

INhealth



A **CUTTING-EDGE** *Approach* Inova Alexandria Hospital introduces robotic surgery program **PAGE 6**

Inova Alexandria Hospital surgeons are now using the da Vinci Xi[®] Surgical System, state-of-the-art robotic technology.

FOLLOW THE LEADER

Modern Medicine

Surgery is not like it used to be. The new robotic surgery program now in place at Inova Alexandria Hospital (IAH) is a perfect example of that.

Robotic-assisted surgery, which assists with a range of procedures, offers many advantages over traditional surgery. These include quicker recovery, improvement in pain levels and less blood loss.

IAH is particularly lucky to have the latest da Vinci robot at its disposal — the Xi — which features superior capabilities. The program would not be much, however, without our experienced IAH doctors at the helm. They help to make the program as strong as it is.

Evidence of medicine's advancements is everywhere. Take the new Cardiovascular Intensive Care Unit, which recently opened and serves as a model for patient-centered care.

Finally, I am pleased to report that I will continue to be serving the Alexandria community, but in a broader way. I am the new Regional Executive Officer and will oversee both IAH and Inova Mount Vernon Hospital. As a native of Alexandria, I feel I intimately understand the community's needs, and I hope to work to improve the care that is already available here.

Enjoy the spring and summer seasons. Above all, stay healthy and safe.



SUSAN CARROLL, FACHE, MBA, MHA

Regional Executive Officer

Inova Alexandria Hospital

Inova Mount Vernon Hospital



PHILANTHROPY

Healing HEARTS



New Cardiovascular ICU opens thanks to \$1 million donation by The Twig

On Jan. 30, Inova Alexandria Hospital (IAH) celebrated the ribbon cutting of The Twig Cardiovascular Intensive Care Unit (CVICU), honoring the \$1 million pledge by The Twig, IAH's junior auxiliary.

"When The Twig made this pledge, we embraced Inova Alexandria Hospital's commitment to ongoing facility enhancements with a focus on infrastructure upgrades, state-of-the-art clinical space and an improved patient experience," The Twig President Elizabeth Sullivan remarked during the dedication.

"The emphasis on enhanced patient care as well as physician and staff satisfaction was the tipping point in our vote to support the CVICU renovation."

Sporting 16 private rooms complete with amenities for patients and families as well as dedicated spaces for staff, the CVICU is a shining example of patient-focused care in a compassionate setting. The unit opened for patients on Feb. 7.



Left to right: Chairman of the IAH Foundation Board Donald Simpson Jr., newly appointed Regional Executive Officer Susan Carroll, Mayor Allison Silberberg and The Twig President Elizabeth Sullivan cut the ribbon for the new CVICU.

Since its founding in 1933, The Twig has developed a long and proud history of supporting IAH, choosing to support projects that ensure the high-quality care and treatment that residents of this community have come to expect when they are treated at the hospital. Over the years, The Twig has donated more than \$3.5 million for a wide range of hospital equipment and initiatives.

WANT TO JOIN THE TWIG?

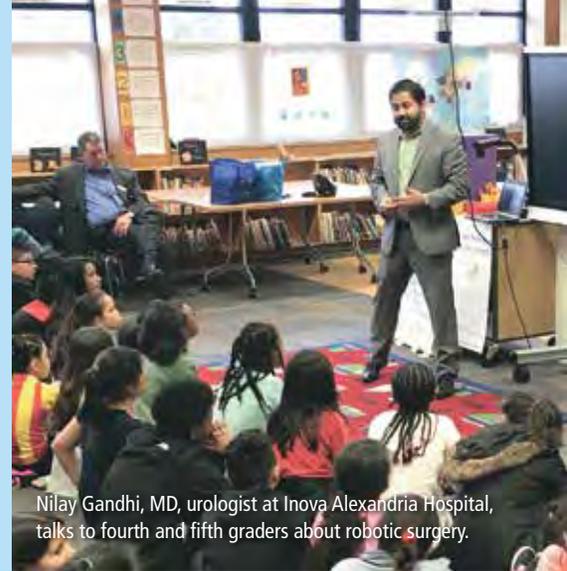
Make your mark on cardiac care at Inova Alexandria Hospital through The Twig. Many opportunities exist to name a space in the CVICU. If you would like more information, contact Jennie McGihon, Executive Director, Inova Alexandria Hospital Foundation and East Region Development, at jennifer.mcghon@inova.org or **703.504.7770**.

