“Over the last 30 years our cardiovascular surgery program has evolved to become a leader in cardiovascular and advanced structural heart care. We are proud to be able to bring world-class cardiac treatment to our patients, close to home.”

— John R. Garrett, MD, FACS, Chief, Cardiac, Vascular & Thoracic Surgery, Virginia Hospital Center
n December, interventional cardiologist Benjamin Galper, MD, MPH, FACC, Director of Structural Heart Disease, Mid-Atlantic Permanente Medical Group, implanted the life-saving MitraClip device in two patients with mitral valve regurgitation. Dr. Galper’s specialized expertise in complex structural heart procedures has made it possible for Virginia Hospital Center to offer this groundbreaking, minimally invasive procedure. Virginia Hospital Center is one of only two hospitals in Northern Virginia performing MitraClip.

MitraClip is a Minimally Invasive Procedure

1. Dr. Galper accesses the mitral valve through a thin tube (catheter) that is inserted through a vein in the leg to reach the heart. Guided by 3D, real-time imaging, Dr. Galper places the MitraClip in exactly the right position to enable the mitral valve to close properly.

2. The MitraClip device is a small metal clip covered with a polyester fabric. Here it is shown in the open position.

3. Smaller than a dime, the MitraClip device treats mitral regurgitation by clipping together a small area of the mitral valve.

MitraClip is a small metal clip covered with a polyester fabric. Here it is shown in the open position.
Minimally Invasive Surgery for Lung Cancer

When Sarah, a long-time smoker, learned that she had a small spot on her lung, she immediately thought of friends she’d known who had lung cancer surgery. “I saw what they went through after having major chest surgery—with the scars, pain and long recovery. I was afraid of that,” she recalls. Fortunately for Sarah, her lung cancer was discovered at an early stage.

“Sarah had a suspicious nodule that we had been watching for a while, but then it started to grow and needed to be surgically removed. After a thorough work-up, including a PET scan, and breathing test, we determined that she was a good candidate for Video-Assisted Thoracic Surgery (VATS)—a minimally invasive surgical procedure,” says David Duhamel, MD, pulmonologist, Lung Cancer Program. The highly skilled, board-certified thoracic surgeons at Virginia Hospital Center have been successfully using the VATS approach for years to biopsy lung nodules, remove early-stage lung cancers and treat other lung diseases. “For patients who meet the criteria, VATS offers fewer complications, less pain and increased mobility.”

“After Dr. Duhamel explained about VATS, I was not panicked about my diagnosis or the surgery,” says Sarah. “I have always had every confidence in Dr. Duhamel.”

“With an experienced and highly specialized team of nurses and cardiothoracic anesthesiologists in the operating room assisting us, we try to use VATS for most types of pulmonary surgery,” says John W. Rhee, MD, FACS, Medical Director of Cardiac, Vascular & Thoracic Surgery at Virginia Hospital Center, who performed Sarah’s procedure.

“With VATS, we make small incisions to accommodate a high definition, fiber-optic camera and other instruments. We are able to see into the chest cavity and guide our instruments to the precise location of the suspicious nodule and remove it,” says Dr. Rhee. Surgery typically lasts one to two hours; using enhanced recovery techniques in the dedicated cardiothoracic unit, many patients are ready for discharge in one or two days. They are out of bed the day of surgery and, by the time they go home, they are ambulatory and on a normal diet. “Our less invasive surgical techniques and intensive care from our nurses and therapists reduce recovery time by more than half.”

For Sarah, her VATS procedure was successful and the lung nodule was fully removed.

“My story is amazing. I am thankful my cancer was caught so early. Today is a great day for me,” Sarah says. “I’m resuming Pilates this afternoon—something I have not been able to do for several months.”

If you are or have been a smoker, it’s important that you catch lung cancer as early as possible. Ask your doctor about having a low-dose CT scan starting at age 55. For more information, call the Lung Cancer Screening Program at 703.558.8525.
Pay Attention to Leg Pain

Do you have pain in your calves when walking? Do you have swelling in your legs? If your first thought is, it’s time to see an orthopedist, or this is just what happens with age, the real underlying issue could be Peripheral Artery Disease (PAD).

PAD is a common vascular disease caused by plaque build-up in the artery walls, which narrows the arteries and reduces blood flow to the limbs. It is often under-diagnosed because the symptoms, such as pain with activity, swelling, skin discoloration and non-healing wounds, are attributed to other causes. And, up to half of people with severe PAD do not experience any symptoms.

“PAD is indicative of more serious problems to address,” says Jeremy Bock, MD, FACC, VHC Physician Group–Cardiology. “Arterial obstruction that affects the health of the limb is part of the same process that affects the health of the heart. There is a marked increase in cardiovascular disability and death in individuals who have known PAD.”

“The three biggest risk factors for PAD are heart disease, diabetes and a history of smoking. It’s very important for anyone with these risk factors to be screened for PAD, so we can begin treatment to prevent the condition from progressing,” explains Dr. Bock.

Screening for PAD is non-invasive and painless. The first step is to do a simple Ankle Brachial Index test to measure blood pressure in the arms and legs and evaluate the pulse. If the pulse is lower in the legs, further evaluation is needed.

