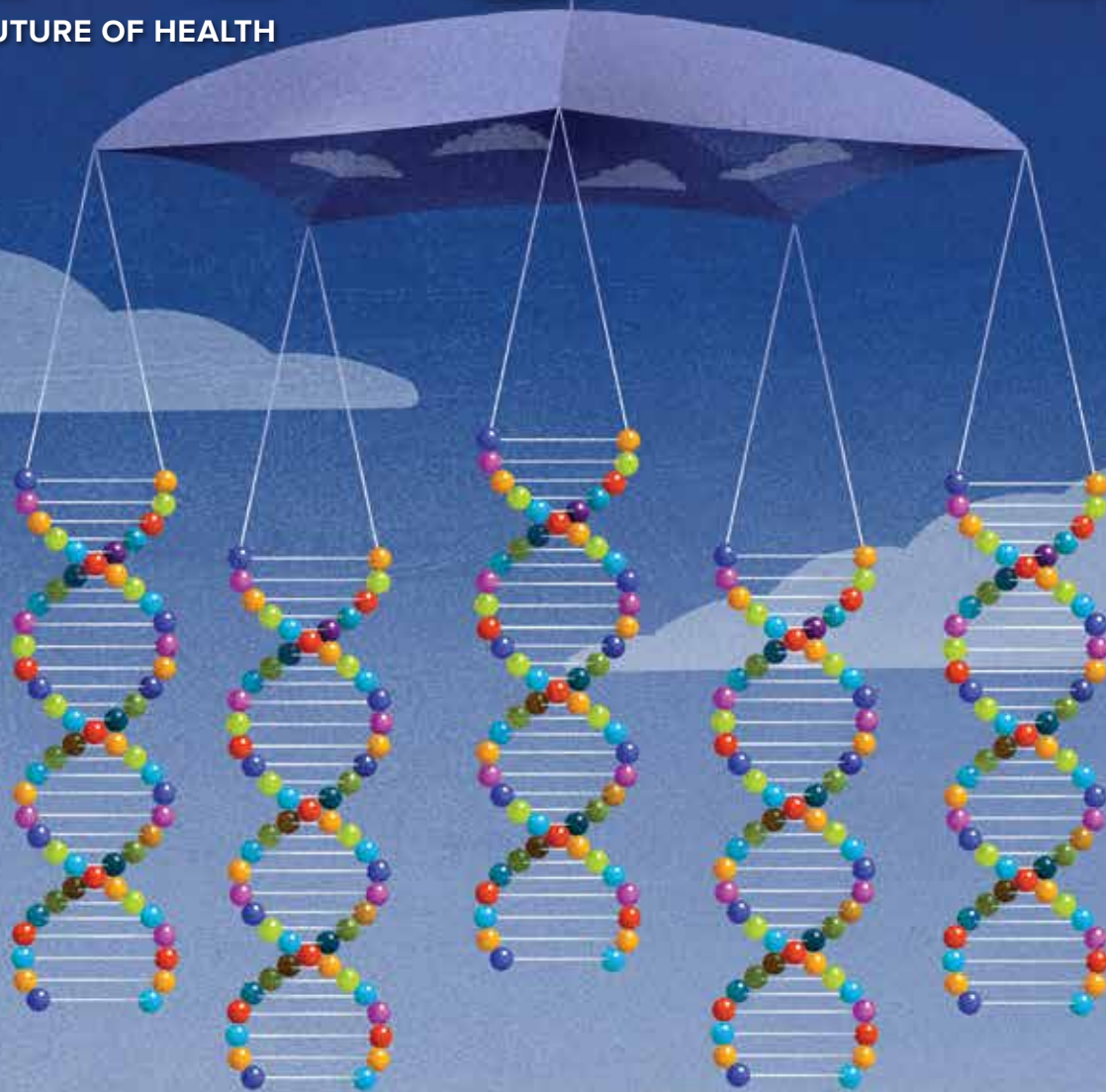


INOVA

MAGAZINE

JOIN THE FUTURE OF HEALTH



FALL
2016

IT'S MAPTIME

*Inova makes history with MediMap —
prescription medication genetic
testing for newborns*



INOVA®

Baby's Maptime
A new genetic test for newborns determines some future drug responses.



Shaking the Tree
Inova Schar Cancer Institute's Breast Cancer Program improves outcomes.



HEADLINES

Smart Move

Inova Sports Medicine Concussion Program helps young athletes

Over the last couple of years, the medical community's approach to treating concussion has changed. Inova Sports Medicine has stayed ahead of the curve with the latest expertise in concussion management for young athletes. This includes pre-injury education, baseline neurocognitive testing and a focus on post-injury care.

"We have a streamlined approach to concussion care in which we perform a comprehensive evaluation of these athletes," says Jessica Wertz, DO, CAQSM, Medical Director of the Concussion Program. "We want to get education out there; we don't want concussion to go unrecognized."

The program, which has offices in Fairfax and Arlington, handles mostly sports-related concussions, but also concussions related to car accidents — mainly in young people. It also works closely with the neurology department, so if a patient requires specialized care, a neurologist will be available. The program's patients range in age from middle school to adults ages 30–40, says Dr. Wertz, who works alongside primary care physician Peter MacArthur, MD, and two athletic trainers, Brett Gustman and Eric Castor, who specialize in concussion management.

