



INOVA LOUDOUN HOSPITAL

INhealth

Inova encourages traditional, holistic medicine to fight cancer

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Embracing **THE ALTERNATIVE**

James Torrenzano, who underwent treatment for cancer, practices yoga and other holistic methods to stay healthy.

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FOLLOW THE LEADER

Common Goals

As we welcome in the new year at Inova Loudoun Hospital, we're proud as we look back on the successes of 2014.

Expansion of facilities and services included the opening of our Natural Birth Center, the groundbreaking of Inova HealthPlex - Ashburn and the kick-off of the Lansdowne master plan, designed to meet the healthcare needs of a growing, broad-based community.

Looking to 2015, our plans include continuation of the master plan that will address a growing regional birth rate with expanded birth facilities, and a need for cardiac care that keeps our existing cardiac catheterization lab and interventional services running close to capacity.

It's important to know that these plans wouldn't be possible without the support of the engaged community members we are privileged and honored to serve. In fact, the 2014 Ladies Board Rummage Sale was its most successful in 76 years, raising more than \$215,000. We've proved once again that the 1938 Ladies Board was a bit premature when it announced it had drained all of the county's available rummage in its first sale. Rummage collection is under way for this year's event.

With thoughts of a productive year ahead, I wish you a truly happy and healthy 2015.



H. PATRICK WALTERS

CEO, Inova Loudoun Hospital



INFERTILITY

PROBLEMS Getting Pregnant?

Inova Loudoun Hospital offers unique male infertility practice

While it may not be something most men want to advertise, male infertility is a common issue and is nothing to be ashamed of. In fact, 10-15 percent of men have varicoceles, or tangled or varicose veins in the scrotum, which could cause infertility issues. Of men who have infertility issues, about 50 percent suffer from varicoceles, says Christopher Starks, MD, Director of Male Infertility and Sexual Medicine for Inova Loudoun Hospital.

"Varicocele repair is probably the most common procedure to correct male infertility. Typically, it can significantly improve fertility and the ability to achieve pregnancy," says Dr. Starks. "Other procedures we do routinely are vasectomy reversal and microscope-guided sperm harvest."

Vasectomy reversal reconnects the vas deferens tube in men who have had a vasectomy and now wish to have

more children. Microscope-guided sperm harvest is used to remove sperm directly from the testicle. Dr. Starks explains that his use of a surgical microscope for these procedures sets him apart from most other fertility surgeons.

"I did my fellowship training in Male Infertility and Microsurgery, so my surgical approach is state-of-the-art," he says. "Inova Loudoun Hospital has some of the best equipment, such as the surgical microscope, which is a major part of doing these procedures well. [In varicocele surgery] there are a number of structures we want to remove, but there are also structures we want to be careful of, such as arteries. The microscope gives me precise imaging to perform this delicate surgery."

SEEK HELP

Learn more about pregnancy services at inova.org/maternity.

Happy HEARTS

Use Inova resources to stay on top of your health

Heart disease is a major threat to the health of Americans. It is the leading cause of death for both men and women, and is linked to about 1 in 4 deaths overall. To find out whether you are at risk, get a heart assessment at Inova. Since February is Heart Month,

it is an ideal time to get checked. Inova offers multiple ways to check for heart disease risk factors. If you have access to a computer, you can take an online heart-risk assessment. This assessment will ask you facts about your life, such as your age, weight and cholesterol levels. Based on the data you provide, it will give you your “heart age,” which ideally should be the same as, or younger than, your biological age.

In honor of Heart Month in February, Inova is offering heart-healthy tips on social media. To see weekly tips on Facebook,

“like” Inova at [facebook.com/inovahealth](https://www.facebook.com/inovahealth). A daily heart-healthy tip also will be available at twitter.com/inovahealth.

People who use tobacco, have a diet high in saturated fat and cholesterol, lack regular physical activity and drink alcohol excessively are more likely to develop heart disease. If you’re worried about your heart health, speak to your doctor and know the signs of a heart attack.

CARDIAC CARE

Take Inova’s online heart-risk assessment at inovaheart.org.

Built to HEAL



Inova’s Leesburg Emergency Department delivers enhanced patient experience

In 2014, Inova Loudoun Hospital celebrated the one-year anniversary of Inova Wheeler Family Emergency Department – Leesburg. This building provides patients with a newer, more convenient place to go for western Loudouners when an emergency occurs.

