

DO YOU KNOW THE WARNING SIGNS OF A HEART ATTACK?

LEARN THESE IMPORTANT WARNING SIGNS SO YOU WILL RECOGNIZE THE SYMPTOMS IF THEY SHOULD HAPPEN TO YOU OR SOMEONE NEAR OR DEAR TO YOU:

CHEST DISCOMFORT. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS of the upper body, such as one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH, with or without chest discomfort.

OTHER SIGNS, which may include breaking out in a cold sweat, nausea or lightheadedness.



DON'T WAIT to get help if you experience any of these heart attack warning signs and be sure to act fast because every second counts.

For more information, visit the American Heart Association at www.heart.org.

VIRGINIA HOSPITAL CENTER'S TRADITION OF EXCELLENCE CONTINUES

Through the generous support from donors and the professional excellence of our nurses, medical staff, health professionals, and administrators, Virginia Hospital Center has earned several prestigious awards and partnerships, ensuring you receive the highest quality patient care.

SELECTED TO JOIN THE MAYO CLINIC CARE NETWORK—Through the network, Virginia Hospital Center collaborates closely with Mayo Clinic, a world leader in healthcare, to provide unique benefits to our patients. Virginia Hospital Center physicians partner with Mayo Clinic physicians, giving our patients access to Mayo expertise close to home, at no additional cost.

EARNED 2016 LEAPFROG TOP HOSPITAL AWARD—For the second year in a row, The Leapfrog Group has named Virginia Hospital Center to its annual list of Top Hospitals. This elite distinction is awarded to hospitals that are committed to transparency and demonstrate excellence in hospital safety and quality.

"Virginia Hospital Center is honored to be one of just 115 hospitals nationwide to receive this elite award, and the only hospital to be named in the teaching category in the metropolitan Washington region," said James B. Cole, Virginia Hospital Center President and CEO.

RECEIVED THE VHQC'S 2016 QUALITY INNOVATION AWARD—Virginia Hospital Center is the only hospital in the Washington, DC, metropolitan area—and one of only four hospitals in Virginia—to receive this award that recognizes healthcare organizations for reducing hospital associated infections (HAI) and creating a culture of patient safety. Virginia Health Quality Center (VHQC) is a nonprofit health quality consulting company that studies hospital performance.

Gerry credits the quick action of the Emergency Department staff for the health he enjoys today. "At Virginia Hospital Center, you're going to get the best care in a compassionate and efficient manner."



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WHEN SECONDS COUNT . . .

*WHETHER IT'S A HEART ATTACK, A FALL AT A CONSTRUCTION SITE,
A HIGH FEVER OR A SERIOUS BURN, SECONDS COUNT.*

So when medical emergencies strike you or those dear to you, isn't it nice to know that a state-of-the-art facility and world-class medical professionals are only minutes away?

Seconds were vitally important the day Gerry Salemmme arrived by ambulance.

Gerry had suffered a heart attack and been revived by the Emergency Medical Technicians (EMTs). But without the quick action of the physician, David Duhamel, MD, and the other staff on duty that day, Gerry was at risk of significant damage to his brain and loss of physical capabilities.

Dr. Duhamel ordered a cooling procedure to reduce

Gerry's core temperature by around 5 degrees Fahrenheit to limit collateral damage—and it worked. Gerry went on to have successful open heart surgery, and today, he is healthy, happy and fully functional in both body and mind.

"Virginia Hospital Center is our local hospital, but it's also one of the best in the world," Gerry says. "I tell everyone about their level of professionalism and care. They have some of the most highly recognized doctors in the world and also excellent and efficient nursing staff and administrators.

"When you really need the Emergency Department, it's only minutes away, and that's something we all have to support. I am personally supporting the Virginia

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WHEN SECONDS COUNT . . .

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Hospital Center Foundation, because it's so important that we keep this valuable institution viable and strong."

GERRY IS ONE OF THOUSANDS of people who turn to Virginia Hospital Center's Emergency Department each year. On behalf of every patient who receives compassionate and exceptional emergency care in a time of crisis, thank you for your ongoing support!

HEALTHCARE PROVIDER SPOTLIGHT

FOR ALEX NEVES, LPN, AND PRISCILA ROMERO, LPN, CARING IS A FULL-TIME JOB . . .

As care coordinators for Arlington Pediatric Center (APC), both Alex and Priscila love what they do each day. They say it's because they "have the privilege" of coordinating quality healthcare and related services for more than 600 children with special healthcare needs.

