

For you.
For life.



SPRING/SUMMER 2022

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REMARKABLE
RECOVERY**





CHRIS LANE PRESIDENT & CEO



Chris Lane began his tenure as President & CEO of VHC Health on March 28 after six years as President of Kaleida Health’s Buffalo General Medical Center and Gates Vascular Institute in New York. Still in what he calls his “listening tours stage,” Mr. Lane shared some of his impressions of VHC Health.

What has impressed you the most about VHC Health?

First and foremost, what drew me here was the people. My predecessor, Jim Cole, built a culture you don’t find in many healthcare organizations—and it was palpable on my first visit. Everyone looks out for one another; the environmental services worker is as important as the nurse who is as important as the surgeon. That environment is one reason why VHC Health has a great reputation in the community and in the state for high-quality, mission-driven, patient-centric care.

What does the term “community hospital” mean to you?

As one of the only freestanding community health systems in Virginia, we’re nimble and efficient, but at the heart of it is caring for our communities. That means delivering care where patients reside. VHC Health Physicians has recently welcomed several new practices in the Mount Vernon and Arlington areas, and will open five new primary care practices this year in Annandale, Vienna, Tysons Corner, West Alexandria and West Springfield. VHC Health Physicians offices with new providers and specialties are growing along with our community in the region. When patients need to come to the hospital, we’ll be here and ready, but we continue to grow to provide care in the communities where people live.

As you go into these new communities and serve people who may not be familiar with VHC Health, what is most important for them to know about VHC Health?

I’ve been involved with the healthcare field for many years, and there wasn’t just one important aspect, there were many. It’s impressive that VHC Health provides the highest-quality care with the best-value healthcare for the community. We have so many programs that stand out as centers of excellence—cardiac surgery, bariatric surgery, orthopedics, women’s health and breast cancer, for example. But something else outstanding here is nursing, which is vitally important to delivering day-to-day excellence. Our hospital is designated as a Magnet® hospital by the American Nurses Credentialing Center—something only seven percent of U.S. hospitals qualify for. It’s just one more aspect that differentiates VHC Health from other health systems.

EXPANDING BEHAVIORAL HEALTH SERVICES FOR OUR COMMUNITY

In February, the Virginia Department of Health formally approved our request to add 16 behavioral health beds, making VHC Health a 453-bed facility. This is significant because over the years many hospitals have reduced or closed their behavioral health services even as community need has increased. Our inpatient capacity will increase to a total of 51 beds for mental health (34 for behavioral health and 17 for substance abuse).

“We don’t have enough beds to treat our population of behavioral health patients,” says **Joanne Sundin**, Senior Director, Behavioral Health. “At any time, we have a waiting list of patients. We try to place these patients in other hospitals, but those facilities are full as well. This is a community-wide problem throughout Northern Virginia.”

As part of the process to gain state approval for the behavioral health expansion, VHC Health worked with a task force from the Arlington County Community Services Board and engaged stakeholders in the

community, who met monthly, providing input on what the unit should look like. As a result of task force recommendations, the new unit will have private rooms and be much more open and airy with additional natural light. Privacy-protected outdoor areas are also part of the plan. Along with the new unit, the current behavioral health unit will also undergo a complete renovation. “Having the additional beds will help alleviate the waiting list if a patient comes to our Emergency Department in crisis,” says Sundin.

VHC Health’s behavioral health services are for crisis stabilization of adult patients, 18 years and older, including geriatric patients. The goal is to stabilize patients during moments of crisis and then refer them to long-term care, including residential treatment, intensive outpatient, partial hospitalization, Arlington Community Services or therapy.

VHC Health’s expanded behavioral health unit is projected to open in January 2024.

INTRODUCING

We are now, VHC Health—a new name that reflects our position as the



region's community health system. Over the years we've seen the tremendous growth of Arlington County and the communities that surround it. We're providing for the needs of the communities we serve with initiatives such as our \$250 million Outpatient Pavilion opening next year. But even more, we are bringing community-centered, top-quality healthcare to patients where they live. We've grown from a 100-bed community hospital in Arlington in 1944 to a 453-bed medical campus, and now to a community health system across Northern Virginia: VHC Health.

VHC Health is expanding to bring services to the communities where our patients and their families live. "Over the next 48 months, VHC Health will add about a dozen new healthcare locations throughout Northern Virginia—physician practices, imaging centers, outpatient surgery facilities and a free-standing emergency department," says **Tony Burchard**, President of VHC Health Foundation and Senior Vice President for Marketing, Community & Legislative Affairs. "Our focus is on creating more convenience and becoming better connected to our patients and their families."

Along with our new name as VHC Health, we are introducing the tag line: **For you. For life.** "We want to be your health partner for life-long care—not just when you are ill, but every moment when you are focused on maintaining your good health," says Burchard.

