OUR COLLABORATION WITH MAYO CLINIC

For over 150 years, the name Mayo Clinic has brought to mind the very best in medicine. Now, patients have access to Mayo Clinic expertise, right here in Northern Virginia.

(L-R): Jeffrey DiLisi, MD, MBA, Senior Vice President & Chief Medical Officer, Virginia Hospital Center; James B. Cole, President & Chief Executive Officer, Virginia Hospital Center; David Hayes, MD, Medical Director, Mayo Clinic Care Network; John R. Garrett, MD, FACS, Chairman of the Board of Directors, Virginia Hospital Center; Lenae Barkey, Administrative Director, Mayo Clinic Care Network.
The Best Just Keeps Getting Better

(Continued from page 1)

Virginia Hospital Center is proud to be part of the Mayo Clinic Care Network, a unique collaboration that connects our physicians with world-renowned Mayo Clinic specialists and resources. Through the Network, our patients have access to Mayo Clinic expertise, close to home, at no additional cost.

“This collaboration advances our mission To Be the Best Health System. The results of our working with the Mayo Clinic will be enhanced care, greater peace of mind, and better value for our patients and their families,” says James B. Cole, President & Chief Executive Officer, Virginia Hospital Center. “The best just keeps getting better.”

Mayo Clinic established the Mayo Clinic Care Network in 2011 to promote physician collaboration among independent organizations interested in improving the delivery of healthcare. Today, the Network has 32 members in 19 states, Puerto Rico and Mexico. Virginia Hospital Center is the only member hospital in the Washington, DC metro area.

Virginia Hospital Center was selected to join the Mayo Clinic Care Network following an extensive review process that examined every aspect of the Hospital’s performance. The Mayo Clinic reviewers took special note of Virginia Hospital Center’s commitment to evidence-based medicine, excellence in patient care and organizational strength.

“Culturally and philosophically, our organizations are very similar,” says David Hayes, MD, Medical Director, Mayo Clinic Care Network. “In particular, we were struck by the excellent quality and safety Virginia Hospital Center has achieved.”

How Our Patients Benefit from the Mayo Clinic Collaboration

Mayo Clinic serves more than 1.3 million patients each year from every state and more than 135 countries. One of the hallmarks of its operation is that physicians from every specialty work together to advance medical knowledge and treatment through research and education. Physicians at Virginia Hospital Center have access to the latest Mayo Clinic resources to complement their own expertise when diagnosing and treating patients.

**Second Opinions at No Cost to Patients**

Through eConsults, our physicians connect with Mayo Clinic experts for additional input on a patient’s care when they believe it will be helpful. Getting a second opinion from Mayo Clinic through an eConsult is easy and efficient, and is provided at no additional cost to the patient. The patient’s electronic medical record is transmitted to Mayo Clinic specialists for consultation. A response is received in 48 to 72 hours.

**AskMayoExpert**

Virginia Hospital Center physicians have unlimited access to AskMayoExpert, a state-of-the-art, online, medical reference tool of Mayo Clinic-vetted knowledge on disease management, clinical care guidelines, treatment recommendations and patient education materials for use at the point of care.

**Care Close to Home**

Our physicians and patients gain the benefits of Mayo Clinic knowledge and expertise in our community, close to home — ensuring that patients need to travel for care only when necessary. In rare circumstances in which a referral for treatment at Mayo Clinic is appropriate, Virginia Hospital Center patients benefit from an expedited referral process.

“The eConsult can be a valuable tool for very complicated cases,” says Andrew B. Joel, MD, a urologist with the Virginia Hospital Center Physician Group. “For these patients, the eConsult allows us to collaborate with thought leaders from Mayo Clinic who have encountered similar cases and can weigh in with their expertise.”

The information gained from an eConsult can help patients make informed decisions for their care when they have to weigh the benefits of a treatment against the risks it carries. Robert Hong, MD, Chief of Radiation Oncology, Virginia Hospital Center, recounts a case where he recommended post-mastectomy radiation for a breast cancer patient.

“This is not the typical course of treatment,” says Dr. Hong. “However, for this particular patient, there was a need to consider additional treatment to reduce the risk of local recurrence.”

Dr. Hong requested an eConsult from Mayo Clinic, which concurred with his recommendation that post-mastectomy radiation could be beneficial and outweigh the risks of treatment. “My patient received the best information possible to make an informed decision,” he says. “She knows that Mayo Clinic and I are both recommending the same course of treatment.”

“This is a collaboration between Mayo Clinic, the world’s finest medical center, and Virginia Hospital Center, a superior regional medical center,” says M. Anthony Casolaro, MD, President, Medical Staff, Virginia Hospital Center. “Our patients have the best of both worlds. They gain the benefit of Mayo Clinic expertise but without having to travel. They are able to receive the best treatment right here, close to home.”

How Can I Access the Expertise of Mayo Clinic?

It’s simple — all you need is to be under the care of a physician on Virginia Hospital Center’s medical staff. To find a physician, visit [www.virginiahospitalcenter.com](http://www.virginiahospitalcenter.com).
Why Is Value in Healthcare Important to Consumers Today?

Consumers want convenience, quality and reasonable prices when they spend money — whether eating in a restaurant, buying a TV or taking a vacation. More and more, these same value principles come into play when making decisions about healthcare.

“As patients assume increased financial responsibility for their healthcare through higher deductibles and copays, they are looking for more bang for their buck — more value in healthcare,” says Eric Fontana, Practice Manager, Research and Insights, The Advisory Board Company. “This unquestionably is a trend that will continue.”

