

INhealth

HEALTH AND WELLNESS MADE PERSONAL

Spring/Summer 2019

back in play

Knee replacements help Kay Goss settle into her latest role: grandmother **6**

FROM THE INOVA HEALTH FOUNDATION:
An inside look at Inova Schar Cancer Institute and more
Pages 8-11

Kay Goss, an accomplished emergency management official, enjoys time with her grandson, Kirby.

JUST IN TIME

Quick action results in positive outcome for stroke patient **5**

BUNION SURGERY
leads to smooth recovery **4**

Here to Serve You



Our mission at Inova is to provide world-class care — every time, every touch — to each person in every community we have the privilege to serve. With this guiding principle, all of our team members are committed to getting our patients “back in play,” as the cover headline states.

Just ask cover story patient, Kay Goss, who is active after double knee replacement surgery or Donald Folk who made a successful recovery from a stroke (page 5). We hope you enjoy learning more about our exceptional services and dedication to helping our patients return to play.

RINA BANSAL, MD, MBA
President and CMO
Inova Alexandria Hospital

JOSEPH S. PINA, MD, FACP
Acting President and CMO
Inova Mount Vernon Hospital

MORE ONLINE

Interested in learning more from the *INhealth* newsletter?

Visit inovanewsroom.org to read additional stories, as well as view videos and podcasts pertaining to hospital news, programs, treatments and cutting-edge research.

Technology Abounds

New surgical tools can improve outcomes

Operating rooms at Inova Mount Vernon (IMVH) and Inova Alexandria (IAH) hospitals are becoming more technologically advanced. These innovations allow doctors to be more accurate in performing surgeries and result in faster patient recovery. Here are the latest examples:

O-Arm Imaging Tool. IAH added a new surgical imaging device to help both doctors and patients in the operating room (OR). The O-Arm, coupled with navigation software, is replacing the previous C-Arm in spine and cranial cases. “What it does is create a complete 360-degree image,” says Karen Wastler, Senior Director of Perioperative Services at Inova. “This means less operating and anesthesia time for the patient and less radiation exposure for both the patient and operating staff in the room.” IMVH received an O-Arm last year.

da Vinci® Surgical System. Jeffrey Coster, DPM, and Pratik Desai, MD, along with the leadership team at Inova, were instrumental in bringing the da Vinci®

Diagnosing and Treating Fibroids

July is National Fibroids Awareness Month

While 80% of women experience uterine fibroids by the age of 50, according to the National Institutes of Health (NIH), many women don’t seek out knowledge or treatment for the issue. Here are some commonly asked questions:

What are they? Fibroids are abnormal growths that develop on or in a woman’s uterus. They’re essentially noncancerous tumors that develop during a woman’s childbearing years and

can bring about a series of painful symptoms or no symptoms at all.

How are fibroids diagnosed?

Most fibroids are diagnosed when a physician feels an enlarged uterus during an internal gynecologic exam. Fibroids can be confirmed by pelvic ultrasound (sonogram), magnetic resonance imaging (MRI) or computed tomography scan (CT), all of which are painless procedures.

What are the treatment options at Inova Alexandria Hospital (IAH)?

The IAH Fibroid Program is a multi-disciplinary program for comprehensive fibroid care. Treatment options that



John Klein, MD, and Inova Alexandria Hospital team employees celebrate the renovated Cystoscopy Room in March. During a cystoscopy procedure, the doctor examines the lining of the bladder and urethra.

surgical robot to the IAH OR. The latest Xi® model is extremely useful for kidney, prostate, colorectal and general surgeries. “The device offers significant dexterity and manipulation of its arms inside the body,” Wastler says. “A surgeon’s arm just cannot match the dexterity and degree of rotation offered by the robot, which makes the da Vinci tool a great asset to the OR.”

