

SPRING/SUMMER 2023



# OUTPATIENT PAVILION

OPENING SUMMER 2023



**For good health. For our community. For you. For life.**

The newly constructed Outpatient Pavilion revolutionizes how VHC Health provides healthcare. With multiple medical specialties and comprehensive services, the Outpatient Pavilion makes it easier for patients to access care. You can go to this single location for many common healthcare needs, such as check-ups, evaluations, imaging, outpatient procedures, physical therapy, prescriptions and more. It's all here.

“The Outpatient Pavilion separates outpatient care from more acute inpatient care. This is more efficient—patients can come to the Pavilion, get the care they need and get out quickly,” says **Melody Dickerson, MSN, RN, CPHQ**, Senior Vice President, Hospital Operations & Chief Nursing Officer. ▶



*The new Outpatient Pavilion is filled with light, modern and spacious, with state-of-the-art digital technology and the latest equipment.*

## CONVENIENT CHECK-IN



The ease of accessing care starts before you enter the building, thanks to advanced digital technology. Downloading the VHC Health App on your smartphone is the first step to get you started with directions to the Outpatient Pavilion. Once you've arrived on campus, you'll find convenient parking in a garage dedicated to the Pavilion. With location services enabled on your phone, the app provides turn-by-turn directions to your destination. Beacons throughout the building pick up the signal and guide you.

Next, it's time to check in at one of our new kiosks located throughout the Outpatient Pavilion. The kiosks use secure biometric facial recognition to identify you and have special features to expedite check-in. They have an ID scanner to copy your driver's license and insurance cards, forms you need to sign, a credit card reader to submit co-pays and payments, and more. With the VHC Health App and MyVHC, your patient portal, much of your Pre-Registration tasks can be done in advance of your visit before you leave home.

After you check in, you will be directed to a comfortable, open seating area, where a medical assistant will greet you and escort you to your appointment location. ■



Download the VHC Health App



# OUTPATIENT PAVILION



*VHC Health's Outpatient Pavilion front entrance*

## ► A Better Patient Experience

When you come to the Outpatient Pavilion for an appointment with your doctor, you'll experience a concierge-like environment, with the goal of reducing patient anxiety. Everything will be brought to you in the privacy of the exam room—vaccinations, blood draws for labs, EKGs. After your visit, your medical assistant will schedule your follow-up appointments and diagnostic tests before you leave the exam room. And if a same-day appointment is available, they may be able to schedule it while you're still on campus.

"It's a different, more personal experience," Dickerson says.

## ► Advanced Imaging

What's new about Outpatient Radiology services in the Pavilion? In a word, everything.

"Women's Imaging and Outpatient Radiology feature all new, state-of-the-art technology to provide the highest level of diagnostic imaging for our patients," says Dickerson.

Conveniently located on the main Lobby Level, Outpatient Radiology offers nuclear medicine, MRI, CT, ultrasound, PET diagnostic X-ray and fluoroscopy services. ■



*Soothing colors, artwork and comfortable seating in the private waiting area of Women's Imaging.*



*The design of the Outpatient Pavilion is patient-centric in every aspect—for comfort, convenience and privacy.*

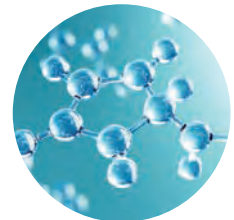
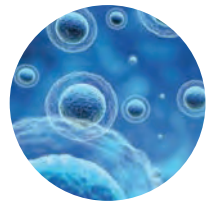
## OUTPATIENT LAB

Do you have an order for a lab test? Stop at the Outpatient Lab on the Pavilion’s Lobby Level. The lab is open from 6:00 am to 6:30 pm and offers easy, online scheduling of appointments, which are recommended, but not required. The lab’s services are available to anyone, not just VHC Health patients.

“Our lab staff members have many years of experience in patient care and phlebotomy,” says **Valery Keyi**, Administrative Director of VHC Health’s Pathology Department. “We perform tests very quickly compared to other labs. Most results for standard tests have same-day turnaround.”

For specialty (not routine) tests, VHC Health partners with Mayo Clinical Laboratories for their reference lab. This gives our lab technicians access to the world’s most sophisticated test catalog and thousands of Mayo Clinic experts. Ninety-five percent of specialty lab testing at VHC Health goes to Mayo Clinic.

“The Outpatient Pavilion is a one-stop building,” Keyi says. “If you need an imaging study, lab work, anything, you can come here and get everything done in one place.” ■



## THE OUTPATIENT PAVILION | AT A GLANCE

### GARDEN LEVEL

- Outpatient Rehabilitation
- Café with indoor and outdoor seating
- Sunken Garden

### LOBBY LEVEL

- Outpatient Lab
- Outpatient Pharmacy
- Outpatient Radiology
- Women’s Imaging

### SECOND FLOOR

- Endoscopy Suite
- Outpatient Surgery

# FILL YOUR PRESCRIPTIONS

Open to patients and the community alike, the Outpatient Pharmacy in the Pavilion is open Monday through Friday, from 9:00 am to 5:00 pm. Conveniently located on the Lobby Level by the garage entrance, the pharmacy makes picking up prescriptions very convenient.

