

A LEAGUE *of His Own*

Senior volleyball
champ prepares for
comeback following
knee replacement

PAGE 6

Paul Winkel has won more than 30 medals competing in national and international volleyball competitions.



Take the Leap

As we move into summer, Inova Mount Vernon Hospital (IMVH) continues to make great leaps forward. In April, we celebrated our “beam signing” milestone in the construction of the new Veatch Family Emergency Department. Donors, and community and Inova leaders signed their names to the last steel beam before it was hung into place. They say you should always be so proud of your work that you’d want to sign your name to it. Well, we are, and we did! We are still on track to open our new ED in mid-November.

And who better to represent this season of action than our cover story subject, Paul Winkel? Paul defies all the old stereotypes about aging. This former Airborne Ranger is hardly content to sit in a rocking chair. Not only does he play volleyball, but he performs at the highest level.

Paul’s story is an example of the amazing outcomes in minimally invasive knee replacement surgeries at our nationally ranked Inova Joint Replacement Center. It’s the kind of leap forward in medicine you’ve come to expect from IMVH.

It is a privilege to serve our community. Our commitment to you will never waver. Thank you for your trust.



DEBORAH ADDO
Chief Executive
Officer
Inova Mount Vernon
Hospital



WELLNESS

TAKE ACTION AGAINST OSTEOARTHRITIS

Exercise, smart eating can help to ease symptoms

Osteoarthritis, a painful condition that afflicts your joints as you age, can make your body feel stiff and uncomfortable. Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Fortunately, there are ways to manage this problem, and exercise and good nutrition can play a part. How? Practicing these healthy behaviors can strengthen your muscles and decrease inflammation.

EXERCISE RIGHT

Physical fitness is good for a person’s overall well-being. Among the benefits for people with arthritis: It strengthens the muscles around your joints, helps maintain bone strength, assists with weight control, bolsters overall quality of life and improves balance. If you have arthritis, check with your doctor regarding the types of movements you can perform. In general, range-of-motion, strengthening, aerobic and gentle exercises can provide health benefits and ease joint pain.

EAT WELL

While nutrition may not treat osteoarthritis, it can help to control the condition and improve your overall wellness. The following are ways to incorporate good dietary behaviors into your life.

1. **Reduce Caloric Intake.** Eating less means losing weight, and that could translate to less stress on the joints.

To reduce calories, take smaller portions, avoid sugary foods and drinks, and eat mostly plant-based foods.

2. **Eat More Omega-3s.** These fatty acids, found in fish including trout, salmon, mackerel, herring, tuna and sardines, reduce inflammation in the body. This results in reduced joint pain and morning stiffness.
3. **Indulge in Fruits and Vegetables.** Many of these are filled with antioxidants, which protect cells from damage. Some antioxidants found in certain fruits and vegetables help reduce joint inflammation and pain.

GOT PAIN?

If osteoarthritis pain keeps you up at night, makes it difficult to perform your daily routine and affects your quality of life, you may be a candidate for joint replacement. Learn more at inova.org/joint_replacement.



ALLERGY ALERT

Steps to reduce symptoms of pollen-related allergies

The nicer weather and blooming flowers that come along with spring may put you in the mood to spend more time outside. But if you're one of the 35 million Americans who suffer from pollen-related allergies, you may associate the outdoors with coughing, sneezing and runny eyes. Here are some measures you can take to lessen your symptoms.



Limit time outside. This is true especially when pollen counts are high. Pollen counts tend to be highest in the early morning and on windy days. You can also find out the official pollen count for your area at aaaai.org/global/nab-pollen-counts.



Close your windows. There are actions you can take in your own home to prevent pollen from affecting you. Keeping your windows closed with a tight seal is one. You can also look to add insulation for the cracks under your doors to keep air out (which will also keep you warmer in the winter).



Use air conditioning. If you have the option, use air conditioning rather than a fan, which can draw in outside air. And using a high-energy particulate air (HEPA) filter when you vacuum will remove pollen from your home.



Rinse your sinuses. This conservative treatment 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.




Start medication right away. If you take over-the-counter or prescription medication for your allergies, consider starting to take them a week or two before your allergies usually begin. This will ensure the medication is in your system when your allergies kick in.


Drink UP


Staying hydrated helps to avoid risk of heat stroke

Heat stroke is a serious condition characterized by the body's inability to control its own temperature. As the temperatures begin to climb in the spring and summer, it is important to keep in mind the dangers of heat stroke and how to prevent it.

