

INOVA MAGAZINE



guiding LIGHTS

Inova's experts help patients navigate the maze of breast cancer



INOVA[®] HEALTH
SYSTEM

IN THIS ISSUE



GUIDANCE COUNSELORS

Inova Breast Care Navigators guide patients and families through treatment.

4



5 MINUTES WITH...

NFL standout Charles Mann partners with Inova to promote health and wellness.

9



THE SPIRIT OF GIVING

John Toups has contributed his time and money to Inova for nearly 25 years.

10



A KINDER CUT

Inova introduces the minimally invasive, single-incision laparoscopic hysterectomy.

14

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.

If you do not wish to receive future mailings from Inova Health System, please contact us at 703-321-2511.

HEADLINES

IGNITING A MEDICAL REVOLUTION

Inova Health System recently announced that it is a founding partner of the Ignite Institute, a not-for-profit, collaborative medical-research institute that will focus on understanding and applying the latest genomic, biomedical and technological innovations to foster individualized healthcare. Like Inova, the Institute will focus on how best to treat the patient, rather than merely treating the disease.

"As part of our commitment to cutting-edge clinical research, Inova's partnership with Ignite will give our patients extraordinary access to some of the most leading-edge diagnostics and treatments anywhere in the world," says Knox Singleton, CEO, Inova Health System. "We're excited to pledge our talent and resources toward what we envision will be a medical revolution."

The Commonwealth of Virginia and Fairfax County are both making substantial investments in getting the Institute off the ground, and additional partners will be announced in coming months.

Led by world-renowned genomic researcher Dietrich Stephan, PhD, the Institute eventually will employ hundreds at its state-of-the-art, 300,000-square-foot research facility.

INOVA PLUS +

For more information, visit igniteinstitute.org or inova.org/youtube.



SLEEP TIGHT

Only one-third of adults say they are getting enough sleep every night. Some 50 million to 70 million American adults suffer from sleep and wakefulness disorders, according to the U.S. Centers for Disease Control and Prevention. Not getting enough sleep has been tied to mental distress, depression, anxiety, obesity, hypertension, diabetes, high cholesterol and certain high-risk behaviors, including cigarette smoking, physical inactivity and heavy drinking.

LET THE SUNSHINE IN

More than 6 million American children — almost one in five — are getting too little vitamin D. Sun exposure is best for obtaining vitamin D, because the skin manufactures the nutrient upon exposure to sunlight. However, during the winter, UVB rays in the northern U.S. can be insufficient for vitamin D production. Because only a few foods contain vitamin D naturally — including fatty fish such as salmon, as well as egg yolks, some cheese and some meats — experts recommend vitamin D supplements during this time.



Phase I of Inova Alexandria Hospital's Project 2010 included eight additional emergency room beds and two new operating rooms.

**PROJECT 2010:
PHASE 1
COMPLETED**

Inova Alexandria Hospital recently unveiled Phase 1 of Project 2010 — the hospital's \$84 million reconfiguration and expansion project to improve the patient experience in the Emergency Department, Same-Day Surgery Center and the Laboratory.

The Emergency Department expansion includes eight additional beds that will help clinicians serve patients more efficiently. The Surgical Services expansion includes two new operating rooms. The ambulatory and recovery spaces

have been designed for efficiency while maintaining patient privacy. Other renovations include state-of-the-art computer automation in the laboratory.

"Our goal is to provide our community with improved access to care in a welcoming, family-friendly environment," says Christine Candio, CEO, Inova Alexandria Hospital.

Project 2010 has garnered more than \$16 million in philanthropic support from the community.

Free and Clear

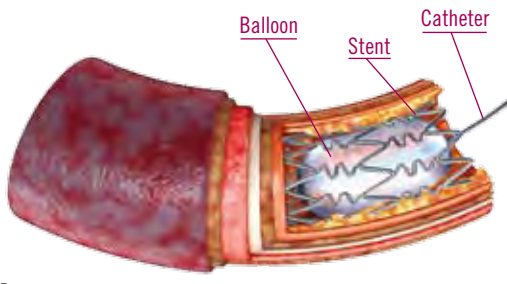
Inova Heart and Vascular Institute, Loudoun Campus, is now offering percutaneous coronary intervention, commonly known as angioplasty, bringing world-class cardiac care to Loudoun County residents.

