

# INhealth

## *Wedding* **EMERGENCY**

Specialized emergency services offer a marriage of safety and convenience

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An Inova patient poses on her wedding day in 2016 just months after visiting the Emergency Department for a broken ankle. Her big day went exactly as planned.



# FOLLOW THE LEADER

## Beating the Clock

When an emergency strikes, we need help fast — and we don't want to travel too far to receive it. That is why we are lucky to have four top-notch Emergency Departments (EDs) right here in the Eastern Region and open 24 hours a day, seven days a week.

As you'll read in our cover story, Brooke, a patient, needed such service after she badly hurt her ankle. She not only was treated at one of our four EDs, but she was referred to an orthopedic specialist who performed surgery on her and developed a treatment plan for her so she could walk down the aisle without crutches on her wedding day.

A common medical emergency is stroke. And when one occurs, every second counts in seeking treatment to have the best possible recovery. As you'll read on the right side of this column, Mark Moore had a life-changing experience after surviving two strokes.

When you come to the hospital, it is the nurses who are so much a part of the care you receive. Read the story on the bottom of page 3 to learn how their good work extends out into the community.

Finally, with the summer winding down and the end of the year approaching, know that Inova Alexandria Hospital is here to help you stay healthy 24 hours a day, seven days a week.



**SUSAN CARROLL FACHE, MBA, MHA**  
Regional Executive Officer  
Inova Alexandria Hospital  
Inova Mount Vernon Hospital

## REHABILITATION

# Finding FAITH

Northern Virginia stroke survivor offers his take on recovery in new book

Philanthropist and Northern Virginia resident Mark Moore was a hard-charging business owner back in 2007 when two strokes changed everything.

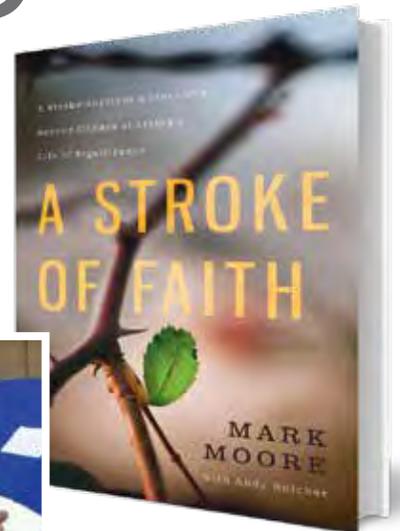
"Until I suffered my strokes, I thought I was in charge of it all," he says. "Then, I realized that I am not so powerful. Thanks to my faith, my family and friends, and the wonderful care I received at Inova, I was able to move on from my health crisis and start a new chapter in my life."

Mark, 56, a father of two who is now retired, describes his ordeal and subsequent transformation in a book, "A Stroke of Faith," which was published in April. Mark received stroke care at Inova Mount Vernon Hospital (IMVH). He and his wife, Brenda, subsequently provided funding

to help kick off support for a new IMVH patient tower, which provides amenities for Inova Rehabilitation Center and Inova Joint Replacement Center.

"I can't say enough about the treatment I received following my strokes, which helped me to be the person I am today," he says.

The book is a way to help other stroke survivors, he says. As the National Ambassador for the American Heart Association's Empowered to Serve program, he also is speaking all over the country about his faith, stroke prevention and stroke recovery.



Mark Moore signs a copy of his book.



## ASK THE EXPERTS

### LECTURE

### Stroke Prevention, Symptoms and Treatment

Join Inova stroke care experts at this FREE lecture. Mark Moore will present opening remarks.

**Location:** Belle Haven Country Club, 6023 Fort Hunt Road, Alexandria, VA

**Date & Time:** Tuesday, Oct. 10, 6 p.m.

To register, visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682). All registered guests will receive signed copies of Mark Moore's book, "A Stroke of Faith."