“We use advanced ultrasound technology that uses sound waves to ‘see’ inside the arteries and veins and produce images of the blood flow from the heart,” says Hassan Tabandeh, MD, FACC, RPVI, VHC Physician Group–Cardiology. “Ultrasound does not involve any radiation and no contrast media is used.”

If PAD is identified, medication therapy and wound care may be recommended. For individuals with more severe disease, minimally invasive, catheter-based procedures are performed to remove plaque in the arteries and restore better blood flow.

“The process of clearing away arterial obstruction is very precise and delicate, particularly when you get down to the level of the foot. I’m often working on very tiny occluded arteries, using microsurgery techniques,” says Dr. Bock.

Performed in Virginia Hospital Center’s state-of-the-art Louise Sands Olmstead Cardiac Catheterization Lab, the procedure takes about two hours, and most patients go home the same day. There are no incisions and no significant recovery is needed.

“If patients had leg pain when they came in to the Hospital, they notice it’s gone by the time they walk to the car,” says Dr. Bock.

FOR MORE INFORMATION, VISIT VHCPhysicianGroup.COM/CARDIOLOGY

(Left image, arrows): Patient had severe blockages in the iliac arteries, causing leg pain with walking. After a minimally invasive procedure to clear the plaque (right image), blood flow was increased and his pain was resolved.

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Save a Life

FAMILY & FRIENDS CPR

For those who would like to learn CPR basics without certification, this course provides general information and practice time. Includes Adult Compressions Only CPR; Child and Infant CPR; use of an AED; and relief of choking.

For class times and registration information, visit virginiahospitalcenter.com, hover on “Classes & Events” and select CPR Classes. Questions? Email us at cpr@virginiahospitalcenter.com.
In November, the Arlington County Board approved plans for the first major expansion of Virginia Hospital Center since 2004. The centerpiece of this 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. Consolidating outpatient services will open space in the main campus for more inpatient beds for cancer, cardiac and stroke patients, as well as provide critically needed inpatient capacity for psychiatric and addiction treatment. Our Emergency Department will expand, allowing us to treat more patients and reduce wait times. In addition, the approved plans provide 1.3 acres of open green space and add much-needed parking spaces.

“Our expansion will meet the needs of communities throughout the region for the highest-quality patient care,” says James B. Cole, Virginia Hospital Center President & Chief Executive Officer. “Our Board, physicians, staff and volunteers share a deep commitment to our community. By bringing essential services together and increasing convenient access, the new Outpatient Pavilion puts our patients and families first.”

For 75 years, Virginia Hospital Center’s mission has been to act in the best interest of each patient. That dream began in 1935, with the purchase of a dairy farm as the site for a new hospital, and became a reality in 1944 with the opening of the original Hospital building. Since then, we have continued to meet the needs of a growing Arlington community, consistently earning national recognition for healthcare quality and safety. Virginia Hospital Center is a community lifeline for residents of Arlington County: 75% of Arlingtonians who need inpatient care receive it at Virginia Hospital Center and 80% of Arlingtonians choose to deliver their babies here. Today, with Arlington County expected to grow 30% over the next 15 years, we also need to grow to meet community healthcare needs.

As Virginia Hospital Center celebrates our 75th anniversary, we take pride in our past accomplishments and our tradition of excellence in healthcare. We look forward to serving you and your family for the next 75 years.

Leapfrog 2018 Top Hospital

PLUS 13 “A’s” IN A ROW FOR SAFETY

Virginia Hospital Center has been named a 2018 Top Teaching Hospital by The Leapfrog Group, an independent hospital watchdog organization. Top Hospitals have better systems in place to keep their patients safe from errors, injuries, accidents and infections. This marks the third time in four years we have been recognized as a Top Hospital by The Leapfrog Group.

“We are honored to once again be included among the best of the best hospitals in our nation,” says James B. Cole, President & CEO, Virginia Hospital Center.

In addition to receiving the Top Teaching Hospital Award, Virginia Hospital Center received its 13th consecutive “A” Hospital Safety Grade from The Leapfrog Group. Leapfrog assigns an A, B, C, D or F grade to hospitals across the country based on how safe they are for patients.

“It is exceptional for our Hospital to be recognized for not only having a great safety record, but for providing patient safety consistently over many years,” says Jeffrey DiLisi, MD, MBA, Senior Vice President & Chief Medical Officer, Virginia Hospital Center.

“It takes all areas of the Hospital working together to meet the rigorous standards that lead to this consistent recognition.”
Who Knows You Better...
Your Doctor or Doctor Google?

Today, people have access to an endless source of medical information just a click away. As a result, there is a new kind of healthcare provider, known generically as Dr. Google. On the Internet, the Doctor is always in. But, the Doctor isn’t always right.

**YOUR DOCTOR FIRST**

“Dr. Google can lead to more harm than help because of the anxiety patients feel when coming to see their doctor. Or, worse, when patients choose not to see their doctor because of what they’ve read on the Internet,” says Arun Bansal, MD, VHC Physician Group–Primary Care Alexandria. “I spend a lot of time explaining to my patients that what they read online does not accurately diagnose what they have.”

Aida Girma, MD, VHC Physician Group–Primary Care Arlington, agrees. “If you are concerned enough to Google, you should be concerned enough to come see a doctor who knows your history and can give you a reliable assessment.”

