

# INhealth

HEALTH AND WELLNESS MADE PERSONAL

Spring/Summer 2019

**FROM THE INOVA HEALTH FOUNDATION:** An inside look at Inova Schar Cancer Institute and more

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*Ethan McLaurin exercises regularly and is looking forward to college in the fall.*

## Colorectal Cancer Screenings

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## Our Principles



Every successful organization must have a deep sense of its purpose and a clear sense of what it aspires to do. At Inova, our strength

is in our mission, vision and values. These principles guide our priorities, decisions and day-to-day behaviors as we work together, as one team, to provide extraordinary patient care.

As I walk the halls of our hospital, I am continually inspired by the dedication, service and passion I see demonstrated by our doctors, nurses, employees and volunteers. From comforting patients to helping visitors find their way, it's clear Inova strives to provide great experiences to our patients and each other. We are honored to serve you.

**SUSAN CARROLL, FACHE, MBA, MHA**  
Acting President, Inova Fairfax Medical Campus; Executive VP, Inova Health System

### MORE ONLINE

Interested in learning more from the *INhealth* newsletter?

Visit [inovanewsroom.org](http://inovanewsroom.org) to read about a patient who underwent a leading-edge kidney transplant trial (see story at right) as well as more on Brooke Sydnor Curran's battle with a bleeding brain aneurysm (see page 5).



# Array of Awards

## Inova Fairfax Medical Campus displays excellence

Earlier this year, Inova Fairfax Medical Campus (IFMC) received a five-star rating from the Centers for Medicare & Medicaid Services.

Three other Inova hospitals also received this rating: Inova Fair Oaks, Inova Loudoun and Inova Mount Vernon hospitals. Of the more than 4,500 hospitals evaluated by CMS nationwide, only 337, or 7%, received five-star ratings. "The five-star rating speaks to the superior level of care that we provide," says Susan Carroll, Acting President of IFMC

and Executive VP of Inova.

Also, IFMC was recognized by Healthgrades, a respected arbiter of healthcare quality, as one of America's 250 Best Hospitals and for its 2019 Outstanding Patient Experience. Healthgrades evaluates hospital performance using quality measures such as clinical outcomes, patient safety and patient experience.

IFMC has won the America's 250 Best Hospitals award for the last three years in a row as well as a number of Healthgrades awards for clinical specialties including cardiac, GI, general surgery, pulmonary and neuroscience. Such awards reflect Inova's excellent treatment and clinical outcomes. 

### TOP BILLING

Learn more about IFMC's performance in Healthgrades at [inova.org/HealthgradesAwards](http://inova.org/HealthgradesAwards). Read about all of IFMC's accolades at [inova.org/awardsIFMC](http://inova.org/awardsIFMC).

## The Future of Transplants

### Inova Fairfax Medical Campus participates in a leading-edge trial

Organ transplants save lives, but they come with risks, such as the body rejecting the new organ. Also, medications that transplant patients take to curb rejection often come with their own negative side effects. For these reasons, Inova Fairfax Medical Campus (IFMC) is taking part in a leading-edge kidney transplant clinical trial, called the Mercury Study, with the eventual goal of eliminating the need for anti-rejection medications.

"This is the Holy Grail solution," states James Piper, MD, transplant surgeon at the IFMC Transplant Center of the process used in the Mercury Study. "What we're doing is incorporating DNA from stem cells from the donor to the recipient



## Improving the Odds

### New protocol for cardiogenic shock improves survival

Cardiogenic shock — associated with a 50% mortality for nearly two decades — is a syndrome in which the failing heart can't provide sufficient blood flow to the organs.

In January 2017, physicians at Inova Heart and Vascular Institute (IHVI) implemented a new protocol that has provided patients suffering from cardiogenic shock among the best outcomes in the country. Since its implementation, survival rates have risen from 47% to 74%. Results were recently published in the *Journal of the American College of Cardiology*. IHVI is the first hospital in the country to document this level of improvement in care for cardiogenic shock using this new care model. "Patients with cardiogenic shock are acutely ill, and without timely goal-directed intervention, they are at heightened risk for morbidity and mortality," explains Behnam N. Tehrani, MD, Medical Director of the Cardiac Catheterization Laboratories at IHVI.

