



INOVA LOUDOUN HOSPITAL

INhealth

HIGH-TECH

Women's Health

New Breast Center offers comprehensive breast care

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FOLLOW THE LEADER

We Need You

Philanthropy matters. To grasp this, just read about the Inova Schar Cancer Institute – Peterson Family Breast Center, which is the subject of our cover story. As indicated by the name, the center is a result of the partnership between the Peterson Family Foundation and Inova Loudoun Hospital (ILH). It is by virtue of generous patients and family members like the Petersons that we will continue to work to prevent, detect and cure breast cancer.

Furthermore, the center, which marks an important milestone in the growth of ILH, helps us to fulfill our promise to the Loudoun community: to offer world-class healthcare in cutting-edge facilities. The Petersons' generous gift reveals that sometimes it's you, our community, who helps make this commitment a reality. Like a circle, your gift helps us, which ultimately helps you.

One of our cultural beliefs is "Value People." In memory of Lisa Dugan, our former Chief Nursing Officer, the Lansdowne chapel will become the Lisa Dugan Memorial Chapel, which will honor the life, love, dedication to the community and faith of Lisa. This is a wonderful example of how donations from the ILH Board, staff and community came together to honor the great work of one of our team members. You make a difference.



DEBORAH ADDO
Chief Executive
Officer
Inova Loudoun
Hospital



● BEHAVIORAL HEALTH |

Meeting a **NEED**

New Kellar Center in Loudoun offers behavioral health services for families

May is Mental Health Awareness Month, a good reminder that behavioral health resources are a vital part of a community's well-being.

Children, teens and their families in Loudoun County have limited choices for help with behavioral health challenges, and even fewer affordable options. Thankfully, the Inova Kellar Center has expanded closer to home, bringing affordable, compassionate and professional mental healthcare services to children and their families in Loudoun.

Founded in Fairfax in 1991 through a gift from the late Art and Betty Kellar, the Inova Kellar Center provides superior and comprehensive mental health, substance disorder treatment and special education services to thousands of children, adolescents and families throughout the metropolitan area — regardless of resources or their ability to pay. Several of these services are now available in Sterling, including psychiatric evaluation; medication program management;

individual, group and family therapy; intensive outpatient programs; and a partial hospitalization program for short-term crisis intervention, notes Rick Leichtweis, PhD, the center's Senior Director. "Inova is committed to meeting the needs of everyone in our service area," he says. "We are grateful we are able to offer these behavioral health services to the Loudoun community."

Lack of mental health services for children, adolescents and their families has become a national issue, he adds. Many areas simply do not have the funding and resources for a full continuum of services. Thankfully, the Kellar Family Foundation made a generous \$1 million gift to cover startup costs and initial operations for this expansion into Loudoun County.

"Inova Kellar Center could not provide these vital services if not for the philanthropic support, and we are grateful to the Kellar Family Foundation for help in making this important resource available in Loudoun County," says Dr. Leichtweis.

HEALTHY MINDS

For more information, visit inova.org/kellar. To make an appointment, call **703.218.8500**. To support the center, visit foundation.inova.org/supportkellar, or contact Nicole Kinard at **571.294.4798** or nicole.kinard@inova.org.

Summer SAFETY

Tips for parents' peace of mind

Spending time in the sun and water during summer is one of life's joys, but without proper precautions, it can lead to a variety of health and safety concerns for children. The most common issues include drowning, sunburn, illness from bug bites and dehydration.

WATER



"Drowning is by far the most severe water-related safety concern, so summer is a good time to review water safety," points out B. Jill McCabe, MD, FAAP, Medical Director of the Children's Emergency Room and Hospitalist Program at Inova Loudoun Hospital. She recommends teaching children to swim around the age of 4.



Young children should also have an adult within arm's reach at all times, and older children and teenagers should practice the buddy system.

SUN



To protect your kids' skin from harmful UV rays, carefully apply sunscreen with SPF 15 or higher every two hours and reapply after they have been in the water. "People get the majority of their sun exposure during childhood," adds Dr. McCabe. "The damage done can put them at risk for skin cancer throughout their lives, even if you don't see anything now and regardless of skin tone."

