



INOVA FAIR OAKS HOSPITAL

# INhealth



## *Finding Her* **OWN PATH**

Thanks to innovative treatment for breast cancer, pastor receives radiotherapy at time of surgery

**PAGE 6**

Cathy Mechlin, an associate pastor, underwent intraoperative radiation therapy at Inova Fair Oaks Hospital.

**INSIDE:**

**SPORTS  
SAFETY**

**3**

**WEIGHT LOSS  
VICTORY**

**4**

**PREVENTING  
AMPUTATION**

**5**



# FOLLOW THE LEADER



## PHILANTHROPY

### Staying Current

The care provided by Inova Fair Oaks Hospital is the result of hundreds of hard-working employees. Some you will see and interact with during your stay or visit, while others work behind the scenes to ensure your experience is the best it can be. Our nurse leaders recently discovered an innovative way to give nurses shorter shifts while also improving the patient experience. Please see the story on the next page to learn more.

Innovation is one of the best ways we can stay current, think outside the box and deliver a world-class experience to our community and our employees. Intra-operative radiation therapy (IORT) (pages 6-7) and the limb salvage approach (page 5) are great examples of this. When patients are facing obstacles like cancer or the possibility of amputation, these procedures give them options that hopefully make life a little easier during challenging times.

With fall around the corner, take a minute to reflect on new beginnings. How can you be innovative in your own life? As your community hospital, we will to continue re-evaluate, get creative and break new ground in the world of healthcare.



**JOHN FITZGERALD**  
Chief Executive Officer  
Inova Fair Oaks Hospital

# Swing Time

## Annual Inova Fair Oaks Hospital Golf Classic to take place in September

Inova Fair Oaks Hospital (IFOH) will host its 27th annual Golf and Tennis Classic on Monday, Sept. 18, at the International Country Club in Fairfax. A silent auction, patio reception and awards dinner celebration will follow.

Last year, the event raised more than \$130,000 for the surgical expansion project at the hospital. Expansion includes increasing the total number of operating rooms

in the surgical building, and expanding several more to accommodate additional equipment to perform advanced procedures. This year, proceeds will benefit the overall renovation and upgrade of the Women's and Children's floor to include a natural birthing

tub, enhanced lactation services, larger postpartum patient rooms and upgraded finishes. The hospital recognizes its community supporters as essential partners in its mission to deliver excellent patient care and plan for the future of healthcare in Fair Oaks.

### LET'S PLAY!

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).

## WELLNESS

# BAD Bug

## Flu shot is key to preventing disease

If you think the flu is just a really bad cold, continue reading. The flu is actually a contagious disease that can lead to serious illness, such as pneumonia, and may even require hospitalization. According to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is by getting vaccinated. A flu vaccine is recommended for everyone 6 months of age and older, especially those with an increased risk of serious flu-related complications, including pregnant women, young children, seniors, and people with certain chronic medical conditions like asthma, diabetes and heart disease.

During the most recent flu season, the CDC reported that the flu vaccine had

reduced a vaccinated person's risk of getting the flu and having to go to the doctor by about half (48 percent). Other studies reported that, even if the vaccine did not prevent the flu, it reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among younger and older hospitalized flu patients.

Once you've been vaccinated, here are other ways you can decrease your risk or your family's risk of contracting the flu:



- Wash your hands often, and avoid touching your mouth, eyes and nose.



- Cough or sneeze into a tissue or your elbow instead of your hands.



- Keep your immune system strong by eating well, drinking fluids, getting plenty of rest and exercising.

### FLU SHOT CLINICS

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

WELLNESS

# Play It SAFE

## Ways to avoid injury during sports season

Sports are a great way for children to stay active and healthy. Unfortunately, injuries often come with the territory. Injuries from sports are either acute, such as an ankle sprain or broken bone; or due to overuse, such as stress fractures or weakened joints. Here are a few ways to help your children prevent short-term and long-term injuries:

- Have your child undergo a preparticipation physical to assess their current health and fitness level.
- Make sure your child warms up before and cools down after an activity.
- Listen to coaches and instructors. They're the experts on proper training and technique and should know how much to push your child.



- Make sure your child is hydrated. Proper hydration will help avoid muscle cramps and maintain level body temperature.
- Make sure your child has equipment that fits properly for all events and practices.
- Always encourage rest. Children who do not rest enough are more likely to experience injuries.

### GAME ON

Learn more about pediatric sports medicine at Inova at [inova.org/sports-medicine/pediatric](http://inova.org/sports-medicine/pediatric).

NURSING

# GOOD Timing

New shifts give more flexibility and support to registered nurses



A new nursing shift model began in August at Inova Fair Oaks Hospital (IFOH), and based on its success, it is now expanding to other units in the hospital.

