CELEBRATING LIFE AFTER BREAST CANCER
SEE PAGE 2
"MY PREGNANCY WAS TOTALLY NORMAL UNTIL MY 36TH WEEK—THAT’S WHEN I LEARNED I HAD BREAST CANCER. I NOTICED A LUMP IN MY LEFT BREAST AND MENTIONED IT TO MY OB/GYN, DR. DANIELLE HOLMES,” GILLIAN SAYS. "DR. HOLMES ARRANGED FOR ME TO HAVE AN ULTRASOUND AT VIRGINIA HOSPITAL CENTER WOMEN’S IMAGING. THEY FIT ME IN RIGHT AWAY."

"Because Gillian had very dense breast tissue and her breasts were swollen from pregnancy, the images from the sonogram were not definitive,” says Bonnie Ahn, MD, a radiologist specializing in breast imaging. “But I could see that the growth looked like it had tentacles—most benign tumors are smooth. I asked her to come back early the following morning for a biopsy.”

“I received a call from Dr. Ahn confirming I had cancer,” says Gillian. “It’s frightening to be told you have breast cancer,” says Dr. Ahn. “I was surprised how strong and brave Gillian was. She said, ‘Tell me what I have to do.’”

Immediately a care team began to come together and worked with Gillian to develop a plan of action. “Dr. Ahn referred me to Claire Edwards, MD, breast surgeon,” says Gillian. “She also asked me to follow up with my OB/GYN and to come back to see her for imaging of the left lymph nodes and right breast. When I called to make those appointments, Dr. Ahn had already called ahead to share my information with Dr. Edwards and Dr. Holmes. That made me feel good.”

“Our approach to breast cancer treatment at Virginia Hospital Center is multidisciplinary and coordinated. For breast cancer, that’s a necessity,” says Dr. Edwards, who is part of The Reinsch Pierce Family Center for Breast Health of VHC Physician Group. “We review complex cases at the tumor board, which involves input from all specialists. Everything that breast cancer patients need is available here on the Hospital campus—from surgery and radiation therapy, to chemotherapy, clinical trials, genetic testing and support services.”

One week after her diagnosis, Dr. Holmes delivered Gillian’s daughter, McCoy, via Cesarean delivery. “Every nurse and provider I encountered during my maternity stay were sensitive to my situation and made me feel really supported. I had the best birth experience for McCoy at Virginia Hospital Center, just as I had three years earlier with my daughter Ramsey,” says Gillian.

The team quickly scheduled Gillian for a CT scan and bone scan—tests she could not have while pregnant—to see if cancer had spread beyond her breast. “It was a
“Everything that breast cancer patients need is available here on the Hospital campus—from surgery and radiation therapy, to chemotherapy, clinical trials, genetic testing and support services.”

CLAIRE EDWARDS, MD

very scary day,” recalls Gillian. “I had a 3-year-old and a newborn at home, and I was about to find out if I had metastatic breast cancer. By the time I left the Hospital, Dr. Edwards called to say there was no cancer anywhere else, but the genetic test showed I had the BRCA2 gene.”

“Prophylactic contralateral mastectomy is recommended for women with the BRCA2 gene,” says Dr. Edwards. “Alternatively, Gillian could have undergone intensive screenings more frequently or taken preventive medication prescribed by a medical oncologist, but neither are as effective as bilateral mastectomy, which reduces the risk of breast cancer in an unaffected breast to close to 100%.”

Gillian decided to proceed with bilateral mastectomy and also opted to have preventive surgery to remove her ovaries because the BRCA2 gene put her at increased risk for ovarian cancer.

To determine whether chemotherapy should be done before or after her breast surgery, Dr. Edwards referred Gillian to Neelima Denduluri, MD, breast medical oncologist and Chair, Cancer Committee, Virginia Hospital Center. Because of the size and aggressiveness of the tumor, Dr. Denduluri recommended chemotherapy first. “Chemotherapy would shrink the tumor, and Dr. Edwards felt that downsizing the cancer would facilitate nipple-sparing surgery and a better cosmetic outcome. And, if there were any rogue cells somewhere else in her body, chemo would potentially kill those cells,” says Dr. Denduluri.

“I told Dr. Denduluri I was ready to start now, the sooner the better,” says Gillian, who had chemotherapy over 16 weeks, with treatments every two weeks. “It made me feel tired, but not nauseous,” she says. “My husband and I received incredible support from our family and friends, who were always on hand to help with our daughters, especially on chemo days.”

Four weeks after her final chemotherapy treatment, Dr. Edwards performed a nipple-sparing bilateral mastectomy. At the same time, Marilyn Nguyen, MD, VHC Physician Group—Plastic & Reconstructive Surgery, inserted tissue expanders, the first stage of breast reconstruction surgery. “Gillian had a nipple-sparing mastectomy with pre-pectoral breast implant reconstruction. These two recent advances in breast reconstruction technique allow us to better preserve the natural shape and contour of the breast,” says Dr. Nguyen. Three months later, Dr. Nguyen performed the second surgery to remove the expanders and place the final implants.

Today, McCoy is eight months old and Gillian’s life is back to normal. She will continue to take hormone therapy for several years and be monitored carefully by her doctors.

“All of the doctors on my team were the biggest advocates for me and my health. I felt empowered. They turned what was a scary nightmare into a beast we could kill together. I am so grateful and thankful,” says Gillian.

“From the beginning, Gillian had the best attitude,” says Dr. Holmes. “Being treated within the Virginia Hospital Center community enabled our multidisciplinary team to provide excellent care. Everyone communicated with each other. Her care was seamless.”

NEW GUIDELINES FOR GENETIC TESTING

Molly Sebastian, MD, FACS, Medical Director of the Reinsch Pierce Family Center for Breast Health of VHC Physician Group, co-authored “Consensus Guidelines on Genetic Testing for Hereditary Breast Cancer from the American Society of Breast Surgeons (ASBrS),” which was published in the Annals of Surgical Oncology, July 24, 2019. This paper is an important set of recommendations for breast surgeons. The authors placed the most recent science regarding genetic testing in context of the practical environment of patient care. The ASBrS advocates that any patient with breast cancer should be offered genetic testing.
A big concern for patients undergoing treatment for prostate cancer is the potential side effects they might experience. At The Hitt Family Center for Radiation Oncology at Virginia Hospital Center, CyberKnife™ radiation therapy combined with advanced SpaceOAR® hydrogel technology (see sidebar) is leading to better outcomes for patients with a significantly reduced chance of side effects.