Until a couple of years ago, doctors advised children who showed signs of concussion to completely avoid all forms of stimulation until symptoms resolve. That is not the recommended protocol any longer. "This approach could increase anxiety and dysregulate multiple systems, making them feel poorly," explains Dr. Wertz. "The symptoms can be debilitating, so it is important for kids to return to their usual daily routines as soon as possible. We focus on the basics: eating regular healthy meals and snacks,



staying hydrated, getting adequate sleep, and reassimilating back into the academic and non-contact sports environments."

When a child or young adult presents with a concussion at the clinic, specialists conduct a comprehensive clinical evaluation. This includes ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), a computer-based neurocognitive program; a detailed injury history as well as vestibulo ocular motor screening. A customized concussion management plan is then provided at the end of each visit to help facilitate recovery.

The concussion program is part of a larger sports medicine program at Inova Health System, which offers a wide range of non-invasive treatments and therapies.



A HEAD START

Learn more about concussion at inova.org/concussioneducation. To make an appointment at Inova Sports Medicine Concussion Program, call **703.970.6464**. The concussion hotline is **703.970.6427**.

EDITOR'S NOTE

Inova is a pioneer in the field of medicine, exploring the science of genomics and leading the way in the new era of precision medicine. Through a network of wellness services, Inova Medical Group physicians, healthcare facilities and hospitals located throughout Northern Virginia, Inova is the largest healthcare provider in the Washington, DC, area. Inova is leading the future of health. With the area's only Level 1 Trauma Center and Level 4 Neonatal Intensive Care Unit, Inova is home to the nationally and internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI), Inova Neuroscience Institute, Inova Schar Cancer Institute and Inova Children's Hospital. Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research.

5 Minutes With...
Paul Gurbel, MD, interventional cardiologist



An Inspired Partnership
Tina and Gary Mather want to advance Inova's mission.



Big-Time Player
Robin West, MD, is making an impact on professional sports.



Look Good, Feel Good

New Inova Medical Aesthetics and Spa now open

Inova Medical Aesthetics and Spa recently opened its doors, and since day one it has been providing members of the Inova community with facial rejuvenation and laser services, including Botox®, dermal fillers, intense pulsed light (IPL) treatments, laser hair removal and laser skin resurfacing. Increasingly, healthcare systems such as Inova are getting involved in medical aesthetics and spa treatments, providing patients with high-quality rejuvenation services in a safe, clinical environment.

"We wanted to make certain that Inova had a role in providing these services to the community," says Tania Damavandy, MD, Medical Director of the spa. "Patients have been asking for it because they want to look as good as they feel. I have an art background, so I got interested in doing it because it combines the art and science of medicine. You need an artistic eye to do [treatments] like Botox and fillers."

And while today Inova Medical Aesthetics and Spa is focused on facial rejuvenation and laser treatments, as time goes on, more options will be added. "I think the sky is the limit," says Rami Tabbarah, MD, Deputy Medical Director for OB-GYN at Inova Medical Group. "Right now we're offering basic spa services, but in the

future we will offer liposuction, vaginal rejuvenation, more laser treatment options and other services like that."

In addition to Inova Medical Aesthetics and Spa, patients can visit The Medical Spa at Nova, which Inova acquired as part of its acquisition of Nova Medical and Urgent Care Center, an integrative primary care practice in Northern Virginia, this past spring.



WANT A TREATMENT?
Learn more about Inova Medical Aesthetics and Spa at inovamedspa.org.

ONWARD AND UPWARD

Inova Medical Group aims to expand under new CEO



Richard Rolston, MD, FAAP

When Richard Rolston, MD, FAAP, took the reins of Inova Medical Group (IMG) as President and CEO earlier this year, he viewed it as a chance to make an already great medical group even better.

"Having come here and spoken to the senior leaders, I saw the opportunity to really take Inova Medical Group to

the next level," says Dr. Rolston, who previously served as President and CEO of CHI Alegant Creighton Clinic, now CHI Health Clinic, a network of 100 healthcare centers, in Omaha, NE.

Chief among Dr. Rolston's plans for taking IMG to the next level is moving the network of more than 400 primary and specialty care physicians from a high-quality hospital system to a high-quality integrated healthcare system. "We truly have to work together," says Dr. Rolston, "because we know integrated systems have better health outcomes for patients — which also leads to better financial results that allow us to have the resources we need to hire the brightest and best, have the best tools for everyone, and compensate our staff in the best way we can."

One step toward accomplishing this goal, he says, will be increasing the number of advanced practice clinicians in IMG. A new practice focusing on cardiovascular and thoracic surgery also is expected to join IMG by late fall. Additionally, IMG is working hard to build its primary care base; in May, it disclosed that it acquired Nova Medical and Urgent Care Center, the largest integrative primary care practice in Northern Virginia. This purchase will expand IMG's presence in the Loudoun County area.

