

- **Telehealth**
- **Online Classes**
- **Patient Portal**

VIRGINIA HOSPITAL CENTER

**TOGETHER
VIRTUALLY**



VIRGINIA HOSPITAL CENTER, YOU AND YOUR FAMILY

STAY FIT. STAY HEALTHY. STAY CONNECTED.

When the pandemic arrived, Virginia Hospital Center moved quickly to transition all our community health and wellness programs to virtual formats. Through the efforts of countless healthcare professionals in many departments, we continue to provide everything from exercise classes and diabetes education to corporate health programs, oncology support and childbirth education to our community.

VIRTUALLY PREPARING FOR NEW KNEES AND HIPS

Deciding to have hip or knee joint replacement is a big decision—one that involves a lot of planning and preparation. Starting in March, VHC will offer live, virtual, preoperative joint replacement classes—one for hips and one for knees. “The classes will be for anyone who is scheduled for surgery, or even if they’re just thinking about it,” says **Niama Roland, BSN, RN, CPAN**, Joint Replacement Coordinator, who will present the educational classes with **Kathy Miller**, Senior Physical Therapist. “You will not have to be scheduled for surgery to participate. It will be a great way for patients and their caregivers to watch from wherever they are, so they both have the same information about what to expect with hip and knee joint replacement surgery.”



200+ FITNESS CLASSES. NO DRIVING NECESSARY.

“Many people have been taking VHC’s fitness classes for years, with the same instructor and the same class participants,” says **Cornelia Lesh**, Manager, Community Health. “Virtual classes allow them to maintain these same connections, while keeping fit in a safe way.”

Seniors, in particular, have embraced the virtual format at a time when they are trying to avoid going out as much as possible. “Our virtual classes and lectures help participants deal with the isolation and loneliness they may be feeling due to the pandemic,” says Lesh. “And now that winter is here, everyone likes that they don’t have to drive to class in bad weather. They can keep fit from the warmth and comfort of their own home.”



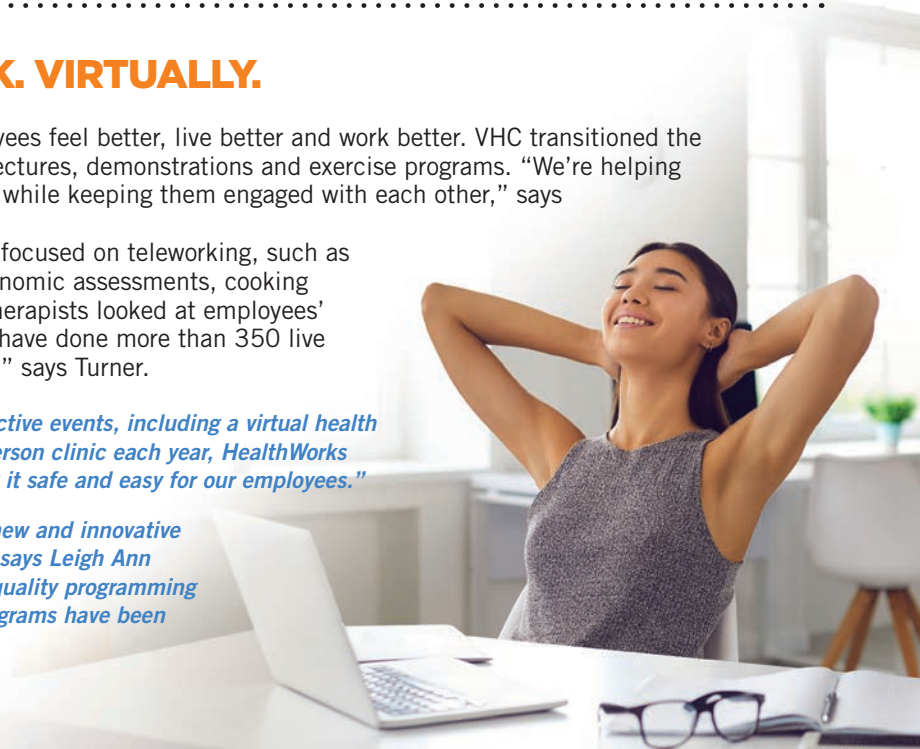
- ▶ *“I actually prefer doing yoga virtually. I’ve never it done before and the thought of physically being in a class where other people know what they’re doing would have been intimidating,” says Denny about his Adaptive/Seated Yoga Class. “The class matches my stage and age and I’m enjoying it. Now I can stretch and get into positions that I never could before.”*
- ▶ *“I can’t go to the gym right now, and there’s only so much walking a person can do,” says Kristen, who takes virtual Cardio Kickboxing. “Our instructor works to meet everyone’s needs. Even if you aren’t really fit or haven’t exercised in years, you get a good workout.”*

BRINGING HEALTHWORKS TO WORK. VIRTUALLY.

VHC’s corporate HealthWorks program is aimed at helping employees feel better, live better and work better. VHC transitioned the entire HealthWorks program to a virtual platform, including live lectures, demonstrations and exercise programs. “We’re helping employees stay connected with their physical and mental health, while keeping them engaged with each other,” says **Cathy Turner**, Director, Health Promotion & Senior Health.

“We created new content for our corporate clients specifically focused on teleworking, such as how to maintain healthy eating habits and exercise routines, ergonomic assessments, cooking demonstrations—even small group sessions where our physical therapists looked at employees’ home work spaces and recommended modifications. To date, we have done more than 350 live webinars and 150 virtual fitness classes for our corporate clients,” says Turner.

- ▶ *“Our employees and their families have access to a variety of interactive events, including a virtual health fair,” says Kelley Flores from LMI. “While we normally host an in-person clinic each year, HealthWorks quickly organized a successful drive-through flu shot clinic, making it safe and easy for our employees.”*
- ▶ *“We were impressed with Virginia Hospital Center’s ability to offer new and innovative programming to meet the evolving needs of our diverse workforce,” says Leigh Ann Henderson of the Fairfax County Government. “VHC provides high-quality programming from top-notch health and wellbeing professionals. Many of the programs have been so successful that we will keep them beyond the pandemic.”*



VIRTUALLY.

KEEPING OUR CANCER COMMUNITY CONNECTED

Cancer is a journey. With virtual cancer classes and support groups, the journey just got a little easier. “We’ve always tried to make our cancer programs accessible,” says **Shari Sitron**, Director, Cancer Resource Center. “But even in normal times, night programs were harder for seniors to attend, and day programs were difficult for working people. With our virtual program offerings, it’s easier to bring people together from wherever they are.”

“Wherever they are” also includes patients who were treated for cancer at VHC, but now live out of the area. “We have a woman who has rejoined her support group from North Carolina,” says Sitron. “My mom is a breast cancer survivor and she attends our virtual classes from her home in Michigan.”