An alternative to open surgery and conventional radiation therapy, CyberKnife delivers precision point radiation to the prostate, minimizing unnecessary radiation and damage to surrounding tissues. For prostate cancer, CyberKnife treatment requires just five sessions, scheduled over five consecutive days. Virginia Hospital Center’s experience with CyberKnife exceeds that of any hospital in Northern Virginia, with more than 600 patients treated. To date, the Hospital has used SpaceOAR hydrogel in over 300 cases—the most in the Washington, DC metro area and one of the highest number of cases in the United States.

“Our philosophy of care is simple: provide the highest level of cure with the fewest side effects to optimize the patient’s quality of life over the long term,” says Robert Hong, MD, Chief of Radiation Oncology, Virginia Hospital Center. “SpaceOAR hydrogel delivers statistically significant reductions in gastrointestinal toxicity, but also allows for increased prostate coverage with radiation.”

“It’s a credit to Virginia Hospital Center for adopting SpaceOAR hydrogel technology early on to benefit patients,” says Timothy Kim, MD, urologic oncologist, Mid-Atlantic Permanente Medical Group.

“CyberKnife treatment for prostate cancer was a palpable advancement—better tolerated with fewer side effects,” says Robert Mordkin, MD, FACS, of VHC Physician Group–Urology and Chief of Urology, Virginia Hospital Center. “With SpaceOAR hydrogel, the benefits to patients are further magnified.”

“The combination of high-quality radiation delivery and our ability to use multiple different modalities enable us to customize the most optimal prostate cancer treatment plan for each patient,” says Nadim Nasr, MD, radiation oncologist, Virginia Hospital Center.

For the past five years, Dr. Kim and Dr. Nasr have led a multidisciplinary prostate cancer clinic on site at Kaiser Permanente, where newly diagnosed prostate cancer patients can meet with a surgeon and radiation oncologist at the same time to discuss primary options for localized prostate cancer treatment.

“All my patients have very good things to say about Dr. Nasr and Dr. Hong,” says Dr. Kim. “I feel very comfortable referring patients to them.”

Multidisciplinary coordination is essential to effective cancer treatment. “At Virginia Hospital Center, there is true synergy between the radiation oncology team and the urologists. We share decision-making for each patient,” says Dr. Mordkin.

SpaceOAR hydrogel can be used with all types of radiation for prostate cancer, except for post-operative radiation. “Today SpaceOAR hydrogel is routinely considered for every patient with prostate cancer,” says Dr. Hong. “It minimizes the side effects of prostate cancer radiation therapy while optimizing the patient’s quality of life.”

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**SpaceOAR Technology**

SpaceOAR hydrogel is an absorbable hydrogel that temporarily creates space between the prostate and the rectum, protecting the rectum from radiation exposure during prostate radiation therapy. The “OAR” in SpaceOAR hydrogel stands for Organ At Risk. With radiation therapy to the prostate, the organ at risk is the rectum. After about 6 months, the hydrogel is naturally absorbed into the body and removed through the urine.

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**PUBLISHED**

Virginia Hospital Center participated in a multi-institutional clinical trial studying CyberKnife treatment for low- and intermediate-risk prostate cancer. The results of the study, “Long-Term Outcomes of Stereotactic Body Radiotherapy for Low-Risk and Intermediate-Risk Prostate Cancer,” were published in the *Journal of the American Medical Association*, February 8, 2019. Data showed a success rate of 95.5%—meaning the cancer was gone based on PSA tests.
irginia Hospital Center and Mid-Atlantic Permanente Medical Group’s Structural Heart Disease Program continue to lead with clinical expertise and the newest technologies to help patients with complex heart conditions. In 2016, we first performed Transcatheter Aortic Valve Replacement (TAVR), a minimally invasive alternative to open heart surgery to replace the aortic valve. Today, the team is able to bring TAVR to more patients through Shockwave Intravascular Lithotripsy (IVL).

TAVR is used to treat severe aortic stenosis, a degenerative condition where calcium build-up narrows the aortic valve and restricts blood flow to the body, causing shortness of breath, chest pain and fatigue with exertion. If left untreated, severe aortic stenosis is almost always fatal, with a mortality rate of 50% one to two years after diagnosis. For patients with aortic stenosis who are too sick to tolerate open heart valve replacement surgery, TAVR is their only option. However, when they also have severe peripheral arterial disease, the artery walls are encrusted with calcium, making it difficult or impossible to find an arterial access for the TAVR procedure. This was the case for Michael Doran, a Kaiser Permanente patient, of Burke, VA.

“We needed to advance the 6mm TAVR sheath containing the collapsible replacement valve through the femoral artery from the leg to the heart,” says interventional cardiologist Benjamin Galper, MD, MPH, FACC, Director, Structural Heart Disease Program, Mid-Atlantic Permanente Medical Group, and Medical Director, Structural Heart Disease Program, Virginia Hospital Center. “But in Michael’s case, his femoral artery only had 2mm of space, and other alternative access arteries were either too small or too calcified.”

Like TAVR, Shockwave IVL is a catheter that is inserted into the femoral artery. The catheter includes a number of sonic emitters, enclosed in a balloon containing a saline solution. When positioned at a calcium deposit, the interventional cardiologist expands the balloon to touch the calcium and uses sonic pressure waves to create a series of micro-fractures. “Like breaking up a kidney stone, Shockwave fractures the calcium, creating little cracks and enabling us to open up a pathway for the TAVR system,” says Dr. Galper.

“Virginia Hospital Center was the first hospital in Northern Virginia to offer Shockwave IVL for modification of calcified arteries,” says John Rhee, MD, FACS, cardiac surgeon with VHC Physician Group. At first, Michael was reluctant to have TAVR. “I told him Mick Jagger had recently had it,” says Dr. Galper. “He said, ‘Cool, if that means I could move like Mick Jagger, I’ll do it.’”

“Dr. Galper stuck with me,” says Michael, who is the first patient to have Shockwave in Northern Virginia. “He told it to me straight. The way he explained everything to me, I knew he was a real expert. He’s done a really good thing.”

