



INOVA FAIRFAX HOSPITAL

INhealth

PAIN-FREE *Victory*

State-of-the-art ankle replacement returns champion golfer to top form

PAGE 6

Mimi Hoffman, who underwent an ankle replacement, won the Virginia State Senior Amateur Championship in July at the Homestead Resort in Hot Springs, VA.

INSIDE: MELANOMA PROGRAM

3

FAST STROKE TREATMENT

4

SPORTS MED EXPERTISE

5

FOLLOW THE LEADER

Comprehensive Care

At Inova Fairfax Hospital, we know that access to advanced care can change lives in dramatic ways. In this issue of *InHealth*, you'll read an account of an amateur golf champion who is back to winning tournaments thanks to total ankle replacement surgery using the latest generation of implant. You will also find an inspiring story of how our neuro-interventional team successfully treated an older patient who suffered a stroke.

We've recently introduced two new programs that will further expand our ability to provide advanced specialty care. These include Inova Melanoma and Skin Cancer Center, the only multispecialty program in the region to diagnose and treat all types of skin cancer, and Inova Sports Medicine Program, which will provide convenient access to integrative care for athletes of all ages and abilities.

I'm especially pleased to welcome orthopedic surgeon Robin West, MD, as Director of Sports Medicine. She'll be an integral part of the team as we get the ball rolling (no pun intended) on a five- to 10-year plan that includes construction of a regional sports medicine facility.

As we head into what looks to be a busy 2015, I wish our readers a happy and healthy new year.



PATRICK CHRISTIANSEN, PhD

CEO, Inova Fairfax Medical Campus

Executive Vice President, Inova



CONSTRUCTION |

MAJOR DEVELOPMENT



New Women's and Children's Hospital to open next year

To meet growing demand for its services in the region, Inova Children's Hospital's Level IV Neonatal Intensive Care Unit (NICU) will move in 2016 to a brand new state-of-the-art home in the new Inova Women's and Children's Hospital on Inova Fairfax Medical Campus.

The 655,000 square-foot, 12-story building — the largest construction project in Inova's history — will include 108 NICU beds, underscoring the NICU's status as the largest and most comprehensive Level IV unit in the area.

The new Inova Children's Hospital also will feature all private pediatric rooms and expanded pediatric intensive care units. Several play areas will further contribute

to a more homelike setting at the hospital.

Inova Women's Hospital will include a 48-bed, all private High Risk Perinatal Unit, on-site satellite antenatal testing and maternal fetal medicine and family-centered maternity suites. It also will include 192 private patient rooms, a dedicated women's surgery center, 33 labor delivery and recovery suites, and six Caesarean-section operation rooms.

BUILDING BOOM

To learn more about Inova Women's and Children's Hospital philanthropic support priorities, please contact Jennifer McGihon at **703.776.3422** or jennifer.mcghon@inova.org.

SKIN CARE |

Beating BURNS

How to practice sun safety in the wintertime



While sunburn may not be the first thing on your mind in the winter months, it can be just as much of a problem this season as in the summer. In fact, according to the Skin Cancer Foundation, areas of high elevation, such as ski slopes, can increase UV radiation that causes sunburn by as much as 35 percent to 45 percent.

With this in mind, it's important to apply sunscreen to any areas of your skin that are exposed to the sun in the winter. The snow and strong winds can also

affect sunscreen application, wearing it away and limiting its effectiveness. As a result, it's important to reapply sunscreen every two hours.

Winter sun can also be dangerous to the eyes when it reflects off white snow. Snow blindness, or photokeratitis, is the result of damage to the cornea due to lengthy exposure to reflected light. Although the blindness might last only a day or two, the condition is painful. To avoid it, wear polarized sunglasses that block between 95 percent and 100 percent of UV rays.

Happy HEARTS

Use Inova resources to stay on top of your health

Heart disease is a major threat to the health of Americans. It is the leading cause of death for both men and women, and is linked to about 1 in 4 deaths overall. To find out whether you are at risk, get a heart assessment at Inova. As February is Heart Month, it is an ideal time to get checked.