The goal of the new service is to drastically improve "door-to-balloon" times for patients suffering from heart attacks and narrowed coronary arteries at both the Lansdowne and Leesburg campuses. The "balloon" refers to the

inflation of a balloon within the coronary artery to open the blocked vessel.

"By doing the balloons and stents here rather than sending patients out of Loudoun County, we will drastically improve the door-to-balloon time," says Randy Kelley, CEO, Inova Loudoun Hospital.

Inova Loudoun Hospital joins Inova Alexandria and Inova Fairfax hospitals in offering this procedure.



During an angioplasty, a doctor inserts a balloon catheter into the area of blockage. The balloon on the end is inflated, opening the blocked vessel and restoring proper blood flow to the heart. A stent (wire-mesh tube) may then be placed in this blocked area to help keep the artery open.



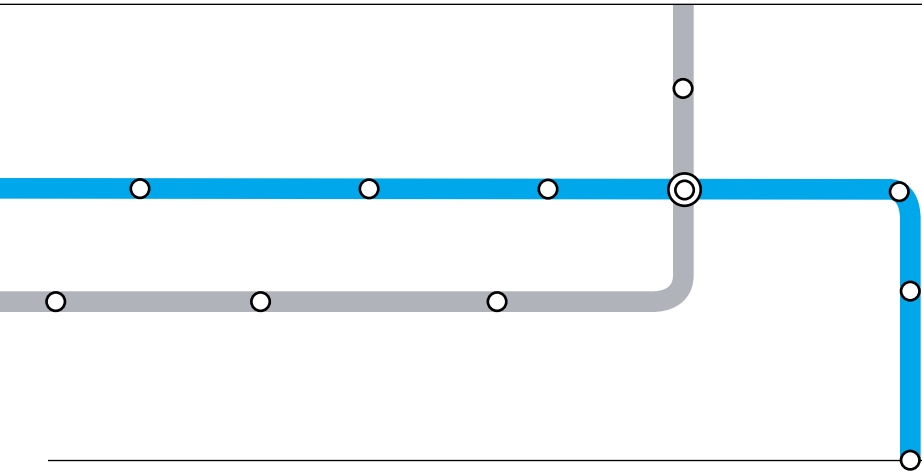
For more information, call 703-858-8660 or visit inova.org/heart.

Doreen Grzelak,
Breast Care
Navigator at Inova
Fairfax Hospital

Leigh Ann Hallowell,
Breast Care
Navigator at Inova
Fair Oaks Hospital



GUIDANCE



Lisa Spero, Breast Care Navigator at Inova Mount Vernon Hospital



PHOTOS: ANNE DOYLE

Inova Breast Care Institute works with patients every step of the way

It's a scene that replays itself every hour of every day, all over the world. A woman finds a lump, gets a mammogram, then a biopsy. A couple of days later, she gets the results. Although most of the time the findings are benign, for a small percentage it's breast cancer. For each person who gets that diagnosis — like 44-year-old mother of four Jeanine Jalil — it's life-altering news. "Of course, it's a stressful experience," she said. "You're in shock, and all of this information is coming at you."

Inova Breast Care Institute (IBCI) knows that each person's breast cancer experience is unique, and that every person deserves excellent, personalized care. "IBCI offers world-class, interdisciplinary care using the latest medical techniques in a way that is efficient, caring and compassionate, and that provides

easy access for the patient," says Inova Cancer Services Medical Director Kirsten Edmiston, MD.

Though it has "Institute" in its name, IBCI is not a cold, impersonal institution. It's made up of people — dedicated breast surgeons, medical and radiation oncologists, radiologists, pathologists, plastic surgeons, specialized nurses and technicians, and breast care navigators — as well as a wide array of additional resources, including the multifaceted Life with Cancer® program, genetic counseling, and lymphedema and nutrition support. In other words, it includes all the services that a woman needs to get comprehensive care. "I certainly never felt like a number," Jalil says.

Responding to Community Need

IBCI began in 2007 in response to community need. "We saw that

there was no integrated breast-care program in the area," says Bellinda Conte, Executive Director of Inova Cancer Services. "Breast cancer patients have so many appointments, and see so many people, that care can be fragmented," she explains. "In response, we developed a system-wide, coordinated and seamless approach to delivering world-class breast care that includes prevention, education and screening efforts, as well as diagnosis, treatment and support." As evidence of the program's excellence,

[continued](#) ▶

COUNSELORS

Barbara McDonnell,
Breast Care
Navigator at Inova
Loudoun Hospital



“At IBCI, our goal is to be more than one doctor, or one hospital. We are an entire team — a system of care — dedicated to that one patient.”