Laser Trials at IAH. IAH’s surgical partner and Section Chair for Urology, John Klein, MD, requested laser trials for newly diagnosed urologic issues. “We’re trialing a few different laser procedures to decrease surgery time, have less tissue manipulation and have better ways to avoid more invasive procedures, one of which is the removal of renal calculi, or kidney stones,” Wastler explains. “During this process, we renovated the Cystoscopy Room — another way we are looking toward the future in medical advancement.”

preserve the uterus may include hysteroscopy, myomectomy or uterine fibroid embolization. The latter is a nonsurgical, minimally invasive procedure that involves an interventional radiologist identifying which arteries are supplying blood to the fibroids and blocking blood flow to them. A treatment for permanently resolving fibroids is a hysterectomy, which involves removing the entire uterus.

Visit inova.org/IAHfibroids or call **703.504.3326** to get more information.

TOP HONORS

Inova Alexandria and Inova Mount Vernon hospitals both received an “A” grade this spring, the highest rating, from The Leapfrog Group.



The Assist

New device helps therapy patients reach their goals

Continuing an ongoing commitment to offering the latest physical and occupational therapy for patients, the Inova Rehabilitation Center (IRC) at Inova Mount Vernon Hospital added the Aretech ZeroG Gait and Balance System, a robotic, ceiling-mounted body-weight support system that can be used for walking, balance activities, stair training and



George is the first inpatient to utilize the ZeroG at Inova Mount Vernon Hospital. He returned to work late last year.

more. A key benefit of the device is there is no fear of falling.

With the new dynamic ZeroG System, the range of exercises and therapeutic activities patients can perform has increased, says Caitlin Ayers, MSPT, NCS. “The patient is free to move,” she says. “They can walk the entire length of the room, turn 360 degrees, get up and down from the floor, use a treadmill or practice stairs safely. They can really do almost anything.”

Ayers explains that the ZeroG also comes in handy for occupational therapy and getting patients back to work. “When we work with a patient, we always discuss their goals, and often it’s a work-related task,” she says. “With this system they can do things like lift objects or carry things up and down the stairs, all without having to worry about falling or injuring themselves.”

To view the Inova Rehabilitation Center’s programs and services, visit inova.org/IRC. To make an appointment or for outpatient inquiries, call **703.664.7190**.

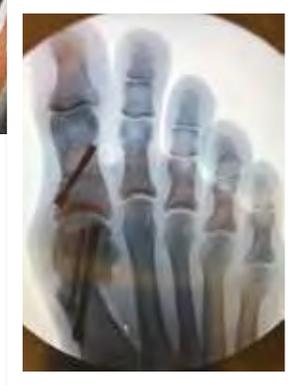


Best Foot Forward

Minimally invasive bunion surgery makes recovery easier and much less painful

Vienna Skinner, a 25-year-old substitute teacher and coach from Dumfries, Virginia, experienced pain from a bunion on and off for about three years. As a youth basketball and volleyball coach and a player herself, this was often an issue, and it gradually got worse.

“At first I would do something active and then it would hurt for a bit, but then it got to the point where my whole foot — my toe and the bottom of my foot and leg — would hurt for days after I was active,” Vienna says.



Vienna decided to seek medical advice and spoke with Oliver N. Schipper, MD, an orthopedic foot and ankle surgeon at Anderson Orthopaedic Clinic and Inova Mount Vernon Hospital. Dr. Schipper explained that her bunion would need surgery and he could perform a new, minimally invasive procedure that would make recovery easier with less pain, less swelling, an overall cosmetic improvement and no stiffness.

“With traditional bunion surgery, patients usually complain about two things after surgery: pain and stiffness,” says Dr. Schipper. “With this new minimally invasive option, it’s the same surgery but is performed

through small keyhole incisions that keep the joint intact. This means patients have less pain, less swelling, and they’re off narcotics much faster.”

Vienna saw Dr. Schipper in November and about a month later she underwent the minimally invasive procedure. In her past few months of recovery, she has seen the advantages of the treatment firsthand.

“Recovery has been going great,” she says. “I have been cleared for full-impact movement and have been back to running and volleyball every week without any problems! I’ve been tremendously excited about that.”

