

Health Reach

YOUR RESOURCE FOR WELLNESS

LIVING WITH LUNG CANCER

With the advent of smarter, better-tolerated treatment, the prognosis for lung cancer patients has improved. “For many it has become a chronic disease that can be managed,” says medical oncologist Robert J. Christie, MD. “Even in cases where the cancer is incurable, we can slow its growth so patients can maintain quality of life longer.”

It’s estimated that half of all early stage lung cancer tumors can be completely eradicated through surgery. In fact, patients with stage one lung cancer have an 80 percent survival rate. “Before, we were finding the cancer late in the game because symptoms only arise when the disease has advanced, but today tiny tumors are sometimes detected coincidentally during a CT scan for an unrelated condition,” Dr. Christie says.

In the Lung Cancer Center at Virginia Hospital Center, pulmonologists, cardiothoracic surgeons, medical oncologists, radiation oncologists and interventional radiologists work collaboratively, and the transition from one specialist to the next is virtually seamless. Synchronized scheduling ensures that patients make fewer trips back and forth to the Hospital. The entire continuum of care—from diagnosis to staging to treatment to rehabilitation—occurs in one convenient location.

When cancer is suspected, a biopsy of the suspicious nodule is obtained via bronchoscope, percutaneous needle or video-assisted thoracic surgery (VATS). The next step is to stage the mediastinum (chest cavity) to see if the cancer has spread to the lymph nodes. Staging techniques may include a PET scan, bronchoscopy with needle aspiration, or mediastinoscopy performed by a cardiothoracic surgeon.

“People often assume that lung cancer treatment is solely the domain of pulmonologists, but the role of the cardiothoracic surgeon can be tremendous,” says David R. Duhamel, MD, Medical Director of the Lung Cancer Center, who often partners with John R. Garrett, MD, Chief of Cardiovascular, Thoracic & Vascular Surgery, to tackle complicated cases. “We will prioritize a patient’s work-up and operate the next day if necessary. Our focus is very patient-centric.”

Because every patient is different, accurate staging is critical to forming an individualized treatment plan. Surgery is the best approach when all of the cancer can be removed. Patients with contained tumors are usually candidates for standard lobectomy or a VATS lobectomy (see page 9). When lymph nodes are affected, non-surgical treatment options may include chemotherapy, standard radiation, radio frequency ablation or CyberKnife®.

CyberKnife is often recommended for patients with metastasis, or those who are medically unable to tolerate surgery. It may also be used to treat residual disease after surgery. This non-invasive technology delivers high doses of radiation with pinpoint precision and destroys malignant cells while leaving surrounding tissues intact. Available in Northern Virginia only at Virginia Hospital Center, CyberKnife treatments can usually be completed in just three sessions over three days with little to no side effects.

“Lung tumors are difficult to radiate because they move as the patient breathes,” notes Dr. Duhamel. “The beauty of CyberKnife is that it accounts for respiratory movement and corrects its target accordingly, allowing for the most precise delivery of radiation to the tumor.”

For a CyberKnife information packet to share with your physician to determine if you are a CyberKnife candidate, call 877.VHC.CYBER (842.2923). ■

*Passionate gardener
Andrea Orlando shares her
remarkable lung cancer
success story on page 4.*



FALL 2008

- 2 Diagnosed with Breast Cancer? Now What?
- 6 7 Steps to a Better Mammogram
- 9 A Less Invasive Lung Cancer Surgery
- 12 Healthy Pregnancy at Any Age

DIAGNOSED WITH BREAST CANCER? NOW WHAT?

Research funding for breast cancer is on the rise, as is public awareness of its risk factors. And yet the disease is still sometimes unavoidable. What happens when you take every precaution, stay healthy, know your family history, and still receive a diagnosis of breast cancer?

You get the best care possible in a facility that offers every diagnostic and treatment option in a single location. The Center for Breast Health at Virginia Hospital Center brings together a multi-disciplinary team of top breast surgeons, plastic surgeons, radiation oncologists and medical oncologists offering coordinated, expedited care. Recognizing that emotional support, stress relief and empowerment are important to healing, the Hospital also offers an array of non-clinical services, including therapeutic massage, a comprehensive Cancer Resource Center, pre-op classes led by a breast health educator to let patients know what to expect after surgery, and a “patient navigator” who personally guides each patient through the multiple steps of cancer treatment and recovery.

TREATMENT CHOICES

When cancer is suspected, the first step is to biopsy the mass using imaging technology, if possible, such as ultrasound, MRI or mammography. Most biopsy procedures are minimally-invasive, and many can be performed on the same day as the initial consultation. If malignancy is confirmed, a breast MRI may be done to map out a plan for surgery, or to rule out the presence of cancer in the opposite breast. (When a tumor has been identified in one breast, there is a five percent chance that one exists in the other breast as well.)

“Once we have a diagnosis, I sit down with the patient for at least one hour to go over treatment options and explain the risks and benefits of each approach,” says breast surgeon Stephanie R. Akbari, MD, FACS, Medical Director of the Center for Breast Health. “One of the first decisions will be whether to go with breast conservation surgery (lumpectomy) or mastectomy with reconstruction. As I’m talking, I take notes and write

everything down for the patient so she can focus on listening. When she leaves, I give her my handwritten notes along with an extensive resource notebook.”

Each patient’s diagnosis is unique, and therefore so is every treatment plan. The size, location and staging of the cancer will direct decisions about which type of surgery to pursue, as well as whether radiation therapy or chemotherapy is necessary. Patients with a small, contained tumor may be candidates for lumpectomy followed by MammoSite® accelerated partial breast irradiation (see article on page 3).

When mastectomy is recommended, plastic surgeons specializing in breast reconstruction can minimize the trauma of losing a breast and help patients feel whole again. “Nearly 85 percent of our patients with mastectomy have immediate reconstruction, so the patient goes to sleep with a breast and wakes up with a breast,” says Dr. Akbari.

Surgical strategies for breast reconstruction are determined by numerous factors, including body mass, breast size, previous medical history and whether or not follow-up treatments such as chemotherapy or radiation (which can affect tissue elasticity) are needed.

BREAST IMPLANT RECONSTRUCTION

“The goal of breast reconstruction is the return of form and symmetry with the real breast,” says plastic surgeon Gloria Duda, MD, who also serves as a principal investigator for the FDA on the safe use of silicone gel breast implants. In this role, Dr. Duda is among an elite group of specialists with early access to the newest silicone implants, which now come in a variety of diameters and heights, and are fuller on the bottom and narrower at top for a more natural look.

