

INhealth



Inova Loudoun Hospital expands ER services in next phase of hospital development

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GROWTH *Spurt*

FOLLOW THE LEADER

Providing a ‘Margin of Excellence’

At Inova Loudoun Hospital (ILH), we put our community first. In this issue, you’ll learn more about our growth, including the expansion of our emergency department, the pursuit of trauma designation and new advanced surgical procedures available here in Loudoun County.

As a not-for-profit healthcare system, our operational revenue provides the hospital with a certain amount of money to build and support excellent medical facilities, programs and staff. But the difference between “excellent” and “exceptional” happens when philanthropic community members step forward to fund the gap.

ILH has been very fortunate to have local support that has provided that margin of exceptional from the beginning; our hospital was founded by volunteers and built with donated dollars.

Every gift has made a tremendous impact and helped to make us the advanced community hospital we are today. The recent \$2 million gift from Sharon Virts and Scott Miller enabled the expansion of our emergency services to include a trauma center (see page 7).

We hope to continue to fulfill our growing county’s healthcare needs and exceed patient expectations through high-quality care. We thank our supporters for providing this margin of excellence for the last 104 years.



H. PATRICK WALTERS

Chief Executive Officer
Inova Loudoun Hospital



WOMEN’S HEALTH

Q&A Cervical Health



Ruchi Garg, MD
Gynecologic Oncologist

Ruchi Garg, MD, answers some common questions

January is Cervical Cancer Awareness Month and serves as an important reminder for women to be screened. Thanks to increased use of screening tests and advancements in modern medicine, the cervical cancer death rate has decreased by more than 50 percent over the past 30 years. Still, it is estimated that approximately 13,000 women in the U.S. will be diagnosed with cervical cancer this year. Ruchi Garg, MD, board-certified gynecologic oncologist at Inova Loudoun Hospital, answers a few frequently asked questions about the disease.

HOW OFTEN SHOULD WOMEN BE SCREENED FOR CERVICAL CANCER?

Screening frequency generally depends on age and risk factors. It is recommended that a woman begin routine screening at age 21 — and be screened at least every couple of years until age 30. But if she has any risk factors, the frequency may increase. Women over age 30 should also be tested for HPV as it is strongly associated with cervical cancer. If the two tests are negative, a woman can continue screening every two to three years, versus annually. The guidelines have changed so much and it can get confusing, but that is the general basis.

WHAT ARE SOME OTHER RISK FACTORS?

Risk factors can include early onset of sexual activity, multiple pregnancies, multiple partners, smoking and immunosuppressed status, to name a few.

WHAT ARE SOME EARLY SYMPTOMS THAT WOMEN CAN LOOK FOR?

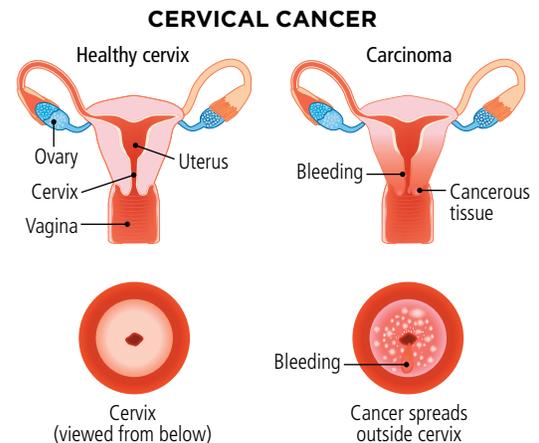
Irregular spotting or dysfunctional bleeding, especially after intercourse, and abnormal or copious amounts of discharge are just some of the early symptoms of cervical cancer.

WHAT CAN A WOMAN DO TO REDUCE HER RISK?

The HPV vaccine is the foremost way to help reduce risk. Condoms, smoking cessation and decreasing the number of sexual partners can all help lessen the risk for developing cervical cancer.

WHAT ARE SOME TREATMENT OPTIONS?

Treatment options will vary depending on the stage of the cancer. If it’s early stage cancer, it may be treated with surgery. But if it’s locally advanced or advanced cancer, then it should be treated with chemotherapy and radiation.



Show us your Loudoun GROWN BABY!

