THE FUTURE OF CANCER CARE

New cancer center to open next year

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Forward-looking: The upcoming cancer center (see renderings above) at Inova Fair Oaks Hospital will provide state-of-the-art technology. One example is the Varian TrueBeam linear accelerator, which provides external beam radiation treatment and images of the areas being treated.

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Flu shot protects against seasonal flu

Fall and winter are a time for holidays, family gatherings and good times. Unfortunately, they also are the seasons for the dreaded flu virus.

The flu is a serious illness that each year sends more than 200,000 people to the hospital and kills thousands of people in the United States alone. It is characterized by symptoms that include fever, sore throat, stuffy nose, headache, muscle or body aches, and fatigue.

The best way to prevent the flu is to get a flu shot each season, according to the Centers for Disease Control and Prevention. The CDC recommends vaccinations for everyone 6 months and older. The vaccine releases antibodies into your body that provide protection against infection from the flu virus.

Inova’s highly trained nurses can help protect you and your children with the flu shot. When you come to one of our clinics, you know you can trust the person providing your care. Only nurses fully employed (not contracted) by Inova provide our flu shots. That means our nurses are highly qualified, selected, screened and trained. And unlike some other providers, we can vaccinate children as young as 6 months. We also offer a nasal flu vaccine known as FluMist® if you or your child struggles with shots.

Fight the Flu

Inova Fair Oaks Hospital is holding weekly on-site family flu shot clinics from September through December. On-site flu shot clinics for worksites and community groups are also available. For a complete schedule or more information, visit inova.org/flu.

NEW INOVA.ORG — MORE THAN JUST A FACELIFT

The new inova.org website launched on Aug. 1, but it wasn’t just a simple change in appearance. Here’s why:

- We improved the site to help our Web visitors get the health and wellness information they need faster and easier.
- Looking to get or stay healthy? With the new website, Inova launched the “Wellness OnDemand” page — one-stop access to health and fitness tips, classes, videos, newsletters and other wellness information.
- Need to talk to someone? Now you can find our contact information easier. Call us, email us or chat with us online.
- Checking our website from your smartphone? Whether your screen is large or small, you can see and interact with our site more easily.
- Take us for a test drive. Visit inova.org. The future of health is now online.

Sincerely,

JOHN FITZGERALD
Chief Executive Officer,
Inova Fair Oaks Hospital
COLOR YOUR PLATE

Brightly colored fruits and vegetables contain precious nutrients

Fall is a colorful season — and not just because of the foliage. There are orange squash, red apples and purple eggplant. Rather than eating the same, plain-colored foods, try matching the color of the food on your plate with the color of the season.

Consider buying foods in shades of orange, yellow, purple, green and red. Many experts say the compounds that give foods their bright colors are also responsible for giving them their unique health-promoting properties.

Personalized Weight Loss

With special expertise in weight-loss surgery, the bariatric surgeons at the Inova Weight Loss Surgery Program can help you lose weight. And if you’re not ready for, or don’t want surgery, we also offer the Inova Medical Weight Loss Program. We’ve helped almost 7,000 people uncover the person they want to be.

Join us for a free information seminar. Seminars are held on Saturdays at 10 a.m. and weeknights at 6:30 p.m.

Call 703-391-3783 or visit us online at inovaweightloss.org and register today!

Inova Weight Loss Surgery Program
Seminar dates:
Oct. 10, 11, 13, 20, 27 and
Nov. 10, 14, 15, 17, 24

Inova Medical Weight Loss Program
Seminar dates:
Sept. 27
Oct. 25
Nov. 15

Minimizing Complications

New technology allows for more precise gallbladder removals

Gallbladder removal is one of the most commonly performed surgical procedures in the United States. Once an open procedure, surgeons now perform gallbladder removal surgeries laparoscopically the majority of the time, which means they are minimally invasive.

