Wayne Thaemert enjoys the Grand Canyon after undergoing knee replacement surgery.

Knee replacement allows outdoorsman to pursue his passion.
Aim for the Best
Undergoing a medical procedure can make the difference between a good quality of life and a fair quality of life. Don’t believe me? Just ask Wayne Thaemert and Ceasar Sharper, the subjects of our cover story beginning on page 6.

Both are active adults who love the outdoors. But years of severe knee pain put a cramp in their style, so they came to us. As a result of their surgeries, they both have been able to pick up their passions again.

The Joint Replacement Program at Inova Alexandria Hospital has earned The Joint Commission’s Gold Seal of Approval for outstanding care in joint replacement procedures. Thanks to state-of-the-art joint replacement surgical options, we can help you achieve a life free of pain and improve your mobility.

We want you to be educated about your health and healthcare. See page 4 for some common health questions and answers.

As October is Breast Cancer Awareness Month, we draw attention to a new radiation treatment. Read about it on page 5. Ladies, if you have not been to the doctor for a mammogram yet or if your regular screening is coming around, use the month as a reminder to get screened. It’s too important to overlook.

Peripheral arterial disease (PAD) is a common problem caused by artery or blood vessel blockages in a patient’s legs or feet. Leg pain — often feeling like cramps — that stops you from walking after a few blocks and reoccurs after rest is the main symptom of PAD.

“When you start using your muscles, they need more oxygen, and that’s delivered by your blood,” says Kapil Gopal, MD, MBA, vascular specialist at Inova. “If you have blockages in your arteries or blood vessels, the body can’t deliver that oxygen to the muscles while they’re working, causing discomfort.”

People with diabetes, high blood pressure or high cholesterol and smokers are at a higher risk for the disease. In fact, smokers have five to eight times the risk of losing their legs to PAD than nonsmokers. If the disease is left untreated, it can end up causing gangrene or other foot and leg issues, and ultimately could require amputation of the leg.

Catching the disease early is critical. Speak with your doctor about PAD if you think you have it. There are multiple ways doctors at Inova Alexandria Hospital can treat you for the disease. “The earlier you’re diagnosed, the more options you have for treatment,” says Dr. Gopal. “Treatment can include everything from medication to control of risk factors, along with exercise to minimally invasive procedures like angioplasty to surgery.”

Got Leg Pain?
Join Kapil Gopal, MD, MBA, for this FREE lecture on peripheral arterial disease (PAD).

Location: Inova Alexandria Hospital, Auditorium
Date: Tuesday, Nov. 17
Time: 6 p.m.

To register, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).
VASCULAR

This fall, Inova Medical Group will open its brand-new Shirlington, VA, practice. This practice will offer primary care, mammography, bone-density scanning, and obstetrical and gynecologic services. There also will be specialized rooms for outpatient procedures. This practice will be primarily focused on women’s health.

The practice initially will feature two primary care physicians and two OB-GYN physicians. One physician is board-certified in minimally invasive gynecologic surgery. There will be room for as many as six OB-GYN physicians to join the staff at the Shirlington location.

CONVENIENT SCHEDULING
Schedule an appointment with a doctor online at inova.org/img.
WHAT ARE THE HEART ATTACK SIGNS FOR A WOMAN?

While the first image that may come to mind when you think about a heart attack may be someone clutching his chest, the truth is heart attack symptoms in women are often more subtle than that. According to the American Heart Association, there are five main types of symptoms of which all women should be aware:

- **Chest pain or discomfort.** Although this is the most common sign for women and men, women are actually more likely than men to experience other signs of a heart attack.
- **An uncomfortable squeezing or sensation of pressure in your chest that lasts more than a few minutes, or reoccurs.**
- **Pain in either arm, or back, neck, jaw or stomach pain.**
- **Shortness of breath, whether accompanied by chest discomfort or not.**
- **Other symptoms** such as nausea or vomiting, lightheadedness or breaking out in a cold sweat.

If you believe you are having a heart attack, call 911 immediately.

Kinda Nilaja Venner-Jones, MD
Cardiologist
Inova Medical Group Cardiology
703.780.9014

HOW DO YOU AVOID SPORTS INJURIES?

As fall is starting, so are many sports leagues. Here are some tips to avoid getting hurt while playing:

1. **Be in proper physical condition.** It’s a good idea to train for the sport in which you are participating. Many injuries can be prevented by following a regular conditioning program of exercises designed specifically for your sport.

2. **Don’t play in pain.** Playing when you’re hurt — or before an injury has had a chance to fully heal — can lead to an even worse injury, one that might sideline you for a long time. Listen to your body.

3. **Rest.** Your body needs it, especially if you are playing a sport several times a week. Rest is a critical component of proper training. It can make you stronger and prevent injuries of overuse, fatigue and poor judgment.

4. **Warm up.**

Warm muscles are less susceptible to injuries. The proper warm-up is essential for injury prevention.

Sarah Poggi, MD
Maternal Fetal Medicine Specialist
Inova Brock Family Antenatal Testing Center
703.504.7868

WHAT IS A MATERNAL FETAL MEDICINE SPECIALIST?