**RELY ON TRUSTED RESOURCES**

“FamilyDoctor.org is curated by the American Academy of Family Physicians and is a trusted medical resource,” says Morayo Omojokun, MD, VHC Physician Group–Primary Care Falls Church, which is now treating patients six years and older. “It has an interactive symptom checker that can help you identify your symptoms, not to self-diagnose, but to help guide your discussion when you see your doctor.”

In addition, the Mayo Clinic website, MayoClinic.org, has a wealth of information about conditions and diseases, as well as a symptom checker. “When you search online, be wary of medication ads that might pop up,” advises Dr. Girma. “They may be trying to sell unapproved medications or herbals that might not be good for you because of side effects and interactions with other medications you are taking.”

**MYCHART HAS WHAT YOU NEED TO KNOW**

“Patients of the VHC Physician Group already have a wealth of good information about their own health through MyChart, our online patient portal,” says Dr. Girma. “An After Visit Summary is posted with labs and test results, as well as advice for moving forward and follow-up. In addition, I post patient education information tailored for each individual, for chronic illness and for new medications.”

Patients will say they looked up a medication we prescribed and see that it may have side effects,” says Dr. Omojokun. “Rely on your doctor to address the side effects and contraindications. Moreover, don’t stop taking the medication because of something you see on the Internet. Contact your doctor first. Your doctor knows your whole medical history and diagnosis and which medications should be given.”

**SEE YOUR DOCTOR REGULARLY**

Your web browser has no personal contact with you. It can’t see you or touch you. It doesn’t know your medical history. Your doctor should be your first source for information.

“People get scared if they haven’t been to the doctor for a while,” says Dr. Girma. “That’s why it’s better to come in routinely. When you see your doctor on a regular basis, your visits tend to be shorter and you build a better rapport with your care team.”

“One thing I often tell my patients to put them at ease is, ‘Don’t worry. Without this white coat, I’m just like you.’ I talk to my patients just like they are my friends,” says Dr. Bansal. Dr. Google can’t do that.

**NEW TO THE VHC PHYSICIAN GROUP**

**Practicing at Primary Care–Alexandria**

Arun Bansal, MD earned his medical degree from Windsor University College of Medicine and completed his residency in family medicine at the LSUHSC Family Medicine Ochsner Medical Center, Louisiana. He is board certified in family medicine.

**Practicing at Primary Care–Arlington**

Aida Girma, MD received her medical degree from Wayne State University and completed the Family Medicine Residency Program at Georgetown University. Board certified in family medicine, Dr. Girma is fluent in English and Amharic.

**Practicing at Primary Care–Falls Church**

Morayo Omojokun, MD received his medical degree from the University of Virginia School of Medicine and completed his residency in family medicine at the Atlanta Medical Center. He is board certified in family medicine.

**ONLINE APPOINTMENT SCHEDULING**

Whether you’re new to the VHC Physician Group or an established patient, you can schedule your appointments online. Simply go to vhcphysiciangroup.com and click on “Schedule Online Now” to select by physician name, type of practice and date/time.
Two Cardiac Surgeons Join the VHC Physician Group

Two of the region’s top cardiac surgeons, John R. Garrett, MD, FACS and John W. Rhee, MD, FACS, announced they have joined the Virginia Hospital Center Physician Group, establishing a new Cardiac, Vascular & Thoracic Surgery practice.

The VHC Physician Group provides premier primary care, specialty care and urgent care throughout Northern Virginia (see practice listing on pages 8-9). The addition of cardiac, vascular and thoracic surgeons enhances the depth and breadth of the group’s surgical services. The new practice offers full-service consultative and surgical services for cardiac, vascular and thoracic specialties.

Dr. Garrett founded the Cardiac, Vascular & Thoracic Surgery program at Virginia Hospital Center in 1989 and continues to lead the department as the Chief of Cardiac, Vascular and Thoracic Surgery. Under his leadership, the program has grown and evolved to offer the most complex cardiac, thoracic and vascular procedures. Virginia Hospital Center’s cardiac surgery services have consistently received national recognition for excellence in quality.

Dr. Garrett was joined in practice by Dr. Rhee in 1995. Since 2012, they shared a vision that only operating at one hospital would offer the best, safest and most effective way to care for heart surgery patients. They were right. Today Dr. Garrett and Dr. Rhee operate exclusively at Virginia Hospital Center and are experts in bypass surgery, valve reconstruction and replacement, arrhythmia surgery, minimally invasive surgeries, stenting and many other procedures.

“One of the nation’s leading cardiac surgeons, Dr. Garrett has contributed his leadership to the Virginia Hospital Center Board of Directors, providing strategic direction and vision,” says James B. Cole, President & Chief Executive Officer. “Dr. Garrett was instrumental in forming the VHC Physician Group, and today serves as its Executive Director. Having two surgeons of the caliber of Dr. Garrett and Dr. Rhee operating solely at Virginia Hospital Center greatly enhances the capabilities and reputation of our Hospital, as well as that of the VHC Physician Group.”

For more information, visit vhcphysiciangroup.com/cardiac or call 703.558.6491.

OneCall for Referring Physicians

Virginia Hospital Center’s OneCall is an expedited patient transfer system that enables a physician to arrange for the transfer of a critically ill patient to Virginia Hospital Center with just one phone call. OneCall brings Virginia Hospital Center’s exceptional cardiovascular and thoracic surgery services to more patients throughout Northern Virginia and beyond, supporting our commitment to being the Hospital of choice for cardiac surgery.