EDUCATION at Work

Students name new robot

Inova Alexandria Hospital (IAH) has held some show-and-tell events to introduce the da Vinci Xi[®] Surgical System to the hospital and community. One involved visiting the Cora Kelly School for Science, Technology, and Math in Alexandria. Jeffery Coster, MD, and Nilay Gandhi, MD, presented

information about the robot to fourth and fifth graders. Then the hospital challenged the children to come up with a name for the robot. The students submitted eight names to the robotic surgery team. The winner, as selected by the team, was Leonardo (“Leo”). Learn more about “Leo” on pages 6–7.



Nilay Gandhi, MD, urologist at Inova Alexandria Hospital, talks to fourth and fifth graders about robotic surgery.

East MEETS West



New integrative center offers holistic approach to medicine

When it comes to medical treatment, one size does not fit all. The Inova Steinmetz Integrative and Functional Medicine Center, located in Alexandria, recognizes that treatments such as pharmaceutical drugs or surgery may not be the best answer and works with patients to provide more natural treatment options.

“Integrative medicine is the combination of Western medicine and other traditional systems around the world,” explains Dorothy Polahar, DO, DABFM, family medicine physician at the center. “This adds many additional tools to our treatment options, such as herbs, supplements and mind-body practice, which often have fewer side effects than pharmaceutical drugs. The goal is to help patients be their best with the fewest medications.”

In addition to integrative medicine, physicians at the Steinmetz Center specialize in functional medicine, which means looking at the root cause of an illness, says lead physician Marie Steinmetz, MD, DABFM. Physicians at the Steinmetz Center work closely with patients to establish a complete picture of their lifestyles and needs.

The Steinmetz Center comprises three physicians who are certified in functional medicine by the Institute of

Functional Medicine, as well as board-certified in Integrative Medicine by the American Board of Physician Specialties. Each doctor has unique specialties, from hormone balancing to musculoskeletal problems, and chronic stomach and bowel issues.

“Patients come to this practice for many reasons,” says Dr. Steinmetz. “Some want a primary care physician who will spend more time with them and offer options beyond prescriptions. Many want help limiting their prescriptions, or a fresh approach to treating their chronic illness.”

“With their base in family medicine, our physicians can treat 90 percent of patients’ problems,” adds Dr. Steinmetz. “And with the addition of treatments such as manipulation, acupuncture and herbs, they can get better results with fewer procedures and pharmaceuticals.”

MAKE AN APPOINTMENT

Inova Steinmetz Integrative and Functional Medicine Center is located at 1225 Martha Custis Drive, Suite C-1, in Alexandria. Call for an appointment at 703.671.2700 or contact the practice at inova.org/integrative.

Inova PROMOTES CARROLL

New leaders at three hospitals

Susan Carroll, the former CEO of Inova Alexandria Hospital (IAH), has been promoted to Regional Executive Officer of both IAH and Inova Mount Vernon Hospital (IMVH). The process to select the next CEO of IAH is under way.

“To have the opportunity to continue the work at Alexandria and now engage with the care and services at Inova Mount Vernon Hospital, we will achieve exceptional care for both communities — enhancing the strengths, outreach and outcomes of each,” notes Carroll, who previously served as Vice President of Inova Cancer Institute and Inova Translational Medicine Institute, and was on the executive management team of Inova Fairfax Hospital.

The leadership change in Alexandria comes amid other executive adjustments at Inova. Among these are the appointment of Deborah Addo, former CEO of IMVH, to CEO of Inova Loudoun Hospital (ILH). She replaces former ILH CEO H. Patrick Walters, SVP, who disclosed his retirement from Inova in late March. Don Brideau, MD, has accepted the position of Interim CEO of IMVH.

FEET FIRST



choose a shoe with more cushioning. If you are a mild to moderate overpronator, opt for a shoe with extra stability. And if you're a severe overpronator or you're carrying a good deal of excess weight, look for a shoe with more motion control, she suggests.

You may also need arch support, particularly if you're experiencing arch pain, heel pain, Achilles tendonitis or shin splints. "I tell patients to try over-the-counter arch supports first, and if those aren't working, it may be beneficial to move into custom orthotics," Dr. Smith says.