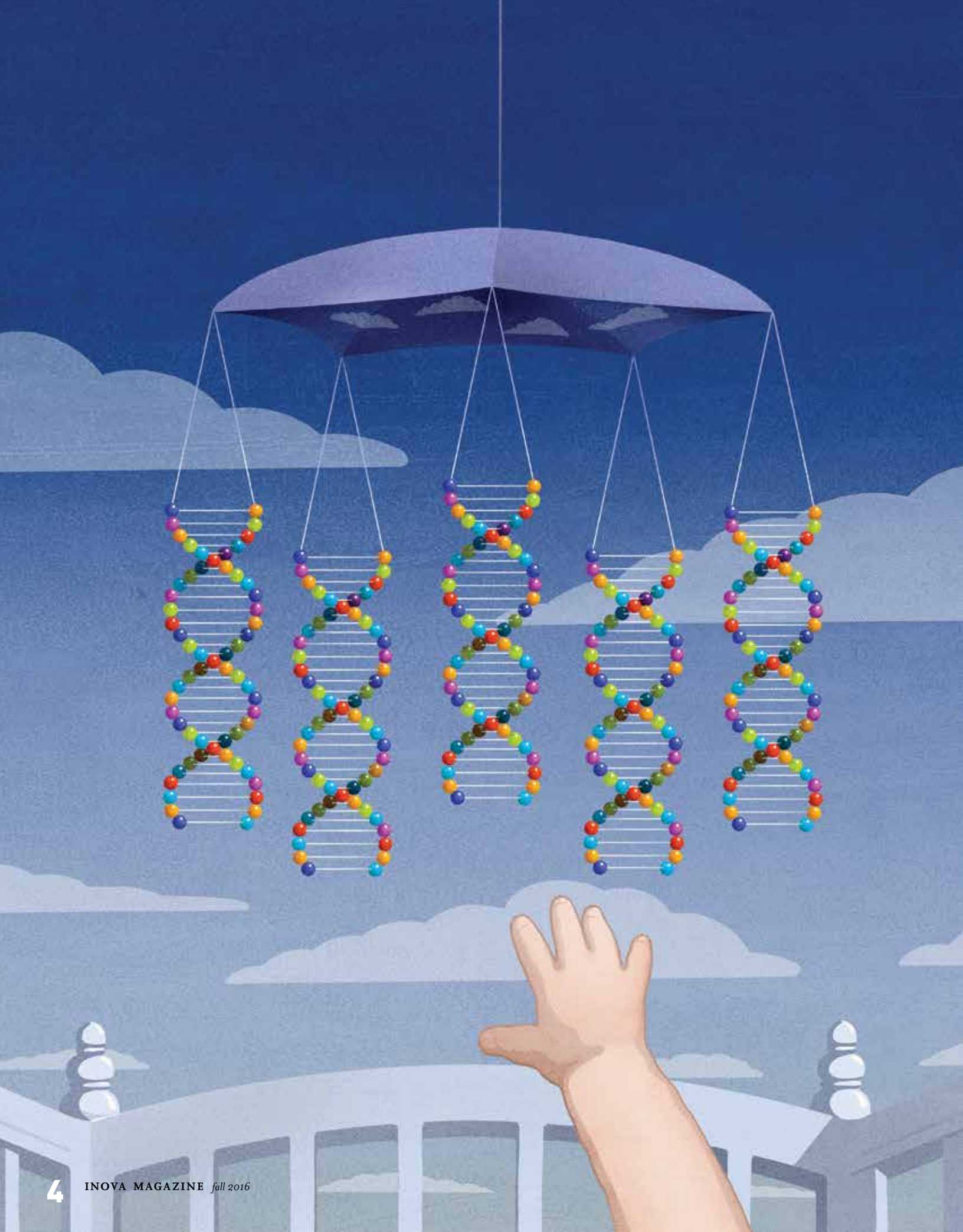


FIND A DOC

Learn more about Inova Medical Group and its physicians at inova.org/imp.



GONE MOBILE
Inova Magazine is available as a free app for your iPhone, iPad or iPod Touch. Go to iTunes and search "Inova Magazine," or click on the link at inova.org/magazine.



Having tested more than 1,300 newborns in the first 90 days after its launch and the opening of the new Inova Women's Hospital this past winter, Inova is the only healthcare system in the United States to offer MediMap as part of the standard package of services for newborns.

"What appealed to me was that we would know what medications would be compatible with her system later, and if they're not, we don't even have to try them — we can go to the ones we know work for her," says Calla's mom, Sarah Johnson, an obstetrics nurse at Inova and Clinical Director of Family Centered Care. "As soon as we heard about MediMap, we knew right away we wanted to do this. The testing is innovative and cutting-edge, exactly what Inova aims to be."

WATCH IT!

Watch Ben Solomon, MD, describe the process and benefits of using MediMap. Download the *Inova Magazine* app at inova.org/magazine or use the instructions on page 3.

COMMITMENT TO PERSONALIZED HEALTH

Available at no additional charge to every baby born at the newly expanded Inova Women's

lower than typically prescribed, while others may suffer negative side effects.

MediMap will reduce the guesswork involved with drug prescribing, improving the selection and dosage of certain drugs to treat conditions ranging from cardiovascular disease and lung disease to cancer, arthritis, high cholesterol, pain and depression. About 80 percent of new parents approached at Inova have chosen to have their newborns tested, Moeckel says.

