



INOVA FAIR OAKS
HOSPITAL

INhealth

HEALTH AND WELLNESS
MADE PERSONAL

WINTER 2012

A GOOD FIT

Inova Fair Oaks
Hospital can help
you shed unwanted
pounds **PAGE 6**

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{ FOLLOW THE LEADER }

The Best Resolution

January is the month of resolutions: I resolve to lose 10 pounds by March; I will quit smoking; I promise to be more helpful around the house.

Of course, as we all know, many of the best-laid resolutions go unheeded (sorry in advance, honey). Perhaps the problem is unrealistic expectations. We ask things of ourselves we cannot accomplish. Then, inevitably, those much talked-about resolutions quietly tiptoe away for another year.

Well, here is one resolution you can make and keep this 2012. That is giving to the Inova Fair Oaks Hospital Foundation. Philanthropy is a critical component of the operations of Inova Fair Oaks, a not-for-profit community hospital. We rely on donations to make our hospital work. And these gifts come back to givers in the form of better services, facilities and care.

So before January slips into February, which then fades into March, take some time to give to the Foundation. For more information about giving, contact Foundation Director Kate Sims at kate.sims@inova.org or at **703-391-4810**.

Not only will you be doing a good deed, you can take a deep breath: New Year's resolution accomplished. On behalf of everyone here at Inova Fair Oaks, we thank you for your generosity and support. Best wishes for a happy and healthy 2012.



JOHN FITZGERALD
CEO, Inova Fair Oaks Hospital



Keep the Beat

Practice heart-healthy behaviors

Ours hearts are our most precious possessions, which is why we need to take extra special care of them. Healthy behaviors such as eating well, exercising and keeping stress to a minimum will go a long way toward keeping our hearts healthy.

A study recently published in the *Circulation: Heart Failure* journal found that people who adhered to four healthy habits reduced their risk of heart failure (by 81 percent in women and 69 percent in men). These habits were maintaining a healthy weight, exercising regularly, eating vegetables and not smoking. The study followed about 38,000 men and women in Finland over 14 years.

Heart failure is a progressive disease that occurs when the heart muscle becomes weakened and unable to pump blood efficiently enough to meet the body's needs. At age 40, a person's risk of developing heart failure in their lifetime is about one in five.

Young at Heart

Take a free heart risk assessment to learn your heart's age at inovaheart.org.

INOVA FAIR OAKS HOSPITAL IS GOOD FOR THE COMMUNITY, STUDY FINDS



Inova Fair Oaks 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: financial viability and plant reinvestment, hospital cost structure, hospital charge structure and hospital quality performance. Hospitals with scores in the top 20 percent are named Community Value Five-Star facilities. Learn more about Inova Fair Oaks Hospital at inova.org/ifoh.



EVERY GIFT HAS A STORY

Many of life's most significant, highly emotional moments happen at a hospital. From a trip to the emergency room, recovery from a serious illness, to the birth of a new family member, every member of a community is touched by the hospital at some point. To our generous donors, we are honored that you chose philanthropy to tell your story. For more information about giving to Inova Fair Oaks Hospital please contact Kate Sims at **703-391-4810** or at kate.sims@inova.org.



BODY WORKS

Take care of your joints, and they will stay healthy long-term

Osteoarthritis (OA) is the most common type of arthritis, affecting nearly 27 million Americans. While it's not always possible to avoid OA, there are actions we can take to protect our joints and, thus, help prevent their deterioration. Here are a few:

Stay trim. The more you weigh, the more stress you are putting on your joints, particularly your hips, knees, back and feet.

Exercise. Moving your body protects your joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against each other, which can wear down cartilage.

Work right. Sitting incorrectly at our workstations can take a toll on our joints. Make sure your elbows and forearms are comfortably supported, and that your thighs rest parallel to the ground. Also, make sure you are comfortable sitting and reading the computer screen with your hand on the mouse.

Don't overdo it. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA. Break up vigorous exercise sessions with periods of rest.

Practice moderation in fitness. You may not be ready for a marathon after a month of running, and that's OK. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.

Take your body seriously. If something hurts while you are exercising, pay attention. It could be a sign you have overstressed your joints.

Are you suffering from osteoarthritis of the knee? Learn about the latest treatment options at inova.org/mako.

Under the Weather

Be smart when the seasonal flu strikes

Defenses Up!

Learn more about protecting yourself from the seasonal flu at inova.org/flu-care.

