

WINTER 2020

VIRGINIA  HOSPITAL
CENTER

**HEART SURGERY
PROGRAM
CELEBRATES
30 YEARS**



John W. Rhee, MD, FACS, with
John R. Garrett, MD, FACS

**HEART
STRONG**
together.



The comprehensive heart team at Virginia Hospital Center. First row (L-R): Ameya Kulkarni, MD, FACC, FSCAI; John Rhee, MD, FACS; John Garrett, MD, FACS; John Golden, MD, FACC; Natalia Berry, MD; Second row (L-R): Matthew Lucks, MD, FACC; R. Preston Perrin, MD, FACC, FSCAI; Benjamin Galper, MD, MPH, FACC; Eric Thorn, MD, FACC; Hassan Tabandeh, MD, FACC, RPVI.

30 Years Is Just the Beginning for Advanced Heart Services

In 1989 **John R. Garrett, MD, FACS**, was recruited to start the Cardiac Surgery program at Virginia Hospital Center. Over the past 30 years, the program has evolved to become a center of excellence for cardiac, vascular and thoracic surgery, and has fully embraced the emerging field of minimally invasive, structural heart procedures.

“This hospital is committed to and invested in creating and maintaining an excellent heart surgery program,” says **John W. Rhee, MD, FACS**, VHC Physician Group-Cardiac, Vascular & Thoracic Surgery. “That commitment has enabled us to be early adopters of new techniques and technologies in heart care.”

With two world-class cardiac surgeons in place, the foundation was laid to expand

into the field of structural heart procedures, in partnership with the Mid-Atlantic Permanent Medical Group in 2016.

“Today, the structural heart program at Virginia Hospital Center includes the latest minimally invasive heart procedures, including TAVR, MitraClip, Watchman and PFO closure. We treat patients from throughout Northern Virginia and as far away as Baltimore and Fredericksburg,” says **John Golden, MD, FACC**, interventional cardiologist and Assistant Physician in Chief, Mid-Atlantic Permanente Medical Group, and Chief of Cardiology, Virginia Hospital Center. “Working together with Drs. Garrett and Rhee, our structural interventionalists **Natalia Berry, MD, FACC; Benjamin Galper, MD, MPH, FACC;** and

Ameya Kulkarni, MD, FACC, FSCAI, have developed an approach to evaluating and treating patients that is focused on efficiency and the patient experience. The TAVR evaluation process has been streamlined from two to three months down to just one day.”

“In addition to the technical skills of the surgeons and interventionalists, what sets us apart is the quality of the post-op surgical care, especially in the Cardiac ICU and Stepdown Units,” says **R. Preston Perrin, MD, FACC, FSCAI**, Co-Director of the Louise Sands Olmstead Cardiac Catheterization Lab and Medical Director, Cardiology, VHC. “Our program is big enough in terms of volume to provide the highest quality care, but in a setting where patients receive more personalized attention.” Dr. Perrin is joined by **Jeremy Bock, MD, FACC; Matthew Lucks, MD, FACC; Hassan Tabandeh, MD, FACC, RPVI;** and **Eric Thorn, MD, FACC**, in the VHC Physician Group-Cardiology practice.

MILESTONES IN CARDIAC SERVICES

1989



Cardiac and Vascular Surgery program launched

1997

Introduced Transesophageal Echocardiography (TEE)



2004



New cardiovascular operating rooms open with new Hospital tower

2007

Minimally invasive coronary bypass surgery and valve repairs



2008



Video-Assisted Thoracic Surgery for lung procedures

2010

VHC expands relationship with Kaiser Permanente with a new 24-bed unit



“I have referred many patients to Virginia Hospital Center for heart surgery,” says cardiologist **Alfred C. Burris II, MD, FACC**, Manassas. “My patients are treated well and have good results. I have faith in these physicians.”

“I’ve been an interventional cardiologist for over 28 years and worked in eight different area cardiac cath labs,” says Dr. Golden. “I have never experienced a higher level of collaboration with cardiac surgeons than we have here at Virginia Hospital Center. We function as a single team. Every day we discuss cases, review films and develop strategies together.”

The heart program also collaborates with top-tier cardiologists **Tania Chao, MD; Yaning Liu, MD; Sudip Saha, MD;** and **Constantine Tziros, MD**, of Mid-Atlantic Permanente Medical Group. It continues to expand and is attracting top physicians in their field, including the newest member of the team, Natalia Berry, MD, interventional cardiologist with Mid-Atlantic Permanente Medical Group, who previously ran the Watchman program at Brigham and Women’s Hospital, Boston. “The quality and the pedigree of everyone in our group here are unparalleled for a program of this size. I feel lucky to be part of the team,” says Dr. Berry.

“Over the years, the heart program has become a high-acuity, high-reputation program as Virginia Hospital Center has evolved into a true tertiary care hospital,” says Dr. Golden. “Everyone on the team is laser-focused on continually trying to improve the patient experience.”

“There is no greater privilege than to operate on someone’s heart. And with the level of respect I carry for my staff’s expert skill and aptitude, there is no better team I would entrust with that privilege.”

John R. Garrett, MD, FACS
Chief, Cardiac, Vascular & Thoracic Surgery, Virginia Hospital Center

STILL BEATING STRONG: HEART SURGERY PROGRAM CELEBRATES 30 YEARS

John R. Garrett, MD, FACS, VHC Physician Group-Cardiac, Vascular & Thoracic Surgery, reflects back on the program’s origins as it enters its fourth decade of excellence in heart care.



John Garrett, MD, FACS

Q: What was your vision in starting the Virginia Hospital Center Heart Surgery Program?

I wanted to build a top-quality program where we took extra special care of patients. Our vision was to build a program capable of producing quality outcomes that consistently exceeded national averages. We have accomplished that vision and continue to build on its success.

