Real food-based nutrition, physical fitness, and a balanced lifestyle are the cornerstones of cardiovascular prevention. Through healthy living combined with strategic and appropriate use of diagnostic technology, medications, and more invasive procedures, Dr. Thorn and his colleagues are helping patients achieve optimal cardiovascular health.

February is Heart Health Month, but heart matters are what concern cardiologist Eric Thorn, MD, FACC with the Virginia Hospital Center Physician Group — Cardiology practice, every single day. Prevention of heart disease is Dr. Thorn’s number one goal for everyone in the Washington, DC metro area. “A healthy lifestyle is the most important element in the prevention of heart disease,” he says. “This includes having a healthy diet, keeping physically fit, getting adequate sleep, and keeping stress levels low.”

“When people are able to implement healthy lifestyle changes, the effects are powerful and the improvements are measurable, especially in terms of cholesterol and blood sugar,” says Dr. Thorn. “While there are certain genetic influences that we cannot modify and aging is a factor, 80% of heart disease is preventable, and a healthy lifestyle can really minimize the impact of aging and other influences.”

Maintaining healthy weight is a critical component to vascular health, which is why Virginia Hospital Center offers a full spectrum of services from counseling to surgical procedures that help patients overcome obesity and the many complications that stem from it.

When prevention isn’t enough, Virginia Hospital Center is here to help with highly personalized, state-of-the-art treatment and care for cardiac patients. “Virginia Hospital Center is just the right size,” says Dr. Thorn. “Big enough that we can offer services from counseling to lifestyle changes, to diagnostic testing and cardiac surgery. It’s a big enough hospital to do what patients’ need, but small enough that no one gets lost in the shuffle. Patients know that when they come here, we are...”

(continued on page 2)
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—Dr. Eric Thorn, Cardiologist

Expanding Women and Infant Help . . . (continued from page 2)

Thank you for your ongoing support of Virginia Hospital Center Foundation. Your partnership is contributing to the improved health of people throughout Northern Virginia and the DC metro area and ensures world-class care is available to those in need of cardiac care.

Expanding Women and Infant Health to Meet the Needs of Our Growing Community

In 2015, more than 5,600 babies were born at Virginia Hospital Center—making our obstetrics program one of the largest in Virginia. To keep up with this growth, plans are underway to expand the Women & Infant Health program with additional private rooms to provide for the best possible start in life for mom and baby.

“The growth we are experiencing is a reflection of what is happening in Northern Virginia. Young families are choosing to stay in Arlington County and Virginia Hospital Center is the Hospital of choice for the birth of their child,” says Virginia Hospital Center’s Senior Vice President and Chief Nursing Officer, Darlene Vrotsos, MS, BSN, RN. “Our commitment to our community is to provide exceptional healthcare in a comfortable, nurturing environment.”

To meet the growing needs of our community, expansion plans are underway. “Our plans include adding up to 8 inpatient beds in Women & Infant Health and 5 inpatient beds dedicated to caring for patients with high risk pregnancies that need to be hospitalized in the last days or weeks leading up to delivery. We will also increase the Marjorie Sands Neonatal Intensive Care Unit (NICU) capacity to care for as many as 30 fragile newborns at one time,” Darlene says.

All of the rooms in the NICU are private, which is a great comfort for families who are unable to take their newborn home right away. “At any given time, we have approximately 22 babies in the NICU, and but our volume has been as high as 31,” Darlene says.

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Virginia Hospital Center’s Lifeline Assistance Fund makes it possible for those who are low-income or struggling financially to subscribe to the Lifeline Medical Alert program. This system allows seniors and others to get emergency help when they take a fall or experience a health scare.

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Which is why, in 2009, Virginia Hospital Center established a Lifeline Assistance Fund, to provide a subsidy for the Lifeline service enabling seniors to remain in their homes with confidence and safety. “Our goal is to support those who are in need through the Lifeline Assistance Fund for as long as they need the service,” Cathy says. “But it is only with financial support from our friends and partners that the Lifeline Assistance Fund can be there for the most vulnerable and at-risk members of our community who are unable to afford the service.”

Give the gift of independence and confidence to senior and others through your support of Virginia Hospital Center Foundation’s Lifeline Assistance Fund. Thank you for your valued partnership!