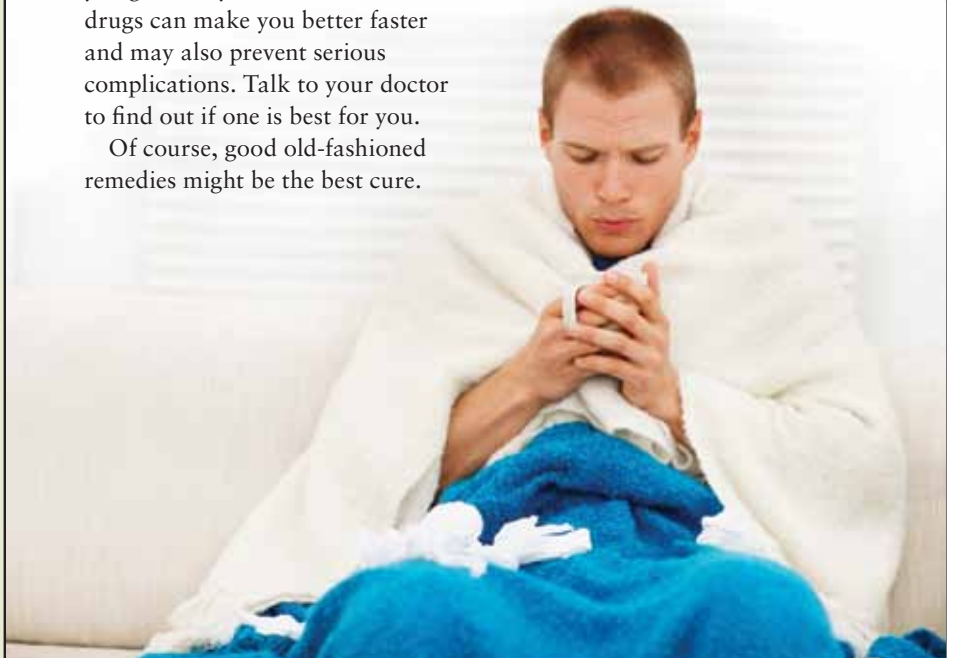
It's flu season. Coughing, sneezing, sore throats, chills and often fevers characterize the dreaded virus.

But a bout of the flu does not necessarily have to last as long or be as unpleasant as you think it does — if you take the proper steps to care for yourself. Stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. Antiviral drugs, such as Tamiflu and Relenza, may be necessary to help you get over your illness. These drugs can make you better faster and may also prevent serious complications. Talk to your doctor to find out if one is best for you.

Of course, good old-fashioned remedies might be the best cure.

Warm chicken noodle soup, hot tea and a lot of sleep may be just what you need to get back on your feet.

As essential as it is to take care of yourself, it's also important to help prevent the spread of your sickness. Avoid work, school, travel, shopping, social events and public gatherings. Also, keep away from others as much as possible to keep from making them sick. Cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading the flu to others.



THE BACK STORY

Conservative approaches treat most cases of back pain



More than 80 percent of American adults will experience some form of back pain during their lives, and physical therapy and rehabilitation often produce the best results.

“Most people will experience back pain — often in the lower back — at some point or another, and it is highly treatable,” notes Ziad Yafi, MD. “It’s also important to realize that surgery is not required in most cases.”

Thankfully, many cases of back pain can be treated with conservative approaches, such as physical therapy, exercise and treatments to reduce discomfort and enhance well-being. These approaches include: core strengthening exercises and Pilates, flexibility exercises, ultrasound, traction, electrical stimulation, myofascial release therapy (to improve pain and improve soft tissue flexibility) and trigger point massage.

Conditions causing nerve pain require other treatments. One approach is neurostimulation, which blocks pain signals from the spinal cord as they go to the brain.

Pain medications are another solution. These include non-steroidal anti-inflammatory drugs (NSAIDs), steroids, opiates and muscle relaxants. Pain injections, such as epidural steroid injections, are another form of pain management. Finally, cognitive behavioral therapy may be equally or more effective than drugs or surgery.

Only 5 to 10 percent of spine problems require surgical solutions. A decision to have surgery requires the careful evaluation of several factors.



LIVING WITH BACK PAIN

Bob Neatrou, who turned 61 at the end of December, knows what it is like to suffer from back pain. His back problems started about a year ago when he fell while working on a ladder at his home. The client sales executive didn’t feel much pain at the time. But last Christmas when he took his Christmas tree from the car and flung it over his shoulder, he felt a twinge in his back. By January, he could hardly get out of a chair.