But they're also informed about what MediMap isn't designed to do: It doesn't predict a child's risk for disease, and results aren't part of ITMI research.

"Personalized health is where we want to make our mark," Moeckel says. "We witness the births of 20,000 babies a year in this system, which is [the number of babies born in] more than eight or 10 various states in this country. Drugs are expensive, and if we can give the right drug to the right person at the right time, it's a win-win for all of us."

"We know that hundreds of thousands of children in the United States are at risk for adverse reactions to codeine, or not getting pain relief from it, and our mission is to use the latest science and technology to take better care of our patients."

BEN SOLOMON, MD



PHOTO: MIKE MORGAN

Hospital, which opened in January on Inova Fairfax Medical Campus, MediMap testing will be available at Inova Fair Oaks Hospital early next year. The program, part of a personalized care approach often referred to as precision medicine, is a logical extension of translational maternal-child research done over the last four years by Inova Translational Medicine Institute (ITMI) into direct clinical care, explains Franziska Moeckel, AVP, Personalized Health, Inova Center for Personalized Health.

Until recently, most medications were developed and prescribed to patients in a "one-size-fits-all" approach. But while some people find a certain drug helpful, others gain no relief from it. Some will need a drug dose that's higher or

HIGHEST-LEVEL EVIDENCE USED IN TEST DEVELOPMENT

Ben Solomon, MD, Chief of the Division of Medical Genomics at ITMI, helped oversee the development of MediMap along with several other Inova colleagues. The group chose the seven genes that MediMap tests — performed separately from routine newborn screening — based on gene and drug pairings with the highest level of established scientific evidence to support the use of dosing guidelines by doctors.

While many of the medication choices guided by MediMap aren't often used in childhood or young adulthood — such as those to lower cholesterol — one of the drugs, codeine, is frequently prescribed in children and can be metabolized quite differently from person to person, sometimes with disastrous results.

"We know that hundreds of thousands of children in the United States are at risk for adverse reactions to codeine, or not getting pain relief from it," Dr. Solomon says, "and our mission is to use the latest science and technology to take better care of our patients."

Adds Moeckel: “When Susie is 12 years old and rolls her ankle after shooting that game-winning soccer goal, her doctors in the ER will see she was tested and doesn’t respond well to codeine. When you’re hurting, that’s not the time you want to figure out if a medication will work or not.”

Other drugs used in childhood are also part of MediMap, such as drugs used to treat childhood seizures. Others may eventually be added to the list of medications MediMap includes as the field of pharmacogenomics continues to advance. Because a person’s DNA never changes, the test needs to be administered only once to be useful for a lifetime.

“People ask why some other drugs more often used by children are not on the list, and that’s because right now, the evidence on those isn’t there for broad-based testing like we’re doing in MediMap,” Dr. Solomon explains. “If research done in the future tells us a certain gene is also related to other drugs, or if there’s a specific clinical situation that would call for other kinds of pharmacogenomics testing, ITMI will be able to make that addition.”

INCREASING GENOMIC LITERACY

In addition to providing a valuable tool to Inova families, ITMI leaders consider MediMap a pivotal opportunity to help educate increasing numbers about the burgeoning field of genomics. The advent of next-generation DNA sequencing technology about a dozen years ago has enabled scientists to quickly and inexpensively accumulate information on genes and their functions.

“This will provide such a wonderful opportunity for new parents to be able to understand or see how genomic medicine will begin to touch their lives,” Moeckel says. “Because if the only time genetics touches your life is if your child has a serious genetic disease, then that’s not really using the science of genomics fully. How do we increase genomic literacy? We think MediMap will help us do that.”

John Niederhuber, MD, Chief Executive Officer of ITMI, says Inova’s pioneering work in developing MediMap represents “an important way to use the progress science has brought to medicine.”

“Our challenge continues to be how best to present this new information to very busy doctors in a way that’s not overly simplified but interpretable by a physician who’s not a geneticist,” he says, “as well as make it useful to families by incorporating it optimally in their child’s health record.” ■

TAKE A LOOK!

Watch “Genomics: The Power to Predict,” a revealing look at Inova’s Center for Personalized Medicine. Download the *Inova Magazine* app at inova.org/magazine or use the instructions on page 3.



ONE-TIME TEST

Visit inova.org/MediMap or call **1.844.genome.4u (1.844.436.6634)** to learn more about MediMap testing.

SHAKI

THE

TREE

Inova Schar Cancer Institute's Breast Cancer Program improves outcomes

PHOTO BY
MIKE MORGAN

Soon after Gretchen Seiler was diagnosed with breast cancer in 2013, the then-65-year-old

Alexandria resident began what she calls “a very successful healing process.”

Inova Schar Cancer Institute's sophisticated approach to cancer care likely played a role. Gretchen's journey began with Sara Bruce, MD, breast surgical oncologist at Schar Cancer Institute's Breast Cancer Program. Dr. Bruce promptly shared Gretchen's scans with her teammates — breast cancer subspecialists in surgery, medical oncology, radiation oncology, radiology and pathology.

