

INhealth

Internationally known hair stylist beats cancer with flair

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AT HOME AND *Feeling Healthy*

Sylvain Melloul, a big name in the hair and cosmetics industry, here with his wife, Kathleen, underwent treatment for prostate cancer.



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FOLLOW THE LEADER

Inspired Care

Happy New Year! I am thrilled to be leading this top-notch organization toward improving the health and wellness of our community in 2015. As you will see in the pages of this magazine, every day brings new examples of dedication to providing the advanced healthcare you deserve, close to home.

Our cover story is an inspiring testament to the advanced cancer care that patients can expect at the Inova Joseph Viar Jr. and Bonnie Christ Cancer Center, whose physicians and staff recently treated internationally known hairstylist Sylvain Melloul. Inova Alexandria Hospital was the first hospital on the Eastern seaboard to provide prostate brachytherapy, a procedure used to successfully treat his condition.

You'll also read about the Rogers family from Utah, whose baby Jack spent 10 weeks in our Neonatal Intensive Care Unit after he was born prematurely. Jack's mom and dad say that the caring physicians, nurses and staff of our state-of-the-art NICU became like family. The community we are proud to serve also generously reached out to help them as well.

Let's hope 2015 brings more stories of generosity, compassion and, above all, good health.



SUSAN CARROLL

Interim Chief Executive Officer

Inova Alexandria Hospital

HEALTH BEAT



● CARDIAC |

Know your NUMBERS

Regular screenings can stave off heart disease

The key to preventing cardiovascular disease and related health issues is managing your risk factors, such as high blood pressure, high total cholesterol or high blood glucose. The best way to find out your risk factors is through screening tests during regular doctor visits. Here are the key screening tests recommended:

BLOOD PRESSURE

Blood pressure is one of the most important screenings because high blood pressure has no symptoms so it can't be detected without being measured. If your blood pressure is below 120/80 mmHg, be sure to get it checked at least once every two years, starting at age 20.

FASTING LIPOPROTEIN (CHOLESTEROL AND TRIGLYCERIDES)

You should have a fasting lipoprotein profile taken every five years, starting at age 20. This is a blood test

that measures total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides.

BODY WEIGHT

During every healthcare visit, your doctor should weigh you to calculate your body mass index and measure your waist circumference. These measurements tell you if you're at a healthy weight. Screenings should begin at age 20.

BLOOD GLUCOSE

Starting at age 45, you should have your blood

glucose level checked at least every three years. High blood glucose levels put you at greater risk of developing type 2 diabetes, which can lead to heart disease and stroke.

SMOKING, PHYSICAL ACTIVITY, DIET

If you smoke, tell your doctor at your next healthcare visit. Also discuss your diet and physical activity habits.

TAKE HEART

Take Inova's online heart-risk assessment at inovaheart.org.

We Are TOPS!

Inova Alexandria Hospital earns 'Top Performer' recognition from The Joint Commission



The Joint Commission
Top Performer on
Key Quality
Measures
2013

The Joint Commission has recognized Inova Alexandria Hospital as a 2013 Top Performer on Key Quality Measures®. The hospital has been recognized for its excellence in accountability measure performance shown to improve care for certain conditions and is one of only 1,224 hospitals in the United States to achieve the distinction as a 2013 Top Performer.

Inova Alexandria Hospital has been recognized for its achievement on the following accountability measure sets:

heart attack, heart failure, pneumonia and surgical care.

“At Inova Alexandria Hospital, we have made it a top priority to address patient safety and quality health care by improving upon our evidence-based care processes,” says Susan Carroll, Interim CEO, Inova Alexandria Hospital. “We are proud to be named a Top Performer and thank our entire hospital staff for its knowledge, teamwork and dedication to improve Inova Alexandria Hospital’s performance.”



AWARD-WINNING SYSTEM

Learn more about recognition throughout Inova at inova.org/awards.



Visually APPEALING

Inova Imaging Center – Mark Center offers important imaging resource

Inova Imaging Center – Mark Center offers a full line of outpatient imaging that includes mammography, 3-D mammography, ultrasound, 3T-MRI, CT scans, X-rays and more. The building itself is only three years old and houses a well-trained staff that is responsive to patient needs. “Our customer service is

extraordinary,” says Debbie Berg, MBA, CRA, Diagnostic Imaging Director at Inova Alexandria Hospital. “Our staff at the Mark Center is an exceptional team that can accommodate and take care of all patients’ needs.”

The staff will work with you to get you in and out of the imaging center with as little wait as possible.

“Generally, people can walk in and get their exams done the same day,” says Berg. “For high-end imaging, we may need authorizations, but it still can all be done on-site, instead of going through central scheduling, which adds convenience.”