The new model involves four-, six- and eight-hour day shifts, as opposed to one traditional 12-hour shift. After analyzing the workload of registered nurses (RNs) at IFOH, leadership learned that additional RNs were needed to cover the busiest time of day (9 a.m.-3 p.m.). To address this challenge, Katie Hile, MSN, RN, NE-BC, ONC, Senior Director of Acute Care Services at IFOH, decided to reduce a typical 12-hour shift to multiple shorter shifts.

This reconfiguration of hours resulted in more nurses being available to distribute medication, and perform assessments and discharges. "We tried to provide our nurses with the support they needed by being creative with

hours and matching the resources to the workload," Hile explains.

Not only does the new model provide more personnel support during the busiest time of day in the hospital, but it also offers a more flexible schedule, bringing nurses a better quality of life. The new shift times help to accommodate RNs with families and children, and part-time RNs, who can pick up shorter shifts, says Hile.

The new shift model started as a pilot program in the medical oncology unit in November 2016, and a second pilot was held in January 2017. Following both pilot phases, Hile says she received positive feedback from RNs about the new shift schedule. Equally as important, the patients noticed: Patient experience outcomes significantly improved during the pilot phase.

### COME WORK FOR US!

To learn more about alternative shift opportunities at Inova Fair Oaks Hospital, visit [inova.org/flex](http://inova.org/flex) or call 703.391.3186.



# ‘WIN IT TO WIN IT’

A patient finds the support he needs to achieve weight loss goal



After and before: John George is more active since his weight loss surgery. Before his surgery (inset), he struggled with many health problems.

Two summers ago, when John George’s weight reached 470 pounds, the 6’4” information technology specialist knew he had to do something about his health. Having struggled with weight issues since he was a child, at 44 he was having regular bouts of atrial fibrillation, suffering from sleep apnea and was frequently taking sick days from work.

“I tried everything in the book — a liquid diet, the Atkins diet, working out — but none of it worked. My biggest issue was I didn’t have an off switch so I was never full,” says John.

The most he had ever lost was 100 pounds during a six-year tour of duty with the U.S. Navy, but the weight came roaring back.

After he received his heart diagnosis, the Arlington resident decided to watch an online seminar provided by the Inova Weight Loss Surgery Program. Then he made the trip from his home in Arlington to meet with Medical Director Amir Moazzez, MD.

## A Healthier You

In addition to boosting weight loss, bariatric surgery can reverse chronic conditions associated with obesity.

“Obesity is a common denominator for many comorbidities including hypertension, diabetes, esophageal reflux and sleep apnea,” says Amir Moazzez, MD. “When we treat that underlying common denominator, we see a significant improvement, if not a resolution of these chronic conditions.”

“We have patients go through a general educational process to start off with, so they’re ready for this life-changing experience. We want to be sure they’re addressing all aspects of this lifestyle change and they’re ready for this lifelong commitment,” says Dr. Moazzez.

## A PLAN THAT WORKS

Since his surgery in July 2015, John has lost 190 pounds and the weight loss has been transformative. “It’s a life-changer,” says John. “I’m not sweating anymore, I’m not out of breath when I climb stairs, I can touch my toes, I can cross my legs, and when I go out to eat with friends, I don’t need a table; I can sit in a booth.” These days, John looks forward to biking, hiking and starting to scuba dive again. He attributes his success to Dr. Moazzez and the support he received at Inova.

“At Inova Fair Oaks Hospital, they have a plan to help you be successful with your weight loss surgery,” says John. “For six months before the surgery, they teach you about the foods you’re eating, portion control, exercise, and then they continue counseling and support after the surgery. Just fixing your stomach is not going to help you. You have to be in it to win it. It’s not an easy road, but you can do it.”

## IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

To learn more about Inova Weight Loss Surgery Program, call **703.348.4716** or visit [inova.org/weightloss](http://inova.org/weightloss).

Patients in the Inova Weight Loss Surgery Program visit with a dietitian, an exercise specialist, a behavioral specialist and, if necessary, physicians from other departments to personalize the approach based on their health status. “The commitment by the hospital and the bariatric surgery team to provide this multifaceted approach really helps patients get the help that they need to be successful,” says Dr. Moazzez.

# FEET FIRST

Limb salvage approach at Inova Fair Oaks Hospital can prevent amputation

**F**or podiatry patients affected by major blood vessel or nerve damage, amputation has long been the main option for treatment.

Although these issues might be the result of a traumatic injury — for example, a significant fracture or laceration — a large number of diabetic patients also face the possibility of amputation if their disease is causing hard-to-treat infections below the knee.