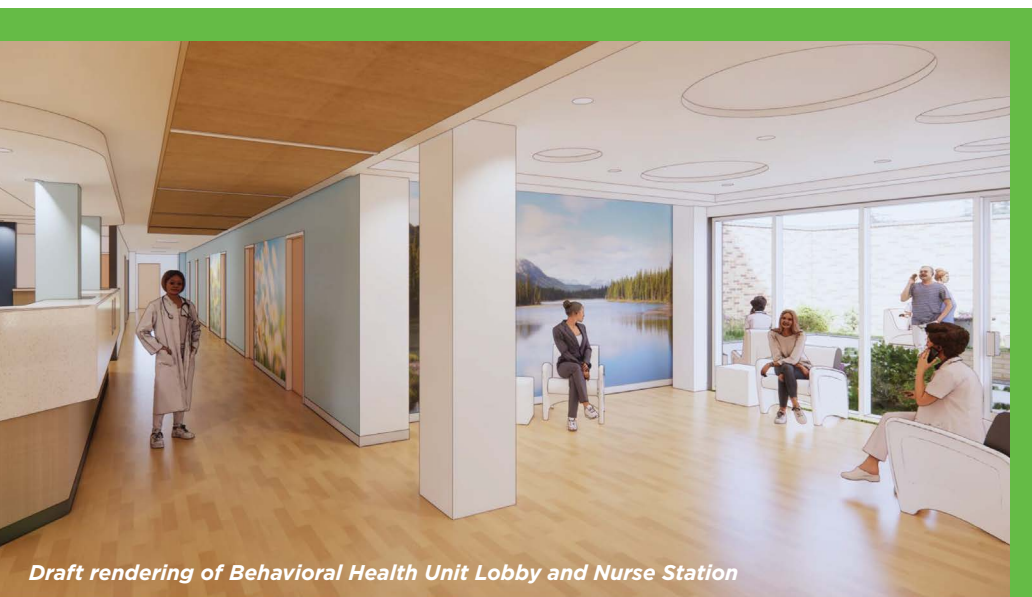
With this new era also comes new leadership. Our new President & CEO, **Chris Lane**, agrees that our new brand represents our mission and vision. By definition, our communities are at the center of our identity. We are



embracing the new neighborhoods we serve with world-class care—as a member of the Mayo Clinic Care Network, through our partnerships with Children's National and Kaiser Permanente, and our long-time association as a teaching hospital with Georgetown University School of Medicine. As we grow throughout the Washington, DC metro area, we are making it easy for you to access care from VHC Health where you live because now, we live there too.

In the last two years we've seen families putting greater emphasis on preventive health and trying to live their best, healthiest lives. We have seen the need to bring healthcare closer to them, first with greatly expanded telehealth services, and now by bringing excellent healthcare close to home. The new VHC Health brand reflects our focus on growth, sustainability and good health.

And, while our name has changed, what will never change is our promise and commitment to always provide personalized, high-quality care. For you. For life.



Draft rendering of Behavioral Health Unit Lobby and Nurse Station

20 "A'S" IN A ROW FOR PATIENT SAFETY

This spring VHC Health was again awarded an "A" grade for patient safety by The Leapfrog Group, a national organization committed to healthcare quality and safety. Safety Grades are based on a hospital's performance in preventing harm to patients in their care, including medical errors, injuries, accidents, and infections. This is VHC Health's 20th consecutive "A" Hospital Safety Grade—a significant achievement matched by only 33 hospitals in the nation and seven in the state of Virginia.

2,000 TRAUMA PATIENTS TREATED IN FIRST YEAR

When VHC Health was designated as a Level II Trauma Center, the projection was that we would provide care for about 1,000 patients a year. In 2021 we served 1,997 trauma patients—double the expectations. “There was a larger unmet need for trauma care in our community than we realized,” says **Courtney Caton, MSN, RN, CEN, TCRN**, Trauma Center Director. “Since the Trauma Center opened, we are able to treat patients closer to home, making it easier for families to visit and support their recovery.”

Upon arrival at the Emergency Department, a trauma patient undergoes an immediate, intensive evaluation. From that moment on, the patient is in the care of physicians, surgeons, nurses and specialists who are specially trained in critical injuries. After being stabilized and transferred to the Intensive Care Unit or an inpatient unit, the patient continues to be under the care of the same trauma surgeons and physician assistants.

“The trauma team is involved in overseeing every aspect of your care when you are admitted for a traumatic injury,” says **Miren Schinco, MD**, Trauma Medical Director. “Even in the event of an isolated orthopedic injury, the trauma team is still managing your care to ensure it is done in the most appropriate way to avoid complications. The continuity of care at VHC Health is excellent.”

Trauma care is a process of continuous improvement. “We analyze care minute-by-minute—even when the outcome is great—to see how things could be done even better,” adds Dr. Schinco. “We are looking to find tiny things that might make a big difference for another patient.”



“From the time of injury, the patient has a golden hour of opportunity for intervention. Having a Level II Trauma Center in Arlington gives us great advantage when working against the clock.”

— RONNIE MARTIN, PARAMEDIC, ARLINGTON COUNTY

VHC Health’s Trauma Center is a member of the Trauma Survivors Network—a community of patients looking to connect with one another and rebuild their lives after a serious injury. Our concern for our patients’ recovery extends long after they have left the hospital.

2021 TRAUMA CENTER CASES

1,997

patients treated

674

patients were 75+ years of age

75%

of patients were from Arlington County

TOP 3 REASONS FOR TRAUMA ADMISSION

1,013 Falls



83 Bicycle Accidents



317 Motor Vehicle Accidents



PREVENTING FALLS

One out of four people aged 65 or older fall each year.* Risk factors for falls include age, taking multiple medications, vision problems, declining strength and home safety.

VHC Health offers fitness classes, including Boost Your Balance and Tai Chi, that focus on improving balance, mobility and stability for people of all ages and abilities.

In addition, VHC Health offers Lifeline Emergency Response—a 24-hour medical alert system that can detect when a fall occurs and send a signal for help. “Not all falls are preventable,” says **Cathy Turner**, Director, Health Promotion & Senior Health. “The second line of defense is to prevent situations where someone is lying on the ground for a long time after a fall when they can quickly become dehydrated.”