There is more public data available today than ever to help patients evaluate where to go for the highest quality and a reasonable cost. One source is Medicare’s new Summary Star Ratings (see top chart), which allow consumers to compare hospitals using a five-star scale, with more stars indicating better quality care. The Star Ratings are based on a survey of patient ratings and perspectives on their care while hospitalized, including communication by doctors and nurses, pain management, cleanliness and quietness of the facility, and preparation for discharge, among others. Virginia Hospital Center received four stars, the highest rating of any hospital in the Washington, DC metro area.

Another source is the Hospital Value-Based Purchasing (VBP) program of the Center for Medicare and Medicaid Services (CMS), which links Medicare’s payment system to a value-based system to improve healthcare quality (see bottom chart). Under VBP, hospitals that accept Medicare are rated on critical measures, including quality, patient experience, safety, mortality, infection rates, readmission rates and cost. Depending on their performance on these key measures, hospitals can either earn a bonus or receive a penalty that reduces their payments.

Out of more than 3000 hospitals in the U.S., Virginia Hospital Center ranked among the top 12%, or in the 88th percentile for the VBP program — the highest ranking performance for any hospital in the Washington, DC metro area.

“A hospital’s VBP score is very telling,” says Jeffrey DiLisi, MD, Vice President & Chief Medical Officer, Virginia Hospital Center, “because it encompasses so many important measures of quality including mortality and infection rates.” It considers whether the hospital complies with evidence-based standards. Is the right antibiotic given before surgery? Does the hospital follow best practices for controlling infection? In the area of patient experience, it covers such critical issues as how well doctors and nurses communicate with their patients and whether patients understand what they need to do after leaving the hospital. It takes into account how often patients are readmitted to the hospital within 30 days after being discharged.

“Hospitals that rank in the top 10 to 15% in the nation for Value-Based Purchasing are performing pretty well all across the board,” says Fontana. “The VBP program is designed to promote better clinical outcomes and improve patient experience during hospital stays. The hospitals that did well on these measures put the patient first. It’s all about the patient,” says Dr. DiLisi.
Come on in. The water’s a comfortable 92 degrees — just right for exercising on an underwater treadmill. Since Virginia Hospital Center’s new Aquatic Rehabilitation Center opened in January, patients have been looking forward to their physical therapy sessions.

Performed in the water, aquatic physical therapy uses the water’s resistance to enhance joint movement, reduce stiffness and improve muscle tone during rehabilitation after injury or surgery.

“It is appropriate for treating any lower-extremity injury or surgery that limits the ability to bear weight on a limb,” says Lauren Shaub, PT, DPT, CSCS, a physical therapist with special experience and training in aquatic therapy.

The Center’s two-level HydroWorx® pool has an underwater treadmill and variable resistance jets. An underwater camera and flat screen monitor allow the therapist to view and analyze the patient’s gait pattern. This visual feedback also enables the patient to self-correct his gait and achieve correct positioning and form while exercising.

Aquatic therapy can lead to shorter recovery times. In fact, it is so beneficial that some patients start working in the pool one to two days after surgery. Special waterproof dressings are applied over incisions or wounds to eliminate risk of infection.

“Patients can progress faster when doing aquatic therapy because more rigorous exercise can be performed, with less weight bearing on the joints and less pain,” says Shaub. “For example, patients who have had an anterior cruciate ligament (ACL) repair can’t run on land for several months, but we can initiate running much sooner with aquatic therapy. This can improve their mechanics and strength so when they transition to land, they are running more safely and efficiently.”

Patients do not need to know how to swim to participate in aquatic therapy.

“Initially, some people are fearful of the water,” Shaub says. “However, once they see how many hand rails we have, they feel comfortable.”

The Aquatic Rehabilitation Center was made possible by a legacy gift from the late Georgiana (Gigi) Gordon, an Arlington resident for more than 50 years and a former Virginia Hospital Center patient.
Learn about weight loss surgery options such as gastric banding, gastric bypass and sleeve gastrectomy. Meet the surgeon and ask your questions.

To register, call 703.717.4250 or visit www.vhcphysiciangroup.com/surgicalspecialists.

THURSDAYS
6:00 – 7:30 pm / 5/21, 6/18, 7/16, 8/20
SATURDAYS
10:00 – 11:30 am / 5/2, 6/6, 7/4, 8/1
After experiencing flashes in his vision, Frederick Wehden of Chestertown, MD, went to see his eye doctor. A scan of his eye revealed a tumor, and he was immediately scheduled to see William Deegan, MD, a retina specialist with a subspecialty in ocular oncology. Dr. Deegan performed an ultrasound which revealed a melanoma on the lining of the inside of Frederick’s eye, underneath the retina.

“Melanoma of the eye is a rare cancer, occurring in only about seven people per million each year,” says Dr. Deegan, who is the only ocular oncologist in the Washington, DC metro area and one of only about 12 in the United States.

The symptoms are similar to retinal detachment and include flashes, floaters and distortions in vision. Melanoma of the eye is more common in people with light skin and light-colored irises.

Frederick also had a chest X-ray and CT scan of his liver to determine if the cancer had spread. It had not.

Dr. Deegan explained to Frederick that melanoma of the eye can be treated in one of two ways. The eye can be removed surgically or it can be treated with radiation in an eye- and vision-sparing procedure called plaque brachytherapy. Both options have the same survival rate and the same reduced risk of the cancer metastasizing, or spreading, to the liver, lungs and other organs.