“It was a complex case,” Dr. Bruce recalls.

It was complex, in large part, because Gretchen presented with a high-grade tumor, meaning that the cancer cells were more likely to grow and

spread than low-grade cancer cells. Genetically speaking, there was concern that her tumor could be HER2-positive. HER2-positive breast tumors are typically more aggressive, less sensitive to hormone therapy, tend to recur and often spread to other body sites — as compared to other types of breast cancers. Thankfully, new medications that specifically target HER2 are significantly improving disease-free survival in women diagnosed with metastatic, HER2-positive disease.

Because the tumor involved her whole breast and two biopsies showed Gretchen to be HER2-negative, it was decided that starting chemotherapy was the best treatment plan. However, after two different courses of chemotherapy, Gretchen experienced only minimal improvement in the tumor; her cancer continued to involve the muscle of her chest wall.

NING

She then underwent a radical mastectomy, a procedure that is rarely performed today. And then another unexpected development occurred.

PATIENT-CENTERED CARE PAYS OFF

“Gretchen had a great surgical outcome, but in examining the post-op tumor slides, the pathologist opted to test them with special stains for HER2 a third time to be certain of the best treatment options,” recalls Mary Wilkinson, MD, oncologist and Medical Director of Breast Cancer Research at Schar Cancer Institute.

“I still suspected that the tumor was HER2-positive,” points out Tuyethoa Vinh, MD, ISCI pathologist. “I knew from experience that small pre-op biopsies could miss cells that are HER2-positive. Tumor in post-op specimens are larger, so we tested again.”

Indeed, the mastectomy specimen test came back HER2-positive. “Dr. Vinh’s expertise and dedication to Gretchen made all the difference in the world,” Dr. Wilkinson adds.

Thankfully, Gretchen now qualified for ado-trastuzumab emtansine (brand name Kadcyla), a HER2-targeted treatment. “Kadcyla is life-changing in terms of cancer treatment,” Gretchen says. “Dr. Vinh pushed to test and retest, and the team supported her. From the very beginning, I had the benefit of everyone’s expertise working for me.”

INTERDISCIPLINARY CARE

The expert and individualized care that Gretchen experienced lies at the heart of Schar Cancer Institute’s Breast Cancer



Tree of Life

Gretchen Seiler benefitted from the multidisciplinary approach at Inova Schar Cancer Institute. She describes her treatment team as “the most caring group of physicians I have ever dealt with.”



SHAKING THE TREE

Program. Gretchen describes her doctors there as “the most caring group of physicians I have ever dealt with.”

“Our breast cancer physicians — in fact, all our physicians — are passionately committed to excellent patient care, and current data tells us that the best care possible comes from an interdisciplinary approach,” affirms Donald Trump, MD, FACP, CEO and Executive Director of Schar Cancer Institute. This approach, Dr. Trump adds, allows physicians to look at the same problem from a slightly different perspective, depending on their subspecialty, and pool their knowledge. “In this way, we see new or synergistic therapies that one expert alone might miss,” he says.

In addition to treatment benefits, an interdisciplinary approach to breast cancer positively affects a patient’s state of mind, explains Costanza Cocilovo, MD, breast surgeon and Medical Director of the Inova Breast Care Program. “Our team approach helps lower the stress that comes with a cancer diagnosis because no patients are ever left to micromanage their own treatment plans; the team does that for them. And with all of us in constant communication, the patient hears one unified, consistent plan, regardless of which doctor he or she is talking to. That peace of mind gives the patient a lot of confidence, which I believe helps us reach a better outcome.”

The Breast Cancer Program convenes weekly for 7 a.m. conferences, which are at the heart of this interdisciplinary approach. “That’s when we evaluate each new patient and assess every current patient’s progress, so we can determine if results are on target,” Dr. Cocilovo says.

In most cases, the team’s evaluations agree, although a fresh eye can introduce new options. “My passion is research, so I often know about a trial that might benefit a patient,” Dr. Wilkinson says. “Sharing what we know gives us an opportunity to discuss new opportunities to really impact our patients’ lives.”

SEIZING THE FUTURE

In addition to its interdisciplinary method, Schar Cancer Institute incorporates the latest genomic research into cancer treatment and prevention. As an example, moving forward, targeted medicines offer the possibility of less aggressive surgeries while still producing high-level, lifesaving outcomes. “As we determine markers on a tumor that can be



THINKING ON THE MOLECULAR LEVEL

In April, Inova Schar Cancer Institute announced the formation of its Molecular Tumor Board (MTB) — the first of its kind in the Metro DC Area. The MTB directly engages patients and their families in detailed discussions about genetically driven treatment choices.

In addition to patients and their family members, these weekly meetings include physicians, oncologists, scientists and genetic counselors — with everyone focused on analyzing advanced and rare primary cancers in order to delineate potentially applicable clinical trials or targeted therapies that may help the patient. Propelled by Schar Cancer Institute’s overarching dedication to advanced cancer care and research, patients may participate in its MTB regardless of whether or not they are an Inova patient.