APC is a community benefit program of Virginia Hospital Center dedicated to providing comprehensive primary,

acute and behavioral healthcare to a total of 3,500 children of low-income Arlington families each year. The skills, knowledge and compassion that Alex and Priscila bring to work each day help APC fulfill this mission.

"For the families of children with special needs, their health challenges can be very complicated and overwhelming," says Alex, who has worked as a care coordinator

for 10 years. "Often there are multiple appointments to be made, authorizations to be secured for prescriptions and equipment and so much more. It can be difficult to navigate for a parent who is already coping with so much."

"We see children with a wide variety of problems, from cardiac to respiratory. We communicate regularly with parents to be sure they understand the care they need to give their children," Priscila says. "It's so rewarding to know we're contributing to the health and well-being of the children and alleviating stress for their parents."

FOR MORE THAN A DECADE, the Vicky Collins Foundation has funded care coordination at Arlington Pediatric Center. "Because of the Vicky Collins Foundation, we have the privilege of helping children with special needs get the care they need," says APC care coordinators, Alex and Priscila.

IN 2016, VIRGINIA HOSPITAL CENTER'S EMERGENCY DEPARTMENT PROVIDED CARE AT **56,311 VISITS.** TOP REASONS WHY PATIENTS SOUGHT EMERGENCY CARE



1. CHEST PAIN/HEART
2. ABDOMINAL PAIN
3. OPEN WOUNDS
4. URINARY DISEASES
5. FRACTURES
6. SPRAINS/STRAINS

VIRGINIA HOSPITAL CENTER IS PROUD to have been recognized as an *Emergency Center of Excellence*, a national designation that has only been awarded to eight hospitals in the nation. The *Emergency Center of Excellence* is the first national designation to recognize high-performing emergency departments recognized based on their results of over 100 Key Performance Indicators.

WHEC—WOMEN EMPOWERING WOMEN

The Women's Health and Empowerment Circle (WHEC) is a group of dedicated women who value community and want to ensure the best medical care is available at Virginia Hospital Center.

Committed to engaging and inspiring women to keep themselves and their families healthy, WHEC has raised more than \$300,000 for programs throughout the Hospital since being founded in 2014.

Danine Fresch Gray, DDS, serves on the advisory board of the Women's Health and Empowerment Circle (WHEC) because she sees the vital impact she and others are having.

"As women, we are providers of healthcare for our families, but too often we are the last ones to be treated," Danine says. "WHEC helps women to empower one another, to educate one another, and it ensures that Virginia Hospital Center has what it needs to serve our community."

"Each year, WHEC picks a special need in the Hospital to fund. WHEC funded mammography equipment during its first year. Last year, WHEC helped fund upgrades to the da Vinci Robotic Surgery System, and this year our efforts will benefit Virginia Hospital Center's Cardiology Program," Danine says.

"We hold educational events to raise the funds while also providing vital health education to women in our community."

Each educational event focuses on a different topic and is led by a doctor or other healthcare provider. Because the events are held in a warm and open forum, they are conducive to asking questions and creating meaningful communication. Each event is also an opportunity to introduce WHEC's mission and raise support and interest for its annual funding project.

"Virginia Hospital Center is our local hospital, and it remains one of few

independent hospitals that hasn't been taken over by a large hospital system. While remaining independent, the Hospital offers the expertise of world-class doctors, nurses and administrators," Danine says. "We are so lucky to have such a great hospital. I rely on it for pediatric care and for my own personal healthcare. They treat patients as individuals, not as a number."

TO JOIN WHEC and to learn more about upcoming educational events, contact Bridget Hayden at 703.717.4435 or visit virginiahospitalcenter.com/WHEC

"WHEC HELPS WOMEN TO EMPOWER ONE ANOTHER, TO EDUCATE ONE ANOTHER, AND IT ENSURES THAT VIRGINIA HOSPITAL CENTER HAS WHAT IT NEEDS TO SERVE OUR COMMUNITY."

DANINE FRESCH GRAY, DDS,
AND WHEC BOARD MEMBER



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MUSIC & MEDICINE 2017

FRIDAY, JUNE 2, 2017 | 7:00 – 11:00 PM | THE NEWSEUM

Our 3rd-annual benefit for Virginia Hospital Center and Arlington Pediatric Center

Presenting Sponsor The Popovich Financial Group at Baird

BAIRD

TO PURCHASE TICKETS AND SPONSORSHIPS
www.virginiahospitalcenter.com/2017Gala

For more information, contact Michele Werner (mwerner@virginiahospitalcenter.com) or call 703.558.5476

Alex Neves, LPN (left)
and Priscila Romero, LPN