Once you have the proper shoes, the next step to protect your feet is to warm up and cool down with stretches, she advises. Tight muscles in the calves, hamstrings and gluteal muscles can affect your feet and ankles, and cause instability that may lead to pain.

When you're into an exercise program, be sure to build up intensity and duration gradually, and include rest days as part of the mix. "You can't go from sitting on the couch to running a marathon," says Dr. Smith. "Your body needs time to adjust, and that includes your feet."

If you're experiencing pain at all, consider seeing a podiatrist, especially if you've already modified your shoe choice, and that's still not helping.

"Pain is your body's way of telling you something is wrong," Dr. Smith notes. "Don't power through it; come into the office instead."

Protect your feet in any kind of sport



High arch



Flat foot

Proper footwear may treat two common foot conditions, high arches and flat feet.

Research abounds about the benefits of exercise, but before you embark on more activity, make sure you're properly prepared — right down to your toes.

According to Inova podiatrist Lauryn Smith, DPM, the first step is to choose the correct shoes for your specific pronation type and activity. She suggests trying on athletic shoes at the end of the day, when feet tend to be the most swollen, so you'll get a better idea of fit.

If you have a high arch or joint issues,

ASK THE EXPERTS

LECTURE

Suffering From Foot Pain? Causes and Treatment Options

Join Lauryn Smith, DPM, and Joonhyun Yoon, DPM, for this FREE lecture.

Location: Inova Alexandria Hospital, Auditorium

Date & Time: Wednesday, June 7, 6 p.m.

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

SPORTING AN INJURY?

Learn more about Inova Sports Medicine at inova.org/inova-sports-medicine/treatments.

THE RISK FACTOR

Inova's Antenatal Testing Center helps families with high-risk pregnancies

In 2015, Holly Wetzel and her husband Jeremy found out that she was pregnant. The joy was mixed with apprehension, however, as just a couple of years earlier they had suffered through a challenging pregnancy that ended in an emergency delivery and the loss of the baby two weeks later.

Despite that heartbreaking experience, they knew they wanted to try again, even with the risks. Nearing 40 years old, Holly feared that the preeclampsia she had experienced with the first baby could happen again.

"Despite all that, we felt ready to try, and we knew that our doctor would be there every step of the way," says Holly.

While going through fertility treatments, Holly was diagnosed with a large, non-cancerous, but locally invasive, tumor in her abdomen, and found out two days later she was pregnant. That meant an already risky pregnancy got even more complicated. Sarah Poggi, MD, of Inova shepherded Holly through regular testing at the Antenatal Testing Center, a unique facility focusing on high-risk pregnancies. She coordinated with specialists and surgeons to ensure that Holly got the care she needed — without hurting the baby.

In May 2016, Quinn Wetzel came into the world, a month early (as planned) and already well-loved. "We feel so lucky to have had Dr. Poggi, who feels like family to us," says Holly, who ended up having successful open abdominal surgery when she was 18 weeks pregnant. "She's been such an amazing rock, and everyone at the Antenatal Testing Center is 100 percent top-notch. From the front desk to the techs, they are caring, supportive and fun. We felt nurtured and loved the whole way through."

LEARN MORE

Call **703.504.7868** to learn more about The Brock Family Antenatal Testing Center or visit inova.org/iahac.

What Is Antenatal Testing?

In general, the American maternal population is at higher risk because women are having babies at later ages and sometimes having higher-weight babies, according to Sarah Poggi, MD, of Inova. That means comprehensive maternal care is crucial.

The Inova Brock Family Antenatal Testing Center is the first of its kind in Northern Virginia and features state-of-the-art technology that allows physicians to detect fetal abnormalities earlier than ever. Specialized services include genetic counseling, level II obstetric ultrasounds, 3-D/4-D ultrasounds and other screenings.

"Having this center allows us to be part of a special team that is dedicated to the safety of mothers and babies," says Dr. Poggi.



Holly and Jeremy Wetzel, here with Quinn, are grateful for the support they received during Holly's pregnancy.

A CUTTING- APPROACH

Inova Alexandria Hospital introduces **robotic surgery program**

Inova Alexandria Hospital recently introduced a new robotic surgery program, which will offer a wide range of surgical procedures in the areas of urologic, colorectal, general and gynecologic surgeries.

