

INhealth



Regaining **CONTROL**

Deep brain stimulation (DBS) procedure keeps movement disorder symptoms in check

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Bachir Flih, who has Parkinson's, underwent deep brain stimulation. One noticeable benefit? He can throw a football again.

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FOLLOW THE LEADER



What's in a Name?

Inova's name not only describes the location of our extensive network of 150 service sites in Northern Virginia — including the flagship Inova Fairfax Medical Campus — but also encapsulates a history of innovation that improves the health of the diverse community we serve.

This issue of *InHealth* shares several improved or new service offerings. The Department of Surgery introduces two new physicians who have joined our medical staff, bringing advanced techniques to improve patient comfort and recovery times. Innovation isn't always about clinical changes. The Women's Hospital has taken patient comfort to a new level with a multitude of special touches in its amenities program (page 4).

For patients with Parkinson's disease, Bachir Flih's story of struggle, treatment and recovery (pages 6-7) is nothing short of inspiring. Using deep brain stimulation, a gifted team of clinicians have given him a new lease on life.

Additionally, a friendly reminder on the value of a simple flu shot: Flu is the leading cause of hospitalization in the winter months; take advantage of the opportunity to prevent it.

We invite you to learn more about the breadth of services we offer as we continuously improve and expand, fulfilling the promise of innovation that is part of our name.



PATRICK CHRISTIANSEN, PhD

CEO, Inova Fairfax Medical Campus
Executive Vice President, Inova

WELLNESS

BEAT the Bug

There's still time to receive a flu shot

Flu season has arrived again — and it's nothing to sneeze at. Each year, the flu virus is the cause of thousands of hospitalizations and even deaths. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older receive an annual flu vaccine.

"The flu shot is the most effective way to prevent influenza illness and reduce doctor's visits and missed days from work and school," notes Nandini Koka, MD, Medical Director, Inova Urgent Care Centers. "The flu shot can also prevent flu-related hospitalizations and serious illness."

There are other types of flu vaccinations, such as the nasal spray, FluMist. But the CDC advises against getting FluMist this season because of the vaccine's relatively poor effectiveness for the last three years. Fortunately, the flu shot is safe for everyone

6 months and older. "People who are at risk for serious illness and complications, including young children, pregnant women, people 65 years and older and those with chronic medical conditions, should be especially proactive about obtaining a flu shot," advises Dr. Koka.

Since it takes approximately two weeks after receiving the vaccine to build up antibodies that protect against the virus, it is best to get a flu shot before influenza activity begins in your community, adds Dr. Koka.

Flu shots are now available at Inova through its Urgent Care Centers, outpatient doctors' offices and flu clinics held at each Inova hospital. Please check the schedule at inova.org/flu. Those seeking a flu shot at an Urgent Care Center can check in online in advance to avoid any wait at inova.org/ucc.

CARDIAC CARE

Have a HEART

Women, take care of your cardiac health



February is American Heart Month. Ladies, to celebrate the occasion, make healthy life choices, and pay close attention to heart attack risk factors and symptoms.

RISK FACTORS

Several traditional risk factors, such as high cholesterol, high blood pressure, obesity, family history and age, affect both women and men, but some risk factors play a bigger role in the development of

heart disease in women. These include: diabetes, smoking, menopause, pregnancy complications, birth control, inactivity, mental stress and depression.

"In addition, hormonal changes during menopause can negatively impact these major risk factors by lowering good cholesterol, increasing insulin resistance and increasing weight gain," says Kelly Epps, MD, interventional cardiologist at Inova Fairfax Medical Center.

Get HIP

New anterior total hip replacement offers alternative to traditional procedure

Traditionally, total hip replacement procedures have resulted in relief from arthritis pain. Unfortunately, lengthy recovery times and numerous post-surgery precautions, including limitations on how far the hip can bend, have been part of the package. Today, Inova Fairfax Medical Campus (IFMC) offers an alternative approach to hip surgery that offers quality-of-life benefits: direct anterior total hip replacement.