In plaque brachytherapy, rice-sized radioactive seeds are attached to a gold or steel disc called a plaque. The surgeon, Dr. Deegan, places the plaque on the eyeball precisely over the tumor; it is held in place with temporary stitches. The seeds slowly emit radiation into the tumor for four to five days. Then the plaque is removed and the tumor disintegrates over time. In 98% of cases, it is effective in killing the tumor; 40% of patients don’t lose any of their vision. Because of the size and location of Frederick’s tumor, Dr. Deegan recommended plaque brachytherapy.

“I was shocked at my diagnosis, but Dr. Deegan was very confident in the effectiveness of radiation therapy treatment,” Frederick says.

Virginia Hospital Center is the only hospital in the Mid-Atlantic region where plaque brachytherapy is performed — the next closest treatment facility is in Philadelphia.

“I’ve been operating at Virginia Hospital Center since 1998,” Dr. Deegan says. “They take really good care of my patients. The radiation oncology department here has an excellent reputation.”

Robert Hong, MD, Chief of Radiation Oncology, Virginia Hospital Center, carefully explained the entire procedure to Frederick.

First, the radiation oncology team took scans of his eye to provide measurements for creating the custom-designed plaque and lead patch to cover his eye during treatment. Then, the optimal dosage and layout of the radioactive sources are planned.

“When the plaque is in place, the radiation is directed to the inside of the eye, directly at the tumor. There is no radiation exposure to other parts of the eye or brain,” says Dr. Hong. “This treatment allows us to destroy the tumor and leave the patient with a functioning eye — preserving better quality of life.”

After surgery, Frederick wore the lead eye shield while the plaque was in place to protect anyone he came in contact with from radiation exposure. He spent four days in the hospital. Then he returned to surgery to have Dr. Deegan remove the plaque.

The procedure and treatment went exactly the way Drs. Deegan and Hong described it.

“I felt really good afterwards,” Frederick recalls. “I was told I could have pain and headaches, but I had no problems at all. The hospital was great. Everyone — the nurses, the social worker, the doctors — were all very supportive.”

In the months since he had his treatment, Frederick says he still has some flashes in his eye, but his latest visit to Dr. Deegan revealed that the tumor is shrinking. A biopsy of the tissue showed a low risk of metastasis, and Frederick is very optimistic about his chances for a full recovery.
Let’s Get Moving!

With the return of spring, it’s a great time to head outdoors. We asked Elizabeth Gannon, DO, who recently joined Primary Care Falls Church of the Virginia Hospital Center Physician Group, for some tips on starting an exercise routine — safely.

**HOW DO YOU MOTIVATE YOUR PATIENTS TO EXERCISE?**

I try to work with them to find an exercise they enjoy doing. If you are making yourself exercise, but do not enjoy the activity, you are not going to stick with it.

I also tell them about all the benefits. In addition to reducing the risk of heart attack, stroke and diabetes and helping you control your weight, exercise improves your mood and mental health. There also is evidence that exercise helps with cognitive thinking and learning and can promote better sleep if you struggle with insomnia. With older adults, regular exercise helps maintain daily activities and prevent falls; strength training reduces the risk of osteoporosis.

**SHOULD CHILDREN AND ADULTS DO THE SAME AMOUNT OF EXERCISE?**

Kids and teens should have 60 minutes of physical activity per day. That could include activities such as riding a bike, playing on a playground, playing a team sport or swimming.

For adults, the general guideline is to aim for some form of exercise most days of the week. The American College of Sports Medicine recommends 150 minutes of activity per week. Strive for a mix of cardiovascular exercise, strength training and stretching. If this time commitment seems overwhelming, I recommend breaking it up into 10-minute intervals, such as a 10-minute walk on your lunch break. Some people like to do longer periods of vigorous exercise on the weekends. You can make it work for your schedule.

**IS IT EASY TO DO STRENGTH TRAINING AT HOME?**

Strength training can be done using gym equipment, free weights, resistance bands or your own body weight. Body weight examples include lunges, squats, wall push-ups and leg lifts, done either lying on the floor or standing behind a chair for balance.

**WHAT ARE SOME TIPS FOR AVOIDING INJURIES?**

If you haven’t been exercising, start slowly. A 5 to 10 minute walk may be all you can do. Slowly build up your endurance and time to prevent injury. When you start your activity, make sure you do a 5-minute warm-up. When you finish, do about a 5-minute cool-down. Then, stretch your muscles.

**HOW IMPORTANT IS HYDRATION DURING EXERCISE?**

Everyone’s water requirements will vary depending on your exercise, weather conditions, etc. A good rule of thumb is to drink fluids based on your thirst. It’s important to stay hydrated throughout the day and not just during exercise. Avoiding dehydration is especially important when you exercise. If you become dehydrated, it can affect your performance and make you more injury-prone.

Always avoid bouncing into a stretch. You want to stretch to the point where you feel a pull, but it should not be painful. Then, hold the stretch for 10-30 seconds.