A Maternal Fetal Medicine (MFM) physician, also known as a perinatologist, takes care of women who have complicated or high-risk pregnancies. For example, older mothers and women with multiple pregnancies are considered high-risk. Moms-to-be with pre-existing conditions such as diabetes or hypertension would also fall under the care of an MFM specialist. Some women are healthy when they become pregnant but experience complications caused by pregnancy or may develop a baby with an inherited or growth abnormality. An MFM specialist works with each high-risk mother’s primary obstetrician or nurse midwife to monitor the health of both mother and baby. The specialist’s goal is to keep risk levels as low as possible and work toward the birth of a healthy baby.

Sarah Poggi, MD
Maternal Fetal Medicine Specialist
Inova Brock Family Antenatal Testing Center
703.504.7868

Nadim Hallal, MD
Orthopedic Surgeon
Inova Medical Group Orthopedics and Sports Medicine
703.797.6980

GET THE FACTS

To get the answers to other health questions, visit inova.org.
For Noha Sweid, the journey to being cancer-free may not have been sweet, but it was certainly short. Sweid, 52, a Fairfax County real estate agent, was diagnosed with breast cancer in early April. Within two weeks of her diagnosis she had received a lumpectomy and was treated with intraoperative radiation therapy (IORT), a new treatment.

In fact, because the IORT technology is so new, when David Weintritt, MD, brought it up to Sweid, it was the first time she had heard about it. “I didn’t know about it,” says Sweid. “Dr. Weintritt explained it very well for me — the results, the side effects, really everything about the surgery.”

IORT is performed during a surgery. In Sweid’s case, it was performed during her lumpectomy, after which doctors delivered a concentrated dose of radiation to the spot where the tumor sat. “This concentrated radiation takes the place of a traditional radiation therapy that generally takes weeks and can include daily treatments,” says Dr. Weintritt of Inova Alexandria Hospital. “With IORT we’re able to perform the surgery and deliver radiation therapy in one procedure.”

Sweid grasped the advantages of IORT over traditional radiation therapy. “It was very convenient for me,” says Sweid. “And I didn’t suffer as much as I would have. [Traditional] radiation can also have side effects that I didn’t want.”

Sweid, who is now cancer-free, would recommend the IORT procedure to other women who are candidates. “I think if a woman qualifies for IORT and is thinking about making this kind of decision, she should go ahead with it,” says Sweid. “I suffered less because I avoided 10 [or more] sessions of radiation, and I haven’t seen any negative effects. I was very happy with everything, especially Dr. Weintritt, who was great at explaining everything.”

Advantages of IORT

Intraoperative radiation therapy (IORT) is a new technology. However, it is becoming more popular due to its effectiveness in treating cancer. Some advantages of IORT over traditional radiation therapy for breast cancer include:

- Faster treatment and fewer appointments
- Effective treatment because radiation is focused on the tumor bed, which is a common place for cancer to reoccur
- Fewer negative physical effects
- Targeted radiation to one area, sparing other organs from radiation damage

HERE FOR WOMEN

For more information about breast cancer treatment, visit inova.org/women.
Knee replacement allows outdoorsmen to pursue their passion

If you are unable to find relief for your painful knee or hip, then Inova Alexandria Hospital’s Joint Replacement Program may be able to help. It offers advanced minimally invasive procedures to restore your mobility and permanently eliminate your pain.

“The Joint Replacement Program at Inova Alexandria Hospital is an excellent facility, and we have the capabilities of doing complex primary and revisional joint replacements,” says Nigel Azer, MD, an orthopedic surgeon who completed a fellowship in joint replacement at Harvard’s Brigham and Women’s Hospital. “I’m excited about how our team works together with the patients to minimize pain and accelerate recovery.”

CLIMB ANY MOUNTAIN

Knee replacement surgery at Inova Alexandria Hospital helped two nature lovers. Less than two years after his surgery, Wayne Thaemert, a 70-year-old financial planner, set out to hike the Grand Canyon with his son. An avid outdoorsman, Thaemert was physically prepared for the 4,000-foot descent into the canyon; he’d been living pain-free since his operation and was back to an active lifestyle. What he didn’t expect was the toll the hike would take on the rest of his body.

“It wasn’t my knee that was the problem; it was my calf muscles,” says Thaemert. “Going down and then back up in one day was probably the most strenuous hiking I had done since I climbed Long’s Peak in Colorado.”

In the months before Thaemert had his left knee replaced, he was barely able to walk without severe pain and a limp. Having suffered from osteoarthritis for years, he twisted his knee while helping a friend move a carpet seven years ago, and from then on he lived with a constant ache. When his son, a doctor in Boston, recommended Dr. Azer, Thaemert knew he was in good hands. “Dr. Azer is a young, energetic professional who is very physically active himself, so he can empathize with a person who wants to be active,” says Thaemert.

