

INthealth

HEALTH AND WELLNESS MADE PERSONAL

Winter 2019

back in balance

Thanks to an innovative cardiac procedure at Inova Heart and Vascular Institute, Australian woman is living a full life again **6**

Dina McPherson, at the Royal Botanic Gardens Victoria in Melbourne, is back to her yoga practice following a procedure at Inova.

STATE OF THE ART
Inova Schar Cancer Institute soon will be opening its doors **4**

GOT BUNIONS?
New minimally invasive procedure can help **5**

New Beginnings



Welcome to the Winter issue of *INhealth*. I'm Susan Carroll, Acting CEO of Inova Fairfax Medical Campus (IFMC). I have served

in various leadership roles across Inova for the past 20 years and most recently served as the Regional Executive Officer of Inova's Eastern Region and Senior Vice President of Inova.

At the end of 2018, Patrick Christiansen announced his retirement from IFMC after a remarkable career with us. During his six-year tenure as CEO, he oversaw the transformation of our flagship hospital into an award-winning medical campus. We are indebted to Patrick for his stewardship of IFMC and wish him the very best in his future endeavors.

SUSAN CARROLL, FACHE, MBA, MHA
Acting CEO, Inova Fairfax Medical Campus
Executive VP, Inova Health System

High Honors

Leapfrog Group, U.S. News recognize Inova Fairfax Medical Campus for care quality



Inova Fairfax Medical Campus (IFMC) is the recent recipient of several accolades.

Leapfrog: Most recently, The Leapfrog Group, a national nonprofit organization that drives momentum for improved quality and safety in healthcare, named IFMC a Top Teaching Hospital. The distinction is considered one of the most competitive awards for American hospitals.

The recognition comes on the heels of The Leapfrog Group awarding IFMC an "A" from its Fall 2018 Hospital Safety Grade. This designation recognizes IFMC's efforts to protect patients from harm and meet the highest safety standards in the United States. The Safety Grade assigns an A, B, C, D or F grade to hospitals across the country based on their performance in preventing medical errors, infections and other harm among patients in their care.



U.S. News: Also earlier this year, *U.S. News & World Report* recognized IFMC as a Best Hospital for 2018-19 and ranked the hospital No. 2 in the Washington, DC, region. It again recognized IFMC as "High Performing" nationally in two adult specialties:

- nephrology
 - neurology/neurosurgery
- IFMC also received "High Performing" ratings in six common adult procedures and conditions:
- aortic valve surgery
 - heart bypass surgery
 - heart failure
 - colon cancer surgery
 - lung cancer surgery
 - abdominal aortic aneurysm (AAA) repair



Also notable was an earlier announcement naming Inova Children's Hospital, which is part of IFMC, among the top 50 hospitals for its neonatology services. 

BEST IN CARE STARTS HERE

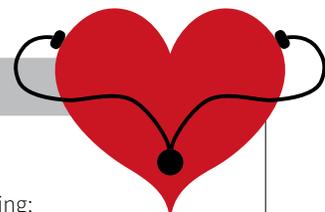
Learn more about Inova's awards at inova.org/awards.

MORE ONLINE

February is American Heart Month, a time to remember and celebrate our heart and vascular health!

Visit inova.org/HeartMonth to experience heartwarming stories and content online from Inova, including the following:

- A personal testimony from cover story subject Dina McPherson about her NobleStitch journey, and a related article on the congenital heart disease program
- A story about Stephen Aldo whose hypertrophic cardiomyopathy, a potentially life-threatening condition, was made more manageable through cardiovascular genomics testing
- Heart-healthy recipes and tips
- A free heart risk assessment to help you measure the health of your heart



In the Blink of an Eye

Equipment allows for more precise cataract surgery

Northern Virginia residents who are facing cataract surgery now have new options. Inova Woodburn Surgery Center now offers the LenSx surgical system for Femtosecond Laser Assisted Cataract Surgery (FLACS). This proven technology is used around the world, and local ophthalmic surgeons are excited to have it at the center.

“A patient with cataracts has the option to take advantage of this laser-assisted surgery,” comments Mark Falls, MD, Ophthalmology Chief at Inova Fairfax Medical Campus (IFMC). “Depending on the type of cataract and other factors such as astigmatism, this technology may be offered as an adjunct to their planned cataract surgery.”

The LenSx system offers many benefits, including precise incisions performed by laser instead of a traditional surgical blade for greater accuracy, and correction of astigmatism. Partnered with premium lens choices such



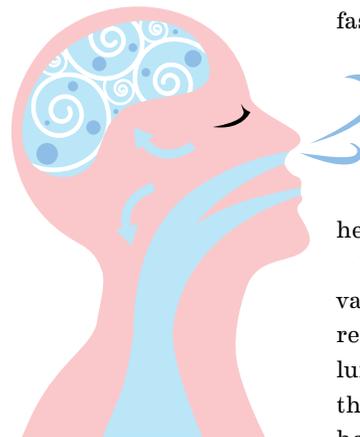
Photo: Alcon LenSx, inc. *Laser-facilitated surgery for cataracts provides more accuracy.*

as a toric or multifocal lens, this technology increases the likelihood of an optimal surgical result. The laser portion of the procedure lasts only minutes, and once the cataract is removed, the patient is able to go home shortly afterwards, anticipating a rapid visual recovery.