“Technology in TAVR and other structural heart procedures is rapidly evolving. With our unique collaboration with the Mayo Clinic and Kaiser Permanente, Virginia Hospital Center is at the forefront of these new therapies, making sure we are taking the right approach for each of our patients,” says Dr. Rhee.
CONSUMER DRUG TAKE-BACK PROGRAM

Unused or expired medications in the home put everyone at risk. A majority of abused prescription drugs come from the home medicine cabinet. Discarded drugs can contaminate drinking water. Virginia Hospital Center’s Outpatient Pharmacy Consumer Drug Take-Back Program helps combat accidental misuse and abuse while protecting our rivers and streams. Patients, community members and employees can drop off their unused, unwanted or expired medications at the designated box located inside the Outpatient Pharmacy, Monday through Friday, 8:00 am to 8:00 pm.

“We accept any kind of pills and tablets. However, we cannot accept inhalers, lotions/liquids, needles, syringes or anything that has a device attached to it,” says Marjan Daneshmand, PSPharma, PharmD, Director, Outpatient Pharmacy. “We are licensed by the U.S. Drug Enforcement Agency as an authorized collection site, making it convenient for anyone in our community to safely dispose of prescription drugs.”

NEW OUTPATIENT PAVILION: PROJECT UPDATE

Progress continues on the first major expansion of Virginia Hospital Center since 2004. The centerpiece of the project is the creation of a new Outpatient Pavilion, which will provide direct, easy access for patients from their arrival at the parking garage to treatment areas. Currently underway is demolition and the installation of underground utility infrastructure to support both the environmental and data needs of the new Pavilion. The overall duration of the expansion is approximately 36 months.

Please check our website for up-to-date traffic and parking information during the construction period.

TIMELINE

<table>
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<tr>
<td>Site Excavitation</td>
<td>1st Quarter 2020</td>
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<tr>
<td>Garage Completion</td>
<td>2nd Quarter 2021</td>
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<tr>
<td>Pavilion Completion</td>
<td>4th Quarter 2022</td>
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For more information or updates, visit virginiahospitalcenter.com/pavilion.

HANDS2HEARTS

Hands-only CPR (without rescue breaths) has been shown to be just as effective as traditional CPR. When done immediately by a bystander, it can double or triple a person’s chance for survival. What’s more, it’s very easy to learn. Through the Hands2Hearts partnership, Virginia Hospital Center and Arlington County Fire/EMS have trained nearly 6,000 people in this life-saving technique. Hands2Hearts brings training to community groups, including scouting troops, schools, libraries, businesses, block parties, job fairs and restaurants, among many others.

“Virginia Hospital Center and Arlington County Fire/EMS are working together to educate our community about the value of hands-only CPR. Our goal is to make a difference and save lives,” says Taryn Overman, MSN, RN, CEN, Associate Vice President, Nursing Operations.

To bring Hands2Hearts training to your organization, contact: Hands2Hearts@arlingtonva.us.
How the Care Team Benefits Patients

At VHC Physician Group primary care practices, you have a care team working for your health. Everyone on the team plays an important role in your care and works together to make sure that you receive what you need—when you need it. Christopher Walsh, MD, FACP, explains who the care team members are and how they provide excellent, coordinated care for patients at Primary Care Arlington.

Primary Care Representative

When you come for an appointment, the first person you see is the Primary Care Representative (PCR), who greets you at the front desk and verifies that your record has the most up-to-date personal and insurance information. The PCR explains whom you will meet at every step throughout your visit. At the end of your visit, the PCR is also the person who checks you out and conveniently schedules follow-up appointments, tests and any appointments with specialists you may need. “We treat each and every patient here as a VIP,” says Dorinda Mason, Lead PCR. “It makes me feel happy to put a smile on a patient’s face.”

Medical Assistant

The Medical Assistant escorts you to the exam room, taking your vitals like height, weight and blood pressure, confirming your medications, recording any symptoms and updating your medical history. The Medical Assistant is a licensed practical nurse (LPN) or a certified medical assistant. When the doctor orders vaccines or EKGs, it is the Medical Assistant who administers them. “What I love about my job is interacting one on one with patients. I go above and beyond to make them feel comfortable and ensure they are happy with the care they receive,” says Roxana Delcid Canales.

Registered Nurse

Most of the contact the care team nurse has with patients is over the phone—answering questions, giving advice, scheduling appointments for urgent needs, managing prescription refills and coordinating home care services, among many other patient requests. “If a patient calls with a fever, and their doctor’s schedule is full, I ask if they would be open to seeing a nurse practitioner or another physician in our practice in order to be seen more quickly,” says Nikki Yung, RN.

Nurse Practitioner

A nurse practitioner (NP) is an advanced practice nurse who is qualified to assess, diagnose and treat patients, and is authorized to write prescriptions. Appointment times for urgent appointments are allocated in the NP’s schedule 48 hours in advance, which patients can schedule online via the MyVHC Patient Portal. NPs see patients for acute sinus, urinary tract or other infections, as well as for regular visits for chronic conditions such as diabetes or high blood pressure and for routine follow up. “It’s reassuring for patients to know that they have multiple providers in the practice who are familiar with their care and health history when issues arise,” says Alice Greenwood, FNP-BC.

Physician

The patient not only has an established relationship with a doctor, but also with the primary care practice. Care team staff who are directly involved in your care have access to your electronic health record, which has your medical and family history. If your doctor isn’t available when you want an appointment, you can feel comfortable seeing one of your care team members. Of course, you can choose to take a later appointment and wait to see your doctor. But, if you want to be seen sooner, you have a care team ready to respond.

“The care team enhances the number of things doctors can do for their patients. I might see 20 patients in a day, but my team may have touched 100 patients—resolving their questions in a phone call, contacting their insurance company, answering a question from their pharmacist, etc. The team helps me provide better access and more resources to my patients—allowing us to always put the patient first,” says Dr. Walsh.

FOR PRACTICE INFORMATION, VISIT VHCPHYSICIANGROUP.COM/PRIMARYCARE.
New OB/GYN in Old Town Practice

This summer, Jessica Hardesty, MD, joined VHC Physician Group–OB/GYN in Old Town Alexandria. Originally from Indiana, Dr. Hardesty received her undergraduate degree from Saint Mary’s College in Notre Dame. Dr. Hardesty attended Creighton University School of Medicine, followed by a residency in obstetrics and gynecology at Rush University Medical Center in Chicago. She has been a practicing OB/GYN for six years.