Using a multidisciplinary approach, IHVI rapidly addresses the complex interactions across multiple body systems to save lives. The protocol involves:

- Early recognition and identification of the shock state.
- Prompt use of cardiac diagnostic tools and interventions to keep blood flowing throughout the body and to support organ function.
- Long-term therapeutic interventions to support heart function. [📄](#)

Learn more at [inovaheart.org/cardioshock](http://inovaheart.org/cardioshock).

after transplant with the hope that the patient's body will accept the kidney as if it's just another part of their own body."

The purpose behind transplanting DNA from the blood cells from the donor is to create a state of "mixed chimerism" in the patient's body. Inova was the first center in the United States to have a patient receive the mixed chimerism treatment in the Mercury Study. The patient is now several months out from transplant, remains chimeric and is currently being weaned off all immunosuppressant medication.

IFMC is one of only 37 medical centers in the United States participating in this trial. Inova has enrolled more patients in the trial than any other center in the United States. While the treatment won't be available to the public for some time, the trial should be enrolling patients for another one to two years. Anyone with interest in the trial should contact the IFMC Transplant Center. [📄](#)

Read about two siblings who underwent the Mercury Study at [inova.org/FutureofTransplants](http://inova.org/FutureofTransplants). To find out more and contact the Inova Fairfax Medical Campus Transplant Center, visit [inova.org/kidneytransplant](http://inova.org/kidneytransplant).



## Why should I take my child to an Inova pediatric ER or urgent care center?

**RICK PLACE, MD**, is Medical Director, Pediatric Emergency Department, Inova Children's Hospital, Inova Fairfax Medical Campus.

Nothing is scarier to a parent than having a sick child. At Inova, we are committed to caring for children within both our emergency and urgent care facilities.

Inova Children's Hospital (ICH) at Inova Fairfax Medical Campus (IFMC) has a dedicated pediatric emergency room (ER). ICH offers 24/7 access to pediatric specialist physicians on-site as well as Child Life specialists, who are trained to ease anxiety in children and explain procedures in an understandable and comforting fashion. In addition to IFMC, Inova Children's dedicated pediatric ERs are at two other locations — Inova Fair Oaks and Inova Loudoun hospitals.

Across Inova, our child-friendly approach entails providing the specialized skills, expertise and resources pediatric patients need.

For example, all Inova ERs offer nitrous oxide (laughing gas) to minimize discomfort during minor procedures, like stitches. And all Inova ERs and four pediatric Inova Children's urgent care centers (Tysons, West Springfield, Reston and Dulles South - Chantilly) have connectivity to ICH for telemedicine consultations, which provide 24-hour access to pediatric specialists. [📄](#)



*Pediatric caregivers are trained to communicate with kids at their level.*



Find a pediatric ER at [inova.org/ERforKids](http://inova.org/ERforKids).

# Screening *Sense*



## CONDITION:

**Colorectal cancer**, sometimes called colon cancer or bowel cancer, is a common form of cancer, affecting about 1 in 24 women and 1 in 22 men at some point in their lives.



## SCREENING OPTIONS:

If you're anxious about the thought of a colonoscopy, you have alternatives. Doctors now offer several screening options.