HERE ARE SOME OF THE MANY SERVICES FOR BREAST CANCER PATIENTS AT



SURGERY

- Lymph node assessment
- Lumpectomy
- Mastectomy
- Reconstructive surgery (implant or flap)

RADIATION THERAPY

- Accelerated partial breast irradiation (MammoSite®)
- Whole breast external beam radiation

MEDICAL ONCOLOGY

- Chemotherapy
- Hormonal therapy
- Genetic testing
- Oncotype DX
- Clinical trials

SUPPORT SERVICES

- Breast Health Educator
- Cancer Resource Center
- Patient Navigator
- Massage Therapy

GETTING BACK TO NORMAL QUICKLY

NEW RADIATION THERAPY TREATMENT TAKES ONLY 5 DAYS

“Women have choices when it comes to implants, so it’s important to discuss expectations and goals,” she says. “With the right solution, the patient will be able to wear a bathing suit and virtually any kind of clothing and no one will be able to tell she’s had breast reconstruction.”

BREAST FLAP RECONSTRUCTION

An alternative to implants is “flap” reconstruction, in which tissue taken from another part of the body (usually the abdomen or back) is used to recreate a new breast. “Flap reconstructions are incorporated into body image earlier, and are a more natural match for larger breasts,” says plastic surgeon Steven P. Davison, MD. “Sometimes flaps are also used in combination with implants to cover them up or hide them, especially in patients with skin that is thin or has been damaged by radiation therapy.”

Among Dr. Davison’s surgical specialties is the DIEP flap, a new technique that uses the patient’s own abdominal tissue to reconstruct a soft, natural breast without any adverse affect on the abdominal muscles. “This procedure actually has an added benefit in that it produces a tummy tuck effect,” he says.

Although general wait times for plastic surgery run about five weeks, breast cancer patients receive priority over purely cosmetic procedures, Dr. Akbari says. “All of our doctors operate with the philosophy that expedited care is an important part of the healing process. They are willing to rearrange their schedules for consultations with breast cancer patients and to coordinate their operating room time accordingly if a patient’s treatment plan calls for immediate breast reconstruction after mastectomy.” ■

America’s Top 100 “Best Value” Hospitals

Virginia Hospital Center has been recognized as one of America’s Top 100 “Best Value” Hospitals. A national study compared hospitals based on four criteria: affordability and efficiency, quality, patient satisfaction and local perception. Virginia Hospital Center was the only hospital in the metro region and one of only four in the entire state of Virginia to be recognized as a Top 100 hospital. For more information, visit www.hospitalvalueindex.com.

A typical course of radiation therapy following breast cancer surgery involves 35 daily sessions over seven weeks. But for certain women undergoing lumpectomy, a new radiation technology is allowing a faster return to normal life, with fewer side effects.

In accelerated partial breast irradiation (APBI), a balloon filled with saline is temporarily embedded in the lumpectomy site following excision of the tumor. After careful planning, a radiation source is inserted into the balloon to deliver a sphere of radiation to the surgical cavity twice a day. Each treatment session takes about ten minutes, and the entire course of therapy is completed in just ten sessions over five days.

“Radiation is delivered precisely to where a residual microscopic tumor is most likely to be,” explains Timothy A. Jamieson, MD, PhD, Medical Director of Radiation Oncology. “Over 95 percent of recurrences occur in the same quadrant of the primary tumor, typically within one centimeter of the initial malignancy.”

The targeted nature of APBI also means less damage to healthy tissue, and therefore fewer side effects such as fatigue and skin burns. “The idea is that we can reduce the total volume of radiation by concentrating on the area of greatest risk (the tumor bed) without radiating healthy tissue,” explains radiation oncologist Robert L. Hong, MD.

With the acquisition of MammoSite®, a leading brand of APBI technology, Virginia Hospital Center is the only medical facility in Northern Virginia offering this cutting-edge procedure.

But APBI is not for everyone. To qualify, candidates typically must be 45 years or older with a single, small tumor (less than 3 cm in diameter), no evidence of metastasis, and a tumor cavity that is at least 7mm from the skin.

Women with multiple tumors or cancers that involve the lymph nodes are more likely to benefit from standard whole breast external beam radiation, which delivers a uniform dose to the entire affected area following mastectomy or lumpectomy. This approach may utilize intensity modulated radiation therapy (IMRT), which often results in a more uniform dose and reduces “hot spots” in the breast.

A current national clinical trial is investigating potential future applications of APBI in younger women and cases where cancer has spread to the lymph nodes.

For more information about accelerated partial breast irradiation, call 703.558.6284. ■



Timothy A. Jamieson, MD, PhD is the new Director of Radiation Oncology. He was formerly Director of the Radiation Oncology Department at Southeast Georgia Health System, an MD Anderson affiliate. Dr. Jamieson received his MD and PhD (microbiology) from the University of Virginia Medical School and completed his radiation oncology residency at Duke University Medical Center.



Robert L. Hong, MD, radiation oncologist, joined the Virginia Hospital Center staff this summer after completing his term as Chief Resident in Radiation Oncology at Loyola University Medical Center. A graduate of the Medical College of Georgia, Dr. Hong has received awards and recognition from several national brachytherapy and radiation oncology associations.



BRAIN TUMORS: MYTHS & FACTS

With Senator Edward Kennedy's recent glioma diagnosis making headlines, many questions have arisen about treatments and prognoses for brain tumors. We asked neurosurgeon Donald C. Wright, MD to debunk some commonly held myths regarding brain tumors:

MYTH: All brain tumors are cancerous.

FACT: A brain tumor is a mass of abnormal cells in the brain or skull that can be benign or malignant.

MYTH: When a brain tumor forms, the symptoms are immediate and severe.

FACT: Brain tumor symptoms can include vomiting, nausea, seizures, weak limbs, difficulty speaking or walking, changes in vision, sleepiness, memory loss or ringing in the ears. Because these symptoms often develop gradually and are similar to those seen in other diseases, they are often overlooked. In fact, a person may have a brain tumor for months or even years without knowing it.

MYTH: All brain tumors are incurable.

FACT: Many brain tumors are treatable. Some can be completely cured with surgery. Others that are hard to reach surgically may be treated with CyberKnife®, a technology often described as “surgery without the knife”, that can direct high doses of radiation into a tumor. Targeted radiation therapy or chemotherapy may also be used as a follow-up after surgery to destroy any residual tumor cells. Even metastatic tumors, which have spread to the brain from

cancer in other parts of the body, can be treated with a combination of surgery, radiation and chemotherapy. Not every case is curable, but treatment can slow the progression of the tumor.

MYTH: Brain surgery is often disfiguring and requires that patients shave their heads.