**FOR MORE INFORMATION, VISIT VHCPhysicianGroup.COM/FALLSCHURCH.**
PRIMARY CARE

ALEXANDRIA
(Internal Medicine/Family Medicine)
► 1600 N. Beauregard Street
  Suite 300
  Alexandria, VA 22311
  703.717.4148
Cares for patients 14 years and older

ARLINGTON
(Internal Medicine)
Two Office Locations
► 2800 S. Shirlington Road
  Suite 500
  Arlington, VA 22206
► 1635 N. George Mason Drive
  Suite 140
  Arlington, VA 22205
  703.717.4245
Cares for patients 18 years and older

MCLEAN
(Internal Medicine)
► 6862 Elm Street
  Suite 600
  McLean, VA 22101
  703.992.0649
Cares for patients 18 years and older

MOUNT VERNON
(Internal Medicine practice temporarily located on Virginia Hospital Center’s campus)
► 1625 N. George Mason Drive
  Suite 314
  Arlington, VA 22205
  703.528.8260
Cares for patients 18 years and older

SPECIALISTS

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

Cardiology
► 1625 N. George Mason Drive
  Suite 354
  Arlington, VA 22205
  703.717.7780

Colorectal Surgery
Three Office Locations
► 1625 N. George Mason Drive
  Suite 454
  Arlington, VA 22205
► 1600 N. Beauregard Street
  Suite 300
  Alexandria, VA 22311
► Tysons West
  1500 Cornerside Boulevard
  Suite 600
  Tysons Corner, VA 22182
  703.717.4180

Endocrinology
► 1600 N. Beauregard Street
  Suite 300
  Alexandria, VA 22311
  703.461.3452

Gynecologic Oncology
► 1625 N. George Mason Drive
  Suite 475
  Arlington, VA 22205
  703.717.4660

EXPERT

Mark Doherty, MD, FACOG, FACS has joined the new practice of Gynecologic Oncology, specializing in the treatment of ovarian, uterine and cervical cancers. With more than 25 years of experience in gynecologic cancer medicine and surgery, Dr. Doherty is highly sought after for second opinions and treatment of complex cases. “Patients who come to me receive very personalized cancer care. I pride myself upon educating them well, so that they may make the best choices for their lives,” he says. Dr. Doherty completed his cancer training at the University of Texas MD Anderson Cancer Center. For more information, visit vhcphysiciangroup.com/gynonc.
Maternal Fetal Medicine
Two Office Locations
- 1635 N. George Mason Drive Suite 190 Arlington, VA 22205
- 1635 N. George Mason Drive Suite 430 Arlington, VA 22205
703.558.6077

OB/GYN Hospitalists
(Inpatient only)
- 1635 N. George Mason Drive Suite 115 Arlington, VA 22205
703.558.8501

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

Physical Medicine & Rehabilitation
- 1715 N. George Mason Drive Suite 305 Arlington, VA 22205
703.248.0006

Plastic & Reconstructive Surgery
- 1625 N. George Mason Drive Suite 324 Arlington, VA 22205
703.717.4655

Podiatry
Two Office Locations
- 1600 N. Beauregard Street Suite 300 Alexandria, VA 22311
- 5275 Lee Highway Suite 304 Arlington, VA 22207
703.940.3810

Psychiatric & Addictions Services
(Inpatient Psychiatric Treatment)
- 1701 N. George Mason Drive Ground Floor Arlington, VA 22205
703.558.6451
(Inpatient Substance Abuse Treatment)
- 1701 N. George Mason Drive 2nd Floor Arlington, VA 22205
703.558.8662

Surgical Specialists
Two Office Locations
- 1625 N. George Mason Drive Suite 334 Arlington, VA 22205
- 1600 N. Beauregard Street Suite 300 Alexandria, VA 22311
703.717.4250

Urogynecology & Pelvic Surgery
- 1625 N. George Mason Drive Suite 475 Arlington, VA 22205
703.717.4000

Urology
Two Office Locations
- 1625 N. George Mason Drive Suite 415 Arlington, VA 22205
703.717.4200
- 1600 N. Beauregard Street Suite 300 Alexandria, VA 22311
703.506.8590

Virginia Hospital Center Urgent Care
- Carlin Springs Health Pavilion 601 S. Carlin Springs Road Arlington, VA 22204
703.717.7000
Open 24 hours/day, 365 days/year. No appointments necessary.

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

The new practice of Cardiology provides services in general and complex cardiology, interventional cardiology, echocardiography, nuclear imaging and weight management. All of our cardiologists are board certified and offer the highest quality cardiac care. Each of our physicians brings a special area of expertise to Northern Virginia’s newest cardiology practice. R. Preston Perrin, MD, FACC, FSCAI (center) has particular clinical interest in interventional cardiology, including transradial cardiac catheterization, which is done through the wrist. Hassan Tabandeh, MD, FACC, RPVI (right) is an expert in preventive cardiology and cardiovascular imaging. In addition to preventive cardiology, Eric Thorn, MD, FACC (left) specializes in obesity medicine. Dr. Thorn recently gave a talk to the staff of the Supreme Court of the United States on “Women and Heart Disease.” To read the highlights of Dr. Thorn’s presentation and learn more about our physicians, visit vhcpysciangroup.com/cardiology.

Breast surgeon Molly Sebastian, MD, FACS presented the results of a study to assess the impact of MarginProbe® on re-excision rates following lumpectomy at the American Society of Clinical Oncology 2014 Breast Symposium. MarginProbe is used in the operating room to evaluate malignancies in the area, or margin, surrounding excised breast tissue. The Reinsch Pierce Family Center for Breast Health continues to advance breast cancer care through scientific presentations and publications. Visit vhcpysciangroup.com/breasthealth.
Virginia Hospital Center’s Palliative Care Program has been reaccredited by The Joint Commission and received its Gold Seal of Approval® for “Advanced Certification for Palliative Care.” Advanced Certification by The Joint Commission recognizes organizations that demonstrate exceptional care for patients and their families by optimizing quality of life for those with a serious illness.

