



INOVA LOUDOUN HOSPITAL

INhealth

BACK *in the Saddle*

After suffering
a concussion, a
young equestrian
rides again

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Cassandra Good, 16, who was thrown from a horse, recovered well, thanks in large part to Inova Loudoun Hospital experts. Photo by Keith Hyde

FOLLOW THE LEADER

Strength in Community

There's a good chance we're all seeing more of our neighbors and friends now that the warm weather is bringing us outdoors. But at Inova Loudoun Hospital, it was the winter months that brought an unusual number of people in our community to see us in the Emergency Room (ER). Compared with the previous winter, adult ER visits rose 5 percent, and pediatric ER visits increased 15 percent.

Flu cases and pediatric respiratory illness explained some of this jump, but it's also a sign of our area's continued population growth. At Inova Loudoun Hospital, our objective is to meet the needs of this growing population, both young and old, with expanded services and accessible locations. In response to the winter's increased demand for ER services, for example, we've accelerated our planned ER expansion, which will include fast-track care to expedite treatment in minor emergencies.

A community effort to raise \$1.5 million toward the expansion has already seen an outpouring of generosity from the community. (Learn more about the campaign in this issue's Foundation insert.) At Inova Loudoun Hospital, we're friends and neighbors, helping friends and neighbors, no matter the weather.



H. PATRICK WALTERS

CEO, Inova Loudoun Hospital



A rendering of the new Emergency Room at Inova Loudoun Hospital.

GROWTH

Master Plan UPDATE

Here's what's new in our expansion efforts

- Pediatric Care at Inova Urgent Care Center - Dulles South**

The facility is now offering walk-in pediatric care for newborns to 18-year-olds. Pediatric hours are Monday-Friday, 3 p.m.-11 p.m., and Saturday and Sunday, 9 a.m.-4 p.m. It is located at 24801 Pinebrook Road, Suite 110, Chantilly.

- Inova HealthPlex - Ashburn Opening**

This new facility, located at the Dulles Greenway and Loudoun County Parkway, is scheduled to open mid- to late 2015. A variety of services will be available including a 24/7 Emergency Department, lab, imaging center, physician office space and more.

- Operating Room Expansion**

Inova Loudoun Hospital is adding three new, large operating rooms to accommodate robotic surgery, support space, a new endoscopic suite and treatment areas.

- Emergency Room (ER) Renovation and Expansion**

The new ER will have bigger, new facilities including a medication room, private family/patient consult room and a new reception area. In the Children's ER, a behavioral health room is being added. This new ER will be better, have a more efficient design and a faster connections to care for our patients.

- Cardiac Growth**

Inova Loudoun Hospital is expanding the Interventional Catheterization Lab.

- Neurosurgery Additions**

Two new neurosurgeons are now practicing at Inova Loudoun Hospital: John Hamilton, MD, and Nilesh Vyas, MD. Neurosurgery is any portion of the nervous system including the brain, spine, peripheral nerves and extra-cranial cerebrovascular system.

DEEP Breath

Natural ways to control allergies

While most of us look forward to spring's warmer weather, for those who suffer from allergies, spring can signal the beginning of sniffing and sneezing season. If you depend on a medication to control your allergies, you may be wondering what you can do to reduce your symptoms naturally.

Seasonal allergies are caused by outdoor allergens such as tree pollens, grasses, dust and weeds. Avoiding these irritants is a great way to control your symptoms without

using medication. Keeping the windows of your house and car closed will keep the allergens out, and limiting your outdoor activity will also help.

Pollen count is generally at its highest when the weather is dry and windy and at its lowest after a rainfall. If you're planning to go outside when the pollen count is high, consider wearing sunglasses and/or a dust mask.

If you find yourself suffering indoors, try cranking up the air conditioning; it will help force allergens

outside. Other steps to control indoor allergies include using a humidifier, using high-efficiency rather than standard air conditioning filters and using a vacuum with a HEPA filter.

Rinsing your sinuses also is often effective. Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store.

Of course, if none of this reduces your allergy symptoms, you may want to consult with a doctor.