After receiving an MRI, orthopedic surgeon Christopher Silveri, MD, recommended Neatrou receive cortisone shots and physical therapy. Dr. Yafi gave Neatrou his initial injection. The patient then underwent physical therapy for eight weeks. The hardest thing about living with a ruptured disc is modifying his lifestyle, he says, noting, “I have to accept the fact I’m not 24 anymore. But then again, I don’t have to be 95 either. So I’m trying to be smart.”

Neatrou, who received his second shot last July, is grateful for the support he has received at Inova Fair Oaks Hospital — and especially from Jean Snyder. The spine care navigator has offered reassurance and encouragement to him throughout his ordeal.

“Jean has been a great advocate,” says Neatrou, who continues to work out every morning and ride his bike.

“She’s kind of kept me calm. That’s one of the biggest challenges.”

Options for Treating Back and Neck Pain

The Inova Spine Institute can help you determine the best treatment option. Learn more at inovaspine.org. See page 5 for information on “Options for Treating Back and Neck Pain” and other lectures.

Ask the Experts

ATTEND A LECTURE TO LEARN ABOUT TREATMENT OPTIONS



Kevin Fitzpatrick, MD
Physiatrist



Beena Nair, PT, DPT
Physical Therapist



Jean Snyder, RN, CNOR
Spine Care Navigator

OPTIONS FOR TREATING BACK AND NECK PAIN

Kevin Fitzpatrick, MD; Beena Nair, PT, DPT; and Jean Snyder, RN, CNOR
Thursday, Jan. 19, 7 p.m.

Inova Fair Oaks Hospital Auditorium



James Reeves, MD
Orthopedic Surgeon

A NEW SOLUTION FOR KNEE ARTHRITIS: ROBOTIC-ASSISTED KNEE REPLACEMENT

James Reeves, MD
Thursday, Jan. 26, 4 p.m.

Great Falls Library,
9830 Georgetown Pike, Great Falls, Va.



Calvin Neithamer, MD
Vascular, Interventional Radiologist

NON-SURGICAL TREATMENT OF UTERINE FIBROIDS

Calvin Neithamer, MD
Tuesday, Feb. 28, 6:30 p.m.

Inova Fair Oaks Hospital,
Conference Room 1



Ryan Miyamoto, MD
Orthopedic Surgeon

THE ROLE OF HIP ARTHROSCOPY IN THE TREATMENT OF COMMON HIP DISORDERS

Ryan Miyamoto, MD
Tuesday, Jan. 24, 6 p.m.

Inova Fair Oaks Hospital,
Conference Room 1

Call 1-855-My-Inova (694-6682) or visit inova.org/asktheexpert to register for these FREE community programs.

A Good Fit



INOVA FAIR OAKS HOSPITAL CAN HELP YOU SHED UNWANTED POUNDS

It's not fun being seriously overweight. Besides problems with fatigue and the negative impact it may have on your self-image, it can lead to serious health problems. These include osteoarthritis due to pressure on the bones and joints; hypertension; heart disease; diabetes; and sleep apnea.

Inova Fair Oaks Hospital is knowledgeable regarding these complications and is equipped to help. The hospital's new Medical Weight Loss Program and weight-loss surgery program offer options to aid you in tackling the "battle of the bulge." Whether you need a trainer to maximize your workout or you are a candidate for gastric bypass surgery, the hospital is available to explore solutions with you.

INDIVIDUALIZED TREATMENT

Inova Fair Oaks' Medical Weight Loss Program is a comprehensive, multidisciplinary 12-week-plus program that will help you lose weight and learn how to keep it off. Board-certified physicians, registered dietitians, exercise specialists, specialized counselors and nurses in the field of weight loss will design a weight loss program specifically for you. After a full physical, the program includes:

- A physical fitness assessment with an exercise specialist and a body composition analysis by the team
- Three private consultations with a dietitian who specializes in weight loss



Health-conscious

Losing weight is about awareness, patient learns

Linda Petty no longer eats just to have something in her mouth.

She also is more knowledgeable about what foods to eat to maintain a healthy diet. She credits this new awareness to the Medical Weight Loss Program at Inova Fair Oaks Hospital.

"You have to deal with all the aspects of weight loss," says Petty, who lost 30 pounds during the program, which she attended from June through August. "It's not just a diet; the awareness is making you figure out what you do. In doing that, you actually stop and think what you do before you do it, whereas you may otherwise do things without realizing you're doing them."

