



Schaufeld Family Heart Center

Inova Loudoun Hospital

Inova Schar Heart and Vascular – Schaufeld Family Heart Center is the hub for advanced cardiovascular care in Loudoun County, Virginia. We are located on Inova Loudoun Hospital’s Lansdowne campus and care for more than 10,000 patients annually.

Our full spectrum of care includes invasive and noninvasive cardiac and pulmonary services, vascular and endovascular surgery, vascular and interventional radiology, vascular imaging, and outpatient physician offices focused on treatment of cardiovascular disease. We are your trusted source in diagnosing, treating and managing a wide spectrum of heart and vascular conditions.

For multiple years, Inova has earned recognition from the American Heart Association and the American College of Cardiology for the highest

level of performance in caring for high-risk patients with chest pain and heart attacks. Our cardiovascular imaging and cardiac and pulmonary rehabilitation services are fully accredited.

We will continue to meet the heart and vascular needs for individuals and families in our community through innovative care enhancements along with community education and screening programs. Our goal is to ensure that our patients will always be able to receive cutting-edge heart and vascular care close to home.

Learn more: Inova.org/Heart



Schaufeld Family Heart Center services

As part of Inova Schar Heart and Vascular, we offer seamless access to Inova's dedicated heart and vascular specialists for the most complex conditions, including advanced heart failure services. Below are the services available at Inova Loudoun Hospital:

Cardiac services

- 64-channel cardiac CT
- Advanced heart failure diuretics clinic
- Cardiac catheterization
- Cardiac rehabilitation
- Cardioversion
- Echocardiography including transesophageal echocardiography and 3D strain
- Electrophysiology (including 3D mapping, atrial fibrillation ablation, cryoablation, implantable cardioverter defibrillator implants, loop recorder device implants, pacemaker implants, radiofrequency ablation and tilt table studies)
- Stress testing

Vascular services

- Aneurysm treatment
- Carotid artery surgery and stenting
- Complex hybrid aortic reconstruction
- Dialysis graft management
- Endovascular and surgical repair of thoracic and abdominal aortic aneurysms

- Fistula and arteriovenous graft creation
- Lower extremity stenting and bypass surgery
- Mesenteric arterial stenting and bypass
- Noninvasive vascular ultrasound
- Peripheral angioplasty and stenting
- Screening for peripheral arterial disease
- Supervised exercise therapy for peripheral arterial disease (SET-PAD)
- Treatment of venous thromboembolism

Additional interventional radiology services

- Minimally invasive cancer treatment
- Minimally invasive treatment for enlarged prostate
- Minimally invasive treatment for symptomatic fibroids and pelvic pain
- Nerve pain management for cancer or other chronic illnesses
- Treatment of spine and bone fractures and arthritis
- Treatment of varicose veins

Pulmonary Services

- Advanced lung disease clinic
- Pulmonary diagnostics (six-minute walk, arterial blood gas, cardiopulmonary exercise test, pulmonary function test, spirometry)
- Pulmonary rehabilitation

Cardiac and pulmonary rehabilitation and SET-PAD

The cardiac and pulmonary rehabilitation and SET-PAD programs at Inova Loudoun Hospital are lifestyle management and behavioral change programs certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). They are designed for individuals with cardiac, pulmonary and peripheral arterial disease, with the goal of improving cardiovascular function and exercise capacity.

Exercise physiologists, respiratory therapists, registered nurses and dietitians collaborate to develop an individualized program for each patient.

You will need a doctor's referral to enroll in the programs. Your provider may place a referral in your Epic medical record before discharge, or our team will contact your provider to obtain a referral.

Benefits of cardiac rehabilitation

- Improved cholesterol levels
- Better understanding of diabetes management
- Improved cardiovascular function
- Increased stamina, strength and flexibility
- Deeper knowledge of good nutrition
- Increased knowledge to prevent further cardiac events

Who can participate in cardiac rehabilitation?

Individuals who have had a cardiac event or cardiovascular disease may be eligible to enroll. This includes:

- Angina
- Angioplasty
- Cardiomyopathy
- Chronic angina
- Coronary bypass surgery
- Heart attack (myocardial infarction)
- Heart failure
- Heart transplant
- Heart valve disease
- Heart valve repair or replacement
- Percutaneous coronary intervention
- Stenting
- Ventricular assist devices

Benefits of pulmonary rehabilitation

- Deeper understanding of how to manage lung disease
- Improved quality of life and self-confidence
- Improved strength and endurance
- Better breathing control
- Improved nutrition and sleep patterns
- Decreased hospitalizations

Who should have pulmonary rehabilitation?

The program is recommended for patients with the following conditions:

- Asthma
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- COVID-19
- Cystic fibrosis
- Emphysema
- Endobronchial valve replacement
- Interstitial lung disease
- Lung cancer
- Lung transplant (pre- and post-)
- Pulmonary fibrosis
- Pulmonary hypertension
- Other lung diseases

Benefits of SET-PAD

- Improved walking ability and endurance
- Delayed onset of pain with walking
- Improved blood pressure
- Improved circulation
- Better diabetes management
- Improved flexibility and balance
- Deeper lifestyle modification knowledge
- Deeper knowledge of good nutrition
- Improved self-confidence
- Increased strength and endurance
- More effective stress and anxiety management

Who should participate in SET-PAD?

Individuals who have a diagnosis of intermittent claudication with and without symptoms can participate in SET-PAD.

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