FACT: The newest advances in high-tech imaging equipment make pinpointing the exact location of a brain tumor much easier. As a result, incisions are smaller, cosmetic effects are minimal, and the time spent in surgery is much shorter. Head shaving is not necessary, except in some trauma cases.

MYTH: Brain surgery requires lengthy hospital stays.

FACT: Because the radiological imaging technologies (including CT, PET and MRI scans) can be used to create extremely accurate 3-D maps of the brain, the latest surgeries are highly precise, with minimal damage to surrounding tissues. As a result, recovery times are much faster than they once were. Patients under age 50 are usually out of the hospital in three to five days; those over 50 are typically released in five to seven days.

Having performed more than 3,000 brain tumor surgeries, Dr. Wright specializes in highly complex cases. Patients often come to Virginia Hospital Center by referral from other surgeons across the nation or abroad. ■

Need a Doctor? Visit www.virginiahospitalcenter.com and click on “Find a Doctor”.

THE ONE-DAY PHYSICAL

EXECUTIVE | HEALTH at
VIRGINIA HOSPITAL CENTER

Andrea Orlando was 56 when a total body scan revealed a suspicious spot on her lung the size of a pin head. The scan hadn't been ordered because of any troubling symptoms. It was one of several preventive screenings conducted as part of the Executive Health program at Virginia Hospital Center.

Executive Health physician Suzanne H. Wittig, MD referred Andrea to pulmonologist David R. Duhamel, MD, who recommended monitoring the lesion for changes via CT scans every three months. A year later, when the mass changed, a biopsy confirmed malignancy, and Orlando underwent a VATS (video-assisted thoracic surgery) lobectomy to remove part of her right lung, performed by John R. Garrett, MD, Chief of Cardiac, Thoracic & Vascular Surgery (see page 9).

“Before going through Executive Health at Virginia Hospital Center, I had seen my gynecologist and allergist,

but I hadn't had a real physical in about 30 years,” Orlando says. “Had I not scheduled that comprehensive check-up, I probably wouldn't have had symptoms for years, and by then the cancer would have reached a much more advanced stage. I feel very fortunate.”

The Executive Health program is a comprehensive, multi-specialty health evaluation that includes a full battery of screenings, all in one day. The day begins with an hour-long medical history overview and physical, after which patients are escorted to consecutive diagnostic screenings. Most test results are available that day. Itineraries can be customized to address individual medical concerns, and patrons enjoy access to an executive suite equipped with phones, flat screen television and broadband connectivity. The cost is \$2,200 for the Core Services package or \$3,400 for the Premium Services package.

Back-to-school season is here, which means you probably have the kids scheduled for their annual check-ups. What about you? With the Executive Health physical, making your own health a priority has never been easier. Call Kathy Zinzi Etzel at 703.717.4700 for more information or to make an appointment. ■



WHEN TO SEE A UROLOGIST

Urological problems are easier to manage and treat when they are detected early. Conditions and issues treated by urological surgeons include:

- Urinary frequency, slow stream, interrupted sleep due to an urgency to urinate, bloody urine or pain during urination
- Kidney stones, kidney blockage or UPJ obstruction
- Sexual dysfunction
- Male infertility
- Cancer (adrenal, kidney, ureter, bladder, prostate or testicular)
- Vasectomy and vasectomy reversal

FREE PROSTATE SCREENINGS

Wednesday, September 10
5:00 – 8:00 pm

In keeping with the standard recommendations for annual prostate screenings, the free tests will be available to men 50 and over, as well as to men 40 and over who are African-American or who have a family history of prostate cancer. Don't miss this opportunity to safeguard your health. Last year 103 men received free screenings at Virginia Hospital Center, and 23 percent were referred for follow-up studies. Appointments are limited. To register, call 703.558.0955.

GETTING YOUR GUY TO THE UROLOGIST

Men aren't always proactive about going to the urologist, particularly when it means discussing a topic they consider embarrassing, like frequent urination, or facing their fears that an annoying symptom may be a sign of serious illness, like prostate cancer.

The good news is that many tests and treatments can be performed right in the doctor's office. And, in most cases, the actual procedure isn't nearly as bad as the anticipation of it. For example, 95 percent of vasectomies can be accomplished using a "no scalpel" technique. "We usually do it on Friday and the patient is back at work on Monday," says urologist Ash V. Kshirsagar, MD.

Many urological problems are similarly treatable on an outpatient basis with minimal life disruptions. "Even if a patient is in pain due to a particular symptom, that doesn't necessarily mean the treatment will be painful," says urologist Andrew B. Joel, MD. "And the payoff is his quality of life may be significantly improved. Often men find themselves waking up several times a night and struggling to urinate due to enlarged prostate, not realizing there are simple in-office procedures and medications that can be very effective and offer relief."

Common diagnostic tests performed at the urologist's office include urinalysis, PSA blood tests and, yes, the dreaded digital rectal exam. "We don't like doing the rectal exam any more than the patient does, but we know the importance of it and the downside of not doing it," Dr. Joel says. "The whole exam takes less than ten seconds." Prostate cancer is the most commonly diagnosed cancer in men, but also is highly treatable, and even curable, with early detection.

Having a solid connection to a primary care physician is important, as many urology appointments are made by referral. If your spouse or loved one is reluctant to seek medical attention for a urological concern, talk to him about his hesitations, make an appointment, and offer to go along for moral support. You can also help him prepare for the visit by writing down important details about his medical history, symptoms and questions in advance.

For more information or to schedule an appointment, call Washington Urology at 703.717.4200 or visit www.washingtonurology.com. ■

7 STEPS TO A BETTER MAMMOGRAM

October is Breast Cancer Awareness Month and there's no better place to schedule a mammogram than the Women's Imaging Center at Virginia Hospital Center—a relaxing atmosphere complete with comfortable robes, beverages while you wait, soft lighting and a soothing water wall.

Screening mammography exams take only ten minutes, and results are mailed to patients the next day. Individuals who are returning for a comprehensive mammogram due to an abnormal screening receive same-day results before leaving the Women's Imaging Center.