# Want to Fight Cancer? GO GREEN

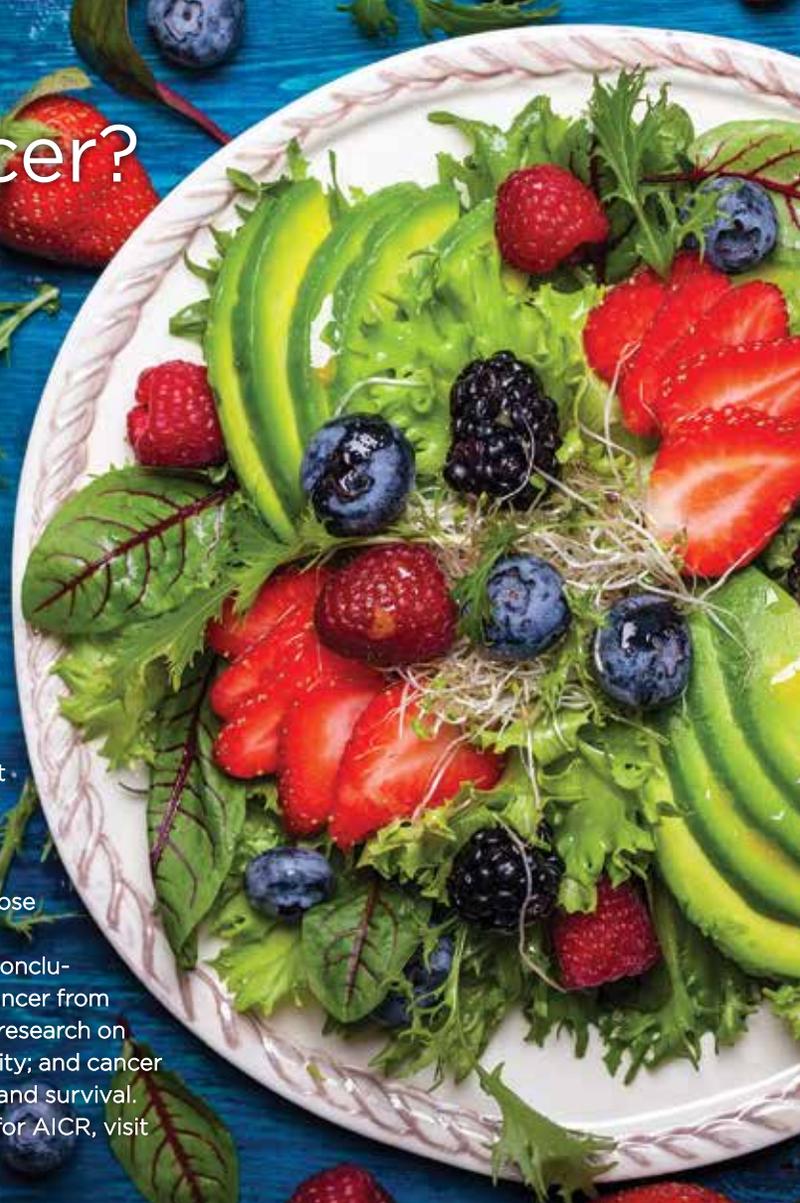
Research shows positive effects of plant-based diet

Nutritionist Deb Rowland, RD, CSO, who works in the Cancer Center at Inova Alexandria Hospital, has three suggestions for people who want to prevent or fight cancer: move toward a healthier body weight, exercise daily including strength training, and eat a plant-based diet.

What is a plant-based diet? According to the AICR (American Institute for Cancer Research), our plates should be at least 2/3 vegetables, fruits and whole grains; and 1/3 or less protein, which includes red meat, white meat, fish, dairy and eggs, along with beans, lentils and nuts. A good diet can improve gastrointestinal health, which can improve detoxification and food breakdown; support immune function; reduce chronic inflammation that can accelerate cancer growth; and improve hormone levels such as estrogen, testosterone and insulin.

"It is never too late to make these changes," says Rowland, who notes that studies show that people who eat healthily respond better to cancer treatments. One study, she points out, showed that breast cancer survivors who have a normal body mass index (BMI) have less recurrence than those with a high BMI.

Rowland draws her conclusions about diet and cancer from the AICR, which funds research on nutrition; physical activity; and cancer prevention, treatment and survival. To access the website for AICR, visit [aicr.org](http://aicr.org).



# COMMUNITY-Minded

Nurses from Inova Alexandria Hospital pitch in for local events

Although the nurses at Inova Alexandria Hospital (IAH) are dedicated to treating patients and assisting caregivers, their care extends beyond the hospital's campus.

You might see them organizing a food drive so that a local shelter can keep its pantry stocked, or hosting educational events at a senior center to emphasize the importance of hydration, fall prevention and vaccinations. Many of the nurses also do the annual Heart Walk to raise awareness and funds for the American Heart Association.

Inova nurses take on a range of community efforts, from school supply fundraisers to supporting an organization that provides free mammograms.

The initiatives are always health-related, according to Buffie Deliman, RN, an emergency room nurse at IAH. "Although it sounds funny, we would love to keep people out of the hospital," she says. "That's why we're so invested in prevention strategies that keep people healthy."