Inova offers multiple ways to check for heart disease risk factors. If you have a computer, you can take an online heart-risk assessment. This assessment will ask you facts about your life, such as your age, weight, cholesterol levels and selected medical history. Based on the data you provide, it will give you your “heart age,” which ideally should be the same as, or younger than, your biological age.

In honor of Heart Month in February, Inova is offering heart-healthy tips on

social media. To see weekly tips on Facebook, “like” Inova at [facebook.com/inovahealth](https://www.facebook.com/inovahealth).

A daily heart-healthy tip also will be available at twitter.com/inovahealth.

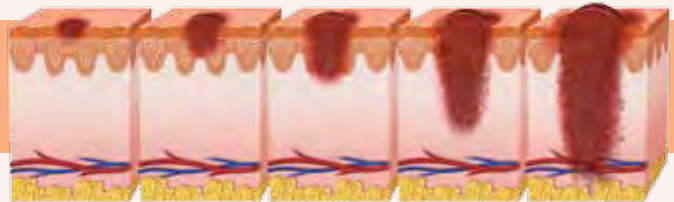
People who use tobacco, have a diet high in saturated fat and cholesterol, lack regular physical activity and drink alcohol excessively are more likely to develop heart disease. If you’re worried about your heart health, speak to your doctor and be aware of signs of a heart attack such as light-headedness, and having shortness of breath or chest pains.



CARDIAC CARE

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

Skin-to-Skin



Skin melanoma shown at different stages

New Melanoma and Skin Cancer Center opens

Inova Fairfax Hospital has opened Inova Melanoma and Skin Cancer Center, the region’s only multispecialty skin cancer program.

“Inova is a great place for my team and I to offer our specific training in the diagnosis and treatment of

all types of skin cancer,” says Suraj Venna, MD, a board-certified dermatologist who specializes in skin cancer and is Director of the new center. Also staffing the center will be Jennifer DeSimone, MD, and Sekwon Jang, MD. All three have specific expertise

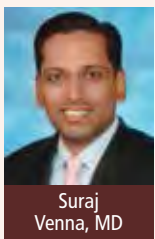
in skin cancer, including advanced non-melanoma skin cancers, Merkel cell carcinoma

(MCC) and cutaneous T cell lymphoma (CTCL).

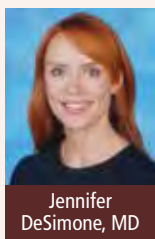
“My colleagues and I are particularly excited to establish our research here with Inova Translational Medicine Institute,” says Dr. Venna. The center plans to conduct genomic research on melanoma, he adds.

The program, which will be housed at 8505 Arlington

Blvd., Suite 100, will provide screening, detection and treatment of melanoma, a kind of skin cancer, in its early and advanced stages. The team also plans to establish a high-risk cancer screening clinic for organ transplant recipients. Among the programming at the center will be a weekly skin cancer screening clinic called Mole Monday.



Suraj Venna, MD



Jennifer DeSimone, MD



Sekwon Jang, MD

GET SOME SKIN IN THE GAME

Learn more about the new Melanoma and Skin Cancer Center at inova.org/skin. Call the office to make an appointment at **703.970.6430**.

NOT A SECOND

LOST



Barbara Detrich's fast reaction along with expert care helped her mom, Sophie, survive a stroke.

Barbara Detrich knew something was terribly wrong. Her 84-year-old mother Sophie, who'd been cheerfully answering TV game show questions, suddenly went quiet. Her eyes were frozen open and her mouth vibrated. At first, Barbara thought her mother was choking, but when paramedics arrived, they recognized she was having a stroke.

Sophie was rushed to the Inova Fairfax Hospital Emergency Department, where a dedicated neuro-interventional team was waiting to begin treatment. A CT scan revealed a large vessel stroke in the dominant hemisphere of her brain. Her condition was so severe, she required a breathing tube to stay alive.

