

**FIGHTING
COVID-19**

VIRGINIA  HOSPITAL
CENTER



VIRGINIA HOSPITAL CENTER & OUR COMMUNITY
STAND TOGETHER



WE ARE HERE FOR YOU. YOU WERE HERE FOR US!

IN THIS **Together**

“We continue to be humbled by the generosity of our community,” says **James B. Cole**, President & Chief Executive Officer.

During a time when the entire staff was spending long hours at the Hospital, daily food donations helped keep morale high. In all, we received 10,000 meals and snacks—from dinners, pizza, sandwiches and salads to cookies, cupcakes, smoothies and more. Our community also donated thousands of pieces of essential personal protective equipment (PPE). At no time was the Hospital in a position where we did not have adequate PPE or ventilators for our staff or patients.

Our special COVID-19 Fund has raised \$800,000 to date to help offset the many unbudgeted expenses related to the crisis response, from testing and supplies to staff overtime.

Signs created by residents, children and organizations popped up regularly on neighborhood lawns and on the VHC campus. The creativity, words of inspiration and the smiling faces brightened our days. Your support showed us that there’s a world of people out there who are thankful for their healthcare. That kept us going.



LEADING-EDGE **Research**

From the early stage of the COVID-19 pandemic, Virginia Hospital Center was at the forefront of bringing the latest tests, treatments and medications to our patients. “We had not seen a pandemic like COVID-19 on such a large scale with a high mortality rate before,” says **Rohit Modak, MD, FIDSA**, VHC Physician Group-Infectious Diseases. “At the time, we were challenged with how to treat it, what would make our patients better and what would not. The best way to approach treating a new virus is to use science to guide us.”

“Investigating all potential treatments is a top priority at VHC,” says **Jeffrey DiLisi, MD, MBA**, Senior Vice President & Chief Medical Officer. “We are studying innovative treatment options and are optimistic that the data collected will help to positively shape the outcomes for patients.”

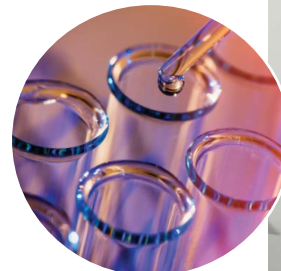
VHC was selected to be one of 150 hospitals worldwide participating in a clinical trial to study the safety and effectiveness of the drug remdesivir in treating COVID-19 patients. “We found that remdesivir helped some patients, but not others,” says Dr. Modak. Study results found that hospital stays were reduced from 15 to 11 days, which led the FDA to approve remdesivir for emergency use.

“Remdesivir is not a game-changer, but it’s something we can offer our patients that may help,” says Dr. Modak. “We want to contribute to science and help our patients in a way that will move our progress forward.”

The Hospital also participated in a Mayo Clinic study involving more than 2,500 institutions worldwide to evaluate convalescent blood plasma as a treatment. Plasma from individuals who have recovered from COVID-19 is transfused into patients with the virus. The antibodies contained in the plasma may help patients recover more rapidly. Published results from Mayo Clinic showed that convalescent plasma is safe to use, but they are not commenting yet on its effectiveness.

VHC was among the first hospitals in the nation and the only one in the Washington, DC metro area to receive the new Abbott ID NOW COVID-19 test in early April. “We immediately began using this rapid-result test for every patient who was admitted to the Hospital,” says Dr. DiLisi. “Even though elective surgeries were cancelled at this time, we were still treating a lot of patients with life-threatening, non-COVID conditions. The ability to test these patients on the day of their admission—and get results within minutes—helped protect the safety of our patients and staff.”

“It is somewhat unusual for a community hospital to be at the leading edge of innovative treatment and procedures. With VHC you get the best of both worlds—a true feeling of community, coupled with the high level of medicine practiced in large academic institutions,” says Dr. Modak.



HOW MUCH PPE DOES IT TAKE TO FIGHT A PANDEMIC?

In a three-month period, the Hospital used:



2,033,750
Pairs of Gloves

155,000

Isolation
Gowns



17,700
N95 Masks

254,000

Loop Masks



3,654
Disposable
Stethoscopes

3,300

Face Shields

Our Nurses RISE TO THE CHALLENGE

“When the pandemic began, Virginia Hospital Center made a commitment to try not to furlough any staff,” says **Melody Dickerson, MSN, RN, CPHQ**, Senior Vice President & Chief Nursing Officer. Yet, when the mandate went out to halt elective procedures and surgeries, some departments were temporarily closed, leaving those nurses without their normal duties. That’s when the nursing leadership team stepped in and structured ways to place these nurses in essential patient care assignments.

“I’m very proud of the way everyone came together to help each other and do whatever was needed to maintain safe care,” says Dickerson. “For example, conserving Personal Protective Equipment (PPE) was critical. When a nurse caring for a COVID-19 patient needs more supplies, she is required to remove and dispose of her PPE, then re-suit with fresh PPE when she returns with the supplies. Many of our nurses served as runners to bring supplies where they were needed, allowing us to preserve precious PPE.”

NICU nurses created care packages for nurses who were caring for our COVID-19 patients on dedicated units. Wound care nurses did research to find medicated wipes that create a barrier on the skin to prevent damage from the N95 face masks. “We support one another,” says Dickerson.

Another group that pivoted into new roles during the pandemic was VHC’s outpatient physical therapists. For patients with COVID-19, lying in a prone position can improve lung function, reducing the need to be placed on a ventilator. Our physical therapists created proning teams to get patients into the correct position and readjust them periodically to ensure that the patient’s skin was not at risk from being in the same position too long.

With new protocols and procedures constantly being implemented, communications became even more key. Dickerson, along with **Rohit Modak, MD, FIDSA**, Chair, Infectious Diseases, held daily conference calls with nurses to share the latest Hospital data and help them stay engaged. Nursing leaders and Infection Control & Prevention staff also did rounds on units to explain not only what was being done, but why it was being done. “Nurses wanted to understand where our evidence was coming from and why we were taking the approach we did,” says Dickerson. “The good news is, should we have another surge, our staff is already trained.”

Nurses have a support line they can call if they’re struggling with the stresses the pandemic has brought. “It’s not only okay to talk about it, it’s needed. There is no stigma in asking for help,” says Dickerson.



