



VIRGINIA HOSPITAL
CENTER

SPRING/SUMMER 2021



A NEW
LEVEL II TRAUMA CENTER
FOR OUR COMMUNITY

A LEVEL II TRAUMA CENTER

IS NOW CLOSE TO HOME

In May, the Commonwealth of Virginia designated Virginia Hospital Center (VHC) as a Level II Trauma Center. This fills a critical community need. Previously, the closest trauma center for Arlington County was in Fairfax or Washington, DC. It is projected that VHC will be able to provide care for about 1,000 trauma patients a year, who otherwise would have had to be transported greater distances to other hospitals outside our community.

Trauma is a serious injury to the body and it comes in all forms—a construction injury, a head trauma from a fall at home, a car accident, smoke inhalation, an open fracture, to name a few. In most cases, patients with traumatic injuries arrive via ambulance transport through county Emergency Medical Services (EMS), but some patients come directly to the Emergency Department. The team in the Emergency Department is specially trained to triage the patient to determine when a full trauma response needs to be activated.

“Trauma patients come to us at the most vulnerable time in their lives,” says **Megan Quintana, MD**, Trauma Medical Director. Board-certified in surgical critical care and general surgery, Dr. Quintana completed a two-year trauma fellowship at the R. Adams Cowley Shock Trauma Center at University of Maryland. “We come together as a team to get them through that vulnerable period and help them get better. Our job is to give them the most optimal outcomes.”

WHAT IS A LEVEL II TRAUMA CENTER?

As a Level II Trauma Center, VHC is designated to treat the most severely injured patients 15 years of age and older, excluding those with extensive burn injuries. VHC maintains a complete team of healthcare providers specializing in traumatic injury—available 24-hours-a-day, seven days a week, 365 days a year.

VITAL ELEMENTS OF THE TRAUMA CENTER INCLUDE:

- Full-time, experienced, general trauma surgeons
- 24-hour operating rooms
- 24-hour CT scans
- Intensive Care Units
- Emergency Department

Traumatic injuries often occur in clusters requiring trauma care for multiple patients simultaneously. One example is a multiple vehicle crash. For that reason, VHC’s Level II Trauma Center must adhere to a 15-minute response time for trauma surgeons and 30-minute response time for subspecialists who are on-call for trauma emergencies.

VHC’S TRAUMA TEAM INCLUDES:

- Behavioral health
- Cardiology
- Cardiothoracic and vascular surgery
- Facial trauma surgery
- Hand surgery
- Internal Medicine
- Interventional radiology
- Neurosurgery
- Ophthalmology
- Orthopedic surgery and orthopedic traumatologist
- Pathology
- Urology

Members of the VHC trauma team



CARE FOR THE MOST SEVERE INJURIES

Virginia Hospital Center was well positioned to take on the challenge of becoming a Level II Trauma Center, with an established Emergency Department, an excellent ICU and multiple subspecialties already in place at the Hospital. In 2019, VHC partnered with George Washington University/Medical Faculty Associates (MFA) to help develop the trauma program.

“MFA provides the specialized trauma surgeons and trauma physician assistants for VHC’s program,” says **Babak Sarani, MD, FACS**, Director of Trauma & Acute Care Surgery. “Together we’ve been able to set up a great partnership, along with the protocols and evidence-based guidelines that are essential to maintaining a high-level trauma center.”

Instrumental in bringing the VHC Trauma program together was **Mindy Carter, MBA, RN, TCRN, CNML**, Trauma Program Coordinator. Her experience in setting up trauma centers for other hospital systems enabled her to bring together the many moving pieces and parts that must be available at a moment’s notice when a patient needs immediate, critical care. A trauma event engages literally every department of the hospital. Treatment begins with EMS or the Emergency Department, but then moves to operating rooms and intensive care units.

“When Emergency Department physicians feel there is a need for a trauma evaluation, everyone is assessed the same way, based on our trauma protocols,” says Dr. Sarani. “VHC is poised to take care of any patient who comes through our doors. In cases where pediatric or burn patients come directly to our Emergency Department, we would treat and stabilize them for transfer, if necessary.”

To help the community understand what happens in a trauma center, Dr. Quintana explains, “When you are in the trauma bay, it’s almost like watching the pit crew at car races. It can be overwhelming to have so many people around, sometimes up to 20 people in the bay. Patients wonder why so many people are working on them at once. That teamwork is the hallmark of excellence in care for a trauma center—each person has a job, taking vitals, monitoring oxygen, taking care of pain, checking IVs, etc. This is how we care for the patient as fast and efficiently as possible.”



Trauma bay training with the VHC trauma team and Arlington County Fire Department

About one-half of all trauma cases require orthopedic treatment. VHC expanded its long-time relationship with OrthoVirginia to have surgeons on call 24/7 to provide care for all orthopedic patients in the Emergency Department, including trauma patients.

“OrthoVirginia has an extensive network of subspecialists to care for all orthopedic

needs that come through the Emergency Department,” says **Anthony Avery, MD**, orthopedic surgeon. **Daniel Gloekler, MD**, orthopedic traumatologist, is a specialist in trauma cases involving complex fractures. “There are certain injuries only an orthopedic traumatologist can touch. We are fortunate to have Dr. Gloekler on our team,” says Dr. Avery. ▶



“Trauma patients come to us at the most vulnerable time in their lives. We come together as a team to get them through that vulnerable period and help them get better.”

*Megan Quintana, MD,
Trauma Medical Director*

NURSING'S CRITICAL ROLE

After Dr. Quintana was named trauma medical director, nursing leaders began meeting weekly to institute new processes and to make sure VHC had the equipment needed to care for trauma patients. Nurses were also instrumental in setting up drills, working with physicians and with mock patients to be prepared to treat live patients.

