

INhealth

HEALTH AND WELLNESS MADE PERSONAL

Winter 2019

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together again

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Teaming Up



Welcome to the winter edition of *INhealth*! Inova Alexandria Hospital (IAH) and Inova Mount Vernon Hospital (IMVH) are pleased to combine forces on this newsletter to present you news and information from the Eastern Region of Inova.

IAH and IMVH are quite a pair, as you'll see from the awards story on page 3. We are proud to have received top honors for providing excellent patient care.

Nothing speaks to our care better than the cover story about one woman's challenging vascular case. Please enjoy this issue. See even more great content online.

RINA BANSAL, MD, MBA

Acting CEO and CMO
Inova Alexandria Hospital

JOSEPH S. PINA, MD, FACP

Acting CEO and CMO
Inova Mount Vernon Hospital

MORE ONLINE

Interested in learning more from the *INhealth* newsletter?

Visit inovanewsroom.org to read additional stories, as well as view videos and podcasts pertaining to hospital news, programs, treatments and cutting-edge research.

Cancer Institute Grand Opening

Inova Schar Cancer Institute is scheduled to open in April.



Inova Schar Cancer Institute puts a full suite of cancer care services under one roof

After years of planning and preparation, the new home of Inova Schar Cancer Institute is coming into focus. When it opens this spring, the 342,000-square-foot facility will provide the most complete cancer care in Northern Virginia.

Inova already gives patients unmatched access to renowned cancer specialists, leading researchers and experts in genomics, life-changing drug discovery

THE STATS

AROUND **60 MILLION** AMERICANS REPORT HAVING HEARTBURN ONCE A MONTH.

Gut Check

Heartburn Treatment Center performs 200th minimally invasive procedure

The Heartburn Treatment Center at Inova Alexandria Hospital is one of the busiest centers in the United States when it comes to performing the LINX procedure. In fact, the center celebrated its 200th LINX procedure last September and has since completed more than 230 LINX procedures to date.

The LINX procedure is a minimally invasive surgery that treats patients with chronic reflux disease. During the surgery, a small ring of titanium beads is implanted at the base of the esophagus, preventing gastric acids from pushing back up into the esophagus from the stomach.

and advanced medical technology at locations throughout Northern Virginia. The addition of the new center in Fairfax County represents a distinctive multidisciplinary approach to personalized cancer care on par with other leading cancer centers around the country.

“A community the size of Northern Virginia should have its own stand-alone cancer center. We’re proud to be making that happen,” says Inova President and CEO J. Stephen Jones, MD, MBA, FACS.

With the opening, patients and their families will have the option of receiving all of their care in a single location, from imaging to medical consultations and prescriptions. And patients all over Northern Virginia will be connected to an integrated network of physicians, researchers, navigators, genetic counselors, scientific partners and supportive care experts — including a branch of Inova’s renowned Life with Cancer® program, which offers information, education and services to cancer patients and their loved ones whether they are being treated at Inova or not.

“It’s going to be game-changing to have world-class care centered in one place,” says John Deeken, MD, Acting CEO, Inova Schar. “We specifically designed the building to allow our teams to practice medicine effectively together, giving patients a treatment experience that reduces stress and lets them concentrate their energy on getting better.”

Located on the 117-acre Inova Center for Personalized Health campus, the \$270 million facility was made possible through a \$50 million gift by Dwight and Martha Schar. 

SUPPORT SYSTEM

Read more stories about cancer care at inova.org/cancernews. To make a gift to Inova Schar Cancer Institute, contact Steven Norris at 571.472.0211 or steven.norris@inova.org.

The Heartburn Treatment Center was the first in the Mid-Atlantic region to place the LINX device and continues to be one of the top five centers in the country for this state-of-the-art surgery. The center’s high volume and expertise are why it was chosen to be one of the first four centers in the U.S. and the only center on the East Coast to train surgeons in the LINX technique. The center’s director, George Gillian, MD, performed the 200th procedure. 