BUGS



Dr. McCabe also recommends using an insect repellent that includes DEET to ward off pesky and potentially dangerous bugs such as ticks, which can transmit Lyme disease. Check your children for ticks when they come back inside from playing outdoors — particularly in hidden areas like the armpits and scalp — and remove them right away if you find any.

DEHYDRATION



Dehydration is a concern for children who play sports or attend summer camp. Dr. McCabe recommends that children drink one bottle of water per hour, and to alternate with drinks that contain electrolytes if they exercise for more than one hour.

SUMMER SCARES

Kids are kids and accidents happen. In the event of an emergency, visit the Inova Children's Emergency Room at Inova Loudoun Hospital. To learn more, visit inova.org/loudounkidsER.

CHANGES Afoot

Expanded ER, renamed chapel

As part of the Master Plan expansion, various facilities and services at Inova Loudoun Hospital (ILH) are under construction or have been recently completed. Here is how the major projects are shaping up for the year:

NEARING COMPLETION:

The last phases in the expansion of the **Inova Virtz Miller Family Emergency and Trauma Center** — the adult emergency room on the ILH Lansdowne campus — were completed in March. Next up: The **ER's lobby** will be refreshed to complete the project. As a result of ER renovations, patients will benefit from a "BiggER, BettER and FastER" emergency room.

The Inova Schar Cancer Institute – Peterson Family Breast Center at

ILH opened in March. Learn more about the center and what it offers on page 6.

IN THE WORKS:

Construction of the 385,000-square-foot **patient tower** is well under way, with projected completion in spring 2020. The tower will feature all-private patient rooms, a new progressive care unit, a new labor and delivery unit with enhanced neonatal capabilities (NICU), a new main entrance lobby and a café.

Referred to as the "**Back of the House**" project, a \$50 million building expansion and renovation at the back of the hospital is in progress. This project will expand medical and patient support services in order to accommodate the new patient tower, which is roughly doubling the size of the hospital.

To honor the memory of one of the hospital's most beloved nursing colleagues, former Chief Nursing Officer Lisa Dugan, PhD, ILH will transform the chapel on the Lansdowne campus in her name. The newly designed **Lisa Dugan Chapel** will be a peaceful space for reflection and prayer.

ILH is grateful to the ILH Board for championing this initiative, and to the scores of generous donors who stepped forward to make it a reality. The formal dedication of the Lisa Dugan Chapel is slated for this summer.

SECOND CHANCE TO DANCE

The beat goes on for couple, thanks to **knee surgeries**

Dancing to the “oldies” — music from the 1950s, ’60s and ’70s — has long been one of Beth and Rusty Newberry’s beloved Saturday night standbys. But when severe knee pain from chronic arthritis began to threaten this and other favorite activities, the couple did something else in tandem: they both had knee replacement surgery at Inova Loudoun Hospital (ILH).

Rusty went first, undergoing the procedure in 2013 on his right knee and again in 2015 on his left. Beth followed, having her left knee replaced in May 2017. Married 16 years, the couple — both 71 and collectively the grandparents of 12 — stubbornly

refused to give up dancing or any of the cherished chores entailed in tending to their 15-acre property in Lucketts.

“A body in motion tends to stay in motion,” Rusty says. “You have to keep on moving.”

“When you’re not exercising and having fun, that’s when you get old,” Beth adds. “It’s so much nicer to walk now, and I can climb the stairs faster. I just feel I enjoy life more.”

