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HOSPITAL

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HEALTH AND WELLNESS
MADE PERSONAL

| WINTER 2012



BACK IN THE SADDLE

Rider retakes the reins
after undergoing hip
replacement surgery

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FOLLOW THE LEADER

A Bright New Year

2012 promises to be a wonderful year for our hospital community! Here are some highlights to look forward to:

- We will break ground on the first phase of our \$43 million expansion and renovation project, "Building Today for Tomorrow's Healthcare."
- We will begin road and land preparation for Inova HealthPlex at Lorton, a freestanding ambulatory care center that will provide 24-hour emergency services and other outpatient care to the Lorton community.
- We will see our Emergency Department transformed to include an enhanced Fast Track area and eight new observation beds, which will allow us to better meet the needs of our growing community.

We finished 2011 with a dramatic rise in our patient satisfaction scores, continuous achievement in reaching our quality goals and increased referrals to our centers of excellence. These accomplishments reaffirm our commitment to quality care and improving the patient experience.

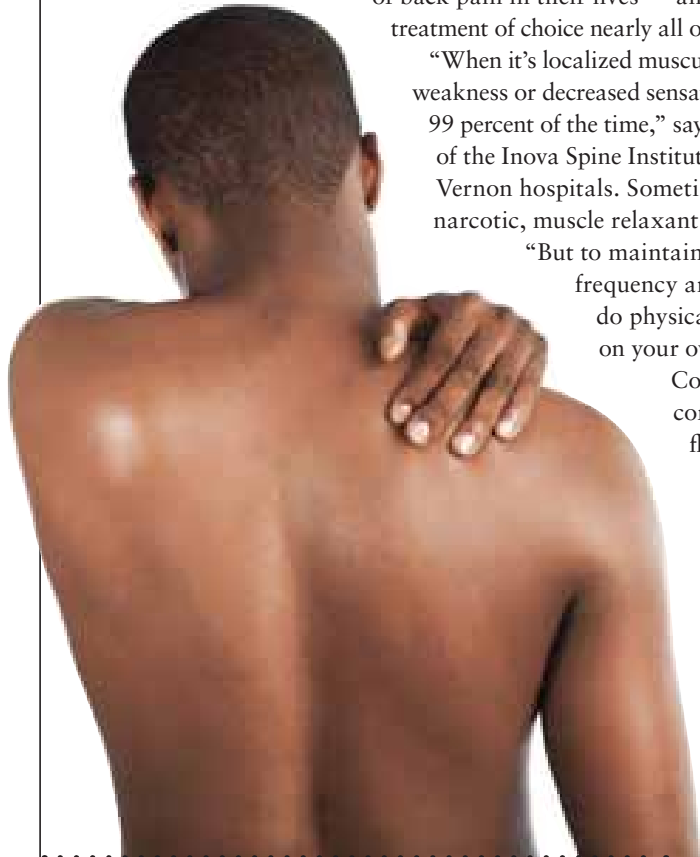
On behalf of myself, the physicians, staff and volunteers at Inova Mount Vernon Hospital, we wish you a safe and healthy New Year. In 2012 and beyond, we are dedicated to being the best place to give and receive excellent care.



BARBARA DOYLE
CEO, Inova Mount Vernon Hospital

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 in their lives — and conservative methods are the treatment of choice nearly all of the time.

"When it's localized muscular pain without evidence of nerve pain, weakness or decreased sensation, conservative treatments work over 99 percent of the time," says Corey Wallach, MD, Medical Director of the Inova Spine Institute at Inova Alexandria and Mount Vernon hospitals. Sometimes an acute flare-up may require a narcotic, muscle relaxant or oral steroids, Dr. Wallach notes.

"But to maintain a healthy back and to minimize the frequency and intensity of back pain, you have to do physical therapy (PT) and physical exercises on your own."

Conservative management includes core-strengthening exercises and Pilates, flexibility exercises, ultrasound, traction, electrical stimulation, myofascial release therapy (to reduce pain and improve soft tissue-flexibility) and trigger point massage.