▶ *“I’ve been part of the Breast Cancer Support Group for three years,” says Mita, a long-time group member. “If I had not had the support of this group from the beginning of my journey, it would have made life much different and harder for me. We have a really nice group of women who bring practical knowledge and support every time we are together. Being able to meet virtually enables us to continue sharing our experiences and helping each other.”*

▶ *“I was feeling pretty isolated during the pandemic. Taking the Kindness Rocks class has helped,” says Jill, a breast cancer survivor. “We learned to paint stones with messages of hope and inspiration for other cancer patients. The class inspired me to paint rocks, often with my daughter, which we’ve hidden in friends’ gardens.”*



ZOOMING IN TO HELP PEOPLE MANAGE DIABETES

Managing diabetes is an individual struggle, but one with many touch points in common with other diabetes patients. In VHC’s [diabetes classes and support groups](#), people are able to learn about diabetes, their medications and their successes, while supporting each other. “Participants always have such good suggestions to share,” says **Lisa Muras**, Registered Dietitian and Certified Diabetes Educator. “I learn something new from them in just about every class I teach.”

VHC offers a Diabetes Support Group specifically for those with type 1 diabetes. “It’s easy to feel overwhelmed, especially when you’re first diagnosed,” says Muras. “Patients discuss equipment and technology and share solutions and challenges. It’s valuable for them to connect with other group members who have been through the same experience.”

▶ *“I’ve been attending the Diabetes Support Group since 2016,” says Claire. “With the new virtual setting, we are able to do almost everything we were doing in our in-person groups, except for the snacks. An added benefit is that more people are able to attend than ever before, due to the convenience of virtual meetings.”*

▶ *“When I was diagnosed with pre-diabetes, I began the yearlong Diabetes Prevention Program in January 2020,” says Sam. “After relocating to Seattle, I’ve been able to complete VHC’s program virtually and stay connected with other program members. That has really helped me stay on track to reduce my risk of developing type 2 diabetes.”*



EDUCATING FIRST-TIME PARENTS WITH A PERSONAL TOUCH

Not only did **Fran Williams, BSN, RN, RNC-OB**, Director, Childbirth Education, and her team take VHC’s complete suite of childbirth education classes and support groups virtual, they created new programs to help families deal with the special stressors of the pandemic, such as Parenting During COVID-19 and What to Expect When Having a Baby at VHC. “We help moms and families navigate their way through some of the decisions they need to make,” says Williams, who has more than 30 years of nursing and childbirth education experience. “It can be slightly different for each family. I personally answer emails and take calls every day to respond to families’ specific questions and concerns. Those concerns can range from which childbirth preparation class is best to take, to reassuring moms and partners who are feeling anxious, to helping families navigate care when they relocate here from a foreign country.”

Due to current COVID-19 restrictions, partners are typically not allowed to accompany moms to prenatal visits with their OB/GYN provider. “Virtual Telehealth visits, childbirth classes and parenting support groups are ways to do things together and keep informed,” says Williams.

▶ *“I can say without any hesitation that What to Expect When Having a Baby at VHC was the most informative and helpful class that I have attended,” says Aram. “Both Krista and I got a ton of useful information, and I know that we are better prepared now.”*

▶ *“When the pandemic hit, I felt anxious and isolated. But, joining the Parenting During COVID-19 Support Group has helped me feel less alone,” says Michelle, who has a two-year-old son. “The group is my only time to talk with other moms. Being part of this group is as close to a village as you can have.”*



What Are IBS and IBD?

“IBS (irritable bowel syndrome) is not a disease, but a condition that affects the function and behavior of the intestines. It is not caused by inflammation and the tissues of the bowel are not damaged the way they are in IBD (inflammatory bowel disease). Various factors can aggravate IBS, including diet, physical or mental stressors and hormones. For example, pregnancy, menses and menopause all can affect the course of IBS. About 10-15% of adults in the United States have IBS,” says **Truc Trinh, MD**, gastroenterologist, who specializes in immune-mediated and functional intestinal conditions.

Both IBS and IBD can cause abdominal pain and cramping, as well as diarrhea. And while IBS and IBD are not caused by diet, symptoms can be reduced by changes in diet, nutrition and lifestyle choices.

IBD is a disease that causes progressive damage to the tissue in the intestinal tract. The most common forms of IBD are Crohn’s disease and ulcerative colitis. If not treated with medication or surgery to slow disease progression, IBD can result in bowel

obstruction, ulcers, malnutrition, osteoporosis and anemia. Individuals with IBD are at higher risk for colorectal cancer.

Surgery for Crohn’s disease involves resolving complications caused by the disease, such as an intestinal blockage. Surgery for ulcerative colitis often involves an ostomy, which is usually temporary, or a reconstruction of the rectum, known as a “J” pouch.

Skilled surgeons at Virginia Hospital Center, use the latest minimally invasive techniques for patients with IBD. “I always perform these procedures using robotic surgery,” says **Craig Rezac, MD, FACS, FASCRS**, VHC Physician Group-Colorectal Surgery. “Using our state-of-the-art *da Vinci® Xi* Surgical System, we are able to operate through much smaller incisions, resulting in less pain, shorter recovery and better outcomes for the patient. With robotic surgery, there is also less scarring internally, which means there is much less chance of having an intestinal blockage develop around scar tissue.”

INFLAMMATORY BOWEL DISEASE (IBD)

*(Crohn’s, Ulcerative colitis,
Indeterminant colitis)*

- ▶ Exact cause unknown. IBD is the result of an abnormal immune system.
- ▶ Can cause destructive inflammation and progressive damage
- ▶ Increase risk of colon cancer
- ▶ Diagnosed through exam and imaging
- ▶ Treated with anti-inflammatory medications or surgery
- ▶ Associated symptoms include weight loss, rectal bleeding, anemia, fevers, joint pain, malnutrition, eye pain
- ▶ Can cause intestinal strictures, infections and be life-threatening
- ▶ Affects males and females equally

IRRITABLE BOWEL SYNDROME (IBS)

- ▶ Exact cause unknown. IBS affects the functioning of the digestive system without actual damage to tissues.
- ▶ No mucosal inflammation or damage
- ▶ No increase risk of colon cancer or IBD
- ▶ Colonoscopy and imaging are normal
- ▶ Treatments include diet, exercise, and medications to target symptoms
- ▶ Not usually associated with rectal bleeding, fever, anemia, weight loss
- ▶ Affects females 2-3 times > males

SIMILARITIES

- ▶ Chronic condition
- ▶ Abdominal pain or cramping
- ▶ Diarrhea, constipation or erratic bowels
- ▶ Food sensitivities
- ▶ Bloating, gas, fatigue
- ▶ Stress is a factor

For more information, visit virginiahospitalcenter.com/gastroenterology.

13th in Nation to Perform Unique Type of LAMPOON Procedure

VHC's structural heart program, in partnership with the Mid-Atlantic Permanente Medical Group, is at the leading edge of advanced cardiac care, not only in our region, but also in the nation. The medical group exclusively cares for members of Kaiser Permanente. In a recent example of advanced, catheter-based heart surgery, in July Virginia Hospital Center became just the 13th hospital in the country to perform the tip-to-base LAMPOON procedure, making it possible for a patient to safely receive a minimally invasive Transcatheter Mitral Valve Replacement (TMVR).