Dr. Schipper notes that making this type of recovery easier on patients is exactly the reason Inova focuses on innovative techniques such as minimally invasive bunion surgery in the first place.

“We strive to be at the forefront of medicine, and it’s procedures like this that highlight the approach we have throughout the system,” he says. “Historically, bunion surgery has been painful and uncomfortable, and this is just one example of how we’ve been able to enhance patients’ experiences by expanding our services.”

Thanks to minimally invasive bunion surgery, Vienna Skinner, stretching above, can be active again without pain. She is back to playing volleyball every week. The X-ray, at right, indicates where the bunion was removed.



Oliver N. Schipper, MD

DON'T SUFFER WITH JOINT PAIN
Learn more about Inova's orthopedic services at [inova.org/joints](https://www.inova.org/joints).

It's About *Time*

Inova Alexandria Hospital has received advanced stroke certification from The Joint Commission in collaboration with the American Heart Association and American Stroke Association.



Fast action by Inova Alexandria Hospital puts stroke patient on a path to full recovery

Donald Folk, 55, loves tight turns on ski slopes, spiking volleyballs and pretty much any sport that gets the heart pumping. To help stay fit, he walks — briskly — and usually along the Potomac River’s Mount Vernon trail in Old Town Alexandria. For some reason, last year on Christmas morning, this Alexandria resident changed his routine. “I decided to stay on the main streets,” he recalls. “That decision probably saved my life.”

Doctors likely would agree. After Donald finished his morning walk, he strolled into a convenience store for a soda. Once back outside, his drink fell from his hand and he collapsed. “I vaguely remember someone stopping to help me and then calling 911,” he says. “If I’d been down by the river, on Christmas morning, I doubt anyone would have been around to call for help.”

Between the bystander’s quick wits and the EMS responders’ fast action, Donald was soon at the Inova Alexandria Hospital (IAH) Emergency Department (ED). Upon arrival, he was taken immediately for a CT scan, which confirmed that he was having an ischemic stroke. The ED team quickly administered tPA, a clot-busting drug that helps restore blood flow to the brain — but only if administered within four-and-a-half hours of stroke onset. In this case, time was on Donald’s side.

Based on the severity of Donald’s stroke, an additional specialized CT scan was performed that confirmed blockage of his right carotid artery. Upon discussion with the ED team and review of the imaging,

interventionalists Kenneth Rhol, MD, and Venu Vadlamudi, MD, then activated the interventional stroke team consisting of doctors, technologists, nurses and anesthesiology experts. Within minutes, they had Donald on the table and removed the blockage, restoring blood flow to his brain. A severe narrowing of his artery turned out to be cause for his stroke, so a stent was placed to keep the artery open.

Why all this highly choreographed fast action? “Time is brain,” explains Dr. Vadlamudi, Medical Director of the Stroke and Cerebrovascular Disease Program at IAH. “The quicker we restore blood flow to the brain, whether with tPA or a procedure, the less risk there is for permanent brain damage, and the patient has a significantly better chance for a good outcome at 90 days and beyond. That’s why it’s so important to know the signs of stroke and if you see them, to immediately call 911.”

Donald is living proof of the value of acting fast. “I’ve been taking my morning walks for a while now, and I just started taking my nighttime walks along the river, which is my favorite thing to do,” he says. 



Donald Folk has returned to his walks along the Potomac River.

TIME IS BRAIN

Learn more about stroke and cerebrovascular care at inova.org/stroke.

Back *in* Step

Two knee replacements later, Kay Goss is enjoying life's latest reward

Kay Goss, walking with her grandson, Kirby, underwent two knee replacement surgeries in advance of Kirby's arrival.



Kay Goss loves to snuggle with her grandson, Kirby, and read a good book with him. Of course, he's just a toddler, so the books are short, often made of cardboard and usually filled with lift-up flaps. "It's our favorite thing to do together," this Alexandria resident says. "We read at least one book every day before getting dressed."

