All-Star Team

Inova Loudoun Hospital’s Breast Care Institute takes cancer into the ring

Shannon Lehr, MD, Medical Director of Inova Loudoun Hospital’s Breast Care Institute helped Madelyn Hetherington beat back breast cancer.

Also in this issue:
3 Holistic medicine’s benefits
4 Prostate cancer surgery
5 Back pain solutions
IN
Thenews

The Prevent Defense

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.

More than simply a painful cold, 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, runny or stuffy nose, and muscle and body aches.

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 immune system that provide protection against infection from the flu virus.

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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. 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.

BREATHE EASIER

Snoring may be more serious than you think

Snoring is usually considered an annoyance rather than a health concern. But snoring can actually be linked to serious health problems.

Those who snore loudly and regularly may have obstructive sleep apnea, a condition that causes broken sleep patterns. According to the National Sleep Foundation, more than 18 million American adults suffer from this disorder.

Sleep apnea can cause repetitive pauses in breathing that last from five to 10 seconds, making snorers choke or gasp in their sleep. These pauses can occur between 30 to 100 times during the night, increasing the likelihood of daytime fatigue, automobile accidents and depression.

Additional concerns associated with sleep apnea include high blood pressure, coronary artery disease and insulin resistance. If you snore often, talk to your doctor about getting tested and treated for sleep apnea. Treatment will help you and your partner get a better night’s sleep while improving your health.

Ask the Expert

SNORING AND SLEEP HEALTH

Join Michael Mellis, MD, for a lecture, “It’s Time to Get Your Life Back — How Snoring and Sleep Affect Your Quality of Life.” It will be held Nov. 1 at 6:30 p.m. at Inova Loudoun Hospital, Conference Rooms A/B. Call 1-855-My-Inova (1-855-694-6682) or visit inova.org/AskTheExpert to register for this FREE program.

Michael Mellis, MD
Otolaryngologist (Ear, Nose and Throat Physician)

FALL 2012 | Inova Loudoun Hospital
AWARDS AND RECOGNITION

Hospital garners honors, including national ranking

U.S. News & World Report ranked Inova Loudoun Hospital No. 11 in Virginia and recognized it among the Best Hospitals in Northern Virginia, according to its Best Hospitals 2012–13. It also rated the hospital No. 8 in the Washington, DC, metro area.

The national magazine, which released its rankings on July 17, recognized Inova Loudoun Hospital as high-performing in gastroenterology, geriatrics, nephrology, orthopedics, pulmonology and urology. Here are two more honors:

NURSING AND REHABILITATION CENTER — SILVER AWARD
The American Health Care Association and National Center for Assisted Living selected Inova Loudoun Nursing and Rehabilitation Center as a 2012 recipient of the Silver – Achievement in Quality award. To receive a silver, the facility had to demonstrate systematic advancements in quality, plans for continual improvement and sustainable organizational goals, according to the two long-term care organizations.

BEST FED BEGINNINGS INITIATIVE
Inova Loudoun Hospital will participate in Best Fed Beginnings, a national effort to significantly improve breastfeeding rates in states where rates are currently the lowest. The National Initiative for Children’s Healthcare Quality is leading the effort through a cooperative funding agreement with the Centers for Disease Control and Prevention, and will be working closely with Baby-Friendly USA Inc. Inova Loudoun Hospital will participate with 89 other hospitals and was selected from 235 applicants. The groups will work together in a 22-month learning collaboration.

Be Whole
Inova Loudoun Hospital offers an extensive collection of support groups and classes through its Life with Cancer® program, several of which fall into the holistic medicine category. To learn more or register for a program, call 703-858-8857.

Integrative Medicine
Combining traditions to enhance health

Integrative, holistic medicine incorporates both conventional, Western medicine and non-conventional modalities to offer patients a healthcare approach that addresses the needs of the whole person — body, mind and spirit.