“Direct anterior total hip replacement is a more modern technique, and what makes it better is that, instead of cutting the muscles, surgeons work between them,” says Michael Anvari, MD, a board-certified orthopedic surgeon at IFMC. “This results in less pain, faster recovery and a faster return to activities.”

Leaving the muscles intact also helps keep the hip joint more stable, which lessens the risk of dislocation. “And because the joint is more stable, traditional post-surgical precautions are not needed after surgery,” Dr. Anvari notes.

Previously, patients requesting direct anterior total hip replacements needed to travel to Inova Mount Vernon Hospital for the procedure. Dr. Anvari, who joined the IFMC team in 2016, has completed a fellowship in joint replacement and has experience in the anterior hip technique. “Inova Fairfax Hospital recruited me a few months ago and made an investment in a special table that is required for the anterior hip procedure,” Dr. Anvari says.

About 90 percent of patients who are candidates for total hip replacements are also candidates for the direct anterior procedure. Dr. Anvari sees patients at Inova Medical Group Orthopaedics and the Inova Sports Medicine office in Fairfax.

THE PLACE FOR JOINTS

Learn more about joint replacements at inova.org/joint.

ASK THE EXPERT

LECTURE



Hip and Knee Arthritis Treatment Options

Join Michael Anvari, MD, for this FREE lecture.

Location: Inova Center for Personalized Health, 3225 Gallows Road, Fairfax, VA

Date & Time: Tuesday, Jan. 31, 6 p.m.

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

Michael Anvari, MD
Orthopedic Surgeon

SYMPTOMS

We normally consider chest pain a heart attack symptom, but some women may not experience it at all. Common heart attack symptoms in women aside from chest pain include: neck, jaw, shoulder, upper back or abdominal discomfort; shortness of breath; pain in one or both arms; nausea or vomiting; sweating; light-headedness or dizziness; and unusual fatigue.

Because women experience more atypical or subtle heart attack symptoms than men, many already have heart damage by the

time they show up to the emergency room. If you are experiencing any of these symptoms, do not downplay them or hesitate to call for emergency help.

LOWERING RISK

According to Dr. Epps, controlling risk factors can lead to an 80 percent reduction in heart disease. Women can be their own best health advocates, starting with everyday decisions about diet and exercise.

“For patients with a strong family history of heart disease or patients who have been diagnosed with risk factors such as high

ASK THE EXPERT

LECTURE



Kelly Epps, MD
Interventional Cardiologist

Women’s Heart Health

Join Kelly Epps, MD, for this FREE lecture.

Location: Inova Women’s Comprehensive Health Center, 8100 Boone Blvd., Suite 710, Vienna, VA

Date & Time: Tuesday, Feb. 7, 6:30 p.m.

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

blood pressure, high cholesterol or diabetes, I advise seeking guidance from a primary care provider or cardiologist to come up

with an individualized treatment plan, as some risk factors may require medication in addition to lifestyle changes.”

DESIGNED FOR YOU

Celebrate the first moments of motherhood — in style



New moms can now enjoy their postpartum recovery in one of eight new luxurious suites at the Inova Women's Hospital on the Inova Fairfax Medical Campus. Each suite offers a choice of amenity packages to optimize comfort for mom, companion and family.

"When women have a baby, it's one of the highlights of their life, so we try to provide a little extra TLC, a little added touch to make their experience even better," says Marisa Little, RN, Director of Operations and Growth at Inova Women's Hospital.

COMFORT AND ELEGANCE

The Inova Women's Hospital has a selection of conventional amenities, such as professional photographers to take baby's first photo, an on-call menu to suit every diet, and a women's boutique that caters to a variety of needs and even offers bedside services for purchases and bra fittings. Women can now choose between two additional upgraded amenity packages: The Gold Package includes a spacious private patient room with an adjoining suite where family members can lounge comfortably and a companion may stay overnight. The all-inclusive Diamond Package also offers a celebration gift basket, a matching spa-inspired robe

and slipper set, a set of muslin blankets and sparkling water. A la carte items are available, as well.