Kay is used to being part of the action. A former powerhouse player in Washington, DC, she was the first woman to hold the title of Associate Director of the Federal Emergency Management Agency (FEMA) under former President Bill Clinton. After her tenure with FEMA, Kay worked with a number of public and private entities, which included a lot of business travel and little downtime. "That's when I started noticing a lot of pain in my knees and back," Kay recalls.

In 2017, this emergency management official, public servant, author of 300 articles and five books, esteemed public speaker and educator learned that she reached another milestone: she was going to be a grandmother. This meant some adjustments had to be made.

"I was so excited — but I was also concerned that I wouldn't be able to carry my grandchild. The pain in my knees was that bad," Kay says.

That's when she made an appointment with orthopedic surgeon Andy Engh, MD. "I wanted the pain gone before my grandchild's birth," Kay says.

Double Trouble

"Kay had a type of arthritis in both knees that we call crepitus of the knee, which means there's a lack of cartilage," explains Dr. Engh, of Anderson Orthopaedic Clinic and Inova Mount Vernon Hospital. "This causes a cracking or popping sound or sensation in the knee joint. In Kay's case, the arthritis was severe enough to cause pain in her feet, back and hips, since everything is connected. By the time I saw Kay, the pain and stiffness was modifying her daily activity."

Dr. Engh recommended a double artificial knee replacement, or arthroplasty, which involves surgically resurfacing the ends of the bones that form the knee joint with metal and plastic parts. "Kay was apprehensive about having two surgeries at the same time," he explains. "That's an individual choice between patient and

doctor, and in Kay's situation, I agreed that we should space the surgeries out."

So, in February 2017, Kay had her first knee replacement, and then in December she had the second one.

Living Without Pain

When recalling her recovery after the first surgery, Kay often comes back to the same word: amazing. "I walked with a walker in the hospital a few hours after surgery, and I was home the next day," she says. "But I was very concerned — and scared — about all the stairs in our four-story townhouse. Here's the most amazing part: I tried the stairs, one step at a time, and for the first time in 15 years I had no pain. All this was happening only 24 hours after surgery," Kay adds.

Recovery continued to go well, which gave Kay confidence to have the second knee surgery. "I put off the first surgery because I dreaded being out of it for so long," she says. "But when I saw and felt the first surgery's results, I went right ahead into the second surgery."

Today, Kay is back to rushing through airports for business trips, writing articles and spending time with Kirby. "Dr. Engh knew exactly what my body needed. And now, just a year later, I lift my 25-pound grandson, give him a hug and kiss, and off we go for a walk. I forget that I ever even had surgery. That's how good I feel." 📞

A Reputation for Excellence

The Inova Joint Replacement Center at Inova Mount Vernon Hospital is the largest program of its kind in the mid-Atlantic region. The center, which is nationally accredited and certified by The Joint Commission, performs more than 2,000 hip, knee, shoulder and ankle replacements each year.

As a sign of the center's outstanding care, Sameer Nagda, MD, was named team orthopedic surgeon for the United States Women's National Soccer Team. Dr. Nagda, who has worked with the team since 2016, was chosen to travel with the team to France this June.



Sameer Nagda, MD

THE STATS

THE INOVA
JOINT
REPLACE-
MENT
CENTER
SERVES
PEOPLE
FROM ALL
50 STATES
AND **31**
COUNTRIES.

JOINT HEALTH

Complete a free joint risk assessment at inova.org/joints. To find out more about the Inova Joint Replacement Center, call **703.664.7493** or visit inova.org/IJRC.

Personalized Cancer Care *for the Comm*

Inova Schar Cancer Institute offers the best in clinical and holistic care



As Inova Schar Cancer Institute (Inova Schar) has evolved over the years, one idea has remained the same: the patient is at the center of care. Now a state-of-the-art 430,000-square-foot facility, a department of Inova Fairfax Hospital, Inova Schar is the flagship of a multisite cancer program. From nationally renowned specialists, genetic counselors and emotional support services to groundbreaking research, Inova Schar offers patient-designed amenities on-site, such as local art displays, spa services and a café focused on health. “No one else in the metro DC area offers anything close to this level of holistic care,” notes John Deeken, MD, President, Inova Schar.