NERVE PAIN

The only time surgery should be considered for back pain is if there is evidence of nerve pain or spinal instability, Dr. Wallach says.

Examples are sciatica (radiating pain in the buttocks and legs due to nerve compression) and spinal stenosis (narrowing of the spine that can cause pain, numbness, weakness and problems of coordination).

"Then you want to see a surgeon," Dr. Wallach comments. "That's what we are great at fixing."

But surgery, he reiterates, is not the treatment path for "the vague low back pain that 90 percent of Americans are going to get."

"The treatment of back pain is not surgical," he emphasizes. "It's conservative, conservative, conservative."

Ask the Expert

NEW TREATMENT OPTIONS FOR LOWER BACK PAIN

Join Corey Wallach, MD, for a community class, "New Treatment Options for Lower Back Pain." It will take place at Inova Mount Vernon Hospital on Feb. 15 at 6 p.m. The class is free, but to better serve you, we ask that you register by calling **1-855-My-Inova (694-6682)** or visit inova.org/asktheexpert to register for this **FREE** program.



Corey Wallach, MD
Orthopedic Surgeon



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 the deterioration of our joints. 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 another, 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

► Learn more about osteoarthritis and joint replacement at inova.org/jointcenter.

Ask the Expert

OSTEOARTHRITIS AND ADVANCES IN JOINT REPLACEMENT

Join Nitin Goyal, MD, for a free community class, "Osteoarthritis and Advances in Joint Replacement," at the following times and locations:

- **Jan. 18, 2 p.m.,**
Inova Mount Vernon Hospital
- **Feb. 22, 6:30 p.m.,**
Inova Mount Vernon Hospital
- **March 21, 6 p.m.,**
Laurel Hill Golf Club, Lorton, Va.



Nitin Goyal, MD
Joint Replacement
Surgeon

The class is **FREE**, but to better serve you, we ask that you register by calling **1-855-694-6682**.

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.

Keep the Beat

Practice heart-healthy behaviors

Our 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 go a long way toward keeping our hearts beating strongly.

"Many people don't realize how sensitive our hearts are to our lifestyle habits," notes Arnold Rosenblatt, MD, a cardiac specialist practicing at Inova Mount Vernon Hospital. "How we live will have a direct effect on the health of our hearts."

A study recently published in the journal *Circulation: Heart Failure* found that people who adhered to four healthy habits reduced their risk of heart failure (by 81 percent in women, by 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.

Eating well is an important habit to learn. Diet tips include: limiting unhealthy fats and cholesterol, choosing low-fat protein sources, eating more vegetables and fruits, and selecting whole grains.

Another way to keep our hearts strong is reducing our stress levels. The body's natural responses to stress include a faster heart rate, a rise in blood pressure and the release of stress hormones.

Take Heart

To learn more about how to keep your heart healthy, sign up today for a free quarterly *SmartHearts* e-newsletter by visiting inovaheart.org.



Coming Home

SURGEON RETURNS TO WORK AT HEALTH SYSTEM WHERE HE WAS BORN

Orthopedic surgeon Nitin Goyal, MD, may be considered a “local boy made good.” The new surgeon practicing at the Inova Joint Replacement Center at Inova Mount Vernon Hospital has returned to the health system where he was born and volunteered as a teenager.

“It’s exciting to be back and have the opportunity to treat patients in the community where I grew up,” says Dr. Goyal, who was born at Inova Fairfax Hospital and served as a candy striper there while he was in high school. “I always looked up to my pediatrician and the doctors I interacted with at Inova Fairfax Hospital.”

Now, young candy strippers can look up to Dr. Goyal, who completed his residency and fellowship at the prestigious Rothman Institute at Thomas Jefferson University Hospital in Philadelphia. Dr. Goyal pursued specialized training in complex hip and knee reconstruction there. His surgical interests include computer navigation for partial and total knee replacement, revision surgery for infection, and treatment of hip pain in the younger adult population. Since joining the Anderson Orthopaedic Clinic and practicing at the Inova Joint Replacement Center, he has performed the innovative muscle-sparing anterior approach to total hip arthroplasty. William Hamilton, MD, another Inova Mount Vernon Hospital and Clinic physician, also performs this procedure.

