

INhealth

A GOOD Sport

Outdoorsman returns to his passion following outpatient hip surgery

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Scott Wills had suffered pain and stiffness in his left hip for two years before seeking relief.

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FOLLOW THE LEADER

Improving People's Lives

The care we provide at Inova Fair Oaks Hospital (IFOH) does not happen without our partners in the community. Inova recently hosted a flag football tournament at Inova Sports Performance Center at Redskins Park to show our appreciation to the EMS personnel who work tirelessly to keep our community safe.

The new Inova Children's Emergency Center at IFOH is in full swing caring for our young patients. Our Child Life Program is a critical piece of that care and I am thrilled to introduce you to our two Child Life specialists who are making the emergency room a less scary place for our children.

One of the many privileges of my job is hearing the amazing stories from the patients and families whose lives we touch. Some of the most powerful stories are about the simple things in life. Two such stories are featured in this issue. (See pages 5-7.) Both men featured in these stories wanted to do the things they love without pain. Whether it's being able to stay in a job you love or spend your free time on the golf course, IFOH is here to get you back to your life as quickly as possible.



**JOHN
FITZGERALD**

Chief Executive
Officer,
Inova Fair Oaks
Hospital



IMMUNIZATIONS

SAFE Travels

What you need to know about immunizations

It's vacation season. If you're planning to travel outside the country, there are certain things you know you need, such as a passport and a suitcase. But did you know you might also need immunizations? Depending on where you're traveling to and what you'll be doing, you may require immunizations that are not routinely given in the United States. Several common travel-related immunizations are:

Hepatitis A: May be necessary for travelers visiting developing countries, particularly rural areas.

Hepatitis B: May be necessary for travelers visiting some countries in Asia, Africa, South America and the Caribbean.

Typhoid Fever: May be necessary for travelers visiting the developing world, particularly Asia, Africa and Latin America.

Meningococcal Disease: May be necessary for travelers visiting sub-Saharan Africa or embarking on Hajj pilgrimage in Saudi Arabia.

Yellow Fever: May be necessary for travelers visiting certain parts of Africa or South America.

Rabies: May be necessary for travelers visiting countries with an increased risk of rabies, especially in dogs, such as Africa, Asia, and Central and South America.

Japanese Encephalitis: May be necessary for travelers visiting Asia.

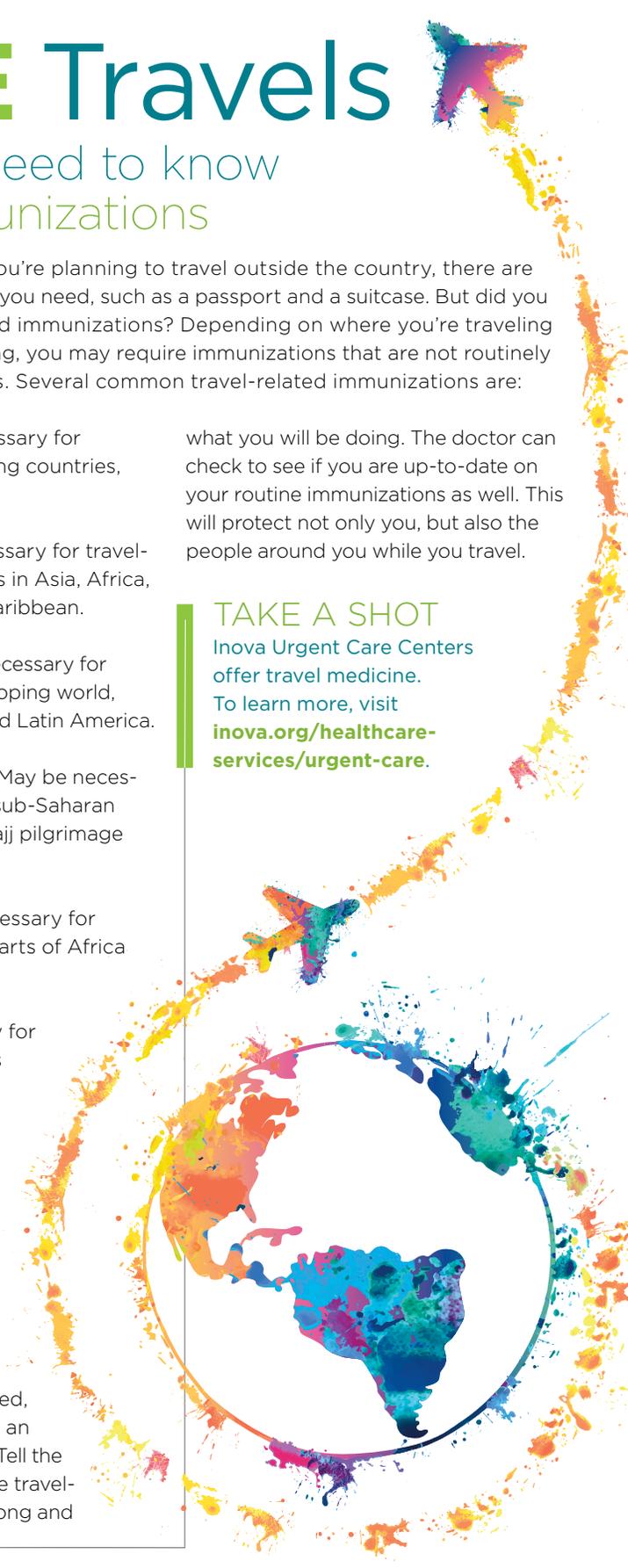
If you are unsure which immunizations you will need, talk to your doctor or visit an Inova Urgent Care Center. Tell the physician where you will be traveling and residing, for how long and