As an added convenience, same-day readings for mammography patients

are available at Inova Imaging Center – Mark Center. If you have a mammography screening done at the center, a radiologist will read your screening and give you the results before you walk out the door.

MARK CENTER
Visit inova.org/iahimaging to learn more.

SAVING

BABY JACK

Inova Alexandria Hospital welcomes a family in their time of need

In May 2014, Jordan and Molly Rogers arrived in Virginia from Salt Lake City, Utah, to attend Jordan's brother's law school graduation. The first night they were here, Molly, who was 24 weeks pregnant, noticed that she was bleeding a little bit, and before she knew it, she was in labor. Eventually an emergency C-section was performed at Inova Alexandria Hospital; their baby, Jack, ended up at the Charlotte and Walter Jones Neonatal Intensive Care Unit (NICU).

STRESSFUL SITUATION

It was an incredibly stressful situation for the Rogers family. "We're in a state with no family; my brother is in Charlottesville [two hours away]; we have three days of clothing; and terrible odds that our baby would survive, and if he does, even lower odds that he'll be normal," says Jordan. "All of this hit in a 24-hour period, which was terrifying."

Fortunately, the staff at Inova Alexandria Hospital's NICU and the surrounding community embraced the Rogerses' situation, giving them some much-needed support.

"The nurses in labor delivery were life-savers," says Molly. "They were basically what got us through. When [Jack] was born, we didn't have any family out there, so the nurses and the doctors became our family."

The newly renovated, fully-staffed, 16-bed Level III NICU cares round-the-clock for newborns who are premature or have special needs. Specially trained,



board-certified neonatologists, as well as specialized nurses, respiratory therapists, physical therapists and nutritionists staff the family-centered NICU.

"Our NICU is equipped to handle babies like Jack," says Lesley Chauncey, RN, CEIM, MSN, nurse manager. "We have the resources and staff to help give babies like him the best chance at life. We take great pride in the care we provide here."

Thankfully, baby Jack, who spent 10 weeks in the NICU, is now healthy and back in Salt Lake City with his parents. However, the transfer wasn't easy on the Rogers family or the Inova staff.

"It was really harder than we imagined; technically we were going home, but it felt like we were leaving home," Jordan says.



The Inova Alexandria Hospital Charlotte and Walter Jones Neonatal Intensive Care Unit became the home of little Jack Rogers, who was born prematurely, for 10 weeks. Now, he is back home healthy in Salt Lake City with his parents, Jordan and Molly.

CARE FOR BABIES

Learn more about maternity care at inova.org/womens.



Shoulder replacement restores quality of life

If you're experiencing severe pain in your shoulder and you haven't found relief through nonsurgical treatments like medications or physical therapy, then shoulder replacement surgery may be an option to consider.

"Shoulder replacement is a very effective procedure," says Jeffrey Lovallo, MD, Surgical Director, Inova Shoulder Replacement Program. "The doctors in our program perform a high volume of shoulder replacements, so our patients can be assured they'll get excellent care."

Shoulder arthroplasty is the third most common joint replacement surgery, followed by knee and hip replacement. Experienced orthopedic surgeons at Inova Alexandria Hospital perform the latest techniques to treat shoulder arthritis, fractures, nerve injuries and rotator cuff problems, allowing patients to return to their normal activities with less pain and stiffness.

WHAT A PAIN

Chronic shoulder pain can get in the way of everyday activities. You may find it painful to brush your teeth, drive or even sleep through the night. Shoulder replacement surgery can put you on a path to restoring your strength and range of motion so you can easily return to your daily routine without debilitating pain.



REACH HIGH

"Patients can return to a variety of activities including weightlifting, golf and tennis," says Dr. Lovallo. "I had one patient who, following a shoulder replacement, won a senior javelin tournament."

During the procedure, which takes about an hour, your doctor will replace your shoulder joint with a metal ball and

a plastic socket. Most people return home within one to three days. While at the hospital and after returning home, a physical therapist will help you move the muscles around your shoulder to help you regain strength and flexibility.

According to Dr. Lovallo, a shoulder implant can last up to 20 years if performed by a medical team with a high level of expertise.

"We have a lot of experience," says Dr. Lovallo. "Shoulder replacement is a very technically demanding surgery, and if you want a perfect result, you've got to do perfect surgery. That's what patients can expect at Inova Alexandria Hospital."



Jeffrey Lovallo, MD
Surgical Director

ASK THE EXPERT LECTURE

Modern Treatments for Shoulder Pain

Join Jeffrey Lovallo, MD, for a FREE lecture.

Date/Time: Tuesday, March 24, 6:30 p.m.