Dr. Hardesty enjoys the breadth of care the VHC Physician Group OB/GYN practice offers. “I like that I’m in the operating room one day performing GYN surgery, delivering a baby the next day, and seeing patients at the office another day,” she says. “I appreciate the community hospital feel of Virginia Hospital Center and how it is very patient-centered.”

“It’s important to listen carefully to patients and understand their concerns,” says Dr. Hardesty. “I see my role as an educator. Patients always ask me ‘What do you think I should do?’ I can’t tell them what to do, but I can explain the different treatment options and educate them about the issues.”

For practice information, visit vhcphysiciangroup.com/gyn.

Primary Care Falls Church
400 S. Maple Ave.
Suite 200 | Falls Church, VA 22046
703.532.5436
Cares for patients 6 years & older

Primary Care McLean
6862 Elm St.
Suite 600 | McLean, VA 22101
703.992.0649
Cares for patients 18 years & older

Primary Care Old Town
700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.528.8260
Cares for patients 18 years & older

Primary Care Alexandria
1600 N. Beauregard St.
Suite 300 | Alexandria, VA 22311
703.717.4148
Cares for patients 18 years & older

Primary Care Arlington
Two Office Locations
2800 S. Shirlington Rd.
Suite 500 | Arlington, VA 22206
1625 N. George Mason Dr.
Suite 475 | Arlington, VA 22205
703.717.4245
Cares for patients 18 years & older

Primary Care Old Town
700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.528.8260
Cares for patients 18 years & older

Primary Care McLean
6862 Elm St.
Suite 600 | McLean, VA 22101
703.992.0649
Cares for patients 18 years & older

Primary Care Falls Church
400 S. Maple Ave.
Suite 200 | Falls Church, VA 22046
703.532.5436
Cares for patients 6 years & older

Sarah Boutwell, MD, MSPH, joined VHC Physician Group–Primary Care Arlington in July. “Both my parents are physicians, but, initially, I didn’t really want to be a doctor,” says Dr. Boutwell. “I love being able to help people so I went into public health. I found I didn’t like being stuck behind a desk. I wanted to help people face to face.”

A graduate of the University of Chicago, Dr. Boutwell received her masters of science in public health degree and her medical degree from the University of Alabama at Birmingham. She completed her internship and residency in internal medicine at Saint Louis University and has been in private practice in St. Louis for several years. Dr. Boutwell is board certified in internal medicine.

“I enjoy working with an entire family, not just on medical issues, but also addressing social and economic barriers,” she says. “If you’re depressed, will you take your diabetes medicine? What is the right medicine and how does it fit into your actual life? I always try to look at the whole person and their family, because you don’t live in a vacuum.”

For practice information, visit vhcphysiciangroup.com/arlington.

SPECIALISTS

Breast Health
The Reinsch Pierce Family Center for Breast Health
1625 N. George Mason Dr.
Suite 315 | Arlington, VA 22205
703.717.4217

Cardiology
Two Office Locations
1625 N. George Mason Dr.
Suite 354 | Arlington, VA 22205
700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.717.7780

Colorectal Surgery
Two Office Locations
1625 N. George Mason Dr.
Suite 334 | Arlington, VA 22205
1600 N. Beauregard Street
Suite 300 | Alexandria, VA 22311
703.717.4180

Cardiac, Vascular & Thoracic Surgery
1625 N. George Mason Dr.
Suite 288 | Arlington, VA 22205
703.558.6491

Executive Health
1635 N. George Mason Dr.
Suite 130 | Arlington, VA 22205
703.717.4700

Hospitalists
(Inpatient Only)
1625 N. George Mason Dr.
Suite 425 | Arlington, VA 22205
703.717.4400

Infectious Diseases
(Inpatient & Outpatient Services)
1715 N. George Mason Dr.
Suite 305 | Arlington, VA 22205
703.717.7851
Maternal Fetal Medicine
Two Office Locations
1635 N. George Mason Dr.
Suite 190 | Arlington, VA 22205
1635 N. George Mason Dr.
Suite 430 | Arlington, VA 22205
703.558.6077

OB/GYN
700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.940.3364

OB Hospitalists
(Inpatient only)
1701 N. George Mason Dr.
Suite 413 | Arlington, VA 22205
703.717.4502

Palliative Medicine
(Inpatient Only)
1635 N. George Mason Dr.
Suite 115 | Arlington, VA 22205
703.558.8501

Physical Medicine & Rehabilitation
1715 N. George Mason Dr.
Suite 334 | Arlington, VA 22205
703.248.0006

Plastic & Reconstructive Surgery
1625 N. George Mason Dr.
Suite 315 | Arlington, VA 22205
703.717.4217

Podiatry
1600 N. Beauregard St.
Suite 300 | Alexandria, VA 22311
703.940.3810

Surgical Specialists
Two Office Locations
1625 N. George Mason Dr.
Suite 454 | Arlington, VA 22205
1600 N. Beauregard St.
Suite 300 | Alexandria, VA 22311
703.717.4250

Urology
Two Office Locations
1625 N. George Mason Dr.
Suite 420 | Arlington, VA 22205
703.717.4200
1600 N. Beauregard St.
Suite 300 | Alexandria, VA 22311
703.506.8590

Virginia Hospital Center Urgent Care
601 S. Carlin Springs Rd.
Arlington, VA 22204
703.717.7000
Open 8:00 am – 8:00 pm
7 days a week
No appointment necessary
(please call ahead for holiday schedule).

Wound Care & Hyperbaric Medicine
1701 N. George Mason Dr.
Suite G200 | Arlington, VA 22205
703.558.6600

New Urgent Care Hours
Convenient care for minor illnesses and injuries that need prompt attention—cuts, colds, fevers, sore throats, sprains and fractures. We also offer school physicals, flu shots and workers’ compensation exams.