To learn more about the Heartburn Treatment Center and the LINX procedure, visit inova.org/linx.

Staff celebrate performing the 200th LINX procedure.

Top-Notch

Hospitals receive accolades

2018 was an award-winning year for Inova Alexandria Hospital (IAH) and Inova Mount Vernon Hospital (IMVH). From awards for safety to involvement in the local community, these hospitals are proud to be recognized for the following:



‘A’ from The Leapfrog Group’s Hospital Safety Grade: IAH was awarded an “A” grade for Fall 2018, which recognizes the hospital’s efforts in protecting patients from

harm and meeting the highest safety standards in the United States. Additionally, IMVH was awarded an “A” for the ninth consecutive year.

Top General Hospital by The Leapfrog



Group: One of 118 hospitals nationwide, IAH was named a Top General Hospital by The Leapfrog Group, which considers performance across many areas of hospital care, including infection rates, maternity

care and the hospital’s capacity to prevent medication errors, when making this distinction. Top Hospital is widely acknowledged as one of the most competitive honors American hospitals can receive.

Chamber of Commerce Member of the

Year: The Alexandria Chamber of Commerce has named IAH its 2018 Member of the Year. This award recognizes the hospital’s long-time involvement with the Chamber, which includes board representation, committee involvement, partnerships and sponsorships.

Pathway to Excellence:



The American Nurses Credentialing Center awarded IAH the prestigious Pathway to Excellence® designation. The distinction identifies IAH as one of the best places for nurses to work. Only 171 hospitals around the country have earned

Pathway status. 

System Stars Learn more about Inova’s award-winning care at inova.org/awards.



The Doctor Will See You Now

INOVA'S FOCUS IS ON **HEALTH**, NOT JUST HEALTH-CARE

EXAMINE US

For a complete list of Inova Medical Group physicians, including adult specialists, visit inova.org/img or call **1.855.IMG.DOCS (1.855.464.3627)**.

Inova Primary Care practices close to home

Inova primary care physicians are leading the way in health and wellness with a personalized approach to getting you healthy and keeping you well. Expert clinicians take time to get to know you as a patient — and as a person. At each visit, they will empower you with the tools and information so you can make better and more informed health decisions.

Inova's focus is on health, not just healthcare, and it is making it easier for you to feel well inside and out with conveniently located practices, access to your electronic medical record, access to Inova's network of hospitals and outpatient facilities, and the ability to evaluate a new physician through star ratings.

Inova Primary Care – Mark Center**

1800 N. Beauregard St., Suite 100
Alexandria, VA 22311
703.933.8111

Erica Campbell, MD
Maria C. Castillo-Catoni, MD
Z Chris, MD
Pratima Fozdar, MD
Michael Yu Zhang, MD

Inova Primary Care – Mount Vernon

8109 Tis Well Dr., Suite 511
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703.799.4000

Janis Caruso, MD*
Gina Jackson, PA-C*
Tawanna King, MD*
Michael Redding, MD*

Inova Primary Care – Lake Ridge

12480 Dillingham Square
Woodbridge, VA 22192
703.494.6111

Christina Bauer, DO*
Michel Bornacelly-Perez, MD*
Nghi Bui, MD
Christiana Rosenberg, NP*