For more information, see pages 14-15.

**National Council on Aging*

SAVING AGGÉE

What began as a casual night out ended with a lifesaving effort by VHC Health's Level II Trauma Center. While with a friend at a restaurant last August, Aggée Kuipo, 23, was attacked at random by an assailant who stabbed him multiple times in the back of the head. Arlington County Fire and Rescue quickly responded and transported Aggée to VHC Health's Level II Trauma Center, only a few minutes away. Fast action saved his life.

The Trauma Center is always ready with full-time trauma surgeons, 24-hour operating rooms, 24-hour CT scans, Intensive Care Units (ICUs) and Emergency Department. In addition, specialists in neurosurgery, cardiology, cardiothoracic and vascular surgery, orthopedic surgery, and more are on-call for traumatic emergencies with a 30-minute response window.

"Aggée arrived with a large laceration on the side of his head, a skull fracture and a subdural hematoma—bleeding inside the brain. His mental status was abnormal and he was unable to respond appropriately. We were concerned about intracranial swelling," says **Megan Quintana, MD**, trauma surgeon. The trauma team immediately intervened in what was a life-threatening situation, performing a full exam, administering medication to prevent seizures and reduce swelling in the brain, fluids to support blood pressure, pain medication and antibiotics. A breathing tube was inserted and he was placed on a ventilator. "Within 15 minutes of arriving at our doors, Aggée was stabilized and undergoing a CT scan. Every person on the trauma team has to do their job extremely well for things to happen that quickly."

Jae Y. Lim, MD, the neurosurgeon on call, removed part of the skull to relieve pressure and evacuate the clot in his brain. An intracerebral pressure monitor was inserted and Aggée was transferred to the ICU. To give him time to heal, he was sedated to achieve a medically induced coma.



Aggée Kuipo

"We took Aggée from acute trauma through critically important initial management," says **Jeff Hales, MD**, pulmonologist and critical care medicine physician, who managed Aggée's initial care in the ICU. A multidisciplinary team of physicians, ICU nurses, respiratory therapists, a pharmacist, a dietitian and often speech, physical and occupational therapists rounds on each patient every day at the bedside. "We talk through the plan for the patient for the next 24 hours. Patients with traumatic injuries, like Aggée, need this highly intensive level of support."

Three days after admission, the team felt Aggée was stable enough to breathe on his own. He was gently revived and taken off the ventilator and the intracranial pressure monitor was removed. "When I woke up, the doctors told me it's a miracle I was even alive and could have had brain damage. I had blurry vision in one eye, some memory loss and a throbbing headache. I did have to relearn how to talk, walk and keep my balance," Aggée says.

After several more days in the ICU, Aggée was transferred to VHC

Health's Inpatient Rehabilitation Unit for intensive physical, occupational and speech therapy. "Our goal on the unit is to try to get patients home. We have an incredible patient-centered team of nurses, therapists, physicians, case managers and intake coordinators who put their hearts into what they do. They are focused on communicating and solving problems to create the best outcomes and assist families in building on improvements once the patient goes home," says **Edward Allcock, DO**, Medical Director, Inpatient Rehabilitation.

After a total stay of three weeks in the Hospital, Aggée went home. He was able to move about using a walker or cane and could walk up and down two flights of stairs. Over the next four months, Aggée continued his recovery with outpatient physical therapy at VHC Health two to three times a week.

"I'm good now. I'm back working again in information technology," says Aggée. "If you saw me today, you would never believe that I had been through this."

ADVANCED IMAGING

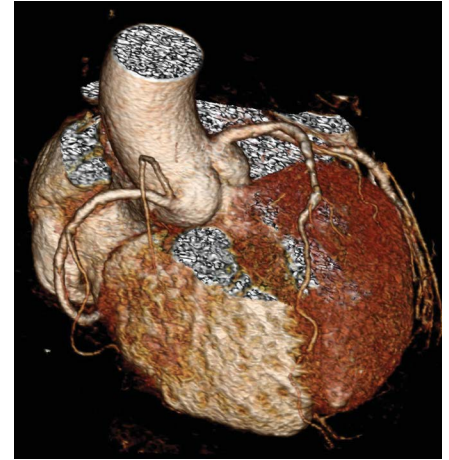
WITH IMPROVED PATIENT COMFORT

“Our new MRI and CT are game changers,” says **Ivan Petrovitch, MD**, Vice Chair, Radiology, and President, Medical Staff. “The new MRI is 25 to 50 percent faster than our previous scanner, while producing superior diagnostic images.”

The top-of-the-line MAGNETOM Sola MRI system is able to adjust to patient movement, enabling the patient to breathe freely during image acquisition. A wider, shorter tube makes the MRI more comfortable, with the patient’s head able to be completely outside the magnet for many imaging studies.

VHC Health’s new SOMATOM Drive CT with Dual Source technology provides crystal-clear images for cardiac, vascular and oncologic imaging. A flash mode can freeze the patient’s body from movement caused by breathing. What’s more, the imaging time is incredibly fast. A complete body scan can be done in less than 10 seconds and a full chest scan in less than a second.

VHC Health is a high-volume center for diagnostic imaging. “This state-of-the-art technology offers better diagnostic image quality and improved patient comfort during exams,” says Dr. Petrovitch. “In addition, we are able to scan patients who previously had to be excluded because of their medical condition or the exam’s complexity.”