Upload your photos **now**

Loudoun County is known for growing bountiful fruits, veggies – and the cutest babies!

The Inova Loudoun Ladies Board Birthing Inn and Natural Birth Center invite you to show off your #LoudounGrownBaby by uploading a photo to **loudoungrownbaby.inova.org**.

Once you've submitted, look for your baby in the Inova Loudoun Hospital ads in the *Loudoun Times-Mirror* and *Loudoun Now!*



ARE YOU ON SOCIAL MEDIA?

Share your pics on Facebook, Twitter or Instagram, and don't forget to check in or tag us and use the hashtag #LoudounGrownBaby. Post your photo to the following sites:

-  facebook.com/inovabirthinginn
-  twitter.com/inovahealth
-  instagram.com/inovahealth

What's New With the MASTER PLAN?

Status update on campus renovations, additions

COMPLETED PROJECTS

- To accommodate Inova Loudoun Hospital's (ILH's) robust robotic surgery program and various new subspecialties, the surgical suite was recently expanded to include three new ORs, an endoscopy suite and support space. ILH is now performing more advanced, minimally invasive surgical procedures and attracting more specialized surgeons including a premier colorectal group, neurosurgery group and a board-certified vascular surgeon, who will join the team in February.
- A third vehicular entrance off of Riverside Parkway into the ILH campus and the new South Hospital Entrance are now open.
- Phase one of the expansion and renovation of the Inova Heart and Vascular Institute (IHVI) – Schaufeld Family Heart Center was completed in November. This project included a new family greeting/waiting area, ambulatory imaging, a vascular clinic and expanded administrative space. The expansion and renovations will continue through 2020.

PROJECTS UNDERWAY

- The addition of a new 766-space parking garage is expected to be completed in summer 2017.
- The Emergency Room (ER) expansion at the ILH Lansdowne campus began on Sept. 7. The expanded ER will be named the Inova Virts Miller Family Emergency and Trauma Center and will boast three new spacious operating rooms, a remodeled nurses' station, enhanced intensive care unit capabilities, and eight new private treatment bays with state-of-the-art technology and equipment — totaling 34 rooms. Additionally, the ER is expected to achieve Level III Trauma designation in April 2017. (See more on pages 6-7.)

COMING SOON

- Groundbreaking for the new seven-floor patient tower is scheduled to take place in mid-2017. This project will yield all-private patient rooms, additional labor and delivery rooms, an expanded NICU, IHVI imaging and other outpatient services.

MIND CONTROL



A routine blood donation uncovered a serious but treatable condition known as NPH in Gregory Bentz, MD, PhD.

New brain surgery procedure at Inova Loudoun Hospital offers hope for many

To say that Gregory Bentz, MD, PhD, was in great health at age 67 is an understatement. An avid runner, the retired Inova physician spent his days training for his 10th marathon. That year, he decided to do a good deed and donate blood. It was a fateful decision.

"They tested the blood and found that I had a profound medical issue," he says. "It was shocking."

Dr. Bentz was diagnosed with a condition that required a bone marrow transplant and, as a result, he developed numbness and tingling in his feet. When he saw a neurologist about the problem, an MRI revealed Dr. Bentz was also suffering from normal pressure hydrocephalus (NPH), a treatable condition of the brain which usually affects people 60 years of age and older. He knew where to go for help — and the timing was just right.

"Inova Loudoun Hospital was just starting its neurosurgical program and mine would be the first brain surgery at Inova Loudoun Hospital," he says. "I wanted to

be that guy. Inova is a great place to be a doctor, but it's a wonderful place to be a patient."

NPH is a type of fluid buildup in the brain, which causes pressure and can ultimately stretch the brain and neurons

that control balance, bladder, memory and thought processes. Dr. Bentz's surgeon, board-certified neurosurgeon Nilesh Vyas, MD, notes that NPH symptoms can often be attributed to "normal aging" processes that actually aren't normal at all.

Memory loss, difficulty walking and loss of bladder control are most commonly associated with NPH.

Because many of these symptoms are similar to the early onset of dementia, patients are sometimes misdiagnosed or do not seek treatment. "The earlier you can identify this condition, the better recovery will be," says Dr. Vyas. "That's why, whenever you have memory problems, you should see a doctor."