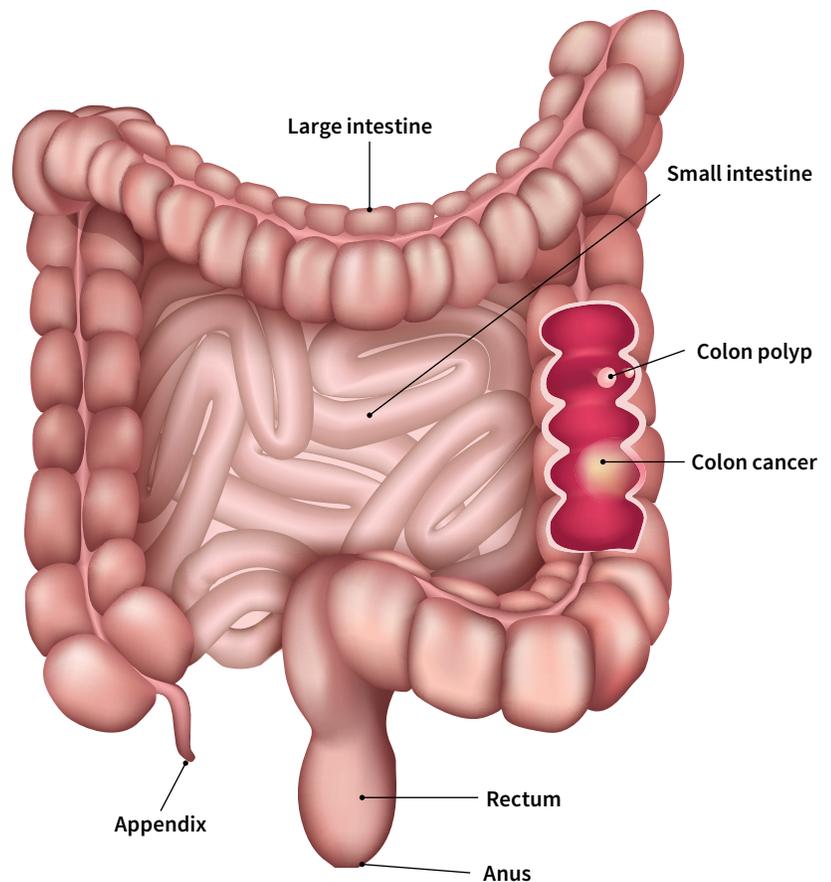
**Colonoscopy:** *This is the gold standard of colorectal cancer screening procedures. A diagnostic procedure, it's also preventive because cancer-causing polyps can be removed during the exam.*

**Virtual colonoscopy:** *This procedure generally is used for people who are medically unable to get a colonoscopy. It requires the same prep as a colonoscopy but no sedation.*

**Fecal occult blood tests:** *While not as popular as colonoscopy, these tests that detect blood in a stool sample can be acceptable for some patients.*

**Cologuard®:** *Also known as a stool DNA test, this is the only take-at-home screening method currently approved by the Food and Drug Administration. A patient with a positive result should undergo a colonoscopy.*

**Minimally Invasive Capabilities Improve Colorectal Surgeries:** Many colorectal procedures can be performed using minimally invasive robotic-assisted equipment, which provide better outcomes, fewer complications, and a shorter and less painful recovery period for patients. Inova Fairfax Medical Campus recently upgraded its minimally invasive surgical capabilities with four new da Vinci® surgical robots, demonstrating its commitment to technological innovation.



## RECOMMENDATIONS:

The American Cancer Society (ACS) recently lowered its recommended age for beginning colorectal cancer screenings from 50 to 45. However, this recommendation is for people without symptoms who have no family history of the disease. Talk to your doctor to find out more.

Schedule a screening today at [inoval.org/getscreened](https://www.inova.org/getscreened).

# Back on Track

Runner resumes sport after recovering from bleeding brain aneurysm

**W**hen Brooke Sydnor Curran, then 50, finished the 43rd Marine Corps Marathon in Washington, DC, last fall, it was a crisp October afternoon and nothing seemed out of the ordinary. Her husband and three daughters were cheering her on, and, like the previous 116 marathons she had run since 2009, she felt good.

But as Brooke approached the finish line, she spotted a special face in the crowd and smiled. “It was the doctor who saved my life six months earlier,” she says.

Nilesh Vyas, MD, neurosurgeon and Director of Cerebrovascular Neurological Surgery at Inova Neuroscience and Spine Institute, first met Brooke on March 17, 2018.

## Unexpected Emergency

That fateful day began as Brooke was ready to hit a trail for her morning run. Soon after starting, she had a sudden onset of a headache that felt like a sledgehammer hitting her head. By early afternoon, it had gone from bad to unbearable, so she and her husband headed to the Inova Alexandria Hospital (IAH) Emergency Room.

