



INOVA FAIRFAX MEDICAL CAMPUS

# INhealth

David Blimmel enjoys working out again after receiving treatment for a rare bladder cancer.

## *Heavy* **LIFTING**

Fitness enthusiast overcomes rare cancer with help of specialists at Inova Schar Cancer Institute

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# FOLLOW THE LEADER

## We Know Cancer

Cancer is not just one disease. Each tumor and location is a different form of cancer. And while the major cancers such as breast cancer and colon cancer capture the nation's attention, Inova Schar Cancer Institute is equipped to tackle every form.

As the cover story (pages 6-7) reveals, Inova's Genitourinary Cancer Program offers services specifically for prostate, bladder, kidney and testicular cancer. Sophisticated treatments include everything from robotic surgery to modern radiation therapy methods to immunotherapy drugs.

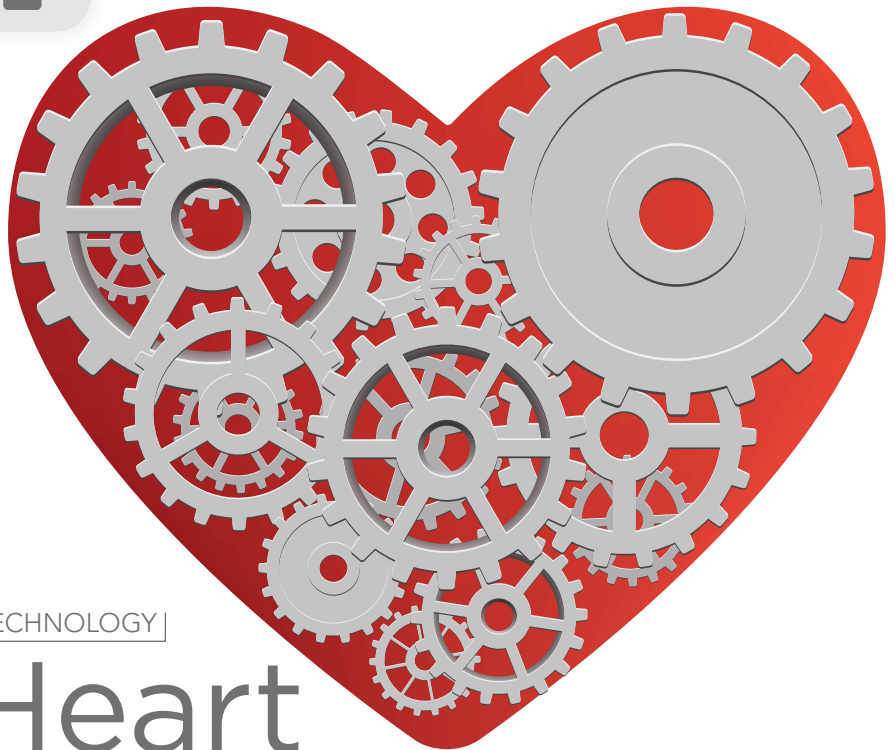
At Inova, we realize the importance of offering families health information when and where they need it. Our new Prepared Parent app, as featured on page 4, is designed to provide parents with health information for their children that they access at their fingertips. And the new Inova Women's Comprehensive Health Center in Tysons Corner (see page 5) offers women one stop for their healthcare needs.

Speaking of convenience, Inova's retail pharmacy here on the Inova Fairfax Medical Campus, Pharmacy Plus (see next page), means patients can pick up their medications here before they go home. Talk about easy.



**PATRICK  
CHRISTIANSEN,  
PhD**

CEO, Inova Fairfax  
Medical Campus  
Executive Vice  
President, Inova



### TECHNOLOGY

# Heart SMART

Inova Fairfax Hospital stays on the cutting edge of artificial heart technology

Patients at Inova Heart and Vascular Institute (IHVI) are taking part in a medical trial that is testing state-of-the-art artificial heart pump technology.