Because she had suffered a stroke three months earlier, Sophie could not receive the clot-busting drug tPA. Instead, interventional neuroradiologist Edward Greenberg, MD, and his team performed a mechanical endovascular thrombectomy, a cutting-edge procedure that uses state-of-the-art equipment to find and remove the clot. With fluoroscopic guidance to see the instruments and arteries in real time,

Dr. Greenberg carefully threaded a series of small catheters into the blocked artery in Sophie's brain. He then used two different mechanical techniques to extract the clot: the Penumbra System (a vacuum device) and the Trevo® Retriever (a specially designed stent).

Despite a grim prognosis, Sophie's procedure was a complete success. "Using these new devices and advanced techniques, we were able to restore her brain function to normal," Dr. Greenberg says. "One of the most amazing parts of the case is that there is no evidence of even a small stroke on the subsequent brain imaging that was performed. So she did indeed escape, completely unscathed."

Nobody was more amazed by the outcome than Barbara, who credits timely action by EMS and the hospital's neuro-interventional team with saving her mother's life. "Everything went like clockwork," she says. "From the time the paramedics arrived at our house to the time the team wheeled her into the operating room, not a single second was lost."

Dr. Greenberg in turn praises Barbara's fast action in calling 911. "Time is brain in stroke care and if she did not act so smartly and quickly, we would not have had this result," he says. "It's important

that patients and families recognize the signs of stroke and realize that they have a key role in the outcome."

Sophie is back at home in Springfield and more independent than ever. Barbara sometimes finds it hard to believe her mother even had a stroke. Both she and Sophie are grateful for the world-class care available so close to home. "Everyone was top-notch and on top of their game, but they were also warm, attentive and caring," says Barbara. "It was so reassuring to feel that level of commitment. We couldn't be more satisfied."

The F.A.S.T. Test

Look for these stroke symptoms:

F = FACE Ask the person to smile.

Does one side of the face droop?

A = ARMS Ask the person to

raise both arms. Does one drift downward?

S = SPEECH Ask the person to

repeat a simple sentence. Is the speech slurred or strange?

T = TIME If you observe any of

these signs, note the time and call 911 immediately.

Robin West, MD, is the former assistant team physician for the Pittsburgh Steelers.



Photo courtesy of the Pittsburgh Steelers

Robin West, MD, heads up new Inova Sports Medicine Program

TEAM CAPTAIN

Inova has started a Sports Medicine Program, and has recruited orthopedic surgeon Robin West, MD, former assistant team physician for the Pittsburgh Steelers and former head physician for teams at Carnegie Mellon and University of Pittsburgh, to be the program's Medical Director.

"I've watched the development of the facility at the University of Pittsburgh over 12 years, so I've seen what works and doesn't work," says Dr. West. "Our mission is to provide high-level, integrative care to athletes of all ages and abilities and help them maintain an active lifestyle. This is a great area for it, with dynamic, sports-minded families and individuals. Busy people need convenient access to premier healthcare."

As part of a five- to 10-year plan that includes constructing a regional sports medicine facility, the program will focus on the complete care of athletes of all ages, ranging from injury prevention to acute and chronic injury treatment, performance improvement and comprehensive rehabilitation.

THE NEXT STEP

Before the rise of the Sports Medicine Program, Inova's efforts in this arena centered on its group orthopedic practices peppered around northern Virginia and the Washington, DC, metro area. Board-certified and fellowship-trained physicians specializing in orthopedics, joint replacement and sports medicine

HEAD SHOT

Find out more about Inova Medical Group Orthopedics and Sports Medicine at inova.org/inova-medical-group/adult/orthopedics-sports-medicine.

COACHING APP

Inova's Coach Safely App offers Emergency Department wait times, a concussion guide detailing symptoms to look for, weather updates and more. Find it on your mobile Android or Apple device. Learn more at inova.org/connect.

deal with a wide array of common acute and chronic athletic injuries with a variety of inpatient and outpatient treatments and physical therapy offerings.

The program brings these different pieces together, notes Matthew Levine, MD, orthopedic surgeon. "We realize all of the resources Inova has to deal with athletes and sports-related injuries and we're tying them all together into one approach instead of a fragmented system," says Dr. Levine, who previously served as assistant team physician at Duke University and on the medical staff for the World Figure Skating Championships in 2003. "Dr. West brings us to that next level based on her experience as a national leader in sports medicine."