“There’s always been great clinical care and compassion at Inova Loudoun, but these new facilities made an important impact on the physical space that we have for patients,” says Edward Puccio, MD, Medical Director, Emergency Department, and Chairman, Emergency Medicine, Inova Loudoun Hospital. “The biggest changes were improved patient privacy and enhanced patient experience — because the facilities are brand new — with more space, increased staff visibility,

state-of-the-art labs and X-rays, a more comfortable reception area and ample, convenient parking.”

The new ED has all private rooms with glass doors that provide each patient with a private treatment area. It also has a larger trauma room with more capacity for equipment and multiple patients; safe rooms for mental health patients; a quiet, locked space for nurses to dispense medications; and several negative pressure rooms, which are not connected by vents to any other parts of the hospital. This is so patients with contagious diseases can be treated without exposing others in the department. The Leesburg ED connects with free patient transport to Inova Loudoun Hospital’s Lansdowne ED.

NEW DEVELOPMENTS

Master plan update

- **Pediatric Urgent Care Services will be available at Inova Urgent Care Center – Dulles South in February 2015. In addition to kid-friendly exam rooms, a play area, and pediatric specialized providers and equipment, patients will have free transportation to Inova Loudoun Hospital’s Pediatric Emergency Room and inpatient unit if the need arises.**
- **The Emergency Room Fast-Track Expansion has begun. It includes an expanded nurses station, extra bathrooms, a reconfiguration of the current layout for easier navigation and additional trauma rooms. This expansion is a step toward trauma designation for Inova Loudoun Hospital.**
- **The Natural Birth Center at Inova Loudoun Hospital is OPEN! As of Nov. 10, 2014, the brand new center has been seeing patients who are looking for a homelike birth experience that is steps away from medical care if needed.**

INNOVATION

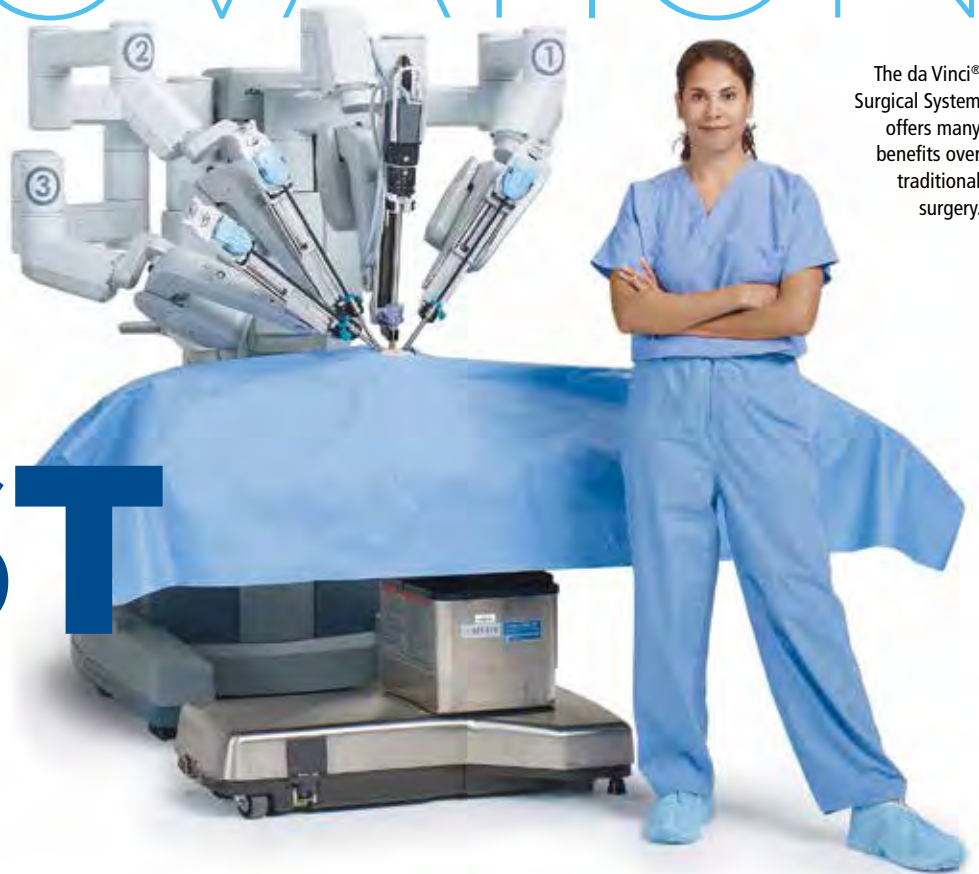
AT ITS BEST

Dispelling the myths about robotic surgery

In a little more than a decade, robotic surgery has become the standard of care for many conditions, offering better results and a quicker recovery time than conventional laparoscopic surgery. While both techniques are known for small incisions and a quick recovery, robotic surgery offers many additional benefits through advanced technology.

