

FALL 2021

# VIRGINIA HOSPITAL CENTER



## **BREAST CANCER IN YOUNG WOMEN**

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New VHC Physician Group-  
Primary Care & OB/GYN Practice  
Opens in Arlington South

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**“IF YOU FEEL SOMETHING, GET IT CHECKED OUT. YOU ARE NEVER TOO YOUNG.”**

—Deanna Coll



Deanna with her husband, Declan

**W**hen Deanna Coll stepped into the shower one day last March, she didn’t expect it to change her life. But she immediately knew something was off when she noticed a lump in her right breast.

“I knew this didn’t feel right—and that it was something new. I called my primary care physician right away,” the 30-year-old athletic trainer said. Deanna’s doctor referred her to Virginia Hospital Center (VHC) for imaging, where she was seen by **Christina Marks, MD**, a radiologist with fellowship training in both interventional radiology and breast imaging.

A mammogram revealed extensive calcium deposits, unusual in someone as young as Deanna. Calcium deposits can be benign while others can indicate breast cancer. “Dr. Marks talked me through everything on the day of my scan. She made me feel like I was in good hands at the start of what can be a very scary diagnosis,” recalled Deanna.

A few days later, Dr. Marks performed a biopsy, which determined the diagnosis: invasive and noninvasive breast cancer (ductal carcinoma in situ or DCIS), which becomes invasive over time. “What Deanna had was rare for a 30-year-old. When most women detect a lump at that age, it is a benign cyst, fibroadenoma or normal dense breast tissue,” said Dr. Marks.

Within a week, Deanna met with **Claire Edwards, MD, FACS**, breast surgeon, **Reinsch Pierce Family Center for Breast Health**, who has coordinated her care throughout her breast cancer journey. “My husband and I had a million questions for her, which she patiently answered,” Deanna said.



Christina Marks, MD



Claire Edwards, MD, FACS

Dr. Edwards explained that although the invasive part of the cancer was small, Deanna had a large amount of DCIS, which meant she was not a candidate for breast conservation surgery and would need a mastectomy.

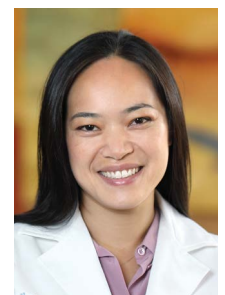
Before surgery, Deanna met with **Marilyn Nguyen, MD**, VHC Physician Group-Plastic & Reconstructive Surgery, who talked her through the stages of breast reconstruction and recommended placing a tissue expander during surgery as the first step.

The potential for motherhood factored into Deanna’s every decision about her treatment. “She wanted to preserve her healthy breast to breastfeed in the future, so she opted for unilateral implant-based reconstruction,” said Dr. Nguyen. “When a woman wants to have children soon, I encourage her to have her children prior to using abdominal tissue (DIEP flap) for breast reconstruction, which will still be an option for her in the future.”

In June, Dr. Edwards performed Deanna’s surgery at VHC. “It felt like staying in a very nice hotel,” Deanna said. “It was my first time for surgery and being in a hospital overnight. They even let my husband stay later that day.” That was a major comfort to both of them.

“He’s my rock, the most positive person you’ll ever meet,” Deanna said of her husband Declan, who was at her side for every doctor’s visit.

During surgery, Dr. Edwards learned more information about the actual size of the tumor and the status of lymph nodes under the arm. A tissue sample of the tumor was sent for an



Marilyn Nguyen, MD



Patricia Rodriguez, MD

Oncotype test to determine whether Deanna would benefit from chemotherapy. Deanna's Oncotype score indicated that chemotherapy would be beneficial to her, so Dr. Edwards referred her to **Patricia Rodriguez, MD**, medical oncologist.

Oncotype testing has been a game changer in recent years. "We used to routinely give chemotherapy to all women with breast cancer. Now, we give it only to the women who need it," Dr. Rodriguez said. "Everything we do for treatment is to increase the chance of cure."

Chemotherapy can increase the risk of infertility and ovarian failure. "For women with breast cancer who want to have children, fertility preservation is a primary concern that we address early on to allow time for consulting with a fertility specialist to harvest their eggs or embryos," Dr. Edwards said.

"When I was diagnosed, my first thought was I wanted to make sure I could have a family," Deanna said. "After my surgery, we started the egg retrieval process and, fortunately, were able to freeze embryos to have a family in the future." Deanna began chemotherapy treatments in June, which will last until fall.

**"I'M THANKFUL TO HAVE THE MOST AMAZING TEAM OF ALL-FEMALE PHYSICIANS IN MY CORNER, WHO HAVE MADE ME FEEL SUPPORTED EVERY STEP OF THE WAY."**

—Deanna Coll

Because of COVID-19 visitor restrictions, her husband can't be with her during chemo, so she leans instead on **Margaret Navarro, RN, MSN-BC**, breast health navigator (see sidebar). "She's been holding my hand through this journey. It's so nice to have someone who understands what I'm going through," Deanna said. "When Margaret pops by to sit with me, it helps my chemo treatments pass more quickly."

"I have the flexibility in my schedule to go see someone right away when needed," Margaret said. "When a doctor calls and says we have a patient who is in crisis, I will drop everything to be available."

After chemo, Deanna will continue to see Dr. Rodriguez for hormonal therapy. This estrogen-blocking medication is a powerful treatment for hormone-receptor positive breast cancer.

Deanna had been diligent about her health, having regular physicals with her doctor. With no history of breast cancer in her immediate family, screening mammograms would not have been recommended prior to age 40. "Women younger than 45 who are diagnosed with breast cancer, even without any strong family history, should have genetic testing," Dr. Edwards said. Deanna's test showed that she does not have the BRCA genes, which increase the risk of breast cancer.

"Although monthly breast self-exams have been the standard for years, today the focus is more on breast health awareness—like Deanna's," Dr. Edwards added. "She felt something new and brought it to her doctor's attention, which is important to do at any age," Dr. Edwards said.

"All my cancer treatment was done at VHC. I didn't have to travel far and I knew I had access to great doctors," Deanna said. "I'm thankful to have the most amazing team of all-female physicians in my corner, who have made me feel supported every step of the way."