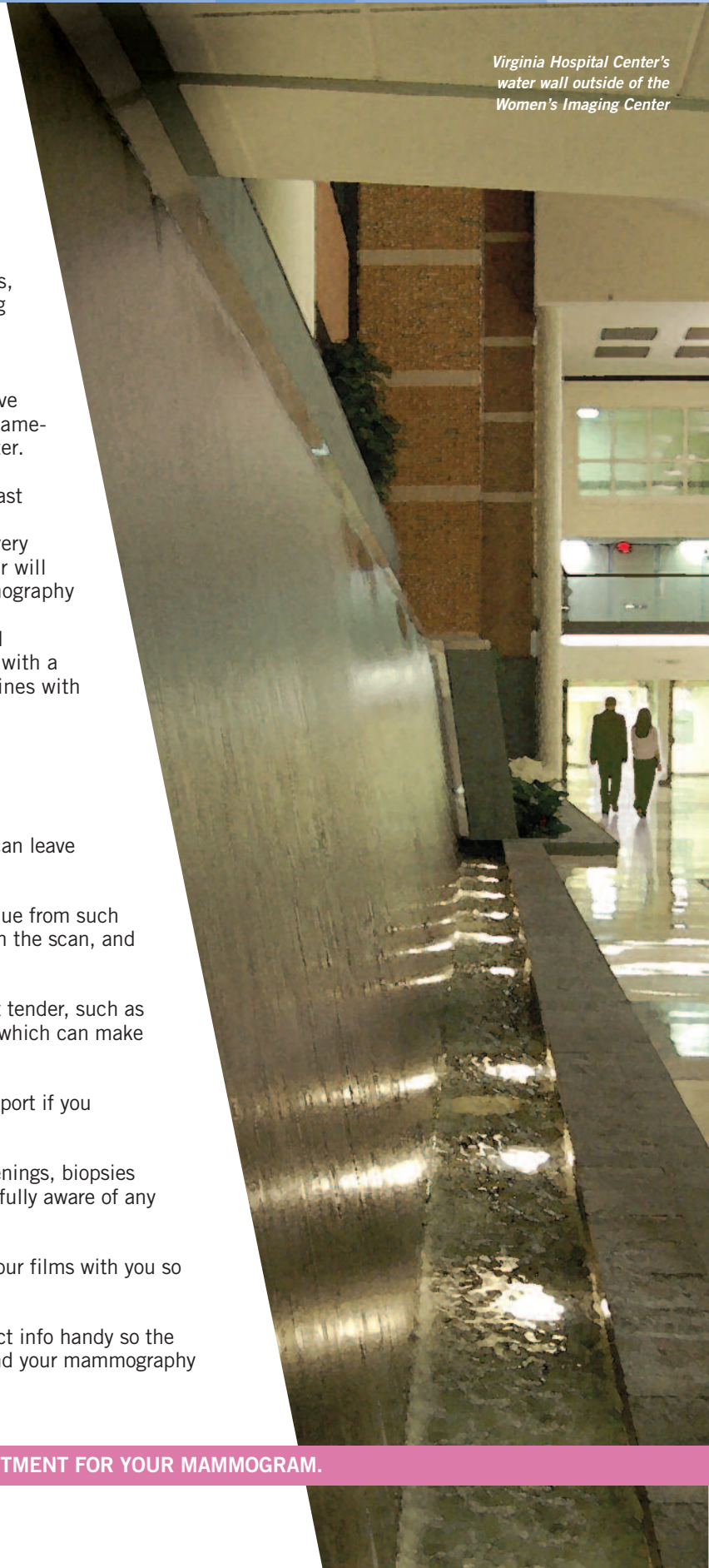
In addition to digital mammography, the Women's Imaging Center offers breast biopsy, breast MRI, breast ultrasound and bone density DEXA scans. Hours are 7:00 am to 4:30 pm, Monday through Friday, and every other Saturday from 8:00 am to 2:00 pm. The Center will offer extended hours on October 17, National Mammography Day (see page 10).

The American Cancer Society recommends annual mammograms for women starting at age 40. Women with a family history of breast cancer should discuss guidelines with their physician.

Follow these tips for an easy, low-stress mammography experience:

1. Wear separates (e.g., pants and a shirt) so you can leave some of your clothes on during the exam.
2. Do not wear deodorant, powder or lotions. Residue from such substances can be mistaken for calcifications on the scan, and can result in unnecessary callbacks.
3. Schedule your exam when your breasts are least tender, such as a week or two after your period. Avoid caffeine, which can make breast tissue more sensitive.
4. Take a friend or family member with you for support if you are nervous.
5. Bring documentation from previous breast screenings, biopsies and other procedures to ensure technicians are fully aware of any past problems.
6. If you have had previous mammograms, bring your films with you so they can be used for comparison studies.
7. Have your referring physician's name and contact info handy so the Women's Imaging Center will know where to send your mammography report. ■

Virginia Hospital Center's water wall outside of the Women's Imaging Center



CALL 703.558.8500 TODAY TO MAKE AN APPOINTMENT FOR YOUR MAMMOGRAM.

A QUICKER RECOVERY FROM COLON SURGERY

Diana Poskon was 77 years old when a colonoscopy revealed a large tumor in her lower intestine. “When you hear the word *cancer* you feel like it’s over, but that was hardly the case,” says the Pittsburgh resident, who traveled to Virginia Hospital Center for treatment. Using a high-tech, minimally invasive approach, colorectal surgeon Jennifer McQuade, MD performed Mrs. Poskon’s surgery and was able to send her home in three days. “This was my first time in the Hospital and it was like the red carpet was laid out for me. I was booked for surgery in less than a

week. Afterward, I took pain medication for two days and then I was back on my feet—with (virtually) no scars,” states Mrs. Poskon.

Her swift recovery is attributable, in part, to the fact that her tumor was removed laparoscopically through a series of one centimeter, button-hole sized incisions. Traditional open surgery for colon cancer requires a long midline abdominal incision and a five- to eight-day hospital stay. Laparoscopic surgery consists of three to four tiny incisions and patients experience less pain, shorter hospital stays and improved cosmetic results, and are



Jennifer McQuade, MD with patient Diana Poskon

back enjoying their lives quickly, notes Dr. McQuade.

Dr. McQuade specializes in minimally invasive surgery (laparoscopy) and devotes her practice solely to colon and rectal surgery. She and her team of specially trained staff use laparoscopic repair for a number of conditions, including large polyps that require surgery, colon cancer, diverticular disease, rectal prolapse and some inflammatory bowel diseases. ■

HELP FOR HEMORRHOIDS

As a colorectal surgeon, Jennifer McQuade, MD, handles many complicated cases. But she’s also available to help patients with simpler problems, like hemorrhoids.

Hemorrhoids are an extremely common condition, affecting about half of people over 50 at some point in their lives. Many suffer in silence, but there are effective treatments available. Hemorrhoids are enlarged, bulging blood vessels that can develop internally or externally, causing pain, itching, bleeding and protrusion. Contributing factors may include constipation, heredity, aging, straining, excessive use of laxatives or enemas, and pregnancy.