The SOMATOM Drive CT freezes the heart for crystal clear images and accurate diagnosis.

IDEAS ARE IN BLOOM

FOR THE OUTPATIENT PAVILION

The new Outpatient Pavilion will not only be a place for advanced medical care, it will also be a place for the community to enjoy peaceful open spaces and beautiful landscaping. Part of the Outpatient Pavilion plan was a commitment to create a 1.3-acre welcome oasis of open green space as part of the new 5.5-acre parcel. VHC Health has worked closely with community members to incorporate their input in developing the green space.

A tree-lined Arrival Plaza will lead to the main entrance. “In addition, located just off the Café, we will have a

Sunken Garden, where patients and families can rest and decompress,” says **Rich Krumenacker, PE**, Vice President of Facilities Construction & Health System Services.

A small park at the corner of 19th and Edison will have a pathway of pavers lined by cherry trees and native plants. Another community garden will be located between Medical Office Building C and the new entrance to the parking garage. The site will also have two distinct north/south and east/west walkable corridors connecting the expanded campus to the community.



Different views of the corner community park at 19th and Edison Streets

Free Online Assessments for Better Health



ARE YOU AT HIGH RISK OR LOW RISK FOR HEART DISEASE?

Take VHC Health's new online cardiovascular disease assessment (CDA) and find out.

The CDA evaluates your risk for developing cardiovascular disease based on current health indicators, such as blood pressure, cholesterol and weight, and lifestyle factors, including physical activity, alcohol intake and whether you smoke. With this knowledge, you can work with your doctor to improve your risk factors and decrease your risk level.

"With the high prevalence of heart disease in our society, people have a lot of anxiety about their own personal risk and what they need to do. The CDA gives people some guidance early on to figure out what their level of concern might be," says cardiologist **Eric Thorn, MD, FACC**, VHC Health Physicians.

For those assessed to be at low risk, taking the CDA can be reassuring and give piece of mind. For those assessed at higher risk, the CDA

can help identify issues that might become health concerns and prompt making an appointment with your primary care provider for a checkup. If you need further evaluation and testing to rule out more serious problems, your doctor may refer you to a cardiologist.

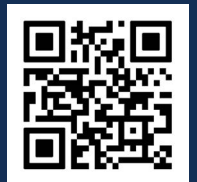
In general, Dr. Thorn suggests the following reasons to see a cardiologist if you have:

- Strong family history of heart disease diagnosed before age 60
- High blood pressure and/or high cholesterol levels that are not improving despite medication and lifestyle changes
- Test results indicating plaque buildup in arteries
- Symptoms such as chest pain, shortness of breath or palpitations

"Taking the CDA does not replace having a conversation with your doctor about your heart health to



evaluate your personal risk," adds Dr. Thorn. "However, it is a good first step to begin taking an active role in your heart health and wellness."



To take the cardiovascular disease assessment, visit vhchealth.org/cardiology or scan the code.

ARE YOU A CANDIDATE FOR WEIGHT LOSS SURGERY?

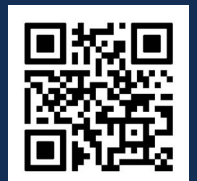
Our weight loss surgery online assessment tool is a fast and easy way to begin the process to see if weight loss surgery could be appropriate for you. More than just calculating your Body Mass Index (BMI), the assessment engages you with a series of health and lifestyle questions. From there you receive a score of whether or not you are a candidate for weight loss surgery.



To take the weight loss surgery assessment, visit vhchealth.org/bariatric or scan the code.

HOW'S YOUR HEALTH?

Our online healthy habits assessment asks a few questions about the kind of foods you eat, whether you drink alcohol or smoke, and how often you do physical activity. The tool totals up your scores to show behaviors you might need to work on and some suggested next steps. Your results will give you a better understanding of how your lifestyle habits affect your overall health.



To take the healthy habits assessment, visit vhchealth.org/primarycare or scan the code.



vhcphysiciangroup.com

PRIMARY CARE

Alexandria

1600 N. Beaufort St.
Suite 300 | Alexandria, VA 22311
703.717.4148
See patients 18 years & older

Annandale

7611 Little River Tpke.
Suite 108 West
Annandale, VA 22003
703.717.7215
See patients 18 years & older

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
See patients 18 years & older

Arlington North

1715 N. George Mason Dr.
Suite 404 | Arlington, VA 22205
703.525.2898
See patients 18 years & older

Arlington South

950 S. George Mason Dr.
Suite 107 | Arlington, VA 22204
703.717.7311
See patients 6 years & older

Falls Church

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

McLean

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

Mount Vernon

7906 Andrus Rd.
Suite 8 | Alexandria, VA, 22306
703.780.7034
See patients 6 years & older

National Landing

764 23rd St. South
Arlington, VA 22202
703.717.7030
See patients 6 years & older

Old Town

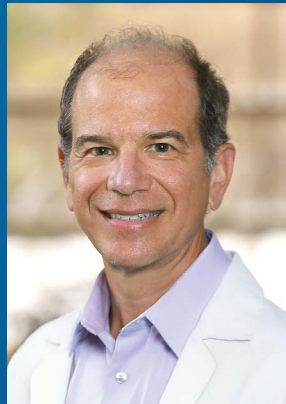
700 S. Washington St.
Suite 330 | Alexandria, VA 22314
703.528.8260
See patients 18 years & older

IMMEDIATE CARE

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

PRIMARY CARE & WELLNESS

New to VHC Health Physicians-Primary Care at the National Landing office is **Antonio Eppolito, MD**, who recently retired from the U.S. Air Force after 28 years of clinical practice. He trained at the University of Rochester School of Medicine & Dentistry in the tradition of medicine that treats illness within the larger framework of a patient’s life, with attention to all the contributing stressors. “It’s not just zeroing in on one condition, but looking at the whole patient,” he says.