“One of the primary advancements is the instruments tend to be much more articulated and jointed, giving you the ability to operate in much tighter spaces or smaller areas which you can’t do laparoscopically,” says James Lesniewski, MD, a minimally invasive robotic surgeon at Inova Loudoun Hospital. “In addition, the camera system gives you a true three-dimensional picture and clarification that we don’t have in laparoscopic surgery right now.”

Surgeon Brita Kriss, MD, agrees. “With robotic surgery I have magnified vision



The da Vinci® Surgical System offers many benefits over traditional surgery.

with 3-D high-definition systems as well as tiny-wristed instruments that can maneuver even better than the human wrist,” she says.

Another advantage offered by robotic surgery is the use of fluorescence imaging to provide the most precise identification of a patient’s anatomy.

COMMON MYTHS

In use for more than a decade, robotic surgery has been proven to be a safe, highly effective technique. Yet misperceptions about this high-tech option abound.

“The biggest concern for patients is they think the robot is automated,” says

Dr. Lesniewski. “During a procedure, I have 100 percent control of all the instruments. I’ve actually gained control using the robotic platform as compared to laparoscopic because I can easily control multiple instruments at one time, so it’s faster, more efficient and safer.”

Another common myth is that robotic-assisted surgery is done without human intervention. In reality, a highly trained team is positioned next to the patient to monitor the entire procedure.

“The robot is another instrument in our armamentarium that has added a whole level of ability that we just didn’t have before,” says Dr. Lesniewski.

EPICENTER STATUS

Inova Loudoun Hospital was recently named a national education and training epicenter for surgeons using da Vinci® robotic-assisted surgical technology. The program is one of fewer than 20 general surgery programs nationwide given the distinction. Learn more at inova.org/davinci.



A JOINT ENDEAVOR



Comprehensive orthopedic services treat range of conditions

Like the community that surrounds it, Inova Loudoun Hospital's orthopedic services are constantly developing and improving.

"Our patients are educated and demanding, and we need to fill that demand for services and high-quality care," says Nauman Akhtar, MD, MBA, joint replacement surgeon, Inova Loudoun Hospital.

Inova offers a full range of orthopedic services, including fracture care, spine care, foot and ankle surgery, sports medicine and total joint replacement.

Recently, Inova Loudoun Hospital's Total Joint Replacement program was designated a Center of Excellence for knee and hip replacement by The Joint Commission. According

to Dr. Akhtar, earning this Gold Seal of Approval was no easy feat.

"It's based on going through our entire workflow of joint replacement," he says. "They consider our pre-op education, the types of surgeries that we do and how many we do, and what our outcomes are in terms of complications, readmission rates, infections, et cetera. It's definitely a badge of honor."

MANAGING PAIN AND EXPECTATIONS

Dr. Akhtar and his team of surgeons and physical therapists believe that improving joint replacement patient outcomes starts before surgery even begins. A lot of that has to do with controlling peoples' expectations regarding pain, Dr. Akhtar says.

"We educate patients about what is good pain and what is pain you can work

through," he explains. "I'm not going to tell you this is a pain-free process."

Inpatient physical therapy takes place at Inova Loudoun's on-site gym. Patients work in groups to support each other's progress, which Dr. Akhtar says helps motivate them.