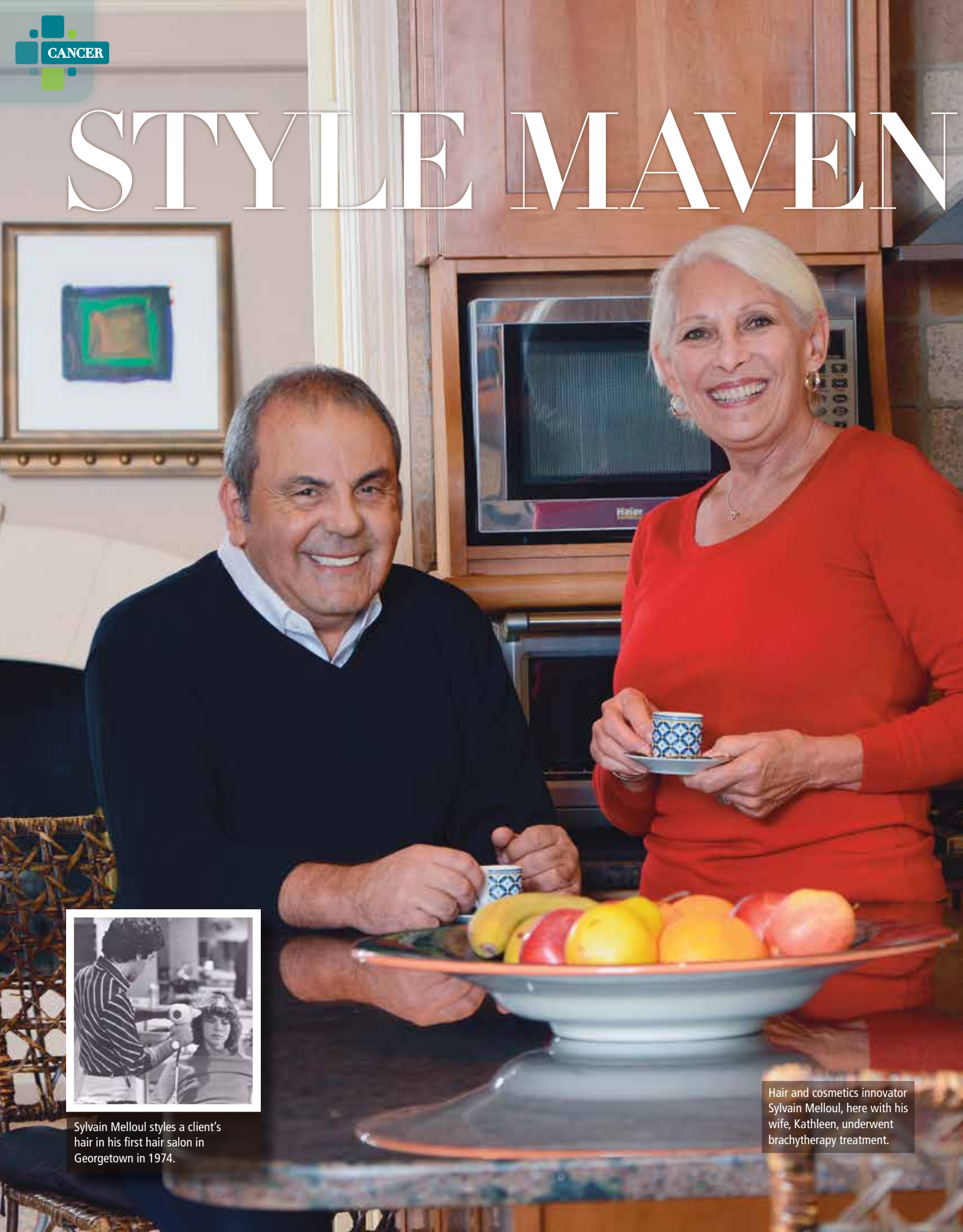
Place: Inova Alexandria Hospital, Auditorium

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

SHOULDER REPLACEMENT PROGRAM

To learn more, visit inova.org/shoulder.

STYLE MAVEN



Sylvain Melloul styles a client's hair in his first hair salon in Georgetown in 1974.

Hair and cosmetics innovator Sylvain Melloul, here with his wife, Kathleen, underwent brachytherapy treatment.

Internationally known hair stylist beats cancer with flair

Confronting challenges is nothing out of the ordinary for international beauty mogul Sylvain Melloul.

Having relocated to the United States from his native France in his early 20s, Melloul built a golden reputation as a hair and cosmetics innovator, eventually landing a position as hairdresser to first lady Hillary Clinton. So three years ago when Melloul was faced with a diagnosis of prostate cancer, he took the necessary steps to vanquish the disease.

"I approached treatment with a very positive attitude," says Melloul, now 67. "I'm still young and I have a lot of energy and I didn't want to take a chance and be uncertain about what the future is going to hold for me."