## WHAT IS A BREAST HEALTH NAVIGATOR?

**Margaret Navarro, RN, MSN-BC**, is a breast health navigator in VHC's **Reva and Sid Dewberry Family Cancer Resource Center**. More specifically, she is a confidante, adviser and guide. She helps patients who are newly diagnosed with breast cancer or experiencing a recurrence through perceived and real barriers. She also works with physicians, physician assistants, medical assistants and radiologists to ensure that patients are confident in their care.



**Margaret Navarro, RN, MSN-BC**

"I'm a strong believer that you must trust, all in, the person that is managing your care," Margaret said. "When diagnosed with breast cancer, women feel shocked and filled with anxiety. They relive past experiences with the medical system or other people in their lives who had cancer. They bring these perceptions with them."

When Margaret first meets patients, she likes to learn about their personal lives. "I ask about their home, children and social lives, and I check in on how they feel psychologically," said Margaret.

"When patients ask me, 'How do I trust this surgeon or medical oncologist with my life?' I get to be a neutral party," said Margaret. The Cancer Resource Center is independent of any physician, which she says enables her to be an intermediary when issues arise or patients need reassurance about their diagnosis or treatment.

"Most of my job is being a facilitator," Margaret said. "I help patients formulate questions for each of their doctors, so they get the information they need to make decisions." She is also an advocate, meeting with patients before doctors' appointments to prepare them or accompanying them to appointments and taking notes. Upon request, she provides educational materials and journal articles related to their diagnosis.

"By giving patients the tools to advocate for themselves, I arm them with the confidence and knowledge to feel good about what the doctor is recommending," she says.

Other times, Margaret holds hands and just listens. "I'm boots on the ground," she said. "When someone needs me, I'm up and out of my office and by their side through all aspects of their care, from diagnosis to survivorship."

**The American College of Radiology recommends beginning annual screening mammograms at age 40 for women at average risk for breast cancer. To schedule your mammogram, call 703.558.8500 or visit [virginiahospitalcenter.com/mammography](http://virginiahospitalcenter.com/mammography).**

# GETTING CAUGHT UP WITH YOUR HEALTHCARE

Have you put off routine healthcare during the pandemic? Have you been meaning to make an appointment to see your doctor, but just haven't gotten around to it? If so, you're not alone. The uncertainty and fear of coming into contact with the coronavirus when visiting a hospital or doctor's office have prevented many people from getting the care they need. Add to that the fact that routine physicals and preventive screenings were paused for a time during the pandemic's initial outbreak, and you have a lot of people who need to get back on track taking care of their health.

Now is the time to resume your schedule of regular healthcare checkups, screenings and other treatments, and you can feel safe coming to Virginia Hospital Center (VHC). Our strict COVID-19 protocols require health screenings on arrival, providing all patients with a mask and frequent sanitizing of exam rooms and common areas.

"An estimated 41 percent of U.S. adults had delayed or avoided medical care including urgent or emergency care and routine care," according to *Delay or Avoidance of Medical Care Because of COVID-19-Related Concerns*, a report by the Centers for Disease Control and Prevention (CDC). "Medical care delay or avoidance might increase morbidity and mortality risk associated with treatable and preventable health conditions and might contribute to excess deaths."

Healthcare providers at VHC have seen a reduction in people who are staying current with their health. "We have had many patients come in who ran out of their blood pressure medication two to three months ago," said **Nardin Khalil, MD**, family medicine physician with VHC Physician Group-Primary Care National Landing. "Others have diabetes and have not been monitoring their blood sugar as closely as they should. This is concerning—elevated



blood pressure and high blood sugar levels can cause significant organ damage in that amount of time and you don't even feel it."

**Hassan Tabandeh, MD, FACC, RPVI**, VHC Physician Group-Cardiology, agrees. "A lot of our patients canceled appointments because of concerns over COVID-19, but cardiac symptoms are not something you can sit on. During the pandemic, there were a few instances of people who were having chest pain at home, but decided not to come to the Emergency Department and had tragic outcomes."

While cough, cold or flu symptoms can be effectively diagnosed and treated by Telehealth visits, "with cardiology it's better to see the patient in person," said Dr. Tabandeh. "I need to be able to listen for heart murmurs or congestive heart failure, check pulse rates and oxygen levels, and run an EKG to make decisions about the best treatment for the patient. During office visits we frequently find elevated blood pressure readings. High blood pressure is a silent killer—people can feel great and are not aware they have it."

Additionally, vaccinations must be kept up to date for kids, as well as adults. Some vaccines, such as HPV, Hepatitis B and Shingles are given in a series. If you've

missed a dose in the series, you don't have to restart it to be protected, according to new guidelines from the CDC.

Probably the most important reason for getting back to a regular healthcare routine is to catch problems as early as possible through preventive screenings. "Some women already had heightened fear and anxiety of what might be found in a mammogram. The pandemic really exacerbated their fears and gave them more reason to delay their screenings," said **Shari Sitron, LCSW, LICSW, OSW-C**, Director, Reva & Sid Dewberry Family Cancer Resource Center. VHC saw a 20 percent drop in screening mammograms between 2019 and 2020.

Another downstream impact of the pandemic's early days that is delaying healthcare for some is a backlog of appointments resulting from the surge of people returning to see their doctors.

"At VHC, we are getting close to our pre-pandemic levels of screening mammograms per month, as more women schedule their screenings," said **Erin Noble, RT(R)(M)(BD)**, Manager, Women's Imaging. "By expanding hours for weekday appointments starting at 6:45 am and adding Saturday hours, we're now able to book appointments at times that are convenient for our patients."

"Fortunately, our primary care practice at National Landing is relatively new, and we have openings to see patients promptly for physicals, which can be scheduled easily online," said Dr. Khalil.

Although the pandemic has put many things on hold, your health doesn't take time off. Make your health a priority and get back into a regular routine with your doctors and other healthcare providers.

**ONE OF THE MOST IMPORTANT REASONS FOR GETTING BACK TO A REGULAR HEALTHCARE ROUTINE IS TO CATCH PROBLEMS AS EARLY AS POSSIBLE THROUGH PREVENTIVE SCREENINGS.**



# GET A HANDLE ON DIABETES

## BEFORE IT STARTS

When tests showed that Jerry Hurwitz's blood sugar was only a tenth of a point away from being classified as diabetes, his primary care physician recommended that he attend the [Diabetes Prevention Program \(DPP\)](#) at Virginia Hospital Center.