If you or your children are going to be out in the sun and the heat for an extended period of time — especially if you will be exerting yourself in the heat — it is important to take measures to stay as cool as possible. Here are a few:

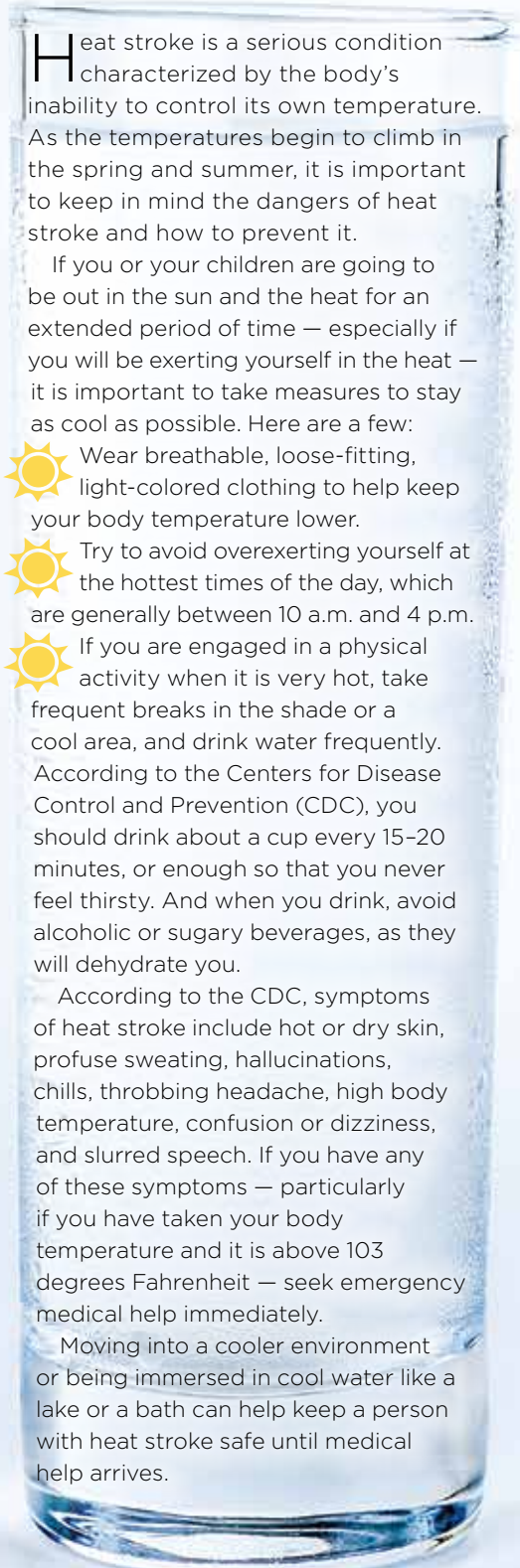
 Wear breathable, loose-fitting, light-colored clothing to help keep your body temperature lower.

 Try to avoid overexerting yourself at the hottest times of the day, which are generally between 10 a.m. and 4 p.m.

 If you are engaged in a physical activity when it is very hot, take frequent breaks in the shade or a cool area, and drink water frequently. According to the Centers for Disease Control and Prevention (CDC), you should drink about a cup every 15–20 minutes, or enough so that you never feel thirsty. And when you drink, avoid alcoholic or sugary beverages, as they will dehydrate you.

According to the CDC, symptoms of heat stroke include hot or dry skin, profuse sweating, hallucinations, chills, throbbing headache, high body temperature, confusion or dizziness, and slurred speech. If you have any of these symptoms — particularly if you have taken your body temperature and it is above 103 degrees Fahrenheit — seek emergency medical help immediately.

Moving into a cooler environment or being immersed in cool water like a lake or a bath can help keep a person with heat stroke safe until medical help arrives.



SUPERIOR EMERGENCY DEPARTMENT CARE

Top 1 percent in patient satisfaction

More than 40,000 patients receive their care through the Inova Mount Vernon Hospital (IMVH) Emergency Department each year — about 110 people each day. Even as construction continues on pace to open the new hospital ED this fall, patients are giving rave reviews about the care they are receiving here now.

Survey results from the one-year period March 15, 2015, to March 15, 2016 — more than 1,300 responses — show that the Emergency Department at IMVH scored in the 99th percentile (top 1 percent) for patient satisfaction.

IMVH's ED achieved Press Ganey's 99th percentile patient satisfaction scores in the areas of:

- Arrival/check-in
- Nurses
- Physicians
- Testing
- Care and concern for visiting family and friends
- Handling insurance information
- Personal patient issues
- Overall assessment

IMVH always seeks to assess and measure itself against other top hospitals. Meet a few members of the emergency care team, who share in their own words what motivates the team in its service to patients:

“When people turn to us for emergency care, they come to us at some of the most vulnerable moments in their lives. We have a chance to treat them not only in a clinically excellent way, but to do it in a way that lets them know how much we care. I love that Inova Mount Vernon Hospital’s Emergency Department team can combine such excellent care into a community hospital feeling. It really is amazing to be part of it.”