Concussion Care

One of the objectives of Inova's new Sports Medicine Program is to focus on concussions and how to maximize players' recovery.

Sports Medicine Medical Director Robin West, MD, plans to collaborate with other Inova initiatives such as the recently created Concussion Program and Inova Translational Medicine Institute (ITMI), which explores the connection between genomics and health. Research from both programs will enhance concussion treatment offered to athletes, she says.

BACK IN THE

State-of-the-art ankle replacement returns champion golfer to form

Winning golf tournaments is part of Mimi Hoffman's DNA. But debilitating ankle pain threatened to derail her success. When she competed in the 2013 USGA Senior Women's Amateur Championship, the pain was so severe she could barely walk the course. "I realized if I didn't do something, my golf career was over," says the 58-year-old from Springfield.

Hoffman knew where to turn for help: Steven Neufeld, MD, an orthopedic surgeon at The Orthopaedic Foot & Ankle Center, and Medical Director of Inova Fairfax Hospital's comprehensive total ankle replacement program. Dr. Neufeld had treated Hoffman's ankle issues for years and she trusted him completely. "He has a degree in engineering; I have a degree in mechanical engineering," she says. "I knew he had the ability to take my ankle apart and put it back together again." When X-rays revealed a broken tibia and bone-on-bone arthritis, the verdict was in — Hoffman would need a total ankle replacement.

Ankle replacements are on the rise in the United States thanks to technological advances in ankle implants, as well as growing demand from aging baby boomers who want to stay active. The procedure involves replacing the damaged ankle joint with a combination of metal and medical-grade plastic. Industry breakthroughs have expanded the choice of effective implants. In the late 1990s, only one ankle prosthesis was FDA-approved. Today, surgeons can select from four FDA-sanctioned models.

"Using the latest generation of ankle implants, we are now able to relieve pain, restore motion and improve quality of life," Dr. Neufeld says. "Good candidates for ankle replacement are patients with debilitating pain who have failed to respond to conservative measures such as anti-inflammatory medications, braces, cortisone injections or physical therapy."

For Hoffman's replacement, Dr. Neufeld recommended the Salto Talaris™ Total Ankle Prosthesis — one of the newest implants on the market. It mimics the anatomy and natural flexion of the ankle joint for optimal range of motion.

After her procedure at Inova Fairfax Hospital, Hoffman faced three months of rigorous rehabilitation to regain strength and relearn her golf swing. The effects have been transformative. She feels stronger than she's been in years and says there's nothing she can't do. Dr. Neufeld credits Hoffman's hard work and positive attitude for her smooth recovery. "She had



Glass half full: Mimi Hoffman is winning tournaments thanks to ankle replacement surgery.

"I knew he (Dr. Neufeld) had the ability to take my ankle apart and put it back together again."

—Mimi Hoffman

reasonable expectations, she was very motivated in her physical therapy and she followed all instructions. All of these elements help ensure that patients have a good outcome," he says.

With zero pain, Hoffman is now tearing up the golf course once again. In June, she won the VSGA Senior Women's Stroke Play championship. Two months later, she captured the VSGA Senior Women's Amateur championship. Only two women in Virginia history have won both majors in the same year.

She is grateful for the care she received at Inova Fairfax Hospital and recommends Dr. Neufeld to all who ask. "He's an incredible doctor," she says. "Every time I say his name I start to smile and then I start to cry. He gave me my life back. And that's a beautiful thing."

SWING

Ankle Replacement Parts

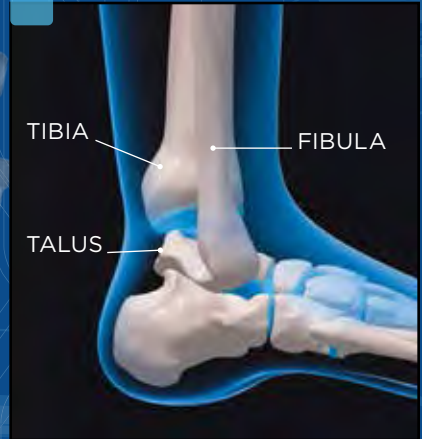
Several components make up the ankle replacement device, according to manufacturer Tornier, who makes the Salto Talaris™ Total Ankle Prosthesis. All of the parts are made from highly biocompatible

materials, including titanium and cobalt chrome metals on the tibial and talus sides of the joint. A third component made of a biocompatible plastic called polyethylene is attached to the tibial

component to help the components glide against each other. These are materials identical to those used in hip and knee replacements.