Jerry, 71, started with weekly live classes before the pandemic began and then moved to virtual ones. Both formats include weigh-ins, which Jerry said was an incentive to stay on track. "That gave me discipline," said Jerry, who has lost 50 pounds, lowered his blood pressure, and brought his blood sugar to within the normal range. "It's made a big difference. I have more energy."

Jerry's story is fairly common, according to Lisa Muras, registered dietitian and certified diabetes educator at DPP, part of VHC's Outpatient Diabetes and Nutrition Program. Most DPP participants have prediabetes, meaning their blood sugar is elevated but not yet at diabetic levels.

"Starting at age 45, the risk of being diagnosed with diabetes increases," Lisa said. "Insulin resistance begins to increase, meaning the body doesn't process glucose

or sugar as effectively." Other risk factors include extra weight, a sedentary lifestyle and a family history of the disease.

Persuading people to break long-established habits can be tough. "One way we motivate people is to focus on small, realistic changes," Muras said. "Peer support is really key—having other people in the same situation as you provide useful tips."

Jerry learned that his biggest problem was eating too many carbs and high-fat foods like ice cream. "I cut back on those foods and the weight started falling off. Portion control is a big factor too," he said. He also learned he didn't have to do strenuous exercise. "I just had to move for 150 minutes per week, which I could do by regularly walking in my neighborhood."

Taught by certified Lifestyle Coaches, the DPP is a yearlong program that is based on recommendations from the Centers for Disease Control and is covered by Medicare. In addition to DPP, the [Outpatient Diabetes and Nutrition Program](#) offers individual appointments for diabetes management,



a support group for people with Type 1 diabetes and one-on-one counseling for women with gestational diabetes.

**DPP classes typically start each quarter. For dates, contact [diabetesed@virginiahospitalcenter.com](mailto:diabetesed@virginiahospitalcenter.com).**

# LIVING A HEALTHIER LIFE

## IN AMERICA'S FITTEST CITY

For a record fourth year in a row, Arlington sits at the top of the list of [America's fittest cities](#), based on an annual fitness index by the American College of Sports Medicine (ACSM) and the Anthem Foundation.

**Rebecca King, MD**, VHC Physician Group-Primary Care National Landing, has some tips for how Arlingtonians can stay healthy and maintain the No. 1 ranking next year.

"The most successful workout is the one that is most fun for you. That's the one you're most likely to stick with and want to do," said Dr. King, who is board certified in family medicine and primary care sports medicine. "I write prescriptions for exercise for my patients, based on what has been proven to be beneficial. It's a very evidence-based approach."

She urges people not to be intimidated by a gym. Online workouts and walks are just as good, Dr. King said. "A brisk walk is comparable in terms of cardiovascular benefits to running or cycling," she said. Aim for 150 minutes of moderate-intensity activity weekly.

"What matters most is getting your heart rate up," Dr. King said. "If you can say about three words before needing to take a breath, that's moderate intensity."

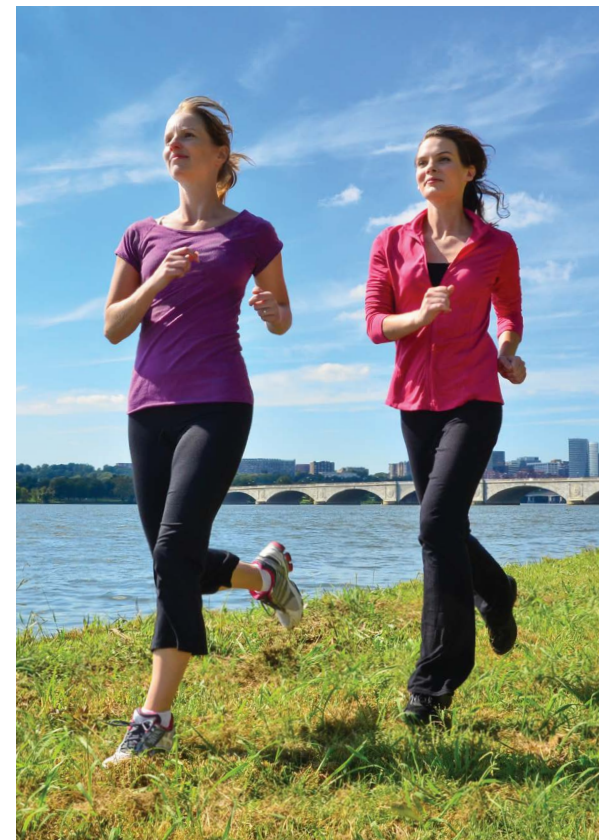
Start low and take it slow. Exercising harder or faster than you're used to can put you at risk of injury, so it's important to get into a routine in which you gradually increase the intensity and frequency while allowing for rest and recovery.

ACSM's index ranks America's 100 largest cities based on 34 indicators, including health behaviors, health outcomes, recreational facilities, policy/funding and the built environment, including walkability and access to fitness facilities and programs. VHC offers a variety of classes, from body sculpting to gentle pilates, to help you achieve your fitness goals and live a healthier life. See pages 14-15.

### INJURY? THINK PRICE

- P** Protection with a brace/crutches
- R** Rest your body
- I** Ice the injury
- C** Compression with a bandage or compression sleeve
- E** Elevate the injured body part above the level of the heart

*The last three help minimize swelling.*



# BREAST CANCER ACROSS ALL AGES

SATURDAY, OCTOBER 2 | 9:30 - 11:30 AM

A FREE  
VIRTUAL  
EVENT



Join us at this year's annual Breast Cancer Awareness Conference to hear from a panel of experts who will cover a range of issues, including prevention, screening, new therapies and management of long-term side effects from treatment. There will be a live Q&A session following the panel presentation.

Keynote speaker **Kathryn Ruddy, MD, MPH**, Oncologist, Mayo Clinic will focus on the special needs of young patients with breast cancer, such as fertility, childbearing, jobs and intimacy. We invite patients, survivors, healthcare professionals and anyone interested in learning more about breast cancer to this must-see virtual event.