“I treat the full range of primary care conditions with a special interest in chronic disease management,” says Dr. Eppolito, who is board certified in family practice. “I work with my patients to promote a culture of wellness through physical activity, behavioral lifestyle modification and dietary habits. To be successful, I must be able to engage them where they are. I try to get my patients down the path to better health, one small step at a time.”

A competitive distance runner, Dr. Eppolito brings a personal understanding of the needs and motivations of athletes of all ages and abilities. He lives in Old Town Alexandria and likes that he is able to run or bike to the National Landing practice.

vhcphysiciangroup.com/nationallanding

PALLIATIVE CARE EXPERT

In June, **Michael Westerman, MD**, joins VHC Health Physicians-Palliative Medicine. For more than 20 years, he has specialized in Geriatric Medicine and Palliative Care, most recently at Walter Reed National Military Medical Center in Bethesda. “I have always been interested in problems of aging – dementia, multisystem failure and functional decline,” says Dr. Westerman, who received his medical degree from University of Rochester School of Medicine & Dentistry and completed his clinical training in Geriatric Medicine at Johns Hopkins University.



Palliative Care supports patients at all stages of their illness and treatment, offering expertise in managing symptoms such as pain, fatigue, breathing difficulty and anxiety. “The care is for any chronic or complex illness that affects quality of life. When choosing Palliative Care, you can still receive curative treatments and continue to work with your primary care doctor,” says Dr. Westerman. As part of the Palliative Care team, he works closely with **Kristin Nanetti, MSN, RN, CHPN, CCRN, CNL**, Palliative Care Coordinator, and **Rebecca Donahue, DNP, RN, ACCNS-AG, AG-ACNP, ACHPN**, to guide patients through their hospital stay and transition home or to the next care setting. “That gives patients the best chance of doing well.”

vhcphysiciangroup.com/palliative-medicine

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 St.
Suite 300 | Alexandria, VA 22311
703.717.4180

Executive Health

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

Gastroenterology

1715 N. George Mason Dr.
Suite 410 | Arlington, VA 22205
703.524.4792

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

Four 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 300 | Alexandria, VA 22314
703.940.3364

7611 Little River Tpke.
Suite 108 West
Annandale, VA 22003
703.717.7240

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

OB/GYN CARE NOW AT ANNANDALE

Kristin Gorelik, MD, FACOG, a board-certified OB/GYN, joined the Annandale office in April. She earned her medical degree from Eastern Virginia Medical School and completed her residency at the University of California San Diego.

For the past nine years, Dr. Gorelik worked in academic medicine at The George Washington University, most notably as the Director of OB/GYN Medical Student Education. "Medical education is a strong part of what I do," she says. "That's not only true for medical students, it's also true for my patients. My focus is to provide a solid education for patients to better understand the issues and concerns they have with their bodies."

Dr. Gorelik enjoys the diversity of offering comprehensive OB/GYN care. "I like developing relationships with my patients and seeing them year after year," she says.

A resident of Falls Church, Dr. Gorelik says, "I'm glad to be serving the communities of Northern Virginia where I live, and where my neighbors come for their healthcare."

vhcphysiciangroup.com/gyn



IMMEDIATE CARE FOR URGENT MEDICAL NEEDS

VHC Health Immediate Care is the place to go when you need urgent medical care and treatment for minor illnesses and injuries, such as cuts, ear and eye infections, fevers, sore throats, sprains, urinary infections and more. Virtual and in-person appointments are available, and walk-ins are always welcome. We also offer physical exams for sports, school, worker's compensation and pre-employment needs. To schedule an appointment online, visit vhcphysiciangroup.com/immediate-care.

8:00 am to 8:00 pm, 7 days a week
764 S. 23rd St. | Arlington, VA 22202 | 703.717.7000

“If you are struggling with your weight, it’s not a lost cause. Don’t hesitate to seek help. Obesity is a medical condition, and we can treat it.” — ARSHAD ALI, DO

Jed Hadley, 37, had gone through several weight-loss/weight-gain cycles. A high school athlete, he started gaining weight in college when he stopped playing sports. In his late 20s he made a concerted effort to lose weight, working with a personal trainer and nutritionist. He lost 100 pounds, but over time, the weight came back.

Then Jed began seeing **Arshad Ali, DO**, VHC Health Physicians, who is board-certified in obesity medicine. “Dr. Ali really took time to talk to me about my life, my health and what I wanted. I connected with him 110 percent. He is a very kind and considerate doctor,” says Jed.



To celebrate his one-year anniversary of weight loss surgery, Jed Hadley is training for a triathlon in October.

For people who have struggled with their weight for years, it can be difficult to start the conversation. “Weight is a sensitive issue for people,” says Dr. Ali. “As a physician, how I approach this topic can make a difference. First, I ask the patient’s permission to talk about their weight. We discuss the problems they’ve had in the past, their diet, exercise and lifestyle, and what has or hasn’t worked. This forms the basis for decisions about making lifestyle changes to determine what kind of eating plan will work best for each patient. Then we may discuss medication, which can be used to modulate hunger and appetite, and possibly surgery.”