Inova Primary Care – Lorton

9321 Sanger St., Suite 203
Lorton, VA 22079
703.982.8390

Da Hye Hwang, MD*
Ali Kamran, MD

Inova Primary Care – Old Town

325 S. Washington St.
Alexandria, VA 22314
703.683.7220

Erica Campbell, MD
Ivan Sabio, MD

Inova Primary Care – Shirlington**

2800 S. Shirlington Rd., Suite 706
Arlington, VA 22206
571.777.2420

Bijal Desai, MD

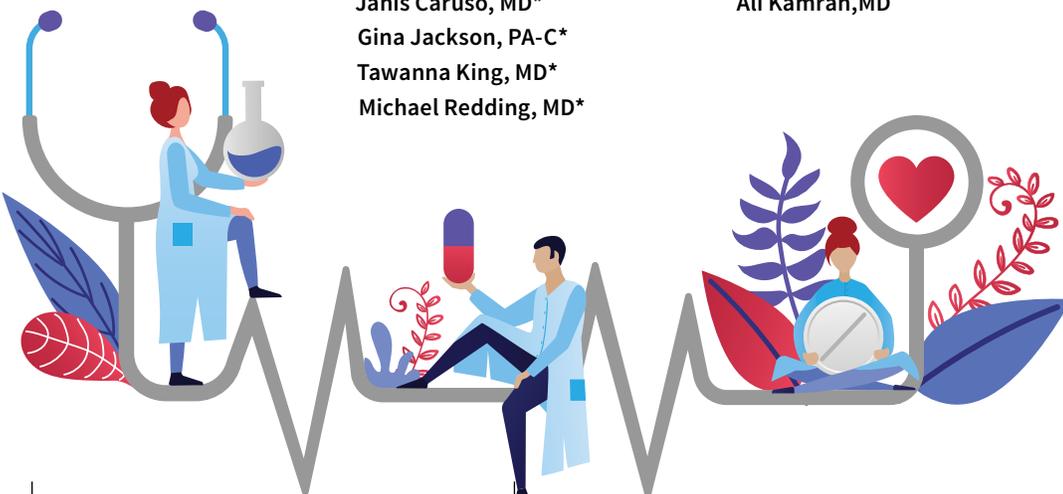
Inova Primary Care – Springfield**

6355 Walker Ln., Suite 500
Alexandria, VA 22310
703.797.6970

Padmaja Balaji, MD*
Donald Brideau, MD
January Dumlao-Umayam, MD*
Daniele Nunez, MD*
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Manpreet Singh, MD*

*These providers see pediatric patients

**Behavioral Health Services available





Pelvic floor disorder is common and treatable.

Treatment Is Available

Women with pelvic floor disorder are not alone

THE STATS

NEARLY
25% OF
WOMEN IN
THE U.S.
HAVE ONE
OR MORE
PELVIC
FLOOR
DISORDERS.

Ladies, do you leak urine when you cough, sneeze or laugh? Do you frequently have the urge to go to the bathroom? You're not alone. About half of women over age 50 have this condition. And it's got a name: pelvic floor disorder.

Pelvic floor disorder describes a number of conditions that affect the pelvic muscles and organs, causing problems such as urinary or fecal incontinence and pelvic organ prolapse. Because pelvic floor disorder involves sensitive areas and is often caused by childbirth, women are sometimes embarrassed to talk to their doctors about symptoms, or they will accept symptoms as "normal." Fortunately, help is available for the unpleasant incontinence, constipation, pain and pressure the disorder can cause.

Inova Alexandria Hospital's (IAH's) multidisciplinary team provides individualized treatment for every patient. This may include physical therapy and training with exercises, or procedures to correct

the issue. IAH's Physical Medicine and Rehabilitation Center and the Inova Physical Therapy Centers offer a specialized pelvic floor rehabilitation program that provides a safe space for women to learn and practice exercises that they can then bring home.

Thankfully, with so much treatment readily available, women with pelvic floor disorder no longer have to feel resigned to their condition or forced to manage by themselves. [@](#)

A COMMON CONDITION

For more information about Inova Alexandria Hospital's pelvic floor disorder program, visit inova.org/iahpelvicfloor or call **703.504.4000**.

Together Once Again

THE STATS

INFERIOR
VENA CAVA
AGENESIS
OCCURS
IN **LESS
THAN 1%**
OF THE
GENERAL
POPULATION.

Dedicated dog owner undergoes lifesaving venous intervention following doctor's discovery

There's no happier pooch than Rocco. He's back to daily romps in the park with his pet parent, Jennifer Tarr, and despite the handsome Bullmastiff's 120 pounds, he's welcome once again on Jennifer's lap. However, as of autumn 2018, Jennifer, 40, could barely walk Rocco. This eventually led her to the Emergency Room (ER) at Inova Alexandria Hospital (IAH). "My leg was so swollen and painful," Jennifer recalls. "Since I have a history of blood clots from previous leg surgeries, I didn't want to take any chances."