While some nurses volunteer in other countries, most of their volunteer efforts



Blood drives are just one type of community initiative that nurses support.



are close to home, and that gives nurses a chance to interact with more members of the community, Deliman says.

"We want patients to know us," she notes. "We have so many nurses here who participate in all these efforts, from donating and fundraising to walking and even giving blood. It's all part of showing that we care."

# CONQUERING HEARTBURN



How a proven new procedure helped a food enthusiast solve his acid reflux

**F**or Rob Cordosi, finding the answer to his 25-year battle with gastroesophageal reflux disease (GERD) was a welcome relief.

"I'm a food person. I love to eat, I love to cook, and it really depressed me, loving all these foods, then knowing if I ate them I would suffer for it afterwards," recalls the 49-year-old government contractor.

When Rob first began experiencing acid reflux, he took over-the-counter antacids (Tums), but nothing stopped the burning sensation in his chest and the feeling of food lodged in his throat after every meal. Over the years, a gastroenterologist prescribed a variety of proton pump inhibitors (Nexium, Aciphex and Dexilant), which controlled his stomach acid but didn't



Rob Cordosi with his two favorite canines, Dewey (left) and Haley.

halt stomach contents from backing up into his esophagus. To prevent reflux, he often slept in an upright position to prevent choking in the middle of the night.

## A SOLUTION AT LAST

Two years ago, Rob decided to research his options. Fortunately, he lived just four



The magnetic attraction between the beads of the LINX implant augments the esophageal sphincter's barrier function to prevent reflux.

hours from the Heartburn Center at Inova Alexandria Hospital (IAH), one of the busiest centers in the United States for the LINX implant, which

resolves GERD. Headed by G. Kevin Gillian, MD, FACS, the center pioneered the LINX procedure when it was approved by the FDA in 2012, and is the only training center for the LINX procedure on the East Coast.

It turned out that Rob was an excellent candidate for the LINX procedure. "When we see an individual who is dissatisfied with their medical management and they continue to have regurgitation symptoms, coughing, heartburn, loss of voice, chest pain and difficulty sleeping because of regurgitation at night, they may be appropriate candidates for this device," says Dr. Gillian.

During the LINX procedure, Dr. Gillian made five tiny incisions and implanted a small, flexible bracelet made of titanium and magnets around Rob's esophagus to prevent reflux. The procedure was completed in half an hour, and Rob was able to return home the next day.

"The day after surgery, my wife, Jennifer, and I went out for fish and chips and a Guinness. It was great. I didn't have any issues at all," says Rob, who is back to taking his two dogs on big adventures.

## The LINX Answer

Treating GERD with medication helps resolve heartburn by reducing the acidity in the stomach, but for individuals with severe regurgitation symptoms, a surgical solution may be more effective. The surgical gold standard, Nissen fundoplication, involves

using the patient's own tissue to repair the sphincter in the esophagus. The LINX provides the same benefit without altering a patient's anatomy. "The LINX procedure reestablishes control by improving how the sphincter between the stomach

and the esophagus functions," says G. Kevin Gillian, MD, FACS. "Our patients are off their medications the day of surgery, they're usually eating a regular diet the first day after surgery, and they are usually back to work well within the first week."

## HELP FOR HEARTBURN

To learn more about surgical solutions for heartburn, visit [inova.org/hbtc](http://inova.org/hbtc).  
To schedule an appointment, call **703.504.HBTC (4282)**.

# A HIGHER LEVEL OF EPILEPSY CARE

Teamwork and monitoring  
make the difference

**W**hen talking about epilepsy, every patient is unique in terms of medication need, seizure control and treatment plan. That's why Inova Alexandria Hospital (IAH) makes sure that care is tailored, every step of the way.

"Treating epilepsy requires a multidisciplinary approach," says Lewis Eberly, MD, Medical Director of Neuroscience at IAH. "Because we're a level 3 center, we have the resources we need to ensure that patients benefit from teamwork and ongoing monitoring."

The National Association of Epilepsy Centers has established four care levels, with the highest being levels 3 and 4. More surgical options are available at level 4, but level 3 is often considered equally comprehensive. Medical teams involved at level 3 include neurologists, nurse specialists, EEG technologists, social workers and others with training and care in epilepsy issues.

Those professionals come together at IAH to come up with treatment plans that are customized to each patient. That might include surgery such as a vagus nerve stimulation procedure, or a combination of medications. Equally important are services that help patients adjust to living with epilepsy.

"There are psychological and emotional factors, and that can be a big part of managing your condition," Dr. Eberly says. That's why professionals who specialize in those issues are part of the epilepsy team.