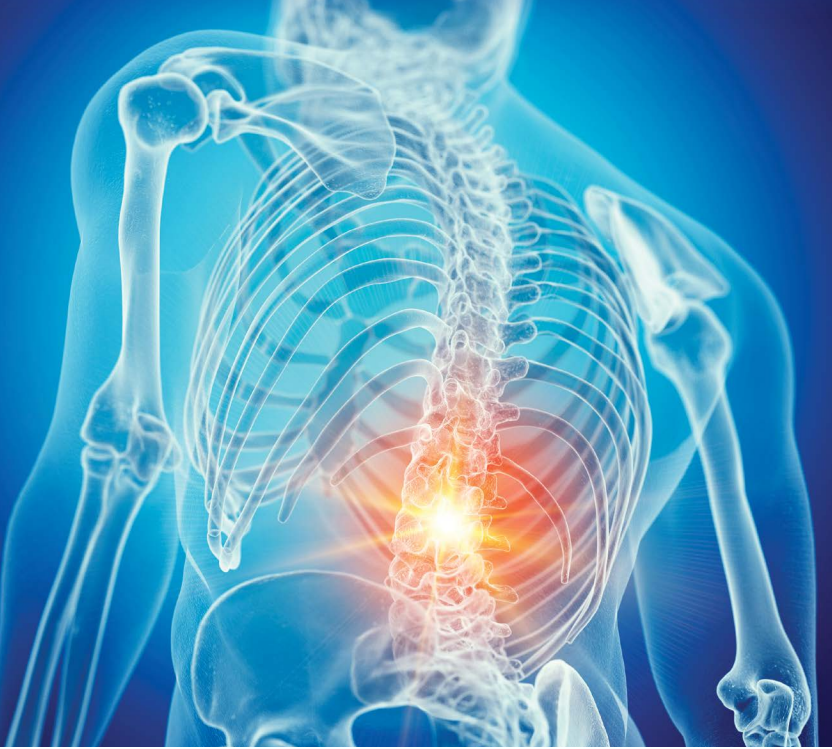
Partners WE CAN COUNT ON

The Arlington County Fire Department, Police Department, Public Health Department and County Board all played critical roles, joining us on the front lines to fight COVID-19. Together, we were the first in Northern Virginia to open a drive-through COVID-19 Sample Collection site. “We appreciate VHC’s partnership with us to set up our first testing site at the beginning of the pandemic,” says Arlington County Board Chair **Libby Garvey**. Earlier this summer, our partnership grew to include the Arlington Free Clinic as we opened up a walk-up COVID-19 Sample Collection site.

In April we were treated to a great cheer by the Arlington County Fire and Police Departments as fire trucks, motorcycle police, and other emergency vehicles and personnel came to the VHC campus to show their support. And, on May 3, a flyover by the U.S. Navy Blue Angels further encouraged our healthcare teams to “keep looking up!”



DOES YOUR



BACK HURT?

BUILDING STRENGTH WITH PHYSICAL THERAPY



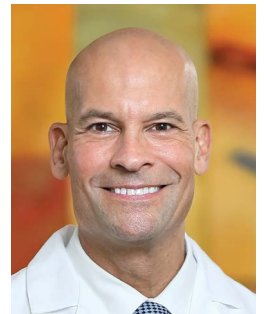
Dana Edwards, PT

While back pain can hit at any age, it often happens with aging. Bad posture and poor body mechanics are some of the main causes of back pain. Physical therapists can help patients change their habits, teaching them how to sit, move, stand and sleep in proper positions.

“Sometimes patients have no idea how they became injured,” says **Dana Edwards, PT**, Senior Therapist at Virginia Hospital Center and a specialist in treating patients with back pain. “We take their history and find out what their day-to-day activities are. We evaluate posture (standing, sitting, lying down), range of motion, limb and core strength, and walking patterns, and manually assess soft tissue and joints. Then, we tailor the treatment to address any problems we find. “The majority of patients I see for back pain—about 95%—don’t need surgery,” says Edwards.

In cases that do require surgery, physical therapy is vital for a successful recovery. “If you don’t have PT after your surgery, you will probably go back to the poor habits that got you to that point,” says Edwards. “Our job is to teach you the safest way to recover from your surgery and move forward with your life.”

RELIEVING PAIN THROUGH A UNIQUE APPROACH



Brian Subach, MD, FACS

“The majority of people with degenerative disk disease opt for surgery because back pain is affecting every aspect of their lives 24/7,” says orthopedic and neurosurgeon **Brian Subach, MD, FACS**, who specializes in using the Mazor X™ surgical robotic guidance system for degenerative disc disease surgery. “It allows us to know exactly where to place our instruments during surgery, resulting in increased accuracy and safety and reduced operating time,” he says.

Dr. Subach utilizes a unique, two-day approach to perform anterior lumbar fusion to relieve pain caused by nerve problems and vertebrae movement. The first day, the fusion device is inserted into the spine through the abdomen, but is not anchored with screws. The fusion device elevates disc height and opens up nerve openings going down the leg. “Because the procedure is minimally invasive, most people are able to stand and walk shortly after surgery,” says Dr. Subach. “If the leg pain is gone, all we need to do the next day is place the screws through a small incision in the back. However, if pain is still present, then we will remove bone or arthritis that is compressing the nerve. Doing the procedure in two steps leads to better outcomes for our patients.”

VIRGINIA HOSPITAL CENTER CAN HELP. FROM PHYSICAL THERAPY AND NEW, NON-INVASIVE TREATMENTS TO MINIMALLY INVASIVE PROCEDURES AND THE MOST COMPLEX SPINE SURGERY, OUR EXPERTS WILL GET YOU BACK ON THE MOVE.

IMPROVING FUNCTION

Mehul Desai, MD, MPH, is board certified in Pain Medicine and Physical Medicine & Rehabilitation. In short, he is a physician of function. “I focus on spine- and pain-related issues,” says Dr. Desai. “The combination of working closely with patients on issues that are so fundamental to their everyday lives and being able to help them drew me to the field of pain medicine.”



Mehul Desai, MD, MPH

“We are experts in diagnosing and managing back pain, and are uniquely qualified to identify patients for the right treatment at the right time,” says Dr. Desai. “We work closely with other specialists to develop a comprehensive plan and coordinate treatment that may include physical therapy, exercise, medications, non-invasive interventions, nutrition counseling, psychological evaluation, and/or surgery.”

Spinal cord stimulation is an area where Dr. Desai has seen a lot of innovation in the last few years with the advent of smaller, more technologically advanced devices to treat a broader range of spinal conditions. “This minimally invasive treatment involves placing a small wire into the spine that sends a mild electrical current to the nerves. The electrical stimulation disrupts pain messages from traveling to the brain, reducing pain and discomfort,” he explains.

REPAIRING TRAUMATIC INJURIES

When a traumatic injury to the spine needs surgery, the surgeon's primary focus is often to stabilize a fracture by inserting rods and screws into the back, which act as an internal cast. **Nikhil Nayak, MD**, neurosurgeon, saw the entire spectrum of spinal trauma during his training at the University of Pennsylvania.

"Today, newer technology, such as the Mazor X™ surgical robotic system, can be highly effective for minimally invasive approaches to trauma cases. A CT scan allows us to plan placement of all the hardware in advance of the surgery. In the operating room, sophisticated image guidance tells me precisely where I am in the patient's body," he says. "It's like having a third hand that never fatigues."

"I recently performed surgery on a young man involved in a car accident that resulted in a terrible fracture of his thoracic vertebrae," says Dr. Nayak. "The fracture was quite unstable, and whenever he moved, he experienced debilitating pain. Left untreated, it would have had long-term consequences, including likely spinal cord injury. We were able to stabilize the spine through minimally invasive robotic surgery, protect his spinal cord, and allow him to start rehabilitation."

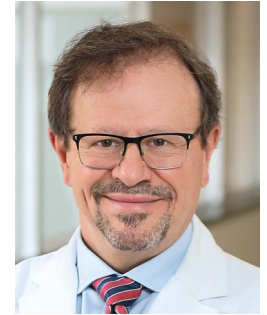


Nikhil Nayak, MD

CHANGING LIVES WITH COMPLEX BACK SURGERY

Advanced cases of significant spine deformity, either from adult scoliosis or a consequence of previous operations, often require advanced, complex surgical solutions. One procedure being performed at Virginia Hospital Center is pedicle subtraction osteotomy—literally breaking the back to realign the spine to its normal proper balance, with the head and shoulders aligned above the pelvis. "Data shows that while such operations are very high risk, they can also yield the greatest benefit in terms of improved quality of life and daily functioning," says **Thomas Krisztinicz, MD**, former Chief, Spine Surgery and Physical Medicine & Rehabilitation, Mid-Atlantic Permanente Medical Group, Kaiser Permanente.