The procedure for NPH is a two-step process that involves a hospital stay to drain spinal fluid for a few days to see if it alleviates symptoms. If so, a surgeon will put a shunt into the brain to reduce fluid buildup.

"This is low-risk brain surgery with minimal pain," Dr. Vyas says. "You can go home the next day and return to normal activities within a week or two."

After having the surgery in early 2016, Dr. Bentz has been recovering nicely. He's not quite ready for 10 more marathons yet, but he's grateful for this life-altering surgery.

"If you don't address NPH, it can get much worse and lead to some scary outcomes," he says. "I'm grateful that we caught it when we did, and that I'm back to my old, healthy self."

BRAINS AT WORK

Call **703.858.8832** to speak with our service line nurse leader and to schedule a NPH consultation.



Nilesh Vyas, MD
Neurosurgeon

ASK THE EXPERT

LECTURE

Memory and Aging: A Neurosurgeon's View

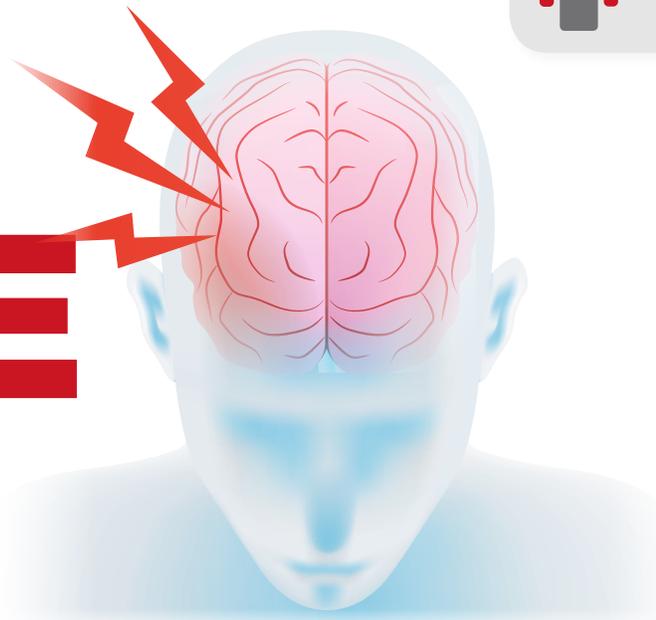
Join Nilesh Vyas, MD, for this FREE lecture.

Location: Inova Loudoun Hospital, 44045 Riverside Parkway, Conference Rooms A and B

Date & Time: Wednesday, Jan. 18, 6 p.m.

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

IN A SINGLE STROKE



Inova brings new awareness to a vital health issue

Some people might fumble for the alarm in the morning, but Carolyn Dobson knew something was wrong when she couldn't remember how to turn it off. Still, the 39-year-old marketing executive chalked it up to bad sleep and too much stress.

But then everything got worse.

The left side of her body went numb, and after she'd managed to drive to a meeting, she couldn't remember how to navigate the building's hallways. Just when she thought her confusion might improve, she felt another wave coming on, and that's when she realized she was having a stroke.

"It seemed incredible to me," she recalls. "I don't have a history of stroke in my family, and I have none of the risk factors — I don't smoke, I'm not overweight, I exercise regularly. But I do have a lot of stress and often work 16 hours a day."

Carolyn was treated at Inova Loudoun Hospital (ILH). Her case highlights that stroke can happen to anyone, notes

Nicole Dlesk, Stroke Coordinator for ILH. That's why Dlesk and others at the hospital have been stepping up efforts to boost stroke awareness in the community. A stroke can be a serious, time-dependent medical emergency (see sidebar below) — even life-threatening.

ILH is a certified Primary Stroke Center and has earned the Gold Plus: Honor Roll Elite Plus Seal of Approval from the American Heart/American Stroke Association. The certification signifies that the hospital's quality of care and stroke services meet the specialized needs of stroke patients and have the critical elements to achieve long-term success in improving outcomes.