“In general, 60 to 70 percent of patients who have surgery fail to fill their prescriptions, which can lead to poor pain management and even cause them to end up in the emergency department,” says **Marjan Daneshmand, BS Pharm, PharmD**, Director, Outpatient Pharmacy. “The onsite pharmacy makes it easy for patients and their caregivers to fill prescriptions as they leave the hospital, enabling them to start pain medication and antibiotics without delay. Plus, if there are any issues with prescriptions, such as dosage questions or insurance problems, the Outpatient Pharmacy staff can communicate with physicians via secure chat for prompt clarification.” ■

*In addition to prescription medications, the Outpatient Pharmacy offers vaccines and stocks over-the-counter drugs and durable medical equipment.*



# HIGHLY SPECIALIZED REHABILITATION

Outpatient Rehabilitation offers more than a dozen specialty therapies. Therapists at VHC Health target their continuing education and training to specific diagnoses, and work in specialty teams. This means patients see therapists who are specially trained in the area of rehabilitation they need, including:

- Aquatic
- Balance
- Hand
- Lymphedema and breast health
- Neurorehabilitation
- Occupational
- Oncology
- Orthopedic
- Pelvic Floor
- Speech/Language
- Spine
- Vestibular

The facility features state-of-the-art equipment, including high-tech treadmills that simulate outdoor running, and a pool for aquatic therapy.

“This is not a typical walking pool,” says **Sandy Austin, OTR/L**, Director of Rehabilitation. “It’s one-on-one therapy, with the therapist in the pool with you. We have a water treadmill with cameras so that images can be loaded onto a screen for real-time viewing.”

Aquatic therapy is effective for treating acute orthopedic injuries. Patients don’t have to fight the effects of weight-bearing activities and gravity because the water’s buoyancy means there is no strain on the joints. Rehabilitation can begin earlier with aquatic therapy, moving from the pool to land-based therapy as patients improve.

Thoughtful planning went into the design of the spacious gym and treatment areas, which are zoned by therapy type. For example, the lymphedema area is located right in front for easier access for people with limited mobility. Pelvic health therapy happens in private rooms with bathrooms.

The facility’s large space accommodates more patients and has a less clinical feel, outfitted with lots of windows to let in natural light and wood paneling on the ceilings. “It provides an elevated treatment experience for our patients,” Austin says. ■



*The aquatic therapy pool has an underwater treadmill.*

## THIRD FLOOR

- Heart Station
- Physician Practices

## FOURTH FLOOR

- Physician Practices

## FIFTH FLOOR

A comprehensive Women’s Health Center led by a team of female physicians opens in fall 2023.



## PRIMARY CARE

### Annandale

7611 Little River Tpke.  
Suite 108 West  
Annandale, VA 22003  
703.717.7215

### Arlington

1851 N. George Mason Dr.  
Suite 3B | Arlington, VA 22207  
703.717.4282

### Arlington North

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

### Arlington South

950 S. George Mason Dr.  
Suite 107 | Arlington, VA 22204  
703.717.7311

### Falls Church

400 S. Maple Ave. | Suite 200  
Falls Church, VA 22046  
703.532.5436

### Kingstowne • NEW

5971 Kingstowne Village Pkwy.  
Suite 300 | Alexandria, VA 22315  
703.717.7378

### McLean

6862 Elm St. | Suite 600  
McLean, VA 22101  
703.992.0649

### National Landing

764 23rd St. South  
Arlington, VA 22202  
703.717.7030

### Old Town

700 S. Washington St.  
Suite 330 | Alexandria, VA 22314  
703.528.8260

### Shirlington

2800 S. Shirlington Rd.  
Suite 500 | Arlington, VA 22206  
703.717.4245

### Tysons

1760 Old Meadow Rd.  
Suite 305 | McLean, VA 22102  
703.717.7278

### Vienna

527 Maple Ave. E.  
Suite 200 | Vienna, VA 22180  
703.717.7284

### West Alexandria

3475 N. Beauregard St.  
Suite 201 | Alexandria, VA 22302  
703.717.4148

### West Springfield • NEW

5803 Rolling Rd. | Suite 110  
Springfield, VA 22152  
703.717.7375

## 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

- 1851 N. George Mason Dr.  
Suite 3C | Arlington, VA 22207  
703.717.7780
- 700 S. Washington St.  
Suite 330 | Alexandria, VA 22314  
703.717.7780

### VHC Health Rehabilitation

- 7611 Little River Tpke. | Suite 108 West | Annandale, VA 22003  
703.717.7262
- 3475 N. Beauregard St. | Suite 202 | Alexandria, VA 22302  
703.717.7112

## VHC HEALTH IN WEST ALEXANDRIA

A new multi-specialty medical practice with VHC Health Physicians Primary Care, Colorectal Surgery, Podiatry and Urology. VHC Health Rehabilitation is conveniently located in the suite next door.