Recently, Dr. Krisztinicz performed a pedicle subtraction osteotomy on a patient with multiple sclerosis whose spine had become crooked and out of balance, and was confined to a wheelchair. "Using the O-Arm surgical imaging system and real-time, computer-based navigation during the operation, we were able to realign her spine," says Dr. Krisztinicz. "Four months after surgery, she walked down the aisle at her daughter's wedding. At Virginia Hospital Center, advanced technology and our highly skilled spine surgery operating team enable us to do these complex, life-changing procedures faster and safer. We're here to make lives better," says Dr. Krisztinicz.



Thomas Krisztinicz, MD

CORRECTING FAILED BACK SURGERY

For patients who previously had back surgery and find that their pain has returned or become worse, the thought of more surgery is daunting. "My goal is to make spine surgery easy for patients. I give them a realistic idea of what can be done to fix what was not done well," says orthopedic surgeon **Joseph R. O'Brien, MD**, an expert in revision of failed spine surgery.

"Minimally invasive, robotic spine surgery can repair the spine with less pain, reduced use of narcotic medication and faster recovery. With our new narcotic reduction protocol and use of multi-modal pain management, we have had some patients who did not use any narcotics during their hospital stay—a major improvement from 10 years ago."

"Virginia Hospital Center is on the leading edge of technology with the recent addition of the Mazor X™ robotic guidance system, which enhances the safety and precision of spine surgery," says Dr. O'Brien. "In minimally invasive surgery, the muscles are not detached from the spine, preserving athleticism and promoting recovery," says Dr. O'Brien who performs 95% of surgery using minimally invasive techniques. "Afterwards, patients tell me how different minimally invasive surgery is from their previous experience with open surgery," says Dr. O'Brien.



Joseph R. O'Brien, MD

MOTION-SPARING SURGERY

Cervical myelopathy is a degenerative condition caused by compression of the spinal cord that can lead to severe disability. It may begin with weakness in the extremities, and can progress to difficulty walking, incontinence, radiating pain, and wheelchair dependence within months.

"While cervical fusion is a well-known treatment for cervical myelopathy, it can result in a stiff neck, where patients can lose motion, affecting their ability to drive, work and perform everyday activities," says orthopedic surgeon **Elliott J. Kim, MD**. As an alternative, Dr. Kim performs cervical laminoplasty—motion-sparing surgery—that relieves compression on the spinal cord and neck without having to fuse the vertebrae. "It results in a shorter hospital stay and faster recovery than fusion surgery," says Dr. Kim. "Patients can start moving their neck right away and begin physical therapy."

Dr. Kim believes in tailoring treatment to each patient. "Sometimes no surgery at all is needed," he says. "A skilled spine surgeon knows when, and when not, to do surgery. It's my job to help patients better understand their disease and help them come to a decision about their best course of action."



Elliott J. Kim, MD



TO MEET OUR EXPERTS VIA VIDEO, VISIT [VIRGINIAHOSPITALCENTER.COM/SPINE](https://www.virginiahospitalcenter.com/spine).

New State-of-the-Art Nursing Unit Opens

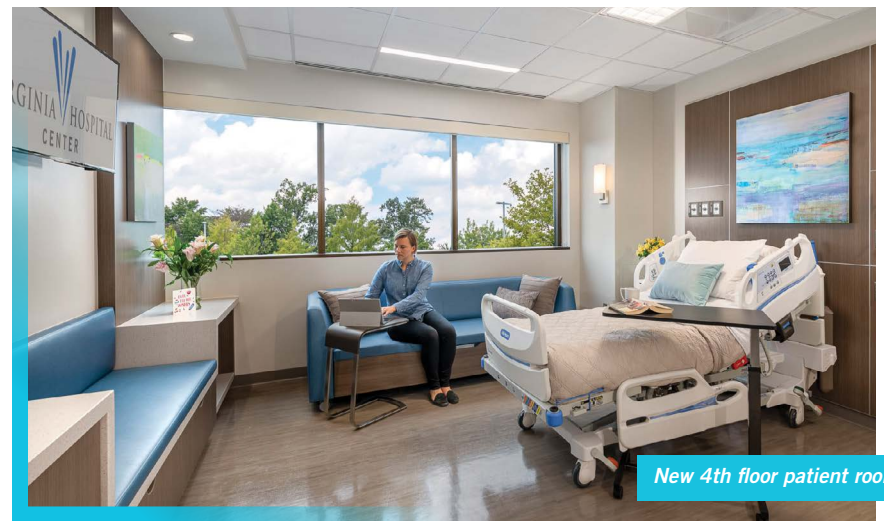
Our new 4th floor patient unit and nurses' station opened in August, adding 21 more private rooms that are 30% larger. The interior design of the new unit continues the clean, modern aesthetic of the VHC campus, creating a comforting space for patients and families.

Each private patient room is complete with a spacious bathroom/shower room, individual digital temperature control, large televisions, family sleeper sofa, patient recliner chair and built-in bench. What's more, each patient room has the ability to convert to negative pressure—an important feature when treating patients with highly contagious conditions, such as COVID-19. Negative pressure traps and keeps potentially harmful air particles within the room by preventing internal air from leaving the space.

The open and accessible unit floor plan also includes a high-visibility nurses' station, as well as private patient and family consultation rooms and a comfortable 4th floor lobby. Every aspect of the new unit was carefully designed with the needs of both patients and caregivers in mind—and to create a nurturing environment that is conducive to healing.



New 4th floor nurses' station



New 4th floor patient room

David D. Lee, MD, President, VHC Medical Staff (left), and Russell E. McWey, MD, Chairman, VHC Board of Directors, tour the new 4A unit.

US News Rates VHC #3 in Metro Area

Virginia Hospital Center has been ranked #3 in the Washington, DC metro area and #8 in Virginia in the 2020-2021 *US News & World Report* Best Hospitals guide, which evaluated more than 4,500 medical centers in 16 medical specialties, 9 adult procedures or conditions and 10 pediatric specialties. Our ranking in the 2020-2021 guide is not only a notable achievement for this year, but also represents a steady rise in position over the past few years.

"This year's *US News* ranking once again confirms Virginia Hospital Center as a leader in our city, our region and our state in providing excellent healthcare for our community," said **Russell McWey, MD**,

Chairman, Virginia Hospital Center Board of Directors. "This recognition is the result of hard work and dedication to the principle of putting patients first, shared by our physicians, nurses and staff."

This year, the *US News & World Report* Best Hospitals guide recognized VHC with high performance ratings in seven adult procedures or conditions:

- Colon Cancer Surgery
- Heart Failure
- Aortic Valve Surgery
- Heart Bypass Surgery
- Hip Replacement Surgery
- Knee Replacement Surgery
- Chronic Obstructive Pulmonary Disease (COPD)

Quality care and patient safety are at the forefront of everyone's mind during the COVID-19 pandemic. The annual, national hospital guide is a tool that can help patients find sources of especially skilled inpatient care. According to *US News*, "our strict eligibility criteria ensure we're only evaluating hospitals that regularly treat complex cases and therefore have the experience to provide high-quality care."

In addition to our Best Hospitals recognition, Virginia Hospital Center is the only Northern Virginia hospital to be named to *Newsweek's* 2020 list of "Best Maternity Care Hospitals" (see page 12).

VHC Physician Group-OB/GYN is Growing

VHC Physician Group-OB/GYN has increased in number of caregivers and opened a new location to better serve the growing need for women's health services in our community. Now, in addition to our practice office in Old Town Alexandria, we have a new, large, fully staffed office on the Virginia Hospital Center campus.