The process of attaining Level II Trauma Center certification also meant that our nurses were required to undergo special training in trauma identification, triage and treatment. Today, 100% of our Emergency Department nurses have trauma-specific training.

“As a Level II Trauma Center, we are taking the level of care at VHC to a higher level of acuity. We are trained and ready to come in at a moment’s notice to care for trauma patients,” says **Melody Dickerson, MSN, RN, CPHQ**, Senior Vice President & Chief Nursing Officer.

BEHIND THE SCENES

“A trauma center is more than having trauma surgeons and specialists ready at all times. There is so much going on behind the scenes,” says Dr. Quintana. Led by Carter as the Trauma Program Coordinator, program staff oversees the regulatory functions, including performance improvement, quality assurance and peer review, required to be a Level II Trauma Center.

“To further bring VHC up to Level II status, the Hospital made many supply and equipment purchases, including advanced monitoring units, specialized pumps and operative instrumentation for procedures performed for the severely injured patient population,” says Carter.

“An important benefit in becoming a Trauma Center is it provides all the necessary infrastructure, training and expertise not only for patients who arrive at the ED, but throughout VHC,” says **Michael A. Silverman, MD**, Emergency Department Chairman.

As part of their infrastructure changes, VHC redesigned trauma bays to provide more space for multiple physicians and their needs. For example, when anesthesiology responds as part of a trauma team, the doctor will have a cart equipped for both routine and complex airway management. An automated dispensing system—a large-scale set of cabinets for supplies and medications, including anesthesia—is conveniently located within the trauma bay. Additionally, a trauma cart is ready to be taken into any operating room in the Hospital with all the supplies normally needed for an emergency trauma situation.

WE’RE HERE FOR YOU 24/7

The service area for our Level II trauma center not only covers all of Arlington County, but also Alexandria and eastern Fairfax County (see map page 3). Also included in the service area are Ronald Reagan Washington National Airport and the Pentagon. It was Virginia Hospital Center that received more emergency patients following the attack on the Pentagon on 9/11 than any other hospital.

“The community needed VHC to take on becoming a trauma center,” says **E. Reed Smith, MD**, Operational Medical Director, Arlington County Fire & Police Department. “For ACFD, this improves our operation. No longer will our EMS teams have to cross a bridge to get our residents to a trauma center. We can now transport our residents to needed care at VHC, and then get our units refitted and back into service faster after a call.”

“We have built a strong relationship with Arlington County Fire Department and EMS over the years, especially in terms of providing the best, fastest care for stroke patients,” says Dr. Silverman. “We have confidence in their ability to assess patients and give us the right information to plan an appropriate response. They do a great job, day in and day out. Their assessments and intervention skills are spot on.”

“When our EMS teams are called to a resident’s home, they feel responsible for these people,” says Dr. Smith. “We trust VHC to provide the best care for our patients. We have very open and honest communication that allows for seamless transfer of information from us to them and them to us.”

“VHC is committed to serving the healthcare needs of our community. Providing trauma services will keep patients and their families close to home,” says Carter. “Our team is here 24/7 and we’re ready to care for you.”



“The community needed VHC to take on becoming a trauma center. No longer will our EMS teams have to cross a bridge to get our residents to a trauma center.”

*E. Reed Smith, MD, Operational
Medical Director, Arlington County
Fire & Police Department*

NAVIGATE YOUR WAY TO BETTER HEALTH AT VHC

The New Virginia Hospital Center App Is Here!

With the new VHC App you can access anything you need—anytime, anywhere right from your mobile device.

“Whether you’re scheduling an appointment, having a test at the Hospital, or finding your way anywhere on the VHC campus, the VHC App will enhance your experience,” says **Michael Mistretta**, Vice President & Chief Information Officer. In developing the app, our goal was to create an ‘easy button’ for everything that connects to VHC.”

Quick access buttons take you straight to the activity or information that you want:

FIND YOUR WAY EASILY

- Directions to VHC
- Guidance to the parking garage closest to your appointment
- Use the Save Parking Details function to take a photo and make notes of your car’s location in the garage
- Get step-by-step directions to anywhere on the VHC campus
- Find your way to the Food Court, outpatient pharmacy, physician office, and the nearest elevator, restroom and more

“The concept of wayfinding has really taken off with mobile digital technology,” says Mistretta. “The VHC App gives you step-by-step directions based on where you are at the moment. If your doctor orders a test from the Outpatient Lab, the VHC App guides you from your doctor’s office to that location. And when you’re finished, refer to Save Parking Details to help you return to the exact location of your car in the parking garage.”