Open Monday – Friday, 8:00 am – 5:00 pm

3475 N. Beauregard St. | Suites 201 & 202 | Alexandria, VA 22302 | [vhchealth.org/alexandria](http://vhchealth.org/alexandria)



Scan code for  
more information



- 1760 Old Meadow Rd.  
Suite 305 | McLean, VA 22102  
703.717.4281

### Colorectal Surgery

- 1851 N. George Mason Dr.  
Suite 4D | Arlington, VA 22207  
703.717.4180
- 3475 N. Beauregard St.  
Suite 201 | Alexandria, VA 22302  
703.717.4180

### Executive Health

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

### Gastroenterology

- 1851 N. George Mason Dr.  
Suite 3A | Arlington, VA 22207  
703.717.4792
- 400 S. Maple Ave. | Suite 200  
Falls Church, VA 22046  
703.717.4795
- 1760 Old Meadow Rd.  
Suite 305 | McLean, VA 22102  
703.717.4277

### Infectious Diseases

1715 N. George Mason Dr.  
Suite 305 | Arlington, VA 22205  
703.717.7851

### Maternal Fetal Medicine

- 1635 N. George Mason Dr.  
Suite 190 | Arlington, VA 22205  
703.558.6077
- 1635 N. George Mason Dr.  
Suite 430 | Arlington, VA 22205  
703.558.6077

### OB/GYN

- 1625 N. George Mason Dr.  
Suite 325 | Arlington, VA 22205  
703.717.4600
- 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
- 527 Maple Ave. E.  
Suite 200 | Vienna, VA 22180  
703.717.7288
- 1760 Old Meadow Rd.  
Suite 305 | McLean, VA 22102  
703.717.4264

### 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

1851 N. George Mason Dr.  
Suite 4B | Arlington, VA 22207  
703.717.4296

### Podiatry

3475 N. Beauregard St.  
Suite 201 | Alexandria, VA 22302  
703.940.3810

### Surgery – General & Bariatric

1851 N. George Mason Dr.  
Suite 4C | Arlington, VA 22207  
703.717.4250

### Urology

- 1851 N. George Mason Dr.  
Suite 4A | Arlington, VA 22207  
703.717.4200
- 3475 N. Beauregard St.  
Suite 201 | Alexandria, VA 22302  
703.506.8590
- 1760 Old Meadow Rd.  
Suite 305 | McLean, VA 22102  
703.717.4200

### Wound Care & Hyperbaric Medicine

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

## URGENT 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

VHC HEALTH PHYSICIANS • NOW OPEN

## Kingstowne

Primary care for patients 18 years and older  
5971 Kingstowne Village Pkwy. | Suite 300  
Alexandria, VA 22315  
703.717.7378



VHC HEALTH PHYSICIANS • NOW OPEN

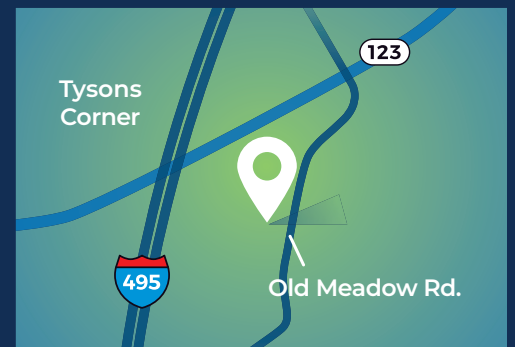
## West Springfield

Primary care for patients 18 years and older  
5803 Rolling Rd. | Suite 110 | Springfield, VA 22152  
703.717.7375



[vhchealth.org/vhc-health-physicians](http://vhchealth.org/vhc-health-physicians)

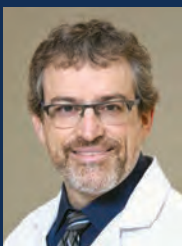
# New Tysons Office **NOW OPEN**



*The new Tysons office offers same-day urgent appointments, telehealth visits and lab testing.*

VHC Health Physicians in Tysons has experts in Cardiology, Gastroenterology, OB/GYN, Primary Care and Urology—all in one convenient location. The benefits of this multi-specialty practice are many: better coordination of care, convenience for patients, and easy access to commonly needed, highly trained specialists. Get to know the physicians at Tysons.

## Cardiology **STEPHEN IULIANO, MD**



His mother's career as a nurse inspired Dr. Iuliano to become a physician. A Boston native, he earned his medical degree from the University of Massachusetts Medical School and completed his residency and fellowship at Georgetown University Hospital. During his training at Georgetown, Dr. Iuliano worked at VHC Health (then Arlington Hospital),

and his fond memories of the staff and region stayed with him during his 21 years as a cardiologist in Charlotte, NC. Recently, he decided to return to Northern Virginia and VHC Health.

One of his main goals is to put patients at ease through education. "Many people come in, worried about what their diagnosis will be. My job is to help navigate them through shared decision-making," he says. "The more patients are involved, the more likely they are to follow up and be compliant with medication and therapeutics. By the end of an appointment, I hope all their apprehension is gone, and they can make informed choices."