Q: What was the impact of John Rhee, MD, FACS, joining the program in 1995?

Dr. Rhee is not only my partner; he is also a dear friend. He is a skilled surgeon who is always open to the challenge of taking on new procedures. We share the same mindset that it is a privilege to care for our patients. We work closely together to ensure a well-coordinated continuum of care using our combined surgical expertise and latest technology to optimize outcomes. Whether caring for a straightforward or complex patient, our skills complement one another and we have the same vision that our model offers the best heart surgery care.

Q: What sets the Virginia Hospital Center program apart?

We are a true heart surgery center built with dedicated cardiovascular operating rooms, an Intensive Care Unit, a Stepdown unit and an outpatient office all in one location. Our integrated team includes physicians, physician assistants, nurse practitioners, nurses and care team members. This elevates the level of care from the operating room to the bedside of our patients. From the beginning through today, every member of the heart team shares our values and goes the extra mile for quality, and our patients feel that.

Q: What does the future hold?

We are constantly reinventing ourselves to achieve new milestones in cardiac care. From a clinical and technical standpoint, we will continue to evolve and advance, particularly in the area of minimally invasive procedures. We look forward to continuing to grow our existing referring physician relationships as well as building new ones. From a patient experience standpoint, we are guided by the same vision we have had since 1989—to provide the best possible care for our patients.

2011



Began convergent procedure for atrial fibrillation

2014 & 2015

Truven 50 Top Cardiovascular Hospital



2016



VHC and Mid-Atlantic Permanente Medical Group partner to launch Structural Heart Program/TAVR

2018

New, cardiac catheterization lab opens; Watchman and PFO closure procedures



2019



MitraClip and Shockwave techniques introduced

2020

The future of Cardiac Services is here

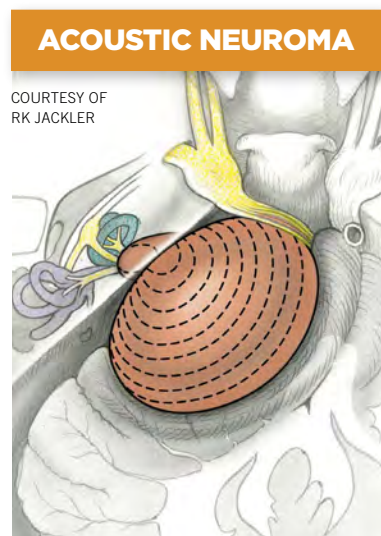


Rare Skull Base Neurosurgery Expertise for Hearing Tumors

“I started having numbness around my chin that progressed slowly up the side of my face,” says Deborah Goldstrom, Reston. After an MRI showed a tumor, Deborah was referred to **Richard Murray, MD**, Director of Neurosurgery and an expert in skull base neurosurgery at Virginia Hospital Center, who explained that Deborah had a tumor on her hearing nerve.

“From the beginning, Dr. Murray made me feel comfortable and was so patient in answering the many questions my husband Mort and I had,” recalls Deborah.

Acoustic neuroma (also known as vestibular schwannoma) is a noncancerous and usually slow-growing tumor that develops on the hearing nerve leading from the inner ear to the brain, affecting one in 100,000 people. Hearing loss in one ear is the most common symptom, but there also may be progressive balance problems, ringing in one ear and constant facial numbness, as Deborah had.



An acoustic neuroma growing between the inner ear and the brain causes compression of the brainstem.

“Treatment for acoustic neuroma is usually not done on an urgent basis,” says Dr. Murray. “The patient is able to take time and think through the different options. We discuss the nuances of each technique.”

For acoustic neuroma there are three treatment options: watchful waiting that includes ongoing MRI scans and frequent evaluations to gauge how the tumor is growing; CyberKnife® radiation treatment; and microsurgery to remove the tumor. The treatment is custom-tailored to each patient based on the patient’s age, lifestyle and preferences, as well as the size and characteristics of the tumor.

In Deborah’s case, her tumor was large and required surgery. “This is a significant operation and one that is quite delicate because the nerve that moves the face is splayed over the surface of the tumor. Our goal is to remove as much of the tumor as possible while preserving facial movement,” says Dr. Murray.

At Virginia Hospital Center, Dr. Murray performs acoustic neuroma surgery jointly with **Ashkan Monfared, MD**, neurotologist (expert in otology and acoustic neuromas), and Associate Professor of Surgery and Neurosurgery at George Washington University Medical School. The two surgeons work in tandem, with Dr. Murray removing the part of the tumor at the base of the skull and Dr. Monfared removing the tumor inside the bone, during the lengthy hours of this complex operation. Endoscopic-assisted microsurgery enables the surgeons to see around corners to remove small amounts of tumor that they would not have seen otherwise. Dr. Murray and Monfared’s team is among the few elite surgeons capable of performing these complex operations with great outcomes.



Ashkan Monfared, MD, with Richard Murray, MD

“My wife’s surgery took more than 9 hours,” says Mort. “Both doctors came out separately and told me how it went. She was in intensive care overnight and released after just a few days. The most incredible thing to me was they did not shave her head. I couldn’t even tell where she had surgery. We were very impressed with the care she had at Virginia Hospital Center.”

Deborah’s facial numbness is gone and she is doing well. She is using a special hearing system now to compensate for her hearing loss.

“Receiving a diagnosis of acoustic neuroma is daunting for anyone. Our goal is to provide compassionate and personal care to our patients and use our team’s expertise to serve their individual needs. Treatment for acoustic neuroma is best done at a hospital like Virginia Hospital Center that has all the necessary expertise. When patients are treated by highly skilled surgeons and an experienced team, outcomes are significantly better. We have some of the lowest rates of complications and the highest rates of preserving facial function in the nation,” say Dr. Murray and Dr. Monfared.

“We were very impressed with the care Deborah had at Virginia Hospital Center.”