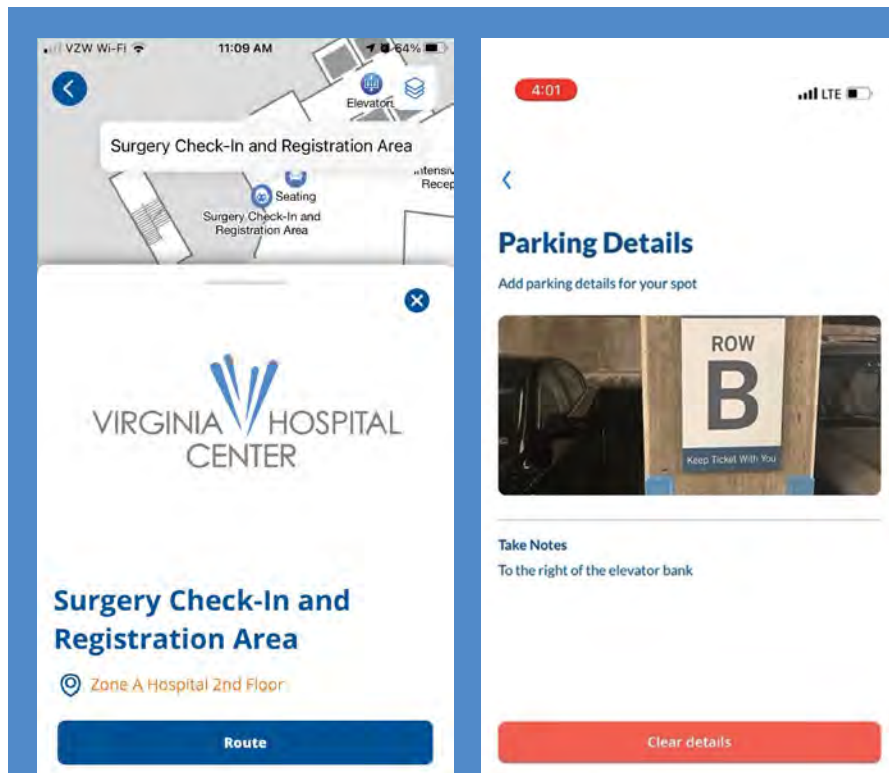
HAVE ALL YOUR HEALTH INFORMATION IN THE PALM OF YOUR HAND

The new VHC App is completely integrated with the MyVHC patient portal. With the VHC App, it’s easy to:

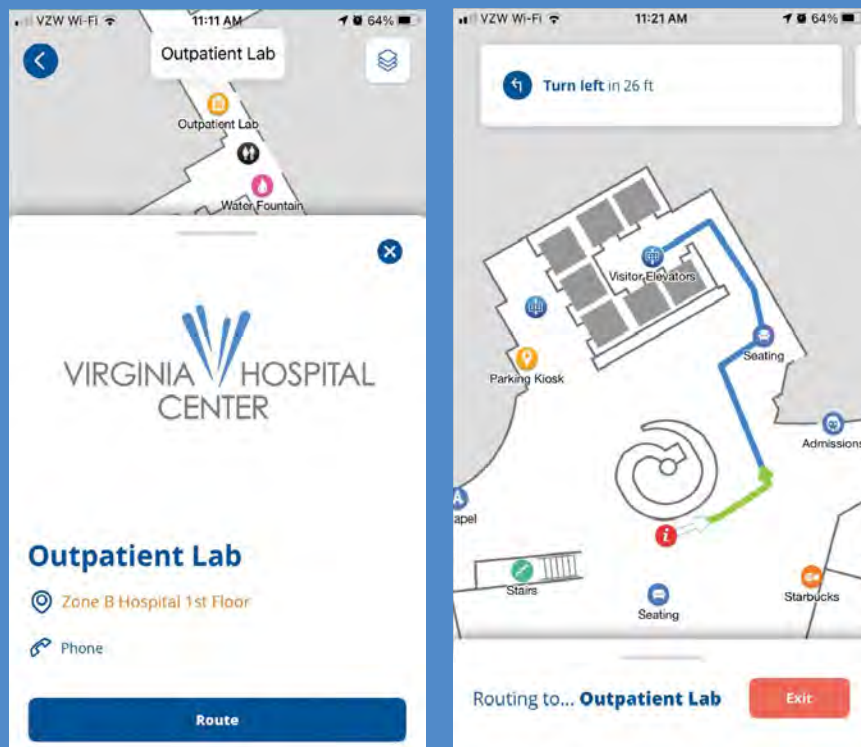
- Make an in-person or video appointment with your VHC Physician Group doctor or a new VHC Physician Group doctor
- Access your test results and visit summaries
- Pay your bill
- Message your doctor
- Request a medication refill
- Schedule or change appointments

GET THE FREE VHC APP

- Available in English and Spanish
- Go to the Apple Store or Google Play and search for “Virginia Hospital Center” and click “download” or scan this QR code.



The VHC App provides driving directions from home and guides you through the entire VHC campus. When leaving the Hospital, the app guides you back to your car.



If your doctor orders a test from the Outpatient Lab, the VHC App guides you from your doctor’s office to that location.

FAMILY PLANNING IN THE TIME OF COVID

As if family planning, conception, pregnancy, birth and bringing baby home weren't complicated enough, COVID-19 has brought an additional set of concerns to the table. Many of our patients have similar questions about how to best move forward with their lives and plans for their families. We asked our experts—a family medicine physician, OB/GYNs, and pediatricians—to give us an overview of the latest thinking for each of the four stages of starting (or expanding) a family.



BECOMING PREGNANT

Many questions we hear about being vaccinated are related to conception, pregnancy and breastfeeding. COVID-19 and the COVID vaccines do not seem to have any adverse effects on fertility. The American College of Obstetricians and Gynecologists (ACOG), the Society for Maternal Fetal Medicine and the American Society for Reproductive Medicine concur that whether women are trying to conceive, pregnant or breastfeeding, they should not be excluded from the vaccine. Further, ACOG recommends that pregnant women be free to make their own decision regarding vaccination.

“Whatever the patient decides, my role is to help them work through it and support them,” says **Lynsey Owen, MD, FACOG**, VHC Physician Group-OB/GYN.

“Neither COVID-19 itself, nor the vaccines are thought to affect fertility and it's not necessary to delay pregnancy after getting

vaccinated,” says **Kendall Adams, DO**, OB/GYN. “Also, you do not need to take a pregnancy test before getting the vaccine.”

Deciding to start a family should also include deciding to be as healthy as possible. Many of the actions and choices that need to be made before becoming pregnant are the same as before the pandemic. “I help women with pre-planning to make sure any chronic illnesses they have are well controlled six months prior to conception,” says **Nardin Khalil, MD**, family medicine, VHC Physician Group Primary Care-National Landing. “I try to help my patients attain their best health possible before trying to conceive.”