## Gastroenterology **OMER SHAHAB, MD**



"The new office at Tysons combines the expertise of physicians who frequently co-manage patients," says Dr. Shahab. "Gastroenterologists interact frequently with primary care physicians to evaluate gastrointestinal symptoms and conditions. OB/GYNs may see a patient with lower abdominal or pelvic pain and collaborate with us to resolve whether it is due to a gastrointestinal or gynecological cause."

"Having multidisciplinary interaction provides the highest quality of care," he says.

Dr. Shahab received his medical degree from the Herbert Wertheim College of Medicine at Florida International University, Miami and completed a fellowship in gastroenterology, hepatology and nutrition at Virginia Commonwealth University Health, Richmond.

"We understand that patients are coming to us during their most vulnerable times with a lot of concerns," he says. "Our goal is to make them feel comfortable, build trust, and alleviate their concerns and uncertainty."



## OB/GYN

### ANDREA WILLIAMS, MD, MPH, FACOG



Dr. Williams is a familiar face in the Tysons area, having practiced there for many years. “I enjoy providing care to new and established patients,” says Dr. Williams, who treats women ages 14 and older, providing the complete range of OB/GYN services: routine care, pregnancy, delivery, perimenopause and menopause.

She completed her residency at Georgetown University Hospital after earning her medical degree from Boston University School of Medicine. She also holds a master’s degree in public health with a concentration in maternal and child health and international health from Harvard University. Dr. Williams founded a private OB/GYN practice in 1995 and joined VHC Health Physicians in 2020.

During a visit with her, patients can expect a full exam. “I want to know all about you,” Dr. Williams says. “I will remind you of your need for other preventive services and ask if you have a primary care provider. I love getting to know my patients. It’s why I’m still practicing medicine.”

## Primary Care

### LOREN CHEN, MD, FACP



“Caring for your health can be complicated,” says Dr. Chen. “When patients need specialty evaluation and management, healthcare can sometimes become fragmented and frustrating. Practicing in a multi-disciplinary group like VHC Health Physicians in Tysons goes a long way to prevent that and will translate to better overall care for patients.”

Dr. Chen grew up in Northern Virginia and earned his medical degree from Virginia Commonwealth University and completed his residency at Thomas Jefferson University Hospital (TJUH), Philadelphia. He began his career as a hospitalist at TJUH before transitioning into primary care. Before joining VHC Health Physicians, Dr. Chen was an internist with George Washington University Medical Faculty Associates, where he held appointments as the Quality Officer and Quality Lead for Community Primary Care Practices.

“I try to help patients not be self-conscious about discussing their health,” Dr. Chen says. “As a primary care physician, what I find most meaningful are the relationships I develop with my patients. It is very fulfilling to seek what I can do to guide them.”

## Primary Care

### MRIDULA SOOD, MD



After earning her medical degree from the University of Mumbai Grant Medical College and completing her internal medicine residency at Lincoln Medical and Mental Health Center in Bronx, NY, Dr. Sood worked as a hospitalist in Georgia and New Jersey. She also gained clinical teaching experience through Florida State University’s College of

Medicine and the University of New England PA School of Medicine. She practiced primary care medicine in Maine until 2019, when she moved to Northern Virginia.

VHC Health was top on her list of places to work “because the level of care here is superior,” Dr. Sood says.

She aims to help patients focus on their own health. “Many people are too busy taking care of their families to care for themselves, and that can catch up to you,” she says. “A relationship with a primary care physician increases the chances of early prevention and treatment of medical conditions that might go unnoticed, such as diabetes or high blood pressure. A good primary care physician can be there to guide patients through complex and multiple medical problems.”

## Urology

### OLGA POVCHER, MD



A graduate of the Albert Einstein College of Medicine in Bronx, NY, Dr. Povcher completed her urology residency at Stony Brook Medical Center and fellowship in female pelvic medicine and reconstructive surgery at Minnesota Urology in Woodbury, MN.

Since joining VHC Health in 2019, she has taken an individualistic approach to patient care. “I try to reassure patients what they’re experiencing is not unusual or uncommon,” she says. “I give patients as much attention as they need to discuss their concerns and offer thorough evaluation.”

Dr. Povcher treats men and women of all age groups, offering comprehensive evaluations for acute problems such as kidney stones and urinary tract infections, as well as chronic conditions such as benign prostatic hyperplasia, which causes urinary symptoms in men.

“We have a wide range of diagnostic and treatment services right here at Tysons,” she says. “I communicate directly with other physicians here to provide comprehensive care.”



VHC Health Physicians in Tysons is located just off I-495 and convenient to the McLean Metro Station.

1760 Old Meadow Rd. | Suite 305 | McLean, VA 22102  
Open Monday – Friday | 8:00 am – 5:00 pm



# Ayesha Abdul, MD

## PRIMARY CARE VHC Health Physicians in West Alexandria

Dr. Abdul's interest in medicine started at a young age when she discovered a propensity for science. "Medicine is the perfect combination of helping people through direct one-on-one relationships while maintaining my interest in science and learning," she says.