But Inova Fair Oaks Hospital (IFOH) podiatrist Zakee Shabazz, DPM, is committed to keeping as many patients running strong on their own feet as possible. Although prosthetic feet can ease the transition after amputation, the preference for Dr. Shabazz is to save a foot — which can maintain patient mobility and reduce the need for rehab and physical therapy.

Trained in reconstructive foot and ankle techniques, Dr. Shabazz favors a multidisciplinary approach called limb salvage to save as much of the foot as possible during times of ulcerations, infections and peripheral vascular disease. The approach isn't appropriate for everyone — for example, those with too much bone damage or recurring infections may not be candidates for the treatment — but it's becoming a more solid option than it had been in the past.

"The last resort would be total foot amputation," says Dr. Shabazz. "So, why start with that option? Why not try to save the foot if you can? That's the approach we take."

One major advantage at IFOH is the breadth of expertise available on campus. The hospital's podiatry department collaborates with specialties like orthopedics, plastic surgery, infectious disease, interventional radiology, vascular surgery and the Inova Wound Healing Center to tailor treatment plans to patient needs.

That means patients don't need to be referred to other hospitals or clinics for appointments with specialists, notes

Dr. Shabazz. Not only does that save patients time, but it also provides a team-oriented strategy that ensures more consistent, comprehensive care.

"I feel great about what we have available here, because I know that patients can be taken care of, no matter what they're facing," Dr. Shabazz says.

## DIABETES SUPPORT

Inova offers resources to help you address and control diabetes. Learn more at [inova.org/diabetes](http://inova.org/diabetes).



Zakee Shabazz, DPM  
Podiatrist

## ASK THE EXPERT

LECTURE

### Feet in Motion — Common Foot Injuries in Sports

Join Zakee Shabazz, DPM, for this FREE lecture.

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

**Date & Time: Monday, Sept. 25, 6 p.m.**

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

# CONVENIENCE COUNTS

New treatment allows breast cancer patients to receive radiotherapy at time of surgery

**F**or women with early stage breast cancer, a lumpectomy followed by radiation therapy has been shown to be an effective treatment. For some women, however, undergoing radiation five days a week for up to six weeks is fatiguing and difficult to negotiate with work and family obligations.

Now, physicians at the Inova Fair Oaks Hospital (IFOH) Breast Cancer Program are offering a new, study-proven technique called intraoperative radiation therapy (IORT) that allows women to receive radiotherapy at the time of surgery. The radiation is delivered in a single dose at the tumor site where the cancer was removed. While standard radiation therapy uses external radiation to treat the whole breast, IORT delivers a concentrated dose of radiation that targets a specific area while sparing the rest of the breast.

“Intraoperative radiation therapy provides an answer to some of the difficulties that people face when they need radiotherapy,” says Hernan Vargas, MD, Director of the Inova Breast Cancer Program at IFOH. “Traditionally, radiotherapy is given in small doses on a daily basis for several weeks. That can significantly affect the patient’s quality of life after surgery.”

The ideal candidate for IORT, says Dr. Vargas, is a woman over 50 who has a small tumor, has been diagnosed with estrogen receptor positive breast cancer — which he says is less likely to recur — and has no evidence of cancer cells in the lymph nodes.

Currently, the Inova Breast Cancer Program is offering IORT through a clinical trial, since it is still being studied for long-term effectiveness. It is an option offered to select patients, says Stella Hetelekidis, MD, radiation oncologist at IFOH, and the principal investigator for the study at Inova.

“With a short follow-up time of a few years, it appears that in selected patients, treatment with IORT may be as effective as external beam radiation,” says Dr. Hetelekidis.

She points out that because IORT only treats a very limited amount of breast tissue around the surgical area, if there is a cancer cell beyond this area, it will not be effectively treated.

## IORT Explained

During intraoperative radiation therapy (IORT), the breast cancer surgeon places a sphere-shaped device inside the surgical cavity where the tumor was removed. The radiation oncologist then delivers the treatment over approximately 20 minutes around the applicator.

“After taking steps to protect the skin from the radiation, then we deliver the dose,” says breast cancer surgeon Hernan Vargas, MD.

While the tumor bed area receives a single very high dose of radiation, the surrounding tissues are exposed to less radiation.

“This is why we are doing this trial. We want to make sure that the cancer-free rates at 10 years are similar to the great rates we see with whole-breast radiation therapy,” says Dr. Hetelekidis.

“IORT is definitely a promising option for select patients with early-stage breast cancer,” adds Ashish Chawla, MD, Medical Director of Radiation Oncology at IFOH. “It offers the potential of finishing radiation treatment at the same time as surgery. Early evidence suggests that for select patients, IORT may be comparable to whole breast radiation.”