When Dr. Ali suggested that Jed consider weight loss surgery, “that made me feel like I had failed,” recalls Jed. “But then I realized, I had this great doctor who was trying to help me improve my life for the long term. I was about to be a father for the second time, and I was ready to do whatever I needed to be healthy for my family and for myself.”

Dr. Ali referred Jed to **J.R. Salameh, MD, FACS**, VHC Health Physicians–Surgical Specialists. “The challenge for most people is not losing weight, it’s keeping the weight off,” says Dr. Salameh. “97 percent of people who lose weight through diet and exercise will gain it back. The reason why this happens is complex, but it is largely due to the metabolism slowing down in response to the body’s weight loss.” Weight loss surgery affects the metabolism, altering hormones and causing changes in appetite—making it easier to lose and maintain weight, as long as you continue to eat healthy and exercise.

In October 2021, Jed had a sleeve gastrectomy in which 80 to 85 percent of the stomach is permanently removed, leaving in place a much smaller stomach that has the shape of a “sleeve” or a small banana. This allows an individual to feel full while eating much less food and suppresses hunger. “About 60 percent of the weight loss surgeries we do at VHC Health are sleeve gastrectomies,” says Dr. Salameh. “This procedure has a very good safety profile, has lower risks than other surgery and is just as effective as gastric bypass.”

“Weight loss surgery was an option I had never considered before. I’m so grateful to Dr. Ali for putting me on this path,” says Jed. “It has been lifechanging for me. I’ve lost 90 pounds in six months and no longer have to take blood pressure medication. I feel like a completely different person.”

**Is weight loss surgery right for you?
Take our free, virtual weight loss surgery assessment.
Visit vhchealth.org/bariatric.**

Oncology EVENTS



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

Weekly Yoga

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

Supporting a Loved One Through Cancer

Learn practical & emotional tips on how to be there for your family member or friend during their cancer journey, as well as resources that can help ease their burden.

Thurs, 6/30, 3:00 - 4:00 pm

Forest Bathing

Take a gentle, meditative stroll with a certified Nature & Forest Therapy Guide to help de-stress & deepen your connection with nature.

Lubber Run Park, 198 N. Columbus St.,
Arlington, VA 22203

Fri, 7/8, 10:00 am - 12:00 pm

Summer Salads

Eat light & healthy this summer with fresh, tasty recipes from our dietitian. Recipes & ingredient list provided prior to class.

Tues, 7/12, 5:00 - 6:00 pm

Supermarket Sweep

Kristen McGill, MS, RDN, CSOWM, LDN, leads an interactive tour—reading labels, myth busting & providing budget saving tips. **Giant Food, 3450 Washington Blvd., Arlington, VA 22201**

Wed, 7/20, 11:00 am - 12:00 pm

How to Have Difficult Conversations with Kids

Dewberry Cancer Resource Center staff help prepare you to talk about tough topics with kids such as illness, death & dying.

Tues, 7/26, 12:00 - 1:00 pm

Grief/Bereavement Series

COPING WITH YOUR GRIEF

- Gain better understanding of the grieving process & strategies to help you heal.

Thurs, 7/28, 12:00 - 1:00 pm

FINDING MEANING IN LOSS

- Explore the meaning behind your own cancer journey with a social worker and counselor.

Thurs, 8/4, 10:30 - 11:30 am

RITUALS & CEREMONIES:

REMEMBERING LOVED ONES

- A social worker & counselor guide you through different activities to help you remember your loved one.

Thurs, 8/11, 2:30 - 3:30 pm

SAVE THE DATE:
BREAST
HEALTH FAIR

October 22



Equine (Horse) Facilitated Workshop for Cancer Patients

Join other cancer survivors in experiencing equine psychotherapy. With the assistance of four horses in a lovely, wooded setting in Great Falls, a certified equine specialist blends therapy & mindfulness to promote healing from cancer. RSVP required.

Sat, 7/9 & 8/6, 9:00 - 10:45 am

SUPPORT GROUPS

Call 703.558.5555 or email cancersupport@vhchealth.org

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

AngelEye WATCHES OVER YOUR BABY IN THE NICU

Often, when a newborn is in the NICU, mom is discharged before the baby is ready to leave. That can be hard on everyone in the family. Many parents struggle with balancing everyday responsibilities when the newest family member is still in the Hospital. “Nobody wants to leave their baby,” says **Kristin Gannon, BSN, RNC-NIC**, Patient Care Director, NICU, “but now new technology enables parents to stay connected to their baby. With AngelEye cameras, parents can see their infants when they can’t be in the NICU.”

Now, 26 rooms in VHC Health’s Marjorie Sands NICU have live-streaming video capabilities through the AngelEye platform. Families can see their baby’s progress 24/7 using their phone, computer or tablet. The AngelEye App has a patient update tool that allows clinical staff to send parents updates, further connecting them with their infant’s care. Parents can invite family members and friends to view the baby as well. Alison and Josh Stern, the parents of a now thriving premature baby, brought the idea to the VHC Health Foundation to equip each NICU bed with an AngelEye system. In six weeks, a community fundraising effort raised \$72,000 to pay for the initiative.

To make a donation to the NICU, visit vhcfoundation.com/NICU.



AngelEye camera in the NICU.