A native of Toronto, Dr. Abdul received her undergraduate degree at the University of Toronto before going to England to study at Northumbria University and St. George's University School of Medicine, where she graduated with cum laude honors. She completed her internal medicine residency at SUNY Downstate Medical Center.

Today, Dr. Abdul is part of the team at VHC Health in West Alexandria, where she emphasizes preventive medicine. "My goal is to not have to

prescribe medication because my patients are so healthy that they don't need it," she says. "Patients come to me looking for a kickstart, for a supporter on their health journey—for body and mind."

For Dr. Abdul, one benefit of being a primary care physician is building relationships over time and becoming an advocate for patients. "My work is rewarding," she says. Patients don't forget how you make them feel when you walk into the exam room. I walk in with a positive attitude and want my patients to feel confident that they'll receive the best care."

Being part of a multidisciplinary practice that includes colorectal surgery, podiatry and urology is important to Dr. Abdul. "Our interaction with each other benefits patients. In addition,

having rehabilitation in the suite next door is advantageous for patients. I can give them a referral for physical therapy and they can walk in and make an appointment right then," she says.



# Safa Osman, MD

## PRIMARY CARE VHC Health Physicians in McLean

Dr. Osman is a continuous learner. She earned a medical degree in 1998 from the Omdurman Islamic University-Faculty of Medicine and Health Sciences in Sudan, completed her residency at New York Medical College in 2007, and received a master's degree in health administration and gerontology from the University of Phoenix in 2016. She is board certified in internal medicine and obesity medicine.

She enjoys working with patients on weight management because obesity affects many common ailments, such as arthritis, high blood pressure and diabetes. "Helping people is my passion," she says. "Seeing patients achieve their weight-loss goals and make improvements in their health is very gratifying to me."

"When I see new patients, I try to build a relationship. That's very important as a primary care physician," says Dr. Osman, who has more than 20 years of experience in the field. "If they don't trust you, they won't follow what you say. I build trust by listening carefully to what my patients say about why they came in and why they want to solve this problem. I explain the options available and let them choose what is best for them. I don't dictate. I am their coach."

Dr. Osman also has a special interest in treating older adults. "I enjoy their stories, and they are very respectful and appreciative," she says.

Before joining VHC Health in McLean, Dr. Osman worked at Jefferson Primary Care and Valley Health Internal Medicine in Ranson, WV, and JenCare

Senior Medical Center in Richmond. "I was drawn to practice at VHC Health because my relatives told me about the high-quality care they received here and how the hospital serves the community. This was where I wanted to go," Dr. Osman says.





# Oncology EVENTS

All [Dewberry Cancer Resource Center](#) events & support groups are virtual via Zoom unless otherwise noted.



To register for these free programs, visit [vhchealth.org](#) & look for classes & events, call 703.558.5555 or scan this code.

## Walking Group

Join us every week for a walk around the neighborhood. All fitness levels invited. Meet at the entrance to Dewberry Cancer Resource Center (Zone C).

Wednesdays, 9:30 – 10:30 am

## Weekly Yoga

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

Fridays, 12:00 - 1:00 pm

## Monthly Cancer Meet-ups at VHC Health

Join other survivors for cookies & conversation, along with the opportunity to meet with the Cancer Resource Center support team.

Last Wednesday of the month  
3:00 – 4:30 pm

6/28: Cancer Under Age 45

7/26: Leukemia/Lymphoma

8/30: Triple Negative Breast Cancer

## Coping with Fear of Recurrence

Fear of cancer returning is normal, but can become overwhelming for some. A social worker & counselor provide tips & strategies for managing the fear of cancer recurrence.

Thurs, 7/13, 11:30 am – 12:30 pm

## Managing Side Effects of Radiation

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

Thurs, 7/20, 11:00 am – 12:00 pm

## Kindness Rocks

Spread positivity through this creative rock-painting activity. Materials provided. Meet in the Healing Garden across from VHC Health's main entrance on 16th St.

Wed, 8/2, 10:30 am – 12:00 pm

## Advance Care Planning Workshop

Learn how to plan for your future medical care, including questions to ask yourself & your family, what to consider regarding your wishes, & how & why to complete an advance directive.

Tues, 8/8, 1:00 – 2:00 pm

## SAVE THE DATE

### NUTRITION CONFERENCE FREE

Sat, 9/9 | 8:30 am – 12:00 pm  
VHC Health Conference Center

### BREAST CANCER CONFERENCE FREE

Thurs, 10/19 | 5:00 – 7:00 pm  
VHC Health Conference Center



## SUMMER FRUIT

Summer is here and there is no better time to enjoy the fruits of the season. Join us in discovering how to incorporate fruit such as berries, peaches & watermelon into delicious dinner recipes.

Wed, 7/19, 5:00 – 6:00 pm  
Radiation Oncology Dept.