“I wanted to come back to the area, and Anderson is well-known at institutions around the country for hip and knee replacement — both for research and clinical practice,” he says.

summer and plan to go to San Francisco and Lake Tahoe in February. When he is not operating, you may find Dr. Goyal hiking and running in Great Falls Park. He also likes to play tennis and is a big hockey fan (he roots for the Washington Capitals, of course).

Besides continuing to do research to improve joint replacement and taking care of people in the area, Dr. Goyal is excited to train the next generation of orthopedic surgeons.

He has no plans to leave his hometown again.



“It’s exciting to be back and have the opportunity to treat patients in the community where I grew up.”

—DR. NITIN GOYAL

Dr. Goyal, who grew up in Great Falls, Va., comes from a family of physicians. His sister, Shalini Kaneriya, is an internist at Inova Fair Oaks Hospital. His brother, Sharad, is a radiation oncologist in New York. Their parents still live in Great Falls.

Now that he has picked a spot to settle down, Dr. Goyal is looking for a home in the Alexandria area with his wife, Rachna. They enjoy going to Georgetown and Old Town Alexandria and love to travel. They visited Tuscany last

HARMFUL FUMES

HBO Unit helps those suffering from severe carbon monoxide poisoning

Carbon monoxide is known as the “silent killer”

because it is odorless, tasteless and colorless — and is the No. 1 cause of accidental poisoning deaths in the United States.

Those who are exposed to high levels of carbon monoxide and are showing serious problems, such as loss of consciousness, can receive treatment at the Inova Mount Vernon Hospital Hyperbaric Oxygen Unit.

“If you do aggressive hyperbaric oxygen treatment, you’ll prevent neurological problems down the road,” notes Bill Bartow, PA-C, Clinical Director of the Hyperbaric Medicine Unit.

Inova Mount Vernon’s Hyperbaric Oxygen Unit is unique in the region because it serves people 24 hours a day, seven days a week. Many other HBO units are only open during the week from 9 to 5. “We’ve been doing this since 1984,” Bartow says. “We’ve never had a break in service. Inova is committed to making sure we treat not only the ‘easy patients,’ but those with an urgent need in the community.”

The Unit has two hyperbaric oxygen chambers, each fitting one person. People with carbon monoxide poisoning who need hyperbaric oxygen receive three treatments in 24 hours. The Unit typically sees 12 carbon monoxide poisoning-related patients in a year. About one-third of the patients are “occupational exposure,” meaning that they were exposed to the gas in a work environment, according to Alfred Kirkwood, DO, Medical Director of the Unit. The rest are a result of home exposures.

One of the scariest parts about carbon monoxide poisoning is that its symptoms are similar to the flu. Signs are headache, nausea, dizziness, vomiting and fatigue. Those with more severe cases may suffer from shock, confusion or seizures. People with milder cases of carbon monoxide poisoning can be treated with oxygen masks in the emergency room.

“I would say it’s underrecognized,” Dr. Kirkwood notes. “There are many more cases out there. Patients or



A hyperbaric oxygen chamber delivers 100 percent oxygen to a patient. People with severe carbon monoxide poisoning receive three treatments in 24 hours.

WHERE DOES IT COME FROM?

Common sources of carbon monoxide:

- Automobiles, trucks, buses, boats
- Gas heaters and furnaces
- Small gasoline engines
- Space heaters
- Portable, gas-powered generators
- Barbecues/fireplaces
- Wildland fires
- Cigarette smoke
- Paint stripper

people in general need to know you don’t operate a gas-operated machine inside an enclosed environment.”

Common sources of carbon monoxide gas in the home are gas heaters or furnaces. Also, portable, gas-powered generators, if left to run inside, also can cause poisoning. Even in the garage, a generator can emit fumes that can seep into the home. A typical cause in the work environment is gas-powered power tools.

The best way to prevent accidental poisonings in the home is to install a carbon monoxide detector, Bartow says. Also, furnaces should be checked routinely to make sure they are not emitting carbon monoxide.