DURING PREGNANCY

Congratulations! You're pregnant! How will COVID-19 impact your health and the health of your baby?

“I have a somewhat unique perspective because I had a baby during COVID,” says Dr. Owen. “I was 20 weeks pregnant when the pandemic began and have lived through this along with my patients and the ever-changing landscape of what COVID means.” Dr. Owen is currently participating in a breastfeeding study to help advance the science of the vaccine.

Pregnant women are considered high risk because COVID-19 is a lung-based illness. This risk increases at around 24 weeks when the mother's lungs are compressed due to the baby's gestational development, which can lead to more respiratory complications. “Pregnant women who are at an increased age or who have coexisting medical conditions are at an even higher risk for severe COVID illness,” says Dr. Adams.

“Pregnant women with severe COVID are hospitalized more often than their peers,” says **Amy Porter, MD, OB/GYN**. “That's

“Getting the vaccine is helping your baby when you're pregnant and afterwards when breastfeeding.”

Amy Porter, MD, OB/GYN



why we definitely recommend that pregnant women be vaccinated. What's more, getting the vaccine is helping your baby when you're pregnant and afterwards when breastfeeding."

"I am a person of science," says Dr. Khalil. "Seeing how safe the vaccine is so far, I would tell most women that it's not an active (live) vaccine and you should highly consider getting it."

Pregnancy during the pandemic also poses new concerns around mental health. Because of COVID, pregnant women are experiencing increased social isolation at a time when more support is really needed. "I'm seeing a lot of mental health fallout in women who are pushed to the limit before and after their baby is born. Postpartum depression and anxiety are on the rise, and I caution them to be on the lookout for these changes," says **Pritha Workman, MD, OB/GYN**, Mid-Atlantic Permanente Medical Group. "We have conversations about what you need to do to stay healthy overall. If you need support brought in to the home, we need to have that conversation. Together, we work out what can be done to make my patients feel mentally and physically well."

GIVING BIRTH

How has the birth experience changed under COVID? Actually, not very much. At Virginia Hospital Center (VHC), labor and delivery care is essentially the same, except that staff are masked and wearing more protective gear. All moms are tested for COVID upon admission. If the test is positive, but mom is asymptomatic, we do normal obstetric care, with mom and her partner requested to stay in their room and not come in contact with anyone else.

Your baby stays in the room with you and your support person. "People worry that we're going to take the baby away if mom is diagnosed with COVID," says **Ingrid Winterling, MD, OB/GYN**. "That doesn't happen unless we need to intervene for the health of the mom or baby. That would be true whether or not there was a pandemic. Most patients say they were nervous about delivering a baby during the pandemic before coming in, but afterwards they felt good about their birth experience. Once they're here, they see it's really not that different. It's normal obstetric care, just with more protective gear for staff."

Patients also wonder if there is an increased likelihood of having Cesarean delivery if they have COVID close to their delivery time. "Even with moms who have a severe case of COVID requiring hospitalization and oxygen supplementation, their risk of Cesarean delivery is only two to three percent higher than the national average," says Dr. Khalil. "That gives reassurance to moms."

"Most patients say they were nervous about delivering a baby during the pandemic before coming in, but afterwards they felt good about their birth experience."

Ingrid Winterling, MD, OB/GYN



"My best advice is to think about the total picture. Your health and the health of your family are more than just physical."

Andrew Wu, MD, Pediatrician



HOME AGAIN

We know that even young children and infants can catch COVID, but it is less likely to cause very severe symptoms for them. And, the risk of a child transmitting to an adult is lower than an adult to child.

"On the whole, what we have seen is that babies and toddlers are not at high risk for severe disease if they get COVID, but we don't have long-term data," says **Sarah Hesselmann, MD, pediatrician**, who gave birth shortly before the pandemic started. "It often will present like a cold, with headache, sore throat and runny nose, but presentation is not limited to these symptoms. If your child is ill, we often advise to keep him/her out of day care or school until assessed by a doctor."

"Even before the pandemic, we advised new parents to limit exposure to non-family or non-essential caretakers the first couple months of life," says Dr. Hesselmann. "That's still true. The baby has very little immunity, especially in the first few months. For older siblings who attend day care, we understand it is often a necessity. We recommend parents do their research about what the day care is doing in terms of safety protocols. If your center is complying with CDC and local health guidelines, it is safe for siblings to attend."

"My parents just held my seven-month-old for the first time," says Dr. Owen. "To keep everyone safe, we wanted to wait until they were vaccinated."

"We are frequently asked, 'should my children wear masks when taking care of the baby?'" says **Andrew Wu, MD, pediatrician**. "I believe we need to weigh the risks and benefits of preventing spread vs. creating a normal healthy environment in which the child can develop. During the first couple of months of life, it is so important for the child to bond with immediate family members to form strong connections at an early age. Not seeing facial expressions and smiles makes it hard for a child to develop in a healthy way. I recommend that you maintain normalcy at home, and that means not wearing masks around family."

Family planning in the time of COVID-19 is still a moving target, with constantly changing recommendations. By taking precautions and adjusting to your environment, having a baby can still be the joyous event it's always been. The key is to have good relationships with your primary care physician, OB/GYN and pediatrician. Ask lots of questions until you understand and are comfortable with the answers.

"Life goes on, and we have to keep moving forward with precautions," says Dr. Winterling.

"My best advice is to think about the total picture," says Dr. Wu. "Your health and the health of your family are more than just physical. They include your emotional health, social health and psychological health, as well."

For more information, visit virginiahospitalcenter.com/pregnancy.

SPORTS MEDICINE EXPERT

While her education and training took her far from home, **Rebecca King, MD**, VHC Physician Group Primary Care-National Landing, has her offices near where she attended Oakridge Elementary School in Arlington. Even back then she knew she wanted to be a doctor.