Simply call 703.558.3299 (For use by referring physicians only).

John R. Garrett, MD, FACS (left) and John W. Rhee, MD, FACS of VHC Physician Group—Cardiac, Vascular & Thoracic Surgery
The Preconception Visit

Saira Mir, MD, VHC Physician Group–OB/GYN

Why is it important to see your OB/GYN before becoming pregnant?

“By the time a woman has her first positive pregnancy test, she is already six weeks pregnant. I recommend coming to see your OB/GYN at least three months before trying to conceive. We can get you started on prenatal vitamins, including folic acid, which is critical to healthy brain and spine development during the early weeks of pregnancy. We address your medical history and any concerns proactively that may affect your pregnancy and also review current medications, assess any lifestyle risk factors, and look at family history for genetic conditions for you and your partner. It’s also important to be up to date on vaccinations since the chicken pox and German measles vaccines can’t be given during pregnancy. The preconception visit is an opportunity to discuss the normal time frame for a healthy couple to conceive, as well as how to improve the chances of conception. Many of my patients are surprised to learn that a woman under 35 can take up to a year of regular cycles and timed intercourse to get pregnant.”

Your Birth Plan

Katharine Burt, MD, VHC Physician Group–OB/GYN

Should I have a birth plan?

“A birth plan indicates your preferences surrounding the birth of your baby. We recommend that you discuss your birth plan with your OB/GYN during the 34- or 36-week visit. Many moms provide their preferences in writing. But whether written or not, your doctor can add notes about your preferences into your electronic health record to help make sure all members of your care team are on the same page. Some things to consider in your birth plan are: Who do you want to be in the labor room during different stages of labor? What are your preferences for pain management? Do you want your support person to cut the umbilical cord? Do you want to do cord blood banking? If you’re having a boy, do you want him to have a circumcision? Even for experienced moms, each labor can be very different. The birth plan gives preferences, but we don’t want anyone to be disappointed if mom can’t stick to her plan because of medical or comfort issues. The safety of mom and baby are always of primary importance.”
Nutrition Do’s & Don’ts

Yvonne Pierce, MSN, RN, WHNP-BC, VHC Physician Group–OB/GYN

What do I need to know about nutrition during pregnancy? “I meet with moms early in their pregnancy to educate them about increasing vitamins and minerals in their diet. For example, folic acid, which is found in leafy green vegetables and fortified cereal, is very important in preventing neural tube defects. It’s hard to get enough folic acid from food alone, so we typically recommend a supplement. You should have at least 1000 mg of calcium and 600 IU of vitamin D for healthy bone and teeth development. During pregnancy, you may need to double the amount of iron to ensure adequate growth of your baby. Gummy vitamins, while popular, may not be fortified with enough iron to increase mom’s blood flow. Avoid swordfish, tilefish, orange roughy and mackerel, which can contain mercury, and uncooked fish such as sushi or rare ahi tuna. Err on the side of caution and limit your caffeine consumption to one cup a day. Do not smoke or drink alcohol during pregnancy. Choosing a colorful meal balanced with vegetables, complex carbs and fruits is a good way to promote healthy eating. Good for you. Good for your baby.”

High-Risk Pregnancy

Myriam Ferzli, MD, FACOG
VHC Physician Group–Maternal Fetal Medicine

What should I know about Maternal Fetal Medicine? “If you are considered to be a high-risk pregnancy, you’ll see a specialist in maternal fetal medicine (MFM). High-risk pregnancies can be high risk for maternal or fetal reasons. Maternal reasons include women with multiple gestation pregnancies (i.e., twins/triplets); women with pre-existing conditions such as high blood pressure, diabetes, HIV, autoimmune disorders, thyroid disease or mental health issues; and women who will be 35 years old or older at the time of delivery. Fetal reasons include babies diagnosed with birth defects or abnormal growth. To become a MFM specialist, I completed three additional years of extensive training in the management of medical, obstetrical, fetal and genetic complications, as well as ultrasound. I work closely with your OB/GYN provider to make sure you have a safe delivery.”

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 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 305 | 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 334 | 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 454 | 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 24/7, 365 days a year. No appointment necessary.

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

vhcphysiciangroup.com
Losing Weight and Keeping it Off

The challenge of virtually any weight loss program is not actually losing the weight, but keeping it off. Many people can relate to the fact that you can lose 20 pounds, then gain it all back, and more. “The body always tries to get back to the way it was before,” says J.R. Salameh, MD, FACS, VHC Physician Group–Surgical Specialists. “This is not a personal failure. It’s just how we are built.”

One highly successful option for weight loss that changes the way we are built is Sleeve Gastrectomy, a minimally invasive procedure that reduces the size of the stomach by up to 85%. With a smaller stomach—roughly the size and shape of a banana—the patient feels full, and stays full longer, on much smaller amounts of food. In addition, the “hunger hormone” that is produced in the stomach is dramatically reduced along with the stomach size. Patients don’t feel hungry, so they eat less and lose weight.

“When we started performing Sleeve Gastrectomy at Virginia Hospital Center eight years ago, it was a relatively new procedure,” says Dr. Salameh. “Now, our outcomes have proven it to be a good, durable, weight loss surgery procedure.”

