



INOVA FAIRFAX
HOSPITAL

INhealth

HEALTH AND WELLNESS
MADE PERSONAL

WINTER 2012

David Spinoso, MD, is Medical Director of the new Vascular Program at Inova Heart and Vascular Institute.

STATE OF THE HEART

New program offers groundbreaking approach to peripheral arterial disease

PAGE 6

ALSO IN THIS ISSUE:

- 3 Cardiac care for babies
- 4 Treating sleep apnea
- 5 The Maze heart procedure

FOLLOW THE LEADER

We're All Heart

Inova Heart and Vascular Institute (IHVI) is the largest comprehensive cardiac care system in Northern Virginia. Five hospitals and four emergency care centers provide our area the highest quality, most technologically advanced care with a shared vision of providing uniform excellence with easy access to leading-edge therapy based on cutting-edge research.

The Vascular Program at IHVI is scheduled to launch in January 2012. This program, offered at all five Inova hospitals, brings together the expertise of vascular surgeons, interventional radiologists and interventional cardiologists in one comprehensive program.

This issue of *InHealth* features two IHVI programs, The Vascular Program and the Maze program, which provide advanced treatment and diagnostic options that can have a profound effect on the health of our community. There are many other such programs within IHVI, many with the potential to transform the care of cardiac disease. These programs have earned regional and national recognition. We look forward to highlighting other advances in cardiovascular care in the future and invite you to learn more about how IHVI is leading the way in cardiovascular care at InovaHeart.org.



PATRICK CHRISTIANSEN, PhD

COO, Inova Fairfax Hospital
Senior Vice President, Inova Health System



HARVEY SHERBER, MD

Medical Director, Inova Heart and Vascular Institute

SURGICAL EXCELLENCE

Hospital offers cutting-edge technology, patient support

Inova Fairfax Hospital continues to be the leader in providing state-of-the-art, patient-centered surgical care for patients with a wide variety of both simple and complex surgical illnesses.

Minimally invasive approaches offering patients less painful recovery and faster return to home, family and work are now available. Use of the da Vinci robot and single-port laparoscopic surgery are two such approaches — ways our surgeons continue to pursue advances in technology in the interest of patient care.

Also offered are multidisciplinary approaches to patient care through coordination of a team of surgeons and medical specialists. Yet another aspect of patient-focused surgical care is the perioperative support provided to patients undergoing their procedures at IFH. Worth knowing is that a continued commitment to surgical education and research are hallmarks of the department of surgery at the hospital.

The da Vinci, a robot that doctors use to perform minimally invasive surgeries, is one of the many state-of-the-art surgical technologies at Inova Fairfax Hospital. Learn more about da Vinci technology at inova.org/davinci.



INOVA FAIRFAX HOSPITAL IS GOOD FOR THE COMMUNITY, STUDY FINDS



Inova Fairfax Hospital has been designated a Community Value Five-Star hospital — one of the top hospitals in the nation in terms of the value it provides to its community. That is according to the firm Cleverley + Associates, which has released findings of its seventh annual Community Value Index study. The CVI is composed of 10 measures that assess a hospital's performance in four key areas: hospital quality performance, financial viability and plant reinvestment, hospital cost structure and hospital charge structure. Hospitals with scores in the top 20 percent are named Community Value Five-Star facilities. Find out more about Inova Fairfax Hospital awards and recognition at inova.org/Fairfax-awards.

At the Center of Care

Visit inova.org/ccfc to learn more about the Center for Coordinated Fetal Care at Inova Fairfax Hospital for Children.

Precious Cargo

PEDIATRIC CARDIAC SPECIALISTS ACT AS A TEAM TO ENSURE BEST CARE FOR UNBORN BABIES WITH HEART DEFECTS

Learning that your unborn child has a heart defect prompts numerous questions. Kelly Gallo, Patient Navigator for The Center for Coordinated Fetal Care at Inova Fairfax Hospital for Children, works to knowledgeably and compassionately guide parents toward the answers they need.