After receiving a medical degree from Virginia Commonwealth University School of Medicine, Dr. King completed a family medicine residency at

Pennsylvania State University Milton S. Hershey Medical Center and a fellowship in primary care sports medicine at Wellspan Health York Hospital, York, PA.

Board certified in family medicine and primary care sports medicine, Dr. King sees all ages of patients from six years and up. "Every age has its own unique issues," she says. "I like being able to treat all of them."

Dr. King is a strong advocate for integrating exercise as treatment for her patients' health issues. "I take a very intensive look at a person's lifestyle and conditions, such as high blood pressure, anxiety or depression," says Dr. King. "I write prescriptions for exercise for my patients, based on what has been proven to be beneficial. It's a very evidence-based approach."

Practice information | vhcphysiciangroup.com/nationallanding



DR. MADINA HAQUE JOINS VHC PHYSICIAN GROUP

Madina Haque, MD is board-certified in internal medicine and has had her own primary care practice on the Virginia Hospital Center campus for more than 20 years. This year, Dr. Haque's practice joined VHC Physician Group Primary Care-Arlington North—and she says it feels like home.

"My practice and my mission have always been to be there for my patients," says Dr. Haque.

"We spend a lot of time talking with each patient, explaining their options, and guiding them in their healthcare decisions. When appropriate, we often involve the family in the patient's plan of care. I love having long-term relationships with my patients."

Dr. Haque is highly skilled in acute and chronic care. "My primary interest is treating patients who have multiple, complex medical problems," she says.

Originally from Bangladesh, Dr. Haque says, "My siblings, cousins and grandparents are physicians, so medicine has always been a big part of my life." She is committed to making medical care accessible and her patient population is very diverse. Dr. Haque is fluent in English, Spanish and Bengali.

Practice information | vhcphysiciangroup.com/arlingtonnorth



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 Arlington North

1715 N. George Mason Dr.
Suite 404 | Arlington, VA 22205
703.525.2898
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 National Landing

764 23rd St. South
Arlington, VA 22202
703.717.7030
Cares for patients 6 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

703.717.7001
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
703.558.5291

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 FAMILY MEDICINE PHYSICIAN

Veronica Ortiz, MD, family medicine, has recently joined VHC Physician Group-Primary Care Alexandria.

“I became interested in medicine at a young age and I knew that’s how I wanted to help people,” says Dr. Ortiz. She received her medical degree from the University of Pittsburgh School of Medicine and completed her family medicine training at hospitals in Latrobe and West Reading, PA. Her varied experience includes clinical research, working with underserved populations internationally and directing an educational organization for children. “I always strive to provide the best evidence-based patient-centered care possible in a compassionate way,” she says.

For the past five years, Dr. Ortiz was a hospitalist in rural Virginia and Tennessee, providing continuity of care for patients while they are in the hospital. I’m very excited to transition back to primary care because my focus is on prevention and keeping people out of the hospital. I believe that patients are the owners of their health and I’m here to give them the information they need to be able to make good health decisions.”

Practice information | vhcphysiciangroup.com/alexandria



DR. JESSICA SOMMER RETURNS TO VHC

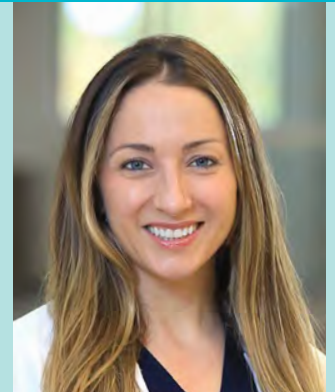
Jessica Sommer, DO, FACOG, recently joined VHC Physician Group-OB/GYN, but she is already familiar to many patients. After receiving her Doctorate in Osteopathy (DO), Dr. Sommer completed her OB/GYN residency through MedStar Washington Hospital/Georgetown University and spent four years in rotation at Virginia Hospital Center, followed by four years in private practice at VHC.

As a DO, Dr. Sommer is trained to care for the whole patient. “For example, during pregnancy and the postpartum period, mental health is a big piece of what I discuss with my patients,” she says. “I talk about what’s going on at home and go over topics like body mechanics, exercises and stretches—to help relieve neck or back strain.”

“One of the reasons I love my job is I get to be part of the most intimate moments in women’s lives—their first GYN exam, first pregnancy, first delivery experience and the changes that happen during menopause. I find a lot of joy and satisfaction in being able to support women through all phases of their lives,” says Dr. Sommer.

Dr. Sommer’s areas of interests include minimally invasive, gynecologic surgery, preventive healthcare, teen gynecologic care and contraception consultations.

Practice information | vhcphysiciangroup.com/gyn



Innovations in Interventional Radiology



Virginia Hospital Center (VHC) continues to invest in the latest image-guided technologies for Interventional Radiology (IR) services. As part of a new and expanded IR procedure room, VHC was one of the first hospitals in the world to install the Siemens ARTIS icono biplane system.

In IR physicians use medical imaging to guide minimally invasive surgical procedures that diagnose, treat and cure many kinds of conditions. By harnessing the power of advanced imaging, interventional radiologists can see inside the body and treat complex conditions less invasively and with unprecedented precision, providing reduced risk, less pain and shorter recovery times for patients.

The ARTIS icono system uses two cameras that image simultaneously and present a superior, high-quality 3D image to the interventionalist. Primarily used for neurological and neurosurgical procedures, the biplane also has potential for treatment of trauma patients.

NEW!