KIRSTEN EDMISTON, MD

IBCI at Inova Alexandria, Inova Fairfax, Inova Fair Oaks and Inova Loudoun hospitals have received three-year accreditation in breast care from the National Accreditation Program for Breast Centers (NAPBC). Inova Mount Vernon Hospital is currently undergoing accreditation review.

IBCI’s team of highly qualified breast care navigators helps set Inova’s program above the rest. Breast care navigators — registered nurses with expertise in breast health and breast cancer — are instrumental in providing the seamless, multidisciplinary care that IBCI strives for. “We’re with our patients every step of the way,” says Leigh Ann Hollowell, RN, Breast Care Navigator at Inova Fair Oaks Hospital. Breast care navigators are available at each Inova hospital; their services are free and confidential.

Navigators facilitate appointment scheduling and ensure that all physicians on the patient’s team receive accurate and timely information about the patient’s progress. They provide education to patients, their families and members of the community about breast health and breast cancer. They also connect patients and their families to social and community resources and support. “I am a resource person for patients, but I also want to empower them,” says Hollowell, herself a 20-year breast cancer survivor. “My message is, ‘You can do this, and I’m here to help you.’”

Jalil credits Hollowell, her breast care navigator, with helping her approach her treatment with calm and focus. “I was in the hallway after my diagnosis when Leigh Ann walked up. I remember saying, ‘I don’t know how this works or what to expect.’ She said, ‘My office is

DEDICATED TO EXCELLENCE



Inova Breast Care Institute (IBCI) at Inova Alexandria, Inova Fairfax, Inova Fair Oaks and Inova Loudoun hospitals are some of the first programs in the Washington, DC, metro area to receive three-year accreditation from the National Accreditation Program for Breast Centers (NAPBC), which awards accreditation only to programs that embrace a multi-disciplinary approach and can meet or exceed 27 strict standards for excellence in breast care.

To be accredited, a breast center must have a robust program of prevention, education, screening and diagnosis, to promote early detection of breast disease. When breast disease is found, the center must provide optimal treatment, rehabilitation and monitoring for reemergence of the disease. An NAPBC-accredited program must also provide services that support the emotional and psychological well-being of patients and their families, including sensitive end-of-life care. Finally, the center must constantly work to improve breast care by incorporating new treatments and techniques, participating in clinical trials and monitoring quality outcomes.

Inova Breast Care Institute at Inova Mount Vernon is undergoing accreditation review. "That our program is ready to achieve NAPBC accreditation systemwide after only three years is a huge accomplishment," explains Bellinda Conte, Executive Director of Inova Cancer Services. Kirsten Edmiston, MD, Medical Director of Inova Cancer Services, agrees: "It speaks volumes about our program's excellence. I am proud of our NAPBC accreditation because it demonstrates our commitment to supporting women's breast health." IBCI's breast care navigators are an important part of the program's high quality. Breast care navigators are dedicated to education, empathy and empowerment, and their certifications demonstrate their expertise and excellence. Breast care navigators provide the same resources to IBCI patients at each Inova hospital, and they communicate with each other regularly to ensure that care is seamless, wherever the patient accesses it. IBCI's coordinated team approach is making a difference for thousands of women and their families in the Washington, DC, metro region.

Ami Bhavsar, Breast Care Navigator at Inova Alexandria Hospital



right here; why don't we talk?' Throughout the process, she was a wonderfully welcome voice."

Focusing on Preventative Care

IBCI is not just a breast cancer program. Although it specializes in diagnosing and treating breast cancer, the Institute also focuses on preventative care. Breast care navigators conduct community education, encouraging women to have regular mammograms after age 40, promoting breast exams and explaining what women should look for during those exams.

Because early detection is so important, IBCI has invested in the latest technology — including digital mammography — to provide clear, detailed images that help doctors catch potential problems as early as possible. IBCI also participates in ongoing cancer research, in partnership

[continued ▶](#)

with scientists at George Mason University (GMU). Inova and GMU researchers are currently investigating how ductal carcinoma — the most common form of breast cancer — progresses to become invasive breast cancer. Their long-term goal is to prevent the development of the invasive cancer.

A System of Care

“At IBCI, our goal is to be more than one doctor, or one hospital,” says Dr. Edmiston. “We are an entire team — a system of care — dedicated to that one patient. Every facet of IBCI is committed to providing the highest quality care to that individual.”