Victoria Yoza, 76, previously had valve replacement surgery in 2006. Over time, that valve had failed and narrowed, resulting in mitral stenosis—a condition where the blood flow from the left atrium to the left ventricle is restricted. She needed to have a new mitral valve replacement, but because of her age and other risk factors, she was not a candidate for open heart surgery.

"Victoria was short of breath even when lying down," says **Benjamin Galper, MD, MPH, FACC**, Director of Structural Heart Disease, Mid-Atlantic Permanente Medical Group (MAPMG) and Medical Director, Structural Heart Disease Program, Virginia Hospital Center. "Her mitral stenosis was affecting her quality of life and leading to severe heart failure. She had no other option other than undergoing a TMVR. In this procedure, the replacement valve is inserted by way of a catheter into the old valve, which holds it in place. This is known as a valve-in-valve procedure. We first performed a cardiac CT scan to see if she would be a good candidate for TMVR."

"The scan revealed a number of factors that increased her risk for TMVR," says **Natalia Berry, MD, FACC**, interventional cardiologist, MAPMG. "Her heart chamber was small and there wasn't enough room to safely insert the new valve; in addition, the muscle in the septum wall was very thick. These conditions put her at very high risk for developing left ventricular outflow track obstruction (LVOT)—a serious complication of TMVR that could potentially block the flow of blood in the heart."

The structural heart program physicians treating Victoria included **John Rhee, MD, FACS**, VHC Physician Group-Cardiac, Vascular & Thoracic Surgery. "We worked as a coordinated team to evaluate Victoria's condition and associated risks, and to develop an innovative treatment plan," says Dr. Rhee. The team determined Victoria would need two additional procedures before becoming eligible for TMVR.

"We first performed an alcohol septal ablation, which uses minute amounts of alcohol injected by catheter into the septal muscle to shrink the tissue and thus decrease the risk of LVOT obstruction," says Dr. Berry. "The procedure was successful and we monitored Victoria for the next month to make sure the muscle size remained stable."

"While this improved her condition somewhat, she was still at risk of obstructed blood flow once the new valve was put in," says Dr. Galper. The team decided to do a second procedure, the tip-to-base LAMPOON, immediately prior to replacing the valve.

In the LAMPOON procedure a thin wire, the size of a sewing thread is attached to an electrical source, inserted into a catheter and guided to the mitral valve. Using electrical current, the interventionalist splits the mitral valve leaflet in half to eliminate the chance of it being pushed back and blocking blood flow. Dr. Galper and Dr. Berry performed a tip-to-base LAMPOON, which is a modification of the traditional LAMPOON approach. "This approach

is more straightforward and ensures a complete split of the leaflet. We knew given the patient's high risk anatomy that we had little to no margin of error and needed to ensure a complete split of the valve leaflet to prevent LVOT obstruction," says Dr. Galper.

With the leaflet out of the way, Dr. Rhee, Dr. Berry and Dr. Galper immediately completed the TMVR procedure, inserting the new valve. "In these technically challenging procedures, it's so important to have many sets of eyes and a real trust in each other," says Dr. Berry.

"The unique skills in catheter-based procedures that Dr. Berry and Dr. Galper bring to minimally invasive heart procedures is extraordinary. Not everyone has the skill set or the experience to do this," says Dr. Rhee. "This is not a procedure that can be done in every heart center."

"VHC's structural heart program is always looking for new ways to treat our heart patients with minimally invasive procedures for high-quality results and an easier recovery," says **R. Preston Perrin, MD, FACC, FSCAI**, Co-Director of the Louise Sands Olmstead Cardiac Catheterization Lab and Medical Director, Cardiology.

"Victoria had no other options," says Dr. Galper. "By taking this innovative approach, she has a new lease on life."

Within two days after her TMVR procedure, Victoria was back home. Before, she could only walk 10 steps without being short of breath. Now, she is walking 15 minutes a day, going up and down stairs easily, and getting stronger with cardiac rehab. "I feel good and am so grateful for the care my doctors, nurses and everyone at the Hospital gave me," she says.

AN INNOVATIVE SOLUTION MAKES TMVR POSSIBLE

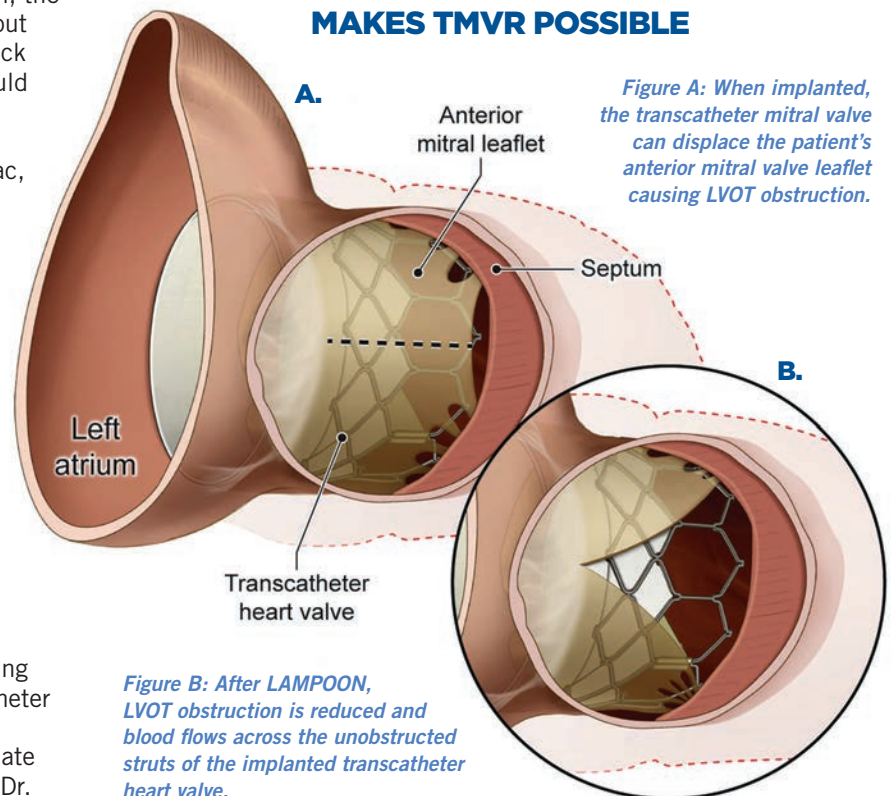


Figure A: When implanted, the transcatheter mitral valve can displace the patient's anterior mitral valve leaflet causing LVOT obstruction.

Figure B: After LAMPOON, LVOT obstruction is reduced and blood flows across the unobstructed struts of the implanted transcatheter heart valve.