"Every patient who has participated in the program has said that we've exceeded their expectations, and that's really what we want to do," says Virginia Douglas, Amenities Coordinator.

To help you unwind and have time to focus on your new arrival, the amenities program also provides complimentary resource services. Whether you have a letter to send, travel arrangements to make or hotel accommodations to coordinate, the staff is there to make it happen seamlessly.

In the near future, the Inova Women's Hospital will make eight additional suites available for women with high-risk pregnancies and women seeking surgical services and care. The hospital is currently exploring the potential for in-room salon services and massage therapy.

AT YOUR SERVICE

To purchase amenity packages or a la carte options, contact Amenity Services, Monday-Friday, 8 a.m. to 4 p.m., at **703.776.5652**. To learn more about amenity packages or a la carte options, please visit inova.org/amenity.

A Moment to Cherish

To celebrate the birth of your new addition, Inova Women's Hospital offers a Celebration Meal, a three-course fine dining experience for two served on designer linens and fine china — all in the comfort of your room.

"The Celebration Meal is an intimate meal for two and it's to commemorate the birth of your newborn," says Virginia Douglas, Amenities Coordinator. Prepared by the Inova Women's Hospital's Executive Chef, the menu features gourmet offerings such as flame-broiled filet mignon. Prefer a light snack? Tea for Two features a selection of fine teas, mini cakes, petit fours and chocolate-dipped strawberries.



BRIGHT FUTURE

Inova kidney transplant offers comprehensive treatment for patients with renal disease

For patients with end-stage renal disease, a kidney transplant offers a ray of hope for renewed health and a return to normal activities. Offering the highest level of expertise and technology, the Inova Transplant Center on the Inova Fairfax Medical Campus combines leading-edge transplant techniques with a caring, compassionate approach.

“What sets Inova apart is the personal touch we have with our patients,” says kidney and pancreas transplant surgeon Eric Siskind, MD.

Staffed by specially trained physicians and nurses, social workers and administrative staff, the center helps each patient navigate every stage of care.

“We provide guidance and education throughout the entire process, whether it’s medical, psycho-social or financial,” says Nikki Gage, RN, Administrative Director for Kidney Transplant.

COMMITMENT TO EXCELLENCE

To provide seamless experiences for patients receiving kidney transplants, the center is growing its staff and looking to expand its facilities. The center’s goal is to provide a one-stop shop where patients receive guidance throughout the transplant process, including evaluation and listing, living donation or wait-list maintenance, and perioperative and lifelong postoperative care. The center is also expanding its clinical research.

“One of the goals of the expansion is to make our transplant center a comprehensive care facility for all patients with end-stage renal disease and type 1

diabetes,” says Dr. Siskind. “Before, patients were going to multiple clinics, and now all of their surgical and medical needs can be done by us in one location.”

The center is continuously recruiting top medical and administrative talent to ensure that patients receive world-class care.

“It’s very exciting that we are adding more staff to provide our patients with the highest level of care,” says Gage. “We have a growing patient population, and we want to give our patients the best options for every stage of renal disease.”

ADVANCED APPROACH

The Inova Transplant Center is committed to making transplantation as easy as possible every step of the way. For living donors, the team performs all surgeries using minimally invasive laparoscopic surgery, resulting in a quicker recovery than traditional open surgery. Dr. Siskind specializes in a leading-edge surgical technique called single incision laparoscopic donor nephrectomy, which can be performed using one small incision.

“This advanced technique is better for the patient because he or she can have less scarring, and can also get up and be able to walk around more the next day and go home sooner,” says Dr. Siskind.

Dr. Siskind enjoys seeing his patients, recipients and donors alike resume their normal active lifestyles. “It’s always great when I hear patients tell me thank you for saving their loved one’s life,” he says.