— MORT GOLDSTROM

Need an expert in brain, spine or orthopedic surgery? Visit virginiahospitalcenter.com/doctors.

Minutes matter. In the case of a serious accident, getting the patient to the right care as soon as possible is, literally, a life or death situation. Virginia Hospital Center has recognized this need in our community by applying to become a new, state-of-the-art Level II Trauma Center.

“Traumatic events are often devastating and always unexpected,” says **Melody Dickerson, MSN, RN, CPHQ**, Senior Vice President & Chief Nursing Officer. “The communities we serve deserve the ability to receive trauma care close to home.”

The only trauma centers in Northern Virginia are in Fairfax, Reston, Leesburg and Winchester. For residents of Arlington and parts of Alexandria, the time it takes to transport a patient to a trauma center can have serious implications to the outcome. Establishing a Level II Trauma Center at Virginia Hospital Center will meet a critical community need. It is projected that the Hospital will be able to provide care for about 1,000 trauma patients a year, who otherwise would have had to be transported greater distances to other hospitals.

Becoming a Level II Trauma Center is a rigorous process that must be verified by the Commonwealth of Virginia. Virginia Hospital Center is partnering with George Washington University Medical Faculty Associates (MFA) in this key initiative, which will take more than a year to achieve formal accreditation.

In Level II Trauma Centers, patients receive care from a team of experts specializing in traumatic injury, who are available 24-hours-a-day, seven days a week, 365 days a year. Vital elements include: full-time, experienced, general trauma surgeons; 24-hour CT scans; operating rooms staffed around-the-clock; and a dedicated Surgical Intensive Care unit. The trauma admitting area is staffed by specialized nurses and technicians, whose sole responsibility is to care for trauma patients.

Trauma surgical services are overseen by **Dennis Wang, MD, FACS**, Medical Director of Trauma at Virginia Hospital Center, along with **Babak Sarani, MD, FACS**, Chief of Trauma & Acute Care Surgery, George Washington University MFA. “Drs. Wang and Sarani bring years of trauma experience and are recognized as leaders in the field of trauma care,” says Dickerson.

“For major severe traumas, earlier diagnosis and treatment leads to better outcomes,” says Dr. Wang, who has 30 years of experience in trauma medicine. He completed a fellowship in traumatology and surgical critical care at the world-



Michael Silverman, MD, (second from left) with VHC and Arlington County Fire Department staff.

renowned University of Maryland Shock Trauma Center. “A single patient can have severe head injuries, abdominal injuries, thoracic and cardiac injuries, fractures and other orthopedic injuries. All subspecialties coordinate together in a nearly simultaneous manner. Anything the patient needs must be available immediately, 24/7, 365 days a year.”

Virginia Hospital Center is already equipped for fast turnaround for diagnostics such as CT scans and other critical tests. “We have this capability today through our busy Emergency Department, which sees about 65,000 patients every year,” says **Michael Silverman, MD**, Emergency Department Chairman. “When 9/11 occurred, we received more patients than any other hospital in our region because of our proximity to the Pentagon and Ronald Reagan Washington National Airport.”

The orthopedic component is managed by skilled surgeons from OrthoVirginia. “Fractures and trauma are already a common part of our everyday practice,” says **Anthony Avery, MD**, Orthopedic Surgery Trauma Director. “What’s different is the scale required. For example, we must be prepared to treat several people with severe orthopedic injuries from a car accident, all at the same time.”

“All of our surgeons are experienced in providing trauma-level care for the most acute brain and spine injuries. Treating

trauma patients locally better serves our community,” says **Richard Murray, MD** of Virginia Neurosurgeons, which is providing neurological trauma services for Virginia Hospital Center.

Staff will conduct ongoing mock trauma response drills, testing multiple shifts at different times on different days with the Arlington County Fire Department.

“Trauma services, by definition, bring in the most severe, acutely ill patients, and everyone has to step up,” says Dr. Wang. “The side effect of a well-functioning trauma service is to elevate the Hospital to a higher level. Virginia Hospital Center has an exceptional reputation as a nationally recognized hospital. We are already starting from a very good foundation.”

“I cannot emphasize enough the positive impact trauma services at Virginia Hospital Center will have on our community. Instead of having to transport critically ill patients far away, even across state lines, we can treat them here at our primary hospital.”

— **E. Reed Smith, MD, FACEP**,
Operational Medical Director, Arlington County
Fire and Police Departments

GET SCREENED TO PREVENT COLORECTAL CANCER

“Our goal is not just to find colorectal cancer, it’s to prevent it from occurring,” says **Gabriel Herman, MD**, GI Section Chief. “Screening for colorectal cancer can detect polyps in the intestines, which may or may not become cancer over time. We can prevent colorectal cancer by removing polyps before they become malignant.”

The incidence of colorectal cancer has increased in people ages 40 to 50. As a result, the American Cancer Society lowered the recommended age for screening people who are at average risk for colorectal cancer to age 45. Those at increased risk—people who have had colon cancer, high grade polyps, or who have a first-degree relative having colon cancer or certain types of polyps—should begin screening starting at age 40, or 10 years earlier than the relative had their cancer diagnosis, whichever is earlier.

Colonoscopy is the gold standard for colorectal cancer screening. However, there are a number of non-invasive screening methods that can help detect colon cancer, including CT colonography (virtual colonoscopy), FIT tests for blood in stool, and Cologuard—a combination of DNA analysis plus testing for blood in stool. But, each of these alternatives falls significantly below colonoscopy in terms of detection and prevention. CT colonography can miss 10-15% of polyps, while exposing the patient to radiation. If a lesion is found, a colonoscopy would have to be done as well. FIT tests can miss 30% of cancers. And, even though Cologuard is very accurate for cancer detection at 92%, it can miss up to 40% of polyps.