Don't Feel the BURN

Reduce sun exposure to lessen your risk of skin cancer

There are many factors that determine the likelihood that you will develop skin cancer, including your genetics and family history of the disease. However, one of the main risk factors — exposure to the sun's UV rays — can be mitigated if you take the proper preventive steps.

One of them is to use sunscreen with an SPF of 15 or higher and to apply it liberally to all of the exposed parts of your body. Putting it on your skin 30 minutes before heading outside will make a difference in how much protection you get. Reapply it every two to three hours, especially if you are active.

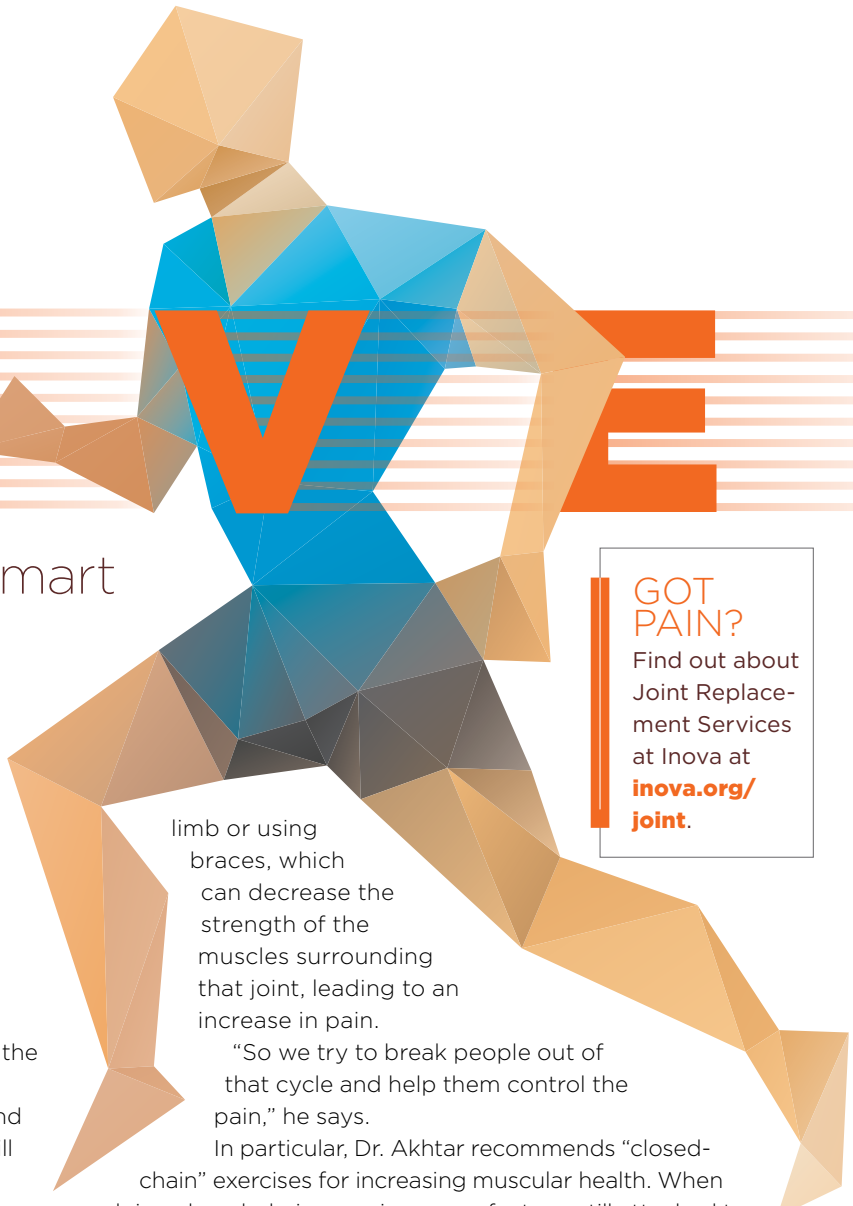
Beyond sunscreen, you can take other simple precautions to avoid too much exposure. Protective clothing like hats, long-sleeved shirts, long pants and sunglasses will also block the sun and can keep you from getting burned. If you're particularly sun-sensitive, stay in the shade or out of the sun altogether during the sun's peak hours from 10 a.m. to 4 p.m.