what you will be doing. The doctor can check to see if you are up-to-date on your routine immunizations as well. This will protect not only you, but also the people around you while you travel.

TAKE A SHOT

Inova Urgent Care Centers offer travel medicine.

To learn more, visit inova.org/healthcare-services/urgent-care.



KNOW the Signs

Stroke can strike at any time

Stroke is the No. 5 cause of death and a leading cause of disability in the United States. There are two major types of stroke: ischemic, when a blood vessel that leads to the brain is blocked by a clot; and hemorrhagic, when one of these blood vessels ruptures. Both types cut off oxygen to the brain, which causes brain cells to die.

The signs of stroke can be varied, but the American Stroke Association has created an acronym to identify the most common warning signs:

-  **Face Drooping.** Is one side of the face drooping or numb? Ask the person to smile. Is the person's smile uneven or lopsided?
-  **Arm Weakness.** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
-  **Speech Difficulty.** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the person able to correctly repeat the words?
-  **Time to Call 911.** If someone shows any of these symptoms, even if the symptoms go away, call 911.

Other symptoms can occur separately or along with F.A.S.T. symptoms, including sudden trouble seeing in one or both eyes; numbness or weakness in the leg, arm or face, especially on one side of the body; severe headache; and dizziness or loss of balance or coordination.



● SPECIAL EVENTS |

FUN for First Responders

Inova hosts EMS Appreciation Flag Football Tournament

As a way to show gratitude to its first responders, Inova held an EMS (Emergency Medical Services) Appreciation Flag Football Tournament in March.

A total of 11 teams, composed of EMS personnel from Loudoun and western Fairfax counties, participated in the tournament, which was held at Inova Sports Performance Center at Redskins

Park in Ashburn, VA. Inova physicians and nurses comprised one team. Local businesses donated raffle prizes and trophies for the winners — the Prince William EMS team.

As the event was so successful, Inova hopes to make it an annual tradition. “We are so fortunate to have EMS employees, who respond at a moment’s notice and provide lifesaving care,” says



First responders take time out to play flag football at Redskins Park in March.

John Fitzgerald, CEO of Inova Fair Oaks Hospital. “We strive with this event to provide fun and healthy competition to people who deserve it.”



EASING ANXIETY

Child Life Services helps young patients feel more comfortable in the hospital

To help children and families achieve a sense of calm and well-being during hospital visits, Inova Fair Oaks Hospital (IFOH) now offers Child Life Services. Child Life specialists are available in the Emergency Center and throughout the hospital to ease the anxiety and stress patients and their families may experience.

“The Child Life program is key in supporting the patient and the family through the hospital process. Specifically focusing on alleviating stress, Child Life specialists help the child and family understand what is happening to them throughout the

Proven Benefits

The American Academy of Pediatrics states that Child Life Services are an important aspect of pediatric programs, helping children and families to successfully navigate their hospital experience.

“Child Life Services have been proven to help children through procedures with a decreased need for sedation and a decreased perception of pain. This ultimately allows the child to heal and go home more quickly,” says Jamie Gentile, Director of Child Life Services.

The program has been a successful addition to the pediatrics program at Inova Children’s Hospital for more than two decades, and has been in place at Inova Loudoun Hospital for seven years. Gentile is excited to see Child Life Services at Inova Fair Oaks Hospital.

course of an ER visit or hospitalization,” says Cecilia Mortorano, Clinical Director of the Emergency Center at IFOH.

Child Life specialists are experts in child development and assist children and families by providing preparation for procedures, presurgical tours, distraction and support during medical procedures, medical and therapeutic play, sibling support, bereavement support and hands-on education about the hospital environment.