As part of Schar Cancer Institute’s MTB discussions, the molecular profile of an individual patient’s cancer is determined and matched, whenever possible, to targeted therapies or appropriate clinical trials. The board assists the patients’ treatment teams in advocating for access to applicable off-label drugs or pertinent trials.

“The engagement with patients and their families sets us apart from other MTBs,” says Donald Trump, MD, FACP, CEO and Executive Director of Schar Cancer Institute. “Most tumor boards are retrospective reviews. MTBs, however, are prospective; they inform the immediate choice of treatment, and ISCI engages patients in this process. Our premise is to study current patients whose therapy is not achieving the desired results. We’re looking at individual patients and what the genomic analysis of their tumor can tell us, so we can choose the next step in their therapy and positively impact their prognosis.”

With the support of Dr. Trump, the MTB is led by J. Milburn Jessup, MD, surgical oncologist and scientist, and Scientific Director, Precision Cancer Care Program; and Timothy Cannon, MD, medical oncologist and clinical investigator, and Clinical Director for the MTB and Personalized Medicine Initiative.

“This is a significant step that embodies our commitment to science, precision medicine, and compassionate, patient-centered care,” Dr. Trump says. “Our immediate goal is to improve life expectancy and quality of life for cancer patients. Our long-term mission is to make cancer a chronic disease and eventually find a cure.”

targeted, we may be able to shrink a tumor prior to surgery, so there will be less to surgically remove. That is a huge advantage, and [it] decreases the potential morbidity of surgery,” Dr. Bruce says.

Dr. Wilkinson also predicts future steps forward in medications to help minimize the side effects of many cancer therapies. “That will significantly increase patients’ quality of life as they move from diagnosis through recovery,” she says.

Looking back, Dr. Wilkinson and her team can’t help but marvel at the strides in breast cancer recovery. “When I was a fellow, we had 10 percent of what we have now to treat patients. We certainly didn’t have the drug that Gretchen needed,” Dr. Wilkinson says. “There have been so many lifesaving advances. And with all the current research at Inova Schar Cancer Institute, we’re on the verge of many more advancements.” ■



CANCER FIGHTERS

Learn more about Inova Schar Cancer Institute at inova.org/cancer.



PHOTOS: MIKE MORGAN

PAUL A. GURBEL, MD

Director of Interventional Cardiology and Cardiovascular Medicine Research

Paul Gurbel, MD, who joined Inova Heart and Vascular Institute (IHVI) in the fall of 2015, is internationally known for his cardiovascular research. During his previous tenure at Sinai Hospital, he founded the Center for Thrombosis Research, where he and his group were involved in the development of antithrombotic drugs — agents used to prevent blood clots. As the Director of the new Inova Center for Thrombosis Research and

Drug Development, he plans to build on these advances.

WHY DID YOU DECIDE TO COME TO INOVA?

One of the major reasons I came to Inova was to work with Chris [O'Connor, MD, CEO of IHVI], whom I have known since medical school at the University of Maryland. He is a premier thought leader in heart failure. He and the administration here have a vision to make IHVI a top IO cardiovascular institute in the next five years. I think we are all on the same page, and Chris has created tremendous excitement among the physicians and staff of IHVI in setting this goal.

WHAT SETS YOUR RESEARCH CENTER APART FROM COMPARABLE CENTERS?

The clinical trials unit is truly novel because it is centered within a hospital. A lot of the studies we do with novel agents are to assess safety. What better place to do this than in a dedicated heart hospital? The second thing that makes the center unique is that our state-of-the-art research laboratory can quantify exactly what the effect of the drug has on the clotting process — and it is right down the hallway. We'll be able to do intricate studies on platelets and coagulation and other aspects of thrombosis that few centers in the world are capable of doing.

WHAT ELSE IS IN THE WORKS FOR THE CENTER?

We want to open up this center not just to study antithrombotic drugs, but also to study other new and promising drugs for patients with heart disease. We will be conducting studies funded by the National Institutes of Health (NIH) and will partner with private industry to evaluate new therapies for patients. We will be starting a 600-patient study in the catheterization lab on a novel antiplatelet drug, the first of its kind to be used in patients undergoing stent procedures. This drug is designed to prevent blood clots from forming after the procedure. We did the initial evaluation of this agent in a prior study, but those subjects were not undergoing stenting. ■

JUST ONE QUESTION...

HOW WILL YOU JUDGE THE SUCCESS OF THE CENTER IN FIVE YEARS?

We want the center to be the No. 1 center of its kind in the world. We want the NIH and private industry to first look to us for new studies and novel, therapeutic strategies. We want to be a leader in innovative therapies for patients with heart disease. That's our goal.



an INSPIRED PARTNERSHIP

Donors Gary and Tina Mather are committed to Inova's pursuits

**PHOTO BY
JASON HORNICK**

**During two tours of
the Inova Genomics
Laboratory,**

in April and December 2015, Gary Mather was fascinated to learn how Inova researchers are using state-of-the-art genomic testing to develop personalized treatments and improve outcomes for more cancer patients. "I realized



**Education
in Action**
Tina and Gary Mather,
and their doctor,
Craig Cheifetz, MD,
FACP, in the lab of
Inova Translational
Medicine Institute.

the tremendous potential to incorporate genomic testing and conventional cancer treatment together,” Gary says.