VHC Physician Group Arlington South Practice

- Opening 2021
- Family Medicine and OB/GYN
- 950 S. George Mason Drive, Suite 107
Arlington, VA 22204
- Free parking
- vhcphysiciangroup.com/primary-care



Virtual Events

All Reva & Sid Dewberry Family Cancer Resource Center events & support groups are virtual via Zoom unless otherwise indicated. To register for these free programs, go to virginiahospitalcenter.com and look for [classes and events](#) or call 703.558.5555.



Yoga

A gentle class to teach cancer patients & survivors to safely build strength & flexibility.
Fridays, 12:00 – 1:00 pm

Bowel Management

Learn how to manage diarrhea, constipation & other bowel-related side effects of treatment.
Tues, 5/18, 4:00 – 5:00 pm

Survivorship Celebration

Join us for socially distanced entertainment & treats as we host our annual celebration of life. Vaccinated individuals only, please.
Sat, 6/5, 3:30 – 5:00 pm, VHC Healing Garden

Indoor Gardening

Learn the therapeutic benefits of gardening & how to start one in a small, limited indoor space. Seeds provided.
Tues, 6/8, 3:30 – 4:30 pm

How to go Plant-Based

Have you considered adopting a plant-based diet to improve your health or protect the environment? Our dietitian provides tips & recipes to help you get started.
Thurs, 6/10, 12:00 – 1:00 pm

Laughter Yoga

Experience the health benefits of laughter yoga from a certified laughter yoga leader. Practice seated laughter exercises, breathing exercises & guided relaxation in a supportive environment. Beginners welcome.
Wed, 6/23, 7:00 – 8:00 pm

Strength & Balance

Strengthen leg & core muscles with low impact exercises to improve stability & help prevent falls. All levels welcome.
Wed, 6/30, 3:00 – 4:00 pm

Smoothie Coolers

Beat the July heat by cooling off with a tasty, nutritious smoothie.
Mon, 7/12, 5:00 – 6:00 pm

Self-Compassion

A social worker & counselor lead a discussion on how to practice self-compassion as a tool to help you navigate the cancer experience, as well as other difficult times in your life.
Wed, 7/21, 12:00 – 1:00 pm

Sleep Hygiene

The Cancer Resource Center support team explains how to practice good sleep hygiene & boost your overall health & well-being.
Tues, 8/3, 3:00 – 4:00 pm



BREAST CANCER TREATMENT STOLE MY MOJO!

Dr. Modjoros, women's health physician & AASECT-certified sexuality counselor, discusses the sexual side effects of breast cancer treatments, explains the interactions between stress & sex hormones, & shows you what you can do to maximize your sexual experiences.
Tues, 6/29, 12:00 – 1:30 pm

Caregiver Café

Join with other caregivers as we discuss self-care & strategies for coping, hear about supportive resources, & get to know each other.
Tues, 8/10, 10:30 – 11:30 am



VIRTUAL • SUPPORT GROUPS

To register, call 703.558.5555 or email 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

Reiki

Free half-hour session for cancer patients.
3rd Wednesday, 7:00 – 9:00 pm. Appointment only.

Write Away Group

Patients share writings about their cancer journey.
Call for more information.

WOMEN & Infant Health



VIRTUAL • PREGNANCY & BIRTHING CLASSES

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/pregnancy.

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**

I thoroughly enjoyed the Grandparenting class. The instructor was great and very knowledgeable. Living in California, it gave me great peace that my first grandchild and my daughter-in-law and son are going to be in such good hands at VHC!



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

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, email childbirtheeducation@virginiahospitalcenter.com.



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.

SUPPORT GROUPS • FREE

(Sessions do not meet on holidays)

Breastfeeding

Wednesdays, 12:00 pm & Thursdays 10:30 am. 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.



Educational app

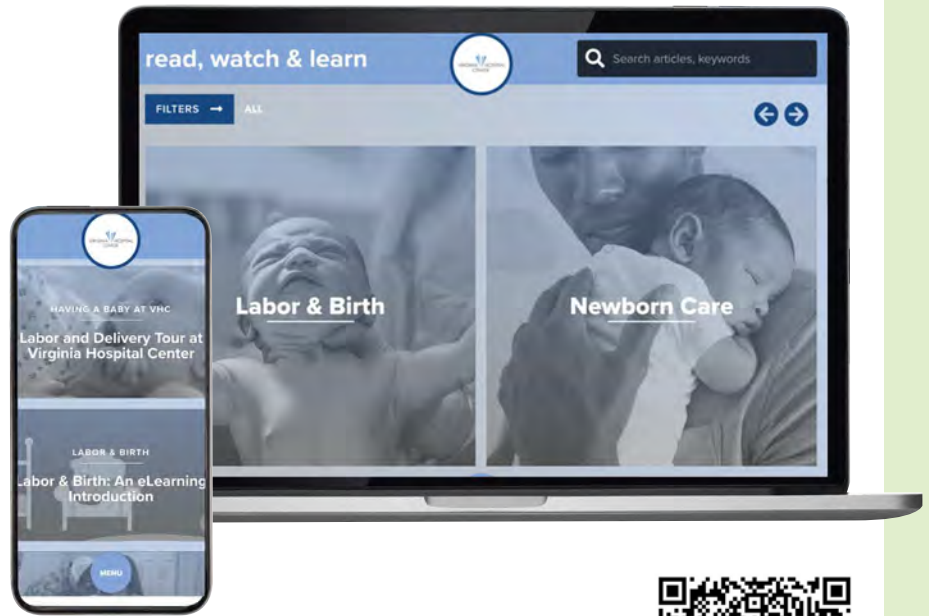
We now have an easy-to use app to help you get prepared for pregnancy, delivery and parenting.

The VHC OB Journey app, powered by YoMingo®, provides expert-approved pregnancy and parenting education along with tools to help you track your pregnancy, prepare for baby's arrival, and navigate the first year of baby's life.