“I was 33 years old with high blood pressure, sleep apnea and prediabetes,” says Jon Lutz, Arlington. “I had been on a diet program for six years and was going up and down by 40-50 pounds a year.” Jon’s decision to have Sleeve Gastrectomy surgery was made easier by the fact that his mom had the same surgery in 2012 with Dr. Salameh, and had done very well. “I already knew he was a great doctor with a supportive team,” says Jon. “I’m always happy to see Dr. Salameh because he really helped change my life.”

Sleeve Gastrectomy is performed by making five or six small incisions in the abdomen to allow a video camera (laparoscope) and long instruments to reach the abdominal cavity. Dr. Salameh creates a narrow gastric “sleeve” from part of the stomach, and then removes up to 85% of the remaining stomach. “Everything else stays the same anatomically,” says Dr. Salameh. “How food is digested and absorbed by the body is unchanged.” The procedure typically takes one hour on average.

“Surgery and recovery were a lot easier than I expected,” says Jon. “I felt back to normal with almost no pain a week after my surgery. Ten months later, I attained my goal weight, having lost 110 pounds. And, my health had improved dramatically.”

“What you get out of weight loss surgery is what you put into it,” says Jon, who is now more than four years out from his procedure. “I’ve done so well because of the time and effort I’ve put in to maintain my weight loss. I increased my walking a few months after surgery and then started exercising with a personal trainer. It was never my intention to become a runner, but in 2016 I signed up for a 5k. That same year I did my first half marathon—and now I’ve been running marathons for the past two years.”

View our weight loss surgery seminar online. Registration is required at vhcphysiciangroup.com/seminar.
Winter Events

All events and support groups are held in the Cancer Resource Center in the Rose Benté Lee Ostapenko Outpatient Oncology Center unless otherwise noted. Please use Zone C Parking.

To register for these free programs, visit 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 a guided tour.
Call Julie Pierce, RN, BSN, OCN, Breast Health Navigator, at 703.558.6908 for an appointment.

Yoga
A gentle class to teach patients & survivors to build strength & flexibility safely. Bring a yoga mat.
Tues, 1/29 – 3/26, 6:00 – 7:00 pm, 703.558.0917

Get Moving & Stay Strong
The team from 2Unstoppable leads a seminar for women on the importance of fitness after a cancer diagnosis & provides resources & tools to get started on an exercise program.
Tues, 2/5, 10:00 – 11:30 am, 703.558.0909

Cocoa, Cookies & Coloring
Create your own cocoa mix, decorate cookies & color a picture for a stress-free afternoon. All ages welcome.
Wed, 2/6, 4:00 – 5:00 pm, 703.558.0911

The Olive Oil Boom
Ready for an evening out? Join us for a tasting of high-quality olive oils & vinegars & learn how to incorporate healthier fats & flavors into your diet. Light refreshments served.
Tues, 2/19, 6:00 – 7:30 pm, 703.558.0913
The Olive Oil Boom, 2016 Wilson Blvd.
Arlington, VA 22201

Coping with Depression
Discuss how to manage feelings of depression & learn new coping strategies. Facilitated by a social worker & counselor.
Thurs, 2/28, 3:00 – 4:30 pm, 703.558.0912

Keeping Up with Diet Trends
Hear about pros & cons of trends, such as intermittent fasting, ketogenic & FODMAP diets, & how they can affect cancer treatment.
Mon, 3/11, 4:30 – 5:30 pm, 703.558.0910

Managing Your Finances
Cancer can add financial stressors to your life. A financial advisor provides educational information and strategies to help with financial concerns.
Thurs, 3/21, 4:00 – 5:00 pm, 703.558.0919

Healthy Ethnic Cooking Series—Korean
Join us for Part 1 of our Healthy Ethnic Cooking Series. Recipes may include popular favorites Bi Bim Bop & Jop Chae.
Mon, 3/25, 4:00 – 6:00 pm, 703.558.0914

Seated Stretching Exercise Class
Learn why daily stretching is beneficial & how to stretch properly while seated. Taught by a physical therapist.
Thurs, 4/4, 9:00 – 10:00 am, 703.558.0918

Spring Slime
Looking for a fun way to reduce stress & anxiety? Make a jar of Stress-Free Spring Slime! All ages welcome.
Tues, 4/9, 4:00 – 5:00 pm, 703.558.0924

Eating Organic
An informative discussion on when you should consider buying organic foods & how to understand labeling.
Wed, 4/24, 5:30 – 6:30 pm, 703.558.0915

Mindfulness for Sleep
Insomnia happens! Learn to mitigate its effects with meditation/mindfulness exercises to identify personal triggers and strategies for handling insomnia. Practice healthy sleep preparation by listening to “the most relaxing song in the world.”
Tues, 3/12, 5:30 – 6:30 pm, 703.558.0902

Save the Date—23rd Annual Survivors Day
Save the date for a brunch celebration. More details to follow.
Sat, 6/8, 10:30 am – 12:30 pm, 703.558.0916
NRECA Building, 4301 Wilson Blvd.
Arlington, VA 22203

Support Groups

To register, call 703.558.5555.

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

Write-Away Group
Patients share writings about their cancer journey. Call 703.558.6913 for dates & times.