## SUPPORT GROUPS

Call 703.558.5555 or email [cancersupport@vhchealth.org](mailto:cancersupport@vhchealth.org)

### In-person Breast Cancer Support–NEW!

1st Tuesday, 3:00 – 4:30 pm, VHC Health

### 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

### Opening Windows • For individuals with recurrent or metastatic cancer.

1st Thursday, 2:00 – 3:30 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

## New OB Journey Lactation Center

**I**n May, VHC Health opened the Outpatient OB Journey Lactation Center to provide hands-on support and education to new and expectant moms. At the center, the community can meet with an International Board-Certified Lactation Consultant (IBCLC) for help troubleshooting common breastfeeding concerns, such as low milk supply, latching concerns, sore nipples, breast pain and breastfeeding multiple babies.

“The Lactation Center’s goal is to support a positive lactation journey by helping people who are experiencing breastfeeding challenges, or who just want to make sure all is going well with breastfeeding,” says **Dena Carey, BSN, BS, RN**, Associate Vice President, Women & Infant Health Services.

“This is a welcome addition to our community,” says **Kimberly Myers, MA Ed, ICCE, IBCLC**, Lactation Clinical Coordinator at the center. “People need

a lot of support during breastfeeding. Our new center is a place where moms who are just starting out or having unexpected challenges with breastfeeding can come for support. Our goal is to help them throughout their breastfeeding journey.”

Dena Carey and Kimberly Myers explain more about why breastfeeding is important and how the center can help.

### What are the recommendations for breastfeeding?

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for approximately six months after birth and continued breastfeeding, along with appropriate complementary foods introduced at about six months, as long as mutually desired by mother and child for two years or beyond.\* However, though about 83% of moms start out breastfeeding, that percentage drops to

56% in six months often due to common breastfeeding challenges that can be easily supported with a certified lactation specialist.\*\*

**Carey:** VHC Health provides moms with amazing inpatient lactation support during their hospital stay, but many women are discharged before their milk comes in, which typically happens three to five days after delivery. That is when they need support the most. It’s easy to give up on breastfeeding if you don’t have the right resources. We make it a priority to see women promptly at the OB Journey Outpatient Lactation Center to help them address breastfeeding concerns with same-day and next-day appointments available. A consultation can change your entire experience of breastfeeding your baby.

### Is it common to have difficulty with breastfeeding?

**Myers:** Sometimes breastfeeding does not go as planned and some moms struggle with getting their baby to latch at the breast properly, and worry about whether their baby is getting enough breast milk. An experienced lactation consultant can help address this issue as well as other breastfeeding concerns. It’s important to support moms and meet them where they are in their breastfeeding journey.



*One-on-one lactation consultations are held in a comfortable, private treatment room.*

### SCHEDULE AN APPOINTMENT TODAY!

- Call 703.558.6744
- Visit [vhchealth.org/objourney-lactationcenter](http://vhchealth.org/objourney-lactationcenter)
- Open 7:30 am – 3:00 pm

VHC Health OB Journey  
Outpatient Lactation Center  
1701 N. George Mason Drive  
Suite 100, Arlington, VA 22205

\*Pediatrics, “Policy Statement: Breastfeeding and the Use of Human Milk,” July 2022. \*\*Centers for Disease Control, Breastfeeding Report Card, United States 2022.

## How can I tell if my baby is getting enough breast milk?

**Myers:** 1) Make sure the latch is deep enough for the baby to actively nurse. You should see and hear sucking and swallowing. 2) Bring the baby to the breast to nurse frequently. Babies should nurse eight to 12 times or more in 24 hours. 3) Check that the milk is being transferred out of the breast. Track the baby's output and weight gain.

## What happens during a visit to the Lactation Center?

**Myers:** We offer 60-minute consultations for each patient and their baby. We discuss concerns, observe a feeding, weigh the baby and then problem solve to resolve any issues. A single appointment may be all that is needed, but some moms may require a follow-up visit.

**Carey:** Moms meet one-on-one with a dedicated lactation specialist who focuses on you and your baby's needs in a private treatment room designed for comfort with a loveseat, reclining chair, changing pad and baby scale. The center is conveniently located off the Women & Infant Health Lobby (Zone C).

## BABY'S FIRST YEAR

All classes & support groups are online via Zoom. For class times & to register, visit [vhhealth.org/objourney](http://vhhealth.org/objourney).

### The First Year

Important information for first-time parents about parenting, safety, communication & sleep. **\$60/couple**

### The Art of Pumping

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

### Breast Pump Rentals

Rent a hospital-grade breast pump. For information & pricing, call 703.558.6744.