“There is no perfect screening, but colonoscopy is highly accurate, missing only 4 to 6% of lesions. While non-invasive tests can detect some of the polyps, with a colonoscopy, we are able to screen and remove any polyps we find in the same procedure,” says Dr. Herman.

March is Colorectal Cancer Awareness Month. Talk to your doctor about your risk of colon cancer and the best screening strategy for you.



The American Cancer Society has lowered the recommended age for screening people who are at average risk for colorectal cancer to age 45.

Age **45**

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5-YEAR ANNIVERSARY WITH THE MAYO CLINIC CARE NETWORK

In 2015, Virginia Hospital Center became a member of the Mayo Clinic Care Network (MCCN). “On behalf of the Mayo Clinic, congratulations to Virginia Hospital Center (VHC) on five years of being a member in the Mayo Clinic Care Network. We value VHC’s continued commitment to excellent patient care and look forward to continuing our clinical collaboration in the years to come,” says Mark Larson, MD, medical director, Midwest region, Provider Relations, Mayo Clinic.

“Our collaboration with Mayo has been a tremendous benefit for our patients and our community,” says **Jeff DiLisi, MD, MBA**, Senior Vice President & Chief Medical Officer, Virginia Hospital Center. “Over the past five years, almost 1,000 patients at Virginia Hospital Center have received second opinions from Mayo Clinic experts through eConsults to gain greater insight into their disease and treatment. eConsults are easy and efficient, and are provided at no additional cost to our patients. We have been able to truly deliver on the mission of MCCN—to keep healthcare close to home.”

“In addition, 50-100 of our medical staff and board members have traveled to Mayo Clinic for educational opportunities. Being able to learn from Mayo Clinic—the best healthcare organization in the world—has made Virginia Hospital Center an even better health system,” adds Dr. DiLisi.

HOW CAN I ACCESS THE EXPERTISE OF MAYO CLINIC?

It’s simple—all you need is to be under the care of any physician on Virginia Hospital Center’s medical staff or a physician of the Mid-Atlantic Permanente Medical Group.



Member

Advanced, Sophisticated Colorectal Surgery

Hazem El Beblawi, 83, had never had a colonoscopy until his doctor prescribed one to help diagnosis symptoms he was having. The test showed a mass and he was referred to **Rodolfo Pigalarga, MD**, VHC Physician Group-Colorectal Surgery.

"Hazem had an obstructing, perforated cancer which required emergency surgery," says Dr. Pigalarga. "Through traditional open surgery, we performed a partial colectomy to remove the tumor and then added a colostomy. Fortunately, the cancer was early stage and had not spread. Surgery was the only treatment he required."

"Dr. Pigalarga is a wonderful doctor, always smiling," says Hazem. "Everything went well, and I was able to go on a business trip to Egypt only two months after surgery. I felt good, but with the colostomy bag, I just didn't feel normal."

Four months after surgery, Hazem came back to Virginia Hospital Center for a reverse colostomy procedure. This time, Dr. Pigalarga was able to perform minimally invasive surgery, using the *da Vinci XI*® surgical robot, the most advanced robotic surgical system available. The *da Vinci*'s instruments rotate 360 degrees, enabling the surgeon to navigate turns that human hands cannot manage.

"Reversing a colostomy is one of the hardest operations we do because of scar tissue and limited visibility of vital structures," says Dr. Pigalarga. "With complex colorectal surgery, robotic surgery techniques are clearly an advantage. For Hazem, we did not have to reopen the midline incision from the first surgery; instead, we operated through a few tiny incisions. The *da Vinci XI* provides better visualization and control, which translates into better outcomes for our patients."

"Colorectal surgery at Virginia Hospital Center is exceptional because we offer customized treatment options and the newest minimally invasive surgical interventions possible," says **Craig Rezac, MD, FACS, FASCRS**, VHC Physician Group-Colorectal Surgery and Chief of Robotic Surgery, Virginia Hospital Center. "At most hospitals colostomy reversals are performed as open surgery procedures; here at Virginia Hospital Center, with our expertise and advanced technology as an accredited Center of Excellence for Robotic Surgery, 86% of our reversals are performed robotically."

Hazem's stay in the Hospital was only three days following his colostomy reversal, thanks to the use of robotic surgery.



Rodolfo Pigalarga, MD

Open surgery would have required a significantly longer stay. Now he's back to his normal, busy life. "My experience at Virginia Hospital Center was first class," he says.



Craig Rezac, MD, FACS, FASCRS

TOP ROBOTIC SURGEONS

Craig Rezac, MD, FACS, FASCRS, has been recognized as a Master Surgeon in Robotic Surgery by Surgical Review Corporation (SRC) for upholding the highest patient safety and quality standards. This prestigious accreditation involves a rigorous process that included evaluating a year's worth of Dr. Rezac's cases, patient interviews and outcomes.

Dr. Rezac joins **Andrew Joel, MD, FACS**, and **Robert Mordkin, MD, FACS**, of VHC Physician Group-Urology and **Timothy Kim, MD**, and **Diljeet Singh, MD, DrPH**, of Mid-Atlantic Permanente Medical Group, who also have achieved accreditation as a Master Surgeon in Robotic Surgery by SRC.



For more information about our practice, visit vhcphysiciangroup.com/colorectal.

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If you are an established patient of any VHC Physician Group practice, log into your MyVHC Patient Portal account to schedule your appointment. Additional appointments may be available when you log in to MyVHC.

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Working Together, Wound Care Specialists Get Sangasson Walking Again



Rudolph Anderson, Jr., DPM, FAPWCA

“A lot of patients who come to us with wounds that won’t heal think that nothing can be done for them,” says **Rudolph Anderson, Jr., DPM, FAPWCA**, VHC Physician Group-Podiatry, and a board-certified, podiatric foot and ankle surgeon experienced in treating highly complex conditions. “It takes an expert team of specialists, working together and constantly re-evaluating the treatment to find the best solution for each patient.”