Gallo, a registered nurse, first meets with a pregnant woman diagnosed at risk or suspected of carrying a fetus with a congenital heart defect or other abnormality. Then she quickly assembles a team of medical experts. This team draws from Inova Fairfax Hospital Women's Center specialists in high-risk pregnancy as well as the hospital's more than 20 pediatric cardiologists, two world-renowned cardiac surgeons, three general surgeons, a geneticist, neonatologist and other specialists.

"I'm with the parents for the whole journey, coordinating care, assisting with medical appointments, and always there to answer questions," she says. "It's not going to be an easy road for anyone, but as a team, we stay focused on the best possible care."

Seamless communication between the obstetrics team and neonatal team can be critical, stresses Irving Shen, MD, Director of Pediatric Cardiac Surgery at Inova Fairfax Hospital for Children. "In certain cases, the baby is rushed off after birth to surgery," Dr. Shen says. "Sometimes everything has to happen within the first hour of life, so everybody has to be ready to go."

PATIENTS FIRST

The Center for Advanced Endoscopy goes beyond technology and expertise


As part of a nationally recognized gastroenterology program, the Center for Advanced Endoscopy at Inova Fairfax Hospital offers patients advanced, state-of-the-art endoscopy. But it also prides itself on its patient-centered focus.

"We genuinely care about our patients. Every single patient!" the Center's Medical Director, Behzad Kalaghchi, MD, says emphatically. "Yes, we offer our patients a combination of expertise and techniques that bring the highest possible quality tertiary endoscopic care, but we also give our patients time. We see every single patient as a single individual."

Superior care and technology help secure the Center's national reputation. The board-certified therapeutic endoscopists collectively bring to the Center extensive experience in technically demanding and complex endoscopic procedures. Using the latest advancements in high-definition imaging, these dedicated specialists perform minimally invasive techniques to diagnose, stage and treat benign and malignant diseases of the esophagus, mediastinum, stomach, duodenum, pancreas, hepatobiliary system, colon and rectum.

To ensure the most informed, appropriate and optimal patient care, the Center's endoscopists work closely with an equally skilled, multidisciplinary team of physicians specializing in gastrointestinal radiology, pathology, surgery, and medical and radiation oncology. Learn more about the Center for Advanced Endoscopy at inova.org/advancedendo.





Sleep apnea is a common problem that occurs when a person stops breathing frequently while sleeping. One way to cure the problem is with a ventilation device, which leaves breathing passages open.

SNOOZE SOUNDLY

Sleep disorder clinic helps those with sleep apnea

Think you may have sleep apnea? Then you may want to head to The SleepLab at Inova ALFA Neurology in Alexandria, part of Inova Medical Group. The lab offers overnight stays for patients with sleep disorders, including sleep apnea.

Sleep apnea, in which people stop breathing frequently while sleeping, often goes undiagnosed. As common as type 2 diabetes, sleep apnea affects more than 18 million Americans, according to the National Sleep Foundation. But still more go undiagnosed because its serious effects are not widely recognized or understood by patients and even many general practitioners, according to Jack Cochran, MD, FACP, Medical Director, Cerebrovascular Services for Inova Health System, and Medical Director, Stroke and Neurodiagnostics, at Inova Fairfax Hospital.

“Many people overlook sleep apnea as just typical snoring, but it is much more severe than that,” Dr. Cochran says. “If left untreated, it can lead to serious, even fatal, problems, including irregular heart rhythm or atrial fibrillation, stroke and brain damage. Most patients with stroke have

sleep apnea and should have a sleep study.”

Patients who may already have serious chronic conditions such as heart disease, diabetes, history of stroke, high blood pressure and obesity may already suffer from sleep apnea and should ask their doctors about getting diagnosed at a sleep lab, according to Dr. Cochran. Most insurance carriers will cover sleep lab visits with a physician referral.

During patients’ visits to the clinic, electrodes monitor patients while they sleep, allowing Dr. Cochran and his team to thoroughly diagnose and determine the best treatment for each patient. Once diagnosed with sleep apnea, patients have a number of options. One is to use a portable ventilation device known as a Continuous Positive Airway Pressure or C-PAP machine. The machine is comprised of a ventilator and a facemask. “This [the C-PAP] leaves all breathing passages open,” and allows the patient to breathe without interruption while sleeping, explains Dr. Cochran.