Telehealth: The New Definition of a “House Call”

Think of Telehealth as the modern-day equivalent of the house calls of days gone by—except now the doctor is visiting you virtually in your home. Telehealth Visits are scheduled appointments for established patients or new patients that are conducted virtually via video. While each patient can choose whether they prefer to see the doctor in person at the office or in a video visit, a lot of patients like the convenience and comfort of Telehealth.

“One of the many benefits of Telehealth is that patients can remain in the safety of their homes and receive consultations from primary care physicians and specialists for acute and chronic medical conditions,” says **Chris Walsh, MD, FACP**, Chief Medical Officer, Division of Primary Care, VHC Physician Group.

ONCOLOGY

“While radiation therapy treatment for cancer requires in-person evaluations and treatment, we have found Telehealth works well with patients who have completed their treatment regimen and need to be monitored periodically with routine appointments,” says **Robert Hong, MD**, Chief of Radiation Oncology. “We can go over blood test results and look at their imaging studies together during the video visit. Because of Virginia Hospital Center’s advanced technologies for radiation oncology, such as the **CyberKnife®** system, many of our patients travel great distances to come here for treatment. Telehealth makes it convenient for them to have follow-up appointments.”

WEIGHT LOSS SURGERY

“Many patients ask me if they should put off having weight loss surgery during the pandemic. The answer is no. Obesity increases the risk factors for mortality from COVID-19. To help people find out if they are candidates for weight loss surgery and move forward with their decisions, we offer Telehealth consultations with our bariatric specialists. We can go over their medical history, previous weight loss attempts, and surgery options all through video visits,” says **J.R. Salameh, MD, FACS**, VHC Physician Group-Surgical Specialists and Medical Director of the **Bariatric Surgery Center**. “Our dietitian also does video visits. Telehealth visits are a way to get you started now on the path to improving your health and quality of life.”



*Andrew Joel, MD, FACS
VHC Physician Group-Urology*

CARDIOLOGY

“At first, we wondered about the role of Telehealth in cardiology, which requires physical exams and in-person testing,” says **Eric Thorn, MD, FACC**, VHC Physician Group-Cardiology. “But, we’re finding that at-home technology is making virtual cardiology visits more doable. With many patients having their own self-monitoring equipment, such as blood pressure cuffs, wearable health tracking devices and pulse oximeters, we can get accurate information about how they are doing at home. And, if your doctor sees something during a Telehealth video visit that needs further follow-up, it’s easy to schedule an in-office appointment for a quick EKG, or for our nursing staff to check vitals.”

UROLOGY

“Many of our urology patients have chronic conditions that require follow-up on an annual basis,” says **Andrew Joel, MD, FACS**, VHC Physician Group-Urology. “During video visits, we are able to talk about their quality of life, assess their symptoms and determine if we need to make any changes in their care. Even with some new patients, we can screen the urgency of the problem via Telehealth. For those individuals who are at high risk for COVID-19 or are generally anxious about getting outside their bubble, a video visit gives us an opportunity to have a discussion about whether their condition needs to be managed urgently or not.”

WOUND CARE

While Telehealth is a good way to see your doctor, it’s also a good way for your doctor to see you. That can be especially beneficial with patients receiving wound care treatment. VHC **wound care** providers can see the patient’s condition, as well as their home environment, which can lead to suggestions for improved healing. “With some patients, we coordinate their Telehealth visit when their visiting nurse is present to help us measure wounds and take pictures to help us evaluate progress,” says **Janice Zima, DNP, FNP**, VHC Physician Group-Wound Care & Hyperbaric Medicine. “We also encourage having family members participate in the video visit. This allows us to connect with the family and do teaching about wound care.”

Getting Connected for Your Virtual Visit Is Easy

The schedulers at VHC are specially trained to walk patients through the process of setting up a Telehealth Visit. Patients complete an online symptom form on MyVHC, so doctors can be aware of their concerns in advance. A family member or caregiver can also participate in the video visit to ensure that all questions are answered and that the doctor’s instructions are understood.



For more information on scheduling a Telehealth Visit, go to virginiahospitalcenter.com/telehealth.

VHC OB *connect*

Convenient Care + At-Home Monitoring

How women receive routine pregnancy care is changing in a new and exciting way at Virginia Hospital Center. The new VHC OB Connect program was designed with your personal preferences in mind, with care that is customized to meet your needs.

VHC OB Connect combines in-office appointments with your OB/GYN or midwife, virtual continuing care visits with a registered nurse, and the ability to participate in your care through home monitoring. VHC OB Connect is based on Mayo Clinic's highly successful Nest Program, which has been shown to improve patient satisfaction and decrease prenatal stress.

Instead of coming to the office for all of your prenatal care visits, some visits—called Continuing Care Visits—will be with the same registered nurse throughout your pregnancy via secure video. Your nurse will ask about any changes in your health, review your care plan, and provide education on pregnancy-related topics such as nutrition, exercise and postpartum healing. The information your nurse discusses during your visit will be tailored to meet your specific needs and concerns.

The VHC OB Connect program gives you a fetal Doppler to check your baby's heart rate and an electronic blood pressure cuff to monitor your blood pressure for your personal use at home. These are the most important measurements that your provider needs to make sure your pregnancy is healthy. You will use the equipment to report your blood pressure and the baby's heartbeat readings to your nurse.

"Just as people have gotten used to tracking their health with watches and other wearable devices, our patients have easy-to-use home monitoring equipment to keep their OB/GYN provider apprised of their vital signs," says **Amanda Rohn, MD, FACOG**, VHC Physician Group-OB/GYN.

"Our patients enjoy the continuity of having the same nurse for their virtual Continuing Care Visits," says **Deborah Smith, CNM**, VHC Physician Group-OB/GYN. "Two days ahead of their virtual visit, patients send their blood pressure readings and fetal heart rates through the MyVHC patient portal. This gives your nurse time to review your results and consult with your doctor or midwife, when needed. For example, if your blood pressure is higher, you may be



scheduled for an in-office visit instead." In between visits, patients can use MyVHC to connect with their nurse to ask questions and receive answers.

Saving time and money are added benefits of VHC OB Connect. "Virtual appointments mean not having to take time off from work for an appointment, rushing to get to the appointment, finding childcare or paying for parking or Uber," says Smith. "Your appointment with your nurse can be done from home, office or wherever you are."

With VHC OB Connect, everyone in the family can participate in mom's care. Her partner can be part of Continuing Care virtual visits to ask the nurse questions and hear about lab results. Siblings and grandparents can hear the baby's heartbeat when mom uses the fetal Doppler.

VHC Physician Group-OB/GYN is the first and only OB/GYN practice in the area to offer this type of service to their patients. A generous grant from the Jennifer Bush Lawson Foundation also makes VHC OB Connect available to patients of Virginia Hospital Center's Outpatient Clinic at no charge. Patients are screened at their initial visit with their provider to see if they are appropriate for VHC OB Connect and whether they are interested in participating.

"VHC OB Connect represents a new age of medicine, where we are using technology to make care more convenient for patients and, at the same time, giving them greater access to their healthcare providers," says Dr. Rohn.