While patients often think of a non-healing wound as an issue involving skin, there can be a number of underlying issues that need to be addressed before the skin is in a condition to heal.

Sangassan Mandeville, 75, of Alexandria was diagnosed with osteomyelitis, an infection of the bone that typically requires surgery to remove areas of the bone that have died. Dr. Anderson performed surgery to remove a portion of bone and amputate Sangassan’s big toe. He was then referred to **Jennifer Primeggia, MD, FIDSA**, VHC Physician Group-Infectious Diseases, for a protocol of strong, intravenous antibiotics.

“I tend to introduce myself as the antibiotic doctor,” says Dr. Primeggia. “When dealing with complex wounds, it is essential to determine the right antibiotic, at the right dose, for the right duration. Some antibiotics work better for bone infections than others.” Because of

the depth and extent of the infection, Sangassan’s treatment lasted three months. However, the wound did not close and heal as it should, putting him at risk for recurrence.

Dr. Primeggia worked with Dr. Anderson to discover what underlying factors allowed the wound to persist, and to make sure all those conditions were addressed. In his case, they found diabetes and peripheral vascular disease were contributing factors. A previous vascular workup at another facility had shown a blockage in the artery in his foot, and he needed to be re-evaluated by an expert,” says Dr. Anderson, who sent him to **Jeremy Bock, MD, FACC**, VHC Physician Group-Cardiology, for a consultation.

“I had lost half of the blood flow from my knee down and was at risk for losing my leg,” says Sangassan.

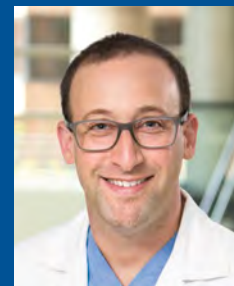
Antibiotics need to get into the blood stream to be effective. But, if there is a blocked artery in the foot, the antibiotic ends up going everywhere except where it needs to go. Restoring normal amount of blood flow to the wound is absolutely essential. When tissues don’t have enough blood and oxygen, antibiotics can’t cure the infection and they can’t grow back and heal.

“Restoring blood flow to this area of the lower leg can be challenging because the blood vessels are so small and delicate,” says Dr. Bock. “I used a different approach: I was able to clear the blockage and restore blood flow by going up from his foot instead of coming down from around the hip.”

Sangassan was now ready to begin the last phase of treatment—hyperbaric oxygen therapy (HBO).



Jennifer Primeggia, MD, FIDSA



Jeremy Bock, MD, FACC

“HBO delivers 100% oxygen under compression, which aids in healing the tissues, especially after Dr. Bock’s re-vascularization. We were able to salvage his foot and avoid having to perform a below-the-knee amputation due to poor circulation,” says Dr. Anderson.

“HBO is not easy to do because of the time commitment,” says Sangassan, whose treatment for hyperbaric oxygen therapy extended for five days a week over 12 weeks. “But the staff at the center are awesome. After my third visit, we were buddies. When I finished treatment, we all celebrated together. Virginia Hospital Center stands out for their people and their talent. How can I ever thank them all? They took such good care of me.”

“Virginia Hospital Center stands out for their people and their talent.”

— SANGASSAN MANDEVILLE, PATIENT

HYPERBARIC OXYGEN THERAPY



Highly effective in treating non-healing wounds, hyperbaric oxygen therapy is delivered in a clear compartment where patients breathe pure oxygen under pressure. While reclining in the chamber, they can watch TV, listen to music, read or nap. During treatment, patients and staff communicate via an intercom system.

The Wound Healing & Hyperbaric Center at Virginia Hospital Center has achieved the gold standard in accreditation by the Undersea & Hyperbaric Medical Society.

For more information about our practice, visit vhcphysiciangroup.com/wound-care.



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.

How to Beat the Winter Blues

Do the cold, dark days bring you down? Get tips from a social worker & counselor on how to bring more balance to your moods.

Tues, 2/11, 1:00 – 2:00 pm, 703.558.0914

Pelvic Floor Strength

Cancer & its treatment can affect your pelvic floor muscles. A physical therapist explains what you can do to improve pelvic floor function.

Fri, 2/14, 12:00 – 1:00 pm, 703.558.0909

Lymphedema Awareness & Management

Certified lymphedema specialists discuss lymphedema caused by cancer treatment, including how to recognize symptoms & simple exercises to help manage the condition.

Tues, 2/18, 5:00 – 6:30 pm, 703.558.0911

Caregiver Café

Come relax, discuss self-care & strategies for coping, hear about supportive resources, & get to know other caregivers. Light refreshments are served.

Thurs, 2/27, 10:30 am – 12:00 pm, 703.558.0920

Coping with Fear of Recurrence

Fear of cancer returning is normal, but can become overwhelming for some. A social worker & counselor provide tips & strategies for managing the fear of cancer recurrence.

Mon, 3/9, 3:00 – 4:30 pm, 703.558.0915

15 Minute Meals

Participate in a cooking class & learn how to put a healthy meal on the table in 15 minutes or less.

Wed, 3/18, 4:30 – 6:00 pm, 703.558.0919

Stress Reduction

Renew your mind, body & spirit with our stress reduction class. Learn tools to manage your stress throughout the day.

Fri, 3/20, 1:30 – 2:30 pm, 703.558.0913

Chair Yoga for Cancer Patients/Survivors

For those with limited mobility, chronic pain, neuropathy, or other side effects of cancer &/or treatment.

Tuesdays, 3/31, 4/14, 4/28, 4:00 – 5:00 pm, 703.558.0918

Managing Diabetes & Cancer Treatment

Learn about the link between diabetes & cancer & how to manage both at the same time.

Wed, 4/1, 4:00 – 5:00 pm, 703.558.0917

Kindness Rocks

Be a rock for other cancer patients by painting stones with messages of hope & inspiration.