Our staff has expanded from 3 to 12 highly experienced healthcare providers (pictured right).

Our all-female care team is comprised of board-certified physicians, nurse practitioners, triage nurses and certified nurse midwives. We provide healthcare services for all stages of a woman's life, from adolescence through menopause, and are committed to creating trusted relationships with our patients. Our practice offers a comfortable, safe environment for all women, including those in the LGBTQ community.

OUR SERVICES INCLUDE, BUT ARE NOT LIMITED TO:

- Care for patients 14 years and older
- Adolescent care for menstrual problems and birth control
- Routine well-woman care, including family planning, STD screening and preconception counseling
- Obstetric care, including management of high-risk pregnancies in collaboration with VHC Physician Group-Maternal Fetal Medicine
- Assessment of complex GYN conditions, including fibroids, endometriosis, abnormal bleeding, pelvic pain, menopause and their surgical management, including minimally invasive surgery

The OB/GYN practice is further supported by OB Hospitalists, on call at Virginia Hospital Center 24 hours a day. OB Hospitalists are board-certified obstetricians and gynecologists who



Mary Crowther, MD, PhD, FACOG; Jessica Hardesty, MD, FACOG; Amy Ivanovic, MD; Dahea Kim, MD.

Karen King, CNM; Alexis Light, MD, MPH; Lynsey Owen, MD, FACOG; Yvonne Pierce, MSN, RN, WHNP-BC.

Amanda Rohn, MD, FACOG; Jiyeon Shin, MD, FACOG; Deborah Smith, CNM, Andrea Williams, MD, MPH, FACOG.

specialize in the treatment of hospitalized patients who need obstetric care. They are available to consult with the patient's physician, assist with labor and delivery, and provide emergency care, including surgery.

What's more, our new practice office at Virginia Hospital Center makes it easy for our patients to access the complete range of women's health services offered by the Hospital, including physicians and surgeons specializing in breast health, oncology and urology, among others.

**VHC Physician Group-OB/GYN
is accepting new patients
at both locations:**

OLD TOWN OFFICE
700 S. Washington Street | Suite 330
Alexandria, VA 22314
703.940.3364

VHC OFFICE
1625 N. George Mason Drive | Suite 325
Arlington, VA 22205
703.717.4600

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

PRIMARY CARE

Primary Care Alexandria

1600 N. Beauregard St.
Suite 300 | Alexandria, VA 22311
703.717.4148
Cares for patients 18 years & older

Primary Care Arlington

Two Office Locations
2800 S. Shirlington Rd.
Suite 500 | Arlington, VA 22206
1625 N. George Mason Dr.
Suite 475 | Arlington, VA 22205
703.717.4245
Cares for patients 18 years & older

Primary Care Falls Church

400 S. Maple Ave.
Suite 200 | Falls Church, VA 22046
703.532.5436
Cares for patients 6 years & older

Primary Care McLean

6862 Elm St.
Suite 600 | McLean, VA 22101
703.992.0649
Cares for patients 18 years & older

Primary Care Old Town

700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.528.8260
Cares for patients 18 years & older

Walk-Ins Welcome



764 23rd Street South, Arlington

It's 6:00 pm and you burn yourself cooking dinner. It's Sunday and you injure your ankle during a run. You need a last-minute sports physical for your child. Where can you get prompt, trusted medical care? VHC Physician Group Immediate Care offers treatment for minor illnesses and injuries such as fevers, infections, cold or flu symptoms, sore throats, earaches, minor burns, lacerations, sprains and fractures. X-rays and lab services are available on site.

"We're here for those times when you can't get in to see your primary care physician—or if you don't have one," says **Shakya Rivers, DNP, FNP-BC**.

How to access Immediate Care's services:

- Walk in: 8:00 am to 8:00 pm, 7 days a week
- Video Telehealth Visit: schedule online in advance.

703.717.7000 ♦ vhcphysiciangroup.com/immediate-care.

SPECIALISTS

Breast Health

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

Cardiac, Vascular & Thoracic Surgery

1625 N. George Mason Dr.
Suite 288 | Arlington, VA 22205
703.558.6491

Cardiology

Three Office Locations

1625 N. George Mason Dr.
Suite 354 | Arlington, VA 22205
703.717.7780

1715 N. George Mason Dr.
Suite 107 | Arlington, VA 22205
703.527.1400

700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.717.7780

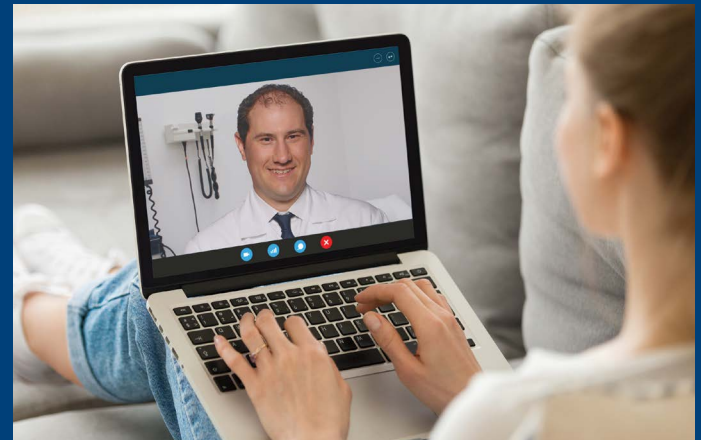
Colorectal Surgery

Two Office Locations

1625 N. George Mason Dr.
Suite 334 | Arlington, VA 22205

1600 N. Beauregard Street
Suite 300 | Alexandria, VA 22311
703.717.4180

Virtual Doctor Visits



VHC Physician Group is now offering Telehealth Visits—scheduled appointments conducted via video for both established and new patients. "One of the many benefits of Telehealth is that patients can remain in the safety of their homes and receive consultations from primary care providers and specialists for acute and chronic medical conditions," says **Chris Walsh, MD, FACP**, Chief Medical Officer, Division of Primary Care, VHC Physician Group.

Some conditions that can be addressed over video include skin rashes, lumps, pink eye and even a sore throat. In cases of back pain or muscle strains, we can see where the patient is having pain and evaluate their range of motion," says **Hong Hanh Nguyen, DO**, VHC Physician Group-Primary Care Arlington.

Our schedulers are specially trained to help patients set up a Telehealth Visit. A family member or caregiver can also participate in the visit to ensure that all questions are answered and that the doctor's instructions are understood.

For information on scheduling a Telehealth Visit, call 703.717.7100 or visit vhcphysiciangroup.com/covid-19-information/telehealth.

Executive Health

1635 N. George Mason Dr.
Suite 130 | Arlington, VA 22205
703.717.4700

Hospitalists

(Inpatient Only)
1625 N. George Mason Dr.
Suite 425 | Arlington, VA 22205
703.717.4400

Immediate Care

764 23rd Street South
Arlington, VA 22202
703.717.7000
Open 8:00 am – 8:00 pm
7 days a week
No appointment necessary

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/GYN

1625 N. George Mason Dr.
Suite 325 | Arlington, VA 22205
703.717.4600
700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.940.3364

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

Wound Care & Hyperbaric Medicine

1701 N. George Mason Dr.
Suite G200 | Arlington, VA 22205
703.558.6600

New Maternal Fetal Medicine Specialist

Kathleen Heim, MD, joined VHC Physician Group–Maternal Fetal Medicine earlier this year. A native of Northern Virginia, she attended Fairfax County Schools and received her undergraduate degree from the University of Virginia. She went on to complete graduate work at Georgetown University before obtaining her Doctor of Medicine from Eastern Virginia Medical School, where she also served her residency, and completed a fellowship in Maternal-Fetal Medicine from Yale School of Medicine.