Once at the IAH ER, the doctors quickly determined that Brooke had suffered a subarachnoid hemorrhage (SAH), a life-threatening type of stroke. Immediately, Brooke was transported by ambulance to Inova Fairfax Medical Campus — the only treatment center for brain aneurysms in Northern Virginia. Dr. Vyas was immediately called in to see her. “Most brain aneurysms have no symptoms and present no danger,” Dr. Vyas stresses. “Only if the aneurysm ruptures and bleeds into the brain does it become life-threatening. That’s what happened to Brooke.”



*Brooke Sydnor Curran, shown here finishing a marathon in Antarctica in 2012, runs one marathon a month.*

There was also concern of the tight location the aneurysm was in, he adds. Because it was small and in an unusual location, open surgery was necessary.

## On the Run

Fortunately, the surgery was a success with an excellent prognosis for recovery. Brooke originally lost 25 pounds, experienced extreme muscle atrophy and even had to retrain her brain to walk. But after being in the hospital, she continued to improve at home and was soon cleared to run. “I was running short distances within one month of coming home,” she says. “It’s as if my body was saying, ‘OK! This is what we do.’ And I’ve been running one marathon a month since October 2018. I don’t plan to stop any time soon.”

## BRAINS AT WORK

Watch a video of Brooke’s story at [inova.org/BrookeCurran](http://inova.org/BrookeCurran). Learn more about Inova Neuroscience and Spine Institute at [inova.org/neuroscience](http://inova.org/neuroscience).

Brooke’s organization, RunningBrooke, aims to get kids moving to spark academic achievement. Find out more at [runningbrooke.org](http://runningbrooke.org).

# Remarkable *Recovery*

Inova teamwork restores Manassas teen to normal life after severe hit-and-run collision

**W**hen 18-year-old Ethan McLaurin goes out for a walk these days, his mom can't help but hold her breath. That's because mere months have passed since one of Ethan's outings took a shocking turn that nearly claimed his life — a tragic outcome averted by the expertise of a highly collaborative team of Inova doctors, nurses and physical therapists.

Ethan was on an afternoon run last December when he was struck by a hit-and-run driver, propelling him 30 feet over a bridge and onto the rocky ravine below. The Manassas teen was knocked unconscious due to a concussion and suffered other severe injuries that included a gaping abdominal wound, badly broken pelvis, multiple spinal compression fractures and a broken leg.

An EMS team carefully moved Ethan from the 40-degree rocky, sloped terrain and airlifted him to Inova Fairfax Medical Campus (IFMC), Northern Virginia's only Level 1 Trauma Center. There Ethan underwent two operations during the first 24 hours and several more over the following week to control bleeding, clean out bone fragments and debris from his abdomen, and set his pelvic bones with surgical hardware, among other priorities.

The extent of Ethan's injuries left an extraordinary outcome in doubt, at least at first. "Open pelvic fractures have a 50% survival rate, so obviously it was a very serious situation," says Stephen Malekzadeh, MD, an IFMC orthopedic trauma surgeon who was pivotal to Ethan's care. "When someone comes in with an open pelvic fracture from being thrown over a bridge, it moves you to quick action."

## **Collaborative Teamwork Pays Off**

Ethan's air arrival at IFMC set in motion intricate teamwork by a highly skilled set of acute care, orthopedic trauma and neurosurgery specialists including Hani Seoudi, MD, Jeff Schulman, MD, Stephen Malekzadeh, MD, and Joseph Watson, MD.

Dr. Seoudi of the Trauma Acute Care Surgery division performed the initial resuscitation, control of bleeding and wound management. Once the initial stabilization and full diagnostic workup was completed,



*Ethan McLaurin is active again following a near-fatal incident last December.*

the orthopedic trauma team proceeded with operative management. After four operations and with his spinal fractures stabilized, Ethan then required months of physical therapy that began as an inpatient at Inova Mount Vernon Hospital (IMVH) and continued at home.