Wed, 4/22, 3:00 – 4:30 pm, 703.558.0912

Save the Date: 24th Annual Survivors Day

Celebrate life with other survivors, family members, physicians, nurses & staff. Entertainment, door prizes, food & fun.

Sat, 5/30, 10:30 am – 12:30 pm, 703.558.0916

NRECA Building, 4301 Wilson Blvd.

Arlington, VA 22203



TEA FOR COMFORT

Learn how to make herbal teas that bring comfort & help relieve symptoms during the cold & flu season.

Thurs, 2/20, 3:00 – 4:00 pm, 703.558.0910

SUPPORT GROUPS

To register, call 703.558.5555.

Breast Cancer

3rd Tuesday, 5:00 – 6:30 pm

Breast Cancer Patients with Children

2nd Friday, 1:00 – 2:30 pm

C.H.A.N.C.E. Head & Neck Cancer

4th Wednesday, 6:00 – 7:30 pm

Gynecologic Cancers NEW!

3rd Friday, 3:00 – 4:30 pm

Knitting with Friends

For patients & caregivers.

**3rd Tuesday, 3:30 – 5:00 pm
Main Lobby (Zone A)**

Opening Windows NEW!

For individuals with recurrent or metastatic cancer.

1st Thursday, 2:00 – 3:30 pm

Prostate Cancer

4th Tuesday, 7:00 – 8:30 pm

Reiki

Free half-hour session for cancer patients at Capital Caring.

3rd Wednesday, 7:00 – 9:00 pm

By appointment only. 703.558.5555

Write Away Group

Patients share writings about their cancer journey.

Call 703.558.5555 for information or to register.

Pelvic Floor Issues: What New Moms Should Know

Women don't want to talk about pelvic issues that can occur after childbirth. But, there is no need to suffer in silence because they are treatable. **Susanne Prather, MD, FACOG**, a board-certified OB/GYN, and physical therapists **Julie Janes, PT, DPT, PRPC**, and **Courtney Foley, PT, DPT, PRPC**, address what can happen to your body after birth and how pelvic floor physical therapy can help.

Q: What causes pelvic floor issues?

A: In pregnancy, the weight of the baby is sitting on the pelvic muscles. During delivery those muscles have to stretch up to three times their normal size. That kind of stress can result in pelvic muscles tearing from extensive pushing during delivery and other problems following birth.

Q: Do women who have a Cesarean delivery also experience pelvic floor issues?

A: Yes. Again, the muscles have been stressed during pregnancy. And, often a woman has been pushing for some time before the decision is made for Cesarean birth. "Pelvic floor physical therapy can be helpful for women whether they deliver vaginally or via Cesarean. It also is beneficial prenatally. Having therapy before delivery can help facilitate preparation for childbirth," says Dr. Prather.

Q: What kinds of pelvic floor issues can result from childbirth?

A: New mothers may experience urinary or fecal incontinence, pelvic organ prolapse, separation of the abdominal muscles (diastasis recti), painful intercourse or generalized pelvic pain. Any of these conditions can happen at any point in a woman's life after having a baby. "These issues are common, but are not normal. In many cases, without intervention they won't get better on their own," says Janes.



Q: What is pelvic floor physical therapy?

A: The main premise of physical therapy, no matter what part of the body, is to restore optimal functioning and mobility. "We address the pelvic musculature and also the hip, core, and the spine," says Janes. "Sometimes women will say 'I already do kegels,' but there's more to it than that. A lot of the therapy we do is aimed at improving posture and the timing and coordination of the pelvic floor muscles."

"These are the kinds of exercises you need to incorporate into your daily life and can easily do while caring for your baby," adds Foley.

Pelvic floor physical therapy has a high success rate in treating pelvic floor issues without having to do have other interventions, such as surgery. "Many of my patients are reluctant to do it initially because they are so busy with the new baby. But once they do, they are grateful. Pelvic floor physical therapy can be incredibly helpful and life-changing for women," says Dr. Prather.

If you're having any of these issues, talk to your doctor and ask if you would benefit from pelvic floor physical therapy.

A Step-by-Step Guide to Having Your Baby at VHC

Expectant moms and their partners have a lot to think about on birth day. We've made things a bit easier by creating a short video that shows all the steps you'll go through—where to go when you arrive at the Hospital, where to park, how to check-in, where to go when you get to the Labor & Delivery Unit, and more. See the video at virginiahospitalcenter.com/ob.



CHILDBIRTH EDUCATION CLASSES

Registration

Register early. Plan to take childbirth classes in your 7th month. For class times & locations & to register, visit virginiahospitalcenter.com/childbirth.

Expectant Parent Tour

You're invited to take a FREE tour of our Labor, Delivery & Recovery, Nursery & a private postpartum room. Adults only (no children please). [Registration required.](#)

2-Week Preparation for Childbirth

Expectant parents learn about pregnancy through the postpartum period, including breathing & relaxation techniques, Cesarean deliveries, medications & signs of labor. [\\$185/couple](#)

Childbirth Express

A condensed "Preparation for Childbirth" course. Please register for tour separately. Taught in one 6-hour session or two 3-hour sessions. [\\$185/couple](#)

Unmedicated Childbirth

For moms desiring a more natural delivery, including positioning, relaxation & other comfort techniques, as well as the role of the coach. [\\$180/couple](#)

Childbirth: Short, Sweet & to the Point

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. [\\$115/couple](#)



Advanced Relaxation & Comfort During Labor

A great refresher that focuses on comfort techniques, positioning, breathing & relaxation. Does not address medications or Cesarean deliveries. [\\$70/couple](#)

Breastfeeding Basics

Get breastfeeding off to a good start, including making milk, positioning, latching & feeding. [\\$70/couple](#)

Breastfeeding the 2nd Time Around

Brush up on your skills & make the 2nd time around even better. [\\$45/couple](#)

Infant Care Skills

Caring for your newborn during the first two weeks, including infant safety, sleep, diapering & bathing. [\\$80/couple](#)

Siblings

Siblings 2 1/2 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. [\\$40/person](#)

QUESTIONS? If you have questions about class availability, tours or what to expect when giving birth at Virginia Hospital Center, call 703.558.2468.