Jalil is one of those individuals. She completed treatment last

September and looks forward to living life cancer-free and continuing to raise her children. As she reflects on her experience, she focuses on the ways it brought her family together. “As bad as cancer may be,” she says, “it’s also an incredible reminder, in that it slows you down enough to feel all of the good things in your life.”



MAMMOGRAM CONFUSION

When the United States Preventive Services Task Force (USPSTF) announced revised mammography guidelines in November, the media went wild and women were left uncertain about when to have a mammogram. The USPSTF recommended against routine screening mammography in women aged 40 to 49 and recommended that women aged 50 to 74

have a mammogram every two years rather than every year.

Those recommendations conflict with the recommendations of the American Cancer Society and the American College of Radiology, which both remain committed to guidelines that advise annual mammograms starting at age 40, as well as the National Cancer Institute, which recommends that women age 40 and older have mammograms every one to two years.

Inova Breast Care Institute also continues to recommend routine annual screening mammograms for women over the age of 40.

“We feel the best approach in maintaining a women’s breast health is to continue with these annual screening mammograms. We also encourage women to discuss their specific family history and circumstances with their physician,” says Kirsten Edmiston, MD, Medical Director of Inova Cancer Services.

Candace Choquette,
Breast Care
Navigator at Inova
Fairfax Hospital

INOVA PLUS+

+ **INOVA BREAST CARE INSTITUTE**
Learn more about IBCI and our navigators.
inova.org/breast ■ 703-916-2700

+ **INOVA HEALTH SYSTEM FOUNDATION**
To make a gift for the Inova Breast Care Institute, please contact Melanie Jarratt Wolfe.
703-208-6624 ■ melanie.wolfe@inova.org

5 MINUTES WITH...

Charles Mann, former Washington Redskins standout and iPATH supporter

Business leader, member of the Redskins' Super Bowl-winning team and four-time NFL Pro Bowl team member Charles Mann

recently lent his support and expertise to Inova Health System's new health and wellness program for teens, iPATH. The program recently launched at four area schools in Northern Virginia, with the goal of introducing middle- and high-school students to careers in the medical field and to the health and exercise regimens of star athletes.

Why did you decide to lend your support to iPATH?

I believe in community. I believe in community health, which is why I sit on Inova Health System's board.

Why are programs like iPATH important?


A program like iPATH brings community awareness. I think that's where you really can make dramatic changes. You start with one community, one school, one neighborhood. You get people at the local level involved. That's how you move and create change.

You've excelled in sports and the business world. How important has nutrition and wellness been to your success?

If you want your body to perform at a high level, you've got to take care of it. In about my eighth season in the NFL I realized that I really needed to treat my body the right

way. I ate right. I had a balanced diet. Exercise was a no-brainer.

What's the most important lesson today's youth should know about living healthy lifestyles?

You are what you eat. You can have fast food and ice cream in moderation, but not if you want your body to respond to you. There is a lot of sickness and disease out there, but if you take the right steps — eating a healthy, balanced diet, getting proper rest — you can largely avoid being unhealthy and living an unhealthy lifestyle. If we can impart this to the next generation, we've done a good thing. 

INOVA PLUS+

+ INOVA ONLINE

Read more of Charles Mann's interview and learn more about iPATH online. inova.org/ipath