Dr. Heim is particularly interested in helping patients with pre-existing medical conditions such as autoimmune, endocrine, and blood disorders. “Pregnancy creates many changes,” says Dr. Heim. “When you have an underlying disease, it can further complicate pregnancy. I enjoy educating and empowering patients, discussing normal changes in pregnancy, how diseases may affect gestation, and vice versa. What brings me the most satisfaction is having a strong connection with my patients at one of the most important times of their lives, while keeping mothers and babies safe.”

For practice information, visit vhcphysiciangroup.com/maternal-fetal-medicine.

Cardiac and Vascular Expert

The newest addition to VHC Physician Group–Cardiology is no newcomer to his field. **Charanjit Singh Khurana, MD, MRCP, FACC, FSCAI**, has diverse and extensive experience in interventional cardiology and vascular medicine since he began practicing at Virginia Hospital Center in 2003. He has performed more than 5000 interventional procedures, including balloon angioplasties, stenting, rotational and laser atherectomy, and over 2000 peripheral interventions to open obstructed carotid, kidney and lower extremity arteries using leading-edge devices.



Beyond advanced technology, Dr. Khurana is committed to patient education as a primary component of care. “I feel that patient education and the patient’s ability to understand their condition is essential in terms of compliance,” he says. “I view working together with my patients as a joint, mutual arrangement. It empowers them to feel motivated to follow through on what they need to do for better health.”

Dr. Khurana is board certified in Cardiology, Interventional Cardiology, Nuclear Cardiology and Diagnostic Vascular Sonography. He is Clinical Associate Professor of Medicine at GW University Hospital and currently serves on the editorial board of the *Journal of Cardiothoracic Surgery*.

For more information, visit vhcphysiciangroup.com/cardiology.

Common Sense Answers to COVID-19 Questions

In almost every doctor-patient visit these days, there is some conversation about COVID-19. **Mike Silverman, MD**, Chairman, Department of Emergency Medicine, and **Jennifer Primeggia, MD, FIDSA**, VHC Physician Group-Infectious Diseases, answer common questions their patients are asking.

What is your advice about wearing a mask?

“Masks are the cheapest and easiest way to protect each other,” says Dr. Silverman. “They have been clinically proven to keep people safer.”

“The purpose of the mask is to capture droplets and keep them from spraying into the air,” says Dr. Primeggia. “A homemade cloth mask is fine—as long as it fits well. If you are wearing a mask and everyone else is too, the risk of getting COVID is pretty low. If you are wearing a mask, but others are not, there is moderate risk.”

How can I stay safe when I return to work?

Start by thinking about what your workspace looks like. Are you in an office, a cubicle? How far away are other workers? Do you share computers or equipment with other people? How frequently is the workspace disinfected? If you have to go through a security checkpoint to enter your building, can you time your arrival to avoid busy times? “When I talk with my patients, we analyze their entire scenario to assess their individual risk and come up with solutions for staying safe,” says Dr. Primeggia.

What about public transportation?

“If you have to take public transportation, pack a large bottle of hand sanitizer and act as if everything you touch has COVID,” says Dr. Primeggia.

“On an airplane you are in close quarters with other people and there are a lot of touch points,” says Dr. Silverman. “Learn to protect yourself by wearing a mask, using wipes and avoiding touching your face.” In addition, airlines have changed some of the volume requirements for carryon liquids. Check with your carrier in advance of travel.

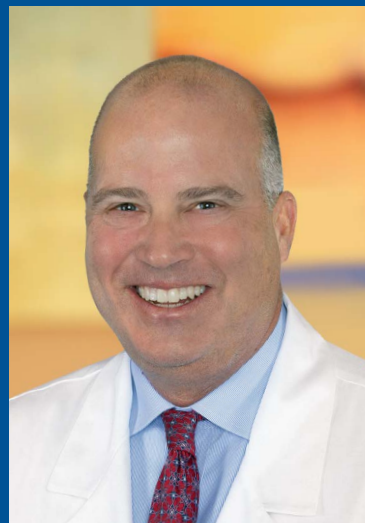
Can people who don't have any symptoms still spread COVID-19 to others?

“People who otherwise look and feel fine can carry and spread the virus, which is why we need to take so many precautions,” says Dr. Primeggia. “We're finding that many people are not in tune with their symptoms. They may brush off feeling feverish or losing their sense of smell and decide to go to work anyway.”

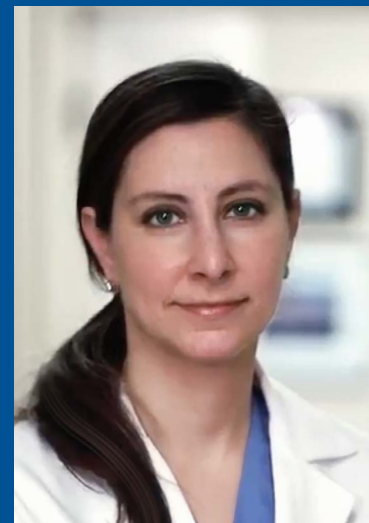
“Kids are often asymptomatic or have very mild symptoms that are not always recognized,” says Dr. Silverman. “Fortunately, it's unusual for kids to get very sick from this. On the other hand, kids have the potential to transfer the disease to grandparents, parents, childcare providers and teachers.”

Is it safe to come to Virginia Hospital Center (VHC), the Emergency Department and my doctor's office?

Virginia Hospital Center has instituted extra precautions to ensure the safest possible environment for caregivers and patients. “I feel safer going to the Hospital than the grocery store,” says Dr. Silverman.



Mike Silverman, MD



Jennifer Primeggia, MD, FIDSA

“VHC has been preparing and coordinating for COVID safety strategies since January,” says Dr. Primeggia. “We are seeing COVID patients on a daily basis and are very successful at keeping our patients and staff safe from transmission.”

Now that COVID-19 cases are dropping in our area, can I let my guard down?

“To think we've successfully beaten this disease is not the best course of action to take, right now,” says Dr. Silverman.

“We're seeing a decrease in cases in our area because people understand what they need to do to decrease risk,” says Dr. Primeggia. “But we should absolutely not let our guard down.”

What about getting a flu shot this year?

“It's critically important to get a flu shot this year to prevent your chance of getting or spreading the flu. Potentially, we could have double the volume of patients with fever and respiratory illness coming to Emergency Departments this fall,” says Dr. Silverman.

“You can have both the flu and COVID at the same time,” says Dr. Primeggia. “We have seen viral co-infections.”

What is in the future for COVID-19?

Dr. Silverman believes that COVID-19 will be with us for at least the rest of the year. “History shows that there have been second and third waves with these types of infections,” he says. “COVID-19 still has the potential to cause a significant amount of illness and death. But, it's important to realize that this is still a new disease. Even by August, we are just in our first eight months of treating it. We've gone from a scenario when it was hard to get anyone tested to now where we have multiple testing sites and better access to testing. We've moved from limited or no treatment options to several different treatments, and Virginia Hospital Center has been involved in multiple clinical trials for treatments. We will continue to learn and make progress in our effort to control, treat and cure this disease.”



Get Your Flu Shot Early This Year!

Flu Shots will be available starting in September at VHC Physician Group Primary Care practices and the VHC Outpatient Pharmacy.

Virtual Events

All Cancer Resource Center events & support groups will be virtual via Zoom. To register for these free programs, call 703.558.5555 or email cancersupport@virginiahospitalcenter.com.