## PATIENT-FRIENDLY

For Cathy Mechlin, choosing IORT over four to six weeks of standard radiation therapy made sense. Diagnosed with stage 1 breast cancer last February, the busy associate pastor of a local church needed a treatment option that would allow her to resume her pastoral duties as soon as possible. “Drs. Vargas and Hetelekidis gave me options for what needed to be done after the lumpectomy. When I heard about intraoperative radiation therapy, I said I’m going to opt for that because it’s done







Cathy Mechlin returned to work within a week of undergoing intraoperative radiation therapy, which allowed her to receive radiotherapy at the time of her breast cancer surgery.

## CALL A NAVIGATOR

If you have questions about next steps after a breast cancer diagnosis, call an oncology nurse navigator at the Inova Fair Oaks Hospital Breast Cancer Program at **703.391.4673**.

## CLINICAL TRIALS

To learn more about breast cancer clinical trials through the Inova Breast Cancer Program, call **571.472.4724**.

all at one time and it's done while you're asleep. It was more convenient," recalls Cathy.

Following the surgery and IORT, Cathy healed quickly and didn't need any pain medication. Within a week she was back to work at her church. And her findings were such that additional radiation therapy was not needed. "I had a really good outcome, my healing process, everything," says Cathy, now cancer-free. "I highly recommend it to women for whom it is appropriate."

### TARGETED THERAPY

Thanks to IORT, doctors are able to shield surrounding healthy tissue and organs such as the skin, lungs and heart during the procedure. "We take steps to protect the surrounding tissue. We do this by visualizing the tissue during surgery, and we also use ultrasound to ensure there is enough distance between the applicator and other organs or tissues we want to protect," says Dr. Vargas.

He and Dr. Hetelekidis are excited that their team is able to offer women a new option for preventing breast cancer

## ASK THE EXPERT

### LECTURE



**Sara Negron**  
Registered Dietitian

### Oncology Nutrition

Join Sara Negron, RD, for this FREE lecture.

**Location: Inova Fair Oaks Hospital, Building 3580, Auditorium**

**Date & Time: Monday, Oct. 23, 6 p.m.**

To register, visit

**[inova.org/AskTheExpert](http://inova.org/AskTheExpert)** or call 1.855.My.Inova (1.855.694.6682).

recurrence. "IORT is part of the arsenal that we have for treating breast cancer," Dr. Vargas says. "It is not the only tool that we have, but it is a tool that is helpful in a number of cases. IORT makes radiation therapy easier for the patient and allows us to base treatment on the patient's goals and expectations and select the right treatment for them."

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-072-IF0H



# WELCOME, NEW PROVIDERS!

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



NAME	DEPT/SECTION
Musa Abdelaziz, MD	Ophthalmology
Frank Albino, MD	Surgery/Plastics
Joseph Babrowicz, MD	Surgery/Vascular
Hilary Brazeal, MD	Radiology
Mary Brian, CRNA	Anesthesiology
Tyler Chavez, PA	Surgery/Plastics
Alessa Crossan, MD	Ophthalmology
Janet Ferri, NP	Palliative Care
Tangela Fuqua, CRNA	Anesthesiology
David Goodwin, MD	Pediatrics
Joseph Green, MD	Surgery/ Bariatric Fellow
Edmund Hong, MD	Radiology
Sundeeep Kasi, MD	Ophthalmology

NAME	DEPT/SECTION
Kyli Krape, DO	Emergency Medicine
Pamela Lagera, NP	Cardiology
Junsoo Lee, MD	Cardiology
Martina Lopez, NP	Pediatrics/Neonatology
Sohail Mirza, MD	Orthopedic Surgery/Spine
Solmaz Pirzadeh, MD	Anesthesiology
Lamise Rajjoub, MD	Ophthalmology
Lisa Ramondetta, CRNA	Anesthesiology
Hani Sabhai, MD	Gastroenterology
Mustafa Syed, MD	Radiology
Kambiz Tajkarimi, MD	Urology
Lauren Villarreal, NP	Surgery/Plastics
Sara Williams, MD	Hospitalist
Chahine Joseph Yamine, MD	Anesthesiology

**Inova Fair Oaks Hospital • 3600 Joseph Siewick Drive, Fairfax, VA 22033 • 703.391.3600**

## 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.

## Subscribe Now!



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## Ask the Expert



Find a FREE Ask the Expert lecture on a health topic that interests you at [inova.org/AskTheExpert](http://inova.org/AskTheExpert).

## Baby Time



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