Most patients benefit from an increase in dietary fiber and water intake, and avoiding prolonged straining and “toilet time”. Patients who are not getting enough fiber in their diets may need a fiber supplement (see chart).

When these lifestyle modifications fail to provide relief, further medical or surgical intervention may be necessary. Infrared coagulation uses a “laser-type treatment” to heat and thereby shrink the hemorrhoidal tissue. Another option is rubber band ligation, which cuts off the blood supply to the hemorrhoid, causing it to shrivel up. When performed by skilled physicians, both of these procedures are painless, take less than a minute, and are easily performed in the office. In some cases, surgery may be recommended. Dr. McQuade, a board-certified colon and rectal surgeon, offers traditional hemorrhoidal surgery as well as new, less invasive surgical techniques.

“It’s important to see a doctor whenever there is bleeding with bowel movements,” says Dr. McQuade. “Although rectal bleeding may be from hemorrhoids, it should never be ignored, as more serious conditions or malignancies must first be ruled out.”

For more information or to schedule an appointment with Dr. McQuade, call Washington Colorectal Surgery at 703.717.4180. ■

GOT FIBER?

A diet rich in fiber (25 to 35 grams per day) is the first line of defense against hemorrhoids. Are you eating the right foods? You might be surprised to learn which foods have the highest fiber content.

Product	Serving	Fiber grams
Whole wheat bread	1 slice	2.11
Shredded wheat	1 oz.	2.64
Oat bran	1 oz.	4.06
Broccoli	½ cup	2.58
Lettuce (raw)	½ cup	.24
Spinach	½ cup	2.07
Pinto beans	½ cup	5.93
Apple (with peel)	1 med.	2.76
Prunes	1 cup	13.76
Raspberries	1 cup	7.50
Strawberries	1 cup	3.87





Health Talks

MEET THE DOCTOR — GET THE FACTS

These free Health Talks and screenings are led by the region's top doctors, specialists and health professionals. Come and enjoy lively and informative discussions on health issues that affect you. Space is limited, so please visit www.virginiahospitalcenter.com or call 703.558.0877 to register.

- Located in the John T. Hazel, MD Conference Center
- Free parking in BLUE parking
- Take elevator to the LOBBY and check in at the round information desk
- Complimentary hors d'oeuvres following the Health Talk

Registration Required

Weight Loss Options – Surgical vs. Non-Surgical



*Are you tired of dieting?
Is being overweight
affecting your health?
Two experts give advice
on how to attain a
healthy weight.*

**Thursday, September 18
6:30 – 7:30 pm**

If you find you are constantly battling the scale, you are not alone. Sixty percent of Americans are overweight, which can pose significant health risks. Most people can't lose and maintain weight just through dieting. Join us for an informative session that explores many options for weight loss.

Drs. James T. Mayes and J. R. Salameh will address when it's appropriate to consider surgical intervention for weight loss. They will discuss the gastric bypass and Lap-Band® procedures, their advantages, and how they can dramatically improve your health. Registered dietitian Joanna Conroy will give some common sense advice about the safe way to lose weight through a combination of healthy diet, exercise and simple lifestyle changes.

Healthy Pregnancy at Any Age

Thinking about having a baby?

Thursday, October 9, 6:30 – 7:30 pm

Obstetrician/gynecologist Amy E. Porter, MD will review what you need to know from preconception through pregnancy and delivery. A healthy pregnancy begins with preconception planning and a visit to your doctor to discuss family history, medical issues, risk factors, vitamins, diet, exercise and lifestyle do's and don'ts. Dr. Porter will discuss good prenatal care, including routine tests and screenings and what you can do to have a healthy pregnancy. For prospective moms over 35, she will address special considerations, such as fertility, age-related medical conditions, and testing recommendations for chromosomal problems. For those who are interested, tours of the Mother-Baby Unit and the NICU will follow the Health Talk.

Back Pain Treatment – Surgical vs. Non-Surgical

Oh, my aching back!

Thursday, November 6, 6:30 – 7:30 pm

Lower back pain affects 80 percent of people at some time in their lives, but there is relief. Minimally invasive techniques for back surgery have dramatically reduced hospital stays and shortened recovery time. Neurosurgeon Charles J. Riedel, MD discusses the latest surgical treatments for herniated disks, spinal stenosis and spondylolithesis. Physical therapist Elaine Stewart explains how posture and movement during everyday tasks can affect the amount of stress on the spine. She will give tips on proper body mechanics to get you moving in the right direction to relieve back pain.

Get expert advice on breast cancer from a panel of specialists at Ladies for Life on October 4 (see back cover).



Cardiology & Cardiac Surgery

To register for these FREE discussions, visit www.virginiahospitalcenter.com or call 703.558.6271.

A LESS INVASIVE LUNG CANCER SURGERY



For patients with early stage lung cancer, surgical removal of the lobe in which the tumor is located (lobectomy) offers the best chance of a cure. Until recently, the standard procedure has been to make a six-inch incision in the chest and spread the ribs apart with a retractor to give the surgeon a clearer view of the chest cavity and tumor.

Now, lobectomy can be performed using video-assisted thoracic surgery (VATS), a cutting-edge approach that is considerably less invasive. In lieu of one large chest incision, VATS is performed by inserting a small video camera and surgical instruments through a series of smaller incisions. As a result, lobectomy can be accomplished without spreading the rib cage, and patients experience less post-operative pain. Video captured from inside the chest is transmitted onto a computer monitor in the operating room. A cardiothoracic surgeon with specialized training in video imaging uses the monitor as a guide to complete the procedure.

“With VATS lobectomy, there is a measurable difference in the time it takes for patients to feel back to normal,” says cardiothoracic surgeon John R. Garrett, MD. “They go home sooner, experience less chest pain, have fewer complications post-op, and their chest tubes come out sooner.”

Lung cancer survival rates following VATS lobectomy are comparable to those for individuals who have undergone traditional lobectomy; however, VATS is offered only by a limited number of elite medical centers due to the advanced video and thoracic surgical skills that are required.

Not all lung cancer patients are candidates for VATS lobectomy. The procedure may not be appropriate in cases involving large tumors, or tumors that are attached to the chest wall.

For more information about the Lung Cancer Center, call 703.558.8525. ■

Heart & Lung Fitness

Classes are held in the Cardiopulmonary Conference Room at 1625 N. George Mason Drive, First Floor. Please use Blue Parking. Pre-registration is recommended as classes are subject to cancellation.

How Stress Affects Your Heart Health

Learn to manage stress through relaxation, imagery and breathing techniques.

Thursdays, 9/4, 10/9 or 11/13, 1:30 – 3:00 pm

Techniques for Managing Shortness of Breath

Pursed lip breathing and paced breathing are just a few techniques that can help control shortness of breath.