Most recently, Dlesk and her team restructured ILH's monthly stroke support group (see sidebar at right), adding an educational element to each meeting. Guest speakers, such as speech, physical and occupational therapists, present information on varying topics of interest. For example, a speech therapist recently spoke to the group about different apps that can be helpful for those dealing with post-stroke communication difficulties. The group is free of charge and open

to stroke survivors, family members and caregivers. A new stroke choir also meets Wednesdays from noon-1 p.m. — a way to incorporate music into the recovery process.

"It's important to remember that stroke can affect anyone," Dlesk says. "That's why we're excited about providing these support services for stroke patients and raising stroke awareness in our community. Inova provides excellent care if you're having a stroke, but first you need to recognize what's happening."

STROKE SUPPORT

The stroke support group meets the second Wednesday of each month at 11 a.m. at Inova Loudoun Hospital. Call **703.858.6199** to learn more.

Upcoming topics:

Jan. 11: Occupational Therapy

Feb. 8: Neurophysical Therapy

Know the Signs

The easiest way to recognize the warning signs of stroke is to think **F.A.S.T.**:

F **Face drooping:** One side of the face may droop or feel numb, or a smile may be uneven.

A **Arm weakness:** One arm will often be weak or numb. If you ask a person suffering stroke to raise both arms, one arm often drifts downward.

S **Speech difficulty:** Speech may be slurred or garbled, and can sometimes sound like gibberish.

T **Time to call 911:** Timing is crucial when it comes to stroke treatment, and the sooner the stroke victim can get to the ER, the better the outcome will be. If someone is having a stroke, he or she has about 4.5 hours to get to the hospital for a clot buster medication.

WHEN EVERY MINUTE COUNTS

Inova Loudoun Hospital Emergency Room expands level of care

When emergency strikes, it's nice to know there's a beacon of light close to home — a place that you trust, where you can receive high-quality, advanced medical care for even the most serious of conditions.

In an effort to provide the highest level of emergency care in the community, the Inova Loudoun Hospital (ILH) Emergency Room (ER) at Lansdowne is pursuing Level III Trauma designation and expanding — both in its scope of services and size — to meet the county's ever-growing needs. "Over the last 10 years, we have been steadily expanding our services and facilities at Inova Loudoun Hospital to accommodate the

growing population," says H. Patrick Walters, CEO of ILH. "As an advanced community hospital providing cutting-edge technology and medicine, we want to ensure that our community is receiving the best, most up-to-date quality care they deserve and need."

The Level III Trauma designation and ER expansion at Lansdowne will further help ILH fulfill its mission. "These additional services will have an impact

on patient outcomes — faster treatment and better recovery with family and friends nearby," says Edward Puccio, MD, FACEP, Chairman and Medical Director of the Emergency Department at ILH.

CARING FOR THE COMMUNITY

Slated for completion in 2018, the ER expansion will yield eight new private treatment bays with state-of-the-art technology and equipment — bringing

the total number of rooms to 34. The expanded ER will also be supported by three new significantly larger operating rooms for the trauma program, a remodeled nurses' station, and enhanced and expanded intensive care unit (ICU) capabilities.

As the hospital continues to grow, the ER will also expand its specialized team of board-certified emergency physicians and dedicated emergency

nurses. There will be other hospital campus expansions including the Inova Heart and Vascular Institute - Schaufeld Family Heart Center and a new patient tower. An estimated 250 more staff members will be added to the team in the next three to five years to help meet the needs of the hospital and community.

NEW TRAUMA DESIGNATION

As ILH works toward achieving a Level III Trauma designation, there will not be any interruption of care for patients.

"The Level III designation will allow people to get their care closer to home," says B. Jill McCabe, MD, FAAP, President



The brick-breaking ceremony for the upcoming Inova Virts Miller Family Emergency and Trauma Center took place in September 2016.