"The overall weakness that occurs because of injuries . . . limits a patient's ability to resume activities of daily living, so they need to get into a rehabilitative program to regain their



## What Makes Level 1 Trauma Care Different?

After Manassas teenager Ethan McLaurin was struck by a hit-and-run driver last December, airlifting him to the Level 1 Trauma Center at Inova Fairfax Medical Campus (IFMC) helped save his life. What makes this center unique?

- IFMC is the only such trauma center in Northern Virginia. The Commonwealth of Virginia has bestowed the designation since 1981, and the American College of Surgeons has verified it since 1993. Each year, IFMC treats several thousand trauma patients who are injured in car crashes, falls, industrial accidents, acts of violence and recreational accidents.
- IFMC trauma patients come to Inova from Fairfax County, the surrounding counties, West Virginia, and Maryland, benefiting from around-the-clock expertise by trauma surgeons and other specialists such as neurosurgeons, orthopedic surgeons and plastic surgeons.
- With robust injury prevention programs such as Stop the Bleed, Safe Kids, Reality Check and classes for aging adults, IFMC Trauma Center provides total care for every aspect of injury — from prevention through rehabilitation.

“We’re the ultimate safety net for Northern Virginia,” says IFMC orthopedic trauma surgeon Jeff Schulman, MD. “We help patients cope with trauma, survive and rehabilitate to get them back to their lives with the highest quality of care. They don’t have to look across the country or world; they have world-class, state-of-the-art care in their own community.”



strength and balance,” explains Dr. Seoudi.

Ethan was released from IMVH just in time to celebrate Christmas. Since then, his mother has been astounded by his progress. “Two-and-a-half months later, he was going up and down the stairs by himself, standing in the kitchen and making his own food,”

she says. “It’s admirable how much drive he has to get back to his old self.”

### Program Connects Patients

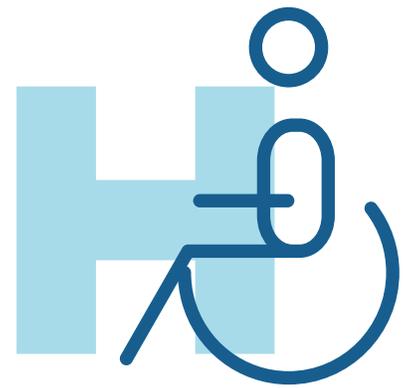
A key tool in Ethan’s recovery has been the Trauma Survivors Network, a program at IFMC that is available at only about 100 hospitals nationwide. The network connects former trauma patients with current trauma patients and families to help them deal with the psychological fallout of their ordeal.

“Youth was on Ethan’s side, but he also had the proper environment that helped build him back up,” says Dr. Schulman, orthopedic trauma surgeon. “With family support, top-notch medical care and the Trauma Survivors Network, the sum is greater than the parts. All of it allows someone like Ethan to flourish.”

For his part, Ethan is making peace with the unexpected detour in his life. He’s back at work as a delivery driver and plans to attend college in Houston to study sociology. “I am so grateful for Inova and its incredible team who helped me physically and emotionally,” he says. “Instead of being sad about what happened, I’ve been trying to put all my effort and emotion into fixing my situation. I’m pretty much back to feeling like it never even happened.”

### HELP WITH TRAGEDY

For more information about the Inova Trauma Center, visit [inova.org/trauma](http://inova.org/trauma).



### Now Open

In May, Inova Fairfax Hospital Inpatient Rehabilitation opened at the Inova Center for Personalized Health, providing a space where patients can receive intensive rehab after a major injury or illness. The unit, which complements rehabilitation services offered at Inova Mount Vernon Hospital, opened with 10 beds with the goal of reaching 25 beds by the end of 2020.

# Personalized Cancer Care *for the Comm*

Inova Schar Cancer Institute offers the best in clinical and holistic care



**A**s Inova Schar Cancer Institute (Inova Schar) has evolved over the years, one idea has remained the same: the patient is at the center of care. Now a state-of-the-art 430,000-square-foot facility, a department of Inova Fairfax Hospital, Inova Schar is the flagship of a multisite cancer program. From nationally renowned specialists, genetic counselors and emotional support services to groundbreaking research, Inova Schar offers patient-designed amenities on-site, such as local art displays, spa services and a café focused on health. “No one else in the metro DC area offers anything close to this level of holistic care,” notes John Deeken, MD, President, Inova Schar.