—Leon Druma, Emergency Department Nurse

The Veatch Family Emergency Department: Make a Gift, Make a Difference

The new Veatch Family Emergency Department is all about saving lives. The larger, more efficient ED will mean giving patients from the community the best possible care, when every second counts.

Generous support is essential to the success of completing this project. About \$4 million of philanthropic support is required to help make the new ED a reality.

Local entrepreneur and longtime Inova Mount Vernon Hospital supporter, Jeffrey Veatch, has generously committed a \$2 million lead matching gift. This means that for every dollar donated from the community, Jeff is personally matching — dollar for dollar — up to \$2 million.



The new Emergency Department is scheduled to open this fall.

"I love my job here at Inova Mount Vernon Hospital. We understand why we are here — to help people. We always seek opportunities to involve patients as partners. Getting better and staying healthy is truly a team sport, and patients are so important as full team members."

—Rosy Ortiz, Emergency Medical Technician

"I am privileged to work with an amazing group of physicians. All are smart, personable, and treat our patients and colleagues with the deepest respect. Patients can feel that; you can't fake that. Our team is really good at what we do and grateful for the opportunity to serve the people of our community."

—Ginny Khanna, MD, Emergency Physician



Inova HealthPlex - Lorton

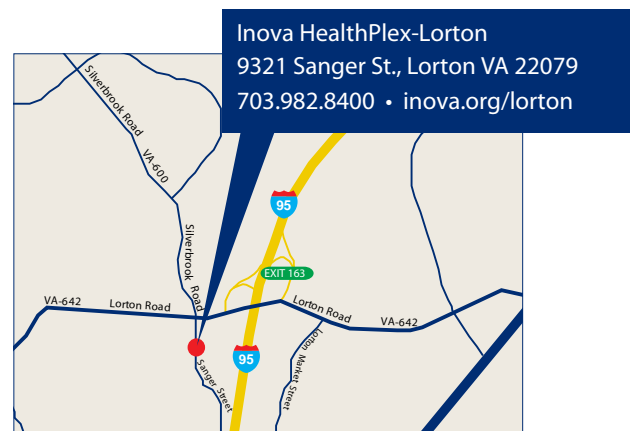
A Service of Inova Mount Vernon Hospital

24 Hour Care - Close to Home

Board-certified Emergency Physicians

Rapid Evaluation of Every Age
and Medical Condition

State-of-the-art CT, X-ray and Mammography



Inova Mount Vernon Hospital
Ranked #6 DC Top Hospital by
US News & World Report 2015-16

BE A PART OF THE PROCESS

To learn how you can be part of the Emergency Department expansion, including naming opportunities, please contact Judy Bilicki, Executive Director, Eastern Region, Inova Health Foundation, at **703.504.7770** or judy.bilicki@inova.org. You can also make a gift online at foundation.inova.org/mountvernoned.

DEVELOPMENT IN ACTION

View the video from last fall's exciting Emergency Department groundbreaking at inova.org/mountvernon-ER-groundbreaking.



A LEAGUE

Senior volleyball champ prepares for comeback following knee replacement

At 85, it's not uncommon for Paul Winkel to play competitive volleyball six hours a week against athletes 30 years younger than he is. Or to spend mornings at the gym lifting weights, exercising on a stationary bike and treadmill, stretching and doing pushups. That's because the senior volleyball world champion is solely dedicated to his game. Even after a recent total knee replacement, he can't wait to get back on the court as soon as his doctor gives him the green light.

A former Airborne Ranger and senior Army aviator whose helicopter battalion was depicted in the movie *We Were Soldiers*, Paul knows a thing or two about toughness. (While he did not

appear in the film, he earned the Silver Star serving in that battle for nearly 10 hours as a flight leader of four helicopters). So it may not come as a surprise that when he retired from 31 years of military service, Paul embarked, with his wife, whom he met on the court, on a strenuous, highly competitive volleyball career. Paul has racked up more than 30 medals competing in national and international competitions. His achievements have not come without a cost to his joint health, however.

"Volleyball is very aerobic. It's a quick move here, a quick move there; you have to be in the right position at the right time," Paul says.

After several arthroscopic surgeries on both knees, plus a series of conservative treatments, Paul underwent

Back to Business: Paul Winkel, who underwent two knee replacements, plays senior volleyball at the highest level.



All Gain, Less Pain

Having joint surgery doesn't have to mean a lengthy or painful recovery. At the Inova Joint Replacement Center at Inova Mount Vernon Hospital, the medical team uses multimodal pain management — a combination of different types of pain medications, injections in the knee joint at the time of surgery as well as regional anesthesia to decrease the amount of postoperative pain.