In fact, adds Thomas Graves, Vice President, Inova Schar, it’s a model of cancer care that is usually only available at prominent teaching hospitals

in the United States. “Unlike traditional community medical centers, this model brings nationally renowned specialists, surgeons, genetic counselors and leading researchers to the patient — all under one roof,” he says.

Graves points out that Inova Schar is the hub of an integrated care network, with locations across Northern Virginia offering the same standard of expertise.

Innovation Matters

Innovative treatments and technology underlie Inova Schar’s patient-centered approach to cancer care. Here are just a few examples:

- Inova Schar is a center for the APOLLO program, a research arm of the National Institutes of Health’s Cancer Moonshot, which strives to profile tumors using proteogenomics, the next level of analysis for precision oncology.

- Inova Schar is one of the sites for the groundbreaking TAPUR trial being conducted by the American Society of Clinical Oncology, applying targeted therapies across tumor types to patients in need of treatment options.
- The Molecular Tumor Board gives patients with advanced cancers personalized treatment plans.
- The Cancer Genetics Program serves individuals concerned about personal and family history.

Care Down to a Science

The ultimate objective of this research is to provide the most well-rounded clinical care. “It’s our goal to provide the same academic level of care that patients receive at only the best cancer centers in the country,” notes Gopal Bajaj, MD, MBA, Chairman and Medical Director of the Center for Advanced

unity



Radiation Oncology and Proton Therapy at Inova Schar. “Working backward from that, we asked ourselves, ‘When a patient

comes through our door, how can we provide the broadest spectrum of care possible — from treating the disease to treating the person?’”

Inova Schar delivers on that promise through an integrated team of specialists who include patient coordinators and nurse navigators. One of the cornerstones of Inova Schar is Life with Cancer®, a nationally recognized program offering educational and emotional support. With services located at every Inova Schar location, Life with Cancer offers wellness and exercise programs, seminars, individual and family counseling, and nurse navigation. These services are available to anyone

Inova cancer survivors and families, community leaders, donors and Inova leaders gather in April to dedicate Inova Schar Cancer Institute (Inova Schar), a department of Inova Fairfax Hospital. Inova Schar opened for patients in May.

affected by cancer, regardless of where the patient is being treated, at no cost. Based on an evidence-based, integrative approach, certified oncology nurses and licensed clinical therapists provide support throughout the continuum of care.

Life with Cancer’s clinical and emotional resources are centralized at Inova Schar. “Our nurse navigators see patients as individuals and bring together all of the support each patient needs,” says Shairna Bluesteen, Oncology Nurse Navigator, Life with Cancer. 

A DESTINATION FOR CANCER CARE
Get more information at inova.org/cancer.

Valued Partnerships

Located on the 117-acre Inova Center for Personalized Health campus, the \$270 million Inova Schar Cancer Center facility was made possible through a \$50 million lead gift from Dwight and Martha Schar — as well as contributions from countless members of the Inova community.

Every gift matters in the creation and advancement of this unparalleled, state-of-the-art cancer care destination. Philanthropic support makes training, education, recruitment of physicians and other activities possible. Philanthropy is the lifeblood of two Inova programs in particular. Some 70% of Life with Cancer®, which provides ongoing education and emotional support along with hundreds of wellness and survivorship classes to cancer patients, is philanthropically supported. Arts in Healing is 100% philanthropically supported.

“These two programs in combination are unique in the United States,” says Sage Bolte, PhD, Chief Philanthropy Officer and President, Inova Health Foundation. “Generous donations have allowed us to create a holistic healing environment for our patients, family members and caregivers.”

To learn more and/or make a donation, visit inovacancer.org/donate.