In fact, adds Thomas Graves, Vice President, Inova Schar, it’s a model of cancer care that is usually only available at prominent teaching hospitals

in the United States. “Unlike traditional community medical centers, this model brings nationally renowned specialists, surgeons, genetic counselors and leading researchers to the patient — all under one roof,” he says.

Graves points out that Inova Schar is the hub of an integrated care network, with locations across Northern Virginia offering the same standard of expertise.

### Innovation Matters

Innovative treatments and technology underlie Inova Schar’s patient-centered approach to cancer care. Here are just a few examples:

- Inova Schar is a center for the APOLLO program, a research arm of the National Institutes of Health’s Cancer Moonshot, which strives to profile tumors using proteogenomics, the next level of analysis for precision oncology.

- Inova Schar is one of the sites for the groundbreaking TAPUR trial being conducted by the American Society of Clinical Oncology, applying targeted therapies across tumor types to patients in need of treatment options.
- The Molecular Tumor Board gives patients with advanced cancers personalized treatment plans.
- The Cancer Genetics Program serves individuals concerned about personal and family history.

### Care Down to a Science

The ultimate objective of this research is to provide the most well-rounded clinical care. “It’s our goal to provide the same academic level of care that patients receive at only the best cancer centers in the country,” notes Gopal Bajaj, MD, MBA, Chairman and Medical Director of the Center for Advanced

# unity



Radiation Oncology and Proton Therapy at Inova Schar. “Working backward from that, we asked ourselves, ‘When a patient

comes through our door, how can we provide the broadest spectrum of care possible — from treating the disease to treating the person?’”

Inova Schar delivers on that promise through an integrated team of specialists who include patient coordinators and nurse navigators. One of the cornerstones of Inova Schar is Life with Cancer®, a nationally recognized program offering educational and emotional support. With services located at every Inova Schar location, Life with Cancer offers wellness and exercise programs, seminars, individual and family counseling, and nurse navigation. These services are available to anyone

*Inova cancer survivors and families, community leaders, donors and Inova leaders gather in April to dedicate Inova Schar Cancer Institute (Inova Schar), a department of Inova Fairfax Hospital. Inova Schar opened for patients in May.*

affected by cancer, regardless of where the patient is being treated, at no cost. Based on an evidence-based, integrative approach, certified oncology nurses and licensed clinical therapists provide support throughout the continuum of care.

Life with Cancer’s clinical and emotional resources are centralized at Inova Schar. “Our nurse navigators see patients as individuals and bring together all of the support each patient needs,” says Shairna Bluesteen, Oncology Nurse Navigator, Life with Cancer. 

**A DESTINATION FOR CANCER CARE**  
Get more information at [inova.org/cancer](https://inova.org/cancer).

## Valued Partnerships

Located on the 117-acre Inova Center for Personalized Health campus, the \$270 million Inova Schar Cancer Center facility was made possible through a \$50 million lead gift from Dwight and Martha Schar — as well as contributions from countless members of the Inova community.

Every gift matters in the creation and advancement of this unparalleled, state-of-the-art cancer care destination. Philanthropic support makes training, education, recruitment of physicians and other activities possible. Philanthropy is the lifeblood of two Inova programs in particular. Some 70% of Life with Cancer®, which provides ongoing education and emotional support along with hundreds of wellness and survivorship classes to cancer patients, is philanthropically supported. Arts in Healing is 100% philanthropically supported.

“These two programs in combination are unique in the United States,” says Sage Bolte, PhD, Chief Philanthropy Officer and President, Inova Health Foundation. “Generous donations have allowed us to create a holistic healing environment for our patients, family members and caregivers.”

To learn more and/or make a donation, visit [inovacancer.org/donate](https://inovacancer.org/donate).