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

Head & Neck Cancer
4th Wednesday, 6:00 – 7:30 pm

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

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

Reiki
Free half-hour session for cancer patients. 3rd Wednesday, 7:00 – 9:00 pm
By appointment only. 703.558.5555
“Labor is a journey. I like to put it in the context of a vacation journey,” says Deb Walls, RN, Certified Childbirth Educator at Virginia Hospital Center for the past eight years. “The wonderful vacation destination is your focus. But, things can happen—flights delayed, luggage not showing up, difficulties finding transportation once you arrive. Labor is like that—things happen. But, keeping your wonderful destination in focus—the birth of your baby—will help you get through any challenge. And you will get through it.”

Walls brings over 42 years of nursing experience and the latest evidence-based practice research from the American College of Obstetricians & Gynecologists and March of Dimes to the Preparation for Childbirth, Unmedicated Childbirth, and Labor, Birth & Baby classes she teaches. Here are some of the questions prospective parents ask her most often.

**What are the signs of labor?**

Contractions are certainly a sign, but they can also be “false labor.” In any case, start timing your contractions. Your OB/GYN will tell you how many minutes apart contractions should be before your trip to the hospital, based on your medical history. You might experience nausea, vomiting or diarrhea as your body releases prostaglandins, which help the cervix to thin, but can also irritate the digestive system. The most dramatic sign is if your water breaks. If that happens, call your healthcare provider right away. If you have an urge to push, call 911 immediately.

### Childbirth Education Classes

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<tr>
<th>Registration</th>
<th>Expectant Parent Tour</th>
<th>Labor, Birth &amp; Baby</th>
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<tr>
<td>Register early. Plan to take childbirth classes in your 7th month. For class times &amp; locations &amp; to register, visit virginiahospitalcenter.com/childbirth.</td>
<td>You’re invited to take a FREE tour of our Labor, Delivery &amp; Recovery, Nursery &amp; a private postpartum room. Adults only (no children please).</td>
<td>An all-day class that includes a brief overview of labor &amp; birth; relaxation, breathing &amp; positioning; &amp; our Infant Care Skills class.</td>
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<td></td>
<td>Registration required.</td>
<td>$180/couple</td>
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<tr>
<td>Prepartum Parent Tour</td>
<td>Preparation for Childbirth</td>
<td>Unmedicated Childbirth: 2-Week Series</td>
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<td>Expectant parents learn about pregnancy through the postpartum period, including breathing &amp; relaxation techniques. Cesarean deliveries, medications &amp; signs of labor.</td>
<td>One-day classes on Sat or Sun. $180/couple</td>
<td>For moms desiring a more natural delivery, including positioning, relaxation &amp; other comfort techniques, as well as the role of the coach. The second class meeting offers an opportunity for participants to practice advanced techniques and ask questions.</td>
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<td>Childbirth Express</td>
<td>$180/couple</td>
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<tr>
<td>A condensed “Preparation for Childbirth” course. Please register for tour separately. Taught in one 6-hour session or two 3-hour sessions.</td>
<td>$180/couple</td>
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<td>Childbirth: Short, Sweet &amp; to the Point</td>
<td>Infant Care Skills</td>
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<tr>
<td>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.</td>
<td>Caring for your newborn during the first two weeks, including infant safety, sleep, diapering &amp; bathing. $77/couple</td>
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<td>Breastfeeding Basics</td>
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<tr>
<td>Get breastfeeding off to a good start, including making milk, positioning, latching &amp; feeding. $70/couple</td>
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What is the best thing for mom to bring to the hospital?

Hands down, it’s her support person. “In class I talk about the role of the support person and have a handout that lists 40 ways to support mom, which I recommend bringing to the hospital,” says Walls. Leading up to the big event, practice at home—pretend you’re in labor and have your partner help you through contractions. At the hospital, your support person can monitor when you would like for other visitors to leave the room. A word of advice for support persons: “Don’t take anything personally that mom says during labor,” she says. “It’s just the hormones talking and only a phase she is going through.”

What are some effective ways to keep labor progressing?

Keeping your bladder empty is important, because a full bladder can keep baby’s head from coming down. Changing positions can be helpful, as well as being up and moving around, which lets gravity help. You might roll around on a large birthing ball.

What are keys in helping moms stay unmedicated?

“I ask moms to write down what is inspiring them to try an unmedicated labor,” says Walls. Some say I want to be up and moving around throughout labor. Or, I don’t want to put pain medication into my body. Often moms have a mantra they repeat—“I know I can do this. I always accomplish what I set out to do.” Some moms bring signs to put up in their labor & delivery room that say “this room is unmedicated” or “this labor is unmedicated.” “I ask them to recall where they’ve found strength when going through challenging times,” she advises. “Those same things will help you through the journey of labor.”

**Baby’s 1st Year**

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

- **Grandparenting**
  What grandparents should know about the newest medical updates & safety issues. Long-distance relationships discussed.
  $37/person

**Cancellation Policy:**
Refunds are only given for medical reasons stated in a physician’s note, or if classes are canceled due to insufficient enrollment, overbooked enrollment or inclement weather. No partial refunds given.

- **The Art of Pumping**
  Learn about breast pumps & pumping strategies for the early weeks. $45/person

- **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 5 to 8 months. Learn when to start, what to offer & how much to offer. $50/couple

- **Beyond the Basics**
  Covers baby’s needs & milestones, taking care of you, returning to work, growing your relationship & more.
  $180/couple

- **The Wonder Year**
  Baby’s developmental changes during the first year & your role as a parent. $80/couple

- **Survival Skills for Working Moms**
  Make a smooth transition back to work with breastfeeding.
  $45/person

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

- **Around the Birthing Ball**
  For dates and times, visit virginiahospitalcenter.com/childbirth.