RESTLESS DEVELOPMENTS

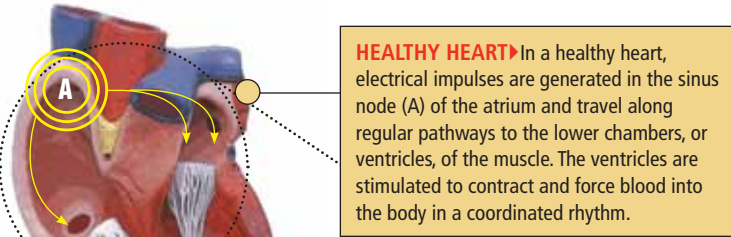
Here are a few signs of sleep apnea:

- Snoring
- Waking up frequently during the night
- Snorting and gasping before resuming breathing after a temporary stop
- A choking sensation during sleep
- Jerking your legs or arms during sleep
- Daytime sleepiness
- Morning headaches
- Difficulty staying attentive and focused
- Memory loss

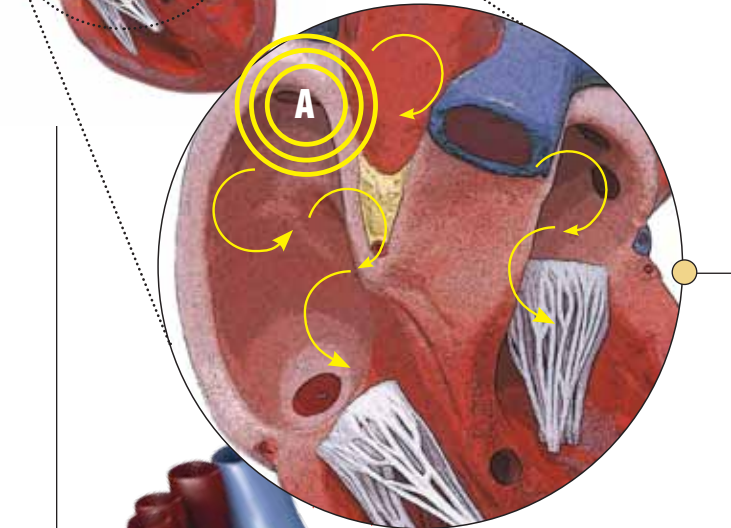
Better Z’s

Besides The SleepLab, Inova Health System offers two other locations for sleep studies: Inova Alexandria Hospital Sleep Disorders Center and Inova Fair Oaks Hospital Sleep Disorders Program. Find out more at inova.org/sleep.

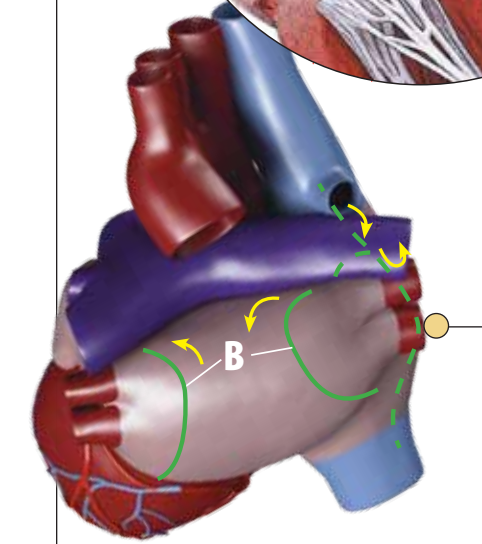
A-Maze-ing HEART CARE



HEALTHY HEART▶ In a healthy heart, electrical impulses are generated in the sinus node (A) of the atrium and travel along regular pathways to the lower chambers, or ventricles, of the muscle. The ventricles are stimulated to contract and force blood into the body in a coordinated rhythm.



ATRIAL FIBRILLATION▶ During fibrillation, the electrical output from the upper chambers is disjointed, leading to an irregular eruption of blood from the ventricles. Under these conditions, blood can pool and clot in the heart's chambers, increasing the risk of stroke and ischemia.



MAZE PROCEDURE▶ The Maze procedure can correct the fibrillation and restore a normal heartbeat. During the procedure, the surgeon intentionally creates a 3-D maze of scar lines (B) to redirect the disjointed electrical impulses. It may take several months for the process to completely restore a normal heart rhythm, but the procedure has been shown to be effective in terminating atrial fibrillation in around 90 percent of patients.