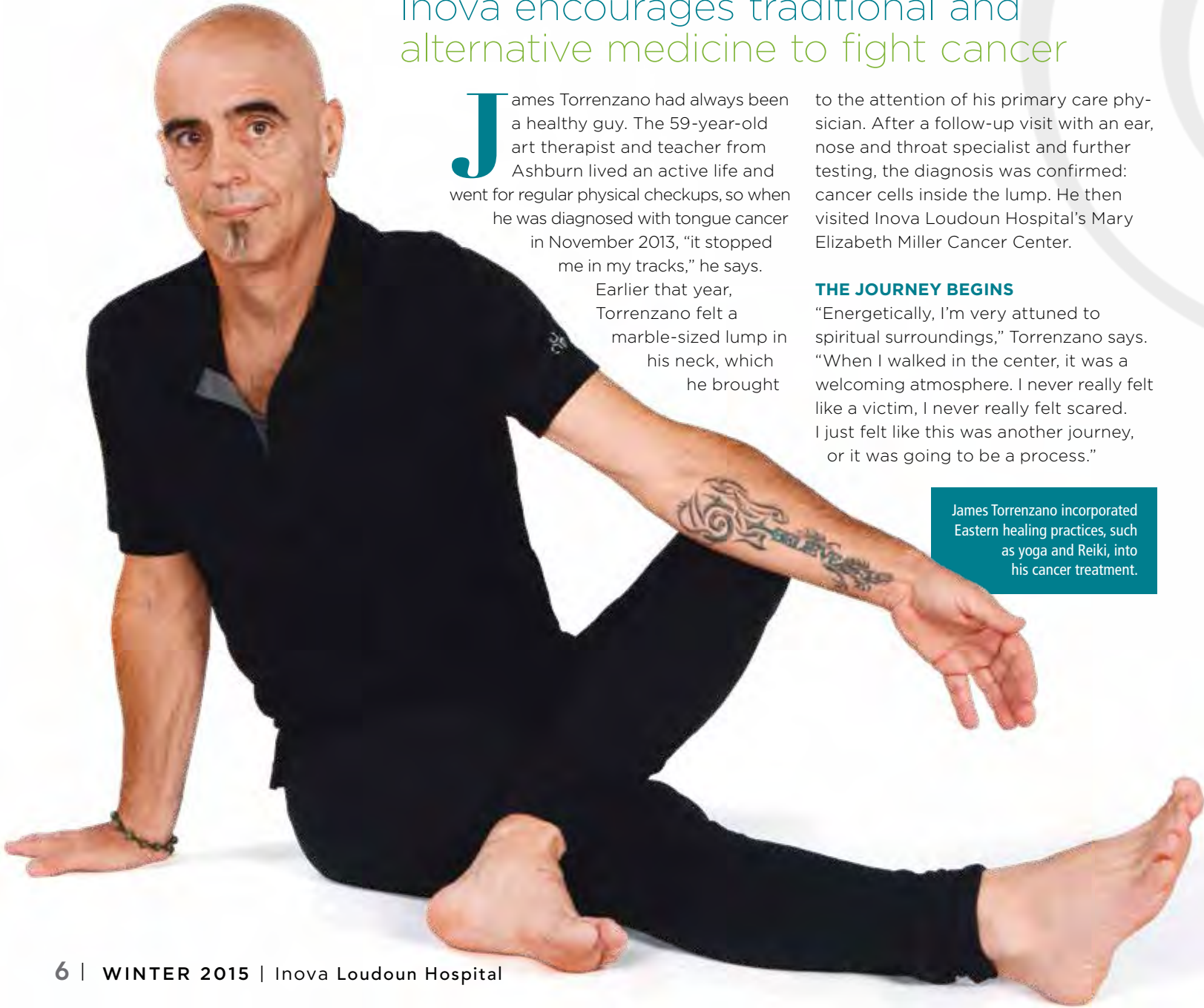
Outpatient rehabilitation focuses on home therapy — going up and down stairs, getting in and out of bed and other activities of daily living. It then progresses to gentle strength training to rebuild muscle.

JOINT MATTERS

To find out more about orthopedic services at Inova, visit inova.org/orthopedics.

EMBRACING THE ALT

Inova encourages traditional and alternative medicine to fight cancer



James Torrenzano had always been a healthy guy. The 59-year-old art therapist and teacher from Ashburn lived an active life and went for regular physical checkups, so when he was diagnosed with tongue cancer in November 2013, “it stopped me in my tracks,” he says.

Earlier that year, Torrenzano felt a marble-sized lump in his neck, which he brought

to the attention of his primary care physician. After a follow-up visit with an ear, nose and throat specialist and further testing, the diagnosis was confirmed: cancer cells inside the lump. He then visited Inova Loudoun Hospital’s Mary Elizabeth Miller Cancer Center.

THE JOURNEY BEGINS

“Energetically, I’m very attuned to spiritual surroundings,” Torrenzano says. “When I walked in the center, it was a welcoming atmosphere. I never really felt like a victim, I never really felt scared. I just felt like this was another journey, or it was going to be a process.”

James Torrenzano incorporated Eastern healing practices, such as yoga and Reiki, into his cancer treatment.