# Heart

Inova celebrates the Dudley family gift for the Center for Cardiovascular Innovation

In December 2018, Inova held an event to honor a donation to create The Dudley Center for Cardiovascular Innovation. The Dudley Family Foundation partnered with Inova Heart and Vascular Institute (IHVI) to develop the new institution, a state-of-the-art center to encourage innovation and to support the incubation of new ideas and technologies from early concept stage through implementation.

Goals of The Dudley Center for Cardiovascular Innovation are widespread and far-reaching. Inova hopes to use this

*(Left to right)  
J. Stephen Jones, MD, MBA, FACS, President and CEO, Inova; Bill and Marty Dudley; Sage Bolte, PhD, Chief Philanthropy Officer and President, Inova Health Foundation; and Christopher O'Connor, President, Inova Heart and Vascular Institute; at a December event for The Dudley Center for Cardiovascular Innovation.*

## Let's Play Ball

Sandy Spring Bank Foundation partners with Inova Sports Medicine to help children be active

Assisted by a generous contribution from the Sandy Spring Bank Foundation, Inova Sports Medicine Institute (ISMI), in conjunction with EXOS, created a Sports Performance Program for underprivileged children and students in Northern Virginia in the summer of 2018. Sandy Spring Bank donated \$50,000 to help cover the costs of allowing children to participate in organized sports, including education and concussion testing for those children who needed it.

With the creation of this program, ISMI provided 50 underprivileged children attending local sports camps



education, sound practices and sports-based games. The twice-weekly program included knowledge from ISMI's performance dietitian, helping kids better understand how to eat and stay healthy.

ISMI plans to use other funds to provide baseline concussion testing for 250 children who weren't able to participate,

# Smart

institution to help generate devices and treatments for cardiovascular conditions, including cardiogenic shock, advanced heart failure, structural heart disease, advanced coronary artery disease, atrial fibrillation and more.

The Dudley Center for Cardiovascular Innovation also will be using resources to better personalize and individualize therapies and treatments for patients. Using each patient's individual biology to tailor solutions and care will both help doctors understand the conditions affecting patients, and help patients receive the specialized attention and treatment they deserve.

Bill and Marty Dudley were on hand at the dedication event at IHVI and were thanked for their generous contribution to the overall goals and mission of Inova. 



*Members of the Hitt family who attended the Joan and Russell Hitt Center for Healthy Living dedication included daughter and son Tracy Hitt Millar and Brett Hitt (center) and several grandchildren.*

## Getting and Staying Well

Event held to dedicate the new Inova Joan and Russell Hitt Center for Healthy Living

Thanks to a generous donation from Joan and Russell Hitt, Inova has opened a new Center for Healthy Living. Located at the Inova Center for Personalized Health, this facility will allow patients and staff members alike to continue their quest for wellness outside of a hospital setting.

Earlier this year, Inova held a dedication event to introduce the new building. At 25,000 square feet, the facility has a variety of features that patrons can take advantage of, including:

- Strength Training Zone
- Exercise for Life Zone
- Spin Studio
- Lactation Lounge
- Outdoor Zen Studio
- Multiple studios, consult rooms, classrooms and treatment rooms 

### MORE INFORMATION

Visit [inova.org/inovawell/healthy-living](https://www.inova.org/inovawell/healthy-living) to find out more about the Joan and Russell Hitt Center for Healthy Living.



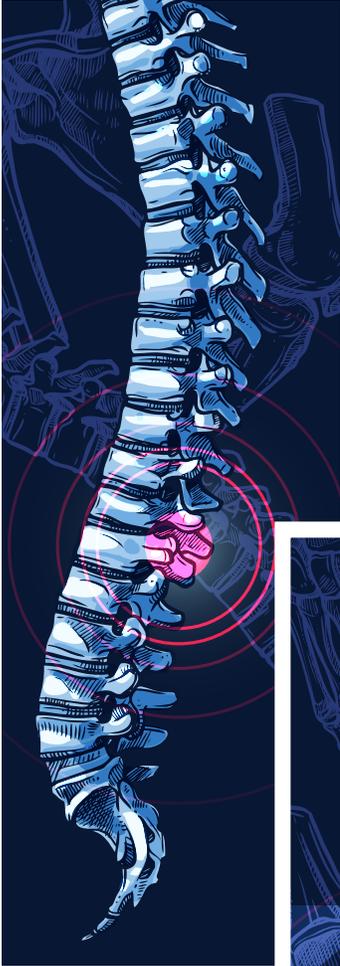
*Members of EXOS, a human performance company, work with children at the Inova Sports Performance Camp last summer.*

as well as consultations and follow-ups for 100 children who get diagnosed with concussion injuries.