NEW HOURS
8:00 am – 8:00 pm
7 days a week
X-ray available
No appointment necessary
(please call ahead for holiday schedule).
601 S. Carlin Springs Rd. | Arlington VA 22204 | 703.717.7000

WE ARE MOVING
As of January 1, 2020, Urgent Care will relocate to 758-778 S. 23rd St., Arlington, VA 22202 in Crystal City. Our hours will be 8:00 am – 8:00 pm, 7 days a week.

For more information, vhcpphysiciangroup.com/urgentcare.

2019 Arlington Magazine Top Doctors

When you entrust your care to the VHC Physician Group, you have an entire elite care team working together and advocating for your health. These VHC Physician Group members were named Top Docs in 2019 by Arlington Magazine. To schedule an appointment online, visit vhcpphysiciangroup.com or call 703.717.7100.

(Front row, left to right):
C. Francisco Espinel, MD, FACS;
John Garrett, MD, FACS;
Catherine Salvati Boinest, MD.

(Second row, left to right):
Jennifer Primaggio, MD, FIDSA;
Ian Seemungal, MD, FIDSA;
Eric Thom, MD, FACC;
Craig Rezac, MD, FACS, FASCRS.

(Third row, left to right):
John Rhee, MD, FACS;
James Shear, MD, Edward Alcock, DO;
Christopher Walsh, MD, FACP.

Not pictured:
Andrew Joel, MD, FACS;
Robert Marthin, MD, FACS;
J. R. Salameh, MD, FACS;
Molly Sebastian, MD, FACS.
Why Don’t Women Seek Help for Incontinence?

Often, they are embarrassed. Some think it’s due to childbirth and that nothing can be done. Others dismiss it as a minor problem and not an important health issue to address. As women enter menopause, incontinence can become even more common. What women need to know is that there are many safe, effective treatments for incontinence.

What Is Overactive Bladder?

Overactive bladder causes urinary frequency and a sudden urge to urinate. It may lead to the inability to control your bladder—also known as urge incontinence. Although it’s not life threatening or dangerous to your health, having overactive bladder can be life altering—causing you to limit work and social activities and become more isolated.

What Causes Overactive Bladder?

There are a number of possible causes, which is why your first step should be to talk to your primary care physician or gynecologist. They can rule out medical causes that can be reversed, such as a urinary tract infection, diabetes or medication that contributes to the symptoms. And, they can determine when to see a urologist for further evaluation.

Sometimes the cause can be traced to pelvic floor muscle dysfunction, behavioral causes or pelvic organ prolapse.

How Is It Treated?

Conservative treatments can be as simple as changing your diet and paying attention to bladder irritants, such as caffeine and alcohol. Working with a specialized physical therapist to learn pelvic floor exercises can help train muscles to prevent urine leakage—a treatment that has proven to be very effective. Medications are also available, tailored to your specific profile and tolerance.

What Kinds of Procedures Can Help?

Procedures can be performed either in-office or in the operating room setting, including:

- **Botox**—injections block nerve signals in the bladder to prevent muscle contractions that may cause urinary leakage or urinary urgency
- **Nerve Stimulation**—acupuncture-like needle stimulates the tibial nerve in the ankle that communicates with spinal cord nerves to control bladder function
- **InterStim™ Therapy**—a bladder pacemaker is implanted to control the pelvic and bladder muscles

How Do You Help Women Overcome Their Reluctance to Discuss Their Personal Concerns?

As a urologist, my field of interest is to treat patients with these conditions. The more they are willing to share and disclose helps us provide the right diagnosis and treatment. Do not feel embarrassed—a large percentage of the population suffers from the same problem.

Dr. Povcher joined VHC Physician Group–Urology in August. In addition to treating overactive bladder, she also sees patients with pelvic floor prolapse, pelvic pain, recurrent infections and stress urinary incontinence. “I tell patients, just because you are older, do not accept these conditions as a normal part of aging,” says Dr. Povcher. “There are treatments that can help.”

FOR MORE INFORMATION, VISIT VHCPHYSICIANGROUP.COM/UROLOGY.

CARE FOR WOMEN BY WOMEN

Virginia Hospital Center offers comprehensive, personalized Women’s Health services and many female physicians and surgeons to provide advanced care for:

- Breast Health
- Family Medicine
- Gastroenterology
- General Surgery
- Internal Medicine
- Maternal Fetal Medicine
- Obstetrics & Gynecology
- Pelvic Floor Rehabilitation
- Plastic & Reconstructive Surgery
- Urology
- Women’s Imaging
And more
Breast Cancer
3rd Tuesday, 5:00 – 6:30 pm

Breast Cancer Patients with Children
2nd Friday, 1:00 – 2:30 pm

C.H.A.N.C.E. Head & Neck Cancer
4th Wednesday, 6:00 – 7:30 pm

Gynecologic Cancers
3rd Friday, 3:00 – 4:30 pm

Knitting with Friends
For patients & caregivers. Sponsored by Project Knitwell.
1st & 3rd Tuesday, 3:30 – 5:00 pm
Main Lobby (Zone A)

Opening Windows
For individuals with recurrent or metastatic cancer.
1st Thursday, 2:00 – 3:30 pm

Prostate Cancer
4th Tuesday, 7:00 – 8:30 pm

Reiki
Free half-hour session for cancer patients.
3rd Wednesday, 7:00 – 9:00 pm
By appointment only. 703.558.5555

Write Away Group
Patients share writings about their cancer journey.
Call 703.558.5555 for information or to register.

Walking Group
Join us every week for a walk around the neighborhood. All fitness levels. Meet at entrance to Cancer Resource Center (Zone C).
Fri, 9:00 – 10:00 am

Chair Yoga for Cancer Patients/Survivors
For those with limited mobility, chronic pain, neuropathy or other side effects of cancer &/or treatment.
Tues, 9/10, 9/24, 10/8, 4:00 – 5:00 pm, 703.558.0918

Mindfulness for Holiday Stress
Using mindfulness techniques, learn how to manage holiday stress & enjoy all of the festivities.
Tues, 10/8, 10:00 – 11:00 am or Tues, 10/22, 5:30 – 6:30 pm, 703.558.0902

Ask the Dietitian
Bring your nutrition and health questions to our oncology-certified dietitian.
Wed, 10/16, 5:00 – 6:00 pm, 703.558.0910

Updates in Head & Neck Cancers
Thomas Pilkington, MD, addresses treatment & side effects.
Wed, 10/23, 6:00 – 7:30 pm, 703.558.0909