Artificial heart pumps allow patients with advanced heart failure to live more normal lives while awaiting heart transplants. The technology has come a long way since the first heart pump was implanted in an Inova patient in 1990. "We're always looking for the better pump or the next generation of equipment or treatment that may have things we don't have now," says Shashank Desai, MD, Medical Director of Inova's Heart Failure and Transplant Program. "For example, every iteration is getting smaller. We're going to get to the point where [these devices] are the size of a thimble."

The device that Dr. Desai and others at Inova Fairfax are testing — the HeartMate

3 Left Ventricular Assist System — provides better quality of life for patients through a smaller and easier-to-use controller, and is easier for surgeons to implant. It also features a unique magnetically levitated blood flow technology aimed to minimize complications.

Beyond this trial, IHVI remains committed to providing heart failure patients with comprehensive care. "The entire arena of heart failure is exploding with new medications, therapies and newer devices," says Dr. Desai. "The goal of the Inova heart failure system is not just to give patients transplants or [implant artificial pumps], it's to offer a full gamut of services, even to patients who might not qualify for [artificial pump] therapy."

## WE'VE GOT HEART

Learn more about Inova Heart and Vascular Institute at [inovaheart.org](http://inovaheart.org).

# EASY Access

Pharmacy Plus retail store offers convenience for patients



The recent introduction of the Pharmacy Plus retail store at Inova Fairfax Hospital (IFH) means a patient no longer has to worry about finding a pharmacy and picking up a prescription on the way home from the hospital. Pharmacy Plus is a full-service retail pharmacy that also integrates fully with IFH.

Not only are patients' prescriptions filled onsite at Pharmacy Plus, but they also are delivered to the patient before they leave the hospital. This close connection between doctor and pharmacist provides a safety net for an Inova patient, who can rest easy knowing that his or her doctor has personally spoken to the Inova pharmacist to call in the order and any potential issues have been worked out.

"When we talk to the pharmacists about a prescription, they may have a suggestion to make a change and I can give my input right then and there," says Loring Flint, MD. "The pharmacists are really a part of our care team and advocate for the patient, just as we do."

Prices at Inova Pharmacy Plus are comparable to stand-alone pharmacies and, in many cases, are actually less expensive. This is particularly true for specialty or non-formulary medications that are cost-prohibitive for traditional pharmacies to keep on hand but are available at Inova Pharmacy Plus because of its connection to the hospital.

## CONVENIENCE COUNTS

For more information about Inova Pharmacy Plus, visit [inova.org/pharmacyplus](http://inova.org/pharmacyplus).

# 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.

"Parents are always proud to post photos of their children, so it was natural to tie this

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."

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."



Baby Micah and Dad show their Nationals pride.

## TAKE ME OUT TO THE BALL GAME

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



The Prepared Parent app provides dosage recommendations for over-the-counter medications, among other information.

# BE PREPARED!

## New Prepared Parent app offers key health information for Mom, Dad

In August, Inova Children's Hospital officially launched its Prepared Parent mobile app, which provides parents with important medical information and a direct communication link to hospital staff in an easily accessible format.

"With this app, we wanted to engage with our community in a way that parents like to engage with us," says Erin Hodson, VP of Inova Children's Hospital.

Parents can reach out to Inova Children's Hospital staff directly through the Prepared Parent app, with its "Talk to Us" function. Whether you have a follow-up question about a medicine or if a favorite toy was left at the hospital, you can communicate with staff to get an answer.

The Prepared Parent app also provides an easy-to-share solution for your family's important numbers list. Parents can add important numbers — such as next-door neighbors, Grandma, physicians, etc. —

to the list within the app and then email that list to anyone who needs it.

"With a click to 'share,' I can email the babysitter all our important numbers stored in the app," says Rob Birgfeld, AVP and Chief Digital Marketing Officer at Inova. "This gives them the information in the place that matters; they can just take out their phone and pull up that email."