“The new robotic surgical program is a tremendous opportunity to bring cutting-edge surgical services to the Alexandria community and to all of Northern Virginia,” offers Pratik Desai, MD, Medical Director of Robotic Surgery and Urology at Inova Alexandria Hospital (IAH). “Our surgeons already have a tremendous amount of experience in the robotic realm, and we now have the opportunity to bring this expertise and advanced technology to the Alexandria community so our patients can receive advanced procedures close to home.”

Minimally invasive robotic-assisted surgery has been an important component of Inova for 16 years and now is considered to be the standard of care for many procedures in the areas of urologic, gynecologic and colorectal surgery. Because of the large number of robotic surgeries it performs, Inova offers a high level of expertise.

IAH is the first and only Inova hospital to offer the latest da Vinci robot — the Xi — featuring superior capabilities for the most complex procedures. The new system offers enhanced instrumentation at the patient’s bedside, allowing the surgeon to access the surgical site from any angle. To increase the surgeon’s dexterity, the robotic arms are shorter and thinner so there is greater range of motion. For even better visualization,



Sean Kelley Photography

Inderjit Singh, MD, Pratik Desai, MD, and Nilay Gandhi, MD, introduce the da Vinci Xi® Surgical System during a community open house in March. The purpose of the open house was to educate the community about robotic surgery.

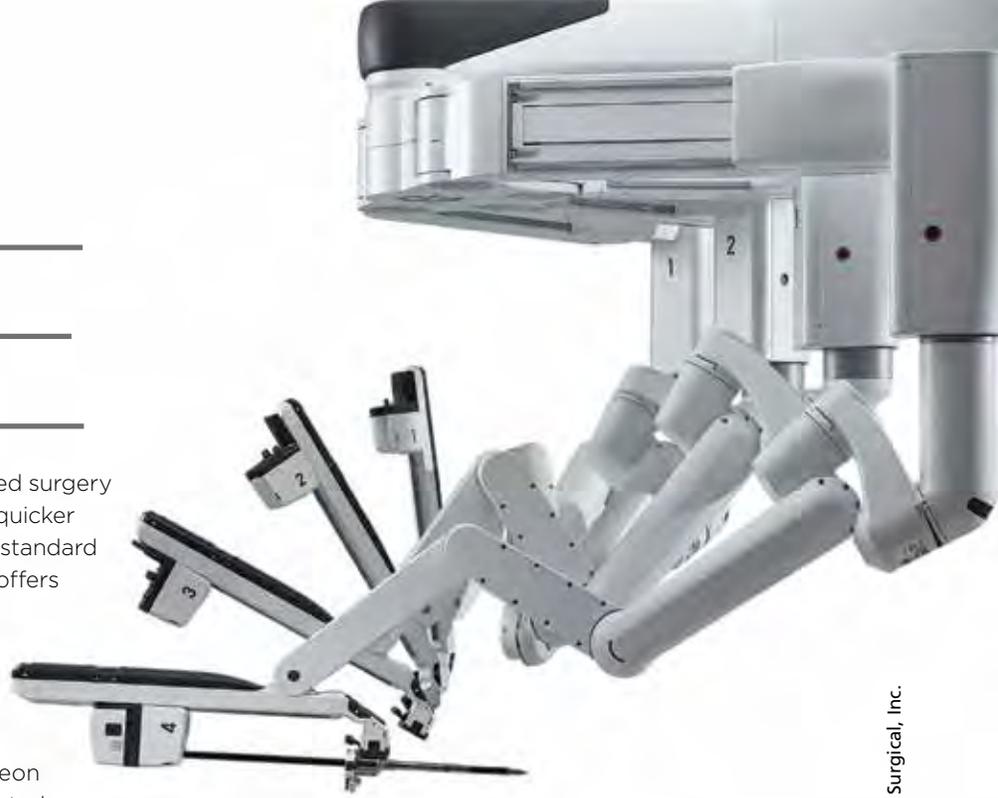
a surgeon using the new Xi model has the capability of inserting a camera at every surgical port.

“Inova Alexandria Hospital has made an investment in the robot that is significant,” says Dr. Desai. “The newest version of this robot gives us better flexibility to perform minimally invasive operations.”

THE ROBOT ADVANTAGE

Robotic-assisted surgery offers numerous advantages over traditional open surgery and conventional laparoscopic surgery.