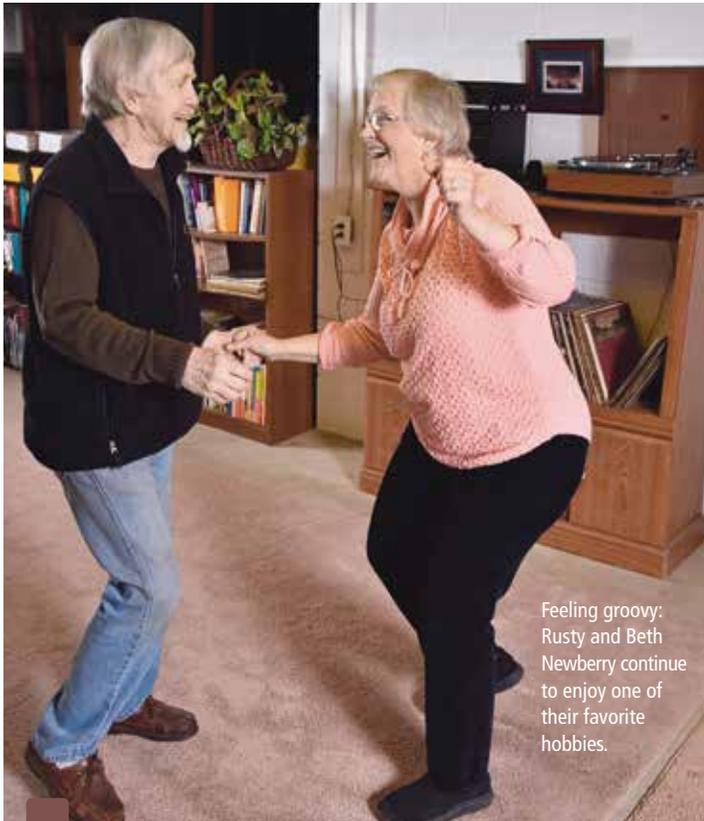
PRESTIGIOUS REPUTATION

Joint replacement surgery is increasingly common in the United States. ILH, which performs about 400 hip and knee replacement surgeries annually, became a Joint Commission Center of Excellence for Hip and Knee Replacements six years ago by meeting stringent standards for patient care and outcomes.

The MAKOPlasty® Total Hip & Knee surgical system — updated robotic technology acquired by ILH since the Newberrys’ surgeries — allows for even more precise surgical placement of new joints and typically provides a faster recovery time. “The more accurately you can recreate a patient’s joint, the better they’ll do,” says Nauman Akhtar, MD, Medical Director of ILH’s Joint Replacement Program.

PREP AT JOINT CAMP

Beth and Rusty supported each other during their surgeries. The retired pair also credits their successful recoveries to ILH’s “Joint Camp,” a program that educates and prepares patients for their specific type of joint replacement surgery. “They informed us about the process, what to expect and what we needed to be prepared for at home,” Beth says.



Feeling groovy: Rusty and Beth Newberry continue to enjoy one of their favorite hobbies.

MOVE BETTER

Contact Zai Begam, Joint and Spine Patient Navigator at Inova Loudoun Hospital, at **703.858.6721** to learn more about the hospital’s Joint Replacement Program. Fill out an online intake form at inova.org/loudounjoints.

New Robotic Technology Adds to Surgical Precision

Only months after Inova Loudoun Hospital (ILH) acquired additional robotic equipment to further enhance joint replacement surgeries, nearly a dozen patients have already benefited from it.

The \$1 million MAKOPlasty® Total Hip and Knee technology — introduced at ILH last winter — incorporates 3-D imaging technology that adds to a surgeon’s precision when implanting new knee or

hip joints, therefore improving joint alignment and the patient’s range of motion.

“Because of the many benefits that robotic surgery provides — fewer complications, better outcomes and

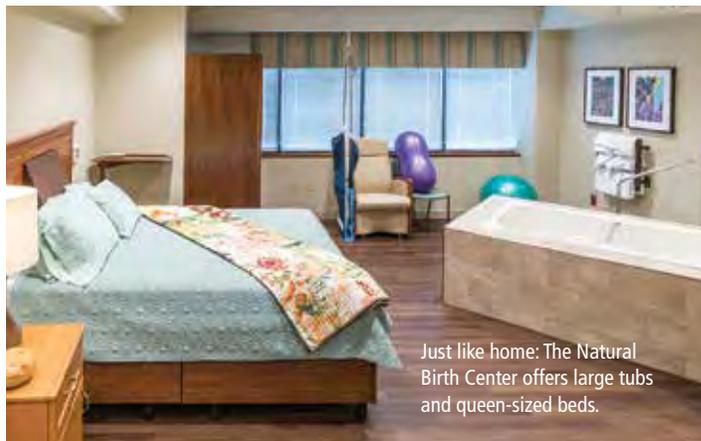
a reduction in errors — it is becoming the preferred option among surgeons and patients alike,” says Tina Poore, ILH’s Manager of Acute Care Rehabilitation and Joint/Spine Programs.