### FREE SUPPORT GROUPS

**Postpartum** • Group support for feeling anxious, angry, irritable or sad.

**Breastfeeding** • Get support & tips from others.

**Breastfeeding for Working Moms** • Learn breastfeeding & work-life balance strategies.

**Moms4Moms** • Receive support from others as you begin your parenting journey.

## 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 [vhhealth.org/objourney](http://vhhealth.org/objourney).

### What to Expect When Having a Baby at VHC Health

Engage in a live chat with former Labor & Delivery nurses who review what to expect from admission to discharge. **FREE**

### Advanced Comfort & Relaxation

Prepare for a natural, low-intervention birth that promotes comfort & support for you, your partner & baby. **\$80/couple**

### Childbirth Preparation: 2-Week Series

Full format childbirth preparation course offered over two evenings for your convenience. **\$115/couple**

### Childbirth Preparation: Full Format

This in-depth "Preparation for Childbirth" course is a great introduction for first-time parents or women planning for an unmedicated birth. 4 hours. **\$115/couple**

### Big Brothers & Big Sisters

Prepare brothers- and sisters-to-be two to five years age to meet and interact safely with the new baby. Siblings should bring a doll or stuffed animal to hold and participate in this 45-minute class. **\$20/child**

### Breastfeeding Basics

Get breastfeeding off to a good start, including making milk, positioning, latching & feeding. **FREE**

### Infant Care Skills

Caring for your newborn during the first two weeks, including infant safety, sleep, diapering & bathing. **\$80/couple**

### Grandparenting

Learn the latest evidence-based infant care practices to prepare for caring for your new grandchild. **\$40/person**

For questions about class availability or what to expect when giving birth at VHC Health, email [childbirtheeducation@vhhealth.org](mailto:childbirtheeducation@vhhealth.org).





# Fitness & HEALTHY LIFESTYLE

## DETAILS & REGISTRATION

- All sessions are 7 weeks unless otherwise noted.
- Dates listed are start dates for each session.
- Drop-in & pro-rated registration available for classes already underway.
- Fall sessions begin week of 9/11.

## TO REGISTER

Visit [vhchealth.org/healthy](http://vhchealth.org/healthy) or call 703.558.6740.

## 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 7/10 **H**  
Tues, 5:30 – 6:15 pm begins 7/11 **V**  
Wed, 5:30 – 6:15 pm begins 7/12 **V**  
Fri, 7:30 – 8:15 am begins 7/14 **V**

## Cardio Kickboxing

Pump up your strength & stamina in this higher intensity class. \$54  
Tues, 5:30 – 6:15 pm begins 7/11 **F**  
Thurs, 5:30 – 6:15 pm begins 7/13 **H**

## Cardio Strength Circuit

Intermediate level class featuring faster paced cardio & strength exercises. \$54  
Thurs, 6:30 – 7:15 pm begins 7/13 **H NEW!**  
Sat, 8:10 – 8:55 am begins 7/15 **V**

## Nordic Walking **New!**

Adding poles burns 20% more calories without added exertion & takes stress off the joints. Poles provided. \*3-week session. \$50  
Mon, 6:30 – 7:30 pm begins 7/10 **H**

## Tai Chi

Class follows the 37-posture Yang short form. \*10-week sessions begin 7/17. \$120  
Level 1: Mon, 4:10 – 5:10 pm **F**  
Level 2: Mon, 5:15 – 6:15 pm **F**

## Core Challenge

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

## Fitness Fusion

Combine cardio, strength & stretching. \$54  
Tues, 4:30 – 5:15 pm begins 7/11 **F**

## Low-Impact Cardio

Safe & fun movement to a variety of music. Class also includes balance & range of motion exercises. \$64  
Tues, 11:00 am – 12:00 pm begins 7/11 **M**  
Thurs, 11:00 am – 12:00 pm begins 7/13 **M**

## 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 7/11 **V**  
Sun, 3:00 – 4:00 pm begins 7/16 **V**

## Hatha Yoga

Classic yoga style combines postures & breathing techniques to improve the mind/body connection. \$85  
Mon, 5:00 – 6:00 pm begins 7/10 **H**  
Tues, 12:00 – 1:00 pm begins 7/11 **V/H**  
Thurs, 4:00 – 5:00 pm begins 7/13 **V**

## Prenatal Yoga

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

**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

**Blood Type Testing\*** \$25

**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.*

## Postpartum Yoga

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

## Gentle Yoga

Reduce stress as you increase strength & flexibility. \$100  
Tues, 9:30 – 10:45 am begins 7/11 **V**  
Thurs, 9:30 – 10:45 am begins 7/13 **V**  
Sun, 4:15 – 5:30 pm begins 7/16 **V**

## Yin Yoga

Strengthen connective tissue for bone health, increased mobility & self-calming. \$85  
Fri, 6:00 – 7:00 pm begins 7/14 **V**  
Sat, 10:00 – 11:00 am begins 7/15 **V**

## Pi-Yoga

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

## Zumba

Dance your way to fitness! \$64  
Mon, 6:30 – 7:30 pm begins 7/10 **F**  
Tues, 6:30 – 7:30 pm begins 7/11 **F**

## Gentle Pilates

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

## Mindful Movement **New!**

Improve your mental & physical health by practicing movements, including elements of Qigong. Also includes breathing techniques & self-massage. \$64  
Tues, 2:00 – 3:00 pm begins 7/11 **F**

## Functional Fitness

Mechanically correct strength & cardio training to enhance stamina, mobility & overall health. \$54  
Tues, 1:00 – 1:45 pm begins 7/11 **F**  
Sat, 9:00 – 9:45 am begins 7/15 **V** (Seated)