## KEYNOTE SPEAKER

**Kathryn Ruddy, MD, MPH** | Oncologist, Mayo Clinic, Rochester, MN

## EXPERT PANEL

**Molly Sebastian, MD, FACS** | Medical Director and Breast Surgeon  
VHC Physician Group-The Reinsch Pierce Family Center  
for Breast Health

**Michelle Kondracki, MPT CLT-LANA** | Senior PT, Physical Medicine  
& Rehabilitation, Outpatient Rehabilitation Services

**Sarah Mezban, MD** | Radiologist, Women's Imaging Center

**Christine Min, MD** | The Hitt Family Center for Radiation Oncology

**Margaret Navarro, RN, MSN-BC** | Breast Health Navigator  
Reva and Sid Dewberry Family Cancer Resource Center

**Marilyn Nguyen, MD** | VHC Physician Group-  
Plastic & Reconstructive Surgery

**Patricia Rodriguez, MD** | Medical Oncologist  
Virginia Cancer Specialists



## REGISTRATION IS REQUIRED

There is no charge to attend the virtual conference, but registration is required. Links to join the conference as well as access passwords will be provided to registered participants close to the conference date. Visit [virginiahospitalcenter.com](http://virginiahospitalcenter.com) and click on "Classes & Events." The Breast Cancer Conference can be found under "Free Community Events."

**QUESTIONS?** | 703.558.6700 | [confctr@virginiahospitalcenter.com](mailto:confctr@virginiahospitalcenter.com)  
All registrants will be entered in a raffle to win a special gift!



## NATIONALLY RECOGNIZED FOR EXCELLENT PATIENT CARE

Three recent awards attest to Virginia Hospital Center's (VHC) commitment to the highest quality in patient care, safety and experience.

In the *U.S. News & World Report's* 2021-2022 Best Hospitals rankings, VHC holds the No. 2 spot among Washington, DC metro area hospitals, up from No. 3 last year. Statewide, VHC is ranked eighth out of 121 hospitals, and was noted for its strength in adult orthopedics and in 10 procedures and conditions including, colon cancer and surgery, lung cancer, heart failure, heart attack, kidney failure, stroke, knee replacement, hip replacement, hip fracture, and chronic obstructive pulmonary disease.

*U.S. News & World Report* named Mayo Clinic the top hospital in the country. As part of the Mayo Clinic Care Network, VHC has access to Mayo Clinic resources and works directly with Mayo Clinic specialists.

Second, VHC earned its 18th consecutive "A" grade from The Leapfrog Group's Hospital Safety Guide, which recognizes achievements in patient safety. There are only 39 hospitals in the nation and seven in the state of Virginia that have reached this status. Grades of A, B, C, D or F are based on each hospital's performance in preventing harm to patients in their care, including medical errors, injuries, accidents and infections.

Last, VHC received the Healthgrades 2021 Outstanding Patient Experience

Award for the 10th consecutive year—a significant achievement that places VHC in the top 10 percent of hospitals nationwide for patient experience.

"These recognitions reaffirm something I've said many times throughout this challenging year—VHC has an incredible staff who are truly dedicated to our patients and their safety," said James B. Cole, President & CEO. "This award celebrates the hard work of every member of the VHC team."



With more than 190 primary care and specialist providers, VHC Physician Group is constantly bringing more expertise to its team to serve our culturally diverse community. Get to know five of our new physicians.

## Primary Care Arlington

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**Dana Alsaadi, MD**

**Special interests:**  
nutrition and  
weight loss  
Fluent in Arabic

Dr. Alsaadi may be a familiar face around campus, having volunteered at VHC in high school and training here during her residency at Georgetown University.

In addition to earning her medical degree from The George Washington University School of Medicine and Health Sciences, she minored in medical humanities, a field that focuses on the art aspect of medicine. In those classes, she studied movies and literature with a medical theme.

After working as a hospitalist, Dr. Alsaadi found she wanted to practice in a primary care setting where she could cultivate longer-term relationships with patients. "I'm dedicated to forming partnerships with patients and meeting their goals," Dr. Alsaadi said.



**Fakiha Khan, MD**

**Special interests:**  
mental health and  
sports medicine  
Fluent in Urdu

Dr. Khan earned her medical degree from St. George's University in the West Indies and completed her residency at Robert Wood Johnson University.

"As a medical student, I enjoyed working with families and taking care of people across their lifespan," said Dr. Khan, who began her medical career as a nurse.

She likes to evaluate how much medication patients take and decrease it whenever possible. "I sit with them and explain, 'This medication was initially given for a specific purpose, but now you are better. We should consider a change,'" she said. "Having a rapport and trust with patients really helps when I recommend a trial going off medication to assess if it is still the best course of treatment."

## Primary Care Falls Church

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**Katie Kress, DO**

**Special interests:**  
preventive medicine,  
women's health and  
pediatrics

Starting in October, patients ages 6 and older will be able to see Dr. Kress, who is from Eau Claire, WI. She earned her degree from the Des Moines University College of Osteopathic Medicine and completed the Western Wisconsin Rural Family Medicine Residency Program. She has volunteered as a physician and a patient advocate in free clinic settings.

For Dr. Kress, medicine runs in the family. "Growing up, my mom was a family practice doctor," she said. "When I decided to go to medical school, I chose primary care medicine to be able to focus on continuity of care, preventive care and women's health."

"My philosophy is to give patients information to make informed decisions because this is a collaborative process between patients and their doctor," Dr. Kress said.

## Primary Care Old Town

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**Trent Hope, MD**

**Special interests:**  
preventive medicine  
and sports medicine  
Fluent in Spanish

In his practice, Dr. Hope encourages patients to take ownership of their care. "I enjoy when patients have done some online research and come in with questions," he said. "It shows they are really taking an interest in their health."

Dr. Hope received his medical degree from The George Washington University School of Medicine and Health Sciences, but grew up in California among an athletic family, which cultivated an interest in sports medicine. He has volunteered his expertise as a sideline physician for high school and college sports teams.

"I love promoting healthy lifestyles and activity," Dr. Hope said. "I like helping my patients to be more active, meeting them where they are and working with them to set small goals and improve one step at a time."

## Cardiology

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**Brian Clark, MD, FACC**

**Special interests:**  
coronary artery  
disease, heart failure,  
preventive cardiology,  
echocardiology and  
nuclear cardiac  
imaging

"I wanted a career that combined my passion for science and community service, and medicine seemed like the perfect fit," said Dr. Clark, who grew up in Bowie, MD. He earned his medical degree from Jefferson Medical College in Philadelphia and completed his internal medicine residency and cardiovascular medicine fellowship at the University of Maryland. Dr. Clark's experience includes working as an advanced heart failure hospitalist in Baltimore.

"My philosophy of care is rooted in listening to my patients' concerns and what they have to say, rather than imposing what I think from the beginning," said Dr. Clark, who has a particular interest in helping underserved populations. "If you're not listening to what patients have to say, they won't trust and have faith in you."