HERE FOR YOU

If you have questions about kidney transplantation or Inova’s Living Donor Program, or to schedule a consultation at the Inova Transplant Center, call **703.208.6611** or visit **inova.org/transplant**.



Eric Siskind, MD
Transplant Surgeon

ASK THE EXPERT

LECTURE

Considerations for Kidney Disease

Join Eric Siskind, MD, for this FREE lecture.

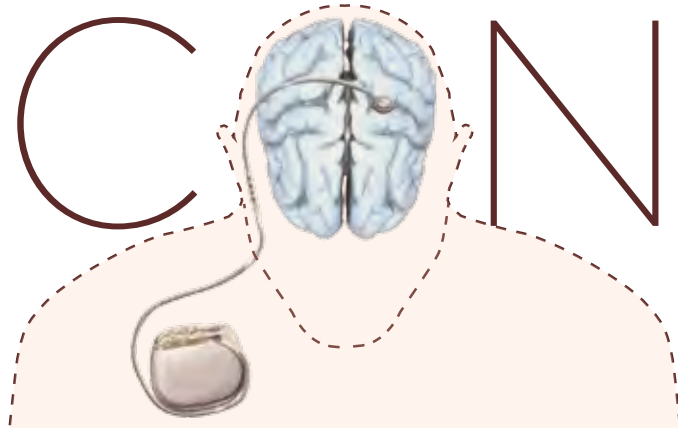
Location: Inova Center for Personalized Health,
3225 Gallows Road, Fairfax, VA

Date & Time: Tuesday, Jan. 17, 6 p.m.

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

Bachir Flih, with one of his sons, has been enjoying a higher quality of life since receiving deep brain stimulation treatment.

REGAINING CONTROL



Deep brain stimulation (DBS) procedure keeps movement disorder symptoms in check

Deep brain stimulation delivers constant electrical pulses to counteract abnormal brain activity. How it works: A neurostimulator, placed above the collarbone, attaches to a brain electrode with a tiny internal wire.

For Bachir Flih (pronounced “flee”), the symptoms happened out of the blue: a tremor in his right index finger accompanied by fatigue that lasted throughout the day. With a busy job as the dining service manager for a retirement community, and an even busier life at home with his wife and two sons, at first Bachir didn’t spend much time thinking about the

changes in his health. But as time wore on, his symptoms grew worse, making it difficult to perform simple, everyday tasks.

“It became difficult to write, difficult to button a shirt and difficult to drive,” says Bachir, now 62.

Other things cropped up as well. Concentrating became an effort and he felt the constant weight of depression. A visit to his



Carrie Grant, left, informed her husband, Bachir Flih, right, about the Inova Movement Disorders Program.

doctor followed by a series of tests revealed that Bachir had Parkinson's disease, a neurological disorder caused by misfiring circuits in the brain. But no matter how diligently he took medications, the symptoms only grew worse.

TARGETING TREMORS

After a decade of living with Parkinson's disease, Bachir's wife, Carrie Grant, learned of a program at Inova Fairfax Medical Campus (IFMC) that could help her husband. Established a year and a half ago, the Inova Movement Disorders Program helps individuals with neurological conditions, such as Parkinson's disease, essential tremor or dystonia (involuntary muscle contractions), regain their quality of life. The interdisciplinary team of fellowship-trained neurologists, neurosurgeons, neuropsychiatrists and neurophysiologists work with occupational, physical and speech therapists to alleviate disabling motor symptoms and get people back to the activities they enjoy.

In 2015, when Bachir met with Sean Rogers, MD, PhD, a neurologist and Co-Director of the Movement Disorders Program at Inova, he knew he had found a medical team that could help him. Dr. Rogers spent more than an hour with Bachir reviewing his medications and recommending exercises he could do to improve his symptoms.

"The medicines I had been taking were too much for me and I was having dyskinesia — movement of the whole body," recalls Bachir.

