



# Inova Alexandria Hospital





## About Us

Inova Alexandria Hospital was founded in 1872 to meet the healthcare needs of the Alexandria community. Originally situated in the heart of Old Town Alexandria, the hospital was moved to the Seminary Road location in 1962. More than 135 years later, Inova Alexandria Hospital is proud to continue its commitment to provide quality healthcare to the community and has grown into a 318-bed, not-for-profit hospital offering a full range of medical and surgical services.

As part of Inova Health System, Northern Virginia's leading not-for-profit healthcare provider, we attract some of the country's top physicians and invest in new technologies and equipment to offer our patients world-class care close to home. For more information, visit [inova.org/iah](http://inova.org/iah).



## Awards and Recognitions

Inova Alexandria Hospital and its medical staff have received numerous awards and quality distinctions for excellence in patient care — we are certified by The Joint Commission, an organization that evaluates hospitals across the country for quality care.

Recognitions:

- Designated a Primary Stroke Center by The Joint Commission
- Awarded an Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer
- Accreditation from the National Accreditation Program for Breast Centers (NAPBC)
- National Beacon Award for Critical Care Excellence
- "Get with the Guidelines" Award for Stroke Quality from American Heart Association

## Foundation

The Inova Alexandria Hospital Foundation adds to the strength and excellence of the hospital's services by sponsoring health programs and raising funds for facility improvements and equipment. Currently, the Foundation is leading an ambitious campaign to raise \$25 million in



capital to help cover some of the cost of Project 2010, a major renovation and expansion effort that will add 68,000 square feet of floor space to the hospital. The Foundation seeks support from the community, former patients and medical staff. 703-504-3645

## Cancer Services

The Inova Alexandria Hospital Cancer Center, accredited by the American College of Surgeon's Commission on Cancer, provides a full spectrum of cancer care and was one of the first cancer centers in our area to offer radioactive seed implants for treating prostate cancer. We offer some of the most advanced treatment options including Trilogy®, IMRT (Intensity Modulated Radiation Therapy), a CT

simulator, HDR (high dose-rate) treatment, onsite chemotherapy and, in collaboration with our interventional radiology department, provides interventional oncology services including cryotherapy. Patients have access to surgery, radiation therapy, chemotherapy

and clinical trials, as well as dietary, emotional and support services essential for effective cancer treatment.

703-504-7900

## Specialty Cancer Programs

**Inova Breast Care Institute.** Our multidisciplinary team of experts, including our breast care navigator, provides a full range of comprehensive services and support from diagnosis through treatment and recovery. 703-916-2700

**Inova Thoracic Oncology Program.** Our comprehensive program is comprised of a multidisciplinary team, including our patient care navigator, that provides lung





and esophageal cancer patients with surgical and non-surgical techniques, including the latest minimally invasive surgeries that allow for quicker recovery. Call 703-776-3777.

## Center for Rehabilitative Care

Our new center is the home of both our Physical Medicine and Cardiopulmonary Rehabilitation programs. Our cardiopulmonary rehabilitation program is certified by the American Academy of Cardiovascular and Pulmonary Rehab, a certification attained by only 35 percent of cardiac rehab programs nationally. The program offers care to people with heart and lung disease, and works with other hospital programs to promote clinically supervised exercise for recovery of cancer and diabetes patients. Through education and exercise, led by our staff, patients work toward improving their health. 703-504-3398

Our Physical Medicine program offers comprehensive physical therapy, occupational therapy and speech therapy services. We treat a variety of patient needs, including orthopedics, neurological, gait and balance, and vestibular disorders. We have certified therapists offering specialized care for lymphedema, hand therapy, and pelvic floor disorders. All patients receive one-on-one care that is customized to meet individual patient needs. 703-504-3535



## Cardiac Services

Our experienced cardiology team provides comprehensive cardiac care to patients who have had heart attacks or who have coronary artery disease, arrhythmia, congestive heart failure and other cardiovascular conditions. We also provide diagnostic testing and preventative care. Our cardiac capabilities include open heart, cardiothoracic and vascular surgery, and interventional procedures such as angioplasty, catheterization, electrophysiology studies and stent replacements.

## Cardiovascular and Interventional Radiology Services

Our interventional radiologists perform thousands of procedures each year. Our physicians were among the first in the area to perform minimally invasive procedures such as abdominal aortic stent-grafts, uterine fibroid embolization and varicose vein ablation. We also evaluate and treat peripheral vascular disease, kidney and liver disease, cancer, infertility, pelvic pain and spinal bone fractures. 703-504-7950

## Diabetes Services

The Inova Diabetes Center provides small-group self-management classes, programs and individual consultations for outpatients diagnosed with diabetes.

Our clinical team includes certified diabetes educators, registered nurses and registered dietitians. Because our program is recognized by the American Diabetes Association, most services are covered by most health insurance plans. 703-504-3678

## Diagnostic Services

Our diagnostic services include X-ray, CT, MRI, DEXA (bone densitometry), nuclear medicine, PET/CT, ultrasound, angiography, digital mammography and stereotactic breast biopsy. We also provide complete laboratory services, EKG, EEG testing and pulmonary diagnostics.