# HEALTHY IS CLOSER THAN EVER

## VHC PHYSICIAN GROUP-ARLINGTON SOUTH

Opening in October, VHC Physician Group-Arlington South provides primary care and comprehensive OB/GYN care in one convenient location. With primary care services starting for patients at 6 years of age and OB/GYN services for patients 14 years and older, you and your entire family can access high-quality healthcare in the same practice. The result is a better healthcare experience for patients and doctors alike.



Lynsey Owen, MD, FACOG

“Having primary care services as part of the practice is beneficial for OB/GYN patients,” said **Lynsey Owen, MD, FACOG**, who is now practicing at Arlington South. “When I see a patient who has an urgent screening need for a condition, I can walk down the hall and talk with one of our primary care physicians or arrange for an urgent follow-up appointment. When doctors know each other, it leads to better coordination of care.”

Plus, routine preventive care is more convenient. Patients of the Arlington South practice can easily schedule their annual checkup with their primary care physician and annual gynecologic exam with their OB/GYN on the same day.

Dr. Owen has been part of VHC Physician Group-OB/GYN for the past six years, initially practicing at the Arlington office and most recently at the Old Town office. **Jessica Campbell, NP, WHNP-BC**, joins Dr. Owen in providing OB/GYN care.

### Meet the Primary Care Physicians at Arlington South



#### **Deepika Kunnath, DO**

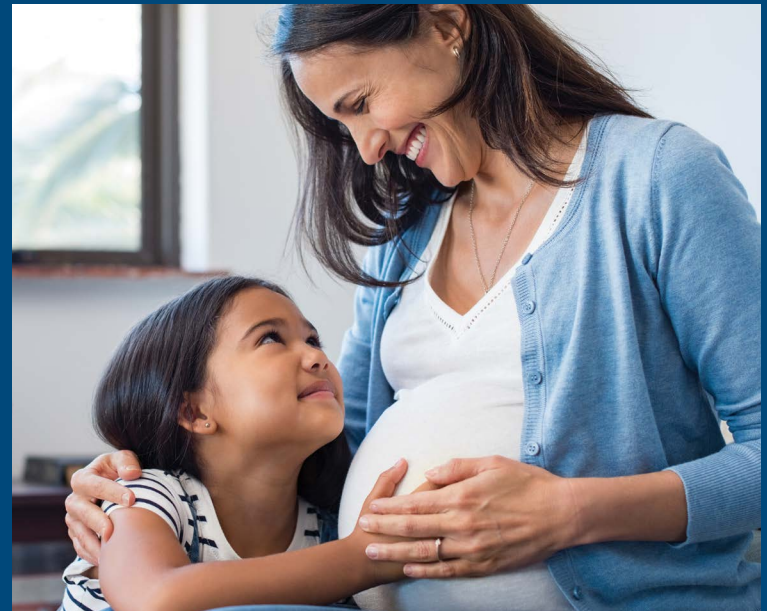
**Special interests: chronic disease management, mental health, nutrition and preventive health**

A Northern Virginia native, Dr. Kunnath earned her Doctor of Osteopathic Medicine degree from the Edward Via College of Osteopathic Medicine and completed her residency at Georgetown University. “As a DO, I provide a holistic approach to care

that encompasses the whole person. I focus on comprehensive, patient-centered healthcare and promote active partnerships with my patients,” said Dr. Kunnath.

At Arlington South, Dr. Kunnath treats pediatric, adult and geriatric patients. “I like being able to treat all age groups and provide care for a whole family,” she said. “Seeing a patient from pediatrics through adulthood is rewarding, and that continuity is a crucial part of primary care.”

Dr. Kunnath feels strongly about being active in her community and is interested in caring for underserved populations. “There can be a lot of barriers to care,” she said. “It’s important to understand patients as a whole and understand their barriers—whether mental, physical or financial—in order to provide personalized care for each patient.”



#### **Arlington South’s services include:**

- Primary care for patients 6 years and older
- OB/GYN care for patients 14 years and older
- Same-day urgent appointments
- Telehealth visits

- Lab testing
- MyVHC web portal and new VHC App for 24/7 access to health information

950 S. George Mason Drive  
Suite 107  
Arlington, VA 22204

Primary Care 703.717.7311  
OB/GYN 703.717.7313

Visit [vhcphysiciangroup.com/arlouth](http://vhcphysiciangroup.com/arlouth) for more information.



#### **Malorie Sridhar, MD**

**Special interests: lifestyle medicine**

Dr. Sridhar is passionate about lifestyle medicine, a relatively new field that uses preventive wellness care to treat and reverse chronic illnesses through evidence-based lifestyle interventions. Lifestyle medicine focuses on six areas: nutrition, physical activity, healthy sleep, stress management, positive social interactions and avoiding risky substances. “When patients are committed to this approach, they can make and sustain major changes in their health,” said Dr. Sridhar.

“I went into medicine to work with underserved populations, which is why I chose primary care medicine,” Dr. Sridhar said. “Everyone needs an excellent primary care doctor. I like being the first doctor the patient sees when trying to figure out a problem and developing long-term relationships with my patients throughout their lives.”

Dr. Sridhar grew up in Ann Arbor, MI, and earned her medical degree from The Ohio State University College of Medicine. She spent three years doing post-graduate work in the Family Medicine Residency Program at the Mountain Area Health Education Center in Asheville, NC.



With a new medical practice opening in Arlington South and a new OB/GYN office in Old Town, Virginia Hospital Center is bringing expert care to you and your growing family.



**GYN Surgery Expert | Elizabeth Brunn, MD**

**Special interests: Minimally Invasive Gynecologic Surgery, fibroids, chronic pelvic pain, vulvar pain, endometriosis and intrauterine adhesions**

“In medical school, I was drawn to women’s healthcare. As an OB/GYN, I meet women at all stages of their lives and can develop life-long relationships,” said Dr. Brunn, who earned her medical degree from The George Washington University. She completed her residency and a two-year fellowship in minimally invasive gynecologic surgery at Medstar Washington

Hospital Center, Georgetown University. Dr. Brunn is board certified in obstetrics and gynecology.

“Performing gynecologic surgery using minimally invasive and robotic techniques results in fewer complications, a shorter recovery time and enhanced quality of life for patients,” said Dr. Brunn. She is also specially trained in complex hysteroscopy procedures to treat uterine abnormalities, including Asherman’s syndrome, polyps, fibroids and septate uterus.