ALTERNATIVE

He met with radiation oncologist and Medical Director Samir Kanani, MD, who worked with a team of doctors — including oncologist Anthony Felice, MD, as well as pathologists and surgeons — to determine the best course of action.

“I think the most important aspect of cancer treatment is to have a multi-disciplinary approach,” Dr. Kanani says. “Often, there are a number of treatment options available, and doctors with different opinions. So we get all the doctors in one room to discuss the case.”

Although the tumor at the base of Torrenzano’s tongue was small, its location near a rich network of lymph nodes meant it could spread very quickly. The doctors decided to treat it with a course of radiation therapy, which Torrenzano received five times a week for seven weeks.

LIFE WITH CANCER

The American College of Surgeons Commission on Cancer accredits all Inova hospitals. This accreditation is in recognition of their exceptional cancer care. Additionally, Inova provides more than the standard radiation and chemotherapy treatments for cancer.

Through Inova’s Life with Cancer® program, anyone affected by cancer, no matter where they receive treatment, can find information, support and a variety of classes — including the alternative therapies Reiki, acupuncture, yoga and more.

“Since 1970, I’ve been involved in the healing arts,” Torrenzano says. “For the major medical model to recognize [these therapies] is just brilliant, and it surrounded me with positive energy.”

Quality Affirmation

Recently, the Commission on Cancer, a program of the American College of Surgeons, recognized Inova for its exceptional cancer services and re-accredited Inova Loudoun Hospital for an additional three years. The Commission on Cancer takes a thorough look at each facility it accredits to make sure it provides “comprehensive, high-quality and multidisciplinary patient-centered care.”

“People can feel comfortable knowing that the quality of care at Inova Loudoun Hospital meets a very stringent benchmark,” says Samir Kanani, MD, Medical Director, Inova Loudoun Mary Elizabeth Miller Cancer Center. “We’re offering world-class cancer care in the community, and our Life with Cancer® program offers second-to-none support when it comes to dealing with cancer.”

Throughout his radiation therapy, Torrenzano attended yoga classes twice a week and Reiki once a week. He also worked with an acupuncturist and nutritionist to help with the flow of spiritual energy often referred to as “chi.”

“Acupuncture is often used to combat nausea and dry mouth that can accompany chemotherapy and radiation therapy for head and neck cancers,” says Dr. Kanani. “I’m a big proponent of using complementary medicine to help patients during therapy.”

PROACTIVE SUCCESS

Torrenzano finished his radiation therapy on March 17, his daughter’s birthday. A PET scan in early June showed no cancer.

“James’ remission is not the only remarkable outcome of his treatment. Because we were proactive in dental and nutritional care, and because we used advanced radiation technology to avoid

major structures in his throat, his prognosis for long-term quality of life is amazing,” Dr. Kanani says. “What we strive to do is cure without complications.”

The radiation targeting the tongue cancer also temporarily affected Torrenzano’s sense of taste, a tough blow for someone who “grew up Italian.” But just like his good health, it’s all coming back — pickles, salami and even beer taste good again.

“The cancer was in me, but it wasn’t me,” Torrenzano says. “I never let the darkness surround me on a spiritual level. I just kept trying to hold the light.”

KEEPING CANCER IN CHECK

To learn more about Inova’s cancer services and Life with Cancer® program, visit inova.org/cancer.

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 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience 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.

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8110 Gatehouse Road
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WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the [Inova Loudoun Hospital](#) medical staff in recent months:

DEPT/SECTION	NAME
Cardiovascular Disease	Tarek Abou-Ghazala, MD
Cardiovascular Disease	Ajay Virmani, MD
Family Medicine	Valerie May Rhodes, DO
Hematology/Oncology	Roseleen S. Charania, MD
Hospice and Palliative Medicine	Jean-Paul Pinzon, DO
Internal Medicine	Srilatha Cherlakola, MD
Internal Medicine	Surekha V. Kotapothula, MD
Internal Medicine	Michael K. Ro, MD
Maternal/Fetal Medicine	Ankit A. Shah, MD
Obstetrics/Gynecology	Shalanda R. Webb, MD
Orthopedics	Nadim L. Hallal, MD
Pediatric Allergy and Immunology	Anne C. Miranowski, MD
Pediatric Dentistry	Bushra Amjad Bhatti, DMD
Psychiatry	Snezana Sonje, MD
Pulmonary Disease/Critical Care	Jawad Hasan Khan, MD
Radiation Oncology	Jason H. Sun, MD
Surgery	Kirsten K. Edmiston, MD



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