Thursdays, 9/11, 10/16 or 11/20, 1:30 – 3:00 pm

Heart Disease & Circulation Problems in the Legs

If you have angina or had heart surgery, you should know risk factors and treatments for circulation problems.

Thursdays, 9/18, 10/23 or 12/4, 1:30 – 3:00 pm

Low Fat Diet for Cholesterol Reduction & Weight Loss

Discover how diet and exercise can affect both “good” and “bad” cholesterol levels as well as weight.

Thursdays, 9/25, 10/30 or 12/11, 1:30 – 3:00 pm

Overview of Congestive Heart Failure

Find out the warning signs of heart failure and which medications are most effective.

Thursdays, 10/2 or 11/06, 1:30 – 3:00 pm

Short of Breath Club

If you suffer from emphysema, bronchitis, asthma or any breathing disorder, join our free, informative lunchtime discussion group. Bring lunch with you or buy it in the Food Court. Family members welcome.

Mondays, 9/15, 10/20, 11/17 & 12/15, 12:00 – 2:00 pm

John T. Hazel, MD Conference Center, Room C





SCANS & SCONES

PREDICTING BREAST CANCER RECURRENCE



Neelima Denduluri, MD

For 80 to 85 percent of women diagnosed with early stage, node-negative, estrogen-receptor positive breast cancer, tumor removal (lumpectomy and radiation or mastectomy) followed by hormonal therapy is an adequate course of treatment, and chemotherapy is unnecessary. But for the 15 to 20 percent who face a higher risk of recurrence, chemotherapy is prudent. The trouble, until recently, has been figuring out which women fall into which category.

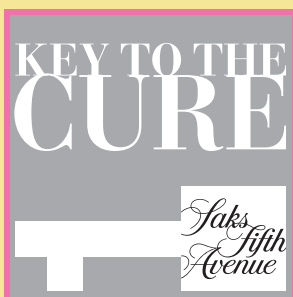
Oncotype DX® is a diagnostic test that gauges how likely it is that a patient's cancer will return with systemic hormonal therapy alone. "For decades, we have been giving chemotherapy to women who did not need it because we wanted to err on the side of caution," says medical oncologist Neelima Denduluri, MD. "Now we have a means of determining risk so we aren't putting a majority of patients through chemotherapy unnecessarily."

Using a tissue sample from the extracted tumor, the Oncotype DX test analyzes activity in 21 genes to assess the unique biological makeup of a woman's cancer. Findings are then synthesized to produce a recurrence score indicating how likely it is that the cancer will return within ten years, as well as how likely it is a patient may benefit from chemotherapy. Oncotype DX is not appropriate for women with in situ or late stage (metastatic) breast cancer.

Although Oncotype DX studies genomic activity, the test does not provide information about hereditary markers or the likelihood that other family members may develop breast cancer. Other forms of genetic testing are available to patients and families who are concerned about inherited risk factors.

All women may be able to reduce their breast cancer risk by making healthy lifestyle choices. "We are finding that increased exercise, modifying dietary fat intake, and maintaining normal levels of vitamin D are very important," says Dr. Denduluri. ■

October 17 is National Mammography Day, and the Women's Imaging Center will offer extended hours from 6:00 am to 8:00 pm, along with a few tasty perks. Individuals with morning appointments will enjoy a continental breakfast, while those with evening appointments will arrive to a spread of savory hors d'oeuvres. Call 703.558.8500 to schedule your mammogram on this important date.



FUN & FASHION FOR A GOOD CAUSE

Is shopping good for you? Yes, when you combine a love of fashion with a commitment to education and treatment of women's cancers. Join the Virginia Hospital Center Foundation and Saks Fifth Avenue Tyson's II Galleria for "Key to the Cure", October 16-19, 2008. Two percent of Saks store and www.saks.com sales will be donated to local charities, including the Virginia Hospital Center Foundation, to support education, research and treatment of cervical, ovarian, uterine and breast cancers. To receive a Key to the Cure invitation, including exclusive Saks in-store discounts, specials and promotions, contact 703.717.4438 or e-mail foundation@virginiahospitalcenter.com.



All programs and support groups are held in the Cancer Resource Center in the Rose Benté Lee Ostapenko Outpatient Oncology Center unless otherwise noted. Please use Green Parking. To register for these free programs, visit www.virginiahospitalcenter.com or call the number indicated. For more information, call 703.558.5555.

SUPPORT GROUPS

Fall Lectures & Events

Lymphedema Awareness

Learn about lymphedema caused by cancer treatment from certified lymphedema specialists. To register, call 703.558.0911.

Tuesday, 9/16 or 11/18, 7:00 – 8:00 pm

Friday, 10/10 or 12/12, 11:00 am – 12:00 pm

Man to Man/Us Too Prostate Cancer

Timothy A. Jamieson, MD, PhD, radiation oncologist, discusses CyberKnife®, a robotic radiotherapy system that treats tumors anywhere in the body with sub-millimeter accuracy. To register, call 703.558.0912.

Tuesday, 9/23, 7:00 – 8:00 pm

Hazel Conference Center

Look Good, Feel Better

Learn makeup and hair styling techniques to help manage changes in your appearance that may occur during cancer treatment. To register, call 703.558.5555.

Monday, 10/6 or 12/8, 2:00 – 4:00 pm

19th Annual Breast Cancer Awareness Conference

Learn how to take care of yourself after a breast cancer diagnosis and develop your own care plan. Enjoy a fashion show by Saks Fifth Avenue featuring doctors, nurses and other patients. Co-sponsored with the American Cancer Society. To register, call 703.558.0913.

Saturday, 10/11, 9:00 am – 2:00 pm

Hazel Conference Center

Bereavement Workshop

Receive information and emotional support for grieving the loss of a loved one at this 6-week workshop. To register, call 703.558.0901.

Thursdays, 10/16, 10/23, 10/30, 11/6, 11/13 & 11/20, 6:30 – 8:00 pm

Understanding Your Imaging Studies

Radiologist Russell McWey, MD discusses CT scans, MRI's, PET scans and other radiology studies. Co-sponsored with the Leukemia & Lymphoma Society. To register, call 703.558.0910.

Wednesday, 10/22, 7:00 – 8:00 pm

13th Annual Cancer Survivors' Day

Celebrate life with cancer survivors, family members, physicians, nurses and staff. Entertainment, door prizes, food and lots of fun. To register, call 703.558.0914.