After a high prostate-specific antigen (PSA) test and a biopsy confirmed Melloul's diagnosis, his urologist, Robert Hart, MD, referred him to Matthew Poggi, MD, a radiation oncologist and Medical Director of the Inova Joseph Viar Jr. and Bonnie Christ Cancer Center to discuss his options. Melloul knew he was in good hands.

"Dr. Poggi is awesome," says Melloul. "He's a great guy to talk to and he educated me a lot, so I felt very comfortable."

PROACTIVE APPROACH

Designated a "high performer" in the specialty of urology by *U.S. News & World Report*, Inova Alexandria Hospital offers the most advanced treatment options for prostate cancer, including external beam radiation, RapidArc delivery and low-dose rate prostate seed implants, also known as image-guided brachytherapy.

"We have been providing prostate brachytherapy longer than any other

program on the Eastern seaboard," says Dr. Poggi. "The technology keeps changing and improving and we're fortunate at Inova Alexandria Hospital to be able to keep pace with those changes and improvements."

Dr. Poggi recommended that Melloul undergo brachytherapy, a technique that targets cancerous cells while sparing surrounding healthy tissue. During the 40-minute outpatient procedure, Dr. Poggi implanted radioactive seeds, each about the size of a grain of rice, into the prostate via tiny needles. Over the next three months, the radioactive seeds delivered targeted, low-dose radiation, eventually eliminating the cancer altogether.

"This was a good procedure for Mr. Melloul because he had localized disease to the prostate, did not have a lot of urinary obstructive symptoms and wanted a short recovery time," says Dr. Poggi. "He can expect a very low and controlled PSA and he doesn't have to worry about prostate cancer in the future."

Side effects following surgery can sometimes include increased frequency of urination, minor digestive issues and temporary sexual dysfunction lasting from four to six weeks.

"The symptoms are a little bit of a hassle, but with low-dose rate prostate seed implants, over the long-term, men have very good PSA control and they have the best preservation of their erectile function as compared to any other treatment for prostate cancer," says Dr. Poggi.

As for Melloul, the most challenging aspect of his recovery was limiting his culinary intake.

"My wife cooks very well, so the painful part of the recovery was the food because after you have the procedure you have to be careful what you eat for a few months," he says.

These days, Melloul travels the world with his wife, visiting family in Paris and Israel. He plays golf in his spare time and spends quality time with his three grown sons. Now retired, he helps two of his three sons in the cosmetology academy that continues to flourish under his name.

Should You Get Screened?

There are two types of screening tests for prostate cancer: the digital rectal exam and the prostate-specific antigen (PSA) test, which measures the level of PSA in the blood. The American Cancer Society recommends that men who are at average risk for prostate cancer talk with their healthcare providers about screening starting at age 50, while men at high risk should begin the discussion earlier. While most prostate cancers grow slowly and may not require treatment, some are aggressive and are best treated when caught early.

"Regular screening is definitely something people should talk to their primary care physician about," says Dr. Poggi. "It's certainly going to increase the number of biopsies, but most likely we'll be able to find prostate cancer at an earlier stage when patients have more options for treatment."

LEARN MORE

For more information on when to get screened for prostate cancer, visit the American Cancer Society's website at cancer.org.

HERE FOR YOU

To schedule an appointment with a cancer specialist at Inova Alexandria Hospital, call **703.504.7900**.

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 3 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 Alexandria Hospital](#) medical staff in recent months:



NAME	DEPT/SECTION
Ann Bartholomew, PA	Surgery/Neurosurgery
Samarawit Berhanu, MD	Obstetrics
Amit Chandra, MD	Emergency Medicine
Gina DeBlasio Coons, PA	Surgery/Plastic Surgery
Craig Czelusta, PA	Surgery/Orthopedic Surgery
Christina Fleming, CNM	Obstetrics & Gynecology
Joylyn Grant, NP	Medicine/ Gastroenterology
Rebekah Jordan, NP	Family Practice
Dong Kim, DPM	Surgery/Podiatry
Xavier Lennon, PA	Surgery/Neurology
Magdalena Lewandowski, PA	Emergency Medicine
Amit Mahajan, MD	Medicine/Pulmonary

NAME	DEPT/SECTION
Cathleen Mihelich, PA	Medicine/ Gastroenterology
Jean-Paul Pinzon, DO	Medicine/Palliative Care
Christina Powers, NP	Surgery/Cardiac/ Thoracic
Courtney Cutler Raizman, MD	Surgery/Otolaryngology
Noha Solieman, MD	Medicine/Neurology
Cathy Southammakosane, MD	Pediatrics
Bella Speight, MD	Anesthesiology
Alexander Tzavaras, MD	Pediatrics
Joanna Wyman, DPM	Surgery/Podiatry
Ogei Yar, MD	Medicine/ Cardiovascular Disease

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