This realization, together with the recommendation of their doctor, Craig Cheifetz, MD, FACP, Medical Director of Inova VIP 360° Program, inspired

Gary and his wife, Tina, to have their genomes sequenced. “We wanted to find out if there was anything we needed to prepare for or do differently to ward off the inevitable,” Tina says. Their results were comforting: “We found out that we do not have any genetic markers associated with Alzheimer’s disease or certain cancers,” Gary says.

WELCOMED PARTICIPATION

Gary and Tina, who live in McLean, VA, initially got involved with the Inova Health Foundation in February 2012, when a friend invited them to a dinner benefitting the Inova Children’s Hospital. They attended various functions, including the Washington Kastles tennis event and a luncheon held at the Ritz-Carlton Hotel.

As they got to know more of the Foundation family, their participation — and generosity — has grown. They decided to sponsor a table at the 2013 Inova Summit, the premier thought leadership event of the year for the Inova community. Following that Summit, they made two generous charitable donations to help fund research advances at the Inova Neuroscience and Spine Institute. Gary joined the Foundation board last year, and this November, the Mathers will volunteer for a second time as cochairs of the Inova Summit.

In recognition of their growing interest in genomics and expanding roles with the Inova Health Foundation, the Mathers recently gave \$1 million to Inova Schar Cancer Institute, their largest financial contribution to date. Schar Cancer Institute is a destination cancer center where genomic and translational research is helping to better understand, predict, prevent and eliminate cancer for a growing number of patients in

the Northern Virginia area.

“The biggest thing that tipped our decision to contribute both professionally and financially to Inova was their attitude,” says Gary, a senior partner emeritus at Booz Allen Hamilton. Over the course of his 43-year career there, he served as President of the Worldwide Technology sector; participated as a member of the board; and led the firm’s business with the Army, Internal Revenue Service, NASA and Air Force. He retired last year. “The leaders at Inova welcomed my expertise and invited me to get involved in strategy discussions about integrating personalized medicine approaches, drawing on my experience working on the board for 15 years at Booz Allen.”

GIVING BACK

Beyond being involved in exciting developments at Inova, Gary and Tina are excited to be giving back to their local community. Gary’s sons were born at Inova Fairfax Hospital, and it has served their family well over the years. “It’s good to know that people in the Washington area will benefit from the continuum of care we are building right here, rather than needing to fly to another center,” Gary says.

Gary and Tina also are especially thrilled about the relationships they have cultivated through the Foundation. “As a result of getting involved with Inova, we’ve developed a whole series of friendships that we value,” Gary says. “They overlap with our philanthropy work, and that’s very important to us. When you become involved with people that you care about and who care about you, it’s a different feeling than if you are just doing work or providing money.” ■



BE A PART OF PROGRESS

Learn more about the Inova Health Foundation at **703.289.2072** or **foundation.inova.org**.



BIG-TIME PLAYER

Inova Sports Medicine forges strategic partnerships with professional sports teams

She laid out a game plan, rallied her teammates and played her heart out. But even Robin West, MD, couldn't forecast such a rapid series of convincing wins for Inova Sports Medicine when she became its captain a scant two years ago.

Arriving at Inova in summer 2014, the national sports medicine phenom's strategic plan for the newly launched program stretched five to 10 years out. She aimed not only to streamline Inova's high-level, integrative care to athletes of all ages and abilities, but also to forge alliances with area high schools and youth leagues, as well as college and professional teams.

Dr. West never guessed that pivotal goals would be met within her first 24 months at Inova, where she was recruited after serving as assistant orthopedic team physician with the Pittsburgh Steelers and team physician for the athletic departments of two Pittsburgh universities. In June of this year, the Washington Redskins named Dr. West the team's head physician and director of sports medicine, where she is one of only two female head orthopedic surgeons in the National Football League. In October 2015, she

Top of Her Game
Robin West, MD, has made impressive inroads with the professional sports world.

became lead team physician with the Washington Nationals as the only head female physician in Major League Baseball.

Working with professional teams is an especially big victory, showcasing Inova's medical expertise while pushing physicians to stay on the forefront of treatments that trickle down to a community bursting with amateur athletes needing and expecting the latest evidence-based approaches to their own sports injuries and performance.

"These partnerships bring a lot to the sports medicine program because we have to be up-to-date on all of the research and latest surgical techniques in sports medicine so we can offer the best care to all athletes," says Dr. West, who decided in kindergarten she would one day become an orthopedic surgeon. "As team doctor, it really keeps you on your toes. It

pushes me to the limit because I have to be at the top of my game."

EXPERT ASSESSMENT DURING PRO DRAFTS

With a long-range plan in place that includes constructing a regional sports medicine facility, Inova's sports medicine program offers a "one-stop shopping" approach to athletes at all levels, ranging from injury prevention to acute and chronic injury treatment, performance improvement and comprehensive rehabilitation. The same team of Inova physicians and support staff—including nutritionists, exercise physiologists and concussion specialists—that Dr. West helped build since her tenure began is contributing to myriad services now being provided to the pro sports teams.