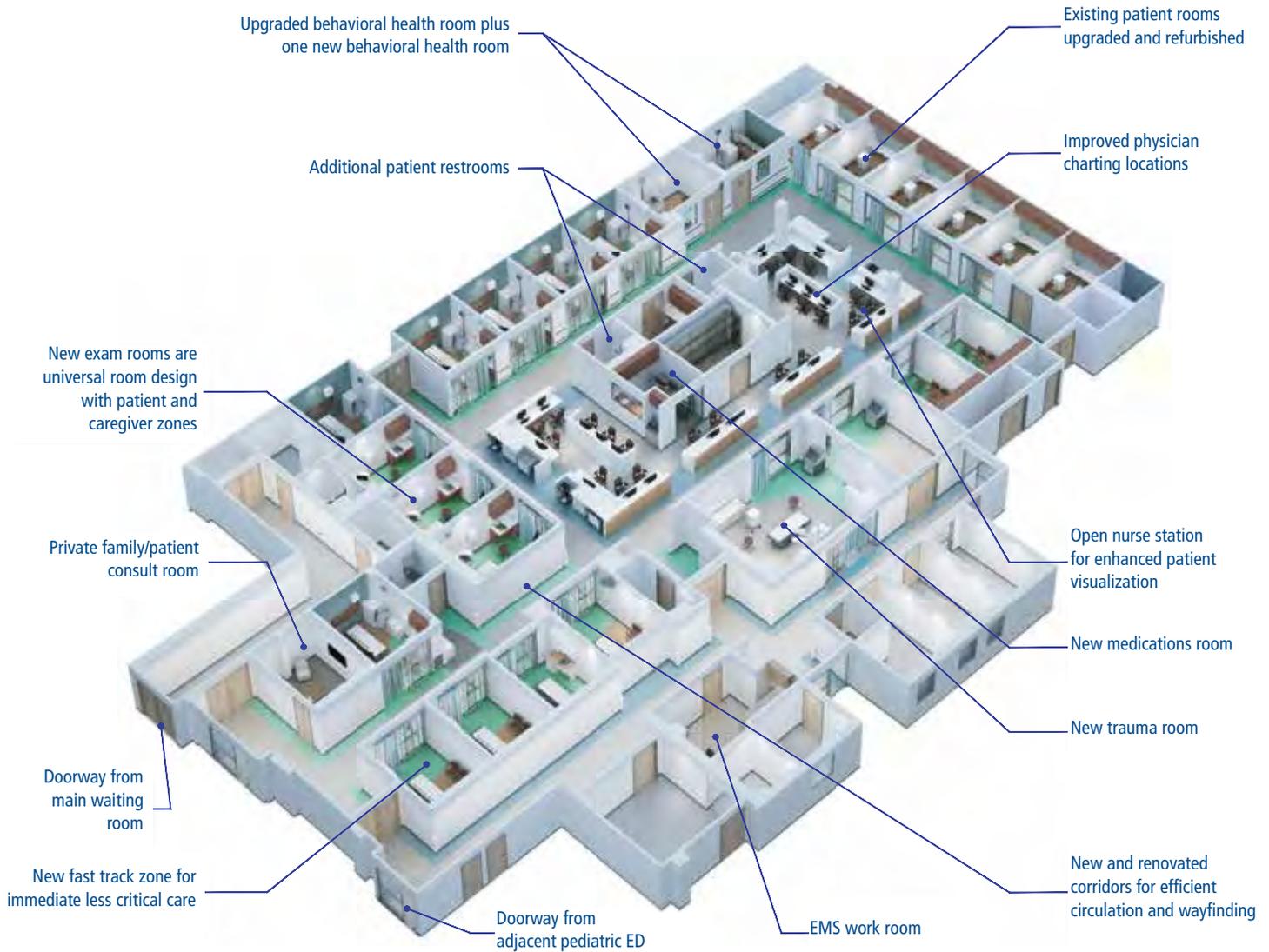
Giving Back

It was in May 2015 when Sharon Virts' brother, Kevin, was rushed to the Inova Emergency Room (ER) - Leesburg with a brain aneurysm. Grateful for the expert, compassionate care Kevin received, Sharon and her husband, Scott Miller, committed \$2 million to support the growth of the Inova Loudoun Hospital ER and catalyze the development of advanced clinical and trauma services. The new ER will be named the Inova Virts Miller Family Emergency and Trauma Center.

"My entire family will be forever grateful to the amazing Inova doctors, nurses, administrators and every single person who helped my brother not only survive — but thrive," says Sharon. "For this reason, Scott and I chose to support the hospital's need for greater capabilities, enhanced treatments and leading-edge techniques that will significantly benefit our wonderful community."