Support for Babies

IAH spring campaign supports NICU

Each year, at least 250 of the 3,600 babies delivered at Inova Alexandria Hospital (IAH) will spend some time in the Charlotte and Walter Jones Neonatal Intensive Care Unit (NICU). They require special attention and support, which is why the NICU was selected by the IAH Foundation Board as the focus of the 2019 Spring2ACTion campaign.

Through generous donations from the Alexandria community, the campaign raised \$30,060 to support IAH's smallest patients. These funds were able to secure the NICU with new equipment to include: TurtleTubs, mamaRoo® swings and new rocking chairs and footrests. [@](#)



The 2019 Spring2ACTion campaign at Inova Alexandria Hospital provided items for the Neonatal Intensive Care Unit.



Highest Honor for Nurses

Inova Alexandria and Inova Mount Vernon hospitals pursue Magnet designation

Nurses are an integral part of patient care, and honoring the work they do is an important part of Inova's culture. For this reason, Inova Alexandria (IAH) and Inova Mount Vernon (IMVH) hospitals are pursuing the prestigious Magnet® designation.

Awarded by the American Nurses Credentialing Center (ANCC), Magnet recognizes an organization's commitment to supporting and advancing nursing excellence, as well as delivering quality patient care and promoting safety.

IAH is well on its way to Magnet designation. In December 2018, it achieved the ANCC Pathway to Excellence Designation, which recognizes a healthcare

organization's commitment to creating an environment that empowers and engages staff. IAH is the first in the Inova system to receive this designation.

Achieving Magnet designation is a \$900,000 investment for IAH and a \$600,000 endeavor for IMVH, so the hospitals are fundraising to underwrite these costs. In 2018, the focus of IAH's Spring2ACTion campaign was the Magnet journey and it raised just over \$92,000. As of April 1, \$317,332 has been

Thank-You Gifts

Two longtime patients give generously

Since opening its doors in 1976, Inova Mount Vernon Hospital (IMVH) has been fortunate to receive support from its community members and volunteers. This year, it gives special thanks to Lt. Col. Moy O. Chin, USA, Ret., and Doyle Catlett, who each gave generous gifts.

Having experienced five open heart surgeries during his lifetime, Lt. Col. Chin has been a patient of the IMVH Cardiac Rehab Gym for 26 years. After serving 24 years in the Army, he also served as the Director of Engineering at IMVH for 24 years. To honor Inova and show his gratitude to the cardiac rehab staff, he gave a gift to the gym.

On Feb. 22, IMVH celebrated Lt. Col. Chin's 90th birthday. In recognition of his gift, IMVH dedicated the gym the "Moy and Ethel Chin Cardiac Rehab Gym," for both Lt. Col. Chin and his late wife.

Similarly, throughout the years, Doyle Catlett and his late wife Ingeborg have been constant supporters of IMVH as volunteers, donor, advocates — and patients. Doyle was diagnosed with an autoimmune disease in 2014 and regularly receives treatment at the Infusion Center. He and Ingeborg have also been treated at the Veatch Family Emergency Department and inpatient units.

This year, Doyle made his largest single donation of \$10,000 to support the Emergency Department. In recognition of his gift, a patient exam room will be dedicated in honor of Ingeborg, who passed away in 2017. Doyle also announced that he has named IMVH in his estate.

"I would like to think that the Infusion Center ... is my second home," Doyle says. "IMVH has become an outstanding hospital due in part to philanthropy and an outstanding staff." 🍷



Inova Mount Vernon Hospital honors gift givers Lt. Col. Moy O. Chin (above) and Doyle Catlett (below, third from left).

CARE TO SHARE?

If you would like to share your grateful patient story or make a gift of gratitude, please contact the Inova Health Foundation at foundation.inova.org.

pledged and donated to IAH. In May, IMVH held a nursing awards dinner, during which the journey and fundraising goal were announced.

