MUSIC & MEDICINE 2017
RAISES $450,000 FOR VIRGINIA HOSPITAL CENTER AND ARLINGTON PEDIATRIC CENTER!

Music & Medicine 2017, Virginia Hospital Center’s annual event, raised $450,000 to support Virginia Hospital Center and Arlington Pediatric Center.

Virginia Hospital Center’s Chief of Urology, Robert Mordkin, MD, said the acquisition of the Xi Robot would help support patient care at the Hospital.

Robert Mordkin, MD, Chief of Urology at Virginia Hospital Center and Director of Robotic Surgery, has extensive expertise in the area of surgical robotics that help to make complex medical procedures less invasive. Robotic surgery at Virginia Hospital Center has helped shorten hospital stays and recovery time, plus improved outcomes for thousands of patients.

The recent acquisition of a new state-of-the-art Xi Robot—made possible by the support of donors—means that even more patients who are in need of complex surgeries will benefit from the combination of medical expertise and new robotic surgery technology provided at Virginia Hospital Center.

Virginia Hospital Center has had a robotic platform since 2005, and it has been upgraded several times since then, says Robert Mordkin, MD, Chief of Urology at Virginia Hospital Center and Director of Robotic Surgery. “But our new Xi model is the top of the line—a super advanced piece of technology provided at Virginia Hospital Center.

The Xi Robot does not perform surgeries on its own. Rather, it is an extension of the surgeon’s hands and eyes, allowing the urologist to precisely remove a cancerous prostate; the gynecologist to perform a complete hysterectomy; the oncologist to reach cancers in the colon, vital organs, and other hard-to-reach areas.

“The Xi is a major acquisition for Virginia Hospital Center. Patients will experience less invasive surgery, which means smaller incisions, less time in the hospital, quicker recovery, and a swifter return to work,” says Dr. Mordkin. “But this type of technology is very expensive. We made the investment because we want to provide..."
our patients with the most innovative, leading-edge treatments possible.

“Thanks to the generous and ongoing financial support of Virginia Hospital Center Foundation donors, surgeries are already scheduled for the new Xi Robot, and plans are under way to bring in a second unit in 2018.”

Surgery to remove cancer in a kidney or other vital organs once meant a large incision, with a lengthy hospital stay and plenty of recovery time at home. With Virginia Hospital Center’s new Xi Robot, many cancer patients will go home the next day and be back to their lives in a fraction of the time!

$275,000 GRANT FROM CAREFIRST WILL IMPROVE ACCESS TO MEDICAL CARE

Dr. Isla McClellan demonstrates how doctors in the Outpatient Clinic care for their patients with telemedicine technology.

will specifically help low-income and uninsured expectant mothers access care. It is intended to help treat patients with less serious illnesses before those conditions progress to a point that would require a visit to the Emergency Room or an inpatient hospital stay.

“‘The telemedicine grant provides funding for staff, training, and equipment that allows our doctor to communicate with a patient via phone or computer. A video platform lets the doctor see the patient while asking and answering questions. For a more in-depth visit, the patient will come to the Outpatient Clinic, but in many cases, we can closely monitor our patients and save them a trip to the Hospital,” Michelle says.

“‘We are so grateful for this grant and the innovative support it will provide to our patients in need. Our patients have many work and home responsibilities, often with little flexibility. We want to make medical care more accessible in the context of their day-to-day challenges.”

Michelle Altman, RN, Patient Care Director for Virginia Hospital Center’s Outpatient Clinic

STAY HEALTHY FOR LIFE! GET THE MOST OUT OF YOUR NEXT ANNUAL EXAM

Virginia Hospital Center cares about your health and well-being! Before you schedule your next annual physical, give some thought to your health concerns and goals ahead of time so you can make the most of your time with your doctor.

A yearly physical is the equivalent of a state inspection sticker on your car,” says Virginia Hospital Center’s John Charalambopoulos, MD. “You’re not coming in to fix your brakes or for an oil change. You just want to make sure that everything is working well.”

“An annual exam is an opportunity for you and your physician to connect. Your doctor will do a once-over, review your medical history, and make sure your chart is up-to-date. They want to know if your blood sugar, blood pressure, and weight are normal so they can help you get on track and stay on track. So they may recommend some screening labs, vaccines, and other preventive medicine to keep you healthy.”

Dr. Charalambopoulos encourages patients to ask questions and voice any concerns. “We want to be a partner in your health care. We are a resource to help you lead a healthier life—and that’s our goal,” he says. If you don’t have a primary care provider, Dr. Charalambopoulos urges you to contact the Virginia Hospital Center Physician Group at 703-717-7100 to schedule your next physical.

Did you know that you can leverage your retirement assets to benefit you and your family, reduce federal and state taxes, and support Virginia Hospital Center far into the future? Passing your IRA or other retirement assets to an heir can result in double taxation…the assets can be subject to estate tax and income tax.

But passing those retirement assets to support Virginia Hospital Center can avoid both estate and income taxes. Simply name Virginia Hospital Center Foundation as a beneficiary of your IRA, 401(k), or other qualified retirement plan, and pass the balance of your retirement assets to the Foundation by contacting your plan administrator. Or you can make a “tax-free” gift through your IRA directly to support the Hospital. And a direct rollover from your IRA can satisfy your required minimum distribution…you can continue to take regular lifetime withdrawals, while maintaining flexibility to change beneficiaries if your family’s needs change during your lifetime, and your heirs can avoid double taxation on the assets left in your retirement account.

For assistance with every step or for more information, contact Steve Rubloff at 703.558.5562 or srubloff@virginiahospitalcenter.com.