"We use multimodal pain management, which means attacking pain using several different methods," says Nitin Goyal, MD. "Our goal is to keep our patients as comfortable as possible while limiting the negative effects of narcotics, which include dizziness, sleepiness, constipation and overall not feeling good. We want people to return to all activity, including sports, so they can get back to living their lives and staying healthy."

OF HIS OWN

knee replacement surgery on both knees, the first in March 2015 and the other this past February.

“Mr. Winkel was diagnosed with severe osteoarthritis of the knees,” says Nitin Goyal, MD, an orthopedic surgeon at the Inova Joint Replacement Center at Inova Mount Vernon Hospital (IMVH), who performed both of Paul’s knee replacements. “He had already been given conservative treatment options, which can include anti-inflammatory medications, injections, physical therapy or bracing, but none of those treatments really worked for him so we discussed surgical options.”

RAPID RECOVERY

As it turned out, a minimally invasive total knee replacement was Paul’s best option. Thanks to outpatient knee replacement available at IMVH, he can get back in the game sooner.

“Our goal is focusing on rapid recovery,” says Dr. Goyal. “People who undergo outpatient procedures get back to living their lives faster. They don’t have to stay in the hospital; they get to recover in their own homes and be comfortable in their own environments.”

For Paul, recovering from both knee replacements has been a straightforward process that he has tackled with gusto. “Last year I walked into the hospital at 5:30 a.m. and I woke up, I climbed the stairs and I walked out at 3:30 p.m.,” Paul says. This year? “Been

there, done that and got the T-shirt,” he laughs.

Having been prescribed minimal pain medication after his surgery in February, Paul walked around the house with a walker as soon as he got home and went to physical therapy the very next day. Within a week he was driving and using a cane for stability and support.

Today, no longer using a cane, Paul goes to a physical therapist near his home in Sterling where he trains using weights and exercise bands, and does aerobic exercise on a bike and treadmill. Having gone to therapy a month prior to surgery has sped up recovery. He has nicknamed his therapist, Mark Meadows, “the assassin,” who is tough as nails on healthy programs for improvement.

As a result of his speedy recovery, Paul is bursting to get back to the court, for he’s already established an over 70s-bracket team for this October’s Senior World Volleyball Championships held in Utah every year. Last year, his team won silver among five competing teams.

“It’s a lot better,” Paul says of his quality of life. “You’re faster and you trust your knees. They don’t hurt and everything just works like you have a real knee in there.”

“Paul is a super-motivated guy, one of those people you really can’t hold down,” comments Dr. Goyal. “We love patients like him because they are so driven to get better after surgery.”

Leading the Pack

Inova Mount Vernon Hospital is a trailblazer when it comes to minimally invasive outpatient joint replacement. Nitin Goyal, MD, and colleagues at the Inova Joint Replacement Center performed the first outpatient knee and hip replacements in the Northern Virginia area. Dr. Goyal is a hip and knee replacement surgeon with a special interest in minimally invasive surgery and cutting-edge pain management techniques.

“Our use of minimally invasive surgical techniques along with tightly controlled anesthesia protocols, modern pain management techniques and early physical

therapy gets people up and moving quickly,” Dr. Goyal says.

With board-certified orthopedic surgeons, specially trained nurse therapists and other healthcare professionals working in tandem to make sure patients receive the highest level of care, it’s no wonder the center has been awarded prestigious rankings. The Inova Joint Replacement Center has earned The Joint Commission’s Gold Seal of Approval for outstanding care in hip and knee replacements. *U.S. News & World Report* has ranked Inova Mount Vernon Hospital as nationally “high performing” in knee replacement.

Paul Winkel works with physical therapist Mark Meadows, who has helped the patient recover quickly from his knee replacement surgery in February.



LEARN MORE

To learn more about the Inova Joint Replacement Center, call **703.664.7493** or visit inova.org/joint_replacement.

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 (ISCI) 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.

If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

inova.org

IHS-064-IMVH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

ASK THE EXPERT

LECTURES

Osteoarthritis and the Latest Advances in Joint Replacement



Nitin Goyal, MD
Orthopedic Surgeon

Nitin Goyal, MD

Thursday, July 14, 6:30 p.m.

Inova Mount Vernon Hospital -
Engl Conference Center
2501 Parkers Lane
Alexandria, VA

Thursday, Sept. 8, 6:30 p.m.

Inova HealthPlex - Lorton
9321 Sanger St.
Lorton, VA

To register for one of our free Ask The Expert lectures, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

Find a Physician



Looking for a doctor?
Visit 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!



Sign up to
receive e-newsletters
about health topics
and programs at
inova.org/subscribe.

Ask the Expert



Find a FREE
Ask the Expert lecture
on a health topic that
interests you at inova.org/AskTheExpert.