WELCOME DR. JORDAN

Sali M. Jordan, MD, MS, has joined VHC Physician Group-OB/GYN. She received her undergraduate and master's degrees from Carnegie Mellon University and her medical degree from Virginia Commonwealth University School of Medicine.



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SUCCESS AT WEIGHT LOSS

Sometimes taking the first step is the hardest. That can be especially true when you are considering weight loss surgery. You need to know all the options, the pros and cons of each, the statistics about keeping the weight off, how to prepare yourself for change—and you need someone to guide you before, during and after surgery. It's truly a journey. Lisett and Jen took that first step. See how it changed their lives.

Lisett

No Longer Defined By Her Weight

Lisett Amaya grew up being overweight for most of her life. In middle school, she weighed 260 pounds. “Even though I was physically active, playing basketball and doing cheer, my diet and eating habits prevented me from ever losing weight. By the time I was 19 years old, in my first year of community college, I weighed 283 pounds. That was when I decided I was no longer going to let my weight define my life,” says Lisett.

Lisett's brother suggested she consider weight loss surgery and meet with his surgeon, **J. R. Salameh, MD, FACS**, VHC Physician Group-Surgical Specialists and Medical Director of the Bariatric Surgery Center. A few years earlier, he had had sleeve gastrectomy surgery and gone from 320 pounds down to 170.

“With every year, there is more and more data proving that not only is bariatric surgery safe, but it is also the most effective option for weight loss over the long term,” says Dr. Salameh.

In 2019, after meeting with Dr. Salameh, Lisett decided to proceed with having sleeve gastrectomy surgery at Virginia Hospital Center. In this procedure, 85% of the stomach is permanently removed, leaving in place a much smaller stomach that has the shape of a “sleeve” or a small banana. This allows an individual to feel full with much less food, but also suppresses hunger very effectively by significantly reducing the amount of the “hunger hormone,” which is produced in the stomach. On average, individuals lose about 70% of their excess weight by one year after surgery.

In preparation for her surgery, Lisett had comprehensive nutrition and clinical evaluations, screenings and diagnostic tests that were coordinated by the weight loss surgery team. She began making lifestyle changes and practicing healthy eating habits.

Dr. Salameh performed Lisett's surgery using the da Vinci® Xi robotic system—the most advanced robotic technology available. Today, weight loss surgery is minimally invasive, performed using robotic or laparoscopic techniques, which allow for less pain, a fast recovery and quicker return to normal activities. “Sleeve gastrectomy can be performed either laparoscopically or as a robotic-assisted surgery. Both types of procedures have equivalent results, but robotic technology can be advantageous in some cases when patients have a higher body mass index,” says Dr. Salameh.

“Overall, I handled my surgery pretty well,” Lisett recalls. “The morning after surgery, I walked nonstop in the Hospital. Because I was active before my surgery, that helped me recover quickly.” Lisett went home the day after her surgery. “I took a week off from work, but I was still able to go to class. I really didn't need to take pain medication.”

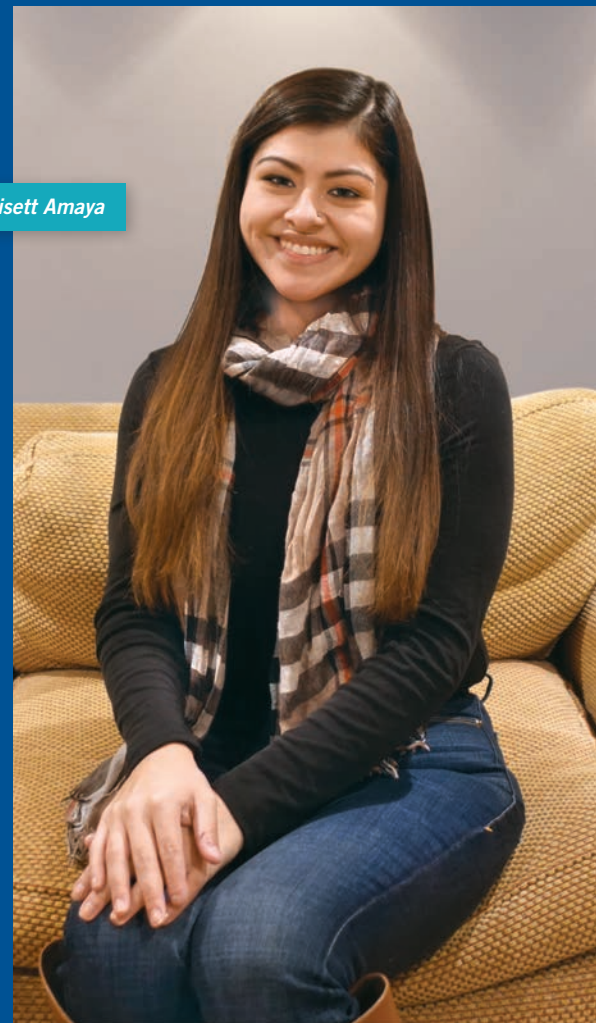
There is a misconception that if you have weight loss surgery, you've failed as an individual or you're taking the easy way out. “In reality, 97% of people who are trying to lose weight will fail at keeping it off,” says Dr. Salameh. “It's not the individual's will power, it's how the body is built. The way the body fights weight loss is what prevents people from losing weight.”

“Having weight loss surgery is not a green light to eat everything you want. You have to be careful. If you follow healthy eating habits and stay active, your success rate will be 70% or more,” says Dr. Salameh.

Lisett admits it was hard right after her surgery. “But then I got into the habit of going to the grocery store instead of eating out, and eating more whole foods rather than processed foods. I now weigh 143 pounds. I no longer feel like a prisoner in my own body, carrying all that excess weight around. Weight loss surgery has helped me be more accountable for my choices. I am not defined by my weight any more. People are finally seeing me for who I am—and that's a healthier me.”



J. R. Salameh, MD, FACS



Lisett Amaya

Jen

You Can't Run from Obesity

When she was 19, Jen Ligons, Waldorf, MD, ran 8 miles a day and ate very little just to maintain her weight. "I was overweight my entire life," says Jen, now 44. "It didn't matter what I did—whether yo-yo dieting, pills, reducing calories or working out a lot—I was always in the same boat."

"Obesity is a chronic medical condition, like diabetes or high blood pressure," says **C. Steeve David, MD, FACS**, VHC Physician Group-Surgical Specialists. "It's not like a hernia, where you can fix it and it's gone. But, you can control diabetes and high blood pressure with medication. With obesity, you are controlling your condition with surgery. Of all the options—in terms of the amount and longevity of weight loss—bariatric surgery offers the best outcomes."

Jen had often thought about weight loss surgery as a solution, but was hesitant to take the first step. "For about five years I made and cancelled several appointments to consult with a doctor about weight loss surgery," she says. "I was worried I wouldn't qualify—and the thought of having surgery was just too scary. So, I never followed through."