Friday, 11/7, 6:00 – 8:00 pm

National Rural Electric Cooperative Ballroom, Ballston

Complementary Lecture Series

Nature Walks

Walking in nature has helped one breast cancer survivor take care of herself during and after treatment. Join her for a walk in the beautiful Green Springs Park. To register, call 703.558.0917.

Saturday, 9/13, 1:00 – 3:00 pm

Just Dance

A fun-filled class of Latin, Persian and jazz dancing will make you forget the "work" in "workout". To register, call 703.558.0916.

Thursday, 9/18, 7:00 – 8:30 pm

Meridian-Based Therapy

Kathe Ana, licensed acupuncturist, shows how acupuncture can restore physical health and mental harmony. To register, call 703.558.0922.

Tuesday, 10/14, 7:00 – 8:00 pm

Tai Chi Workshop

Maiky Tran, Tai Chi head instructor, presents six Tai Chi classes for cancer patients. To register, call 703.558.0908.

Mondays, 11/3, 11/10, 11/17, 11/24, 12/1 & 12/8, 7:00 – 8:00 pm

Yoga for Cancer Patients

Deborah Sheetz, certified integral yoga instructor, demonstrates how to relieve stress caused by illness. To register, call 703.558.0920.

Wednesday, 12/3, 7:30 – 8:30 pm

Early Stage Breast Cancer Support Group

Women share concerns and learn new coping techniques.

1st & 3rd Tuesday / 5:00 – 6:30 pm

Write Away Group

Aspiring writers with cancer share what they have written about diagnosis, treatment and survivorship. Call 703.558.6913 for dates and times.

Healing Through Art

Participants learn how to use art media to cope with a cancer diagnosis. To register, call 703.558.5555.

3rd Wednesday / 7:00 – 8:30 pm

Recurrent/Metastatic Cancer Support Group

For those with any type of cancer diagnosis. To register, call 703.558.5555.

2nd & 4th Wednesday / 1:00 – 2:30 pm

Us Too/Man to Man: Prostate Cancer Support Group

Discussion group for men and their spouses or significant others.

4th Tuesday / 7:00 – 8:30 pm

Reiki

Enjoy a free half-hour of Reiki, a gentle, non-invasive form of healing.

By appointment only.

Call 703.558.6284.

Lymphoma Support Group

For persons diagnosed with Hodgkin's disease or non-Hodgkin's lymphoma.

4th Wednesday

4:00 – 5:30 pm





Women & Infant Health

HEALTHY PREGNANCY AT ANY AGE

Busy careers and later marriages are prompting many women to wait until they are older to have a baby. “I’d say 30 to 40 percent of my patients fall into the category of ‘advanced maternal age,’ meaning they will be 35 or older at the time of their due date,” says OB/GYN Michelle C. Nguyen, MD. “Anyone in this category is considered high-risk, but the majority of these moms deliver perfectly healthy babies.” If you are considering getting pregnant, follow these tips to ensure you are in tip-top shape before you conceive:

See your doctor first. Make sure you’re healthy, your vaccines are current, and any medical conditions, such as diabetes and high blood pressure, are under control.

Take folic acid. This B vitamin plays an important role in new cell growth and reduces the chance of brain and spinal cord defects, such as spina bifida. “By the time you discover you are pregnant, the baby’s neural tube has almost completely developed. So, it’s important to begin taking folic acid at least three months before conception,” says Dr. Nguyen. Take a vitamin with folic acid or eat a bowl of cereal that has 100 percent of the daily value of folic acid every day.

Brush and floss. Bacteria in the gums can travel through the blood stream to the baby and cause systemic infection.

Avoid smoke. This includes not only smoking, but secondhand smoke.

Do not drink alcohol. Even tiny amounts can be harmful to a fetus, particularly in the first trimester.

Don’t wait too long. “Fertility does start to decrease after 35,” says Dr. Nguyen. “When I see older patients who are recently married, I tell them the sooner they begin trying to conceive, the better the odds of spontaneous pregnancy. Every six months makes a big difference.”

Once you become pregnant, non-invasive screenings are routine in the first and second trimesters to check for chromosomal disorders. Ultrascreen is a sonogram that measures the thickness of the fetus’s neck. “A baby with Down’s syndrome will have extra fluid in this area,” explains perinatologist Rodney A. McLaren, MD, Director of Maternal-Fetal Medicine. In addition, a finger stick blood test checks hormone levels to detect increased risk of certain birth defects. These screening tests can detect Down’s syndrome with 80 to 85 percent accuracy.



Women over 35 have a higher rate of C-sections, although the chances of a successful vaginal delivery are higher in moms who have had previous vaginal births without complications. Virginia Hospital Center is equipped to manage all kinds of pregnancies and deliveries, including those few that end up being high-risk. The Women & Infant Center features a state-of-the-art NICU with all private rooms and the latest technologies for exceptional mom-baby care.

WHAT IS A PERINATOLOGIST?

A perinatologist is a maternal-fetal medicine specialist who completes four years of an OB/GYN residency, followed by three years of advanced study in high-risk obstetrics. This doctor becomes an integral part of a patient’s care when pregnancy is complicated by factors such as high blood pressure or diabetes or chronic medical problems such as lupus or rheumatoid arthritis.



Sign up for **Childbirth Education Classes** in your first through fourth month of pregnancy. Classes are scheduled continually throughout the year. To register, visit www.virginiahospitalcenter.com or call 703.558.2468.

Class locations: (C) = John T. Hazel, MD Conference Center
(L) = Women & Infant Health Lobby Classroom, 1701 N. George Mason Drive

Childbirth Education Classes

Preparation for Childbirth (Six-Week Class)

This six-session class for expectant parents covers pregnancy through the postpartum period, including nutritional needs; breathing and relaxation techniques; Cesarean deliveries; medication during labor; signs of labor; postpartum physical and emotional changes. Includes preparation for breastfeeding, infant care skills and a tour of the Women & Infant Health Center.

Wednesdays, 10/15 – 11/19
Tuesdays, 10/21 – 11/25
7:30 – 9:30 pm / Cost: \$160 (C)

Saturday Preparation for Childbirth Class

This one-day class for expectant parents covers pregnancy through the postpartum period, including nutritional needs; breathing and relaxation techniques; Cesarean deliveries; medication during labor; signs of labor; postpartum physical and emotional changes. Tour the Women & Infant Health Center.

9/27, 10/25, 11/22 or 12/13
9:00 am – 5:30 pm / Cost: \$140 (C)

Cesarean Delivery Preparation Class

Tailored for the scheduled Cesarean delivery mother, this class covers the policies and procedures up to and including the delivery of your baby, as well as anesthesia, pain management and recovery in the Postpartum Unit. Tour the Women & Infant Health Center.