EDGE



A form of minimally invasive surgery, robotic-assisted surgery is performed through small incisions, resulting in a quicker recovery. “Clearly, robotic surgery has become the standard of care in certain areas,” says Dr. Desai. “The robot offers significant improvements in pain levels, cosmetics, invasiveness of operations and sparing healthy tissue. From almost every measurable data point there appears to be an advantage with robotics over standard minimally invasive surgery.”

The da Vinci Xi® Surgical System allows the surgeon to be fully in control throughout the operation. Seated at a remote console, the surgeon views the surgical site on a magnified, three-dimensional screen while controlling the camera, robotic arms and other equipment. An assistant, a technician and an anesthesiologist stand at the patient’s bedside. During the procedure, the surgeon controls tiny surgical instruments attached to the robotic arms.

“The big advantage is we use three-dimensional images, which enhance depth perception so you can be far more precise with your movements,” says Lawrence Stern, MD, Medical Director of Colorectal Surgery at IAH. “Another advantage is the robot features wristed instruments that bend and rotate with great precision. So, overall, you get improved visual quality, better depth perception and extra precision.”

Robotic-assisted surgery is now considered a safe, effective approach for numerous conditions. “Our surgeons perform every major abdominal surgery, including prostate surgery, kidney tumor resection, reconstruction of the bladder, pelvic floor construction, colon resection, complex hernia repair and gynecologic procedures,” says Dr. Desai. “The biggest advantage is these procedures can be done through small laparoscopic incisions with minimal hospital stays, less blood loss and fast convalescence.”

The da Vinci Xi represents the latest version of the da Vinci® Surgical System. Among its benefits: enhanced instrumentation at the patient’s bedside, allowing the surgeon to access the surgical site from any angle; and shorter and thinner robotic arms, as shown above, so there is greater range of motion. The console is shown on the previous page.

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Early Catch

Last June, when Jim Snyder, 53, an account executive for Dell, went for a routine physical exam with his primary care provider, his doctor recommended that Jim have his first colonoscopy. Jim saw Lawrence Stern, MD, Medical Director of Colorectal Surgery at Inova Alexandria Hospital, for his colonoscopy, and he’s glad he did. Dr. Stern removed two polyps, and a week later the pathology showed that one was cancerous.

“We took out the polyp in the area of the rectosigmoid colon, and that came back as an invasive adenocarcinoma,” says Dr. Stern. “It was a small cancer, but in this case the margins were insufficient, and we felt that the best option would be to have that area removed in case the lymph nodes were involved.”

Dr. Stern explained that Jim could have traditional open surgery, conventional laparoscopic surgery or robotic-assisted surgery. The latter could result in a shorter hospital

stay and a faster recovery. “For me, it was crystal clear,” says Jim. “Dr. Stern had performed colorectal robotic surgery more than anyone else in northern Virginia, so I felt that was the best way to move forward. Plus, having a quick recovery was a key piece for me.”

Two days after his surgery, Jim was walking three miles a day and was back to work in a week.

Unfortunately, cancer was found in Jim’s lymph nodes during the robotic procedure, but that didn’t hold him back for long. By the time he had finished chemo in February, he was back to playing golf, going to the gym twice a week and bicycling 10 miles a day on weekends.

“Dr. Stern was very thorough and very, very good,” Jim says. “I’m so glad I met with the surgeon to do my colonoscopy, because he was able to stay with me throughout the whole process, from the colonoscopy through the surgery and then the recovery. It just made a lot of sense.”

WE CAN HELP

To learn more about robotic-assisted surgery, visit inova.org/davinci.

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.

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WELCOME, NEW PROVIDERS!

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

NAME	DEPT/SECTION
Alf Adler, MD	Obstetrics and Gynecology
Tofik Ali, MD	Ophthalmology
Azra Ashraf, MD	Plastic Surgery
Diem Phuc Banh, DO	Anesthesiology
Kirit Bhatt, MD	Plastic Surgery
Anna Edhegard, MD	Dermatology
Dhiraj Jeyanandarajan, MD	Neurology
Michael Maitland, MD, PhD	Hematology/Oncology
Nora McDermott-Tabori, MD	Radiology
Harika Nagavelli, MD	Anesthesiology
Richard Ospina, MD	Neurology
Christine Pletkova, MD	Psychiatry
David Reynolds, DO	Radiology
Seyed Shobeiri, MD	Obstetrics and Gynecology
Navin Singh, MD	Plastic Surgery
Issa Toure, MD	Anesthesiology



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