GET CHECKED

Inova Melanoma and Skin Cancer Center offers screening, detection and treatment of melanoma, a type of skin cancer, in early and advanced stages. Learn more about skin cancer at inova.org/skin.

ON THE MOVE



Fight joint pain through smart exercise and active living

According to the National Institutes for Health, more than 1 million Americans receive a joint replacement each year. Whether you are among that 1 million, or simply trying to maintain your current level of movement, strengthening your muscles and participating in exercise will have a positive effect on your ability to be active.

Inova Loudoun Hospital's Director of the Joint Replacement Division and Vice Chair of the Orthopedic Department, Nauman Akhtar, MD, explains that stress on joints is generally a question of the load, or weight, that a joint is carrying, and how much that can be offloaded by the strength of the surrounding muscles.

"The stronger you keep the muscles around the joint and the lower the load, the better your long-term outcome will be," says Dr. Akhtar.

Joint pain often begins as a cycle, says Dr. Akhtar. The pain begins initially and then you begin favoring a different

limb or using braces, which can decrease the strength of the muscles surrounding that joint, leading to an increase in pain.

"So we try to break people out of that cycle and help them control the pain," he says.

In particular, Dr. Akhtar recommends "closed-chain" exercises for increasing muscular health. When doing closed-chain exercises, your feet are still attached to the floor or a device while you are performing the exercises, which increases stability and reduces damage from impact.

Yoga and stretching can also provide a good way to strengthen your muscles, as well as keep you flexible. However, Dr. Akhtar warns that for some people, especially people who have received a joint replacement, certain yoga poses can be too stressful.

"When we get stiff, we don't have the flexibility or tracking in our joints to help maintain healthy joints," says Dr. Akhtar. "So I've been a huge proponent of yoga, tai chi and stretching. But you don't want to go to the extreme ranges of motion after a replacement, which a lot of yoga poses expose you to. It's really important to have a program and instructor that understands your type of replacement and your range of motion."

Exercising and keeping these tips in mind will benefit not only people with joint issues, but also anyone who wants to stay healthy.

"Regardless of whether you have arthritis or not, having a healthy stretching regimen that you do on a regular basis and keeping your core strong are the two most important things you can do to help keep your body limber and physically fit, and to keep from having issues with joint pain," says Dr. Akhtar.

GOT PAIN?

Find out about Joint Replacement Services at Inova at inova.org/joint.

Recommended Exercises for Joint Health

Nauman Akhtar, MD, Director of Inova Loudoun Hospital's Joint Replacement Division and Vice Chair of the hospital's Orthopedic Department, shared some suggestions with us for exercises that will keep you in shape while also putting less stress on your joints.



Elliptical exercises instead of the treadmill



Biking



Swimming and water aerobics



Leg presses instead of squats

COMING

HOME

For expectant women who choose low medical intervention, options abound

There are many exciting options for expectant moms who want to experience childbirth with little or no medical intervention.

The spa-like and spacious Inova Loudoun Hospital Ladies Board Birthing Inn and The Natural Birth Center, located on the Lansdowne campus, offer moms-to-be warm, family-centered environments with all the comforts of home.

“Women have many alternative methods for managing the pain that is associated with labor, such as breathing techniques, massage, acupuncture, aromatherapy, a birthing ball, soaking in a tub, and having the presence of a doula to support the woman in addition to any family members,” says obstetrician/gynecologist Anne Brown, MD, Medical Director of the Women’s Health service line for Inova Loudoun Hospital.

During labor, women are supported and encouraged to move around as much as they choose. For greater mobility during labor and more options in birthing positions, the staff uses wire-

less fetal monitoring to keep track of the baby’s heart rate. “With The Natural Birth Center, we now have more options for patients to be able to experience natural birth with the enhanced safety of medical security a couple of hundred yards away,” says Dr. Brown.