## Boost Your Balance

Reduce your fall risk by improving balance & stability. \$54  
Wed, 11:00 – 11:45 am begins 7/12 **V**  
Thurs, 2:00 – 2:45 pm begins 7/13 **F**  
Sat, 9:00 – 9:45 am begins 7/15 **V**

## WALK YOUR WAY TO FITNESS

Walking 30 minutes daily is one of the best ways that you can care for your physical and mental health. The Senior Health Department offers Walk-Fit, a free walking program—suitable for any fitness level. Join us each week on Thursday mornings to walk, stretch and check your blood pressure. Through a partnership with Arlington County Parks and Recreation, we are now offering Walk-Fit at Lubber Run Community Center, where you can walk on an indoor track or outdoor trails when weather permits.

**Thursdays, 8:30 – 9:30 am **NEW!****  
Lubber Run Community Center Indoor Track 2nd Level  
300 N. Park Dr., Arlington, VA 22203



## SENIOR HEALTH

To register or for information, contact 703.558.6859 or [seniorhealth@vhchealth.org](mailto:seniorhealth@vhchealth.org).

### Senior Associates

Join today to take advantage of exclusive hospital benefits for adults 60 years and older. \$65/year for single; \$90/year for couple. Register at [vhc.memberclicks.net](http://vhc.memberclicks.net) or call 703.558.6970.

### Alzheimer's & Dementia Caregiver Support Group

2nd Wed of every month  
10:00 – 11:00 am.

### Pelvic Health Workshop **New!**

Education & exercise led by VHC Health physical therapists specializing in pelvic floor health. This two-session workshop is open to women of all ages, but is not focused on pre-and post-natal issues. \$40  
Wed, 6:00 – 7:15 pm, 7/12 & 7/19 **H**

### Seated Senior Fitness

Strengthen muscles, improve cardiovascular fitness, increase muscle power & enhance overall physical function while seated on a sturdy chair. \$98  
Mon & Fri, 10:30 – 11:30 am begins 7/10 **V**

### Lifeline Emergency Response

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

### HEALTHY AGING LECTURE SERIES

Lectures are hosted online. Register to receive log-in information.

**June 23 | 11:00 am – 12:00 pm**  
Navigating Early Stage Dementia with Melissa Long, CTRS, CDP, CADDCT, BF-CMT, Director of Education & Support, Insight Memory Care Center

### Strength & Stretch for Seniors

Improve range of motion, muscle strength & bone health. \$54  
Mon, 1:00 – 1:45 pm begins 7/10 **V**  
Thurs, 1:00 – 1:45 pm begins 7/13 **F**

### Seniorcise

Class includes light cardio & exercises to maintain and regain strength & balance. 10-week sessions begin 6/19 & 9/11.  
M/W/F with Azita. 9:00 – 10:00 am. \$210 **V**  
T/Th with Azita. 9:00 – 10:00 am. \$140 **V**  
M/Th with Robin. 9:00 – 10:00 am. \$140 **V**



Arlington Health System  
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Arlington, VA 22205-3610

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Christopher T. Lane | President & CEO  
Russell E. McWey, MD | Chair, VHC Health System Board of Directors  
Ivan Petrovitch, MD | President, Medical Staff

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The information offered in this magazine is general in nature. Your personal healthcare provider is your best source of medical advice. To be added or removed from the mailing list, call 703.558.6595.

[vhchealth.org](http://vhchealth.org)

## VHC Health Celebrates Opening of Outpatient Pavilion

A ribbon-cutting ceremony on June 12 commemorated the opening of the Outpatient Pavilion. The event featured remarks from VHC Health leadership, Virginia Senator Barbara Favola, Virginia Department of Behavioral Health and Developmental Services Commissioner Nelson Smith, and Arlington County Board Chair Christian Dorsey. "The Outpatient Pavilion combines cutting-edge technology with compassionate care, ensuring our patients receive the highest quality medical services in a warm and supportive environment," said Russell McWey, MD, Chair, VHC Health System Board of Directors.

On June 15, Virginia Governor Glenn Youngkin was the keynote speaker at the official grand opening of the VHC Health Outpatient Pavilion. The \$250 million, seven-story Outpatient Pavilion houses outpatient surgery, imaging, pharmacy, lab, endoscopy, rehabilitation and physician offices. A centerpiece of the new facility is 26,000 square feet solely dedicated to women's health. (See page 2).

"This extraordinary Outpatient Pavilion is world class," said Governor Youngkin.



(L-R): Jennifer Pierce, First Lady of Virginia Suzanne S. Youngkin, Governor Glenn Youngkin, Al Pierce, Lola Reinsch and Gerald Pierce at the Grand Opening.



(L-R): Dan Knise, VHC Health Board of Directors; Christopher T. Lane, VHC Health President & CEO; Barbara Favola; Russell McWey, MD, Chair, VHC Health System Board of Directors; Christian Dorsey, Nelson Smith and Thomas Colucci, VHC Health System Board of Directors.



Navigate Your Way to Better Health with the VHC Health App!