Another way the app makes life a little easier for parents is through readily accessible health guides. Currently, these cover dosage recommendations of over-the-counter medications, vaccination schedules, details on concussion signs and symptoms, and even instructions on when to go to the ER versus urgent care.

The medication guide makes determining the correct dosage easy: parents simply choose the weight range for their child and the app does the math for you.

"I have a 5-year-old and a 20-month-old, and I use the acetaminophen guide all the time," says Birgfeld. "When it's 2 a.m. and one of them has a fever, it comes in handy."

### DOWNLOAD THE APP

The Inova Prepared Parent mobile app is free and is available on the [iTunes](#) and the [Google Play](#) app stores.

## Stay Up-to-Date on Vaccinations

Inova's Prepared Parent mobile app offers concise guides for parents about important child health topics such as concussions, visiting the ER or urgent care, and medication dosages.

Another important guide featured in the app covers vaccination schedules. Armed with this guide, parents can view recommended vaccination age schedules, as well as check off vaccinations that their children have had.

"It's not going to replace the actual vaccination record, but it will help when parents are in the emergency room or urgent care center and they are being asked if their child is up-to-date," points out Joanna Fazio, Director of Operations and Growth at Inova Children's Hospital. "You can look at the app and quickly say [the child has] had these certain shots, but not those others."

# WHERE LADIES COME FIRST

## Inova opens Women's Comprehensive Health Center

**W**hen it comes to healthcare, women often think about themselves last. Knowing this, Inova Medical Group recently opened the Inova Women's Comprehensive Health Center in Tysons Corner, a health-focused multidisciplinary primary care practice. "We want to make it as easy as possible for women to get checkups, annual screenings and everything else they need," says Stephanie Akbari, MD, breast surgeon at the center.

Patients at the center can have most of their healthcare needs met in this one location. The center includes primary care physicians as well as specialists in gynecology, cardiology, breast care and bone health.

Not only is having primary care physicians and specialists all in one building convenient for patients, but it also offers doctors the opportunity to provide coordinated care and to collaborate on patients' diagnosis, as well as discuss possible treatments. "The collaboration is really central to what we do," says Eileen West, MD, primary care physician at the new center. "It makes it fun to go to work because two heads are better than one, and when you have people from different specialties, you can tackle a problem from multiple angles."

Patricia Bannon, MD, OB-GYN at the new center, agreed, explaining how the coordinated care approach makes the patient experience better. "The environment [of collaboration in the new center] enhances patient care," she says. "For example, if I see a woman for an annual exam and there is a breast tissue issue, I can streamline getting her into the breast care office. From the patient's perspective, it's ideal."



### BEST PRACTICES

Learn more about the Inova Women's Comprehensive Health Center at [inova.org/healthywoman](http://inova.org/healthywoman).

### Heart to Heart

The landscape of healthcare for women is changing. For many years, doctors made assumptions about women's health based on studies of men. Kelly Epps, MD, cardiologist at the Inova Women's Comprehensive Health Center, explains that this is

particularly true when looking at cardiovascular health.

"One of the things that's important for our cardiovascular program is managing a woman's unique cardiovascular risks," says Dr. Epps. "Women have unique risks that are based specifically on female conditions: some

are related to pregnancy (such as eclampsia), history of breast cancer or treatment for breast cancer. These are risk factors that could cause cardiovascular problems down the line. We want a program where we can work with these patients on prevention, before they get these issues."



David Blimmel and his crew: (from left) children Grace, Emma and Lizzy, and wife, Janet.

# TAKING CARE

Fitness enthusiast overcomes rare cancer with help of specialists at Inova Schar Cancer Institute

**F**or years, David Blimmel trained athletes to achieve their maximum potential. A fitness enthusiast and former personal trainer, he knew a thing or two about physical and mental endurance. But a little over a year ago when the 44-year-old network engineer was diagnosed with an extremely rare form of bladder cancer, he took on the greatest challenge of his life.