Thanks to EXOS and the Sandy Spring Bank Foundation, ISMI hopes to continue helping and providing services to Northern Virginia communities in the not-so-distant future. 

All the Ask the Expert lectures are FREE. Please visit [inoa.org/AskTheExpert](https://www.inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682) to register.

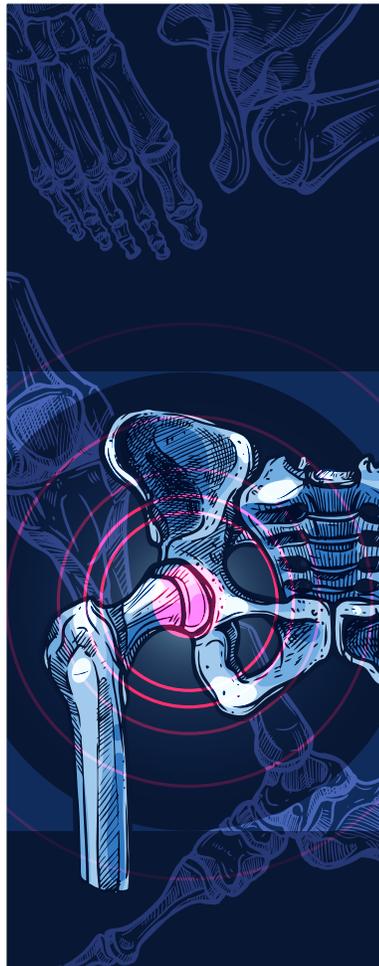
# ask THE EXPERT



## Joint and Spine

**MAKOplasty® Total Hip & Knee Replacements: Meet the Robot**

**Nauman Akhtar, MD**  
**Wednesday, Aug. 28, 6 p.m.**  
Inova Loudoun Hospital  
Physician Office Building  
44055 Riverside Parkway,  
Suite 110  
Leesburg, VA



## Men's Health

**Prostate Health — What You Need to Know**

**Inova Physician Panel**  
**Thursday, June 27, 6 p.m.**  
Inova Alexandria Hospital  
Auditorium  
4320 Seminary Road  
Alexandria, VA

## Heart and Vascular

**Living With Afib**

**Haroon Rashid, MD**  
**Wednesday, Sept. 4, 6 p.m.**  
Inova Fairfax Medical  
Campus  
\*Physicians Conference  
Center  
3300 Gallows Road  
Falls Church, VA  
\*Or join via webinar

**Managing Heart Disease Risk Factors**

**Behnam Tehrani, MD**  
**Wednesday, Oct. 2, 6 p.m.**  
Inova Fairfax Medical  
Campus  
\*Physicians Conference  
Center  
3300 Gallows Road  
Falls Church, VA  
\*Or join via webinar



## Events

**Zero Prostate Cancer Run/Walk**

**Saturday, June 15, 8:15 a.m.**  
Pentagon Row Courtyard  
1101 S. Joyce St.  
Arlington, VA

[zeroprostatecancerrun.org/dc](https://zeroprostatecancerrun.org/dc)

**Reality Check: Young Driver and Parent Education**

**Saturday, July 13, or Saturday, Sept. 14**  
**10 a.m.–1:30 p.m.**  
Inova Fairfax Medical Campus  
Physicians Conference Center  
3300 Gallows Road  
Falls Church, VA

[inoa.org/realitycheck](https://www.inova.org/realitycheck)

**Fall Prevention Day**

**Friday, Sept. 20**  
**10 a.m.–3 p.m.**  
Inova Fairfax Medical Campus  
Physicians Conference Center  
3300 Gallows Road  
Falls Church, VA