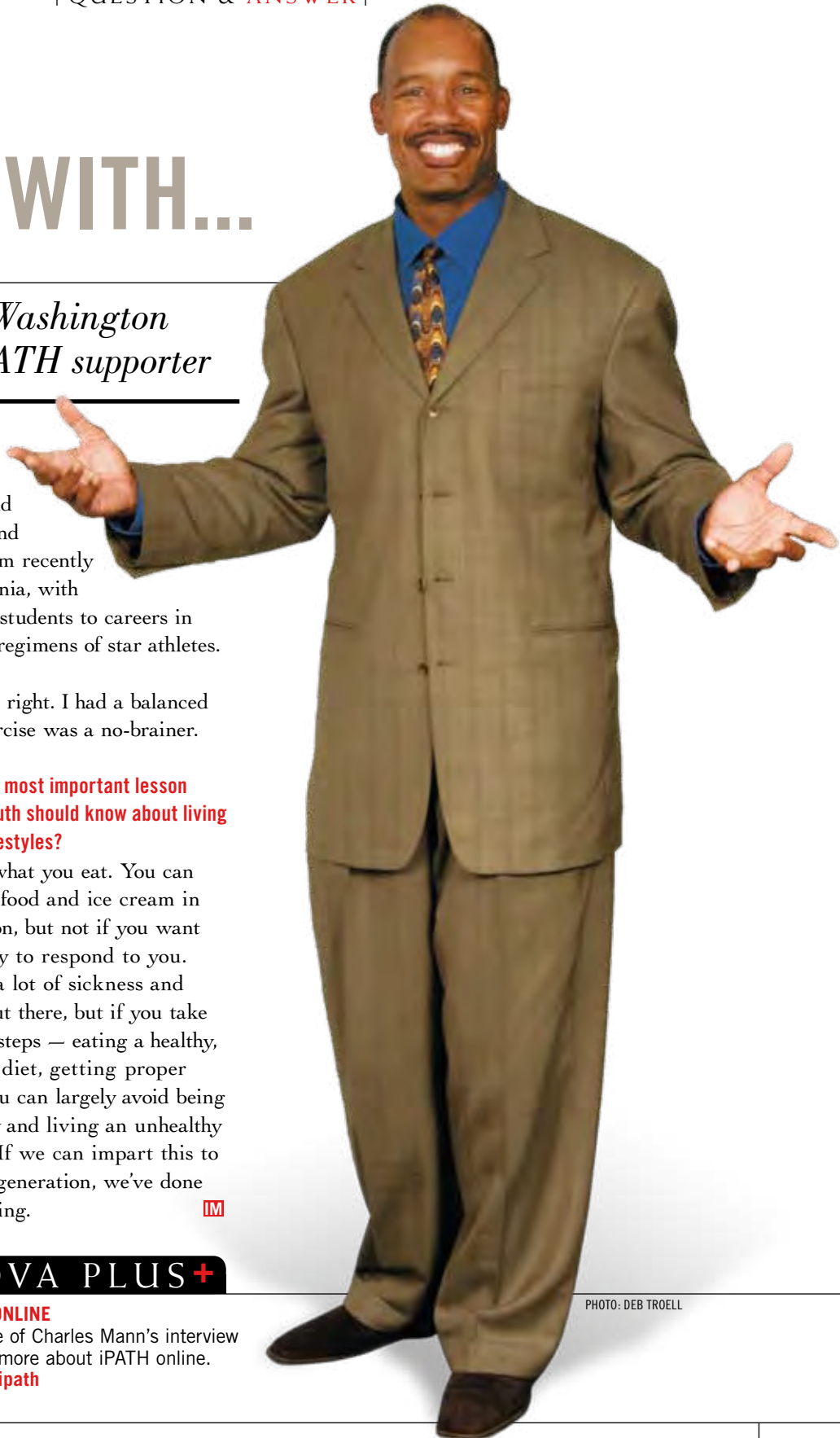


PHOTO: DEB TROELL

John Toups has donated his time, talent and money to help Inova grow from a two-hospital system to the world-class healthcare organization it is today.



PHOTOS: ANNE DOYLE

FROM HUMBLE BEGINNINGS TO BOARDROOM SUCCESS,
JOHN TOUPS HAS SPENT HIS LIFE EMBRACING THE

SPIRIT OF GIVING

For nearly 25 years, John Touns has helped lead Inova Health System from a two-hospital healthcare organization to a multi-hospital, world-class destination that treats more than 1 million patients each year. As a past board chairman for both Inova and its Foundation, Touns' deep connections to Inova are replete with years of altruism and unwavering philanthropic commitment. And, while Touns has been a remarkable benefactor to Inova, he's also been a recipient of the expert care Inova provides.

Humble Beginnings

Raised in a Chicago suburb and then in Oklahoma, Touns' family endured the worst economic crisis in U.S. history: the stock market crash of 1929 and the Great Depression. Touns' family felt the effects when his father lost his job and was forced to make ends meet. Touns and his brother helped by selling newspapers for three cents each.

"Everybody just tightened their belts," he recalls.

The family's lack of resources was nearly imperceptible to the young Touns, who says he enjoyed his humble upbringing. "Growing up outside

Chicago, we played in the alley, my brother and I," he remembers. "We played games like hide and seek. I have to say I had a good childhood."

