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.

INSIDE: A STROKE STORY 2  SPYING ON BREAST CANCER 4  WAYS TO FIGHT THE FLU 5
Here For You
At Inova Mount Vernon Hospital (IMVH), we always put the community first. We are committed to fulfilling our community’s growing healthcare needs and to always exceeding your expectations for safe, high-quality, highly reliable care, delivered in a comfortable, compassionate setting.

I believe in the power and goodness of this hospital. And my optimism for our future is built on more than our new facilities and state-of-the-art equipment.

Even as we celebrate the first anniversary of our new Veatch Family Emergency Department and renovate every nursing unit in our original 1976 building, I know the true strength of our organization is our people. I am proud of our team of physicians, nurses, volunteers and support staff. We are on a journey to transform our hospital from “excellent” to “exceptional.”

I am pleased to share the fall 2017 edition of InHealth with you. I invite you to learn more about many of the programs and services that make IMVH a unique and valuable asset to your family and our community. If there are additional ways we can serve you, please let me know.

I have never been more optimistic about what lies ahead for IMVH — your hospital. Thank you for your trust.

DON BRIDEAU, MD
Chief Executive Officer
Inova Mount Vernon Hospital

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.

ASK THE EXPERTS
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 or call 1.855.My.Inova (1.855.694.6682). All registered guests will received signed copies of Mark Moore’s book, “A Stroke of Faith.”
Get **ACTIVE!**

Join Inova **ACTIVE** group for seniors

Inova **ACTIVE** is the name of the monthly active seniors (age 60+) community group co-sponsored by Inova Mount Vernon Hospital (IMVH) and AARP Virginia.

Join the group for lunch, and hear from medical and community professionals on a wide range of topics that help you stay informed and active. The group meets the last Wednesday of the month at noon in the Engh Conference Center of IMVH.

**UPCOMING PRESENTATIONS**

- **Medicare 101**
  **Wednesday, Sept. 27, 12 p.m.**
  For Medicare-eligible individuals who want to know their options. Hear an overview of the components of Medicare: Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital/doctors/labs/radiology), Part C (Medicare Advantage Plans) and Part D (prescription drugs), and how to cover Medicare benefit gaps through Medicare Supplement Plans.

- **HomeFit**
  **Wednesday, Oct. 25, 12 p.m.**
  The AARP HomeFit Workshop provides participants with important information on how to decide what type of home modifications are needed to stay in their homes as they age. HomeFit also offers innovative ideas and inspiration for making these modifications.

- **Preparing to Be a Caregiver**
  **Wednesday, Nov. 29, 12 p.m.**
  This session is for individuals who seek information and resources to help take better care of themselves and those they love. Participants will learn five steps every caregiver should take: How to Start the Conversation, Forming a Team, Making a Family Plan, Finding Support and the Importance of Taking Care of Yourself.

  **The fee of $5** (cash or check only, please, payable at the door) includes lunch and refreshments, presentations and course materials.

**MAKE YOUR MOVE**

To register for the **ACTIVE** group, visit [states.aarp.org/active](http://states.aarp.org/active). To learn more, call 703.664.7261. Space is limited each month to the first 50 respondents; call today!

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**2017 Patient **REUNIONS**

Save the Dates!

One of the great traditions at Inova Mount Vernon Hospital is the annual Patient Reunion Picnics held each September on the hospital grounds.

Each fall, the hospital welcomes back several hundred patients and their families served by the Inova Joint Replacement Center and the Inova Rehabilitation Center to the hospital. The picnics are a wonderful opportunity for staff and patients to catch up, renew acquaintances and celebrate health and healing.

Recent patients of either program are welcome to come and partake. Eligible patients should watch for more information in the mail. Here are upcoming dates for the picnics:

- **Inova Joint Replacement Center Reunion Picnic**
  **Friday, Sept. 22**

- **Inova Rehabilitation Center Reunion Picnic**
  **Friday, Sept. 29**

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Above: Roger Gisolfi, MD, who practices physical medicine and rehabilitation, with a picnic guest. **Above right:** Each September, picnics celebrate the good health of rehab and joint replacement patients. **Right:** C. Anderson Engh, MD, enjoys a moment with a grateful joint replacement patient.
SPY-PHI STUDY
The Inova Mount Vernon Breast Care Program is working to develop a nationwide clinical trial to study SPY-PHI lymph node mapping for breast cancer. To learn more about the Film B trial, call 571.472.4724.
If you think the flu is just a really bad cold, continue reading. The flu is actually a contagious disease that can lead to serious illness, such as pneumonia, and may even require hospitalization. According to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is by getting vaccinated. A flu vaccine is recommended for everyone 6 months of age and older, especially those with an increased risk of serious flu-related complications, such as pregnant women, young children, seniors, and people with certain chronic medical conditions like asthma, diabetes and heart disease.

During the most recent flu season, the CDC reported that the flu vaccine had reduced a vaccinated person’s risk of getting the flu and having to go to the doctor by about half (48%). Other studies reported that, even if the vaccine did not prevent the flu, it reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among younger and older hospitalized flu patients.

Decrease Your Risk

Once you’ve been vaccinated, here are other ways you can decrease you or your family’s risk of contracting the flu:

- Wash your hands often, and avoid touching your mouth, eyes and nose.
- Cough or sneeze into a tissue or your elbow instead of your hands.
- Keep your immune system strong by eating well, drinking fluids, getting plenty of rest and exercising.

Learn about flu shot clinics available at Inova at inova.org/flu.
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 the 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.”
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.”

“In 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 onsite, 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 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.

Know Where to Go

Visit 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:

**Inova Alexandria Hospital**
4320 Seminary Rd.
Alexandria, VA 22304
703.504.3066

**Inova Mount Vernon Hospital**
2501 Parkers Lane
Alexandria, VA 22306
703.982.8324

**Inova HealthPlex – Lorton**
9321 Sanger St.
Lorton, VA 22079
703.982.8324

**Inova HealthPlex – Franconia/Springfield**
6355 Walker Lane
Alexandria, VA 22310
703.797.6800

IN HER OWN WORDS

Watch Brooke’s story at 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.

If you do not wish to receive future mailings from Inova, please contact us at 703.972.2044 or inova.org.unsubscribe.

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**ASK THE EXPERTS**

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
Wednesday, Oct. 11 6 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

Ankle Arthritis: Ankle Replacements? Yes — We Actually do Those!
Oliver Schipper, MD
Wednesday, Oct. 11 6 p.m.

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

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Inova Mount Vernon Hospital • 2501 Parkers Lane, Alexandria, VA 22306 • 703.664.7000

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Looking for a doctor?
Visit inova.org/physicians or call our 24/7, bilingual physician-referral service at 1.855.My.Inova (1.855.694.6682) to find one close to home or work.

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