Palliative Medicine focuses on alleviating symptoms associated with serious illness and its treatment, with the goal of relieving suffering and improving quality of life throughout all stages of a chronic or terminal illness. Those symptoms often include pain, nausea, breathing difficulties and anxiety.

Palliative Care is a team effort, bringing together multiple healthcare professionals with special skills and expertise to address the physical, emotional, social and spiritual needs of patients and their families. Led by James Shear, MD, Medical Director of Palliative Medicine, the team at Virginia Hospital Center includes physicians, nurses, chaplains, social workers, counselors and other providers to help both patient and family deal with the many ramifications of a serious illness.

“A better term for palliative care might be ‘supportive care’,” says Dr. Shear. “What we do is support patients and their families who are facing serious illness — helping them to define their goals of care and then developing a treatment plan that is consistent with those goals.”

Dr. Shear is a member of the Virginia Hospital Center Physician Group. He has more than 20 years experience practicing anesthesiology and pain management, followed by 10 years practicing palliative medicine. Dr. Shear completed his training in internal medicine and anesthesiology at Washington University/Barnes Jewish Hospital in St. Louis. He is board certified in hospice and palliative medicine, as well as internal medicine and anesthesiology, and is recognized as a Top Doctor for both pain management and hospice and palliative medicine, by NORTHERN VIRGINIA MAGAZINE.

FOR MORE INFORMATION, VISIT WWW.VHCPHYSICIANGROUP.COM/PALLIATIVE

Travel Clinic Now Open

Do you need vaccinations for a trip abroad? Are you planning an adventure to an exotic destination? As part of your preparations, you’ll want to make an appointment to visit the Travel Clinic at Virginia Hospital Center Physician Group — Infectious Diseases. The experienced medical professionals on the Travel Clinic staff provide pre-travel counseling and immunizations so you can enjoy your trip with peace of mind.

As part of your pre-travel counseling session, the Travel Clinic staff will make sure you’re up to date on routine vaccines, such as polio, tetanus and MMR, and advise you on what vaccines you will need to have for your specific itinerary and destination. Recommendations for vaccines are based on guidelines from the Centers for Disease Control and Prevention. Immunizations are most effective when administered four to six weeks before traveling. If your departure date is sooner, please call. Urgent appointments can be accommodated. The protection will still be beneficial.

The staff also will ask about planned activities for your trip. “Your needs will be different if you are camping versus staying in a resort,” explains Rohit Modak, MD, FIDSA, an infectious diseases specialist with the Virginia Hospital Center Physician Group.

Those activities help the Travel Clinic staff advise you on how to stay healthy during your trip, including recommended medications and preventive care measures. Depending on your destination, for example, you may be advised to only eat food that is cooked and to drink bottled water that is sealed.

“No matter where you are traveling,” Dr. Modak says, “the Travel Clinic will have appropriate vaccines and expertise.”

TO MAKE AN APPOINTMENT WITH THE TRAVEL CLINIC, CALL 703.717.7851. NEXT DAY APPOINTMENTS ARE AVAILABLE.
Spring/Summer Events

All events are held in the Community Classroom of the Cancer Resource Center in the Rose Benté Lee Ostapenko Outpatient Oncology Center unless otherwise noted. Please use Green Parking.

To register for these free programs, visit www.virginiahospitalcenter.com/cancersupport or call the number indicated. For more information, call 703.558.5555.

Breast Surgery Journey
Discuss treatment plan &/or preparation for surgery & recovery, along with guided tour.
Call Jean Sullivan, RN, BSN, CBCN, Breast Health Navigator, at 703.558.6908 for an appointment.

Bereavement Workshop
Receive emotional support for grieving the loss of a loved one. Led by a licensed professional counselor.
6 weeks.
Thursdays, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25
6:30 – 8:00 pm. 703.558.0901.

Look Good, Feel Better
Learn beauty techniques to help manage changes in your appearance that may occur during cancer treatment.
Monday, 6/1 or 8/3, 2:00 – 4:00 pm.
703.558.0902.

Yoga
A gentle class to help patients and survivors safely build strength & flexibility. Bring yoga mat or blanket. 4 weeks.
Tuesdays, 6/2, 6/9, 6/16, 6/23, 6:00 – 7:00 pm.
703.558.0917.

Eating Well with Cancer
A registered dietitian discusses proper nutrition during & after treatment.
Thursday, 6/24, 5:00 – 6:00 pm.
703.558.0916.

Lymphedema Awareness
Learn about lymphedema from certified lymphedema specialists.
Fridays, 6/26, 7/24 or 8/28, 11:00 am – 12:00 pm.
703.558.0911.

Cuidado de Si Mismo
Es un grupo educativo para aprender maneras de mejorar su cuidado propio. Para registrarse, llame al 703.558.0914.

Reconciling Cancer with Your Spirituality
Steven Masters, MD discusses what your faith says about your cancer diagnosis.
Wednesday, 7/22, 7:00 – 8:00 pm. 703.558.0913.

Grief: A Unique Journey
Learn about resources for helping yourself or someone else on a grief journey. Facilitated by a licensed professional counselor.
Thursday, 7/23, 7:00 – 8:00 pm. 703.558.0915.

Self-Massage for Peripheral Neuropathy
Lucille Eddy, oncology massage therapist, demonstrates simple, effective massage to reverse the effects of chemotherapy-induced peripheral neuropathy.
Tuesday, 8/11, 7:00 – 8:00 pm. 703.558.0912.

