

INhealth



Top of the **WORLD**

Weight loss programs offer individualized surgical and lifestyle solutions

PAGE 6

Caitlyn Carroll underwent weight loss surgery at Inova Fair Oaks Hospital. She has lost 200 pounds as a result.



FOLLOW THE LEADER

At Your Service

Happy New Year! Patients have always been the top priority at Inova Fair Oaks Hospital, and that remains true for 2016. Meeting your needs, and the needs of the community as a whole, drive the services we provide. Your time is valuable, so convenience is critical for everything you do, including your healthcare.

Inova Weight Loss Services understands that being a patient involves more than just medical procedures. Our program offers a variety of options to help you meet your weight loss goals. Our physicians, exercise specialists, nutritionists, counselors and behaviorists are all located on our campus, making sure you have all the resources at your fingertips. To learn more about this comprehensive program, turn to page 6.

Our latest construction project involves six brand-new operating rooms that will allow for additional high-tech equipment and advanced procedures. These minimally invasive procedures, such as MAKOplasty® Partial Knee Resurfacing, get you back to your life faster, and we know that's important. Read about MAKOplasty on page 5.

As we look to the future, we are continuing to grow and adapt to the ever-changing needs of our community. Here's to a happy and healthy 2016.



JOHN FITZGERALD
Chief Executive Officer,
Inova Fair Oaks Hospital

● SURGERY |

Building for THE FUTURE

Plans for state-of-the-art operating rooms

Inova Fair Oaks Hospital is currently undergoing a major renovation, building six new state-of-the-art operating rooms. The large-scale plan, slated for completion in mid-2017, reaffirms the hospital's commitment to providing patients with world-class surgical care close to home.

The six surgical suites will put surgeons and operating room staff in an advanced, high-tech environment where they can perform a wider range of procedures.

"As construction continues, our current surgical complement will remain

operational," says Tammy Razmic, AVP, CFO, Inova Fair Oaks Hospital. "Once the six new surgical suites are completed, we will repurpose four of the existing operating rooms."

The project also includes renovating the hospital's front lobby, atrium and surgical waiting area, where visitors will find additional outlets to plug in mobile devices. "Our goal is to help family and friends feel more comfortable as they wait for loved ones to come out of surgery," Razmic says.



● EXPANSION |

Room to GROW

Physician space at Urgent Care Center – Dulles South

Physicians will soon have more space at the Dulles South medical office building. The new space, which will be above the Urgent Care Center – Dulles South, will be primarily for OB-GYNs, primary care physicians

and specialists, says Rohit Mahajan, Growth Officer at Inova Fair Oaks Hospital.

"A variety of specialists will rotate through the space, in order to serve the needs of the community," Mahajan says.

In addition to the

specialists, Inova plans to staff full-time OB-GYNs and primary care physicians in the space to serve the community.

The space is under construction and scheduled to open in the first quarter of 2016.



● WELLNESS |

FENDING OFF the Flu

Flu shots help to make symptoms milder

While flu season can be unpredictable, it normally peaks between December and February. This means it's still a good time to get a flu shot, if you haven't received one already.

The flu virus is constantly evolving, and vaccines are designed to fight the strains that health experts predict will be most common each season. Anyone 6 months and older can be vaccinated. Young children, pregnant women, people with chronic health conditions and people 65 and older are especially encouraged to get vaccinated because they have a higher risk of developing flu-related complications, which can be very serious — or even deadly. Children

ages 6 months through 8 years may need two doses of the vaccine, which should be given at least four weeks apart. A nasal spray vaccine is also available for people ages 2 through 49.











If you develop the flu, the flu vaccination can help make your symptoms milder and decrease the chance that you will need to be hospitalized. On average, around 200,000 people are hospitalized each year because of the flu. If you think you have the flu, contact your healthcare provider, especially if you are experiencing severe symptoms. Your provider can prescribe antiviral medications that can also help shorten or lessen the severity of the flu.

PREVENTION

Besides receiving a flu shot, here are other preventive measures to reduce the likelihood of developing the flu. These are generally the same steps you would take to avoid a cold:

- Wash your hands often with soap and water, or use an alcohol-based sanitizer.
- Don't touch your mouth, eyes or nose with unwashed hands, as those are places where germs easily can enter the body.
- Eat well, exercise, drink plenty of water and get enough sleep.
- Avoid being in close proximity to sick people.