BABY'S FIRST YEAR

The Art of Pumping

Learn more 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 age 5 to 8 months. Learn when to start, what to offer & how much to offer. [\\$45/couple](#)

SUPPORT GROUPS

(Sessions do not meet on holidays)

- Breastfeeding: Wednesday 12:00 pm & Thursday 10:30 am
- Breastfeeding for the Working Mom: 1st & 3rd Sunday of every month, 7:00 pm
- Postpartum: 2nd & 4th Thursday of every month, 12:30 pm



FITNESS & Healthy Lifestyle

HOW TO REGISTER FOR A CLASS

- ◆ Visit virginiahospitalcenter.com/healthy or call the Health Promotion Department at 703.558.6740.
- ◆ For classes already underway—join at a prorated fee or check website for drop-in options.
- ◆ All sessions are 7 weeks unless otherwise noted.

CLASS LOCATIONS

The majority of classes are held at the following locations. Free parking is provided at all locations.

- (H) Virginia Hospital Center
1701 N. George Mason Dr.
Arlington, VA 22205
- (AF) Arlington Forest United Methodist Church
4701 Arlington Blvd.
Arlington, VA 22203
- (FL) Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201

Body Sculpting

Tone your upper, lower body & abs using a variety of fitness tools. All levels. \$54
 Mon, 6:00 – 6:45 pm begins 1/6 & 3/9 (H)
 Tues, 6:30 – 7:15 pm begins 1/7 & 3/10 (H)
 Wed, 6:00 – 6:45 pm begins 1/8 & 3/11 (H)
 Sat, 9:00 – 9:45 am begins 1/11 & 3/14 (FL)

Cardio Strength Circuit

Intermediate level class featuring faster-paced cardio & strength exercises. \$54
 Tues, 4:30 – 5:15 pm begins 1/7 & 3/10 (H)
 Sat, 8:10 – 8:55 am begins 1/11 & 3/14 (FL)

Core Challenge

Strengthen your abs & back. \$54
 Tues, 5:30 – 6:15 pm begins 1/7 & 3/10 (H)
 Thurs, 5:30 – 6:15 pm begins 1/9 & 3/12 (H)
 Sun, 10:30 – 11:30 am begins 1/12 & 3/15 (H)

Exercise 101

For those beginning an exercise program, or preparing for /recovering from bariatric surgery. \$64
 Sat, 9:00 – 10:00 am begins 1/11 & 3/14 (H)

Fitness Fusion

Combine cardio, strength & stretching. \$54
 Tues, 3:30 – 4:15 pm begins 1/7 & 3/10 (H)
 Thurs, 6:30 – 7:15 pm begins 1/9 & 3/12 (H)

Cardio Kickboxing

Combine boxing & interval training. \$54
 Mon, 5:30 – 6:15 pm begins 1/6 & 3/9 (FL)

Zumba Gold

Low-impact dance class for all ages & abilities. \$64
 Fri, 1:30 – 2:30 pm begins 1/10 & 3/13 (FL)

Gentle Yoga

Reduce stress as you increase strength & flexibility. \$110
 Mon, 1:15 – 2:45 pm begins 1/6 & 3/9 (H)
 Tues, 9:30 – 11:00 am begins 1/7 & 3/10 (AF)
 Wed, 7:00 – 8:30 pm begins 1/8 & 3/11 (H)
 Thurs, 9:30 – 11:00 am begins 1/9 & 3/12 (AF)
 Sun, 4:15 – 5:45 pm begins 1/12 & 3/15 (H)

Hatha Yoga

Classic yoga style combines postures & breathing techniques to improve the mind/body connection. \$85
 Mon, 4:00 – 5:00 pm begins 1/6 & 3/9 (H)
 Tues, 12:00 – 1:00 pm begins 1/7 & 3/10 (H)
 Thurs, 4:00 – 5:00 pm begins 1/9 & 3/12 (H)

Adaptive/Seated Yoga

For those with limited mobility, chronic pain or neuropathy. All ages/levels welcome. \$85
 Tues, 11:15 am – 12:15 pm begins 1/7 & 3/10 (AF)
 Sun, 3:05 – 4:05 pm begins 1/12 & 3/15 (H)

Yin Yoga

Strengthen connective tissue for bone health, increased mobility & self-calming. \$85
 Sat, 10:05 – 11:05 am begins 1/11 & 3/14 (H)
 Sun, 6:00 – 7:00 pm begins 1/12 & 3/15 (H)

Pi-Yo

Tone & energize with this blend of Pilates strengthening & Yoga movement. \$85
 Thurs, 7:30 – 8:30 pm begins 1/9 & 3/12 (H)
 Sun, 11:30 am – 12:30 pm begins 1/12 & 3/15 (H)

CLASSES & PROGRAMS IN MORE LOCATIONS

Now it's easier than ever to find the classes you want close to home. Our popular Fitness & Healthy Lifestyle and Senior Health programs are now offered in eight locations all around the community. Check out the classes, check out the locations, then check into your new favorite class.