Another crucial component, Dr. Eberly adds, is the capability to monitor each patient's progress. EEG technologists look at seizure frequency and severity, and patient treatment plans are reviewed regularly to make sure they are on track. The level of care ensures quicker responses if a medication change or surgical intervention is required.

"Monitoring is just as vital as treatment," says Dr. Eberly. "We want patients to feel like they're supported every step of the way."



## Features of a Level 3 Epilepsy Center

- Range of medical, neuropsychological and psychosocial services
- Neurodiagnostic evaluations
- Noninvasive evaluation for epilepsy surgery
- Certain types of epilepsy surgery, such as implantation of the vagus nerve stimulator

## TAILORED TREATMENT

Learn more about care and treatment for epilepsy at [inova.org/epilepsy](http://inova.org/epilepsy).

# WEDDING

## Broken ankle sends bride-to-be to Emergency Department

One afternoon, a few months before her wedding last year, Brooke (who did not want her last name used) ran to rescue her dog from another canine at a dog park and broke her ankle. Thankfully, she went to one of the Emergency Departments (EDs) in the Eastern Region of Northern Virginia.

After she received care to stabilize her broken bone, the emergency team at Inova Alexandria Hospital (IAH) referred her to Edward S. Chang, MD, an orthopedic surgeon at Inova, for evaluation. When imaging tests revealed that Brooke would need immediate surgery to repair her ankle, Dr. Chang performed the surgery. He “took the time to go through the physical therapy and all the things that I would need to do to make sure that I was good to go by my wedding in April,” says Brooke.

Over the next few months, Brooke wore a boot over her ankle to provide the support she needed. When her big day finally arrived, she was able to wear a special brace that fit inside her shoe. Everything went exactly as planned.

“When a referral to a specialist is needed from the Emergency Department, we have easy and quick access to a large number of well-trained specialists,” says Martin H. Brown, MD, FACEP, Director of Emergency Medicine at IAH, which, in 1961 became the first hospital in the country to staff its ED with full-time physicians 24 hours a day. “We have the resources to treat patients of all ages with any type of emergency complaint.”

# EMERGENCY

## TOP-NOTCH CARE

Brooke's story is typical of the expert care patients can expect to receive at any of the four emergency rooms in the Eastern Region. Whether a patient goes to the ED at Inova Alexandria Hospital (IAH), Inova Mount Vernon Hospital (IMVH), Inova HealthPlex - Franconia/Springfield or Inova HealthPlex - Lorton, they can expect seamless, specialized care.

"The community can feel very confident that they will receive the right emergency care by the right specialist at the right time at any of these four sites," adds Dr. Brown. "These are four very capable and aligned departments that span the field of emergency medicine. They are all staffed by a trained group of professionals that can take care of any emergency need."

When a patient seen at IMVH needs stroke or heart attack care, for example, they can be transferred within minutes to IAH's interventional catheterization lab via Physicians Transport Service, a private emergency medical services provider.

Comments Rett Embrey, MD, IMVH Chair of Emergency Services: "I am privileged to work with an amazing group of physicians, who can expertly treat a wide range of medical conditions. Our team is good at what we do and grateful for the opportunity to serve the people of our community."

"If a patient needs an intervention of any sort, we have those capabilities conveniently located at these four facilities," adds Dr. Brown. "And we have expert processes in place to minimize delay in transfer and to expedite the movement of patients to the right level of care with the necessary specialty expertise. It's a coordinated effort."

Each ED is backed by the full resources of Inova, including critical care ambulance transport to Inova Fairfax Medical Campus (the region's only tertiary care center) if a higher level of care is required. Both IAH and IMVH have recently earned "Gold Plus Elite Status" awards from the American Stroke Association for fast, effective stroke treatment when every second counts.

For more common cuts, sprains and strains, Inova's EDs offer special fast-tracked "streamlined care" services that ensure expedited care for cases involving more routine emergencies. And on-site, 24-hour imaging and lab services ensures faster diagnoses to help get patients back home more quickly.

## SEAMLESS COMMUNICATION

One of the key factors in coordinating care is consistent communication among caregivers at the four facilities. When a patient is transferred from one ED to another to receive specialized treatment, the team has instant access to the patient's medical records.

"We're using the same electronic health record — Epic — across these four sites, allowing us to be able to view the patients' care, wherever it was delivered," says Dr. Brown.