GETTING READY

Knowing what to expect during labor and delivery is one of the most important ways a woman can approach natural childbirth.

“There are a lot of options and the most important thing a woman can do is be prepared and know what to expect,” says Michele Justice, MD, an obstetrician/gynecologist at Inova Loudoun Hospital.

Expectant moms can choose from a wide array of childbirth preparation classes and also meet with a birth navigator to prepare and plan a personalized childbirth experience. “Laboring and delivering without pain medication is a woman’s choice, and if she’s able to do it, that’s wonderful, but if she’s not able to do it, that’s okay, too,” says Dr. Justice.

After Baby

Now that your bundle of joy has arrived, it’s time to take care of you and your baby. According to Michele Justice, MD, one of the major concerns for new moms is learning to breastfeed. At the Ladies Board Birthing Inn and The Natural Birth Center, new moms can find the education and support they need.

“Many women get worried that they’re not producing enough breast milk and then they start bottle feeding right away,” says Dr. Justice. “Our lactation consultants are there to help them and guide them through the experience.”

Other common postpartum concerns are perineal tears, excessive vaginal bleeding, hemorrhoids, pelvic pain and sexual dysfunction. Talk to your provider if you think you have any of these issues. Pelvic-floor exercises are often recommended postpartum as soon as the initial tenderness is resolved. A pelvic physical therapist at Inova Loudoun Hospital can provide pelvic-floor evaluations and assistance with exercises.



NATURAL DELIVERY

To learn more about The Natural Birth Center, call **703.858.6824** or visit inova.org/naturalbirthcenter.

BACK IN THE



Cassandra Good, astride Lucky Duck at a jumper show in August 2014, suffered a concussion in November after she came off Lucky.

It was a November day like any other as 16-year-old Cassandra Good and her friend rode horses in the field near her family's barn. Having trained for more than a decade in dressage, cross-country and show jumping, Cassandra rode the mare with the confidence of a skilled equestrian. But then something went wrong. Without warning, the horse lunged, hurling Cassandra to the ground.

"She bolted forward, jumped in the air and turned sideways and landed, and I flew off the side of her," recalls Cassandra. "Something freaked her out."

Cassandra landed on her back, hitting her head on the sandy ground. Her friend captured the skittish horse, and Cassandra, undaunted, climbed back in the saddle and resumed riding. It wasn't until later, after she had settled the horse back in the barn and returned home, that Cassandra had a severe headache and felt exhausted.

The next day, as Cassandra navigated her busy morning schedule at school, she felt overwhelmed by the bustling environment.

"Everything was bothering me, the lights, the noises; everything was giving me a headache," she recalls.

The teen called her dad who rushed her to Inova Emergency Room – Leesburg, a full-service Emergency Department staffed by board-certified emergency physicians and healthcare professionals who provide state-of-the-art emergency care 24 hours a day, seven days a week. After a thorough evaluation, Cassandra was diagnosed with a concussion: the jostling of the brain after a sudden impact.

"Our team is highly qualified to evaluate concussion," says emergency

SADDLE

After suffering a concussion, a young equestrian rides again



Cassandra Good, here with the horse Hershey Kiss when she was 11, has been training in equestrian sports for more than a decade.

physician Dennis Bernier, DO, MPH, FACEP, who treated Cassandra. “If a patient exhibits signs and symptoms of a concussion and they’ve been ruled

out for serious head injury, then we have access to Inova Concussion Clinics where they will receive further guidance.”

TIME TO HEAL

Cassandra was referred to the Concussion Clinic at Inova Loudoun Hospital dedicated to providing diagnosis, treatment and rehabilitation for people of all ages who have experienced a mild traumatic brain injury. The multidisciplinary program, staffed by specialty trained medical providers, physical therapists, exercise physiologists, registered dietitians and cognitive specialists, guides and supports patients and their families through the healing process and offers community education for concussion prevention and recovery.