“At Inova Woodburn Surgery Center, we provide a full spectrum of eye surgery procedures including cataract surgery, corneal surgery, plastic surgery and retinal surgery,” says Dr. Falls.

“And we are excited to add LenSx system to our already impressive capabilities.”

Inova Woodburn Surgery Center is conveniently located across from IFMC with easy access from the Beltway via Gallows Road.



Acute or chronic respiratory conditions include cystic fibrosis and lung cancer.

Can patients with respiratory conditions improve lung function?

KAREEM AHMAD, MD, specializes in pulmonary disease at Inova’s Advanced Lung Disease and Transplant Program.

Everyone’s lung function decreases over time as they age, but those with acute or chronic respiratory conditions — such as chronic obstructive pulmonary disease (COPD) — experience this reduction at a much faster rate due to ongoing lung damage.

This leads to difficulty breathing and shortness of breath. While damage caused by respiratory disease is irreversible, exercise and conditioning can improve lung function and help make breathing easier.

Regular exercise is important for various reasons. Since the damage from respiratory disease means you have less lung to utilize, it’s important to optimize the rest of your muscles and organs to help compensate.

At Inova Fairfax Medical Campus, we offer a Pulmonary Rehabilitation Program that is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. It’s a nine-week, medically supervised education and exercise program. Patients learn exercises that can help improve cardiovascular health and endurance, allowing them to remain active longer despite the limits of respiratory disease.



To learn more about the Pulmonary Rehabilitation Program, call **703.776.3392** or visit inova.org/pulmonaryrehab. A physician’s referral is required.

RESTORING VISION

Find a local eye surgeon certified to operate the LenSx system at inova.org/lenSx. Learn more about the outpatient surgical services available at the Inova Woodburn Surgery Center. Visit inova.org/woodburn or call **703.226.2640**.

Cancer Institute Grand Opening



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

After years of 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 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. 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 from 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, please contact Steven Norris at [571.472.0211](tel:571.472.0211) or steven.norris@inova.org.

Stepping *Forward*

 **CONDITION:**

Bunion: A bunion is a “bump” of bone that most often forms at the base of the big toe joint. It occurs if bone or tissue at the joint moves out of place and forces the big toe to bend toward the others.

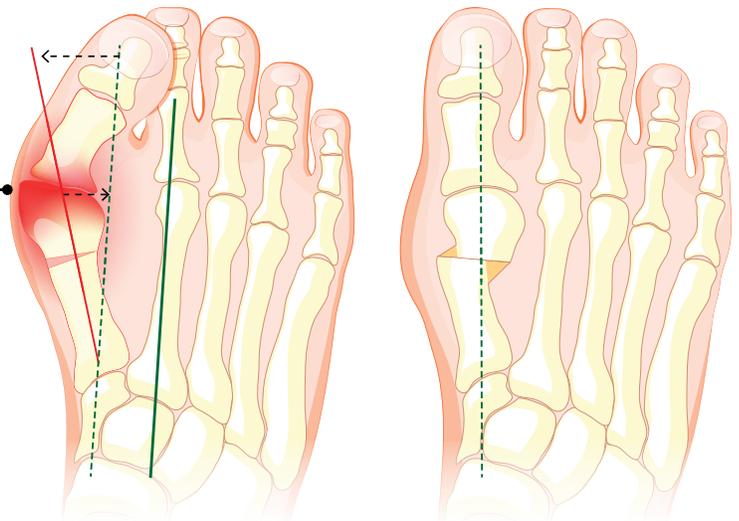
 **PROCEDURE:**
Minimally invasive bunion surgery

This innovative solution is a type of bunion surgery that allows the surgeon to guide a surgical cutting tool through a minuscule incision. This procedure corrects the deformity with minimal damage to the surrounding tissue. A recommendation for minimally invasive bunion surgery depends on the patient’s bunion type.



Steven Neufeld, MD, a board-certified orthopedic surgeon, is the only surgeon performing minimally invasive bunion surgery in the region.

Once the bone is cut below the joint, the toe and joint can then be straightened.



Before

After

 **BENEFITS:**



Traditionally, bunion removal surgery requires a large incision, followed by stitches, at least six months to heal and significant scar tissue that can become stiff and achy.



With a tiny incision, patients only need a sedative during the procedure; the doctor often closes with a butterfly bandage instead of stitches; and there’s significantly less swelling at the incision site. This all leads to a much quicker recovery.

“WE ARE ABLE TO OBTAIN THE SAME RESULTS WE HAD BEFORE WITH TRADITIONAL OPEN BUNION SURGERY **BUT WITH FAR LESS PAIN.**”

—Steven Neufeld, MD

WALK THE WALK

Learn more about Inova’s treatment of foot conditions and watch a video about bunion surgery at inova.org/foot.