INNOVATIVE PROCEDURE OFFERS SURGICAL APPROACH TO TREAT ATRIAL FIBRILLATION

A growing number of people around the world have atrial fibrillation (AF), an irregular heart rhythm, which can lead to stroke, heart attack and death. In addition to a rapidly beating heart, ongoing problems, such as shortness of breath, fatigue and lack of stamina are symptoms of AF.

There are a number of approaches to treating AF. One is to prescribe medications that help the heart beat normally, along with blood thinners that help prevent clots that can cause stroke.

Another is a catheter-based procedure. Inova Heart and Vascular Institute at Inova Fairfax Hospital also offers a third option — an innovative, well-established but relatively unknown heart surgery known as the Maze procedure.

Cardiologists and electrophysiologists around the world look to Niv Ad, MD, Chief of Cardiac Surgery and Medical Director of Cardiac Surgery Research at

the Institute, to train and consult with surgeons to perform minimally invasive Maze procedures that speed up recovery of patients with AF. The Maze procedure performed for patients with lone atrial fibrillation has a success rate at over 90 percent.

REDIRECTION OF ELECTRICAL CURRENT

AF is a breakdown in the electrical circuitry of the heart. In effect, the Maze procedure repairs the wiring of the heart by building a route or maze (thus the name) that allows it to beat normally. The Maze procedure applies extreme cold to the heart, a process called cryoablation, to create scar tissue in the heart. Cryoablation allows scar tissue to form a pathway that forces the heart's electrical currents in the right direction. The Maze procedure also blocks irregular electrical signals and returns the heart to a normal sinus rhythm.

Dr. Ad has dramatically improved upon and developed new surgical approaches, including a minimally invasive one. Different approaches are used depending on a patient's condition and special needs. "We offer a much quicker operation with less trauma to the heart tissue," explains Dr. Ad, who studied under James Cox, MD, who performed the first Maze procedure in 1987 at what is now Barnes-Jewish Hospital in St. Louis.

A large percentage of Dr. Ad's AF patients are eligible for his minimally invasive approach. "The procedure time for the Maze procedure is now 90 minutes, so the total surgery time is down to 3 hours. Therefore, the operation goes much more smoothly," says Dr. Ad. "Patients are going home on the third postoperative day in most cases."

Keeping an Eye on You

One unique aspect of the Maze surgery is the hospital's long-term follow-up program, explains Linda Henry, PhD, Research Investigator. Patients are asked to fill out surveys at various time points after their surgery.

They also receive heart rhythm monitors at six and 24 months to wear for five days. This cardiac outpatient telemetry allows doctors to go online and check patients' heart rhythms, which helps to further direct patient care. For example, it may allow a patient to stop taking blood-thinning medication if he or she is found to be in sinus rhythm over the monitoring period of time. "The surgery has made a difference for a lot of people," says Henry, who oversees the data gathering.

.....
[Learn more about Inova Heart and Vascular Institute at InovaHeart.org.](http://InovaHeart.org)



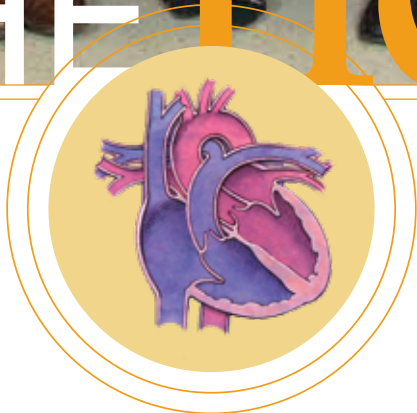
STATE OF THE heart

New program offers groundbreaking approach to peripheral arterial disease

The Vascular Program located within Inova Heart and Vascular Institute (IHVI) takes a pioneering approach to the treatment of peripheral arterial disease. This new program unites the disease's three primary specialists — cardiologists, interventional radiologists and vascular surgeons — into one program that encompasses the entire Inova hospital network. By creating an environment that fosters collaboration and cooperation across all three specialties, patients receive a higher standard of care and system-wide access to state-of-the-art diagnostic and therapeutic techniques.