Dr. Brunn provides surgical consultations to patients at Arlington South and VHC Physician Group-OB/GYN offices in Arlington and Old Town.

## VHC PHYSICIAN GROUP-OB/GYN EXPANDS OLD TOWN OFFICE

VHC Physician Group-OB/GYN now has its own spacious state-of-the-art office suite in Old Town at our same 700 S. Washington Street location. We’ve moved just down the hall into a beautiful light-filled corner suite, designed with privacy and patient comfort in mind, and pleasing aesthetic features. Our modern office provides everything from pregnancy and fertility planning to midlife and menopause care, plus everything in between: annual gynecology visits, breast exams, childbirth navigation, and menstrual and hormonal care.

We focus on patients’ individual concerns and offer a collaborative, individualized approach to care that led *Arlington Magazine* readers to name our group a top OB/GYN practice in 2020. What’s more, the VHC OB Journey program brings women, parents and community members together through education, birthing and parenting classes, as well as a wide range of support groups, including our newest group for LGBTQ Pregnancy and Parenthood.



*Andrea Williams, MD, MPH, FACOG. The OB/GYN care team also includes Sali Jordan, MD, MS; Alexis Light, MD, MPH, FACOG; and Yvonne Pierce, MSN, RN, WHNP-BC.*

### Our Old Town practice offers:

- Inclusive and compassionate care
- Same-day urgent appointments
- Nurse Advice Line
- Pregnancy and wellness classes
- Free on-site parking

700 S. Washington Street, Suite 300  
Alexandria, VA 22314  
703.940.3364

Visit [vhcphysiciangroup.com/gyn](http://vhcphysiciangroup.com/gyn) for more information.

## 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 Arlington South

950 S. George Mason Dr.  
Suite 107 | Arlington, VA 22204  
**703.717.7311**  
*Cares for patients 6 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

*Three Office Locations*  
1625 N. George Mason Dr.  
Suite 325 | Arlington, VA 22205  
**703.717.4600**  
950 S. George Mason Dr.  
Suite 107 | Arlington, VA 22204  
**703.717.7313**  
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**

## 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](http://virginiahospitalcenter.com) & look for classes & 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**

### Walking Group

Join us every week for a walk around the neighborhood. All fitness levels. Meet outside entrance to Cancer Resource Center (Zone C).  
**Wed, 10:00 – 11:00 am**

### Pickleball 4 U

A FREE Pickleball training session for women with a cancer diagnosis. Offered in partnership with 2Unstoppable & Breakthrough Community Sports, Inc. Preregistration required at <https://2unstoppable.org/event/pickleball-4life-sept-2021>. New & experienced players welcome. Vaccinated participants only. Wear athletic shoes & bring water. Pickleball equipment provided.  
**Sun, 9/26, 1:00 – 3:00 pm**  
 Walter Reed Community Center & Park  
 2909 16th St., S., Arlington, VA 22204



Pickleball 4 U

### Introduction to Meditation

Join us for a meditation session to help relieve anxiety, stress & fatigue. No experience necessary.  
**Thurs, 10/7, 4:00 – 5:00 pm**

### Kindness Rocks in the Healing Garden

Spread positivity through this creative rock-painting activity. Supplies provided. Meet in the Healing Garden on 16<sup>th</sup> Street, across from the main lobby entrance to VHC.  
**Wed, 10/13, 2:00 – 3:00 pm**

### Reclaim your Mojo after Breast Cancer

Dr. Modjoros, AASECT Certified Sexuality Counselor, discusses how you can master your “new” sexual identity & realize your full pleasure potential after breast cancer.  
**Tues, 10/26, 12:00 – 1:30 pm**

### Cynthia’s Favorite Korean Dishes

Our registered dietitian takes you through the basics of healthy Korean cooking. Recipes & ingredient list shared in advance of class.  
**Wed, 11/10, 5:00 – 7:00 pm**

### Care for the Caregiver

Learn strategies for self-care & how to access helpful resources when caring for a loved one with cancer.  
**Thurs, 11/18, 11:30 am – 12:30 pm**

### Chemo Brain and Fatigue

Learn strategies for coping with chemo brain & cancer-related fatigue.  
**Wed, 12/1, 12:00 – 1:00 pm**



### Supermarket Sweep

Join Kristen McGill, MS, RDN, CSOWM, LDN, of the Healthy Living team at Giant for an interactive tour around the aisles where she discusses label reading, myth busting & budget saving tips & answers your questions.  
**Meet at Giant Food, 3450 Washington Blvd., Arlington, VA 22201 Tues, 11/2, 6:00 pm**

### Reboot, Refresh, Restore – Wellness During COVID

Cancer Resource Center staff share tips to optimize mental, physical & spiritual health as we continue to live through a pandemic.  
**Wed, 12/8, 12:00 – 1:00 pm**



## VIRTUAL • SUPPORT GROUPS

To register, call 703.558.5555 or email [cancersupport@virginiahospitalcenter.com](mailto:cancersupport@virginiahospitalcenter.com) unless otherwise noted.

### 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.**

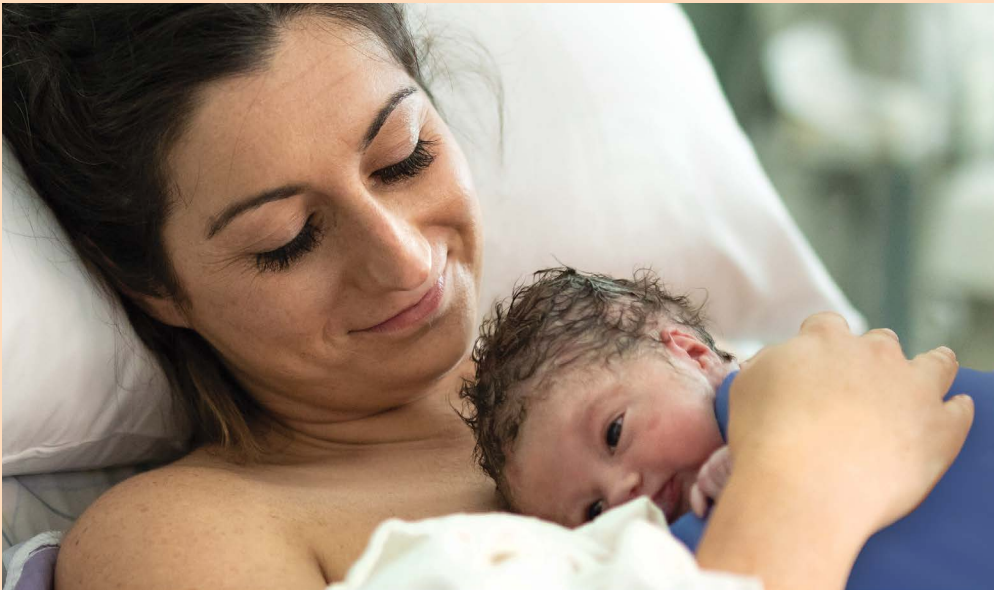
### Write Away Group

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 & support groups are online via Zoom. For times & to register, visit [virginiahospitalcenter.com/pregnancy](http://virginiahospitalcenter.com/pregnancy).