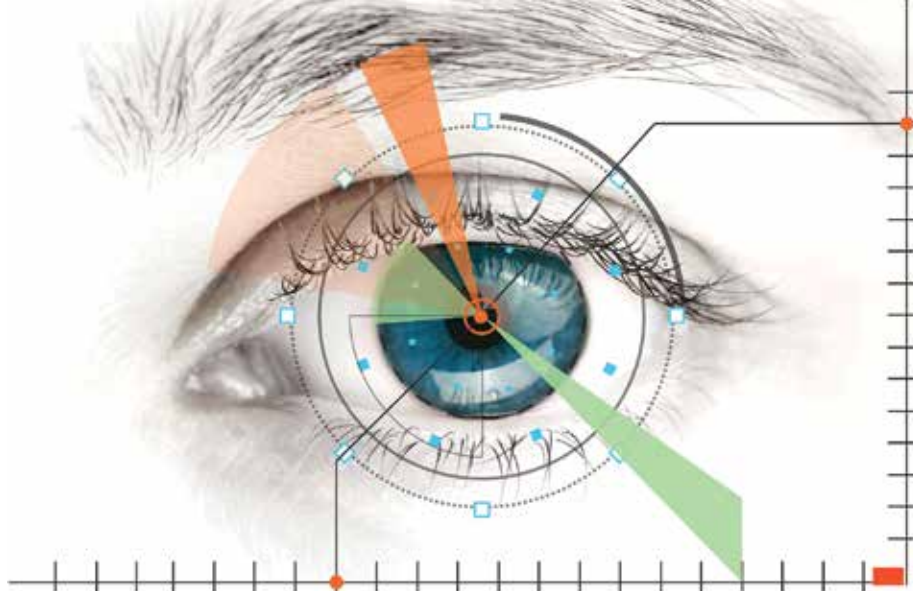
IS IT A COLD OR THE FLU?

COLD	FLU
 Runny nose	 Muscle pain
 Sore throat	 High fever
 Sneezing	 Headache
 Cough	 Serious fatigue
 Fatigue	 Chills

FLU SHOT CLINICS

Inova offers convenient flu shot clinics at many locations. Find one near you at inova.org/flu.

EYES ON THE TARGET



Regular eye exams help detect problems at their earliest stages

As you mentally flip through those perennial New Year's Resolutions, consider a new one for 2016: schedule an eye exam! The timing is ideal, since January is National Glaucoma Awareness month.

It's estimated that more than 3 million Americans have glaucoma — although only half of those have been officially diagnosed, as there are very few, if any symptoms. The disease, characterized by a damaged optic nerve unable to carry images from the eye to the brain, encompasses a series of different diseases that can all eventually lead to blindness. There is no cure for glaucoma — regardless of the disease type — and the damage is irreversible. When diagnosed early, however, treatments exist to halt disease progression.

TRIALS AND TREATMENTS

"Glaucoma is detected with a simple, painless screening, often part of a comprehensive eye exam. If detected,

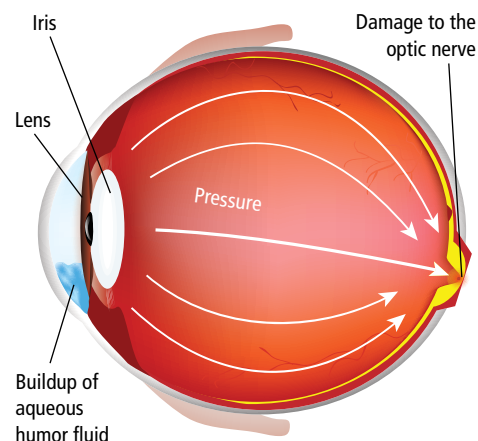
the next step is to diagnose the type of glaucoma, so we can pinpoint the right specialist who can administer the best possible treatment," explains T. Mark Johnson, MD, FRCSC, an attending surgeon at the Retina Group of Washington (RGW) in DC. "The key for optimal results, however, is early detection."

MACULAR DEGENERATION

Retinal diseases, such as age-related macular degeneration (AMD), also may cause vision loss. IFOH performs over 1,000 retinal surgeries each year.

Dr. Johnson and his fellow RGW specialists are also currently participating in multiple national clinical trials that may open the door to potentially groundbreaking treatments for retinal diseases. Two current trials involve AMD.

The majority of patients diagnosed with macular degeneration have the dry form, which can result in central vision loss and may develop into wet AMD. To date, there



Glaucoma is often associated with a buildup of pressure inside the eye. It causes damage to the eye's optic nerve.

is no approved treatment for dry AMD, although RGW is currently involved in a trial study to change that. "We're investigating one of the first drugs specific to dry AMD," Dr. Johnson explains. "If it works out — and you never know with trials — this is potentially a game-changer."

Wet AMD is the more rapidly progressive form. While there are effective treatments, these treatments require injecting a drug into the eye every four to eight weeks — sometimes for decades. "We're investigating longer-acting forms that may last for months or possibly years," Dr. Johnson says. "So the goal here is to treat the disease and also make the patient's life a lot easier."

ASK THE EXPERT

LECTURE



Michael Rivers, MD
Ophthalmologist

Advances in the Treatment of Age-Related Macular Degeneration and Diabetic Retinopathy

Join Michael Rivers, MD, for a FREE lecture.

Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

Date & Time: Monday, May 23, 6 p.m.

Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

SEEING CLEARLY

Find an ophthalmologist at
inova.org/physicians.



GO-GETTERS

Minimally invasive partial knee resurfacing procedure keeps adults in the game

Age isn't slowing down the nation's 74.9 million baby boomers. However, this go-get-'em generation's vitality can be derailed by the body's natural aging process. Decades of physical activity wear down the bones' protective cartilage. The result can be osteoarthritis (OA) — often in the knees. Until recently, the surgical solution involved an invasive total knee joint replacement.

Today, individuals diagnosed with early to mid-stage osteoarthritis of the knee may be candidates for MAKOpasty® Partial Knee Resurfacing. A minimally invasive, robotic-assisted treatment, MAKOpasty is currently performed by orthopedic specialists at Inova Fair Oaks Hospital — one of only a select few hospitals in the entire Northern Virginia and Washington, DC, metro area that offer this innovative surgical approach.

SAFE AND EFFECTIVE TREATMENT

MAKOpasty, an advanced technique involving a small incision on the front of

the knee, utilizes robotic technology to resurface only the arthritic portion of the knee joint, thus preserving surrounding healthy bone and ligaments. "The procedure has been around for a while. So we know it's safe and effective," says James Reeves, MD, orthopedic surgeon. "What's different today is that robotics have advanced our capabilities. Now we can perform the procedure with even greater accuracy, which consistently achieves better outcomes and puts the patient back in action sooner — without pain."

For 65-year-old Anthony Wilder, MAKOpasty proved to be the ultimate solution. Wilder has always enjoyed physical activity — from ultimate Frisbee to mountain climbing — but eventually all that action left his inner knees with a painful bone-on-bone condition.

FULL RANGE OF MOTION

Dr. Reeves recommended MAKOpasty — for both knees — and within 24 hours Anthony was discharged from Inova Fair Oaks Hospital. After a few weeks of physical therapy, the Bethesda, MD, resident once again had full range of motion in both knees and adds, "Today, my knees feel like they did when I was in my 30s!"

The patient's successful recovery earned Dr. Reeves' go-ahead to enjoy any sport he desired. "And that's what I did," Anthony says, noting that he has been paddle boarding since the surgery. "To me, MAKOpasty is the future ... the Tesla of knee implants."

ASK THE EXPERT

LECTURE



Bradley Boyd, DO
Joint Replacement Specialist

Robotic Joint Replacement: What's New in Hip and Knee Arthritis

Join Bradley Boyd, DO, for a FREE Lecture.

Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

Date & Time: Monday, April 4, 6 p.m.

Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

MAKE YOUR MOVE

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

RIDING

Weight loss programs offer individualized surgical and lifestyle solutions

“I’m free!” Without a moment’s hesitation, that’s how 29-year-old Caitlyn Carroll describes her results following Roux-en-Y gastric bypass surgery through the Inova Fair Oaks Hospital (IFOH) Weight Loss Surgery Program.

“Guess what else? I can go to the theme park and go on any ride I want. No more weight restrictions!” Caitlyn adds with a laugh, referring to the weight limits on roller-coaster rides.

Caitlyn laughs easily now, but she acknowledges there was nothing funny about the emotional highs and lows she rode for years as she struggled with obesity and worried about the associated health risks, including heart disease, high blood pressure, type 2 diabetes, sleep apnea, gallstones, breathing problems, high cholesterol and certain cancers. So in January 2014, Caitlyn, of Warrenton, Virginia, took charge and partnered with Amir Moazzez, MD, Inova Weight Loss Surgery Medical Director, who performed her procedure. Since then, she has lost 200 pounds, adopted a healthy lifestyle and discovered a whole new level of energy.

THE PERFECT MIX

Caitlyn credits a large part of her success to the rare synergy between IFOH’s two complementary weight-loss programs. The nationally recognized Weight Loss Surgery Program offers a range of surgical weight-loss treatments, including minimally invasive procedures such as mini-incision gastric bypass, laparoscopic gastric bypass, laparoscopic sleeve gastrectomy and laparoscopic gastric banding. The Medical Weight Loss Program helps patients

learn how to healthfully lose weight and keep it off through healthy diet, nutrition and exercise choices.

The collaborative coordination between both programs gives Inova weight loss patients access to a broad and deep support network, including nationally recognized, board-certified physicians, registered dietitians, exercise specialists, specialized counselors and certified nurses. “Having these resources allows us to assess each patient’s weight loss goal and create a personalized plan to safely and effectively meet that goal,” Dr. Moazzez says. “But what sets us apart from other institutions is our dedication beyond what the scale says. We help patients cope physically, emotionally and mentally with their weight loss. That level of commitment is rare.”