Couples: Overcoming the Challenges of Cancer Together
Get tools to strengthen your relationship as you go through the experience of cancer together. Led by a social worker & counselor.
Fri, 11/1, 3:00 – 4:30 pm, 703.558.0908

Managing Side Effects of Radiation
A radiation oncology nurse practitioner discusses how to manage side effects.
Tues, 11/5, 10:00 – 11:00 am, 703.558.0911

What Now? Finding Your Way When Treatment Ends
Receive support to help you adjust emotionally, spiritually & physically to being a cancer survivor. Topics include long-term & late effects of treatment & fear of recurrence.
Thurs, 11/7, 3:00 – 4:30 pm, 703.558.0912

Healthy, Hearty Fall Soups
Participate in a cooking class & demonstration with our dietitian on preparing healthy soups for the cooler weather.
Wed, 11/13, 4:30 – 6:00 pm, 703.558.0919

Do-Nut Stress
Feeling stressed, anxious or irritable? Join us for donuts & coffee while learning about ways to reduce your stress.
Friday, 12/6, 10:00 – 11:00 am, 703.558.0913

Making Sense of Grief & Loss
A chaplain and social worker lead a discussion on ways to cope with the pain of a loss & how to come to terms with your grief.
Tues, 12/10, 2:00 – 3:30 pm

Come relax, discuss self-care & strategies for coping, hear about supportive resources & get to know other caregivers. Light refreshments are served.
Wed, 11/6, 1:30 – 3:00 pm
703.558.0920

Support Groups
To register, call 703.558.5555.

Breast Cancer
3rd Tuesday, 5:00 – 6:30 pm

Breast Cancer Patients with Children
2nd Friday, 1:00 – 2:30 pm

C.H.A.N.C.E. Head & Neck Cancer
4th Wednesday, 6:00 – 7:30 pm

Gynecologic Cancers
3rd Friday, 3:00 – 4:30 pm

Knitting with Friends
For patients & caregivers. Sponsored by Project Knitwell.
1st & 3rd Tuesday, 3:30 – 5:00 pm
Main Lobby (Zone A)

Opening Windows
For individuals with recurrent or metastatic cancer.
1st Thursday, 2:00 – 3:30 pm

Prostate Cancer
4th Tuesday, 7:00 – 8:30 pm

Reiki
Free half-hour session for cancer patients.
3rd Wednesday, 7:00 – 9:00 pm
By appointment only. 703.558.5555

Write Away Group
Patients share writings about their cancer journey.
Call 703.558.5555 for information or to register.
Preeclampsia: A Team Approach to Maternal Safety

What killed Lady Sybil, the youngest daughter of Lord Grantham on the television series *Downton Abbey*? She died shortly after childbirth from complications of preeclampsia, known as toxemia at that time. And while this fictional event took place 100 years ago, the fact is preeclampsia is still a potentially dangerous condition, affecting 3.4% of pregnancies in the United States. Fortunately, OB/GYNs, specialists and nurses at Virginia Hospital Center are experienced in diagnosing and treating preeclampsia to provide the safest possible care for mother and baby.

Preeclampsia is a disease of pregnancy that involves high blood pressure and changes how organs function, particularly the kidneys. Once the baby is delivered, it abates. “The key is early detection and, once detected, making sure we are monitoring and managing patients appropriately,” says Maternal-Fetal Medicine specialist Kristin Knight, MD, FACOG, Vice Chair, Obstetrics & Gynecology, Virginia Hospital Center and Assistant Service Chief, Obstetrics & Gynecology, Mid-Atlantic Permanente Medical Group.

“We monitor blood pressure from a patient’s first visit,” says OB/GYN Ji Eun Paik, MD, FACOG. “Symptoms of preeclampsia include a sudden onset of high blood pressure. With a severe form of preeclampsia, there also can be headaches, vision changes and pain in the upper right quadrant. Preeclampsia can affect the baby’s growth, placenta function and other complications.”

Family history and pre-existing conditions such as chronic high blood pressure, diabetes, autoimmune disorders, chronic kidney disease and obesity can elevate the risk of a woman developing preeclampsia during pregnancy. Maternal age can also be a factor, with women over 35 having a higher risk. “Be sure you bring up all your concerns and issues with your doctor,” says Dr. Paik. “Don’t ignore what your body is telling you. At Virginia Hospital Center, the doctors are good listeners, careful and cautious.”

Patients are cared for by their OB/GYNs, who are experts in preeclampsia, in consultation with a Maternal-Fetal Medicine (MFM) specialist when necessary. “How preeclampsia is treated is based on whether the condition is mild or severe,” says Mike Fernandez, MD, VHC Physician Group–OB Hospitalists and Chair, Department of Obstetrics and Gynecology, Virginia Hospital Center. “In more severe forms, the mother is hospitalized, while milder cases can be managed as an outpatient.”

**Childbirth Education Classes**

**Registration**
Register early. Plan to take childbirth classes in your 7th month. For class times & locations & to register, visit virginiahospitalcenter.com/childbirth.

**Expectant Parent Tour**
You’re invited to take a FREE tour of our Labor, Delivery & Recovery, Nursery & a private postpartum room. Adults only (no children please).
Registration required.

**2-Week Preparation for Childbirth**
Expectant parents learn about pregnancy through the postpartum period, including breathing & relaxation techniques, Cesarean deliveries, medications & signs of labor.
$185/couple

**Childbirth Express**
A condensed “Preparation for Childbirth” course. Please register for tour separately. Taught in one 6-hour session or two 3-hour sessions. $185/couple

**Childbirth: Short, Sweet & to the Point**
The basics of childbirth preparation for those with a tight schedule or who need a refresher course. 3.5 hour class. Please register for tour separately. $115/couple

**Infant Care Skills**
Caring for your newborn during the first two weeks, including infant safety, sleep, diapering & bathing. $80/couple

**Siblings**
Siblings 2 to 6 years old practice visiting the Hospital, see babies in the nursery & receive tips on how to be a big helper. $20/child

**Breastfeeding Basics**
Get breastfeeding off to a good start, including making milk, positioning, latching & feeding. $70/couple

**Breastfeeding the 2nd Time Around**
Brush up on your skills & make the 2nd time around even better. $45/couple

**Grandparenting**
What grandparents should know about the newest medical updates & safety issues. Long-distance relationships discussed. $40/person

**QUESTIONS?**
If you have questions about class availability, tours or what to expect when giving birth at Virginia Hospital Center, call 703.558.2468.
When a mother with preeclampsia is admitted to the Hospital, an experienced care team carefully monitors her condition. “We are diligent about taking vital signs upon initial assessment and providing timely feedback to providers when blood pressure is elevated to a range that is unsafe for mother and baby,” says Megan Dunn, MSN, RNC-OB, CNL, Patient Care Director, Labor & Delivery.