- Track your baby's kicks, feedings and diapers
- Watch videos to learn labor techniques, breastfeeding and newborn care
- Learn about other moms' birth stories
- Learn everything you need to know about having a baby at Virginia Hospital Center

REGISTER FIRST

Visit virginiahospitalcenter.com/objourneyapp or scan the QR code (right) to register. Once registered you'll receive an email from noreply@myyomingo.com with a temporary password and link to log in. If you do not see the email, check your spam folder.



DOWNLOAD THE APP

Once registered, you can access the VHC OB Journey app on any browser by logging in with your credentials at myyomingo.com. To access as an app on your tablet or mobile device, download "YoMingo" from the app store and log in with your credentials.



Scan QR Code to Get the App

Get to Know the VHC Physician Group OB/GYNs Who Deliver Babies at VHC

VIRTUAL EVENT

Tuesday, June 8, 8:00 – 9:00 pm

Tuesday, August 10, 8:00 – 9:00 pm



Whether it's getting closer to your baby's "birth day" or you're looking to find the right provider for your pregnancy, now is a great time to meet the members of the care team who deliver babies at Virginia Hospital Center. Join us from the comfort of your home to virtually "meet the docs" from the VHC Physician Group OB/GYN practice.

Each session will include introductions by each of our childbirth care team members as well as the opportunity for you to ask questions. Typical questions from previous sessions include:

- What should I expect when I come to VHC for my delivery?
- Who can come with me during my delivery and stay?
- How do I incorporate a certified doula or midwife into my birth?
- What is the best way to communicate my birth plan to the delivery team?
- What are the medicated and natural options for managing pain?
- Who will be my care team throughout labor?

And more!

To submit your questions ahead of the session, send an email to childbirtheeducation@virginiahospitalcenter.com. You can also ask questions during the session by using the "chat box" in the video conference platform.

Scan QR code to register for this event.





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 Sculpt

Tone & strengthen all muscle groups. All levels welcome. \$54

Tues, 5:30 – 6:15 pm begins 5/11 & 7/13
 Wed, 5:30 – 6:15 pm begins 5/12 & 7/14
 Fri, 7:30 – 8:15 am begins 5/14 & 7/16
 Sat, 9:00 – 9:45 am begins 5/15 & 7/17

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 5/11 & 7/13

Cardio Kickboxing

Combine boxing & interval training in this high-energy class. \$54
 Mon, 6:30 – 7:15 pm begins 5/10 & 7/12

Cardio Strength Circuit

Intermediate level class featuring faster-paced cardio & strength exercises. \$54
 Sat, 8:10 – 8:55 am begins 5/15 & 7/17

Core Challenge

Strengthen your abs & back. \$54
 Mon, 5:30 – 6:15 pm begins 5/10 & 7/12
 Thurs, 5:30 – 6:15 pm begins 5/13 & 7/15

Exercise 101

For those beginning an exercise program, or preparing for /recovering from bariatric surgery. \$64
 Sat, 9:00 – 10:00 am begins 5/15 & 7/17

Fitness Fusion

Combine cardio, strength & stretching. \$54
 Tues, 4:00 – 4:45 pm begins 5/11 & 7/13

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 5/11 & 7/13 (mat-based class)
 Thurs, 11:00 am – 12:00 pm begins 5/13 & 7/15 (seated-class)

Prenatal Yoga

Stretch muscle groups essential for efficient labor & delivery. Physician approval required. \$85
 Mon, 7:00 – 8:00 pm begins 5/10 & 7/12 **NEW!**
 Wed, 7:00 – 8:00 pm begins 5/12 & 7/14

Postpartum Yoga

Rebuild strength as you bond with baby (age 6 weeks to almost crawling). \$85
 Tues, 10:30 – 11:30 am begins 5/11 & 7/13

Hatha Yoga

Classic yoga style combines postures & breathing techniques to improve the mind/body connection. \$85
 Tues, 12:00 – 1:00 pm begins 5/11 & 7/13
 Thurs, 4:00 – 5:00 pm begins 5/13 & 7/15

Gentle Yoga

Reduce stress as you increase strength & flexibility. \$85
 Tues, 9:30 – 10:30 am begins 5/11 & 7/13
 Wed, 7:30 – 8:30 pm begins 5/12 & 7/14
 Thurs, 9:30 – 10:30 am begins 5/13 & 7/15
 Sun, 4:15 – 5:15 pm begins 5/16 & 7/18

Yin Yoga

All postures are completed on the floor & held for several minutes to strengthen connective tissue for bone health, increased mobility & self-calming. \$85
 Wed, 12:00 – 1:00 pm begins 5/12 & 7/14 **NEW!**
 Fri, 6:00 – 7:00 pm begins 5/14 & 7/16
 Sat, 10:15 – 11:15 am begins 5/15 & 7/17



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 5/11 & 7/13
 Sun, 3:00 – 4:00 pm begins 5/16 & 7/18

Pi-Yo

Tone & energize with this blend of Pilates strengthening & Yoga movement. \$85
 Thurs, 6:30 – 7:30 pm begins 5/13 & 7/15

Pilates

Strengthen your core muscles in this mat-based class. \$85
 Tues, 6:15 – 7:15 pm begins 5/11 & 7/13

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* \$25

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

Vitamin D* (mailed results) \$50

*All blood tests are fingerstick.

Gentle Pilates

A mat-based class with modifications to suit all abilities. \$85
Tues, 6:30 – 7:30 pm begins 5/11 & 7/13
Sat, 11:30 am – 12:30 pm begins 5/15 & 7/17

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 5/10 & 7/12.