The reluctance and concern Jen felt is not unusual for people considering weight loss surgery. Almost 100% of patients will struggle with the decision to some degree. Some worry that surgery seems drastic. Some feel that they need to change, thinking if they could only do better, eat less, exercise more, things would dramatically change.

It's also common for people to feel that they must have already decided to go ahead with surgery before they schedule their first appointment. That's not true. "The first step is the initial consultation, where the patient and the surgeon explore all the options together," says Dr. David. "Before we start our discussion I say, 'Just relax. We're simply talking about things now. This visit is not a commitment.' We talk about what



C. Steeve David, MD, FACS

surgery involves, the different options available and then decide if it makes sense for you."

"This was not a light decision for me," says Jen. "When I had my first visit with Dr. David, he said, 'I want you to think about this and how drastically it will affect your life, so you're fully aware of what you're getting into. Yes, you qualify, but you want to make sure this is the right decision for you.'"

"I looked online and read reviews of Virginia Hospital Center (VHC)—every single one of their reviews was top notch," says Jen. She took everything into consideration and decided to go ahead with sleeve gastrectomy surgery with Dr. David in September 2017.

"VHC checks all the boxes in terms of quality of the hospital, quality of nursing care, and the range of weight loss surgery options we offer—including advanced laparoscopic and robotic procedures," says Dr. David. "We are one of the few bariatric surgery programs that regularly performs revision surgeries—not many programs have the expertise to do those. Our surgeons have excellent outcomes, with very low complications and readmission rates."

Following surgery, Jen stayed in the hospital overnight and went home the next day. "After about a week, all my incisions



Jen Ligons

had healed and there was no pain," she says. "In total, I lost 105 pounds. I maxed out on weight loss at about ten months, then started maintaining. Once you lose the weight, you've got to keep the motivation going—and I have. I wish I had done this five years earlier."

Nationally Accredited for Bariatric Surgery

Virginia Hospital Center has been accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) as a comprehensive center since 2012. In addition, we are designated by Blue Cross and Blue Shield as a Bariatric Surgery Blue Distinction Center+, and are recognized as a United Health Care Optum Bariatric Center of Excellence (COE).

VHC Engage: Are You a Candidate for Weight Loss Surgery?

VHC Engage—our new, online Health Risk Assessment tool—is a fast and easy way to begin the process of seeing if weight loss surgery could be right for you. More than just calculating your Body Mass Index (BMI), VHC Engage actually engages you with a series of health and lifestyle questions. From there you receive a score of whether you are definitely, maybe or not a candidate

for weight loss surgery. What's more VHC Engage gives you the option to ask our bariatric nurse a question via email or to schedule a consult with VHC's Weight Loss Surgery Program.

To take our weight loss surgery assessment, visit virginiahospitalcenter.com/bariatric.

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

NEW

PRIMARY CARE PRACTICE OPENS AT NATIONAL LANDING

Nardin Khalil, MD, leads VHC Physician Group's newest primary care office at National Landing in Crystal City. A family medicine physician, Dr. Khalil received her medical degree from the Medical University of South Carolina. She has a particular interest in preventive care and managing chronic illnesses.



Primary Care National Landing

764 23rd St. South
Arlington, VA 22202
703.717.7030
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

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

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 *Two Office Locations*

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

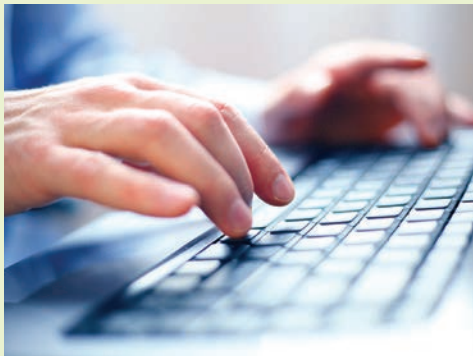
Virtual Events

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.

Yoga

A gentle class to teach cancer patients & survivors to safely build strength & flexibility.

Fridays, 12:00 – 1:00 pm



Home Ergonomics for Patients with Cancer

Are you working from home and spending more time talking on Zoom calls during your recovery? Dana Edwards, PT, explains how to set up your workstation to reduce eye strain, neck strain or aching fingers & wrists. Learn about hand/arm anatomy & Carpal Tunnel Syndrome.

Tues, 2/2, 4:00 – 5:00 pm

Foods & Teas to Boost Immune System

Help strengthen your immune system to get you through your treatment as well as those winter colds.

Mon, 2/8, 4:00 – 5:00 pm

Kindness Rocks

Spread positivity through this creative rock-painting activity. List of supplies needed will be shared in advance.

Tues, 2/16, 1:00 – 2:00 pm

Navigating Your Diagnosis

Get an introduction to the Cancer Resource Center. Meet the team of navigators, counselors and our dietitian, who will provide resources & tips for managing your diagnosis.

Wed, 2/24, 12:00 – 1:00 pm

Diabetes & Cancer

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

Thurs, 3/18, 12:00 – 1:00 pm

Colorectal Cancer Update

March is Colorectal Cancer Awareness month. Rodolfo Pigalarga, MD, a board-certified colorectal surgeon, presents advances in treatment & strategies for prevention.

Mon, 3/22, 12:00 – 1:00 pm

Resilience & Spirituality

Spiritual well-being has a positive correlation with resilience. Engage in a discussion with a chaplain on how to deepen your connection to your spiritual side.

Thurs, 3/25, 2:00 – 3:00 pm



Cervical Cancer Prevention & Treatment

Mary E. Crowther, MD, PhD, FACOG, VHC Physician Group-OB/GYN, discusses cervical cancer screening guidelines, symptoms & treatment options, as well as the HPV vaccine.

Wed, 2/24 7:00 – 8:00 pm

Managing Side Effects of Radiation

Radiation treatment may cause bothersome side effects. A radiation oncology nurse practitioner explains how to manage fatigue, skin changes & other side effects.

Tues, 4/6, 2:00 – 3:00 pm

Healthy & Hearty Soups

Participate in a class on how to use your instant pot or slow cooker to prepare nutritious soups to warm you up on a cool night.

Mon, 4/12, 4:00 – 5:00 pm

Book Club

Join us to discuss *All the Wild Hungers: A Season of Cooking and Cancer* by Karen Babine.

Fri, 4/16, 12:00 – 1:00 pm



VIRTUAL • SUPPORT GROUPS

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

Opening Windows

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

Breast Cancer Patients with Children

2nd Friday, 1:00 – 2:30 pm

Breast Cancer

3rd Tuesday, 5:00 – 6:30 pm

Prostate Cancer

4th Tuesday, 7:00 – 8:30 pm

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

4th Wednesday, 6:00 – 7:30 pm

Young Adults with Cancer

1st Wednesday, 7:00 – 8:30 pm

Knitting with Friends

For patients & caregivers.

3rd Tuesday, 3:30 – 5:00 pm

Reiki

Free half-hour session for cancer patients.