Guided by the world-class oncology team at Inova Schar Cancer Institute, David embarked on the road to recapture his peak potential.

“The whole thing was very tough, but the team of physicians I worked with really made it a lot easier and were really

helpful, not just at a doctor level but on a personal level,” says David.

**INTERDISCIPLINARY APPROACH**

When David first noticed a common urinary tract symptom — blood in the urine — he went to see his general practitioner. Given his age and the fact that he had no family history of bladder cancer, David was prescribed antibiotics to treat infection, which is the most common cause of blood in the urine. When the symptom returned, however, David was referred to a urologist at Inova Fair Oaks Hospital. A CT scan and biopsy revealed a tumor that appeared to be invasive bladder cancer. David’s urologist immediately

referred him to medical oncologist Jeanny Aragon-Ching, MD, FACP, Clinical Program Director of Genitourinary (GU) Cancers at Schar Cancer Institute.

“Dr. Aragon-Ching was really great,” says David. “She explained everything to my wife and me, and she’s also one of the warmest doctors I’ve ever dealt with.”

The Inova GU Cancer Program offers premier services for prostate, bladder, kidney and testicular cancer. “We are establishing a group of specialists in GU cancer, each of whom is recognized on a national level for their expertise in this type of cancer and for leading clinical and translational research,” says Donald Trump, MD, FACP, CEO and Executive

Director of Schar Cancer Institute. “They are clinical investigators who lead national trials, who publish original research in high-impact journals — investigators known throughout our region and beyond. Our medical oncology, surgical and radiation oncology experts work together in order to bring the latest information and expertise to bear on each individual patient’s case.”

Highly trained specialists at the institute offer cutting-edge treatments. These include robotic surgery, CyberKnife, intensity-modulated radiation therapy (IMRT) and image-guided radiation therapy, low-dose rate (LDR) brachytherapy, as well as targeted treatments, vaccine therapy, chemotherapy and immunotherapy drugs to treat GU cancer and prevent recurrence.

“For a patient who has a diagnosis of GU cancer, whether it’s bladder, prostate, kidney or testis, the Inova Schar Cancer Institute multidisciplinary team is there to better serve the patient,” says Dr. Aragon-Ching. “We have a complete

## Treatment Options for Bladder Cancer

Inova Schar Cancer Institute treats bladder cancer with the most effective, least-invasive treatments available.

“We remain at the cutting edge for diagnostics and surgical management,” says Simon Chung, MD, MPH, MBA, FACS, Medical Director, Robotic Surgery, and Urology Section Chief, Inova Fairfax Medical Campus. “We have access to up-to-date technologies with regards to diagnostics, including endoscopy, radiology studies, lab studies and pathology. In terms of therapeutics and treatment, we have the most modern effective treatment approaches including robotic surgery, minimally invasive surgical techniques and endoscopy.”

In the realm of radiation therapy, the institute offers an exciting array of targeted treatments that can be used as stand-alone procedures or in combination with surgery or chemotherapy.

“With modern radiation technologies, procedures are becoming more and more successful with fewer complications,” says radiation oncologist Samir Kanani, MD. “With a combination of radiation and chemotherapy, many patients are able to preserve their native bladder and do not need to have their bladder removed with outcomes comparable to surgery.”

To maximize successful outcomes, the medical team offers advanced immunotherapy drugs to prevent the recurrence of cancer following treatment. “We are conducting clinical trials in novel therapeutics with vitamin D analogues as well as immunotherapy. These new approaches offer great potential for advancing our ability to care for patients with GU cancers,” says Donald Trump, MD, FACP.

# OF DAD

team of health professionals to really help the patients through their treatment, the diagnosis and survivorship.”

### PINPOINTING THE PROBLEM

Upon reviewing David’s scan and pathology report, Dr. Aragon-Ching recognized that David had urachal cancer, an extremely rare form that affects just 1 percent of all individuals with bladder cancer. Instead of taking out the entire bladder, the team would only remove the top portion, sparing healthy tissue and normal function. Fortunately, Dr. Aragon-Ching pinpointed the diagnosis right away, allowing David to have a combination of robotic surgery and consideration for chemotherapy that would get rid of the cancer while keeping healthy tissue intact.