### 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](http://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**

### Advanced Comfort for Unmedicated Birth

Learn how to prepare for a natural, low-intervention birth that promotes your comfort & 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**

**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 [childbirtheducation@virginiahospitalcenter.com](mailto:childbirtheducation@virginiahospitalcenter.com).



## VIRTUAL • BABY'S FIRST YEAR

For class times & to register, visit [virginiahospitalcenter.com/pregnancy](http://virginiahospitalcenter.com/pregnancy).

### The Art of Pumping

Learn more about breast pumps & pumping strategies for the early weeks. **\$45/person**

### Parenting Skills for Partners

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

# VHC OB *connect*

To fit prenatal care into her busy schedule, working mom Erin Kellett enrolled in Virginia Hospital Center's OB Connect program for her second pregnancy.

VHC OB Connect combines in-office appointments with an OB/GYN or nurse-midwife, virtual visits with a registered nurse via secure video, and home monitoring equipment to check mom's blood pressure and the baby's heartbeat. Patients send their results through the MyVHC patient portal two days prior to a virtual visit, giving their nurse time to review the results and consult with the patient's doctor or nurse-midwife as needed. VHC OB Connect is based on

Mayo Clinic's Nest Program, which has been shown to improve patient satisfaction and decrease prenatal stress.

"It was a great experience," said Erin, who also has a toddler. "I could do online appointments from anywhere, and they only took 20 to 30 minutes, compared to at least an hour for an office visit. Because of OB Connect, I took less sick time off from work, which I was able to use for maternity leave," Erin said.

Participants meet with the same nurse each time, creating continuity and a trusting bond. For Erin, that nurse was **Deborah Smith, CNM, DNP**, VHC Physician Group-OB/GYN.

"I could ask Debbie any questions," said Erin. Initially, Smith helped her learn how to use the fetal doppler to find her baby's heartbeat. When Erin found out she was having a larger baby, Smith talked her through the implications, including the possibility of early labor induction. As her

delivery approached, Smith advised her of VHC's COVID-19 safety precautions and visitor policies.

"I can anticipate a lot of my patients' needs because I see them over an extended period of time," Smith said. "I get to know them very personally." She also follows up with patients at two to three weeks and again at two to three months postpartum.

With VHC OB Connect, it's about convenience. Patients can schedule virtual visits well in advance to get the times they want, and it's easy for partners to participate in the virtual appointment.

"The program saves travel time, baby-sitting costs and parking costs," Smith said. "We come to you, so you don't have to take the time to come to us. We cater to your needs and schedule."

VHC OB Connect is available to prenatal patients of VHC Physician Group-OB/GYN and VHC's Outpatient Clinic.

For more information, visit [virginiahospitalcenter.com/obconnect](http://virginiahospitalcenter.com/obconnect).



The Women & Infant Health lobby (Zone C) has a new modern look.

## A BEAUTIFUL PLACE TO WELCOME YOUR BABY

*When VHC designed our new Labor & Delivery suites, every thought was given to create a warm, home-like environment to promote special moments for our patients and their families. Each renovated suite features a soothing color palette, artwork, adjustable soft lighting, a comfortable couch or reclining chair, and a newly-upgraded private bathroom.*





**VIRTUAL • ALL CLASSES & SUPPORT GROUPS ONLINE VIA ZOOM**

## HOW TO REGISTER

- ◆ Visit [virginiahospitalcenter.com/healthy](http://virginiahospitalcenter.com/healthy).
- ◆ All sessions are 7 weeks and are held virtually, unless otherwise noted.
- ◆ Drop-ins and pro-rated registration are available for classes already underway.
- ◆ Questions? Call 703.558.6740.

## Body Sculpt

Tone & strengthen your upper, lower body & abs. All levels welcome. \$54

Tues, 5:30 – 6:15 pm begins 9/14 & 11/2  
Wed, 5:30 – 6:15 pm begins 9/15 & 11/3  
Fri, 7:30 – 8:15 am begins 9/17 & 11/5  
Sat, 9:00 – 9:45 am begins 9/18 & 11/6

## Cardio Kickboxing

Combine boxing and interval training in this high energy class. \$54

Mon, 5:30 – 6:15 pm begins 9/13 & 11/1

## Cardio Strength Circuit

Intermediate level class featuring faster paced cardio & strength exercises. \$54

Sat, 8:10 – 8:55 am begins 9/18 & 11/6

## Core Challenge

Strengthen your abs & back. \$54

Thurs, 5:30 – 6:15 pm begins 9/16 & 11/4

## Exercise 101

For those beginning an exercise program or preparing for /recovering from bariatric surgery. \$64

Sat, 9:00 – 10:00 am begins 9/18 & 11/6

## Fitness Fusion

Combine cardio, strength & stretching. \$54

Tues, 4:30 – 5:15 pm begins 9/14 & 11/2

## Feldenkrais: Awareness Through Movement

Learn how directing attention to gentle movement can enhance functioning & provide better balance. \$85

Tues, 12:15 – 1:15 pm begins 9/14 & 11/2

## Prenatal Yoga

Stretch muscle groups essential for efficient labor & delivery. Physician approval required. \$85

Mon, 7:00 – 8:00 pm begins 9/13 & 11/1

Wed, 7:00 – 8:00 pm begins 9/15 & 11/3

## Postpartum Yoga

Rebuild strength as you bond with baby (age 6 weeks to almost crawling). \$85

Tues, 10:30 am – 11:30 am begins 9/14 & 11/2

## Hatha Yoga

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

Tues, 12:00 – 1:00 pm begins 9/14 & 11/2

Thurs, 4:00 – 5:00 pm begins 9/16 & 11/4

## Yoga for Emotional Release NEW!

A gentle practice focusing on specific breath and movement to release issues in our tissues. All are welcome. \*4-week session. \$50