“As cardiologists, interventional radiologists and vascular surgeons have become more knowledgeable and technology becomes more available, traditional boundaries between the specialties have

blurred,” says David Spinoso, MD, Medical Director of The Vascular Program at IHVI and Section Chief, Interventional Radiology, at Inova Fairfax Hospital. “It became clear that we would achieve more if we brought all our techniques, skills and knowledge together, from all five Inova hospitals, and worked under one integrated, multidisciplinary administrative system.”



ONE PROGRAM, THREE GOALS

The Vascular Program will be officially introduced in January 2012 and will be built around three overarching goals.

1. A patient-first approach: “The Vascular Program creates a unique opportunity to integrate three specialties that all treat peripheral arterial disease,” says Patricia Knowles, BSN, RN, MS, CNOR, Administrator, Inova Heart and Vascular Institute, and Vice President, Inova Health System. “No matter who’s treating you, that specialist has access to the best evidence-based practices in interventional radiology, vascular surgery and interventional cardiology. The patient is at the center, and the right specialist brings the best treatment to the patient.”

Ask the Experts

Inova Heart and Vascular Institute Program Leadership:

Back row (L-R): John Edwards, MD, Vascular Surgery, Inova Heart & Vascular Institute (IHVI); Bryan Raybuck, MD, Medical Director, Cath Lab, Inova Fairfax Hospital (IFH)/IHVI; Dipankar Mukherjee, MD, Chairman, Vascular Surgery Section, IFH/IHVI; Allen Joseph, MD, Medical Director, Vascular Services, Inova Loudoun Hospital/IHVI; Homayoun Hashemi, MD, Vascular Surgery, IHVI. **Front row (L-R):** Harvey Sherber, MD, Medical Director, IHVI; Patricia Knowles, Administrator, IHVI, VP, Inova Health System; Hamid Taheri, MD, Interventional Cardiology, IHVI. **Not pictured:** Keith Sterling, MD, Medical Director, Cardiovascular and Interventional Radiology, Inova Alexandria Hospital/Inova Mount Vernon Hospital (IMVH)/IHVI; Richard Neville, MD, Vascular Surgery, IMVH/IHVI; David Spinoso, MD, Medical Director, The Vascular Program, IHVI.

PERIPHERAL VASCULAR DISEASE: 'LET'S TALK'



David Spinoso, MD
Interventional Radiologist

Bryan Raybuck, MD
Interventional Cardiologist

David Spinoso, MD, interventional radiologist, and Bryan Raybuck, MD, interventional cardiologist, will present a lecture, "Peripheral Vascular Disease: 'Let's Talk,'" at 1 p.m. on Thursday, Feb. 2, at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax, Va. Call **1-855-My-Inova (1-855-694-6682)** or visit **inova.org/asktheexpert** to register for this **FREE** lecture.

"No matter who's treating you, that specialist has access to the best evidence-based practices in interventional radiology, vascular surgery and interventional cardiology. The patient is at the center, and the right specialist brings the best treatment to the patient."

—Patricia Knowles, BSN, RN, MS, CNOR

This circumvents the traditional manner by which patients with vascular disease have been treated. It is a manner Knowles describes as time-consuming and stressful. "The process usually begins with the primary care physician referring you to a specialist — let's say an interventional radiologist," she says. "If this isn't right, the patient goes back to the primary care physician for a second referral, maybe a vascular surgeon. But this puts the focus on the treatment rather than the patient."

2. A single, high standard of care: Integral to a patient-first approach is a unified standard of care across Inova's five-hospital system, emanating from the program's administrative headquarters at Inova Heart and Vascular Institute on the Inova Fairfax Hospital campus. In this way, Dr. Spinoso stresses, "It doesn't matter which hospital you go to or which doctor you see; every patient receives the same level of care."

3. Streamlined care: The final goal was to create a unified consensus as to the most effective therapies available for the treatment of peripheral arterial disease. To accomplish this, says Dr. Spinoso, the program's team collaboratively evaluates emerging technologies, medications and procedures and builds a sort of report card for each innovation.

"We can see the best of the best across all specialties," he says. "That streamlines the treatments we commit to and gets patients the care they need in the quickest, most reasonable way possible."