“One thing I am very thankful for is that Dr. Aragon-Ching and the team have the expertise and take the time to really find

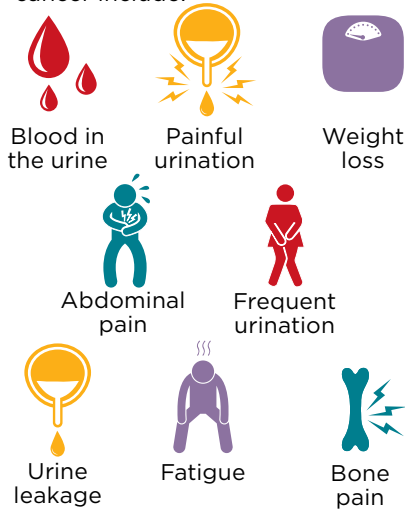
out what’s wrong,” says David. “When I was referred to Dr. Aragon-Ching, I was supposed to have chemo right away and then my entire bladder removed. If they had not figured out that I had this particular type of rare cancer, then I would have gone through an unnecessary surgery, more chemo and the wrong chemo cocktail.”

Since completing his chemotherapy at Schar Cancer Institute, David is back to life as usual, which for him means working in a busy office, spending quality time with his wife and three daughters, working out and playing bass guitar in a local rock band.

“Schar Cancer Institute is really a force to be reckoned with,” says urologist Dana Rice, MD. “The center attracts the most innovative minds in medicine, people who are interested in making a difference in the lives of our patients.”

## Symptoms of Bladder Cancer

Common symptoms of bladder cancer include:



## SCHEDULE AN APPOINTMENT

To request an appointment with a urologist at Inova Fairfax Medical Campus, call **703.672.5558**.

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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SYSTEM

# WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Fairfax Medical Campus staff in recent months:

NAME	DEPARTMENT
Margaret Adamcewicz, DO	Gastroenterology
Reginald Baker, MD	Radiology
Brandon Bryant, MD	Orthopedic Surgery
Laura Cookman, MD	Emergency Medicine
Lauren Cooper, MD	Cardiology
Heidi Dalton, MD	Pediatrics/Critical Care
Terry Dawes-James, MD	Obstetrics/Gynecology
Christopher deFilippi, MD	Medicine/Cardiovascular
Brittany Goldberg, MD	Pediatrics/General
Stephen Ho, MD	Radiology
Patrick Huck, MD	Surgery/General
Aabha Jain, MD	Medicine/Infectious Disease
Ittamveetil Kutty, MD	Psychiatry
Farhan Malik, MD	Surgery/Ophthalmology

NAME	DEPARTMENT
Kathryn Maloy, MD	Obstetrics/Gynecology
Katherine Moyer, MD	Pediatrics/General
Negar Naderi, MD	Medicine/Pulmonary/CC
Kimberly S. Oh, MD	Obstetrics/Gynecology
Nick Pham, MD	Medicine/Internal
Hillary Robinowitz-Elins, MD	Obstetrics/Gynecology
Michael Sherer, MD	Psychiatry
Vinay Srinivasan, MD	Medicine/Internal
Fred Taweel, MD	Medicine/Internal
Trevor Uyemura, MD	Medicine/Infectious Disease
Lindsey Waldman, MD	Pediatrics/Endocrinology
Peter Wei, MD	Physical Medicine/Rehab
Kimberly Woodward, MD	Pathology
Misbah Zaheer, MD	Nephrology



**Correction:** Carolyn's baby was born on March 1 at 12:30 a.m., not 1:14 a.m., as was stated on page 2 in the story about college savings plans in the spring/summer 2016 issue of *InHealth*.

## 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

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