HIGHLY TRAINED SPECIALISTS

Child Life specialists are highly trained professionals who are required to complete an undergraduate degree in Child Life or a related field and must pass a certification exam administered by the Association of Child Life Professionals. They must also complete a 600-hour internship before taking the exam.

IFOH has two new certified Child Life specialists: Becca Wagner, MS, CCLS, and Emily Phipps, BS, CCLS. Wagner earned her master’s degree from Ohio University and completed clinical rotations at Children’s Memorial Hermann Hospital in Houston, and at Rush University Medical Center in Chicago. She has also volunteered at medical diagnosis camps both abroad and in the United States as well as at child advocacy centers.

An avid volunteer, Phipps completed her clinical training at Children’s National Medical Center in Washington, DC, and at the University of Maryland Children’s Hospital. She brings extensive training in child psychology and medicine to her new position.

PLAN AHEAD

For age-specific tips on preparing for a hospital stay or a surgical procedure, visit inovachildrens.org/child-life-services.

BACK IN THE SWING

Inova helps a spinal surgery patient return to the golf course

When Mickey Filippini slipped on a tile floor and fell during a vacation last year, the pain was excruciating — but in some ways, the frustration was even worse.

At age 68, he'd experienced back and neck issues for nearly 30 years, partially as a result of a severe car accident. Aggressively pursuing sports and other activities also took their toll, he admits. By the time of the recent fall, he'd been diagnosed with six herniated discs. He'd also consulted with numerous doctors to find some relief.

"To be suffering so long with this was very difficult," he says. "Whenever it would flare up, it impacted my whole life."

Then he spoke with Donald Hope, MD, at Inova Fair Oaks Hospital. In the past,

Dr. Hope had taken a conservative approach and recommended pain shots instead of surgery, but the accident changed the course of his treatment.

"We had to choose the treatment that was most appropriate to get him back to living a normal lifestyle, which means being active," says Dr. Hope. "For Mickey, he really wanted to be able to golf again, so that was our goal."

When Dr. Hope recommended neck fusion surgery, Mickey was nervous. "Having spine surgery is disconcerting, to say the least," he says. "But I knew that without it, another serious injury could put me in a wheelchair."

This type of surgery involves removing a damaged disc in order to relieve spinal cord pressure that might be contributing to pain, numbness or weakness. Mickey was a good candidate because, despite his chronic back and neck issues, he was in good general health and loved being active, which would bode well for a faster recovery.

He had the surgery on Dec. 1, 2016, and was shocked to find he was pain-free the very next day — and every day



Mickey Filippini can swing a golf club again thanks to neck fusion surgery.

after that, too. Mickey says his neck feels 10 times stronger, and although the 68-year-old doesn't feel like he has the neck and spine of a young man, he does feel at least a few decades younger.

"Most of all, I have less concern and caution now," he says. "If someone pats me on the back, I don't feel like that could throw me to the ground. I'm indebted to Dr. Hope for getting me back on track."

Personalized Treatment

While his office is called the Center for Cranial and Spinal Surgery, Donald Hope, MD, says that spine surgery is rarely a first option for many patients. In fact, there's no one-size-fits-all type of treatment that tends to work best; every treatment plan is highly personalized depending on patient need.

"We pursue the most conservative methods available, and we develop a plan that helps people live the kinds of lives they want," he says. For some, that might mean getting back to exercise sooner, or being able to pick up a grandchild, or simply reducing pain in order to get quality sleep. Whatever the goal, Inova specialists team up with patients to deliver the most appropriate care for their needs.

GET BACK

Learn more about spine care at inovaspine.org.

A GOOD SPORT



ASK THE EXPERT LECTURE

LATEST ADVANCEMENTS IN HIP AND KNEE REPLACEMENT

Join James Reeves, MD, for this FREE lecture.
Location: Inova Fair Oaks Medical Campus, Building 3580, Auditorium
Date: Monday, July 10
Time: 6 p.m.
To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

As a result of his hip replacement operation, Scott Wills can more thoroughly enjoy fishing season.

Outdoorsman returns to his passion following outpatient hip surgery

An avid hunter and fisherman, Scott Wills looks forward every year to the warmer months when he can venture out into the wilderness to hunt and fish. But last year, the 57-year-old restaurant manager wasn't sure he would be able to pursue his outdoor passion for the first time in years.

"I'd been having pain and stiffness in my left hip for almost two years," recalls Scott. "I've been in the restaurant business for 30-plus years, spending 10 to 12 hours a day on my feet. After a while, everything had become difficult because of the deep bone pain that would come and go."