- **Breastfeeding**
  Wed 12:00 pm & Thurs 10:30 am

- **Breastfeeding for the Working Mom**
  1st & 3rd Sun 7:00 pm

- **Postpartum**
  2nd & 4th Thurs 12:30 pm

- **New Parent**
  1st & 3rd Thurs 12:30 pm
**Power Braining**
Group fitness class designed to enhance the health & fitness of your brain and body at the same time. Exercises are designed for people of all fitness levels. $77
Tues, 5:30 – 6:15 pm begins 1/8 & 3/12 (H)
Thurs, 5:30 – 6:15 pm begins 1/10 & 3/14 (H)
Sun, 9:15 – 10:00 am begins 1/13 & 3/17 (CS)

**Zumba**
Have fun getting fit as you dance to international music. $58
Tues, 6:00 – 7:00 pm begins 1/8 & 3/12 (CS)
Sun, 10:00 – 11:00 am begins 1/13 & 3/17 (CS)

**Family Zumba**
Get fit together! Kids ages 6+ can dance along with their parent/caregiver in this high-energy class. $50 (1 adult & 1 child). Additional children are $20 each. *4-week sessions.
Sun, 11:00 – 11:45 am begins 1/13, 2/17 & 3/24 (CS)

**Hatha Yoga**
Classic Yoga style combines postures & breathing techniques to improve the mind/body connection. $77
Mon, 12:00 – 1:00 pm begins 1/7 & 3/11 (CS)
Mon, 4:00 – 5:00 pm begins 1/7 & 3/11 (H)
Tues, 12:00 – 1:00 pm begins 1/8 & 3/12 (H)
Thurs, 4:00 – 5:00 pm begins 1/10 & 3/14 (H)
Thurs, 6:20 – 7:20 pm begins 1/10 & 3/14 (H)

**Core Challenge**
Strengthen your abs & back. $49
Tues, 5:30 – 6:15 pm begins 1/8 & 3/12 (H)
Thurs, 5:30 – 6:15 pm begins 1/10 & 3/14 (H)
Sun, 9:15 – 10:00 am begins 1/13 & 3/17 (CS)

**Adaptive/Seated Yoga**
For those with limited mobility, chronic pain or neuropathy. All ages & ability levels welcome. $77
Tues, 11:15 am – 12:15 pm begins 1/8 & 3/12 (CS)
Thurs, 2:15 – 3:15 pm begins 1/10 & 3/14 (CS)
Sun, 3:00 – 4:00 pm begins 1/13 & 3/17 (CS)

**Hatha Yoga**
Reduce stress as you increase strength & flexibility. $93
Mon, 1:15 – 2:15 pm begins 1/7 & 3/11 (CS)
Tues, 9:30 – 11:00 am begins 1/8 & 3/12 (CS)
Wed, 7:00 – 8:30 pm begins 1/9 & 3/13 (CS)
Thurs, 9:30 – 11:00 am begins 1/10 & 3/14 (CS)
Sun, 4:15 – 5:45 pm begins 1/13 & 3/17 (CS)

**Gentle Yoga**
Reduce stress as you increase strength & flexibility. $93
Mon, 1:15 – 2:15 pm begins 1/7 & 3/11 (CS)
Tues, 9:30 – 11:00 am begins 1/8 & 3/12 (CS)
Wed, 7:00 – 8:30 pm begins 1/9 & 3/13 (CS)
Thurs, 9:30 – 11:00 am begins 1/10 & 3/14 (CS)
Sun, 4:15 – 5:45 pm begins 1/13 & 3/17 (CS)

**Cardio Strength Circuit**
Intermediate level class featuring faster-paced cardio & strength exercises. $49
Tues, 5:00 – 5:45 pm begins 1/8 & 3/12 (CS)
Sat, 8:10 – 8:55 am begins 1/11 & 3/15 (CS)

**Body Sculpting**
Tone your upper, lower body & abs using a variety of fitness tools. All levels. $49
Mon, 6:00 – 6:45 pm begins 1/7 & 3/11 (H)
Tues, 6:30 – 7:15 pm begins 1/8 & 3/12 (H)
Wed, 6:00 – 6:45 pm begins 1/9 & 3/13 (H)
Sat, 9:00 – 9:45 am begins 1/12 & 3/16 (CS)

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Tues, 11:15 am – 12:15 pm begins 1/8 & 3/12 (CS)
Thurs, 2:15 – 3:15 pm begins 1/10 & 3/14 (CS)
Sun, 3:00 – 4:00 pm begins 1/13 & 3/17 (CS)

**Yin Yoga**
Strengthen connective tissue for bone health, increased mobility & self-calming. $77
Sat, 10:05 – 11:05 am begins 1/12 & 3/16 (H)
Sun, 6:00 – 7:00 pm begins 1/13 & 3/17 (CS)

**Pi-Yo**
Tone & energize with this blend of Pilates strengthening & Yoga movement. $77
Thurs, 7:30 – 8:30 pm begins 1/10 & 3/14 (H)
Feldenkrais: Awareness Through Movement
Gentle movement to enhance functioning & provide better balance. $88
Tues, 2:00 – 3:00 pm begins 1/8 & 3/12 (CS)