After his father's death from rheumatic fever, in 1938 Touns' family moved to Oklahoma to be closer to his mother's family. During that time, his mother worked in a grocery store. Touns recalls how every Christmas the store's owner would bring a bag of groceries home to the family. "I always remembered that. I was struck by this person's kindness," he says. "I remember people giving things to us. Those groceries meant a lot to our family."

Although the economic downturn has affected John Toups' finances, he continues his charitable giving.



“Healthcare is the most important service we have. It needs support so it can better serve the whole community. I’ve been fortunate, so I should help people who need a hand.”

JOHN TOUPS

A Life with Purpose

Like many young men his age, Toups enlisted in the Army and soon found himself in the midst of World War II. During a heated gun battle, Toups was wounded in the leg by enemy gun fire. While his battlefield experience resulted in a knee injury that caused Toups years of pain, his heroism earned him a Purple Heart and a Silver Star, the third-highest military decoration that can be awarded to a member of the U.S. armed forces.

After the war, Toups attended college on the GI Bill. He would go on to become a registered civil engineer and, after years of hard work, President and CEO of Planning Research Corporation (PRC), a leading technology consulting firm. In addition to his achievements in engineering, Toups would become known for his expertise in information technology.

Throughout his years of success, the lessons he learned during his childhood would never leave him. Toups says those early values shaped his approach to philanthropy, which

has gained praise and recognition from organizations throughout Northern Virginia. In 2006, George Mason University awarded Toups with its highest honor, the George Mason Medal, in recognition of his long and distinguished record of public service. Three years later, Toups was named Honorary Chair for Cardinal Bank’s annual Charity Classic, which over the years has raised more than \$1.5 million for the Inova Kellar Center, a program that offers mental-health, substance-abuse and special-education services to children and their families.

Toups says the conditions he witnessed in wartime France and Germany, especially the circumstances faced by children, solidified his belief that youth should always be nurtured and cared for. “For me, the Kellar Center is very meaningful,” he explains. “It’s about kids, and catching them early. If we can help them early, they’ll have a chance in life.”

Knox Singleton, CEO of Inova Health System, says Toups is an exemplary leader and one of the



John Toups (front row, 2nd from the right) with fellow soldiers in Germany during World War II, and as President and CEO of Planning Research Corporation in 1982

inspirations behind Inova's vision to be the best healthcare system in the world. "The quality of John's leadership is beyond almost anything that we at Inova could ask for. He has led with passion, with wisdom, with grace and with caring — characteristics that we value and

promote within Inova," says Singleton. "John is a role model in each of these dimensions of service for each one of us who are lucky enough to work with him."

A Recipient of Compassionate Care

Toups' history with Inova has been not only in the board room, but also in the hospital room. In 1991, he was diagnosed with lymphoma. What would follow would include rounds of chemotherapy, the discovery of colon cancer, surgery, radiation therapy and eventually a bone-marrow transplant. It was during a 21-day stay at Inova Fairfax Hospital in 1992, following chemotherapy, that Toups developed a new appreciation for nurses and the work they do.

"The nurses were sharp and helpful. They knew what they were doing," he says. "Nurses truly are at the heart of healthcare."


After years of discomfort and unsuccessful treatments, Toups had his nagging war-time knee injury corrected by Jerry Engh, MD, at Inova Mount Vernon Hospital. Thus, his appreciation for expert medical care increased.

Because of Toups' extensive medical experiences, he and his wife, Nina, also are passionate about supporting Inova's nursing and Life with Cancer® programs.

An Unwavering Commitment

Roughly 80 years after the crash of 1929, the economy is again on shaky ground. Toups readily admits that the current recession has affected his net worth. He adds, though, that the economic downturn has not affected his level of charitable giving — nor will it.

"Healthcare is the most important service we have. It needs support so it can better serve the whole community," says Toups, now cancer-free. "I've been fortunate, so I should help people who need a hand."

Based on his experiences, Toups counsels others about charitable giving. "It will make their life more satisfying," he says. "And it will make the world a better place." 

INOVA PLUS+

INOVA HEALTH SYSTEM FOUNDATION

To support Inova Health System, please contact the Inova Health System Foundation.
703-289-2072 ■ foundation@inova.org

A KINDER CUT

Inova introduces single-incision hysterectomy as a less-invasive option

Chriselda Guerrero didn't want a hysterectomy. Despite worsening pain and bleeding from a uterine fibroid tumor, the 42-year-old couldn't face the prospect of major abdominal surgery. Then she learned she didn't have to.