Wed, 7:00 – 8:00 pm begins 9/15 & 11/3

## Gentle Yoga

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

Tues, 9:30 – 10:30 am begins 9/14 & 11/2

Thurs, 9:30 – 10:30 am begins 9/16 & 11/4

Sun, 4:15 – 5:15 pm begins 9/19 & 11/7

## 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 9/14 & 11/2

Sun, 3:00 – 4:00 pm begins 9/19 & 11/7



## Yin Yoga

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

Fri, 6:00 – 7:00 pm begins 9/17 & 11/5

Sat, 10:15 – 11:15 am begins 9/18 & 11/6

## 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

**Hemoglobin\*** ◆ \$15

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

**Vitamin D\*** ◆ (mailed results) \$50

**High Sensitivity C-Reactive Protein** ◆ (mailed results) \$35

*\*All blood tests are finger stick.*

# SENIOR HEALTH

All events & support groups are on Zoom, unless otherwise noted. To register, or for more information, call 703.558.6859 or email [seniorhealth@virginiahospitalcenter.com](mailto:seniorhealth@virginiahospitalcenter.com).

## Pi-Yo

Tone & energize with this blend of Pilates strengthening & Yoga movement. \$85  
Thurs, 6:30 – 7:30 pm begins 9/16 & 11/4

## Pilates

Strengthen your core muscles in this mat-based class. \$85  
Mon, 6:30 – 7:30 pm begins 9/13 & 11/1

## Gentle Pilates

A mat-based class for all abilities. \$85  
Tues, 6:30 – 7:30 pm begins 9/14 & 11/2  
Sat, 11:30 am – 12:30 pm begins 9/18 & 11/6

## Tai Chi OUTDOORS

37-form Yang style. Held outside at Faith Lutheran Church, 3313 Arlington Blvd., Arlington or via Zoom in inclement weather. \*10-week sessions begin 9/30. \$120  
Level 1: Thurs, 4:15 – 5:15 pm  
Level 2: Thurs, 5:30 – 6:30 pm

## Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54  
Wed, 11:00 – 11:45 am begins 9/15 & 11/3

## Strength & Stretch for Seniors

Improve range of motion, muscle strength & bone health. \$54  
Mon, 1:00 – 1:45 pm begins 9/13 & 11/1  
Thurs, 1:00 – 1:45 pm begins 9/16 & 11/4

## Seated Senior Fitness

Strengthen muscles, improve cardiovascular fitness, & enhance overall physical function while seated on a sturdy chair. \$84  
Mon & Fri, 10:30 – 11:30 am begins 9/15 & 11/3

## Seniorcise

Class includes light cardio & exercises to maintain & regain strength & balance. \*10-week sessions. Unless noted, classes are 9:00 – 10:00 am.  
M/W/F with Azita begins 9/13. \$180  
T/Th with Azita \*10:00 – 11:00 am begins 9/14. \$120.  
M/W/F with Christina begins 9/13. \$180  
T/Th with Robin begins 9/14. \$120

## Sleep Like a Baby NEW!

Learn how to go to sleep & get back to sleep more easily with stress reduction movements. \*4-week session. \$60  
Thurs, 6:30 – 7:30 pm begins 10/7

## HEALTHY AGING LECTURE SERIES

Fridays, 11:00 am – 12:00 pm.  
All lectures will be held online via GoTo Webinar.  
Registration required.

- **SEPTEMBER 24**  
Write Your Prescription for Fall Safety
- **OCTOBER 22**  
Know How to Act: Stroke Prevention, Response & Recovery
- **NOVEMBER 19**  
Creative Steps to Age Safely & Independently in Your Home

## Philips Lifeline Emergency Response

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

## 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 Cafe  
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 & one for caregivers.  
2nd & 4th Tues of every month, 10:00 – 11:30 am

## Alzheimer's & Dementia Caregiver Support Group

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

## LET'S BE HEALTHY TOGETHER

Understanding your lifestyle habits is the first step in your journey to better health. Our new online health risk assessment (HRA) evaluates how your habits affect your overall health and wellness. Answer questions about how often you eat certain foods such as fruits, whole grains and red or processed meats; drink alcohol and use tobacco; and do physical activity. An algorithm compares your responses to factors such as height, weight and age to provide immediate results on a traffic light-colored bar showing where you fall from high (red) to low (green) on a risk continuum for developing problems. With your HRA results, you'll see what behaviors you need to work on and some suggested next steps. Start your evaluation now. Visit [virginiahospitalcenter.com/primarycare](http://virginiahospitalcenter.com/primarycare) or scan the code below.



James B. Cole | President & CEO  
Russell E. McWey, MD | Chairman, Board of Directors  
Ivan Petrovitch, MD | President, Medical Staff

*Photography included in this publication is from gallery archives or was taken in compliance with CDC guidelines for social distancing.*

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](http://virginiahospitalcenter.com)

## \$5 Million Donation Supports Outpatient Pavilion Expansion

Virginia Hospital Center is truly a “community-first” hospital, constantly evolving, changing and improving to serve our community members. Thanks to the continued generosity and support of our community, the Hospital remains an independent, welcoming and compassionate place to receive the very best healthcare in the region.

A \$5 million donation from the Reinsch Pierce family will go toward a new Outpatient Pavilion scheduled to open in 2023. The seven-story pavilion anticipates the future of

healthcare by centralizing outpatient services in one, easy-to-access location with state-of-the-art equipment.

“This transformational time in our history will define the legacy of Virginia Hospital Center for decades,” said James B. Cole, VHC President & CEO.

The Reinsch Pierce family’s philanthropic commitment to VHC extends for nearly 40 years. In 2012 Lola C. Reinsch established the Reinsch Pierce Family Center for Breast Health.

“The Hospital provides such wonderful care,” Ms. Reinsch said. “I am grateful that my own children and grandson took their first breaths there, and we hope that this gift will help VHC serve even more families.”



*The Reinsch Pierce family*



*The Outpatient Pavilion’s 1600-space parking garage opened in September, improving parking for patients and staff throughout the VHC campus.*



NAVIGATE YOUR WAY TO BETTER HEALTH WITH THE VHC APP! ►