Jennifer's surgical history began in 2015 when treatment for her melanoma resulted in lymphedema, a condition that can cause extreme swelling in the arms or legs.

Fast-forward to Jennifer's 2018 ER visit. "I just wanted something to get the lymphedema symptoms under control and go home, but Dr. Chick insisted on an ultrasound of my leg. Within the hour, I was admitted to the hospital," Jennifer says.

'Amazing Discovery'

Jeffrey Forris Beecham Chick, MD, MPH, cardiovascular and interventional radiologist at IAH and Inova Mount Vernon Hospital, is particularly experienced in new, cutting-edge techniques and procedures to treat venous diseases — an area still in its infancy, according to Dr. Chick.

"When I reviewed Jennifer's venous ultrasound, I saw that her legs were filled with blood clots," Dr. Chick explains. "Based on certain characteristics on the ultrasound, I had a hunch that we weren't dealing with Jennifer's lymphedema. I suspected that there was something wrong with her inferior vena cava — the

large central vein that carries blood from the lower body to the heart, so I ordered a CT scan of Jennifer's leg and chest veins."

At this point, Jennifer notes, "Dr. Chick made an amazing discovery that saved my life."

Jennifer had a deep venous abnormality — either inferior vena cava agenesis or inferior vena cava atresia, both extremely rare conditions involving missing or incredibly small central veins that essentially scar away over time.

Leading the Way

An interventional radiologist interprets medical images and also performs complex minimally invasive procedures through very small incisions — sometimes the size of a pinhole — in the body. This reduces complications and recovery times often associated with traditional open surgery.

"It's only been two years since interventional radiology became a medical specialty onto itself. Previously, it was a subspecialty," explains Jeffrey Forris Beecham Chick, MD, MPH. This change, he adds, triggered a lot of excitement and research in interventional radiology and is now guiding the specialty toward being more patient-centric and clinically based. Dr. Chick says he is lucky to have a team of medical professionals who have embraced these new tenets.



Left: Jennifer Tarr with Rocco. Above: Jennifer with partner Lamar (top), and his children Tre'von, (bottom) and Lydia. She feels grateful that her doctor, Jeffrey Forris Beecham Chick, MD, MPH, cardiovascular and interventional radiologist, was able to diagnose and treat her vascular condition.

“When I first met Jennifer, she had no main vein from her legs to her heart,” Dr. Chick says. “There’s no way to tell when this was lost — maybe in utero. We do know that the anomaly is often overlooked because the body develops amazing ways to reroute blood flow through collateral veins. But nothing is as good as your native veins, and if there is any injury to the collateral veins, like the blood clots in Jennifer’s leg, you’re in trouble.”

Going With the Flow

After Jennifer was admitted to IAH, Dr. Chick immediately began a multistep, three-day, minimally invasive process to rebuild Jennifer’s inferior vena cava.

- First, Jennifer received an intravenous drip to break up all of the blood clots in her legs. “Once the clots were gone, we were able to see that Jennifer’s entire venous system from the top of her legs to her heart was small, scarred and fibrotic,” Dr. Chick explains.
- Next, Dr. Chick and his intervention team guided wires, catheters and small needles through the

remaining lower body veins Jennifer had — or in some cases, where the veins should have been.

- Then Dr. Chick ballooned open the new inferior vena cava as well as new lower body veins in Jennifer’s legs.
- The final step involved inserting tiny metal stents to officially create an entirely new venous system from the top of Jennifer’s legs all the way to her heart.

When Dr. Chick thinks back to the six-hour final step, which involved an extensive venous reconstruction, he sounds more like an artist than a physician. “Everything looked so beautiful — with blood flowing through what was very close to a native venous system,” he says.