Breathe Easy

To learn more about hyperbaric oxygen therapy, visit us at inova.org/HBO. Here, HBO experts offer information on treatments and services.



RIDER RETAKES THE REINS
AFTER UNDERGOING HIP
REPLACEMENT SURGERY

HORSING AROUND:
Joan Miller is back riding
regularly and also has resumed
swimming following hip
replacement surgery in April.

Back in the Saddle



“There is no age limit for hip replacement surgery. With today’s techniques, the procedure is a safe and reliable method of reducing pain, improving mobility, retaining independence and returning to a more active lifestyle.”

— KEVIN FRICKA, MD, ORTHOPEDIC SURGEON

PREPPING FOR SURGERY

Prior to hip or knee surgery, patients at Inova Mount Vernon Hospital have an appointment with a physical therapist. One important benefit is to establish a family member or caregiver as a “coach” for the recovery process at home. The coach will learn to be aware of possible complications, assist the patient, and provide instruction and encouragement. Coaches play a crucial role in the healing process of the patient. It has been shown that intervention by the coaches optimizes patients’ recovery time.

Beginning in 2001, arthritis in her left hip prevented Joan Miller from pursuing a lifelong passion — horseback riding. As the owner of a horse-breeding farm in the foothills of the Blue Ridge Mountains, the active Warrenton, Va., resident, now 80, had to be content letting others exercise her horses. “For quite some time, I knew I would benefit from a hip replacement,” she says. “But because I could manage to do everything except separate (my legs), I didn’t opt for surgery.”

But last winter, Miller, who swims three times a week, contracted pneumonia and couldn’t exercise for a month. After recovering, she fractured her ankle. “With all that sitting around, I gained 15 pounds, and when I was finally able to move around, it exacerbated the hip pain,” she recalls. “So although my health was again good, my quality of life certainly wasn’t.”

It was time for surgery.

Miller could have chosen a local surgeon, but she didn’t want convenience to influence her selection. Instead, she sought recommendations from other women riders who have had hip replacements. “All the ones with good outcomes had been treated at the Anderson Orthopaedic Clinic,” she says. “Even though it isn’t readily accessible, that’s where I wanted to go.”

Miller consulted with Kevin Fricka, MD, a board-certified orthopedic surgeon with a special interest in minimally invasive hip and knee joint replacement. But before Miller could have surgery, she needed medical clearance from her primary care physician. Although pronouncing her fit, he was less than encouraging. “When he told me, ‘You’re never going to ride again, Joan,’ I replied, ‘We’ll see about that.’”

SPEEDY RECOVERY

Miller underwent hip replacement surgery on a Wednesday morning in April at Inova Mount Vernon Hospital, home to the Inova Joint Replacement Center. By the afternoon, she was walking the hospital corridor. That Friday, she went home. At first, Miller used a walker, then, a cane. Soon she was going up and down stairs. “I still can’t believe that from day one I didn’t have any pain,” she says. “You know how much it can hurt if you get just a paper cut.”

Smaller-incision surgery with less muscle-cutting and tissue damage combined with the latest anesthesia and pain control techniques allow patients to recover more comfortably than before. “Early ambulation boosts a patient’s confidence in a quicker recovery while decreasing the risk of complications,” Dr. Fricka says. “There is nothing more satisfying than seeing a patient stand and walk the day of surgery.”

Miller remembers asking Dr. Fricka if he was sure he inserted the implant. “I had seen a picture of it during my pre-op appointment,” she says. “How could I not feel something so big?”

STAYING HEALTHY

Along with teaching about the implant and hip replacement surgery, a comprehensive pre-operative exam focuses on pre-existing conditions, home healthcare, and in-home and outpatient physical therapy. “Previous blood clots and any medical conditions,

such as diabetes and heart disease, need to be evaluated and addressed,” Dr. Fricka explains. “Optimizing the patient’s health assures the surgeon, medical doctor and patient that those conditions will be treated appropriately before, during and after surgery.”