A Stroke of Luck

Inova Heart and Vascular Institute is the first U.S. hospital to offer the NobleStitch technique to help prevent certain strokes

When nestled in the womb, every baby has a small, strategically located hole between the left and right chambers of their heart. This hole allows blood to bypass the still nonfunctioning lungs and carry oxygen straight to the fetus's heart and brain. For about 75 percent of people, the space seals after birth. However for some, the hole remains, forming a patent foramen ovale (PFO). Usually, a PFO causes no health consequences, but for some people, the defect is dangerous.

"Normally, if a small blood clot forms in your vein, it travels through the right side of your heart and into the lungs, where the clot is filtered out," explains James Thompson, MD, interventional cardiologist at Inova Fairfax Medical Campus (IFMC). "But if that clot pops through your PFO, it can travel up to your brain and cause a stroke."

Almost half of those who have a stroke before age 55 and without any identifiable risk factors have a PFO,

according to the American Heart Association. That amounts to about 100,000 Americans who suffer a PFO-related stroke every year.

A Stitch in Time

The NobleStitch™ is a brief, minimally invasive procedure that closes PFOs. While the U.S. Food and Drug Administration (FDA) has approved it for use in the heart, the technique is not specifically labeled for treating PFOs. Inova Heart and Vascular Institute (IHVI) is the FDA's principle investigation site to evaluate the procedure's effectiveness for closing PFOs in people who have already had at least one stroke. That makes Inova the first U.S. hospital to perform the NobleStitch.

Results, emphasizes Dr. Thompson, who is leading the clinical trial, are encouraging. "I have not been this excited since medical school. NobleStitch technology is so innovative, with recent studies published in the *New England Journal of Medicine* showing us

Specialized Stroke Care Expertise

Because a stroke blocks or reduces blood flow to the brain, every second is precious for a stroke patient.

Inova Fairfax Medical Campus, certified as a Primary Stroke Center, is one of the country's few hospitals that provides a higher level of comprehensive, multidisciplinary stroke care 24/7/365. "Being qualified to perform a mechanical thrombectomy at a high level differentiates our hospital," stresses Edward Greenberg, MD, neurointerventional radiologist. "That

means we guide a long, thin tube called a catheter into the blocked artery within the brain and use approved devices to restore blood flow. However, sometimes administration of an intravenous clot-busting drug alone — tPA — is the best choice. Both solutions have time constraints. It takes swift, interdisciplinary action between our experts to determine the best move forward."

The expert team involves emergency room (ER) doctors; a dedicated ER

stroke nurse; a neurologist, available 24/7, who assesses tPA appropriateness; neuro-critical care, who evaluate patients for mechanical thrombectomy; in-house neuroradiologists, who perform and interpret advanced imaging; and the critical care team.

"Timing is everything," Dr. Greenberg says. "With our deep, interdisciplinary stroke team, we can quickly react to each patient's unique circumstance."



Doing yoga at the Royal Botanic Gardens Victoria in Melbourne is part of Dina McPherson's exercise routine.

Dina McPherson is flanked by (l to r) Professor Anthony Nobles, inventor of the NobleStitch device and technique, and James Thompson, MD.



up to a 97 percent reduction in risk for recurrent stroke with PFO closure versus standard medical therapy alone. The number of lives we can positively impact is amazing," he points out.

A Fresh Start

Among those positively affected is Dina McPherson, a film and television screenwriter and producer in Melbourne, Australia.

Dina had long suffered severe migraines that involved blind spots, flashing lights and other debilitating symptoms. After a particularly frightening aura, Dina called her GP and, after a slew of tests, a PFO was identified. The PFO likely could cause a stroke. With that, Dina began researching PFO, and that led her to NobleStitch and Dr. Thompson, who references medical literature that shows evidence of improvement of migraines in patients undergoing PFO closure for stroke. In June 2018, knowing this revolutionary technique was the right choice for her, she flew more than 22 hours to IHVI, which is part of IFMC.

"As soon as the procedure was over, I no longer felt my heart flopping in my chest. And recovery was rapid. I had a heart procedure one morning and was sightseeing the next day," Dina recalls.

Today, Dina remains an ardent NobleStitch fan. "There are no words to express what it has meant to me — to be free of stroke, free from my migraines and free from [the possibility of] a permanent metal device in my heart," she says. "Now I just hope that my case brings a new awareness to the doctors here in Australia." ®

TIME IS BRAIN

Learn more about stroke care inova.org/stroke and NobleStitch at inova.org/NobleStitch.

Read more about Dina McPherson's experience at inova.org/HeartMonth.



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.

If you do not wish to receive future mailings from Inova, please contact us at 703.972.2044 or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

inova.org

IHS-082-IFMC

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

Inova Fairfax Medical Campus
3300 Gallows Road
Falls Church, VA 22024 • 703.776.4001

facebook.com/inovahealth

[@inovahealth](https://twitter.com/inovahealth)

youtube.com/inovahealthsystem

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

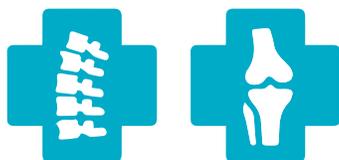
Latest Advances in Hip and Knee Replacement

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.

SUBSCRIBE NOW!

Sign up to receive e-newsletters about health topics and programs at inova.org/subscribe.