In December 2008, Guerrero became one of the first patients in Northern Virginia to have a single-incision laparoscopic hysterectomy, the newest minimally invasive innovation for women's gynecologic surgery. This groundbreaking procedure is even less invasive than the traditional, three-incision version. Surgeons remove the uterus through a small incision at the base of the bellybutton, leaving a barely perceptible scar. And it offers all the advantages of minimally invasive surgery — less pain, faster recovery and a rapid return to work and activities.

"This is the next big step as we make surgery less and less invasive," says Walter Von Pechmann, MD, the urogynecologist who performed Guerrero's surgery at Inova Fairfax Hospital Women's Center, home to

Northern Virginia's only freestanding women's operating room and dedicated gynecologic OR staff. Dr. Von Pechmann was also part of a team that was first in Northern Virginia to use the da Vinci® Robotic Surgical System for gynecologic surgery and sacral colpopexy — a surgical procedure designed for correction of prolapse of the vagina, a condition that affects an estimated 34 million women worldwide.

Making Options Available

Single-incision hysterectomy is the latest example of Inova Health System's commitment to serve the unique healthcare needs of women while offering the most advanced minimally invasive treatments available. State-of-the-art, specialized services are available at all Inova facilities, and the gynecology program at Inova Fairfax Hospital Women's Center is nationally recognized by *U.S. News & World Report* as one of the top 25 in the United States.

Overall, the number of minimally invasive and laparoscopic gynecological cases performed by Inova

specialists surpasses that of all other healthcare providers in the Washington, DC, region.

"Many women still have traditional abdominal surgery even though the minimally invasive alternative is a viable option for them. They need to know it's available," says Ray Wertheim, MD, Chair, Department of Obstetrics, Inova Fair Oaks Hospital. Dr. Wertheim, who is considered an expert in minimally invasive hysterectomy, teaches courses about the latest techniques that attract physicians from across the country.

PHOTO: ADAM AUDEL





Inova's advanced treatments help some patients avoid surgery altogether. Techniques such as endometrial ablation allow surgeons to intervene before a hysterectomy is necessary. "Inova leads the way in these leading-edge procedures. In fact, we attract patients from outside Northern Virginia who can't find them anywhere else," says Virginia Hackenberg, MD, a gynecologist at Inova Loudoun Hospital.


A Quicker Recovery

Just 24 hours after her surgery, Guerrero was back at her home in

Alexandria. A day later, she was climbing stairs. Her pain was minimal, and only a faint scar remained.

"Women typically leave the hospital the next day and can return to work as early as a week later," says Dr. Wertheim. "One of my patients was running two miles a day by her two-week checkup."

And the future looks even brighter for such patients. "We're excited about the single-incision hysterectomy because it paves the way for future, less-invasive approaches to more complicated operations," says Dr. Von Pechmann.

Guerrero is now pain-free, exercising regularly and busy in her garden. She urges women to consider single-incision hysterectomy. "I wish I'd done it sooner," she says. "It's an amazing option, close to home." 

Chriselda Guerrero was one of the first patients in Northern Virginia to have a single-incision hysterectomy.

INOVA PLUS+

NEW OPTIONS

Learn more about minimally invasive gynecological procedures available at all Inova hospitals.

inova.org/women

INOVA HEALTH SYSTEM FOUNDATION

To make a gift for Women's Gynecologic Health at Inova, please contact Dayna Kuhar.

703-776-6693 ■ dayna.kuhar@inova.org



We've shared our dreams with you, and your gifts are transforming...

- ▶▶ how 5-year-old **Kelly** experiences her extended stay in the hospital for cancer treatment
- ▶▶ how medical students **Virginia and Ryan** prepare for their futures in surgery and internal medicine
- ▶▶ how **Danielle**, a young first-time mom, learns to care for her new baby
- ▶▶ the speed of emergency room diagnosis and treatment for **Jack** following a stroke
- ▶▶ **Nathan's** chances for a healthy childhood during his first hours as a very premature newborn
- ▶▶ the invasiveness of **Monique's** heart surgery and the swiftness of her recovery
- ▶▶ how **Charles**, a caregiver, helps elderly hospital patients avoid delirium and setbacks during their stay
- ▶▶ how rapidly **Jason's** genetic research results in individualized prevention and treatment strategies for major diseases

If you would like to know how your gift can help us continue to transform medical care, education and research at Inova, please contact Inova Health System Foundation at **703-289-2072** or e-mail foundation@inova.org.



inova.org/foundation