In July, three months after surgery, Miller was, as she was determined to be, back in the saddle. In August, she was riding about half-an-hour a day, four times a week. She has also resumed swimming. “I feel so good that it’s as if I have been reborn,” Miller says. “I advise anyone of any age who is healthy enough to have the surgery to do so.”

Dr. Fricka concurs. “There is no age limit for hip replacement surgery,” he says. “With today’s techniques, the procedure is a safe and reliable method of reducing pain, improving mobility, retaining independence and returning to a more active lifestyle.”



We’re Golden

The Inova Joint Replacement Center at Inova Mount Vernon Hospital where Joan Miller received her hip replacement, has received The Joint Commission Gold Seal of Approval for the past four years as a center of excellence for hip and knee replacement. Learn more about the Center at inova.org/jointcenter.

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.

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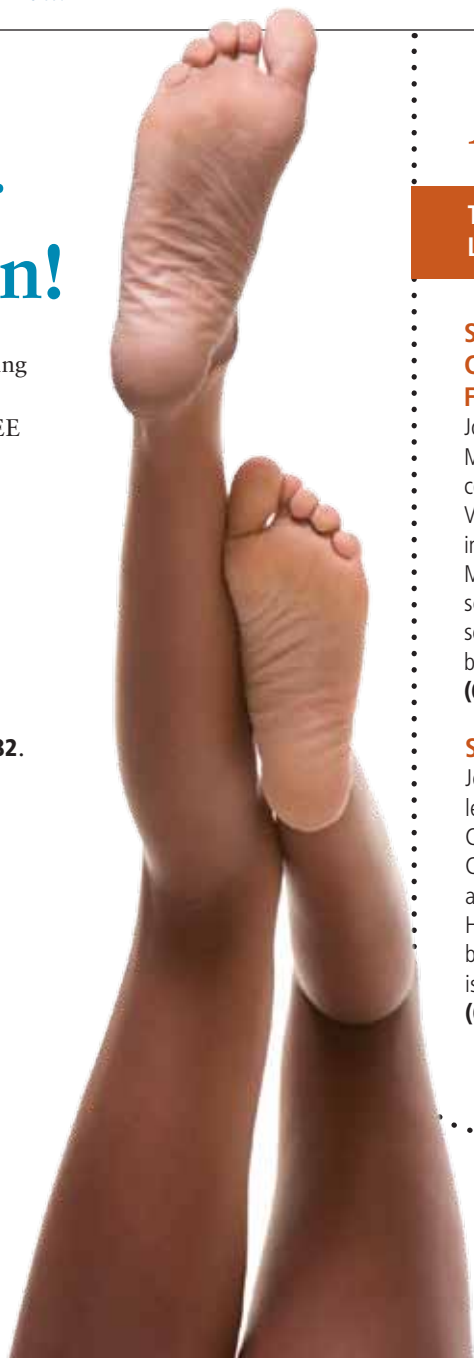
Where: Inova Mount Vernon Hospital

When: Wednesday, Jan. 25, from noon to 5 p.m.

Appointment required! Call us today to reserve a time for your FREE screening: **1-855-694-6682**.



Sandeep Bagla, MD
Vascular Radiologist



Ask the Experts

TO REGISTER FOR ONE OF OUR FREE ASK THE EXPERT LECTURES, VISIT INOVA.ORG/ASKTHEEXPERT.

Signs of Vascular Disease: Community Seminar and FREE Screening

Join Rodeen Rahbar, MD, at Inova Mount Vernon Hospital for a free community seminar, "Symptoms of Vascular Disease," and a free screening for vascular disease on Thursday, March 8, at 6 p.m. The seminar and screening are **FREE**, but to better serve you, we ask that you register by calling **1-855-My-Inova (694-6682)**.



Rodeen Rahbar, MD
Vascular Surgeon

Skin Health

Join Khosrow Matini, MD, for a free lecture, "Early Detection of Skin Cancer, Facial Rejuvenation and Body Contouring," on Thursday, March 1, at 6:30 p.m. at Inova Mount Vernon Hospital. The seminar is **FREE**, but to better serve you, we ask that you register by calling **1-855-My-Inova (694-6682)**.



Khosrow Matini, MD
Plastic Surgeon



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