Dr. Rogers adjusted his medications, and while Bachir noticed an improvement in both symptoms and side effects, the symptoms returned throughout the day each time the medication wore off. To provide consistent symptomatic relief that could not be achieved by drug therapy alone, Dr. Rogers recommended a procedure called deep brain stimulation (DBS).

"Mr. Flih was getting benefit from the medication, but it wouldn't last long enough so he would have to take it multiple times a day," says Dr. Rogers. "Once we saw he was heading down that road, I recommended DBS."

CURRENT TREATMENT

DBS has been shown to be an effective treatment for alleviating the symptoms of movement disorders, allowing a significant reduction in medications. During the procedure, a specially trained neurosurgeon implants an electrode in the area of the brain that controls movement. After the initial procedure, a pacemaker-like device is implanted in the upper chest under the skin. This device delivers electrical stimulation by way of the electrode to block abnormal impulses in the brain.

"There is so much hope in the world of Parkinson's disease," says Drew Falconer, MD, a neurologist and Co-Director of the Inova Movement Disorders Program. "We have the ability to do things now that even 10 years ago were not possible. We can make what was a scary, debilitating condition into a livable and manageable one in a matter of a few months."

CUSTOM THERAPY

At first, Bachir had concerns about his ability to tolerate the procedure while

awake. To make sure he could benefit from DBS, Mahesh Shenai, MD, MBA, a neurosurgeon and Director of Functional and Restorative Neurosurgery at IFMC, and his team went above and beyond to adapt the procedure to Bachir's needs.

"Normally we do this surgery awake so that we get direct feedback on how the stimulation affects the tremors. But in a certain subset of people we can't do the surgery awake due to anxiety, claustrophobia and a variety of related issues," says Dr. Shenai.

The clinical team strategized to transform the MRI suite into an operating room so that surgery could be done with Bachir asleep, but under direct MRI visualization. The state-of-the-art facility has been an effective addition to an already successful program. In patients

with Parkinson's disease, on average, DBS reduces symptoms on one side by 50-60 percent, and for patients with essential tremor, it reduces symptoms by about 80-90 percent.

"Those are pretty dramatic numbers that allow someone to go from being completely nonfunctional to

functional," says Dr. Shenai.

For Bachir, the procedure was everything he had hoped for.

"I have no movements whatsoever on the right side," he says. "I am very happy."

Of course, Carrie is thrilled to see her husband acting like his old self, throwing a football with his sons, joking around and playing with the family dog.

"He got his life back," says Carrie. "Through the whole process, the whole program was amazing from start to finish. For every single aspect they went above and beyond. As daunting as this is, it's worth it."

"There is so much hope in the world of Parkinson's disease."

— Drew Falconer, MD

RECOVERY IN ACTION

Follow Bachir Flih's journey at inova.org/treatparkinsons. This video offers interviews with Bachir before and after deep brain stimulation (DBS) treatment. If you have questions about DBS, call the Inova Movement Disorders Program at **703.845.1500**.

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 Fairfax Medical Campus](#) staff in recent months:



DEPARTMENT	NAME
Emergency Medicine	Tanya Shah, MD
Emergency Medicine	Demetrios Tavoulareas, MD
Gerontology	Richard Hilburn, MD
Neurosciences/Neurology	Nidhi Gupta, MD
Obstetrics/Gynecology	Carleya Nunes, MD
Orthopedic Surgery/Podiatry	Ton Q. Ho, DPM
Pediatrics/Cardiology	Russell Cross, MD

DEPARTMENT	NAME
Pediatrics/Cardiology	Elizabeth Sherwin, MD
Pediatrics/General	Jaclyn Fleming, DO
Pediatrics/General	Nicole Streeks, MD
Pulmonary & CC	Rachel Hinerman, MD
Psychiatry	Fadime Burgut, MD
Psychiatry	Michael Gregory, MD
Psychiatry	Nicholas Morris, MD

Find a Physician

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