Man-to-Man Prostate Cancer
For men & their significant others.
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.

Opening Windows
For people with recurrent/metastatic cancer.
1st Wednesday / 10:00 – 11:30 am.

We Can Cope
Meet other people with cancer and their families to receive emotional support.
1st & 3rd Thursday / 7:00 – 8:30 pm.

Grupo de Apoyo Para Latinos con Cáncer
Este es un grupo de apoyo para Latinos con un diagnóstico de cáncer.
Fecha: Segundo martes del mes
Hora: 6:00 – 7:30 pm.
Para registrarse, llame al 703.558.5566.
How common are anxiety and depression after giving birth?

Perinatal mood and anxiety disorders affect as many as 20% of new mothers. They may experience anxiety, depression, feel overwhelmed, and have a lack of confidence in caring for their babies. These feelings can occur any time during pregnancy and the first year after giving birth. In fact, perinatal mood and anxiety disorders are the number one complication of pregnancy — more common than preeclampsia and gestational diabetes. For more information and helpful resources, visit www.postpartumva.org.

How is this different from the “baby blues?”

Many moms, about 50 to 80%, experience the “baby blues” a few days after giving birth when they feel sad, moody and tearful. The difference is, these feelings go away within the first week or two, whereas perinatal mood and anxiety disorders are continual and need to be addressed. These moms are exhausted, often too depressed to eat, and feel detached from family and friends. They’re not seeing the cute things their baby does, and there’s denial or a lack of recognition that anything is wrong.

What causes perinatal mood and anxiety disorders?

Changing hormone levels during and after pregnancy, sleep deprivation, a personal or family history of depression, emotional factors, and lack of family or social support are factors that may contribute to these conditions.

How are they treated?

With support and proper diagnosis, perinatal mood and anxiety disorders are very treatable. The first step is “mothering the mother” — ensuring a new mom has adequate sleep, nutrition and some time off away from the baby. Social support, particularly peer support, can be key in getting better. Some women may require counseling and, in some cases, medication, which can be scary to a lot of moms; however, there are medications that are safe to take during pregnancy and while breastfeeding.

One Mom’s Story

Mandy had wanted to have a baby for so long and, yet, she felt unhappy throughout her first pregnancy. After her first child was born, “everything really went downhill,” she recalls. “Breastfeeding was a struggle. I was not able to sleep at all and I felt completely overwhelmed. I wasn’t enjoying my baby.”

Two weeks after delivery, Mandy went to see her OB/GYN who recommended she get help at home to get more rest and also see a therapist. Once her son started sleeping longer, things were a little better, but Mandy still felt anxious and depressed.

“I was scared to give my baby a bath by myself for fear that I would drop him,” she says. “The anxiety was paralyzing.”

Mandy started attending the Postpartum Support Group. It helped her to hear other women’s stories and to see “it wasn’t just me,” she says.

After one particularly difficult weekend, her therapist said it was time to consider taking a low dose anti-depressant, a treatment Mandy had resisted initially. This time she agreed. “Within weeks, my crying was much less intense and I didn’t feel as sad. My anxiety was still there, but more manageable,” she says. It took about nine months after her baby was born for Mandy to feel completely like herself again.

The decision to have another baby was one that she and her husband considered carefully. Her experience with her second son has been “100% different. My anxiety is much lower and every moment with him has been a joy,” Mandy says.

She still attends the Postpartum Support Group, but for different reasons. “This time, I realize when I have a bad day it won’t last forever. I want to share my experiences and what I learned to help other new moms,” Mandy says.

“This is not traditional depression. What these moms feel is isolation, anxiety and loss of confidence.” —Mary Crowther, MBBS, OB/GYN
Childbirth Education Classes

ADVANCE REGISTRATION IS REQUIRED.
For class times and locations, visit www.virginiahospitalcenter.com/childbirth.

- All childbirth education classes are taught by registered nurses who are certified in their respective fields.
- OB/GYNs recommend taking childbirth education classes in the 7th month of pregnancy.
- Classes fill up quickly. Register during your 2nd trimester.
- First-time parents should take classes in childbirth preparation, infant care skills and breastfeeding.

Expectant Parent Tour FREE
Tours of Labor, Delivery & Recovery, Nursery & a postpartum room (availability permitting) for adults only. No children of any age are permitted on Expectant Parent Tours.
REGISTRATION REQUIRED. For times, visit www.virginiahospitalcenter.com/childbirth.

Childbirth Express
A condensed 6-hour course covering the signs & stages of labor, giving birth, medications, C-section deliveries & postpartum. This class does NOT include a tour — please register for a tour separately. $175/couple

Preparation for Childbirth
This class for expectant parents covers pregnancy through the postpartum period, including breathing & relaxation techniques, C-section deliveries, medications & signs of labor. Tour included.
Classes are offered in 3- and 4-week series on Monday, Tuesday or Wednesday evenings. One-day classes are offered on Saturdays or Sundays. $175/couple

Labor Relaxation Techniques
This 2 1/2 hour class explains how to use relaxation techniques and comfort positioning to help during labor. No discussion of medications or C-section deliveries.
Prerequisite: Childbirth class within last 2 years. $70/couple

Infant Care Skills
Learn how to care for your newborn during the first two weeks, including infant safety, sleep, diapering & bathing. $70/couple

Infant Care Skills: Extended Family
Useful information to help extended family members support and assist the new family when baby comes home. Learn how to hold, swaddle, comfort, diaper and birth newborns. $35/person