Today, technology allows the minimally invasive gallbladder surgery to be performed with greater ease. “Inova makes sure we have state-of-the-art instruments for minimally invasive surgery,” notes Robert Ahmed, MD, who has been performing laparoscopic gallbladder surgery for more than 20 years. “The instruments we use today are finer and have a smaller diameter than those of the past. Inova has made the investment in high-definition video equipment, so we are able to see the fine detail that we need in order to perform a precise operation. We can see things better than we could before. The color is more true; the definition is more precise and finer.”

SMALL INCISIONS

During minimally invasive gallbladder surgery, a surgeon makes four small incisions — one 1-inch incision at the belly button and three quarter-inch incisions in the right upper quadrant of the abdomen.

In comparison to open gallbladder surgery — which requires at least a 4-inch incision — patients experience less pain and are able to get back on their feet faster after the outpatient laparoscopic procedure. And because they are able to watch the surgery using high-definition video equipment, surgeons are able to execute more precise operations, which reduces patients’ risk of bleeding.

Painless Procedure

Learn more about surgical offerings at inova.org/ifoh.
Inova Fair Oaks Hospital has received a prestigious designation. It has been named a Center of Excellence in Minimally Invasive Gynecology. This honor, awarded by the American Association of Gynecologic Laparoscopists, acknowledges the hospital’s and surgeons’ expertise and outstanding care for women undergoing minimally invasive gynecologic surgery. “This designation is an indication to our patients that we maintain extremely high standards in order that they receive safe and state-of-the-art care,” says Ray Wertheim, MD, FACOG, Co-Director, Minimally Invasive Gynecologic Surgery Center of Excellence at Inova Fair Oaks Hospital.

WELL-EARNED AWARD
To achieve Center of Excellence status, a multidisciplinary advisory board at Inova Fair Oaks Hospital established detailed guidelines over the course of five years to enhance expertise and improve already exceptional care. The guidelines were used to educate the entire medical team involved in the performance of minimally invasive procedures. There are seven surgeons designated as Center of Excellence surgeons at Inova Fair Oaks Hospital. Among them is Dr. Wertheim. “The process of becoming a designated Center of Excellence in Minimally Invasive Gynecology has been a beneficial journey in assessing and improving our skills, processes and education here at Inova Fair Oaks Hospital,” says Dr. Wertheim, adding that, at just 1 percent, Inova Fair Oaks Hospital’s complication rate is among the lowest in the country.

PATIENT SATISFACTION
Inova Fair Oaks Hospital has long been a leader in the field of minimally invasive gynecologic surgery, an advanced alternative to traditional open surgery. The highly skilled medical team performs 94 percent of gynecologic procedures using a minimally invasive approach, compared to the nationwide rate of 25 to 32 percent, according to Lynne Kennedy, RN, Program Coordinator of Minimally Invasive Gynecologic Surgery at Inova Fair Oaks Hospital.

The center’s wide array of minimally invasive procedures includes treatment for uterine fibroids, stress urinary incontinence, abnormal bleeding, pelvic floor disorders, gynecologic cancer, endometriosis and uterine prolapse. “The advantage to the community is that women now have an opportunity to have the best possible care with a less invasive procedure which means that they will recover faster, have less pain and the results are more aesthetically pleasing,” Kennedy says. “The majority of patients go home within four hours of surgery and can return to their normal lives in two weeks or less.”

We Care
For more information, visit inova.org/ifoh, or contact Lynne Kennedy at 703-391-4841 or Lynne.Kennedy@inova.org.
At Inova, we have a commitment to provide our patients and community with the highest quality of care. Our commitment includes education and wellness programs like our free Ask the Expert Lectures.

Each year, our doctors volunteer their time to host free educational lectures for the community. If you are considering surgery, have medical questions or are interested in learning more about the topics below, we invite you and a guest to join us! Parking is free for lecture guests and light refreshments will be served.

All lectures are free, but we do require registration because seating is limited. Call 1-855-My-Inova (1-855-694-6682) to register.