Some of the modalities that might be used by an integrative physician include acupuncture, nutritional supplements, herbs, Reiki, massage and mind-body therapies.

An integrative medicine approach to health and wellness focuses on using all the tools available, from multiple traditions, to enhance health and well-being.

Ask the Expert

HOLISTIC MEDICINE

Join Martha Calihan, MD, for “Integrative, Holistic Medicine: What’s It All About? What Does It Do? Why Use It?” The lecture will be held on Oct. 25 at 6:30 p.m. at Inova Loudoun Hospital, Conference Rooms A/B. To register, call 1-855-My-Inova (1-855-694-6682) or visit inova.org/AskTheExpert to register for this FREE program.

Martha Calihan, MD
Family Practice Physician
Each year, about one in six men in the United States will be diagnosed with prostate cancer. Although most prostate cancers progress slowly and may not need immediate treatment, some types grow and spread quickly. At Inova Loudoun Hospital, the medical team can help you understand your risk and provide the most advanced diagnostic and treatment options available.

**THE RIGHT SOLUTION**

The prostate is a gland in the male reproductive system that produces fluid for transporting sperm cells. Although cancer of the prostate may not cause symptoms in its early stages, advanced disease can produce problems or pain with urination; blood in the urine; or pain in the pelvis, back or hip. Depending on your age and health, your physician may recommend active surveillance, which involves monitoring the progression of the disease with blood tests and biopsies to determine the need for future treatment. Treatment options offered at Inova Loudoun Hospital include minimally invasive robotic surgery, radiation therapy and hormone therapy.

**QUICK COMEBACK**

When Rick Ricker had a robot-assisted prostatectomy, the 56-year-old technology executive was amazed at how quickly he recovered from the surgery.

“The medical technology is really amazing,” says Ricker. “I was extremely concerned about the side effects and yet I was very pleased that the outcome was as good as it was,” he says. Ricker went home the day after his surgery and, after a week, was relieved to have his catheter removed without the side effect of incontinence. Within two weeks of his surgery he was back to work.

Robotic surgery allows physicians to perform minimally invasive procedures through tiny incisions with the highest level of precision and accuracy. “With the robotic platform, we’re seeing less blood loss during surgery and quicker recuperation compared to traditional open surgery,” says Gregory Schenk, MD, Medical Director of the Inova Loudoun Hospital Robotic Surgery Program. “The known benefits of minimally invasive surgery are achieved without jeopardizing our ability to treat the cancer.”

As for Ricker, he’s back to a busy work schedule and pursuing his passion for racing cars. He’s glad he chose Inova Loudoun Hospital and Dr. Schenk for his prostate cancer treatment. “I could’ve gone to a major institution to have this done, but I felt that our local facility really had the ability to get the job done,” he says. “I was very pleased with the outcome.”

**Ask the Expert**

**PROSTATE CANCER SURGERY**

Join Gregory Schenk, MD, for a lecture on prostate cancer surgery. It will be held on Oct. 16 at 6:30 p.m. at Inova Loudoun Hospital, Conference Rooms A/B. Call 1-855-My-Inova (1-855-694-6682) or visit inova.org/AskTheExpert to register for this FREE program.

**Prostate Cancer Awareness**

To learn more about treatments for prostate cancer at Inova Loudoun Hospital, visit inova.org/prostate.
If you experience back pain that makes it difficult to do the things you love to do, you’re not the only one. According to the National Institutes of Health, an estimated one-fourth of Americans have at least one day of back pain in any given three-month period.

Fortunately, the healthcare professionals at Inova Spine Institute at Inova Loudoun Hospital have solutions to help you return to your normal lifestyle. The expertly trained medical team provides world-class pain management, rehabilitation and surgical options for a full spectrum of back and neck disorders caused by injuries, cancer or age-related changes to the spine.