Seated Stretch & Exercise

A physical therapist leads a class of stretching & other exercises that you can do from home to help maintain strength, flexibility & fitness.
Wed, 9/30, 12:00 – 1:00 pm

Chair Yoga

Practice modified yoga poses that can be done while seated. Yoga is especially helpful for those with limited mobility, chronic pain, neuropathy or other side effects of cancer &/or treatment.
Wed, 10/7, 1:00 – 2:00 pm

Ask a Dietitian

Now is your chance to ask our dietitian about nutrition, the relationship between foods & cancer, weight management, or anything else that may be on your mind.
Tues, 10/13, 1:00 – 2:00 pm

Mindfulness Meditation

Practice mindfulness meditation exercises to help with the stresses of daily life.
Wed, 10/21, 3:00 – 4:00 pm



VIRTUAL • SUPPORT GROUPS

To register, call 703.558.5555 or visit cancersupport@virginiahospitalcenter.com.

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

3rd Friday, 3:00 – 4:30 pm

Knitting with Friends

For patients & caregivers.
3rd Tuesday, 3:30 – 5:00 pm

Prostate Cancer

4th Tuesday, 7:00 – 8:30 pm

Opening Windows

For individuals with recurrent or metastatic cancer.
1st Thursday, 2:00 – 3:30 pm



Reiki

Free half-hour session for cancer patients.
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.

Managing Anxiety & the Fear of Recurrence

Fear of cancer returning is normal, but can become overwhelming for some. A social worker & counselor provide tips & strategies for managing these concerns.
Wed, 10/28, 3:00 – 4:00 pm

Kindness Rocks

Help spread positivity through this creative rock-painting activity. List of supplies needed will be shared in advance.
Tues, 11/3, 1:00 – 2:00 pm

No-Bake Healthy Snacks

Learn how to prepare easy, no-bake snacks that are great for having around the house, taking to work, or when you are on the go. Recipes & ingredient list provided prior to class.
Mon, 11/9, 4:00 – 5:00 pm

Caregiver Café

Discuss self-care, strategies for coping & supportive resources.
Thurs, 11/12, 10:30 – 11:30 am

Diet & Breast Cancer Risk Reduction

Get an update (and some recipes!) from a Breast Surgery Physician Assistant on how to make changes to your diet to decrease your risk of breast cancer.
Wed, 11/18, 7:00 – 8:00 pm

Strategies to Get Through the Holiday Season

A social worker & counselor discuss how to cope with the holidays in a time when you may be facing illness, loneliness, loss &/or grief.
Mon, 11/23, 10:30 – 11:30 am

Holiday Crafting

Crafting is fun, but it can also help take your mind off of your worries. Join us for an afternoon of good conversation, creativity & relaxation as we work together on a simple holiday craft. List of supplies needed will be shared in advance.
Thurs, 12/10, 2:00 – 3:30 pm

Annual Breast Cancer Conference
Sat, October 3, 9:30 am – 12:00 pm
See back cover.

What's Different About Having a Baby These Days?

Preparing for your new baby is both exciting and challenging. These days even more so, because of the added stress of COVID-19. That's why Virginia Hospital Center is here for you, taking extra steps to ensure your safety while you are in the Hospital and offering an array of virtual resources to help you prepare for your baby's arrival and connect with your community—all from the comfort of your home.

IT STARTS WITH SAFETY

Virginia Hospital Center consistently receives national recognition for safety and patient satisfaction. "We've taken a number of extra precautions to protect you, your baby and your family," says **Dena Carey, BSN, BS, RN,**

Associate Vice President, Women & Infant Health. "You can have confidence in Virginia Hospital Center."

Safety precautions include screening everyone who enters the Hospital, including taking temperature readings and providing masks to wear. Within mom's first hour of admission, she is given a rapid COVID test, with results obtained within minutes. Visitors are limited to one support person throughout mom's stay, as well as a certified midwife or doula during labor and delivery. Mom's partner can stay with her, and the units are stocked with extra snacks and nourishment for comfort and convenience.

LEARN & GET SUPPORT VIRTUALLY

"Our virtual childbirth preparation and parenting education classes have a very relaxed atmosphere," says **Fran Williams, BSN, RNC-OB,** Director, Childbirth

Education. "As an instructor, I see all my

participants and they see each other. We have great interactions with lots of questions." With the new virtual format, people can take our classes, no matter where they live.

Virtual support groups are particularly popular. "Social isolation during the pandemic has taken away the opportunity for new

moms to get together and talk with other women about parenting, breastfeeding and all the changes a new baby brings," says Williams. In our support groups, moms ask questions, share ideas and address concerns with other moms who are going through exactly the same thing.

VHC created the new, free Moms4Moms support group to specifically address COVID-19-related concerns, where moms discuss everything—what to do when their maternity leave ends, how to handle the disruption of both parents working from home, worries about how lack of socialization may affect their kids' language skills, and more.

While our in-person maternity tours are on hold, prospective parents can view our virtual labor and delivery tour anytime at virginiahospitalcenter.com/ob. Williams also hosts a weekly virtual information session, "What to Expect with Having a Baby at VHC Today," to go over any of the material that normally would have been provided during the in-person tour. "I literally walk them through what will happen from the time they enter the Hospital through discharge, step by step," says Williams.



Moms4Moms free support group

"I was starting to get anxious about delivering during COVID-19, but your information session really clarified everything and helped put me at ease."

—Expectant mom

Best Maternity Care Hospital



Virginia Hospital Center is proud to be the only Northern Virginia Hospital, and among just 231 in the nation, to be named to *Newsweek's* 2020 list of "Best Maternity Care Hospitals."

Hospitals earning this prestigious recognition have fully met The Leapfrog Group's standards for maternity care on evidence-based, nationally standardized metrics. This includes lower rates of early elective delivery, Cesarean delivery and episiotomy, as well as compliance with process measures, including newborn bilirubin screening prior to discharge and blood clot prevention techniques for mothers delivering via Cesarean.

"We pride ourselves on always providing the highest caliber of patient care," says **Melody Dickerson, MSN, RN, CPHQ,** Senior Vice President & Chief Nursing Officer. "In the face of the new challenges presented this year by COVID-19, we are especially appreciative of this recognition for our staff's efforts to keep our patients and community safe."

"The nurses took such amazing care of my baby and me. They made my experience comfortable and special. I actually felt sad to leave!"

—New mom



REGISTRATION

Register early. Plan to take childbirth classes in your 2nd trimester. All classes and support groups are online via Zoom. For times and to register, visit virginiahospitalcenter.com/childbirth.

Virtual Expectant Parent Tour

Our virtual tour is a step-by-step guide to having your baby at Virginia Hospital Center. View it anytime at virginiahospitalcenter.com/ob.

What to Expect When Having a Baby at VHC

Our free, weekly information and Q&A session helps prepare you for hospital delivery.

Childbirth Preparation: Full Format

This in-depth "Preparation for Childbirth" course is a great introduction for 1st time parents. 4 hours. **\$115/couple**

Childbirth Express

The basics of childbirth preparation for those who need a refresher course. 3.5 hour class. **\$115/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**

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 or what to expect when giving birth at Virginia Hospital Center, call 703.558.2468.



For times and to register, visit virginiahospitalcenter.com/childbirth.

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.