Jennifer, on the other hand, completes her story with a sigh. “You have no idea how relieved I was when Dr. Chick figured everything out,” she says. “When I heard that he would be the doctor to perform my procedure, that’s when I knew everything would be fine.”

FEBRUARY IS AMERICAN HEART MONTH!

Take a free heart risk assessment at inovaheart.org/heart-risk-assessment.

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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All the Ask the Expert lectures are FREE. Please visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

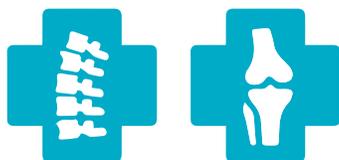
ask THE EXPERT

Joint and Spine

Latest Advances in Hip and Knee Replacement

John Albrigo, MD
Monday, March 18, 6 p.m.
Inova Alexandria Hospital
Auditorium
4320 Seminary Road
Alexandria, VA

Nauman Akhtar, MD
Monday, April 29, 6 p.m.
Inova Loudoun Hospital
44055 Riverside Parkway,
Suite 110
Leesburg, VA



Minimally Invasive Spine Surgery: Is It for Me?

Anje Kim, MD
Tuesday, March 19, 6 p.m.
Inova Loudoun Hospital
44055 Riverside Parkway,
Suite 110
Leesburg, VA

Urology

Pelvic Health: Managing Overactive Bladder

Lauren Scott, MD
Tuesday, March 5, 6 p.m.
Inova Women's Hospital
3300 Gallows Road
Falls Church, VA

Heart and Vascular

Atrial Fibrillation: Causes, Symptoms and Treatment Options

Marc Wish, MD
Tuesday, March 26, 6 p.m.
Inova Fairfax Medical Campus
*Physicians Conference Center
3300 Gallows Road
Falls Church, VA
*Or join via webinar

Colorectal

Staying Ahead of Colorectal Disease: Symptoms, Screenings and Treatment Options

Timothy Plerhoples, MD
Tuesday, March 26, 6 p.m.
Inova Loudoun Hospital
44055 Riverside Parkway,
Suite 110
Leesburg, VA

Events

Reality Check: Young Driver and Parent Education

Saturday, March 16, 10 a.m.–1:30 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center
3300 Gallows Road
Falls Church, VA
inova.org/realitycheck

OB Open House

Saturday, April 27, 10 a.m.–1 p.m.
Inova Loudoun Hospital
Hospital Atrium
(South Hospital Entrance)
44055 Riverside Parkway
Leesburg, VA
Saturday, May 18, 10 a.m.–1 p.m.
Inova Women's Hospital
3300 Gallows Road
Falls Church, VA

Community Outreach

ElderLink

ElderLink aims to promote the well-being, safety and independence of older adults and caregivers. Free support groups and classes include:

- **A Matter of Balance**, an evidence-based fall prevention program for older adults
- **Chronic Disease Self-Management**, a program for people with chronic disease and/or their caregivers
- **Caring For You, Caring For Me**, a program for caregivers of older adults
- **ElderLink Caregiver Support Calls**

Information: Call ElderLink at **703.324.5374** or visit inova.org/ElderLink.

Medicaid

As of 2019, more Virginians are now eligible for Medicaid. Who is eligible?

- Legal Virginia residents, ages 19–64
- Those not already in Medicaid and those who are eligible for Medicaid
- Those who meet income requirements, which vary by household size

Need assistance enrolling? The Inova Health Access Program can help you to apply for Medicaid and other health programs. Call **703.698.2550** or email phk@inova.org.

In need of primary care? Inova Health Advantage clinics (Alexandria, Annandale, Manassas, Sterling) provide primary care services to adult Medicaid enrollees. Learn more at inova.org/HealthAdvantage.

In need of obstetrical care? The Inova OB-GYN Clinic at Loudoun Hospital (Leesburg) now offers OB-GYN services to women on Medicaid. Learn more at inova.org/LoudounOBclinic.

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.

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