“We meet and exceed the standard of care, and we have all the cutting-edge technology you would find at a major Level 1 trauma center or a big academic hospital,” says Ali Moshirfar, Chairman of the Department of Orthopaedic Surgery at Inova Loudoun Hospital, who also serves as an assistant professor at Johns Hopkins University.

CONSERVATIVE APPROACH
Only 5 to 10 percent of spine conditions are treated with surgery. More often, pain management and rehabilitation are the first line of action for alleviating pain and restoring movement.

“Most conditions of the spine are treated conservatively,” says Dr. Moshirfar. “After a course of physical therapy, anti-inflammatory medications and rest, a lot of patients will have their symptoms significantly abated and resolved.”

If your condition requires surgical intervention, the medical team at Inova Spine Institute can provide you with the latest procedures available. “Over the past two decades, the improvements in spinal implant technology, biologics and neurological monitoring have significantly changed the paradigm of spine surgery and at our facility, we provide the most advanced technology available,” says Dr. Moshirfar.

For conditions such as herniated discs and compression fractures, the medical team specializes in minimally invasive surgical procedures.

SPINE RESOURCES
Back pain is one of the most common medical problems in the U.S. It can happen gradually, be caused by natural aging of the spine, or may result from a fall, an accident or heavy lifting. No matter the cause, the physicians and clinicians of Inova Spine Institute are here to help.

Experiencing pain after hours or on the weekend? Inova now has Spinal Assessment Centers at each of our Urgent Care Centers, including the Purcellville and Dulles South locations. For information on Spinal Assessment Center locations and hours, visit inovaspine.org.

Treatment Options
To learn more about diagnosis and treatment options at Inova Spine Institute at Inova Loudoun Hospital, visit inovaspine.org. To request an appointment with a spine specialist, call us at 703-391-3667.
This past April, Madelyn Hetherington was diagnosed with breast cancer. “Once I knew I had this, I wanted the operation and I wanted it out of me,” says Hetherington, 44.

Less than three weeks later, doctors at Inova Loudoun Hospital coordinated to perform the mastectomy. “It’s pretty much unheard of to have the operation so soon after the diagnosis,” she says, “but they put me first.”

That inter-physician communication is no accident, explains Shannon Lehr, MD, who was named Medical Director of Inova Loudoun’s Breast Care Institute in January 2010. “The program we’ve designed here is all-inclusive. We develop an all-encompassing, comprehensive yet individualized treatment plan for each patient prior to the initiation of any therapy,” Dr. Lehr says.

GROUP EFFORT

As part of this program, each patient has the opportunity to consult with, be evaluated by and receive guidance from each physician team member, including the breast surgeon, medical oncologist, radiation oncologist, reconstructive surgeon and often the genetic counselor. These team members plus the pathologist, breast radiologist, breast care navigator and ancillary support staff meet bi-weekly to “discuss each newly diagnosed breast cancer patient from nuts to bolts,” Dr. Lehr says. This way, patients receive information that reflects the whole team’s opinion.

The strategy was “a bit of a sell,” Dr. Lehr says, because it contradicts the thought that newly diagnosed women should immediately undergo surgery. “Women faced with a breast cancer...
Inova Breast Care Institute is hosting many events throughout October in honor of Breast Cancer Awareness Month, including our annual Free Mammogram Day on Oct. 27. Visit inovalinktopink.org to sign up for our Link to Pink e-newsletter and to learn about events happening around Inova. Call 571-423-5400 to register for your free mammogram.

Link to Pink

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SETTIN g THE S TANDArD

Shannon Lehr, MD, Medical Director of Inova Breast Care Institute at Inova Loudoun Hospital, says the hospital is setting the standard for breast cancer detection and diagnosis. “I think that right now, Loudoun has the best breast imaging in Northern Virginia, from the equipment we have to the technologists to the dedicated breast radiologists that interpret the studies and perform the biopsies,” she says.