Petty attended the program because she is borderline diabetic and needed to lose weight. What was beneficial to her about the program, she says, is that it was comprehensive, attacking weight loss from all sides, including the physical, nutritional and psychological angles. The program

placed her on a vitamin-packed meal replacement diet, and then she slowly graduated to eating certain foods. She worked out once a week with the group and the other days at home.

One of the highlights was meeting with a licensed counselor, who helped her realize she had a habit of eating at work to be able to concentrate. She works as a team leader at the Small Business Administration National Guarantee Purchase Center in Herndon, Va.

Today, Petty is trying to stick with the diet that brought her success during the program. She strives for eight ounces of protein each day and stays away from a lot of carbohydrates. She also learned she needs to eat something before she goes home at night. One of her challenges has been maintaining an exercise program. But she knows what she needs to do.

"Now I'm aware," she says. "Once you become aware, you change your habits."

Linda Petty learned how to lose weight with a proper diet and exercise through the Medical Weight Loss Program at Inova Fair Oaks Hospital. The program gave her the tools she needs, she says.



Options in Weight-Loss Surgery

Join one of our Bariatric Center of Excellence physicians to learn more about weight-loss surgery options. Call **703-391-3783** or visit inovaweightloss.org for dates, times and locations. Like us on Facebook at facebook.com/InovaWeightLoss.

- Two sessions with exercise specialist for your personalized assessment and tracking
- Weekly 40-minute workout with our exercise specialist
- Weekly weigh-in and goal review with optional meal replacements
- Additional weeks and/or a maintenance program (highly recommended)

THE SURGERY OPTION

While no one will dispute the health benefits of exercising and eating right in losing weight, these treatments alone don't work for everyone. Many people have tried those methods for years and for many reasons still can't lose excess weight. As a result, weight-loss surgery (bariatric surgery) may be an option.

Gastric bypass, gastric banding, and gastric sleeve are a few of the weight-loss surgery options available at the hospital. Our highly qualified surgeons perform most of the procedures using a minimally invasive approach including a mini-incision, laparoscopic or even the technically advanced da Vinci robot.

To qualify for surgery one must have a BMI greater than 40 or a BMI greater than 35 with additional medical conditions. The surgery is often successful in resolving many ailments such as type 2 diabetes, hypertension, sleep apnea and others. Inova Fair Oaks Hospital is the most experienced center in the region, having performed more than 6,000 surgeries.



Gateway to Change

Patient feels new energy, health following bariatric surgery

Undergoing gastric banding surgery has changed Ken Shoebottom's life in "ways that are hard to express.

"I take it one day at a time and one meal at a time," the IT security professional states. "Fresh, healthy and smaller is a lifestyle I have learned to love. I choose food differently, I eat slower and I'm in control. The surgery was my gateway to change."

Shoebottom, who lives in Reston, Va., with his wife and three children, believes it was now or never for the procedure, which he underwent in October. "I was over 300 pounds with no end in sight," he recalls. "I knew the dangers of obesity could put me at greater risk for cancer, diabetes and heart disease, already in my family."

Shoebottom, who lost 28 pounds within three weeks of the procedure, notes that he has

worked for his positive results. He prepared for the surgery for more than seven months, honing his eating habits to ensure a successful transition after the surgery. He attended free information sessions to learn about surgical weight-loss procedures and met regularly with registered dietitians. Professional fitness coaches and a staff of highly qualified nurses provided assistance and top-of-the-line care.

He can't say enough about the Inova Fair Oaks Hospital Bariatric Team, which includes his surgeon, Amir Moazzez, MD, who also performed a hiatal hernia repair on Shoebottom.

Thanks to his experience at the hospital, Shoebottom feels better than he has in years. "I have more energy and a feeling of well-being that I have not experienced in a very long time," he says.

Being seriously overweight compelled Ken Shoebottom to research and eventually undergo gastric bypass surgery: "I can't wait to look in the mirror and think to myself, 'Yes, I made it,'" he said after surgery.

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.

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

WHY WAIT?

Online emergency room wait times help you find the quickest care

A sports injury, a high fever or a deep cut can all result in a trip to the emergency room. When they do, who wants to wait longer than necessary? Now, you don't have to. View our wait times at inova.org/er. You will see the wait times for all five Inova Health System emergency rooms and our four emergency care centers. Wait times are updated every 10 minutes, so you can head to the location with the shortest wait.

ON THE GO? Access our wait times on your iPhone or iPod Touch. The app also features a routing function to direct you to the closest Inova emergency room. Simply download the app from the iTunes app store.



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)**.



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