3rd Wednesday, 7:00 – 9:00 pm.

By appointment only.



Write Away Group

Patients share writings about their cancer journey.

Call for more information.

Delivering Your Baby Your Way

You just found out you're expecting—congratulations! You'll learn a great deal over the next nine months and make many decisions that will shape your pregnancy and childbirth experience. One of the most important decisions you'll make is choosing your care team. Virginia Hospital Center's [Women & Infant Health](#) experts explain what to consider as you build the birthing experience best suited for you.

CERTIFIED NURSE MIDWIVES

While some think of midwives as playing a supporting role in childbirth, midwives are trained as primary caregivers from prenatal care to delivery. Certified Nurse Midwives (CNM) are registered nurses who have completed a graduate-level, nurse-midwife education.

"As a midwife, I work with my patients to make decisions together based on the experience they want," says **Karen King, CNM**, of [VHC Physician Group-OB/GYN](#), who has been a practicing midwife for 17 years following 15 years as a labor and delivery nurse. "I focus on patient education, and discuss pregnancy from a lifestyle and whole-person approach: 'How do you feel? What are you eating? How are you moving?' Some of my patients want an unmedicated labor, so we prepare laboring techniques. Others want more help managing their pain, and we explore all those options together."

OB/GYN PHYSICIANS

While OB/GYN physicians employ a collaborative-care model with patients, they're also trained to manage high-risk pregnancies and can perform surgeries. At [VHC Physician Group-OB/GYN](#), **Mary Crowther, MD, PhD, FACOG**, works closely with King, and says their collaboration is key to minimizing the need for surgical intervention during delivery.

"Working alongside midwives like Karen has made us especially skilled in low-intervention care and has minimized our use of unnecessary Cesarean deliveries," says Dr. Crowther. "I work with my patients to support the natural, normal process of pregnancy—and use the latest knowledge and technology available



to keep moms safe." VHC is the only hospital in Northern Virginia to be named *Newsweek's* "Best Maternity Hospital" in 2020, a recognition driven in part by VHC's low Cesarean delivery rate and adherence to evidence-based safety practices.

At [VHC Physician Group-OB/GYN](#), **Yvonne Pierce, MSN, RN, WHNP-BC**, works with the patient's provider to develop an individualized plan of care, designed with her needs in mind. A board-certified women's health nurse practitioner with previous experience as a labor and delivery nurse, Pierce diagnoses, treats and counsels patients for routine prenatal care through the postpartum period. "Pregnancy care is not one size fits all. Our practice is diverse and we are sensitive to the varied cultural and psychosocial backgrounds of our patients."

MATERNAL FETAL MEDICINE PHYSICIANS

"Pregnant women with chronic health conditions and those who have developed unexpected problems need special attention and expert care," says **Kelly Orzechowski, MD, FACOG**, [VHC Physician Group-Maternal Fetal Medicine \(MFM\)](#). "MFM doctors work with you to monitor

your health throughout pregnancy and reduce your risk of complications. We can analyze genetic history, do specialized testing to track your baby's development, work to prevent premature labor, minimize the risk of complications and more."

THE BEST PLACE TO HAVE A BABY

"Many of our patients and providers are drawn to Virginia Hospital Center due to our on-site [Level III Neonatal Intensive Care Unit \(NICU\)](#) and neonatologists from Children's National Health System," says **Dena Carey, BSN, BS, RN**, Assistant Vice President of Women & Infant Health Services. "Our private room NICU is staffed day and night to provide the best care for our babies—right down the hall from our delivery unit."

"Our labor and delivery nurses are specially trained in laboring techniques and have many different tools on hand to help with delivery," says Carey. "All our postpartum nurses are certified as Inpatient Lactation Specialists and we have a full team of board-certified lactation consultants to help jumpstart breastfeeding in the first few days of life to prepare our patients for a successful transition to home."



VIRTUAL • CHILDBIRTH EDUCATION CLASSES

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 first-time parents. 4 hours. **\$115/couple**

Childbirth Preparation: Condensed | The basics of childbirth preparation for those who need a refresher course. 3.5 hour class. **\$115/couple**

Advanced Comfort for Unmedicated Birth | Learn how to prepare for a natural, low-intervention birth that promotes your comfort and supports your connection to your partner & baby. **\$80/couple**

How to Prepare for Your C-Section | Starting with the third trimester, we explain how you can help your body prepare for delivery & recovery after Cesarean delivery. **\$75/couple** **NEW!**

Breastfeeding Basics | Get breastfeeding off to a good start, including making milk, positioning, latching & feeding. **\$70/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.



VIRTUAL • BABY'S FIRST YEAR

For class 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 partners.
\$30/person



SUPPORT GROUPS • FREE

(Sessions do not meet on holidays)

What to Expect When You're Not the One Expecting
Sundays, 4:30 – 6:00 pm. Partners learn the latest evidence-based research for excellence in new baby care and how to support mom. **NEW!**

Breastfeeding | Wednesdays, 12:00 pm & Thursdays 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.

Parenting During COVID-19 | 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 and pro-rated registration are available for classes already underway.
- ◆ Questions? Call 703.558.6740.

Body Sculpting

Tone & strengthen all muscle groups. All levels welcome. \$54
 Tues, 5:30 – 6:15 pm begins 1/12 & 3/9
 Wed, 5:30 – 6:15 pm begins 1/13 & 3/10
 Fri, 7:30 – 8:15 am begins 1/15 & 3/12
 Sat, 9:00 – 9:45 am begins 1/16 & 3/13

Fitness Fusion

Combine cardio, strength & stretching. \$54
 Tues, 4:00 – 4:45 pm begins 1/12 & 3/9



Balletone

No-impact cardio that improves balance, core strength & coordination using ballet moves. No ballet experience required. \$54
 Tues, 5:15 – 6:00 pm begins 1/12 & 3/9

Cardio Kickboxing

Combine boxing & interval training in this high-energy class. \$54
 Mon, 4:30 – 5:15 pm begins 1/11 & 3/8

Cardio Strength Circuit

Intermediate level class featuring faster-paced cardio & strength exercises. \$54
 Sat, 8:10 – 8:55 am begins 1/16 & 3/13

Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54
 Wed, 11:00 – 11:45 am begins 1/13 & 3/10

Exercise 101

For those beginning an exercise program, or preparing for/recovering from bariatric surgery. \$64
 Sat, 9:00 – 10:00 am begins 1/16 & 3/13



Meditation Mondays

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 1/11 & 3/8

Pi-Yo

Tone & energize with this blend of Pilates strengthening & Yoga movement. \$85
 Thurs, 6:30 – 7:30 pm begins 1/14 & 3/11

Pilates

Strengthen your core muscles in this mat-based class. \$85
 Tues, 6:15 – 7:15 pm begins 1/12 & 3/9