Who is a Good Ankle Replacement Candidate?



Never heard of someone with an ankle replacement? That's because ankle replacement is not as common as other kinds of joint replacements, such as those for the hip and knee. Still, the number of procedures is growing fast.

Ankle arthritis occurs when ankle joint cartilage wears out, causing pain, loss of motion, swelling and difficulty walking. Patients with debilitating pain are first treated by conservative measures, such as anti-inflammatory medications, braces, cortisone injections and physical therapy.

Ideal candidates for replacement surgery are 50 and older, in good general health and have severe ankle pain from arthritis or cartilage injury.

During the procedure, the orthopedic surgeon removes the diseased cartilage and bone and replaces it with a metal-and-plastic bearing that reduces pain while maintaining ankle motion.

The procedure lasts about an hour and a half, and most patients go home the next day. People can expect their ankle replacements to last 10 to 20 years.

JOINT FACTORS

Learn more about joint replacement at Inova at inova.org/joint.

Published with permission from Tornier

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.

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-056-IFH



WELCOME, NEW PROVIDERS!

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

NAME	DEPARTMENT
Nicolai Baecher, MD	Orthopedic Surgery
Arpita Basu, MD	Medicine/Internal
Mrunalini Chakurkar, MD	Medicine/Pulmonary
Jennifer DeSimone, MD	Medicine/Dermatology
Yu Dong, MD	Psychiatry
Kelly Epps, MD	Medicine/Cardiology
Sonia Gosain, MD	Medicine/Gastroenterology
Nadim Hallal, MD	Orthopedic Surgery
Madhu Henry, MD	Medicine/Internal Medicine
George Iskander, MD	Obstetrics/Gynecology
Sekwon Jang, MD	Medicine/Hematology Oncology
Marwan Khalifeh, MD	Surgery/Plastics
SungHee Kim, DDS	Surgery/Oral
Laura Madoo, DO	Pediatrics
Amit Mahajan, MD	Medicine/Pulmonary
Griselda Meza, MD	Pediatrics/General
Jonathan Mobley, MD	Surgery/Urology
Mahvash Mujahid, MD	Family Practice
Caitlin Nussbaum, MD	Pediatrics
Jung Oh, MD	Medicine/Gastroenterology
Ashley O'Reilly, MD	Surgery/Otolaryngology
Cheryl Ostrowski, MD	Family Practice

NAME	DEPARTMENT
Jean-Paul Pinzon, DO	Medicine/Internal
Courtney Raizman, MD	Surgery/Otolaryngology
Luis Rodriguez, MD	Obstetrics/Gynecology
Ruchika Saini, MD	Family Practice
Zeina Saliba, MD	Psychiatry
Susmita Sarangi, MD	Pediatrics
Michael Serlin, MD	Medicine/Infectious Disease
Ankit Shah, MD	Obstetrics/Gynecology
Rupa Shah, MD	Medicine/Gastroenterology
Allison Siegel, MD	Pediatrics
Ryan Sobel, MD	Surgery/General Surgery
Noha Solieman, MD	Neurosciences
Snezana Sonje, MD	Psychiatry
Mathew Swierzbinski, MD	Medicine/Infectious Disease
Jean Thermolice, MD	Obstetrics/Gynecology
Priya Vaidyanathan, MD	Pediatrics
Suraj Venna, MD	Medicine/Dermatology
LaTashia Walker, MD	Obstetrics/Gynecology
Jason Weber, MD	Orthopedic Surgery
Jennifer Webster, DO	Pediatrics
Joanna Wyman, DPM	Orthopedic Surgery/Podiatry

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.

Baby Time



Schedule a tour or complete online registration for your OB admission at inova.org/baby.