Pilates
Strengthen your core muscles in this mat-based class. $77
Mon, 6:15 – 7:15 pm begins 1/7 & 3/11 (CS)

Gentle Pilates
A mat-based class with modifications to suit all abilities. $91
Tues, 7:30 – 8:30 pm begins 1/8 & 3/12 (H)
Sat, 11:15 am – 12:15 pm begins 1/12 & 3/16 (H)

Mindful Eating
Learn how to build a sustainable, healthier relationship with food. $30 *2-week workshop.
Sat, 1:00 – 2:30 pm begins 2/9 (H)

Tai Chi 1
Class follows the 37-posture Yang short form. $112 *10-week session.
Thurs, 5:30 – 6:30 pm begins 1/24 (CS)
Fri, 3:15 – 4:15 pm begins 1/25 (CS)

Tai Chi 2
A more advanced class. $112 *10-week session.
Thurs, 6:40 – 7:40 pm begins 1/24 (CS)
Fri, 4:20 – 5:20 pm begins 1/25 (CS)

Boost Your Balance
Reduce your fall risk by improving balance & stability. $49
Fri, 1:00 – 1:45 pm begins 1/11 & 3/15 (H)

Seniorcise
Class includes light cardio & exercises to maintain & regain strength & balance.
*10-week sessions.
Mon/Wed/Fri, 9:00 – 10:00 am begins 1/7 (CS) $120
Mon/Wed/Fri, 9:00 – 10:00 am
McLean Baptist Church begins 1/7 $140
Tues/Thurs, 9:00 – 10:00 am
Arlington Forest Church begins 1/8 $80

Strength & Stretch for Seniors
Improve range of motion, muscle strength & bone health. $49
Mon, 1:00 – 1:45 pm begins 1/7 & 3/11 (H)
Tues, 1:00 – 1:45 pm begins 1/8 & 3/12 (CS)
Thurs, 1:00 – 1:45 pm begins 1/10 & 3/14 (CS)

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)

Philips Lifeline Medical Alert—at Home and On the Go
GoSafe 2, the newest personal mobile alert service from Philips Lifeline, provides fast access to help wherever and whenever you need it—whether at home or while you’re out. All you need to do is wear the GoSafe 2 pendant for safety and peace of mind. The light, comfortable pendant features advanced locating technologies, fall detection capabilities and two-way voice communication. Virginia Hospital Center is the local provider of the Philips Lifeline Medical Alert in the Northern Virginia area. Staff from the Senior Health Department provides in-home set up and service calls. For information on all of the different at-home and on-the-go options available from Philips Lifeline, call the Senior Health Department at 703.558.6859.

Healthy Aging Lecture Series
FRIDAYS FROM
11:00 AM TO 12:00 PM
Carlin Springs Campus
601 S. Carlin Springs Road
Arlington, VA 22204
Registration required.
Call 703.558.6859 to register.

2/15 “Backstage” with Aging Matters
Cheryl Beversdorft, Radio & TV Program Host

3/22 Colon Cancer Awareness Month
Wayne M. Johnson, PA-C, VHC Physician Group–Colorectal Surgery

4/26 Normal Aging vs. Dementia
Lindsey Vajpey, Insight Memory Center

5/17 Reiki, Floating & Cryo Therapy
Relax, De-stress & Reduce Pain
Expert panel discussion

One-on-One Assessments
To make an appointment, call 703.558.6740.

Body Fat Analysis $15
Assess your percentage of fat, muscle & water.

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

Resting Metabolic Rate Screening $55
This is an important measure in assessing nutritional needs & helping you achieve weight management goals.

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

Cholesterol Screening* $25
Full Lipid Profile plus Glucose.

A1-C Diabetes Screening* $25

Thyroid Function (TSH)* $35 (mailed results)

Vitamin D* $50 (mailed results)
*All blood tests are fingerstick.
Happy Hearts

A FREE COMMUNITY EVENT
SATURDAY, FEBRUARY 23

9:00 – 9:30 am | Registration
9:30 – 11:00 am | Expert Panel & Q&A

In recognition of American Heart Month in February, Virginia Hospital Center presents a special event promoting heart health education and awareness. Our panel of experts from Mayo Clinic and Virginia Hospital Center address major heart health issues. We invite you to join us.

KEYNOTE SPEAKER

What You Need to Know About Physical Activity and Cardiovascular Health in 2019
Regis Fernandes, MD
Cardiologist, Mayo Clinic

Common Symptoms of Heart Disease
Hassan Tabandeh, MD, FACC, RPVI
Virginia Hospital Center Physician Group–Cardiology

Move Your Way to Better Heart Health—Information on the New Physical Activity Guidelines
Cathy Turner, MS
Director of Health Promotion, Virginia Hospital Center

EXPERT PANEL

The Role of a Primary Care Physician in Heart Health
Morayo Omojojin, MD
Virginia Hospital Center Physician Group–Primary Care Falls Church

Virginia Hospital Center
John T. Hazel, MD Conference Center
1701 N. George Mason Drive
Arlington, VA 22205
Free parking in Zone B Garage

Registration is required.
Visit virginiahospitalcenter.com/classes and click on Classes & Events.

Questions? Call 703.558.6700 or email confctr@virginiahospitalcenter.com