Gentle Pilates

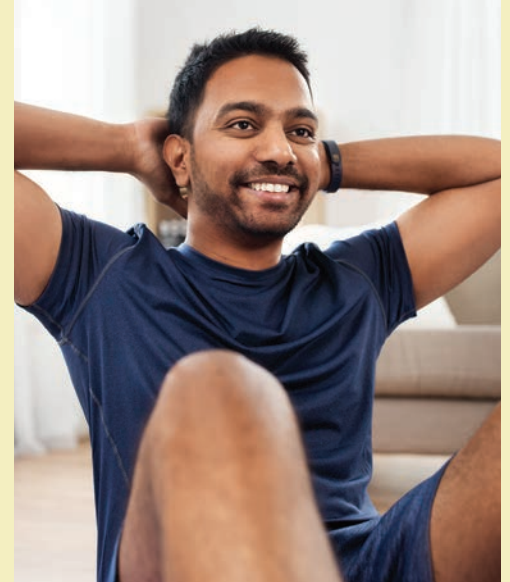
A mat-based class with modifications to suit all abilities. \$85
 Tues, 6:30 – 7:30 pm begins 1/12 & 3/9
 Sat, 11:30 am – 12:30 pm begins 1/16 & 3/13

Tai Chi

Class follows the 37-posture Yang short form. *10-week sessions begin 1/14. \$120
 Level 1: Thurs, 5:30 – 6:30 pm
 Level 2: Thurs, 6:50 – 7:50 pm

Winter Wellness Boost NEW!

Learn simple ways to stay active & improve your immunity. Each class will explore movement, nutrition & other key healthy habits. *4-week session. \$60.
 Tues, 4:00 – 5:00 pm begins 2/2



Core Challenge

Strengthen your abs & back. \$54
 Mon, 5:30 – 6:15 pm begins 1/11 & 3/8
 Thurs, 5:30 – 6:15 pm begins 1/14 & 3/11

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 1/12 & 3/9 (mat-based class)
 Thurs, 11:00 am – 12:00 pm begins 1/14 & 3/11 (seated class)

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) \$65

*All blood tests are fingerstick.

Prenatal Yoga

Stretch muscle groups essential for efficient labor & delivery. Physician approval required. \$85
Wed, 7:00 – 8:00 pm begins 1/13 & 3/10

Postpartum Yoga

Rebuild strength as you bond with baby (age 6 weeks to almost crawling). \$85
Tues, 10:30 – 11:30 am begins 1/12 & 3/9

Hatha Yoga

Classic yoga style combines postures & breathing techniques to improve the mind/body connection. \$85

Tues, 12:00 – 1:00 pm begins 1/12 & 3/9

Wed, 7:30 – 8:30 am begins 1/13 & 3/10

Thurs, 4:00 – 5:00 pm begins 1/14 & 3/11

NEW!

Gentle Yoga

Reduce stress as you increase strength & flexibility. \$85

Tues, 9:30 – 10:30 am begins 1/12 & 3/9

Wed, 7:30 – 8:30 pm begins 1/13 & 3/10

Thurs, 9:30 – 10:30 am begins 1/14 & 3/11

Sun, 4:15 – 5:15 pm begins 1/17 & 3/14

Adaptive/Seated Yoga

For those with limited mobility, chronic pain or neuropathy. All ages & ability levels welcome. \$85

Tues, 11:00 am – 12:00 pm begins 1/12 & 3/9

Sun, 3:00 – 4:00 pm begins 1/17 & 3/14

Yin Yoga

Strengthen connective tissue for bone health, increased mobility & self-calming. \$85

Fri, 6:00 – 7:00 pm begins 1/15 & 3/12

Sat, 10:15 – 11:15 am begins 1/16 & 3/13

SENIOR HEALTH

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

Seated Senior Fitness **NEW!**

Fully-seated class includes low-impact movement, resistance training & stretching. Safely build strength & improve joint function. Appropriate for anyone with difficulty standing for prolonged periods, including those who need a cane, walker or wheelchair. *10-week session. \$120

Mon & Fri, 10:30 – 11:30 am begins 1/4

Seniorcise

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

10-week sessions begin in January.

M/W/F, 9:00 – 10:00 am. \$180

M/T/Th, 9:00 – 10:00 am. \$180

W/F, 9:00 – 10:00 am. \$120

T/Th, 10:00 – 11:00 am. \$120

WALK-FIT IS SAFE, FRIENDLY & HEALTHY

It's back! Our Walk-Fit mall walking program has restarted and is being offered at two locations—Fashion Centre at Pentagon City on Tuesdays at 8:30 am and Ballston Quarter on Thursdays at 8:30 am. If you haven't tried it yet, you should! Here's why:

- Malls offer a climate-controlled environment with flat walking surfaces. Benches are available along the walking route. Masks are required and walkers maintain a safe distance from each other.
- Routine walking is an easy way to get the physical activity you need to stay healthy. Try it and see how your steps really add up.
- Walk-Fit is a safe way to see familiar faces. Each week participants look forward to meeting up with their walking partners.



What's more, the program includes a staff-led stretch after every walk to improve strength, balance and flexibility. Bimonthly blood pressure screenings are provided by a home care agency. To learn more, visit virginiahospitalcenter.com/walkfit or call 703.558.6859.

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 email seniorhealth@virginiahospitalcenter.com.

JANUARY 22

STRATEGIES TO INSPIRE DAILY LIVING & A POSITIVE OUTLOOK

Colleen Avis, Subtle Shifts

Alyssa Morrison, Multisport in Motion

FEBRUARY 26

COVID-19 UPDATE—WHERE WE'VE BEEN, WHERE WE'RE GOING

Rohit Modak, MD, FIDSA, VHC Physician Group-Infectious Diseases

MARCH 26

TIME FOR SPRING CLEANING? START WITH HOME SAFETY AND REPAIRS

Don Ryan, Rebuilding Together Express

Strength & Stretch for Seniors

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

Mon, 1:00 – 1:45 pm begins 1/11 & 3/8

Thurs, 1:00 – 1:45 pm begins 1/14 & 3/11

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, and one for caregivers.

2nd & 4th Tuesday of every month, 10:30 – 11:30 am

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
Ivan Petrovitch, MD | President, Medical Staff

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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

MODAK RULES

Rohit Modak, MD, FIDSA, Chair, Infectious Diseases, has been at the forefront of VHC's fight against COVID-19 from the beginning. Dr. Modak offers these tips to help keep you and your family safe during the pandemic.

Of the top three (mask, outdoors, & distance) you **must do 2 out of 3** to stay safe.



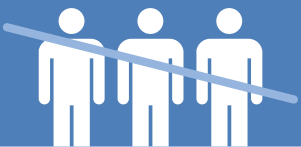
MASK Wear a mask covering your mouth and nose



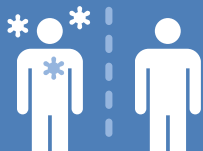
OUTDOORS Stay outside when meeting anyone



DISTANCE Stay socially distanced by 6 feet



AVOID CROWDS Try to limit visits with no more than 6 people



KNOW THE RISKS Interacting with others at risk will increase your risk