Virginia Hospital Center is part of the Virginia Neonatal/Perinatal Collaborative—a state-wide organization to address maternal health through pregnancy and the postpartum period that meets to develop best practices, interact with staff from different hospitals, exchange ideas and change protocols as more evidence becomes available.

“The care team of doctors, nurses and staff huddles four times a day to address every labor and delivery patient and assess their symptoms and risk factors,” says Dr. Fernandez. “We are trained to anticipate and treat any maternal emergency.”

“There is a wonderful culture of safety at Virginia Hospital Center,” says Dr. Knight. “We follow national best practices for every patient.”

Meet our doctors via video. Visit virginiahospitalcenter.com/ob.

**Baby’s First Year**

**Breast Pump Rentals** • Rent a hospital-grade breast pump. For information & pricing, call 703.558.6744.

**Starting Solids** • It is time to introduce solids at age 5 to 8 months. Learn when to start, what to offer & how much to offer. $45/couple

**SUPPORT GROUPS**
*(Sessions do not meet on holidays)*

- **Breastfeeding**
  Wednesday 12:00 pm & Thursday 10:30 am

- **Breastfeeding for the Working Mom**
  1st & 3rd Sunday of every month, 7:00 pm

- **Postpartum**
  2nd & 4th Thursday of every month, 12:30 pm
Cardio Kickboxing
Combine boxing & interval training. This high-energy workout helps build stamina & burn calories as you build lean muscle. $42
Mon, 5:30 – 6:15 pm begins 9/9 & 11/4 (CS)

Body Sculpting
Tone your upper/lower body & abs using a variety of fitness tools. All levels. $42
Mon, 6:00 – 6:45 pm begins 9/9 & 11/4 (H)
Tues, 6:30 – 7:15 pm begins 9/10 & 11/5 (H)
Wed, 6:00 – 6:45 pm begins 9/11 & 11/6 (H)
Sat, 9:00 – 9:45 am begins 9/14 & 11/9 (H)

Cardio Strength Circuit
Intermediate-level class featuring fast-paced cardio & strength exercises. $42
Tues, 5:00 – 5:45 pm begins 9/10 & 11/5 (CS)
Sat, 8:10 – 8:55 am begins 9/14 & 11/9 (CS)

Pilates
Strengthen your core muscles in this mat-based class. $66
Mon 6:15 – 7:15 pm begins 9/9 & 11/4 (CS)

Zumba Gold
Low-impact dance class for all ages and abilities. $50
Fri, 2:00 – 3:00 pm begins 9/13 & 11/8 (CS)

Gentle Pilates
A mat-based class with modifications to suit all abilities. $78
Tues, 7:30 – 8:30 pm begins 9/10 & 11/5 (H)
Sat, 11:15 am – 12:15 pm begins 9/14 & 11/9 (H)

Core Challenge
Strengthen your abs & back. $42
Tues, 5:30 – 6:15 pm begins 9/10 & 11/5 (H)
Thurs, 5:30 – 6:15 pm begins 9/12 & 11/7 (H)
Sun, 9:15 – 10:00 am begins 9/15 & 11/10 (CS)

Exercise 101
For those beginning an exercise program, or preparing for /recovering from bariatric surgery. $50
Sat, 9:00 – 10:00 am begins 9/14 & 11/9

Fitness Fusion
Combine cardio, strength & stretching. $42
Tues, 4:00 – 4:45 pm begins 9/10 & 11/5 (CS)
Thurs, 6:20 – 7:20 pm begins 9/12 & 11/7 (H)

Pi-Yo
Tone & energize with this blend of Pilates strengthening & yoga movement. $66
Tues, 7:00 – 8:00 pm begins 9/10 & 11/5 (CS)
Thurs, 7:30 – 8:30 pm begins 9/12 & 11/7 (H)

Zumba
Have fun getting fit as you dance to international music. $50
Tues, 6:00 – 7:00 pm begins 9/10 & 11/5 (CS)
Sun, 10:00 – 11:00 am begins 9/15 & 11/10 (CS)

Hatha Yoga
Classic yoga style combines postures & breathing techniques to improve the mind/body connection. $66
Mon, 12:00 – 1:00 pm begins 9/9 & 11/4 (CS)
Mon, 4:00 – 5:00 pm begins 9/9 & 11/4 (H)
Tues, 12:00 – 1:00 pm begins 9/10 & 11/5 (H)
Thurs, 4:00 – 5:00 pm begins 9/12 & 11/7 (H)

Gentle Yoga
Reduce stress as you increase strength & flexibility. $80
Mon, 1:15 – 2:45 pm begins 9/9 & 11/4 (CS)
Tues, 9:30 – 11:00 am begins 9/10 & 11/5 (CS)
Wed, 7:00 – 8:30 pm begins 9/11 & 11/6 (CS)
Thurs, 9:30 – 11:00 am begins 9/12 & 11/7 (H)
Sun, 4:15 – 5:45 pm begins 9/15 & 11/10 (CS)

Adaptive/Seated Yoga
For those with limited mobility, chronic pain or neuropathy. All ages & ability levels welcome. $66
Tues, 11:15 am – 12:15 pm begins 9/10 & 11/5 (CS)
Thurs, 2:15 – 3:15 pm begins 9/12 & 11/7 (CS)
Sun, 3:00 – 4:00 pm begins 9/15 & 11/10 (CS)

Yin Yoga
Strengthen connective tissue for bone health, increased mobility & self-calming. $66
Sat, 10:05 – 11:05 am begins 9/14 & 11/9 (H)
Sun, 6:00 – 7:00 pm begins 9/15 & 11/10 (CS)

Feldenkrais: Awareness Through Movement
Learn how directing attention to gentle movement can enhance functioning & provide better balance. $75
Tues, 2:00 – 3:00 pm begins 9/10 & 11/5 (CS)
**HEALTHY AGING LECTURE SERIES**

Fridays from 11:00 am to 12:00 pm. Registration required at 703.558.6859.