A Loudoun County native, Sharon notes that, "Loudoun County is our home. We have been richly blessed by this community. Scott and I hope that our gift will ensure that local access to world-class healthcare is available to everyone here in Loudoun — where it is needed and where it belongs. We know that families just like ours go through the ER every day. We want to help ensure that they experience the same positive outcomes as we did."

Inova Virts Miller Family Emergency and Trauma Center



of Medical Staff at ILH. “The sooner you can get to definitive care, the better your outcomes are. In addition, it will allow us to care for patients in the hospital after they are admitted for trauma.”

Doubling in size, the trauma department expansion will include modernized respiratory equipment, new nurse support systems, new surgical and procedure tables, trauma carts and stretchers, and the capability to perform X-rays at the patient’s bedside.

“We will have special trauma beds so patients will not have to move to get their X-rays taken,” says Dr. McCabe. “This will allow us to take images quickly without causing pain or discomfort.”

“The purpose of the expansion is for patients to be treated in their community and not have to travel to Inova

Fairfax Hospital for tertiary care, unless necessary,” says ILH AVP and Chief Nursing Officer Lisa Dugan, Interim Chief Executive for Inova Health System. “We will now be able to evaluate and treat more orthopedic injuries, minor head injuries and more general surgery issues involving the spleen, liver and abdomen.”

Dugan is excited about the effect these improvements will have on the hospital’s overall quality of care. “As we develop and refine our skills and capabilities, we’re raising the standard of care and services available at every level. All of these efforts continue to elevate Inova Loudoun Hospital to be a much more advanced community hospital and it puts us on a path to becoming a tertiary care center,” says Dugan.

WE’RE ALWAYS HERE

Inova Loudoun Hospital offers four convenient 24/7 ERs – and one specially designed and staffed just for kids:

- **Inova Loudoun Hospital Emergency Room**
(44045 Riverside Parkway)
- **Inova Children’s Emergency Room at Inova Loudoun Hospital**
(44045 Riverside Parkway)
- **Inova Emergency Room – Ashburn (HealthPlex)**
(22505 Landmark Court)
- **Inova Emergency Room – Leesburg** (224 Cornwall St.)

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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Falls Church, VA 22042**

inova.org

IHS-068-ILH



WELCOME, NEW PROVIDERS!

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

DEPT/SECTION	NAME
Diagnostic Imaging	Paul R. Butros, MD
Emergency Medicine	Albert Shu He, MD, PhD
Emergency Medicine	Cameron K. Olderog, MD
Internal Medicine	Mallika Angitipalli, MD
Internal Medicine	David J. Anschel, MD
Internal Medicine	Carl D. Ansevin, MD
Internal Medicine	Casey R. Benton, MD
Internal Medicine	Imtiaz A Choudhary, MD
Internal Medicine	Michael J. Eblan, MD
Internal Medicine	Michelle G. Ervin, MD
Internal Medicine	Thomas A. Feely, MD
Internal Medicine	Susan L. Hollander, MD
Internal Medicine	Barbara A. Landesman, MD
Internal Medicine	Jon W. Mader, MD
Internal Medicine	Lonika Majithia, MD
Internal Medicine	Shawn L. Masia, MD
Internal Medicine	Waleed Mushref, MD
Internal Medicine	Furhan R. Qureshi, MD

DEPT/SECTION	NAME
Internal Medicine	Francisco Vega-Bermudez, MD
Internal Medicine	Grant M. Warmouth, MD
Internal Medicine	Peter L. Wei, MD
Obstetrics/Gynecology	Adeline M. Coleman, MD
Obstetrics/Gynecology	Kim M. Freeman, MD
Obstetrics/Gynecology	Eugene Louie-Ng, MD
Obstetrics/Gynecology	Sayed A Shobeiri, MD
Orthopedics	Asma N. Khan, DPM
Pathology	Michelle D. Xia, MD
Pediatrics	Jennifer P. Alexander, MD
Pediatrics	Carrie I. Z. Kluger, MD
Pediatrics	Mindy P. Stern, MD
Surgery	Leonardo R. Espinel, MD
Surgery	Shafiq Q. Jivanjee, DDS
Surgery	Richard F. Neville, MD
Surgery	Nathan R. Roberts, MD
Surgery	Eva K. Swenson, MD

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