of-the-art retinal procedure restores patient's vision

**K**atherine Austin was in the middle of a CrossFit class two winters ago when she noticed a sudden loss in her vision. Having completed a rigorous series of burpees, pull-ups and sit-ups, she glanced at the chalkboard to see the next exercise on her trainer's list. There was just one problem. She couldn't read the words.

"For months I just thought I needed a new prescription for my glasses, but this made me realize I needed to see my optometrist right away," says the 66-year-old retired attorney.



# SEEING IS BE

At the optometrist's office, Katherine covered her right eye and struggled to read the big "E" at the top of the eye chart. It was like trying to see through a dense fog. Without hesitation, her doctor referred her to the Retina Group of Washington for an evaluation. Katherine met with Dal Chun, MD, a retina specialist who talked to her in detail about what was going on in her left eye.

"Dr. Chun is extremely meticulous and extremely intelligent and very precise and so I just went with it," says Katherine.

### SUTURELESS SURGERY

After performing a series of tests, Dr. Chun explained to Katherine that she had a hole in the macula, the part of the eye located at the center of the retina. As light shines through the fluid in the eye called the

vitreous, it reaches the retina, which sends signals along the optic nerve to the brain. By repairing the hole in the macula, Katherine would be able to see clearly again and, after a brief recovery, could resume her normal activities.

At Inova Fair Oaks Hospital (IFOH), Dr. Chun and his surgical team performed a minimally invasive outpatient procedure called a vitrectomy. Dr. Chun repaired the macular hole using a state-of-the-art microscope and microscopic instruments. He then placed a gas bubble in the eye to close the macular hole during recovery. For five days, Katherine put her activities on hold and maintained a face-down position to allow the gas bubble to stay in place. Over the next three months, she gradually regained her vision. Fortunately, the problem was caught in time.

"It's very important that if an individual has symptoms that suggest a retinal problem such as new floaters, flashing

## ASK THE EXPERT

### LECTURE

### Better Vision for Life: Treatment Options for Retinal Diseases

Join Gordon Byrnes, MD, for this FREE lecture.

**Location: Inova Fair Oaks Medical Campus, Building 3580, Auditorium**

**Date & Time: Monday, Dec. 12, 6 p.m.**

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



Katherine Austin enjoys organic gardening in her backyard. A fast diagnosis from Dal Chun, MD, at Inova Fair Oaks Hospital helped save her vision.

## Focus on the Retina

Located on the back wall of the eye, the retina contains light-sensitive cells that gather visual data and send signals to your brain via the optic nerve. Diseases of the retina can make it challenging to see straight ahead or to the side. When treated early, retinal disease can be halted and vision improved or restored.

“For retinal diseases such as retinal detachments, macular degeneration, diabetic care and pediatric retinopathy, prompt treatment is extremely important. In the case of diabetics and people with macular degeneration, we like them to be screened with an eye exam once a year. For patients with retinal detachments, they have specific symptoms they should watch for, and if they have those symptoms they should be seen in 24 to 48 hours,” says retina specialist Michael Rivers, MD.

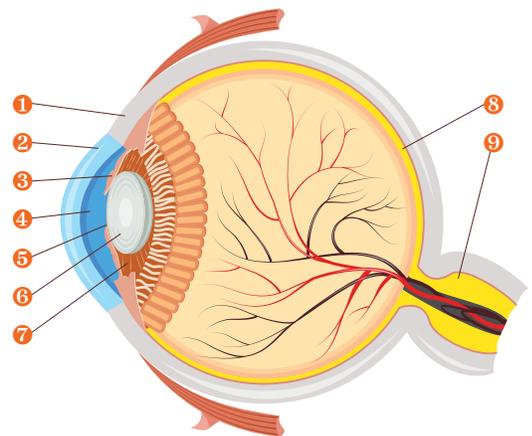
## Know Your Symptoms

When treated early, many people with retinal diseases are able to see better. If you are very nearsighted, are older than 50, have a family history of retinal detachment, have had cataract surgery, have had a previous retinal detachment in one eye or have experienced eye trauma, you may be at higher risk for a retinal disorder. Call your doctor if you notice any of these signs:

- New floaters
- Flashes of light
- Blurry vision
- Decreased side vision
- Curtain-like shadow across your field of vision

### HUMAN EYE

- |          |                    |                     |
|----------|--------------------|---------------------|
| 1 Sclera | 4 Anterior Chamber | 7 Posterior Chamber |
| 2 Cornea | 5 Pupil            | 8 Retina            |
| 3 Iris   | 6 Lens             | 9 Optic Nerve       |



# LIEVING

lights, or a dark curtain blocking their vision or any sudden loss of vision, they should seek immediate retinal care because the sooner we diagnose a retinal tear or detachment, the more likely it is that we'll be able to preserve their eyesight,” says Dr. Chun.

It turned out that Katherine's case was due to a congenital adhesion between the retina and the macula, increasing her chance of a recurrence in the other eye. Sure enough, the following June, Katherine was typing a memo at work when she noticed punctuation was missing in many places on the page. Also, the center of the computer screen looked distorted. This time she called Dr. Chun immediately. Thanks to their having caught the problem right away, the results were excellent.

“Writing and typing now is just so much easier. And I'm not afraid to commute,” says Katherine. “If I had

not gone in January to see Dr. Chun, I might be blind in my left eye.”

### CUTTING EDGE

At IFOH, highly skilled retina specialists are available to diagnose and treat a wide range of disorders, including retinal tears or detachment, macular degeneration, diabetic retinopathy and macular holes and puckers. The group uses precision technology to provide patients with the safest medications, laser therapy and surgical treatments available.

“In the last five to 10 years, we have changed our focus from stabilizing vision to improving vision,” says Michael Rivers, MD, a retina specialist at IFOH.

A major advancement is the use of smaller instruments during microsurgery, producing tiny incisions that are self-healing. “Improvements in retinal surgical technology have made it easier to perform surgery in a safer and more

controlled fashion with shorter recovery times for our patients,” says Dr. Chun.

And an accurate diagnosis is now easier and more precise. “Optical coherence tomography is used to help visualize the retina in amazing detail. It can diagnose even very small macular holes that may be difficult to identify without this technology, and it can help with surgical planning by allowing us to see the anatomy of the macula in very fine detail,” says Dr. Chun.

### TAKE A LOOK

For information about eye conditions and treatments, visit [rgw.com](http://rgw.com).

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-066-1F0H

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SYSTEM

# WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the [Inova Fair Oaks Hospital](#) medical staff in recent months:



NAME	DEPT/SECTION
Jennifer Alexander, MD	Pediatrics
Erica Anderson, MD	Plastic Surgery
Michael Anvari, MD	Surgery/Orthopedics
Paul Butros, MD	Radiology
Patrick Friend, DDS	Dentistry
Margaret Howard, MD	Medicine
Aarti Kapoor, MD	Pediatrics
Caroline Kwon, MD	Nephrology
Lonika Majithia, MD	Radiation/Oncology
Rochelle Mascarenhes, MD	Pediatrics
Shawn L. Masia, MD	Neurology

NAME	DEPT/SECTION
Samar Merriman, MD	OB-GYN
Angela-Tu Nguyen, MD	Pediatrics
Domingo Franco Palacios, MD	Medicine
Elizabeth J. Palumbo, MD	Pediatrics
Ilya Rabkin, MD	Family Medicine
Francisco Vegas-Bermudez, MD	Neurology
Grant Warmouth, MD	Neurology
Peter Wei, MD	Medicine/PMR
Madeline Wolfert, MD	Pediatrics
George Younan, MD	Surgery
Timothy Yu, MD	Family Medicine/Sports Med

## 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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## Ask the Expert



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## Baby Time



Schedule a tour or complete online registration for your OB admission at [inova.org/baby](http://inova.org/baby).