Inova Loudoun Hospital recently acquired a 3T breast MRI, which Dr. Lehr calls the “latest and greatest.” The hospital also has top-notch ultrasound equipment and is adding a stereotactic table for mammography-guided biopsies, she says, adding to its current capabilities for ultrasound-guided and MRI-guided biopsies. Go to inovabreastcare.org to learn more about breast imaging.

diagnosis very often have many choices to make, and I want to be sure each woman has the opportunity to get educated and make well-informed treatment decisions that she will be happy with for years to come,” she says.

Most importantly, the approach works. “It’s been shown to not only improve survival rates … but also improve the seamlessness and timeliness of care and [the likelihood of] actually completing treatment,” Dr. Lehr says.

The method starts on day one. Hetherington says when she was first diagnosed, Dr. Lehr gave her a binder containing the business card of every doctor she could work with. “She said, ‘It’s kind of like football — you’ve got to put your team together. I’m your quarterback,’” Hetherington says.

One key member of that team is Barb McDonnell, RN, Inova Loudoun’s breast care navigator. She helps patients through the cancer journey, offering support and advice — something she finds rewarding as a breast cancer survivor herself. “I frequently share [that I’m a survivor] with patients because I think it helps them to know,” McDonnell says. “I’m alive and well and thriving, and they’re going to be too.”

Hetherington says working with McDonnell was especially helpful when her diagnosis took an unexpected turn. After Hetherington’s ultrasound, Dr. Lehr told her that her lymph nodes looked clear, but that the mastectomy would ultimately expose their status. The operation revealed cancer in the lymph nodes, moving Hetherington’s cancer from stage 1 to stage 3.

“Thinking I’m stage 1 and going to stage 3 was kind of hard to swallow,” but McDonnell’s care helped, Hetherington says. “When you are talking to somebody who’s actually gone through it, you go from thinking that your goose is cooked to, ‘Oh my God, I’m going to be OK.’”

A LAUGHING MATTER

Hetherington began chemotherapy treatment in the summer. The night before her first session, she went to see the movie Magic Mike. In the waiting room the next day, Hetherington started talking to the 80-year-old patient next to her, who said she wanted see that “crazy movie,” she says. “Never in my wildest imagination did I think I’d be laughing in the infusion room, and that is just a testament to the doctors and nurses who’ve let it play out that way.”

While Hetherington had her choice of hospitals — including Memorial Sloan-Kettering Cancer Center in her home state of New York — she’s confident in her decision to choose Inova Loudoun Hospital. “My ultimate choice was my best choice and I’ve never looked back. It’s like the Nordstrom of hospitals,” she says. “I’ve always been confident that everything I’ve needed has been right at Inova Loudoun Hospital.”

Breast Cancer Awareness Event

What: Survivorship: Thriving through Integrative Strategies
Time: Saturday, Oct. 6, 9:15 a.m.–3 p.m.
Where: Inova Loudoun Hospital, Conference Rooms A/B
Information: This event will feature sessions on life beyond diagnosis, healthy eating, life coaching, mind/body wellness, sexuality and intimacy, and a survivors retreat. Register at 1-855-My-Inova (1-855-694-6682) or visit inovalinktopink.org.
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.

If you do not wish to receive future mailings from Inova Health System, please contact us at 1-855-My-Inova (1-855-694-6682) or inova.org/unsubscribe.

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, it’s easier to find our contact information. Call us, email us or chat with us online.
- Checking our site from your smartphone? Whether you have a large or a small screen, 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.

GET IN SHAPE!

Inova HealthSource is now offering fitness classes at Inova Loudoun Hospital. Please visit inovahealthsource.org for more information on the following classes:

CARDIO STRENGTH TRAINING
Get your heart rate up while strengthening your muscles! This cardio class incorporates light weight training for maximum benefits. All fitness levels welcome.

YOGA
Practice total-body strengthening and stretching through basic relaxation and breathing techniques. Learn to relax the mind and body for daily stress relief. All fitness levels welcome.

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