Parenting Skills Class for Partners

Learn co-parenting skills and coping strategies alongside other dads & partners. **\$30/person**

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 • FREE

(Sessions do not meet on holidays)

- Breastfeeding: Wednesday 12:00 pm & Thursday 10:30 am. Receive breastfeeding support & tips from others.
- Breastfeeding for the Working Mom: 1st & 3rd Sunday of every month, 7:00 pm. Learn breastfeeding & work-life balance strategies.
- Moms4Moms: 1st & 3rd Wednesday of every month, 7:00 pm. How are the stresses of COVID-19 affecting you? Get support and share strategies.
- Postpartum: 2nd & 4th Thursday of every month, 12:30 pm. If you are feeling anxious, angry, irritable or sad, group support can help.



VIRTUAL • ALL CLASSES & SUPPORT GROUPS ONLINE VIA ZOOM

HOW TO REGISTER

- ◆ Visit virginiahospitalcenter.com/healthy.
- ◆ All sessions are 7 weeks unless otherwise noted.
- ◆ Drop-ins are available for classes already underway.
- ◆ Questions? Call 703.558.6740.

Body Sculpting

Tone your upper, lower body & abs using a variety of fitness tools. All levels. \$54
 Tues, 5:30 – 6:15 pm begins 9/15 & 11/3
 Wed, 5:30 – 6:15 pm begins 9/16 & 11/4
 Fri, 7:30 – 8:15 am begins 9/18 & 11/6 **NEW!**
 Sat, 9:00 – 9:45 am begins 9/19 & 11/7

Cardio Strength Circuit

Intermediate level class featuring faster-paced cardio & strength exercises. \$54
 Sat, 8:10 – 8:55 am begins 9/19 & 11/7

Core Challenge

Strengthen your abs & back. \$54
 Mon, 5:30 – 6:15 pm begins 9/14 & 11/2
 Thurs, 5:30 – 6:15 pm begins 9/17 & 11/5

Energy Boost

30-min fitness break combines cardio, core & stretching. No equipment necessary. \$35
 Mon, 2:00 – 2:30 pm begins 9/14 & 11/2
 Wed, 2:30 – 3:00 pm begins 9/16 & 11/4
 Fri, 2:00 – 2:30 pm begins 9/18 & 11/6

Exercise 101

For those beginning an exercise program, or preparing for /recovering from bariatric surgery. \$64
 Sat, 9:00 – 10:00 am begins 9/19 & 11/7

Fitness Fusion

Combine cardio, strength & stretching. \$54
 Tues, 4:00 – 4:45 pm begins 9/15 & 11/3

Cardio Kickboxing

Combine boxing & interval training in this high energy class. \$54
 Mon, 4:30 – 5:15 pm begins 9/14 & 11/2

Hatha Yoga

Classic yoga style combines postures & breathing techniques to improve the mind/body connection. \$85
 Mon, 7:30 – 8:30 am begins 9/14 & 11/2 **NEW!**
 Tues, 12:00 – 1:00 pm begins 9/15 & 11/3
 Thurs, 4:00 – 5:00 pm begins 9/17 & 11/5

Gentle Yoga

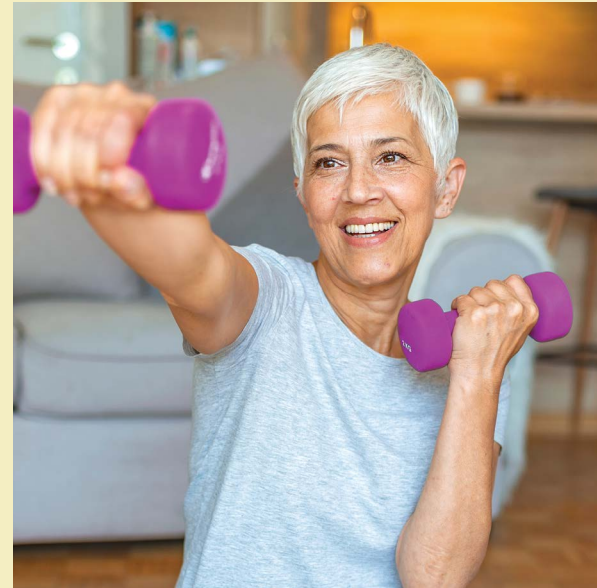
Reduce stress as you increase strength & flexibility. \$85
 Tues, 9:30 – 10:30 am begins 9/15 & 11/3
 Wed, 7:30 – 8:30 pm begins 9/16 & 11/4
 Thurs, 9:30 – 10:30 am begins 9/17 & 11/5
 Sun, 4:15 – 5:15 pm begins 9/20 & 11/8

Adaptive/Seated Yoga

For those with limited mobility, chronic pain, or neuropathy. All ages & ability levels. \$85
 Tues, 11:00 am – 12:00 pm begins 9/15 & 11/3
 Sun, 3:00 – 4:00 pm begins 9/20 & 11/8

Yin Yoga

Strengthen connective tissue for bone health, increased mobility & self-calming. \$85
 Fri, 6:00 – 7:00 pm begins 9/18 & 11/6 **NEW!**
 Sat, 10:15 – 11:15 am begins 9/19 & 11/7



Feldenkrais: Awareness through Movement

Learn how directing attention to gentle movement can enhance functioning & provide better balance. \$85
 Tues, 12:15 – 1:15 pm begins 9/15 & 11/3 (mat-based class)
 Thurs, 12:30 – 1:30 p.m. begins 9/17 & 11/5 (seated class)

Tai Chi 1

Class follows the 37-posture Yang short form. *10 weeks. \$120
 Thurs, 5:30 – 6:30 pm begins 10/15

ONE-ON-ONE ASSESSMENTS

To make an appointment, call 703.558.6740. Screenings are held at the VHC Shirlington Campus—Health Promotion Office.

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

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

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

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

Cholesterol Screening*
 Full Lipid Profile plus Glucose. \$25

A1-C Diabetes Screening* (mailed results) \$25

Hemoglobin* \$15

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

Vitamin D* (mailed results) \$50

*All blood tests are fingerstick.

FOR NEW PARENTS

Prenatal Yoga

Stretch muscle groups essential for efficient labor & delivery. Physician approval required. \$85
 Wed, 7:00 – 8:00 pm begins 9/16 & 11/4

Postpartum Yoga

Rebuild strength as you bond with baby (age 6 weeks to almost crawling). \$85
 Tues, 10:30 am – 11:30 am begins 9/15 & 11/3

Tai Chi 2

Thurs, 6:40 – 7:40 pm begins 10/15. \$120

Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54

Thurs, 2:00 – 2:45 pm begins 9/17 & 11/5

Fri, 1:00 – 1:45 pm begins 9/18 & 11/6

Pi-Yo

Tone & energize with this blend of Pilates strengthening & Yoga movement. \$85

Thurs, 6:30 – 7:30 pm begins 9/17 & 11/5

Pilates

Strengthen your core muscles in this mat-based class. \$85

Tues, 6:15 – 7:15 pm begins 9/15 & 11/3

Gentle Pilates

A mat-based class with modifications to suit all abilities. \$85

Tues, 6:30 – 7:30 pm begins 9/15 & 11/3

Sat, 11:30 am – 12:30 pm begins 9/19 & 11/7

Balletone **NEW!**

No-impact cardio improves balance, core strength & coordination using ballet moves. No ballet experience required.

Tues, 5:15 – 6:00 pm begins 9/15 & 11/3

Cooking Together **NEW!**

Learn to cook simple, healthy meals from a registered dietitian. By the end of class, dinner is ready! \$15/class

Mon, 5:00 – 6:00 pm begins 9/28, 10/19 & 11/16

Meditation Mondays **NEW!**

Start the week with positive, calm energy. Learn how a daily practice of meditation can improve your life. \$30

Mon, 8:15 – 8:45 am begins 9/14 & 11/2

SENIOR HEALTH

All events & support groups are on Zoom. For information, call 703.558.6859 or visit seniorhealth@virginiahospitalcenter.com.