PREGNANCY & BIRTHING CLASSES

Plan to take childbirth classes in your second trimester. Most classes are online via Zoom, with a limited number of in-person classes (masks required). For times & to register, visit vhchealth.org/pregnancy.

Virtual Expectant Parent Tour

A virtual step-by-step guide to having your baby at VHC health. View it anytime at vhchealth.org/pregnancy.

What to Expect When Having a Baby at VHC Health

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

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**

Childbirth Preparation: Full Format

This in-depth “Preparation for Childbirth” course is a great introduction for first-time parents. 4 hours. **\$115/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 VHC Health, email childbirtheeducation@vhchealth.org.



SPECIAL CARE FOR TWINS & THEIR MOMS

Like all first-time parents, the Elliotts were eager to learn about parenting, but in their case, they had to be doubly prepared because they were having twins. While taking virtual childbirth education classes, Taryn Elliott connected with another woman who was expecting twins. The two were able to schedule a private Zoom call with **Fran Williams, BSN, RNC-OB**, Director, Childbirth Education, to answer their questions about delivering twins at VHC Health.

Fran explained that twins are always delivered in the operating room, regardless of the type of delivery. Because multiple births are a little more complex, teams of neonatologists from Children's National are on hand, one team for each baby. "Before my delivery, a member of the NICU staff came to my room and went over what to expect, who is present at the delivery and what their functions are. It was so reassuring for us to talk with the professionals ahead of time," says Taryn.

The Elliott twins were born about a month ahead of their due date. They were healthy but needed to stay in the NICU to give them time to gain a little weight.

"It turned out that the woman I had met on Zoom was in the hospital at the same time," says Taryn. "We met in person on the postpartum unit. I received so much support from the childbirth classes, but the extra benefit was being connected with the other mom who had delivered twins—and we're still in touch."

Women delivering twins or multiples generally stay in larger postpartum rooms. "The care is very nurturing here and nurses are attuned to the needs of the moms, helping them get rest when they need it," says **Kai Trotter, BSN, RN, CMMN**. "We spend time educating mom, her partner and family members about how to care for the babies, including feeding, diaper changing, bathing, nail and skin care, and how to burp."

After one week, one of the twins was released from the NICU, and the other twin stayed four more days. "When mom goes home and her baby is still in the hospital, it's a very emotional time," says Trotter. "We help her through that."

"We were able to bring our daughter back to visit her sister at feeding time in the NICU, so they could have dinner together," says Taryn. "The girls were on two different types of formula and the NICU staff took extra time, walking us through how to mix formula and explaining the nutrient values. They were so professional in addition to being loving and kind."

Taryn added, "On the day my second daughter was discharged, a NICU nurse left a heart-shaped note saying, 'It's been a joy to take care of you. Wishing you a happy life with your mom and dad.' The note is in their nursery. We will have it forever."



"VHC Health supported us before, during and after delivery—from the very beginning to the NICU and support after birth," says Taryn. "They made us feel comfortable and set us up for heading home and on our parenting journey."

BABY'S FIRST YEAR

All classes & support groups are online via Zoom. For class times & to register, visit vhchealth.org/pregnancy.

The Art of Pumping • Learn more about breast pumps & pumping strategies for the early weeks. **\$45/person**

Parenting Skills for Partners • Learn valuable 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 • Breastfeeding support & tips from others. **Wed, 12:00 pm & Thurs, 10:30 am**

Breastfeeding for the Working Mom • Learn breastfeeding & work-life balance strategies. **2nd Tues of every month, 7:00 pm**

Parenting During COVID-19 • How are the stresses of COVID-19 affecting you? Get support & share strategies. **1st & 3rd Wed of every month, 7:00 pm**

Postpartum • If you are feeling anxious, angry, irritable or sad, group support can help. **2nd & 4th Thurs of every month, 12:30 pm**



Fitness & HEALTHY LIFESTYLE

All sessions are 7 weeks unless otherwise noted. Dates listed are start dates for each session. Pro-rated registration and drop-ins are available for classes already underway.

Classes may change from in-person to virtual. For updated information, visit vhchealth.org/healthy.

LOCATION KEY

- V** = Virtual Class Online Via Zoom
- H** = VHC Health
- M** = McLean Baptist Church
- F** = Faith Lutheran Church

Body Sculpt

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

- Mon, 5:30 - 6:15 pm begins 7/11 H**
- Tues, 5:30 - 6:15 pm begins 7/12 V**
- Wed, 5:30 - 6:15 pm begins 7/13 V**
- Fri, 7:30 - 8:15 am begins 7/15 V**

Cardio Kickboxing **New!**

Pump up your strength & stamina in this higher intensity class. \$54

- Tues, 5:30 - 6:15 pm begins 7/12 F**

Cardio Strength Circuit

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

- Sat, 8:10 - 8:55 am begins 7/16 V**

Core Challenge

Strengthen your abs & back. \$54

- Thurs, 5:30 - 6:15 pm begins 7/14 V**

Fitness Fusion

Combine cardio, strength & stretching. \$54

- Tues, 4:30 - 5:15 pm begins 7/12 F**

Zumba / Zumba Gold **New!**

Dance your way to fitness! \$64

- Zumba: Mon 6:30 - 7:30 pm begins 7/11 F**
- Zumba Gold (For Older Adults):**
- Tues, 11:00 am - 12:00 pm begins 7/12 M**
- Thurs, 11:00 am - 12:00 pm begins 7/14 M**

Exercise Fundamentals

Learn how to build an effective exercise routine, including cardio & strength training. \$64