Every dollar raised will help cover the many expenses of attaining Magnet designation, including staff education, training, conference attendance and application fees. The goal for reaching Magnet is 2021 for both hospitals. Because the designation will benefit the hospitals and their communities — from physicians to patients — we're asking everyone to be "all in for Magnet!" To date, nearly 500 of the approximately 5,000 hospitals in the United States have achieved Magnet status. 🍷

Solid State of Affairs

Breakfast outlines region's achievements

Inova Alexandria (IAH) and Inova Mount Vernon (IMVH) hospitals recently held the second annual State of Healthcare in Inova's East Region Breakfast. The event featured a health fair, two panel discussions and a Q&A session, where IAH and IMVH senior leaders and clinical staff engaged and connected with volunteers and donors.

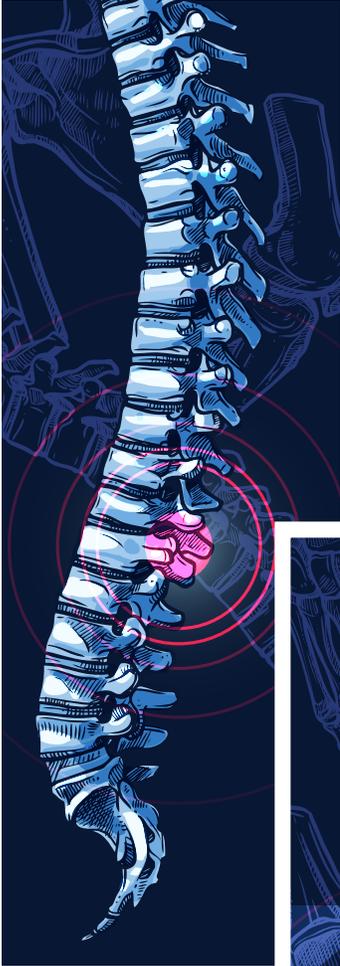


Attendees mingle at the annual breakfast meeting.

Panel members discussed achievements including the Pathway to Excellence designation at IAH, a 5-Star Centers for Medicare and Medicaid Services hospital rating for IMVH, and a grade "A" Leapfrog patient safety rating for both hospitals. The top philanthropy priority — garnering support for the hospitals' journeys to Magnet designation — was also identified. 🍷

All the Ask the Expert lectures are FREE. Please visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

ask THE EXPERT



Joints and Spine

MAKOplasty® Total Hip & Knee Replacements: Meet the Robot

Nauman Akhtar, MD
Wednesday, Aug. 28, 6 p.m.
Inova Loudoun Hospital
Physician Office Building
44055 Riverside Parkway,
Suite 110
Leesburg, VA



Men's Health

**Prostate Health —
What You Need to Know**

Inova Physician Panel
Thursday, June 27, 6 p.m.
Inova Alexandria Hospital
Auditorium
4320 Seminary Road
Alexandria, VA

Heart and Vascular

Living With Afib

Haroon Rashid, MD
Date and time to come.
Visit inova.org/AskTheExpert
for information.

Inova Fairfax Medical
Campus
*Physicians Conference
Center
3300 Gallows Road
Falls Church, VA
*Or join via webinar

**Managing Heart Disease
Risk Factors**

Behnam Tehrani, MD
Wednesday, Oct. 2, 6 p.m.
Inova Fairfax Medical
Campus
*Physicians Conference
Center
3300 Gallows Road
Falls Church, VA
*Or join via webinar



Events

**Zero Prostate Cancer
Run/Walk**

Saturday, June 15, 8:15 a.m.
Pentagon Row Courtyard
1101 S. Joyce St.
Arlington, VA

zeroprostatecancerrun.org/dc

**Reality Check: Young Driver
and Parent Education**

**Saturday, July 13, or Saturday,
Sept. 14**
10 a.m.–1:30 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center
3300 Gallows Road
Falls Church, VA

inova.org/realitycheck

Fall Prevention Day

Friday, Sept. 20
10 a.m.–3 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center
3300 Gallows Road
Falls Church, VA