THE NATURAL WAY

Natural Birth Center provides a supportive environment



Caroline O'Neill had a positive experience at the Natural Birth Center, where she delivered her fourth child, Ryan.



Just like home: The Natural Birth Center offers large tubs and queen-sized beds.

When Caroline O'Neill prepared to have her fourth baby, she pondered whether to have her son in a hospital, like her other children, or have a home birth. She wanted comfort and intimacy but wondered whether being at home would be as low-stress as she desired. She also wanted to be close to hospital services if the need arose.

She found the best of both worlds at the Natural Birth Center at Inova Loudoun Hospital (ILH). Only about 90 seconds away from hospital resources, the center offers all the comforts of home. With its many welcoming amenities (see sidebar at right), the center was an ideal choice for Caroline, who found her birth experience there to be exceptional.

"You have experienced nurse midwives and registered nurses in a homelike setting," says Caroline, now a HypnoBirthing instructor at ILH. "It's such a special space, and everything there is about easing the tension and giving you a quiet, supportive place."

Caroline especially liked the very large tubs that allowed her to float for a few hours before delivery, which she found calming. Because the center has queen-sized beds, her husband was lying alongside her as she delivered, and then the three spent the first hour cozied up together.

"It's an amazing bonding experience," Caroline says. "You don't feel rushed to get going; you can have a natural birth with the support you need."

"A major part of the experience is education before delivery so that expectant moms know their options when it comes to unmedicated options," says Monica Freidline, Midwifery Director of the Natural Birth Center.

"The main thing is that we want our moms to be comfortable and to have a great experience with delivery," Freidline says. "Labor is difficult — wherever you are — but when you feel more relaxed and supported, that can certainly make a big difference."

Sometimes, delivery will begin at the center, but a mom may change her mind about wanting medication, or the baby needs more intense monitoring. With the hospital just steps away, the transfer is speedy.

Natural Birth Center

Features of the center include:

- Queen-sized beds
- Birth stools if mothers prefer not to deliver in a bed
- Large tubs, birthing balls and labor slings to make labor more comfortable
- Living area with kitchenette where family can watch TV, make meals, play games and relax
- Fresh-baked cookies
- Quiet, private, homelike environment

BIRTHING OPTIONS

Learn more about the Natural Birth Center. Call **703.858.6824** or visit inova.org/loudounbaby. Schedule a complimentary tour of the center at inova.org/NBCtours.

A VISION FOR WOMEN'S HEALTH

New Breast Center offers comprehensive breast care

Few women relish getting a mammogram, but the new Inova Schar Cancer Institute – Peterson Family Breast Center stands poised to make the testing more efficient, pleasant, convenient and, most importantly, even more accurate.

Located on the Inova Loudoun Hospital (ILH) Medical Campus, the 3,800-square-foot breast center opened in March and is the sole facility of its kind in Loudoun County to employ only breast fellowship-trained radiologists. These highly skilled specialists focus entirely on interpreting mammograms and other breast imaging, not scans of any other type.

“It’s what they do all day long,” says Shannon Lehr, MD, Medical Director of ILH’s Breast Program. “With their expertise, I think it’s the best place for women to get their screening and diagnostic mammograms.”

“It’s common for other centers to have one or two breast fellowship-trained radiologists [reading selected images]. But at our breast center, you’re going to have one reading every mammogram, every breast MRI and every biopsy,” adds Crystal Howland, Imaging Clinical Coordinator at the Breast Center. “This will cut back on unnecessary patient call-backs or biopsies. No one else in this area offers this.”

BREAST WELLNESS EMPHASIZED

From the moment patients arrive at the Peterson Family Breast Center, small but significant touches aim to enhance their experience. For example, valet parking allows them to walk directly into the suite, where dedicated registration personnel streamline the check-in process. And robe warmers offer

comfort before and after breast imaging is complete.

The facility is equipped with state-of-the-art imaging technology, including two 3-D mammography machines — an investment that Inova clinicians consider paramount because they offer the clearest-possible images, especially of dense breast tissue.

In addition to breast imaging, the center’s services include breast navigation, genetic counseling, DEXA bone density scanning, and Inova’s award-winning Life with Cancer® program, which provides patients and loved ones with information, education and support free of charge — regardless of where they live or receive treatment.