Pilates

Strengthen your core muscles in this mat-based class. \$85
 Mon, 6:15 – 7:15 pm begins 1/6 & 3/9 (FL)

Gentle Pilates

A mat-based class with modifications to suit all abilities. \$96
 Tues, 7:30 – 8:30 pm begins 1/7 & 3/10 (H)
 Sat, 11:15 am – 12:15 pm begins 1/11 & 3/14 (H)

Feldenkrais: Awareness Through Movement

Learn how directing attention to gentle movement can enhance functioning & provide better balance. \$88
 Tues, 12:15 – 1:15 pm begins 1/7 & 3/10 (FL)

Tai Chi 1

Class follows the 37-posture Yang short form. *10 weeks. \$112
 Thurs, 5:30 – 6:30 pm begins 1/9 (FL)
 Fri, 3:15 – 4:15 pm begins 1/10 (H)

Tai Chi 2

Thurs, 6:40 – 7:40 pm begins 1/9 (FL)
 Fri, 4:20 – 5:20 pm begins 1/10 (H)

ONE-ON-ONE ASSESSMENTS

To make an appointment, call 703.558.6740. Screenings are held at the Health Promotion Office, VHC Shirlington Campus, 2800 S. Shirlington Rd., 6th Floor, Arlington, VA 22206.

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.

Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54
 Thurs, 12:30 – 1:15 pm begins 1/9 & 3/12 (FL)
 Fri, 12:30 – 1:15 pm begins 1/10 & 3/13 (FL)
 Sat, 10:00 – 10:45 am begins 1/11 & 3/14 (FL)

Strength & Stretch for Seniors

Improve range of motion, muscle strength & bone health. \$54
 Mon, 1:00 – 1:45 pm begins 1/6 & 3/9 (H)
 Mon, 2:00 – 2:45 pm begins 1/6 & 3/9 (H)
 Tues, 1:30 – 2:15 pm begins 1/7 & 3/10 (FL)
 Thurs, 1:30 – 2:15 pm begins 1/9 & 3/12 (FL)

Seniorcise

Class includes light cardio and exercises to maintain and regain strength and balance. 10-week sessions.
 Mon/Tues/Thurs/Fri, 9:00 – 10:00 am. Begins 1/6. (FL) \$47/1 day per week or \$170/4 days per week
 Mon/Wed/Fri, 9:00 – 10:00 am. Begins 1/6. McLean Baptist Church. \$140

SENIOR HEALTH PROGRAMS & SERVICES

For information about the following senior health programs or services, call the Senior Health Department at 703.558.6859.

Walk-Fit

A free walking program featuring stretching & blood pressure checks.
 Tues & Thurs, 8:30 – 9:30 am
 Fashion Centre at Pentagon City Mall

Alzheimer's & Dementia Caregiver Support Group

3rd Wed of every month from 10:30 – 11:30 am
 First Presbyterian Church of Arlington

Philips Lifeline Emergency Response

A 24-hour medical alert system personally overseen by Senior Health Department staff.

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 (mailed results)

Hemoglobin* \$15

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

Vitamin D* \$50 (mailed results)

*All blood tests are fingerstick.

FOR NEW PARENTS

Prenatal Yoga

Stretch muscle groups essential for efficient labor & delivery. Physician approval required. \$96
 Mon, 7:00 – 8:15 pm begins 1/6 & 3/9 (H)
 Wed, 7:00 – 8:15 pm begins 1/8 & 3/11 (H)



Postpartum Yoga

Rebuild strength as you bond with baby (age 6 weeks to almost crawling). \$96
 Tues, 10:40 am – 11:40 am begins 1/7 & 3/10 (H)

Baby Yoga

Learn techniques to soothe & support your baby (age 6 weeks to almost crawling). \$96
 Fri, 10:40 – 11:40 am begins 1/10 & 3/13 (H)

HEALTHY AGING LECTURE SERIES

FREE

Fridays from 11:00 am to 12:00 pm. Registration requested at 703.558.6859.

Arlington Central Library
 1015 N. Quincy St., Auditorium
 Arlington, VA 22201

FEBRUARY 28

YOU'RE NOT ALONE: RECOGNIZING AND RESPONDING TO DEPRESSION

Lighthouse Healthcare and Allegra Joffe with 50+ Community Ambassadors

MARCH 27

COOKING FOR 1 OR 2

Kristen McGill, RD, CSOWM, in-store nutritionist for Giant Food

APRIL 24

MODERN ADVANCES IN SPINE CARE

Eric J. Feuchtbaum, MD, orthopedic surgeon, OrthoBethesda



James B. Cole | President & CEO

Russell E. McWey, MD | Chairman, Board of Directors

David D. Lee, MD | President, Medical Staff

Virginia Hospital Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1.703.558.5577 (TTY: 1.703.558.5551).

The information offered in this magazine is general in nature. Your personal healthcare provider is your best source of medical advice. To be added or removed from the mailing list, call 703.558.6595.

virginiahospitalcenter.com

YOU CAN'T BEAT A HEALTHY HEART: KNOW YOUR NUMBERS

A FREE EVENT SATURDAY, FEBRUARY 22

9:00 – 9:30 am | Check In & Refreshments
9:30 – 11:30 am | Screenings, Results Discussions, Information Tables

Know where you stand when it comes to your heart. Join us for an interactive heart health event filled with great information.

- ▶ **START** by getting screened for four important heart numbers—blood pressure, cholesterol, body fat and glucose.
- ▶ **TALK** to a health professional from the VHC Physician Group about what your results mean and how to bring your numbers into a healthy range.
- ▶ **VISIT** information tables and learn about:
 - Healthy Cooking
 - Mended Hearts
 - Stress Booth
 - Peer-to-Peer Support
 - Smoking Cessation
 - Our New Immediate
 - Cardiac Rehab Exercise
 - Care VHC Physician
 - Hands2Hearts
 - Group Practice in
 - (hands-only CPR)
 - Crystal City



Get the Knowledge You Need to be Heart Healthy!

REGISTRATION IS REQUIRED | Visit virginiahospitalcenter.com and click on *Classes & Events*.

Questions? | Call 703.558.6700 or email confctr@virginiahospitalcenter.com

Virginia Hospital Center Atrium | 1701 N. George Mason Drive | Arlington, VA 22205 | Free parking in Zone B Garage