Dr. Azer prescribed conservative treatments involving medication, exercise and injections, but when the pain persisted, he recommended surgery. In December 2013, immediately following the procedure, Thaemert was walking up and down a set of stairs in the hospital. He participated in physical therapy for two weeks at home, then drove to an outpatient facility to continue therapy for four more weeks.

“I don’t even notice my knee today,” says Thaemert. “I’m back to hiking, golfing and biking, and I’m back to normal, like I would have been 20 years or so ago.”

No Pain, More Gain

At Inova Alexandria Hospital, the surgical team knows how to stop the pain before it starts. “Because we use pre-emptive multimodal anesthesia, we’re treating people’s pain before they have it and that means we’re able to get most people up out of bed the same day of surgery,” says Nigel Azer, MD. “Because of the good pain control, good rehabilitation and the minimally invasive techniques, in most cases we’re able to send folks home the first day after surgery.”

Successful pain relief during and after surgery is also important, he adds, because it allows patients to participate in physical therapy more effectively.
PICTURE PERFECT

Ceasar Sharper, whose passion for nature photography has taken him to many parts of the world, also benefited from a knee replacement surgery. After retiring as a colonel in the Air Force a decade ago, he pursued his dream of capturing beautiful imagery in rugged terrains where few others venture. But for much of his adult life, Sharper has suffered from severe knee pain aggravated by a meniscus tear 14 years ago, which has made venturing into the wilderness a challenge.

“It became increasingly painful to stand and walk,” recalls the 64-year-old. “I went to the emergency room when the pain level suddenly increased, and I started to walk with a cane.”

Sharper knew that in order to continue his pursuit of photography, which requires long hikes hauling 10 to 20 pounds of photography gear and climbing uneven surfaces, he had to do something about his knee. It was in July 2013 that he met with Dr. Azer. “Dr. Azer is a skilled surgeon and a passionate individual who cares for his patients’ mind, body and soul,” says Sharper.

Dr. Azer performed a total knee replacement, and within weeks of the operation, Sharper was able to spend short periods of time caring for his many hybrid tea roses. With physical therapy sessions to improve his strength and flexibility, he was able to return to work and pursue photography within six weeks of his surgery. Last winter, Sharper renewed his passion for downhill skiing. At first he exercised caution on the intermediate slopes but soon gained confidence and returned to his former freedom and ease of motion as an experienced skier.

Recently he voyaged to Iceland for 10 days to photograph the wildlife and landscape. Carrying his camera gear, he routinely hiked formidable trails with steep inclines; to capture an image of a rock outcropping on a beach, he climbed down and back up a 200-foot cliff. “I feel great with a full range of motion and without pain,” says Sharper.

A JOINT EFFORT

Learn more about Inova Joint Replacement Center at inova.org/joint.
WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Alexandria Hospital medical staff in recent months:

<table>
<thead>
<tr>
<th>NAME</th>
<th>DEPT/SECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jonathan Abraham, MD</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>Aysha Arshad, MD</td>
<td>Medicine/Cardiovascular Disease</td>
</tr>
<tr>
<td>Christina Y. Chee, MD</td>
<td>Medicine/Neurology</td>
</tr>
<tr>
<td>Jules Marie Chehade, MD</td>
<td>Anesthesiology</td>
</tr>
<tr>
<td>Karen Dixon, MD</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>Navneen Doki, MD</td>
<td>Medicine/Hematology/Oncology</td>
</tr>
<tr>
<td>Ramsey Falconer, MD</td>
<td>Medicine/Neurology</td>
</tr>
<tr>
<td>Stuart Hoffman, DO</td>
<td>Medicine/Neurology</td>
</tr>
<tr>
<td>Edward Howard, MD</td>
<td>Medicine/Cardiovascular Disease</td>
</tr>
<tr>
<td>Marsha Jespersen, MD</td>
<td>Surgery/Plastic Surgery</td>
</tr>
<tr>
<td>Conor Kain, MD</td>
<td>Radiology</td>
</tr>
<tr>
<td>Miraslava Khmurets, MD</td>
<td>Psychiatry</td>
</tr>
<tr>
<td>Joanna Krause, MD</td>
<td>Radiology</td>
</tr>
<tr>
<td>Timothy Lapham, MD</td>
<td>Surgery/General Surgery</td>
</tr>
<tr>
<td>Laura Madoo, DO</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Erik Osborn, MD</td>
<td>Medicine/eICU</td>
</tr>
<tr>
<td>Monique Rainford, MD</td>
<td>Obstetrics and Gynecology</td>
</tr>
<tr>
<td>Cecile Silvestre, MD</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>Megan Terek, MD</td>
<td>Medicine/eICU</td>
</tr>
<tr>
<td>Athanasios Thomaides, MD</td>
<td>Medicine/Cardiovascular Disease</td>
</tr>
<tr>
<td>Alexander Truesdell, MD</td>
<td>Medicine/Cardiovascular Disease</td>
</tr>
<tr>
<td>Donald L. Trump, MD</td>
<td>Medicine/Hematology/Oncology</td>
</tr>
</tbody>
</table>

Baby Time
Schedule a tour or complete online registration for your OB admission at inova.org/baby.