Baby Care 201
Learn about sleeping patterns, how to soothe a baby, when to call the pediatrician & choosing a childcare provider. Bathing & swaddling are not covered. $70/couple

Breastfeeding: The Basics
This 2 1/2 hour class prepares expectant couples with the essential foundation to get breastfeeding off to a good start, including making milk, positioning, latching & feeding your baby in the early weeks. $65/couple

Breastfeeding: Beyond the Basics
This 2 1/2 hour class explores common breastfeeding concerns (sore nipples) & solutions, managing your milk supply, diet, maternal illness, choosing a breast pump, bottle basics & returning to work. $65/couple

Breastfeeding Refresher
A 2 1/2 hour class to help expectant parents brush up on their breastfeeding skills & make the second time around even better. $70/couple

Starting Solids
It is time to introduce solids around 5 to 8 months. Many parents are overwhelmed at the prospect of when to start, what to offer & how much to offer. $45/couple

Parents of Multiples
This class covers the many unique needs & issues that parents of multiples may face — resources, logistics & how to prepare for twins or triplets. Taught by a registered nurse who is a mother of twins. $80/couple

Grandparenting
What grandparents should know about the newest medical updates & safety issues. Long-distance relationships discussed. $35/person

Sibling Class
Siblings 2 1/2 to 6 years practice visiting the Hospital, view a mother-baby room, see babies in the nursery, and receive tips on how to be a big helper. $20/child

The 1st Year: Developmental Milestones
Covers each major milestone with a focus on safety issues, bonding & attachment, your role as a parent, nutrition & how to enjoy the challenges & successes of baby’s 1st year. $70/couple

Support Groups

- Breastfeeding Support Group
  Wednesdays at 12:00 pm & Thursdays at 10:30 am
- Breastfeeding Support Group for the Working Mom
  1st & 3rd Sundays at 7:00 pm
- New Parents Support Group
  1st & 3rd Wednesdays of most months at 10:30 am
- Postpartum Support Group
  2nd & 4th Wednesdays at 10:30 am

Support groups do not meet on holidays and follow the cancellation policy of Arlington County Public Schools. Visit www.virginiahospitalcenter.com/mother_support.

Sibling Class
Siblings 2 1/2 to 6 years practice visiting the Hospital, view a mother-baby room, see babies in the nursery, and receive tips on how to be a big helper. $20/child

The 1st Year: Developmental Milestones
Covers each major milestone with a focus on safety issues, bonding & attachment, your role as a parent, nutrition & how to enjoy the challenges & successes of baby’s 1st year. $70/couple

How to Register
www.virginiahospitalcenter.com/childbirth
- Scroll down: Use the Search by Date function.
- Manually enter in the dates that correspond with your 7th month of pregnancy.
- After you have picked a class, click on “Add to My Classes” to register.

Questions? Call 703.558.2468.

Transfer & Cancellation Policy
Each participant is entitled to one class transfer. Refunds are only given for medical reasons stated in a physician’s note or if classes are cancelled due to insufficient enrollment. Classes are cancelled when Arlington County Public Schools are closed or evening activities are cancelled.
ALL SESSIONS ARE 6 WEEKS UNLESS OTHERWISE NOTED.

CLASS LOCATIONS
(H) Virginia Hospital Center
1701 N. George Mason Dr.
Arlington, VA 22205

(CS) Carlin Springs Campus
601 S. Carlin Springs Rd.
Arlington, VA 22204

FREE PARKING PROVIDED.

Bari-Fit
Circuit-style group training class for those who have undergone, or are preparing for, bariatric surgery. $70.
Tuesdays, 5:00 – 6:00 pm begins
5/19 & 7/14 (CS)

Nordic Walking
Adding poles burns 20% more calories without added exertion & takes stress off the joints. Poles provided. *4-week session. $50.
Wed 7:00 – 8:00 am begins
5/16 & 7/18 (CS)

Gentle Pilates
A non-traditional mat Pilates class with modifications to suit all abilities. $78.
Mon 7:30 – 8:30 pm begins
5/18 & 7/13 (CS)

Pilates
Strengthens core muscles in this mat-based class. $78.
Mon 6:30 – 7:30 pm begins
5/18 & 7/13 (CS)

Gentle Yoga
Restore flexibility & ease tensions. $66.
Mon 9:30 – 11:00 am begins
5/18 & 7/13 (H)

Adaptive/Seated Yoga
For those with with limited mobility, chronic pain or neuropathy. $66.
Tues 11:10 am – 12:10 pm begins
5/19 & 7/14 (CS)

Restorative Yoga
Supportive props help promote physical, mental & emotional relaxation. All levels welcome. $66.
Sat 5:00 – 6:15 pm begins
5/16 & 7/18 (H)

Hatha Yoga $66.
Mon 4:00 – 5:00 pm begins
5/18 & 7/13 (H)

Cardio Strength Circuit
An intermediate level class featuring faster-paced cardio & strength exercises. $42.
Sat 8:10 – 8:55 am begins
5/19 & 7/14 (CS)

Cardio Kickboxing
Energizing total body workout to increase strength, agility & coordination. $50.
Tues 7:40 – 8:40 pm begins
5/19 & 7/14 (CS)

Cardio Kickboxing
Muscular, cardiovascular workout focusing on teamwork. $78.
Thurs 6:30 – 7:30 pm begins
5/19 & 7/13 (H)