**Ask the Experts**

### Attend a Free Lecture to Learn about Treatment Options

**James Reeves, MD**  
Orthopedic Surgeon  
*Advances in the Treatment of Knee Osteoarthritis*  
Oct. 16, 6–7:30 p.m.  
Heritage Hunt Clubhouse, Gainesville, VA

**Daniel Otchy, MD, and Kimberly Matzie, MD**  
Colorectal Surgeons  
*Is it a Hemorrhoid? Answers and Treatments for this Common Condition*  
Oct. 16, 6–8 p.m.  
Inova Fair Oaks Hospital, Conference Room 3

**Ray Wertheim, MD**  
Obstetrician/Gynecologist  
*Minimally Invasive Gynecologic Surgery — What’s New?*  
Oct. 17, 6–7:30 p.m.  
Inova Fair Oaks Hospital, Auditorium

**Christopher Silveri, MD**  
Orthopedic Surgeon  
*Treatment of Back and Neck Pain*  
Oct. 18, 6–7 p.m.  
Heritage Hunt Clubhouse, Gainesville, VA

**Domingo Suatengco, MD, Simon Chung, MD, Matthew Poggi, MD, Michael Hardy, MD, and Anthony Vara, MD**  
Urologists, Radiation Oncologist  
*Treatment Options for Newly Diagnosed Prostate Cancer*  
Oct. 18, 6:30–7:30 p.m.  
Inova Fair Oaks Hospital, Conference Room 1

**Hernan Vargas, MD**  
Surgeon  
*Treatment Options for Breast Cancer*  
Oct. 23, 6:30–7:30 p.m.  
Inova Fair Oaks Hospital, Classroom 1

**Xiaoyin Home, MD**  
Obstetrician/Gynecologist  
*Pelvic Health — Fitness, Disorders and Treatment*  
Oct. 30, 6–7:30 p.m.  
Inova Fair Oaks Hospital, Conference Room 1

**Leonard Rosen, MD, and Jasser Thiara, MD**  
Obstetricians/Gynecologists  
The Surgical Robot and Your Doctor — Working Together in Gynecologic Surgery  
Nov. 1, 6:30–8 p.m.  
Inova Fair Oaks Hospital, Atrium

**Stella Blosser, MD**  
Gynecologist  
*Advanced Laparoscopic Gynecology*  
Nov. 28, 6–7:30 p.m.  
Inova Fair Oaks Hospital, Auditorium

Call 1-855-My-Inova (1-855-694-6682) or visit inova.org/AskTheExpert to register for these FREE community programs.
In late 2013, a new cancer center will open its doors at Inova Fair Oaks Hospital. Inside will be state-of-the-art cancer services — including a new radiation oncology department — and a new, integrated care program for cancer patients. Medical, surgical and radiation oncologists will all be located in one building. The center will integrate with our existing pathology, genetic counseling, interventional radiology and support services.

“Our goal is to provide safe and reliable care to achieve optimal clinical outcomes. The entire team works to achieve this goal. It is our number one priority,” says John Fitzgerald, CEO of Inova Fair Oaks Hospital.

“We currently provide care for patients with breast, colon, prostate and other forms of cancer,” says Christine Tea, Service Line Director. “The center is an evolution of our cancer services here on campus. It has allowed Inova Fair Oaks Hospital to really focus on cancer patients, their families and everything they go through when receiving treatment.”

Leigh Ann Hallowell, RN, a patient care navigator at Inova Fair Oaks Hospital who currently works with cancer patients by helping them with appointments, transportation, education and support, will also be part of the new cancer center. “The new on-site radiation oncology capabilities will allow patients to get much-needed care close to home in a single location that is also close to physician specialists,” Hallowell says.

Varian TrueBeam combines imaging and treatment technologies to expedite and improve the quality of treatments.