At her right hand has been Inova orthopedic surgeon Robert Najarian, MD, who assists Dr. West in serving the Nationals, while orthopedic surgeon Brandon Bryant, MD, came aboard in August to assist with the Redskins. Dr. West recruited Dr. Bryant from his prior post as head of sports medicine for the U.S. Navy in Portsmouth, Virginia.



Among various duties, the physicians are on hand at games, tending to players' injuries; help coordinate ongoing medical care and evaluations for players, including the Nationals' minor leaguers; and field daily reports on acute and chronic injuries or post-surgical progress and guiding treatment.

Notably, the Inova doctors also assess NFL and MLB hopefuls during annual drafts, providing crucial perspective on health and injury status for hundreds of athletes and predicting their long-term potential in their respective sports.

"We have to help these organizations make a decision because they're making an investment in these players," says Dr. Najarian, who previously was a team physician at The Ohio State University. "From the outside in, people see a very sexy aspect to this, but there's a lot of pressure. These are people's careers on the line ... your decision-making has consequences."

"These partnerships bring a lot to the sports medicine program, because we have to be up-to-date on all of the research and latest surgical techniques in sports medicine so we can offer the best care to all athletes."

ROBIN WEST, MD

'THIS COULDN'T HAVE BEEN DONE BY JUST ANYONE'

Beyond providing day-to-day medical consultations for pro sports teams, Inova also joins them in sponsoring a variety of community programs, including free sports physicals, concussion management seminars and other events.

Plans are also proceeding for the Inova Sports Performance at Redskins Park, a facility that will include a partnership with EXOS, a firm designing and delivering performance training, nutrition and physical therapy for athletes at many levels.

Dr. Najarian credits Dr. West's leadership with the swift strides Inova has made on its ambitious sports medicine master plan.

"This couldn't have been done by just anyone," he says. "Dr. West was able to formulate a plan and get in front of people who understood our vision to build Inova Sports Medicine, knowing we had the right pieces here. It happened very quickly, because there was a need for this in our area and a need for someone like her to show what Inova's potential could be." ■



PROFESSIONAL SPORTS MEDICINE

Learn more about Inova Sports Medicine at inova.org/sports.

WOMEN FIRST

Last April, Inova Medical Group opened the Inova Women's Comprehensive Health Center in Tysons Corner after doctors and administrators recognized a need for efficient, streamlined care for women.

"This is an option for women to receive comprehensive care in one location, with multiple specialties," explains Patricia Bannon, MD, OB-GYN at the new center.

The new Women's Comprehensive Health Center includes specialists in primary care, obstetrics and gynecology, breast care, cardiology and bone health. And because these specialists are all working in the same location, they can collaborate and provide patients with quick, efficient care. "We're physically there at the same time so we can access each other and improve and expedite care, as well as give patients consults in a quick fashion," says Kelly Epps, MD, cardiologist at the new center.

And the center's focus on treating women means the physicians and staff are particularly attuned to women's needs. "We make a lot of assumptions about healthcare — what is the standard of care, how processes work for certain diseases — and what we're learning is it's not always the same [for men as for women]," says Eileen West, MD, primary care physician at the new center. "So this is an area that has had an explosion of growth, and we want to bring that cutting-edge medicine to our patients."

COME VISIT

The Inova Women's Comprehensive Health Center is located in Tysons Corner at 8100 Boone Blvd., Seventh Floor, in Vienna. To find out more, visit inova.org/healthywoman. The open house will take place Sept. 21, from 11 a.m.-1 p.m. (ribbon cutting) and from 4-7 p.m.

VAGINAL MESH COMPLICATIONS

Until a few years ago, many women who suffered from pelvic organ prolapse were treated with vaginal mesh kits intended to prevent the prolapse from recurring. By 2011, it was clear to many doctors that a large number of these kits were problematic, with initial complication rates as high as 30 percent, and not enough research on their potential complications.

S. Abbas Shobeiri, MD, FACOG, FACS, Vice Chair for Gynecologic Subspecialties at Inova, is one of the country's leading experts on correcting vaginal mesh issues. "There's a reason to be very wary," says Dr. Shobeiri, "because although many young women who were implanted with vaginal mesh kits have not had immediate complications, we don't know how long it may take before the mesh works its way into the bladder, rectum or vagina." These complications have an enormous impact on a woman's psychosocial well-being and quality of life, he adds.

Dr. Shobeiri notes that not all vaginal mesh kits are problematic. In cases where women experience complications, he has the expertise to help. "A lot of times patients don't know where to go," says Dr. Shobeiri. "So it's important to get the word out that our expertise exists in Northern Virginia. Right now I have patients traveling from Texas, California and all over the country because they know we specialize in this issue here."

MAKE AN APPOINTMENT

Call for an appointment at Inova Urogynecology at [571.419.5645](tel:571.419.5645).

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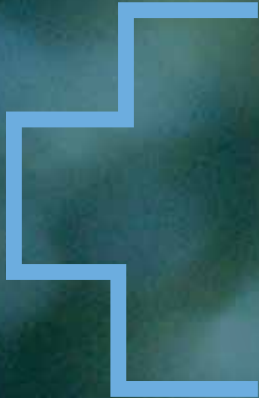


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