**Information:** 703-504-3090

**Appointments:** 703-750-8200

## Emergency Department

Staffed by board-certified physicians specializing in emergency medicine, our emergency department is open 24 hours a day, seven days a week and provides treatment for a broad range of needs, from minor to life-threatening conditions for adults and children. We also offer an "Express Care" unit designed to quickly care for patients with less serious conditions. For general questions and information, call 703-504-3066.

In an emergency, call 911.

## Endoscopy Suite

Our Endoscopy suite provides care to patients with known or suspected gastrointestinal and respiratory disorders who will be undergoing diagnostic or therapeutic procedures. We also care for patients receiving shock-



wave lithotripsy — a type of treatment for kidney stones, gallstones and plantar fasciitis. The suite has six procedure rooms, with private assessment areas and a family-friendly recovery area. 703-504-7801

## Heartburn Treatment Services

We combine the expertise of gastroenterologists, surgeons, pulmonary physicians, and ear, nose and throat specialists who have years of experience in heartburn treatment to provide you with a comprehensive evaluation. Our team will work with you to identify the right treatment to relieve your heartburn. 703-504-7844

## Neurosurgery

The Inova Regional Neurosurgery Service team diagnoses and treats diseases of the nervous system, including the brain, spinal cord and peripheral nerves, as well as the muscles and blood vessels connected to them.

Visit [inova.org/neuro](http://inova.org/neuro).

## Neonatal Intensive Care Unit

Our newly-renovated level 3 neonatal intensive care unit (NICU) features the latest technology. Premature or special needs newborns receive around the-clock care in our family-centered NICU by board-certified neonatologists, as well as specialized nurses, respiratory therapists, physical therapists and nutritionists. Visit [inova.org/iahnicu](http://inova.org/iahnicu).

## Pediatrics

Our pediatric patients include newborns and children up to 14 years old who require surgery or other medical needs. To make them feel more at home during their hospital stay, we offer our pediatric patients children's movies, interactive games and art supplies to enjoy.

703-504-3340

## The Brock Family Perinatal Diagnostic Center

We provide specialized care for pregnancies that are at risk for maternal, fetal or obstetric complications. Our nationally-known perinatologists work our perinatal nurses to offer specialized services and compassionate care to mothers and their unborn babies, from pre-pregnancy counseling through delivery. The center uses state-of-the-art technology in a comfortable and private setting. 703-504-7868

## Sleep Disorder Services

Our sleep disorder center, the first of its kind in Northern Virginia, provides evaluations for various sleep disorders, including snoring, sleep apnea, insomnia and narcolepsy. 703-504-3220

## Inova Spine Institute

At Inova Spine Institute at Inova Alexandria Hospital, you'll find a wide range of treatment alternatives, from physical therapy and rehabilitation to pain management and surgery. We offer the most robust surgical program in the capital region, with each surgeon specializing in the unique aspects of spinal surgery. We also have spine care navigators to help patients throughout their treatment. Visit [inovaspine.org](http://inovaspine.org).





## Surgical Services

Our newly-renovated Surgery Center accommodates the latest in inpatient and outpatient procedures in cardiac; general; gynecological; neurosurgical; oncologic; orthopedic; plastic; podiatry; thoracic; urology; vascular; ear, nose and throat; and eye surgeries.

## Women's Services

At Inova Alexandria Women's Center, expectant mothers and their families experience childbirth in a comfortable, home-like, private-room setting. You will be supported by a team of highly trained physicians and nursing care staff. Our childbirth education program teaches parents how to care for the whole family before, during and after delivery. We also have a Lactation Center, staffed by board-certified lactation consultants, that offers consultations and retail breastfeeding products. In the Perinatal Diagnostic Center, staff work with you and your doctor by offering genetic counseling and diagnostic screenings, beginning in the first trimester. And to care for some of our smallest patients, our Level III Neonatal Intensive Care Unit (NICU) provides expert care for newborns with special needs. 703-750-8832

## Insurance

We accept most healthcare insurance. We recommend that you contact your insurance company directly before a hospital admission. Our patient registration office can also assist you if you have insurance-related questions.  
703-504-3062

## Inova HealthSource

For information on health and fitness classes, seminars and events offered by Inova Health System and Inova Alexandria Hospital, or for help finding a doctor, call 703-750-8800 or visit [inova.org](http://inova.org).

## Tobacco-Free Policy

Inova Alexandria Hospital is a nonsmoking, tobacco-free campus. Smoking/tobacco use is not allowed on hospital property, including in and around all buildings, grounds and parking lots.

## Career Opportunities

We are one of the City of Alexandria's largest private employers, with more than 1,600 employees. For a listing of job openings and benefits, call 703-504-7700 or visit [inova.org](http://inova.org).





Inova Alexandria Hospital is located four blocks east of I-395 at 4320 Seminary Road. FREE valet parking is available at the Patient and Surgery Entrances. Additional free parking is available in the parking lot on N. Howard Street.

## Contact Us

- General Information: 703-504-3000
- Physician Referral: 703-750-8800
- Outpatient Registration: 703-504-5000
- Human Resources: 703-504-7700

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

[inova.org](http://inova.org)



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Alexandria, VA 22304  
703-504-3000