Scott's father had two hip replacements, so he knew that he was prone to osteoarthritis, a degenerative disease that leads to the eventual loss of joint cartilage. Although he knew it was time to do something about his hip, Scott didn't want to take time away from his busy restaurant job for a lengthy recovery. It was at that point that he began his search for a physician who could help him find a solution.

HUNTING FOR ANSWERS

After weeks of researching online and talking with friends, Scott found A. Brion Gardner, MD, an orthopedic surgeon with the nationally recognized Joint Replacement Program at Inova Fair Oaks Hospital. As soon as he met with Dr. Gardner, everything fell into place.

"When I first spoke with Dr. Gardner, he explained all my options. He has a very good bedside manner. He explains things well and he's very straightforward," says Scott.

Dr. Gardner recommended a conservative approach involving steroid injections to alleviate the pain. After a single injection, the pain vanished but returned in less than a week. Scott began taking 800 milligrams of ibuprofen daily to get through work, but he had concerns about the long-term effect of the pain medication. Having exhausted conservative therapies, Dr. Gardner recommended outpatient hip replacement, a solution that would solve Scott's hip trouble and allow him to return to work quickly.

"Scott was an ideal candidate for rapid recovery outpatient surgery," says Dr. Gardner. "Typically you want to make sure that someone undergoing rapid recovery surgery is physically capable of going home the same day. Scott was physically active beforehand, having run 5Ks and half marathons, so he was strong enough to get up and walk with crutches postoperatively. Plus, he wanted to return to his normal routine as quickly as possible,

so he was motivated to work diligently in the recovery room to go home and start outpatient physical therapy."

SWIFT RECOVERY

In January, Scott underwent an anterior hip replacement, a procedure that allows the muscles surrounding the hip joint to remain intact.

"The main advantages of this approach resulting in rapid recovery is you can leave the muscle intact during the procedure, and the patient doesn't have any limitations during their immediate postoperative recovery such as avoiding crossing their legs or bending over too far. There's less blood loss and therefore less need for blood transfusion," says Dr. Gardner. "There's also some evidence that suggests the overall pain immediately after surgery is less compared to the traditional posterior approach."

In addition, Dr. Gardner and his team used a special pain treatment regimen during and after the surgery that allows for a faster recovery than traditional general anesthesia followed by narcotics.

THE COUNTRYSIDE CALLS

For Scott, everything went according to plan. After spending six hours in the hospital, he went home and was able to walk and climb stairs using a walker. Within two days of his surgery, he began physical therapy three days a week. And just three weeks after the procedure, he was going to the gym.

Today, Scott is back to working full-time, which means being on his feet for 10 hours at a time five days a week.

"I feel better than I have in years," says Scott. "I can do everything I want to do and I'm really looking forward to hunting and fishing season."

No Pain, All Gain

The Joint Replacement Program at Inova Fair Oaks Hospital offers modern pain control to help patients return to their normal routine faster and with less discomfort following surgery.

"What we do now typically is a spinal anesthetic, which limits the amount of narcotic pain medication, decreasing postoperative nausea," explains orthopedic surgeon A. Brion Gardner, MD. "In conjunction with that, we also do a local injection inside the hip joint with a combination of an anti-inflammatory, morphine and epinephrine so when a patient wakes up in the recovery room they're not experiencing pain."

The result, says Dr. Gardner, is patients are up and walking around within hours of their surgery, enabling them to return home quicker and start physical therapy soon after surgery.

LEARN MORE

To schedule an appointment with the Inova Fair Oaks Hospital Joint Replacement Program, call **703.391.4555**.

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 Fair Oaks Hospital](#) medical staff in recent months:



NAME	DEPT/SECTION
Oluwaseyi Ajayi, MD	Medicine/Hospital
Magid Al-Kimawi, MD	PMR/Anesthesiology
Diem Phuc-Thuc Banh, MD	Anesthesiology
Michael Banihashemi, MD	Cardiology
Christopher Brown, MD	Plastic Surgery
Jordana Fein, MD	Ophthalmology
Lisa Harnum, MD	Pediatrics
Douglas Hill, MD	Cardiology
Young Park, MD	Cardiology

NAME	DEPT/SECTION
Reagan Quan, MD	Vascular Surgery
Irfan Saeed, MD	Psychiatry
Robert Toomey, MD	Podiatry
Issa Toure, MD	Anesthesiology
Tiffany Turner, MD	Internal Medicine
Jonathan Yager, MD	Cardiology
Jinny Yoo, MD	Pediatrics
Jamie Zakkak, MD	Pediatrics

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