When a higher level of care is necessary, patient care can be coordinated with local oncology specialists as well as specialists at Inova Schar Cancer Institute. “We have a very robust breast program here at Inova Loudoun Hospital and adding the new breast center demonstrates our commitment to our community,” explains April Brown, DNP, Senior Director of Emergency Services, Trauma Services and Diagnostic Imaging at ILH. “It’s not just about breast cancer, it’s about breast wellness.”

Check Us Out!

Join us for our Celebration of Women: Ladies’ Brunch & Open House on Saturday, May 19, from 10 a.m.–1 p.m. Enjoy complimentary brunch, women’s health lectures, tours of the new breast center, mini spa treatments, giveaways and more. Register at inova.org/ladiesbrunch.



Here is some of what you'll find at the new Inova Schar Cancer Institute – Peterson Family Breast Center, which opened in March: (top row) a comfortable waiting room, ultrasound room, two advanced mammography machines and (bottom row) stereotactic biopsy.

'ONE-STOP SHOPPING EXPERIENCE'

Another standout feature of the Peterson Family Breast Center is its on-site breast navigator, a dedicated individual who helps initiate and coordinate follow-up specialist care if imaging suggests a suspicious lesion, or cancer care if a diagnosis is confirmed.

"The navigator takes away the legwork from patients," explains Howland, who is also a mammography technologist. "Her role is to take some anxiety off of the patient's plate. It really elevates the standard of care."

The team hopes that the convenience of the Peterson Family Breast Center's location coupled with its many amenities will entice women to come in for their preventive exams, especially those women who might otherwise put off undergoing necessary routine mammograms.

"We're offering a level of concierge medicine. From our first interaction and onward, we will help patients along their journeys," Howland says. "We understand that for most women, mammograms are pretty high-stress exams. Our staff is dedicated to making the experience pleasant and easy."

"Getting a mammogram is never fun, but we're surrounding women with a much-enhanced experience and attempting to alleviate as much stress as possible," adds Suzy Quinn, Executive Director of the ILH Foundation.

Peterson Family's Giving Brings Center to Life

Thanks to a \$1 million gift from the Peterson Family Foundation, Inova's idea for a breast center came to fruition far more quickly than otherwise might have been possible.

The Petersons' donation — part of \$10 million bequeathed to Inova — spurred development of the new Inova Schar Cancer Institute – Peterson Family Breast Center at Inova Loudoun Hospital (ILH). "The generous support of the Peterson family played a catalytic role in this project, helping us get further faster," says Suzy Quinn, Executive Director of the ILH Foundation. "The Peterson family has been a major supporter of Inova, and their leadership is part of the reason our Life with Cancer® program has grown."

A longtime real estate developer, Milt Peterson is founder and chairman of Peterson Companies. Headquartered in Northern Virginia, the firm has developed thousands of acres of land for residential, retail and office parks, including some of the most-recognized projects in the Washington, DC, metropolitan area.

The Peterson family's gift was part of ILH's \$20 million fundraising campaign, the largest in the hospital's 100-year history. "Philanthropy takes any system that is good to the next level," says Lauren Peterson, Milt's daughter. "We are proud to be one of those people. This community deserves the best care, and we are really happy to be on this journey with Inova."

BEST IN BREAST HEALTH

Request an appointment online at the Peterson Family Breast Center at inova.org/myloudounbreastcenter, or call **703.858.6470**.

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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NEW ON STAFF |

INOVA VIP 360° Comes to Lansdowne

James Ditaranto, DO, joins concierge medicine team



Inova VIP 360° is a high-level, personal service approach to healthcare with a focus on better total health, from lifestyle and environment to medicine and pharmacogenomics testing — and all on your schedule.

Inova Loudoun Hospital invites you to visit its new Inova VIP 360° office for a tour and to meet James Ditaranto, DO. There's no cost or obligation for this visit. It's simply an opportunity to see what Inova's concierge medicine program is all about and what it feels like to have a personal physician who knows you. All doctors in the program spend time with their patients — time to understand their needs, habits and worries. Sometimes, it's these little things that can make all the difference in keeping you healthy.

Call today to schedule your free consultation: **703.840.7300**. For more information, visit inovavip360.org.



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