Seniorcise

Class includes light cardio & exercises to maintain & regain strength & balance.

10-week sessions begin 11/9 & 11/10.

M/W/F, 9:00 – 10:00 am with Azita. \$140

M/T/TH, 9:00 – 10:00 am with Robin. \$140

T/TH, 9:00 – 10:00 am with Christina. \$93

T/TH, 10:00 – 11:00 am with Azita. \$93

Strength & Stretch for Seniors

Improve range of motion, muscle strength & bone health. \$54

Mon, 1:00 – 1:45 pm begins 9/14 & 11/2

Thurs, 1:00 – 1:45 pm begins 9/17 & 11/5

HEALTHWORKS PROGRAMS

Remote Wellness Programs for Your Employees

During this time when working from home is often the new normal, it's important to keep your employees engaged with their health, as well as with each other. In order to accommodate the unique needs of your organization, HealthWorks has developed a wide range of virtual wellness programs including webinars, exercise classes, cooking demonstrations, wellness days and much more. HealthWorks can help everyone in your organization learn how to maintain nutrition, mental health, fitness and self-care while working in a remote space.



On-Site Flu Shot Clinics and Health Fairs Are Back!

HealthWorks can provide onsite health fairs and flu shot clinics this fall. We have been working hard with our Infection Prevention and Employee Health departments to update guidelines and protocols to meet CDC guidelines so that we can ensure everyone's safety.

For more information about HealthWorks programs, visit www.virginiahospitalcenter.com/workplace.



HealthWorks

HEALTHY AGING LECTURE SERIES | FREE

Fridays, 11:00 am – 12:00 pm. All lectures will be held online via GoTo Webinar. To register, call 703.558.6859 or visit seniorhealth@virginiahospitalcenter.com.

SEPTEMBER 25
FALLS PREVENTION & TRAUMA OVERVIEW

Mindy Carter, RN, TCRN CNML, MBA
Carson Scott, PT, DPT, OCS

OCTOBER 23
FOOD SAVVY STRATEGIES FOR MANAGING STRESS

Kristen McGill, RD, CSOWM

NOVEMBER 20
FIGHTING JOINT PAIN? LEARN THE LATEST IN JOINT REPLACEMENT

Niama Roland, RN

Walk-Fit

A free fitness program featuring walking, stretching & blood pressure checks. Program to resume in person in September if Virginia remains in Phase III.

Tues, 8:30 – 9:30 am begins 9/8

Fashion Centre, Pentagon City Mall, 1st floor by Nordstrom Café

Thurs, 8:30 – 9:30 am begins 9/10 **NEW!**

Ballston Quarter, Level M2

Alzheimer's & Dementia Caregiver Support Group

3rd Wed of every month, 10:00 – 11:00 am

Parkinson's Side by Side Support Groups

Two support groups—one for those with Parkinson's & one for caregivers.

2nd & 4th Tues of every month, 10:30 am – 12:30 pm

Philips Lifeline Emergency Response

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



Arlington Health System
1701 N. George Mason Drive
Arlington, VA 22205-3610

FOLLOW VIRGINIA HOSPITAL CENTER HEALTH SYSTEM



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

TAKING CONTROL: BREAST HEALTH IN THE TIME OF COVID-19



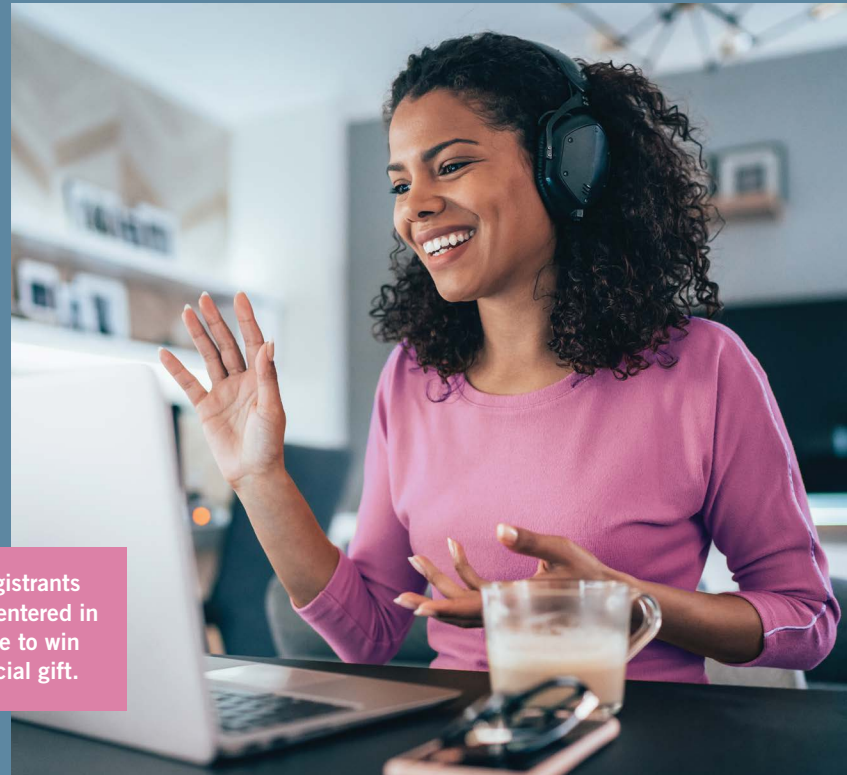
**SATURDAY, OCTOBER 3
9:30 AM - 12:00 PM**

Join us for Virginia Hospital Center's Annual Breast Cancer Awareness Conference. This year's conference will be entirely virtual, but no less informative and inspirational. Our panel of breast health experts will provide timely guidance on how to manage your risk and anxiety during this period of uncertainty. Specific topics include decision-making around breast cancer screening, concerns about weight management and important updates related to prevention, treatment and survivorship.

EXPERT PANEL

- **Molly Sebastian, MD, FACS**, Medical Director and Breast Surgeon, VHC Physician Group-The Reinsch Pierce Family Center for Breast Health
- **Claire Edwards, MD, FACS**, Breast Surgeon, VHC Physician Group-The Reinsch Pierce Family Center for Breast Health
- **Neelima Denduluri, MD**, VHC Cancer Committee Chair, Medical Oncologist, Virginia Cancer Specialists
- **Robert Hong, MD**, Chief of Radiation Oncology and Medical Director, The Hitt Family Center for Radiation Oncology
- **Sarah Mezban, MD**, Radiologist, Women's Imaging Center
- **Marilyn Nguyen, MD**, VHC Physician Group-Plastic & Reconstructive Surgery
- **Michelle Kondracki, MPT CLT-LANA**, Senior PT, Physical Medicine & Rehabilitation, Outpatient Rehabilitation Services
- **Brittany Christopher, PA-C, MPH, MSHS**, VHC Physician Group-The Reinsch Pierce Family Center for Breast Health
- **Cynthia Choi, MS, RD, CSO**, Dietitian, Cancer Nutrition Services

All registrants will be entered in a raffle to win a special gift.



Registration is Required | There is no charge to attend the virtual conference, but you do need to register. Links to join the conference as well as access passwords will be provided to registered participants close to the conference date. Visit www.virginiahospitalcenter.com and click on "Classes & Events" and search by date of event to register.

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