Image courtesy of Varian Medical Systems, Inc. All rights reserved.
CRITICAL SERVICE

Not only will the treatment be convenient at the new center, but it will also be cutting-edge, says Stella Hetelekidis, MD, Chair of the Department of Radiation Oncology at Inova Fairfax Hospital. Dr. Hetelekidis’ group of physicians will be providing care at the new cancer center at Inova Fair Oaks Hospital. The new center will include a Varian TrueBeam linear accelerator. “It’s the latest technology,” Dr. Hetelekidis says. “Like our equipment at Inova Fairfax Hospital, it has the capacity for basically any kind of external beam radiation treatment, as well as providing images of the areas we are treating.” With it, treatments usually last only about 10 minutes, she notes.

For many years, Dr. Hetelekidis and her group have worked with the physicians at Inova Fair Oaks Hospital to coordinate patients’ care, delivering radiation therapy at Inova Fairfax Hospital. While she says that from the physicians’ perspective, it’s acceptable to work across locations, “in general, patients like having all aspects of their care in one place. Once the cancer center is open, patients will be able to receive excellent quality radiation treatments without traveling too far.”

Hernan Vargas, MD, Medical Director of Inova Breast Care Institute at Inova Fair Oaks Hospital, has been instrumental in bringing the cancer center to fruition. “The idea is to deliver patient-centered care, emphasizing the skill of the surgical, medical and radiation team in multidisciplinary treatment of all cancers, including the wellness component,” he says. “Nowadays, because we have such great success [with treatment] the concept of treating a patient is to focus not only on the cancer itself but also on the person and his or her well-being.”

INTEGRATED CARE

The building will include space for patient services that focus on support and guidance — crucial to Hallowell’s job as nurse navigator, as she guides patients through the treatment process. “We’re not just providing machines, equipment, IVs and meds,” she says. “The mind-body connection is important. How you feel mentally makes a big difference in how you heal.”

“It’s very unique,” Dr. Vargas adds. “The way we work here is truly as a multidisciplinary team.” Simply put, the new cancer center brings the integration of the entire team to one center.

Support the Center

To achieve the goals of this cancer center, philanthropic funding will be necessary and the hospital has officially begun a $3 million capital campaign. Inova Fair Oaks Hospital is a not-for-profit community hospital. If you’d like to support the campaign or attend a campaign event, please contact Kate Sims at 703-391-4810 or at Kate.Sims@inova.org.
InovaCares for Seniors PACE Program

A new alternative to traditional senior care

InovaCares for Seniors™ PACE® recently launched its Program of All-inclusive Care for the Elderly (PACE), the first and only program of its kind here in Northern Virginia. PACE is a program for older adults that helps to preserve the independence of seniors living in the community and allows them to receive the care they need and still remain in their home. Each InovaCares for Seniors PACE participant receives an individualized care plan that meets both their medical and social needs.

This care plan is determined by the collaborative efforts of an interdisciplinary team that includes a physician with expertise in geriatric medicine, a nurse, nutritionist, occupational and physical therapist, social worker, activities coordinator, home care coordinator and transportation staff. “Often, the health problems senior citizens experience are because of non-medical factors, such as difficulty administering medications, poor diet, trouble getting to and from their doctor appointments, lack of exercise or insufficient social interaction,” says Terence McCormally, MD, Medical Director of the InovaCares for Seniors PACE program and a board-certified geriatric physician. “PACE helps with both their medical and non-medical needs.”

The PACE program provides comprehensive care for seniors. “A geriatrician in private practice in our area would typically care for about 900 patients. At the PACE center, our team cares for about 100 patients, and this allows for personalized, coordinated care by the whole team,” says Dr. McCormally.

Good Alternative

InovaCares for Seniors PACE® is an alternative to a nursing home. For more information or to request a tour of the InovaCares for Seniors PACE center, please call 703-239-5888 Monday–Friday from 9 a.m.–4 p.m. or email us at pace@inova.org.

You can also visit online at inova.org/pace and pace4you.org.

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