**Carlin Springs Campus | 601 S. Carlin Springs Road | Arlington, VA 22204**

**FREE**

10/25: **RETHINK AGING** ◆ Richard Allman, MD, former head of the Geriatrics & Extended Care Service, Veterans Health Administration

11/22: **DEMENTIA, NOW WHAT?** ◆ Emer MacSweeney, MD, CEO & Medical Director, Re:Cognition Health

12/13: **GADGETS & Gizmos** ◆ Panel discussion about tried-and-true technology, as well as an exploration of new technology.

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**ONE-ON-ONE ASSESSMENTS**

*All blood tests are fingerstick.

- **Meditation**
  Learn how to incorporate meditation into your daily routine. Class will touch on progressive relaxation, visual imagery & various styles of breath techniques. *4-week workshop. $55
  *Sun, 1:30 – 2:45 pm begins 9/29 (CS)

- **Tai Chi 1**
  Class follows the 37-posture Yang short form. *10-week session. $112
  *Thurs, 5:30 – 6:30 pm begins 9/12 (CS)
  *Fri, 3:15 – 4:15 pm begins 9/13 (CS)

- **Tai Chi 2**
  A more advanced class. *10-week session. $112
  *Thurs, 6:40 – 7:40 pm begins 9/12 (CS)
  *Fri, 4:20 – 5:20 pm begins 9/13 (CS)

- **Boost Your Balance**
  Reduce your fall risk by improving balance & stability. $42
  *Fri, 1:00 – 1:45 pm begins 9/13 & 11/8 (CS)
  *Sat, 10:00 – 10:45 am begins 9/14 & 11/9 (CS)

- **Strength & Stretch for Seniors**
  Improve range of motion, muscle strength & bone health. $42
  *Mon, 1:00 – 1:45 pm begins 9/9 & 11/4 (H)
  *Tues, 1:00 – 1:45 pm begins 9/10 & 11/5 (CS)
  *Thurs, 12:00 – 12:45 pm begins 9/12 & 11/7 (CS)
  *Thurs, 1:00 – 1:45 pm begins 9/12 & 11/7 (CS)

- **SeniorCise**
  Class includes light cardio & exercises to maintain & regain strength & balance. 10-week sessions.
  *Mon/Wed/Fri, 9:00 – 10:00 am begins 9/30 (CS) $120
  *Mon/Wed/Fri, 9:00 – 10:00 am McLean Baptist Church begins 9/30 $140
  *Tues/Thurs, 9:00 – 10:00 am Arlington Forest Church begins 10/1 $80

- **Walk-Fit**
  A free fitness program featuring walking, stretching & blood pressure checks.
  *Tues & Thurs, 8:30 – 9:30 am
  *Fashion Centre at Pentagon City

- **Alzheimer’s & Dementia Caregiver Support Group**
  3rd Wed of every month, 10:30 – 11:30 am (CS)

- **Parkinson’s Side by Side Support Groups**
  Two support groups—one for those with Parkinson’s and one for caregivers.
  *2nd Wed of every month, 10:30 am – 12:30 pm (CS)

- **Philips Lifeline Emergency Response**
  A 24-hour medical alert system personally overseen by Senior Health Department staff.

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**Fall Prevention Expo**

**FREE**

Among older adults, falls are the leading cause of injury, deaths, unintentional injuries and hospital admissions for trauma. More than one out of four older people experience a fall each year. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs. With or without injury, falls can have a significant impact on quality of life. Many adults limit their activities and social engagements due to a fear of falling—resulting in further physical decline, depression, social isolation and feelings of helplessness.

Falling does not have to be an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs and clinical-community partnerships, the risk of falls among seniors can be substantially reduced.

Attend our Fall Prevention Expo and learn what you can do to prevent a fall. The expo will feature vision and blood pressure screenings, a podiatrist, medication review, home modifications, exercises, balance assessments and more.

To register, email lifeline@virginiahospitalcenter.com.

**Friday, September 27 | 11:00 am – 1:00 pm**

**Carlin Springs Campus, Wellness Room | 601 S. Carlin Springs Road | Arlington, VA 22204**
360 DEGREE VIEW OF BREAST CANCER: PREVENTION TO SURVIVORSHIP

SATURDAY, OCTOBER 19
9:00 – 9:30 am | Check-In & Refreshments
9:30 am – 12:00 pm | Expert Panel & Q&A

Join us for an up-close look at exciting developments in the areas of breast cancer prevention, treatment and survivorship. Experts will provide information relevant to patients, survivors, family, friends and community members. Hot topics include: the role of nutrition in cancer prevention, strategies to reduce risk of recurrence, complementary therapies to manage side effects, genetic testing to assess risk, and tips to improve overall quality of life.

Virginia Hospital Center
John T. Hazel, MD Conference Center
1701 N. George Mason Drive, Arlington, VA
Free parking in Zone B Garage

KEYNOTE SPEAKER
Updates in Breast Cancer: Prevention, Early Detection and Survivorship
Sandhya Pruthi, MD, Breast Diagnostic Clinic
Mayo Clinic, Rochester, MN

MODERATOR
Neelima Denduluri, MD
Medical Oncologist, Virginia Cancer Specialists
VHC Cancer Committee Chair

EXPERT PANEL
Molly Sebastian, MD, FACS
Breast Surgeon and Medical Director
The Reinsch Pierce Family Center for Breast Health, VHC Physician Group

Claire Edwards, MD, Breast Surgeon
The Reinsch Pierce Family Center for Breast Health, VHC Physician Group

Robert Hong, MD, Radiation Oncologist
Chief of Radiation Oncology
Medical Director of The Hitt Family Center for Radiation Oncology

Sarah Mezban, MD, Radiologist,
Women’s Imaging Center

A Patient Story

REGISTRATION IS REQUIRED.
Visit www.virginiahospitalcenter.com and click on “Classes & Events” and search by date of event. Questions? Call 703.558.6700 or email confctr@virginiahospitalcenter.com.