While a concussion usually heals on its own, getting the right help and allowing time for healing before returning to normal activities can have a tremendous impact on a patient’s outcome.

“We do a large amount of education on the recovery process and returning to school and play,” says Jen Baez, a nurse practitioner at the clinic who treated Cassandra. “We also follow patients’ care very carefully to make sure they are progressing with school and getting back to their normal life as soon as possible, but in a safe manner.”

Cassandra was evaluated by a physical therapist who tested her balance and her

ocular motor skills. Then she was seen by Baez who performed a neurological exam and prepared her for her return to activities. She was prescribed high-protein snacks every few hours, hydration, a very strict sleep schedule and breaks during the day.

“I just love the education part of it. They explained everything really well so we knew what was going on,” says Jeff Good, Cassandra’s father, adding that because of her excellent follow-up care at Inova Concussion Clinic, “Cassandra definitely recovered faster than she would have otherwise.”

Within less than a month, she was cleared to return to riding.

“Cassandra did remarkably well,” says Baez. “She recovered in a three-to

four-week period which is when 80 to 90 percent of kids get back to ‘normal.’ She did not need any outside referrals, and she did not have any long-term headaches, sleep issues or depression, which can be seen in a small percentage of patients afterwards.”

IN HER STRIDE

Now, back in training, Cassandra enjoys riding her horse, Lucky. At first, she was a little nervous because she didn’t want to fall and hurt herself again, but she’s back in full swing.

“I don’t have any more symptoms or anything, and I’m doing what I was doing before,” says Cassandra. For a teen who is passionate about everything equestrian, she couldn’t have had a better outcome.

Kids Welcome

The Inova Loudoun Hospital Children’s Emergency Room is a kid-friendly facility staffed by pediatric emergency physicians and emergency nurses certified in pediatric advanced life support and pediatric emergency medicine.

“The Children’s Emergency Room is a fantastic resource for the community,” says

emergency physician Dennis Bernier, DO, MPH, FACEP. “To have specific pediatric-trained physicians available to see patients, from newborn to 21 years old, with emergency complaints, is a true asset.”

The Children’s Emergency Room offers a kid-friendly atmosphere featuring an indoor playground, iPads, slushies, family

videos, games, books and toys. Child Life specialists are available to help patients and their families feel more comfortable and to explain things on a child’s level.

“Child Life specialists are there to improve the patient experience, comfort the children and to be a liaison with the parents,” says Dr. Bernier.

HEADS UP

For more information about concussion, including signs and symptoms, and Inova Loudoun Hospital’s Concussion Clinic, visit inova.org/concussion.

WHEN EMERGENCY STRIKES

For a list of Inova Loudoun Hospital Emergency Rooms and Urgent Care Centers, visit inova.org/ilhemergency.

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, Inova Translational Medicine Institute on genomics, Inova Neuroscience 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.

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WELCOME, NEW PROVIDERS!

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

DEPT/SECTION	NAME	DEPT/SECTION	NAME
Allergy & Immunology	Darlene Mansoor, MD	Internal Medicine	Padmavathi Murakonda, MD
Cardiovascular Medicine	Alireza Maghsoudi, MD	Internal Medicine	Radhika Nandi, MD
Critical Care Medicine	Svetolik Djurkovic, MD	Internal Medicine	Vandana Palagiri, MD
Gastroenterology	Waseem Ismail Aziz, MD	Neurological Surgery	James M. Ecklund, MD
Gastroenterology	Richard Allen Blosser, MD	Pediatric Hematology/Oncology	Marshall A. Schorin, MD
Gastroenterology	Leonard S. Fischer, MD	Pediatrics	Vaidehi A. Shah, MBBS, MD
Gastroenterology	Soloman Shah, MD	Plastic Surgery	Khalique Zahir, MD
Gastroenterology	Myron A. Shoham, MD	Pulmonary Disease	William Thomas Hutchens, MD
Internal Medicine	Khushal Afzal, MD	Surgery	Yaqub Baraki, MD
Internal Medicine	San Thaw Dar Aye, MD	Vascular Surgery	John Dudley Edwards, MD

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