Core Challenge
Tone & strengthen your abs & back. $42.
Thurs 5:15 – 6:00 pm begins
5/21 & 7/16 (H)

Body Sculpting $42.
Mon 6:00 – 6:45 pm begins
5/18 & 7/13 (H)

Zumba
Get fit as you dance to International music. $50.
Tues 6:30 – 7:30 pm (CS) begins
5/19 & 7/14
Sun 10:15 – 11:15 am begins
5/17 & 7/19 (CS)

Tone & strengthen your abs & back. $42.
Thurs 5:00 – 6:15 pm begins
5/19 & 7/13 (H)

Prenatal Yoga
Stretch muscle groups essential for efficient labor & delivery. Physician approval required. $78.
Mon 7:00 – 8:15 pm begins
5/18 & 7/13 (CS)

Heart Smart Cookouts
Sample heart healthy food. Learn valuable safety & cooking tips. *1 session. $15.
Wed 6/24, 7:00 – 8:00 pm (H)

Pulmonary Yoga
Class combines lecture & gentle exercise to help reduce the risk of having incontinence & pain in your pelvic region. *1 session. $30.
Wed 7/8, 7:00 – 8:30 pm (H)

HOW TO REGISTER FOR A CLASS
Visit www.virginiahospitalcenter.com/healthy
• Select a class by clicking on the date
• Click “Add to My Classes”
• Choose “Register” or “Continue Adding Classes”

Call the Health Promotion Department: 703.558.6740
Body Fat Analysis
Using high-tech equipment, we assess your percentage of fat, muscle & water. $15

Dermascan
Non-invasive black-light scanning device which examines head & neck for potential or existing sun damage. $10

Resting Metabolic Rate Screening
Determine the number of calories you burn at rest, using the MedGem® indirect calorimeter. This is an important measure in assessing nutritional needs & helping you achieve weight management goals. $55

Bone Density Screening
Osteoporosis risk assessment screening using ultrasound of the heel bone. $35

Hypothyroidism Screening
Fingerstick blood test. $25

A1-C Diabetes Screening
Fingerstick blood test. $25

Fingerstick Cholesterol Screening
Total Cholesterol & HDL. $19
Total Cholesterol, HDL, LDL & Lipids. $23
Total Cholesterol, HDL, LDL, Lipids & Glucose. $25

Senior Health Programs
FOR MORE INFORMATION, CALL 703.558.6859.

Strength & Stretch for Seniors
Improve range of motion, muscle strength & bone health. $42.
Mon 1:00 – 1:45 pm begins 5/18 & 7/13 (H)
Thurs 1:00 – 1:45 pm begins 5/21 & 7/16 (CS)

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

Mall-Walking Program
A free fitness program featuring walking, stretching & blood pressure checks.
Tues & Thurs 8:30 – 9:30 am
Ballston Common Mall.

SeniorCise
Maintain & regain strength & flexibility. 10-week sessions begin 7/6. $90.
Mon/Wed/Fri, 9:00 – 10:00 am (CS)
Mon/Wed/Fri, 9:15 – 10:15 am (McLean Baptist Church)

Philips Lifeline Emergency Response
A 24-hour medical alert system personally overseen by VHC staff.

Memory Screening
One-on-one confidential screening. To schedule an appointment, call 703.237.9048.
Thurs 9:00 am – 12:00 pm, 5/7
Langston Brown Senior Center

Healthy Aging Lecture Series*
Fridays, 11:00 am – 12:00 pm (CS)

MAY 8 What’s Up Down the Road: Planning for Your Care Needs
Panel Discussion

JUNE 19 Aging & Stress: Growing Older & Wiser
Dale A. Matthews, MD
Virginia Hospital Center Physician Group

JULY 17 Aging in Stride: Be a Savvy Walker
Arlington County Parks & Potomac River Running

*FREE, but registration is required. Please call 703.558.6859.
What Magnet Means for Nursing

When it comes to nursing excellence, there is no higher standard than Magnet recognition by the American Nurses Credentialing Center. Virginia Hospital Center takes great pride in being a Magnet hospital. Nationally, just 6% of hospital nursing staffs achieve this designation.

The Magnet Recognition Program recognizes healthcare organizations for quality patient care, nursing excellence and innovations in professional nursing practice. Consumers rely on Magnet designation as the ultimate credential for high-quality nursing.

“We never stop improving, pushing ourselves and learning better ways to elevate the practice of nursing at Virginia Hospital Center,” says Darlene Vrotsos, MS, BSN, RN, Senior Vice President & Chief Nursing Officer. “Our nurses here go above and beyond to achieve the best experience and outcomes for our patients.”

How do patients benefit from being cared for in a Magnet hospital? “There is an overall commitment to excellence throughout nursing and all services. To me as a nurse, Magnet status means the level of nursing care we deliver here is top of the line,” says Rebecca Rose, MS, BSN, RN, Senior Director, Systems & Special Programs, Patient Care Services.

Patients consistently give nurses at Virginia Hospital Center the highest marks for their care. Here’s what one patient had to say about his recent stay:

“The professionalism, competence, attentiveness, caring and attitude of the nurses and their support staff were, in my opinion, outstanding. In a range from poor to excellent, I consider their performance superior, a level above excellent.”

— Marshall Potter, Ashburn, VA

“Nurses at Virginia Hospital Center are highly engaged in decisions about patient care and take pride in making sure our care meets the highest standards,” says Vrotsos. “Our goal is to be the best hospital and to provide the best nursing care. It’s why nurses want to work here.”