EXPANDING THE CIRCLE

The collaborative spirit that drives The Vascular Program spurs a broader view of peripheral arterial disease that welcomes participation from many clinical areas, including diabetes, wound care and obesity. "The medical community is more knowledgeable about peripheral arterial disease today, so we're able to diagnose and treat the disease at an earlier stage," says Dr. Spinoso. "That means we often have time to treat the underlying medical issues, such as hypertension, diabetes mellitus and high cholesterol, to improve a patient's overall vascular health before that patient even becomes symptomatic from arterial disease. Hopefully, we will

prevent recurrence of symptoms in those patients who do get treated. To do this, we tap into the Inova system and figure out how to best use all of our available resources for the patient's well-being."

Broadening the patient's information circle to include screenings and preventive health-care is an area that Dr. Spinoso hopes to grow in the future. "This program gives us the power of the entire five-hospital system," he notes. "The timing is right for both patients and physicians, given Inova's plans to switch entirely to electronic medical records in late 2012, putting patients' medical information from anywhere in the Inova system instantly at the fingertips of physicians. It's an amazing opportunity to take the treatment of peripheral arterial disease to an unprecedented new level of care."

Discover your heart age at inovaheart.org/heart-risk-assessment.

SETTING THE BAR

As a program within Inova Heart and Vascular Institute, The Vascular Program has a strong foundation of success to build on, says Dr. David Spinoso. "Like the Institute, we want to be recognized as a center of excellence in our community, our region and nationally for excellent patient care and medical education research. Those are our goals."

Inova Heart and Vascular Institute's most recent national awards include:

- The Joint Commission's Gold Seal of Approval™ for Congestive Heart Failure, Acute Myocardial Infarction (heart attack) and Left Ventricular Assisted Devices (VAD) for Heart Failure
- 3-star designation from the Society of Thoracic Surgeons
- Beacon Award for Excellence™ from the American Association of Critical Care Nurses
- Silver Award for successful outcomes from ACTION Registry®

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 1-855-My-Inova (1-855-694-6682) or inova.org/unsubscribe.



Join the future of health.

8110 Gatehouse Road
Falls Church, VA 22042

IHS-036-IFH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM



Top 25 Best Hospitals in the Nation for Gynecology Again!

Named by *U.S. News and World Report* in 2011-2012.

Congratulations, Inova Fairfax Hospital

INOVA FAIRFAX HOSPITAL
WOMEN'S CENTER



we've gone electronic

InHealth is now available as an e-newsletter. To sign up to receive this free e-newsletter from Inova Fairfax Hospital, go to inova.org/subscribe.



INOVA OFFERS SPEAKERS BUREAU

Interested in a speaker for your club meeting or special event? Please contact our Community Affairs Executive, Bob Lazaro, at Robert.Lazarojr@inova.org or 703-645-2847. He will work with you to provide a speaker from the Inova Fairfax Hospital campus.

Ask the Expert

DON'T LIVE WITH HIP AND KNEE PAIN

Herbert E. Lane III, MD, orthopedic surgeon at Inova Fairfax Hospital, will hold a lecture, "Latest Treatment Options for Hip and Knee Pain," at 3 p.m. on Wednesday, Feb. 1, at Great Falls Library, 9830 Georgetown Pike, Great Falls, Va. Parking is free in the library lot. Call **1-855-My-Inova (1-855-694-6682)** or visit inova.org/asktheexpert to register for this **FREE** lecture.



Herbert E. Lane III, MD
Orthopedic Surgeon



find a physician

Looking for a doctor? Our physician-referral service can help you find one close to home or work. Call **1-855-My-Inova (1-855-694-6682)**.



subscribe now!

To ensure future arrival of *InHealth*, request your **FREE** subscription by calling **1-855-My-Inova (1-855-694-6682)** or visiting inova.org/subscribe.



we're social!

▶ twitter.com/InovaHealth
▶ facebook.com/InovaHealth
▶ youtube.com/InovaHealthSystem



baby and me

Sign up for Inova's free weekly pregnancy and parenting e-newsletter, *Baby and Me*. Visit inova.org/babyandme to sign up today!