Tai Chi

Class follows the 37-posture Yang short form. 10-week sessions begin 6/17. \$120.
Level 1: Thurs, 5:30 – 6:30 pm
Level 2: Thurs, 6:50 – 7:50 pm

Nordic Walking **NEW!**

Adding poles burns 20% more calories without added exertion & takes stress off the joints. Class will meet in-person outside at VHC's Shirlington campus. Poles provided. 4-week session. \$60
Wed, 6:30 – 7:30 pm begins 7/14

Sleep Like a Baby **NEW!**

Learn how to go to sleep & get back to sleep more easily, while practicing stress reduction movements that will help you all day. 4-week session. \$60
Wed, 6:30 – 7:30 pm begins 6/9

SENIOR HEALTH

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

Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54
Wed, 11:00 – 11:45 am begins 5/12 & 7/14

Strength & Stretch for Seniors

Improve range of motion, muscle strength & bone health. \$54
Mon, 1:00 – 1:45 pm begins 5/3 & 7/12
Thurs, 1:00 – 1:45 pm begins 5/13 & 7/15

Seated Senior Fitness

Strengthen muscles, & enhance overall physical function while seated on a sturdy chair. \$84
Mon & Fri, 10:30 – 11:30 am begins 5/10 & 7/12

Seniorcise

Maintain & regain strength & balance. 10-week sessions.
M/W/F begins 5/24. 9:00 – 10:00 am. \$180
T/Th begins 5/25, 10:00 – 11:00 am. \$120
M/W/F begins 6/14. 9:00 – 10:00 am. \$180
T/Th begins 6/15. 9:00 – 10:00 am. \$120

Alzheimer's & Dementia Caregiver Support Group

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

Walk-Fit

A free fitness program featuring walking, stretching & blood pressure checks.
Tues, 8:30 – 9:30 am, Fashion Centre at Pentagon City, 1st Floor by Nordstrom Café
Thurs, 8:30 – 9:30 am, Ballston Quarter, Level M2

Parkinson's Side by Side Support Groups

Two support groups—one for those with Parkinson's and one for caregivers.
2nd Wed of every month from 10:00 – 11:30 am

Philips Lifeline Emergency Response

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

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.

MAY 28
Plan Your Next Journey—Inspiration and Tips for Senior Travel

JULY 23
Happy Feet: Tips and Strategies to Keep your Feet & Ankles Healthy

JUNE 25
Brain Health—Preventing & Managing Cognitive Decline

AUGUST 27
The ABCs of Medicare: Plan for Your Successful Enrollment

PRENATAL YOGA IS FOR MOM AND BABY, TOO

Prenatal Yoga is a gentle and safe way to strengthen your muscles, support your body during pregnancy, prepare your body and mind for childbirth, and aid in a smoother recovery. "In each class we focus on deep breathing, stretching and strengthening muscles needed for pregnancy, birth and beyond," says Elizabeth Duke, instructor.

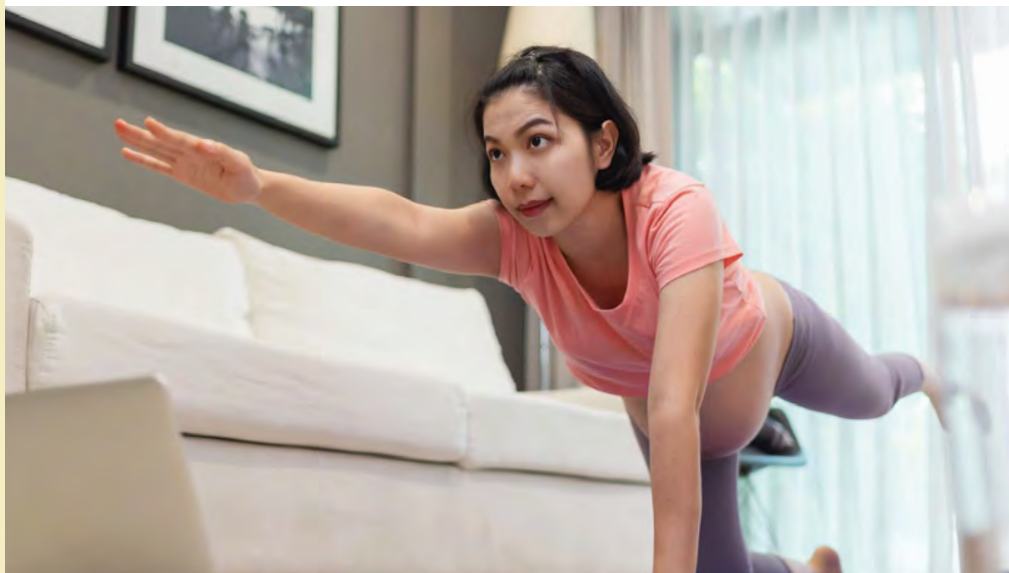
Women in all stages of pregnancy are welcome and previous yoga experience is not required. Benefits include:

- Improved sleep
- Reduced stress and anxiety

- Increased strength, flexibility and endurance of muscles needed for childbirth
- Decreased lower back pain, nausea, headaches and shortness of breath

In addition, attending virtual Prenatal Yoga classes reduces feelings of isolation and creates a support network that continues after baby has arrived. "Practicing yoga is an act of self-care and one of the best things you can do for yourself and your baby," says Duke.

See Prenatal Yoga class schedule on page 14.





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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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.

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Navigate Your Way to Better Health at VHC

The NEW Virginia Hospital Center App Is Here!

Think of it as your digital front door to Virginia Hospital Center (VHC). With the new VHC App, you can access anything you need—anytime, anywhere right from your mobile device, including:

- Step-by-step guidance to anywhere on the VHC campus
- Appointment scheduling
- Access to the MyVHC patient portal

TO GET THE APP, SCAN THE QR CODE ►

virginiahospitalcenter.com