If a patient is admitted to one of the hospitals following emergency care, the emergency staff

## Know Where to Go

Visit [inova.org/er](http://inova.org/er) to check the average wait time at any Inova emergency facility. And the new Inova app not only lets you access emergency wait times, but also a wide range of other health information right from your mobile device. Download the new Inova app, available for free.



## Close to You

Inova's four Eastern Region emergency facilities are conveniently located close to where you live, work and play:

<b>Inova Alexandria Hospital</b> 4320 Seminary Rd. Alexandria, VA 22304 <b>703.504.3066</b>	<b>Inova HealthPlex - Lorton</b> 9321 Sanger St. Lorton, VA 22079 <b>703.982.8324</b>
<b>Inova Mount Vernon Hospital</b> 2501 Parkers Lane Alexandria, VA 22306 <b>703.664.7000</b>	<b>Inova HealthPlex - Franconia/Springfield</b> 6355 Walker Lane Alexandria, VA 22310 <b>703.797.6800</b>

collaborates with the hospital staff and community physicians for follow-up to prevent unnecessary returns to the ED.

"A key part of what we do in emergency medicine is to take care of the acute episode and then arrange for the proper follow-up so our patients can get the right care in the right setting after they leave our department," says Dr. Brown.

## IN HER OWN WORDS

Watch Brooke's story at [inova.org/brooke](http://inova.org/brooke).

As a result of surgery for her broken ankle, Brooke wore a special brace that fit inside her sparkly sneaker on her wedding day.



Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area's only Level 1 Trauma Center and Level 4 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI), Inova Neuroscience Institute, Inova Schar Cancer Institute and Inova Children's Hospital. Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at [inova.org](http://inova.org).

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## ASK THE EXPERTS

LECTURES

### Join Us for Our FREE Joint Replacement and Orthopedic Fall Lecture Series

#### INOVA ALEXANDRIA HOSPITAL - AUDITORIUM

4320 Seminary Road,  
Alexandria, VA

#### Knee Pain? Causes and New Treatment Options

Nadim Hallal, MD  
**Tuesday, Sept. 19**  
6 p.m.

#### Latest Advances in Hip and Knee Replacement

John Albrigo, MD  
**Monday, Sept. 25**  
6 p.m.

Nigel Azer, MD  
**Wednesday, Dec. 6**  
6 p.m.

#### Options for Rotator Cuff Tears and Shoulder Arthritis

Jeffrey Lovallo, MD  
**Thursday, Nov. 2**  
6 p.m.

#### INOVA MOUNT VERNON HOSPITAL

2501 Parkers Lane,  
Alexandria, VA

#### Osteoarthritis and the Latest Advances in Joint Replacement

Craig McAsey, MD  
**Monday, Oct. 2**  
6:30 p.m.

#### Latest Advances in Foot and Ankle Sports Medicine Surgery

Oliver Schipper, MD  
**Thursday, Oct. 5**  
6:30 p.m.

#### INOVA HEALTHPLEX - LORTON

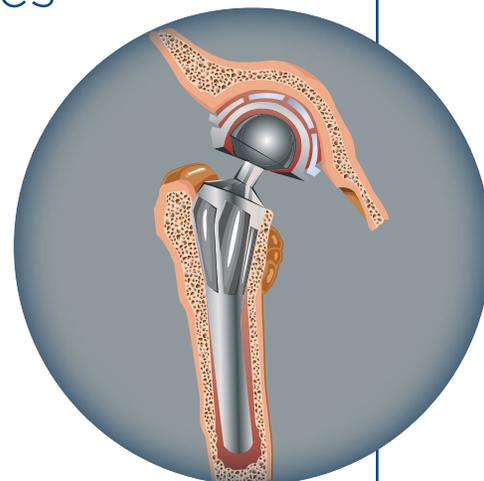
9321 Sanger St.,  
Lorton, VA

#### Ankle Arthritis: Ankle Replacements? Yes — We Actually do Those!

Oliver Schipper, MD  
**Thursday, Sept. 14**  
6:30 p.m.

#### Joint Replacements: Revisions and Complex Cases

Craig McAsey, MD  
**Thursday, Nov. 9**  
6:30 p.m.



#### OXON HILL LIBRARY - LECTURE HALL

6200 Oxon Hill Road,  
Oxon Hill, MD

#### Latest Advances in Hip and Knee Replacement

Nigel Azer, MD  
**Wednesday, Oct. 11**  
6 p.m.

To register for one of our free Ask The Expert lectures, visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682).

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#### Baby Time

Schedule a tour or complete online registration for your OB admission at [inova.org/baby](http://inova.org/baby).