SURGERY AS A TOOL

That education and support, Caitlyn says, began during the months prior to surgery and continues today. “My weight loss gave me the freedom to enjoy life, but I work hard — every day — for that freedom. Surgery isn’t a quick fix and relapses happen. I check in with



Caitlyn Carroll has a new outlook on life since her weight loss surgery.

HIGH

Rethinking Obesity

The American Medical Association's (AMA) policy statement recognizes obesity as a disease that requires a range of medical interventions to advance obesity treatment and prevention.

In full agreement with the AMA, Amir Moazzez, MD,

Inova Weight Loss Surgery Medical Director, equates obesity with a chronic disease, which the U.S. National Center for Health Statistics defines as a disease that will not disappear on its own and cannot be prevented with vaccines or cured by medication. "As a society, we have to learn how to think differently about obesity. Like any chronic condition, obesity requires long term, individualized care. And it's no one's 'fault,'" he says.

To facilitate the learning process and provide ongoing care and support, Inova offers a robust series of free weight loss seminars, live webinars and workshops. These educational programs delve into Inova's two weight loss programs, the Inova Weight Loss Surgery Program and the Inova Medical Weight Loss Program.

Individuals learn about:

- Weight loss options, from surgical to non-surgical choices
- How to select the best weight loss option to fit individual lifestyle and health needs
- Inova's full spectrum of weight loss care — all under one roof

To suit your schedule, Inova's weight loss seminars, live webinars and workshops are conveniently held during both daytime and evening hours. For more information, call **703.348.4716** or visit inova.org/weightloss.

IFOH Weight Loss Surgery Program means

I can make this recommendation and know that my patient will receive the best care available."

Conversely, if a patient faces no urgent health risks and has never tried weight loss through diet and exercise, Dr. Moazzez may refer this person to Dr. Zalavadia.

"Bariatric surgery is not a knee jerk reaction to lose weight, and its chance of success is slim without the patient's commitment to serious lifestyle changes," he says. "Because our two programs work hand-in-hand, I can recommend that a patient begin with our Medical Weight Loss Program, learn what that commitment entails, and then we can talk about surgery. It's a seamless process, with the patient receiving all this individualized care within one system."

EXCEEDING HER GOAL

The educational process proved instrumental in Caitlyn's 200-pound weight loss. In fact, her success exceeded her goal, so she's undergoing a series of plastic surgery procedures to remove excess skin due to weight loss. "These procedures represent the final steps in completing the weight-loss journey," notes Joseph Michaels, MD, FACS, board-certified plastic surgeon.

Caitlyn found the whole weight loss experience at Inova Fair Oaks Hospital encouraging. "After my first procedure, Dr. Moazzez stopped by my hospital room to see how I was doing. I think he enjoys my success as much as I do," Caitlyn says. "That kind of support is so positive. It makes me feel confident about the future."

Inova's weight loss team every six months, and with their help, I take far more steps forward than backward."

Kajal G. Zalavadia, MD, bariatrician, Inova Medical Weight Loss Program director, echoes Caitlyn's sentiment. "Obesity is a chronic condition, and like every chronic condition, it requires long-term, highly individualized follow-up care. That's why we stress that surgery is a tool — an excellent tool, but not a solution. The solution lies in learning how to use that tool correctly, so patients lose weight and keep it off."

The integrated programs also allow Dr. Zalavadia to make targeted decisions based on each patient's individual health status.

"Sometimes I see patients who need to lose well over a hundred pounds, and the weight is jeopardizing their health — perhaps their life," she says.

"Conservative care will bring moderate weight loss over time, but if the patient is at high risk for a heart attack or stroke, there's a sense of urgency. In these situations, surgery is usually the best place to begin. Being connected to the

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) on genomics, Inova Neuroscience Institute, Inova Dwight and Martha Schar Cancer Institute (ISCI) 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
Solly Elmann, MD	Surgery/Ophthalmology
Nadim Geloo, MD	Medicine/Cardiology
Michele Gittings, PA	Surgery/Plastics
Natalie Susan Hauser, MD	Pediatrics
Camila Hersh, MD	Obstetrics/Gynecology
Danielle Layton, PA	Medicine/Gastroenterology
Linda Ledbetter, NP	Medicine/Cardiology
John McCue, DO	Family Medicine
Elizabeth McMillan, NP	Family Medicine/Palliative Care
Cindy Portner, DO	Anesthesiology
Yaa Serwaah, NP	Medicine/Cardiology
Sharmila Srinivasan, MD	Surgery/Ophthalmology
Emily Tanski, PA	Surgery



CORRECTIONS

Two doctors were misidentified in Inova Fair Oaks Hospital's fall issue of *InHealth*. They are: urologist Jonathan Mobley, MD, and colorectal surgeon Lynda Dougherty, MD.

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