- Sat, 9:00 - 10:00 am begins 7/16 V**

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 7/12 V**

Tai Chi

Class follows the 37-posture Yang short form. *10-week sessions begin 7/11. \$120

- Level 1: Mon, 4:10 - 5:10 pm F**
- Level 2: Mon, 5:15 - 6:15 pm F**

Prenatal Yoga

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

- Mon, 7:00 - 8:00 pm begins 7/11 V**
- Wed, 7:00 - 8:00 pm begins 7/13 V**



Postpartum Yoga

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

- Tues, 10:30 - 11:30 am begins 7/12 V**

ONE ON ONE ASSESSMENTS

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

A1-C Diabetes Screening* \$25

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

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

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

Hemoglobin* \$15

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

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

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

Vitamin D* (mailed results) \$50

**All blood tests are finger stick.*

Hatha Yoga

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

Tues, 12:00 - 1:00 pm begins 7/12 ▼
Thurs, 4:00 - 5:00 pm begins 7/14 H

Gentle Yoga

Reduce stress as you increase strength & flexibility. \$100

Wed, 9:30 - 10:45 am begins 7/13 ▼
Thurs, 9:30 - 10:45 am begins 7/14 ▼
Sun, 4:15 - 5:30 pm begins 7/17 ▼

Yin Yoga

A still and calm practice for body & mind. Strengthen body for bone health, increased mobility & self-calming. \$85

Fri, 6:00 - 7:00 pm begins 7/15 ▼
Sat, 10:15 - 11:15 am begins 7/16 ▼

Pi-Yoga

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

Thurs, 6:30 - 7:30 pm begins 7/14 ▼

Yoga for Everybody **New!**

Learn the basics of yoga & get a taste of different styles (Hatha, Yin, Vinyasa). Beginners welcome. \$85

Mon, 5:00 - 6:00 pm begins 7/11 H
Sat, 9:00 - 10:00 am begins 7/16 ▼

Adaptive/Seated Yoga

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

Wed, 11:00 am - 12:00 pm begins 7/13 ▼
Sun, 3:00 - 4:00 pm begins 7/17 ▼

Gentle Pilates

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

Tues, 6:30 - 7:30 pm begins 7/12 ▼
Sat, 11:30 am - 12:30 pm begins 7/16 ▼

Seated Senior Fitness

Strengthen muscles, improve cardiovascular fitness, increase muscle power & enhance overall physical function while seated on a sturdy chair. \$84

Mon & Fri, 10:30 - 11:30 am begins 7/11 ▼

Seniorcise

Class includes light cardio and exercises to maintain & regain strength and balance. 10-week sessions begin week of 6/20.

M/W/F with Azita, 9:00 - 10:00 am, \$180 ▼
T/Th with Azita, 9:00 - 10:00 am, \$120 ▼
M/Th with Laura, 9:00 - 10:00 am, \$120 ▼
T/F with Dolcie, 9:00 - 10:00 am, \$120 F

JOIN SENIOR ASSOCIATES

Our Senior Associates program gives you exclusive discounts at VHC Health—and it's a great way to connect with other seniors.

Senior Associates members age 60 years and older enjoy these benefits:

- Complimentary parking on the VHC Health campus (50 visits annually)
- Free set-up and discounted monthly service fee for VHC Health's Lifeline, our medical alert service
- 10 percent discount for over-the-counter items at the hospital pharmacy
- 15 percent off VHC Health fitness classes
- 20 percent off purchases at our Food Court

"Our new Senior Associates portal is an all-in-one service center for our members," says Kate Chutuape, Manager of Senior Health. "You're able to join or renew memberships, see upcoming events, get discount codes for classes, and more."

For more information or to join, visit: vhc.memberclicks.net or call 703.558.6970.



SENIOR HEALTH

To register or for information, contact 703.558.6859 or seniorhealth@vhchealth.org.

Walk-Fit

A free fitness program featuring walking, stretching & blood pressure checks.

Tues, (Fashion Centre at Pentagon City, 1st Floor by Nordstrom Cafe)
Thurs, (Ballston Quarter, Level M2)
8:30 - 9:30 am

Alzheimer's & Dementia Caregiver Support Group

In-person & virtual meetings.
3rd Wed of every month, 10:00 - 11:00 am

Parkinson's Support Groups

Two virtual monthly support groups.
● Caregivers: 2nd Tues
● People with Parkinson's: 4th Tues
10:00 - 11:30 am

Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54 (Thursday class is new!)

Wed, 11:00 - 11:45 am begins 7/13 ▼
Thurs, 2:00 - 2:45 pm begins 7/14 F

Lifeline Emergency Response

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

HEALTHY AGING VIRTUAL SERIES

JUNE 24

12:00 - 1:30 pm
Senior Resource Fair
Hosted in partnership with Pro Aging Network. Connect with hospital departments & senior community organizations.

JULY 22

11:00 am • Understand & Optimize Your Gut Health

Strength & Stretch for Seniors

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

Mon, 1:00 - 1:45 pm begins 7/11 ▼
Thurs, 1:05 - 1:50 pm begins 7/14 F



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

Follow VHC Health



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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.

vhchealth.org

Coming Soon

*Four New Locations
in Northern Virginia*



● = Current Locations ★ = VHC Health (Hospital)
■ = Outpatient Pavilion (Open Early 2023)



NAVIGATE YOUR WAY TO BETTER HEALTH WITH THE VHC APP!