10/13 or 12/8, 7:00 – 9:30 pm / Cost: \$70 (L)

Sibling Class

The sibling class helps children, ages 2-6, adjust to their mothers' stay in the Hospital and the addition of a new sibling. Children have an opportunity to properly hold and diaper a life-like doll and tour the Postpartum Unit and Nursery.

9/13, 10/11, 11/8 or 12/6
9:30 am for 2-3 years or 10:30 am for 4-6 years
Cost: \$20 (L)

Infant Care Skills

Expectant and adoptive parents learn about nursery needs, infant safety and growth and development. Includes a lecture by a pediatrician.

10/16 or 12/18, 7:00 – 9:30 pm / Cost: \$50 (C)

Hospital Tour for Expectant Parents

Tours of Labor, Delivery and Recovery, Nursery and Postpartum Units are offered for adults only. Free of charge, but registration is required.

Sundays: 9/7, 9/14, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/23, 12/7, 12/14, 12/21, 2:00 pm (L)

Preparation for Breastfeeding

Learn about nipple and breast care, sleep and awake states of the baby, breastfeeding for working mothers, and breast pumps. Coaches welcome.

9/25 or 11/13, 7:00 – 9:30 pm / Cost: \$40 (C)

Breastfeeding Support Group

A weekly support group to provide encouragement and education to the newly breastfeeding mom. Share your concerns with a registered nurse. An infant scale is available for weight checks. Free of charge, but registration is required.

Wednesdays, 12:00 – 1:00 pm (L)

New Parents Support Group

Join other new parents two mornings a month to share your parenting experiences. Babies welcome! Free of charge, but registration is required.

9/3, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17, 10:30 am – 12:00 pm (L)

Postpartum Support Group

Talk with other new mothers who are finding the postpartum weeks overwhelming. If you feel sad, anxious, angry or irritable, group support can help. Babies welcome! Free of charge, but registration is required.

9/10, 9/24, 10/8, 10/22, 11/12, 11/26, 12/10, 10:30 am – 12:00 pm (L)

Heart Saver CPR

The American Heart Association Heart Saver CPR course explains how to give CPR in a safe, timely and effective manner to an adult, child or infant. Recommended for expectant parents and new parents. To register, call 703.558.6970 or visit www.virginiahospitalcenter.com.

Monday: 9/15, 10/13 or 11/10, 6:00 – 10:00 pm

Saturday: 10/4, 11/1 or 12/6, 9:00 am – 1:00 pm / Cost: \$50 per person (C)



Now Offering Child Care

Virginia Hospital Center has always taken good care of your kids when they are sick. Now we're also watching out for them when they are well. With the launch of its sparkling new Child Care & Education Center in partnership with Bright Horizons, the Hospital is now providing quality daycare for children ranging from six weeks to five years of age. Services are available year round to both Hospital employees and families in the greater community from 7:00 am to 6:00 pm, Monday through Friday. Located adjacent to an urgent care facility in a beautiful park-like setting with outdoor play areas, the Center maintains an "open door" policy and welcomes parents of enrolled children to drop in any time. For more information, visit www.brighthorizons.com/vahospital or call 703.717.7200.





Health Promotion

To register, please fill out the registration form or visit www.virginiahospitalcenter.com and click on "Programs & Classes".

ALL SESSIONS ARE 6 WEEKS UNLESS OTHERWISE NOTED. For more information on Health Promotion classes, call 703.558.6740.

Body Sculpting

Tone your upper & lower body using resistance bands, bars & tubing.

Mon 6:00 – 6:45 pm begins 9/15 & 11/3 (H)
Wed 6:00 – 6:45 pm begins 9/17 & 11/5 (H)
Sat 11:00 – 11:45 am begins 9/20 & 11/8 (CS)
\$42

Intro to Nordic Walking

Adding poles burns 20% more calories without added exertion & takes stress off the joints. Poles provided. For all fitness levels. 4-week session.

Wed 7:00 – 8:00 pm begins 10/1 (H) \$50 **NEW!**

Yoga for Everybody

This gentle approach to yoga reduces stress & increases strength & flexibility.

Wed 6:30 – 8:00 pm begins 9/17 & 11/5 (CS) \$66

Gentle Yoga

Restore flexibility, regain strength & ease tensions. For all levels & abilities.

Tues 9:30 – 11:00 am begins 9/16 & 11/4
Thurs 9:30 – 11:00 am begins 9/18 & 11/6 (CS) \$66

Adaptive Yoga

For those dealing with MS, neuropathy & other conditions, gentle yoga postures & relaxation can ease pain & improve well-being. 4-week session.

Tues 11:30 am – 12:45 pm begins 9/16 & 11/4
Thurs 11:30 am – 12:45 pm begins 9/18 & 11/6 (CS) \$44

Hatha Yoga

Tues 12:00 – 1:00 pm begins 9/16 & 11/4
Thurs 6:00 – 7:15 pm begins 9/18 & 11/6
Sun 9:30 – 10:45 am begins 9/21 & 11/9 (H) \$66

Hatha Yoga II

Prerequisite: previous yoga class.
Tues 7:15 – 8:30 pm begins 9/16 & 11/4 (H) \$66

Prenatal Yoga

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

Mon 7:00 – 8:00 pm begins 9/15 & 11/3 (H)
Tues 10:45 – 11:45 am begins 9/16 & 11/4 (H)
Tues 6:15 – 7:15 pm begins 9/16 & 11/4 (CS)
Wed 7:00 – 8:00 pm begins 9/17 & 11/5 (H)
Sat 10:00 – 11:00 am begins 9/20 & 11/8 (H)
Sun 11:00 am – 12:00 pm begins 9/21 & 11/9 (H)
\$78

Prenatal Partner Yoga

Learn support techniques & restorative postures designed to help with the discomforts of pregnancy & labor.

Sun 1:30 – 3:00 pm 10/5 (H) \$45

Itsy Bitsy Yoga® for Babies

Learn yoga postures to support baby's developing body (6-weeks to almost crawling).

Wed 9:15 – 10:00 am begins 9/17 & 11/5
Fri 10:00 – 10:45 am begins 9/19 & 11/7
Sat 2:30 – 3:15 pm begins 9/20 & 11/8 (H) \$78

Itsy Bitsy Yoga® for Tots

Fun-loving yoga class for parent & toddler (active crawling to 24 months).

Mon 9:45 – 10:30 am begins 9/15 & 11/3
Sat 3:30 – 4:15 pm begins 9/20 & 11/8 (H) \$78

Itsy Bitsy Yoga® for Tykes

Enjoy a flow of poses, songs & games to enhance parent/child bond (21 months to 4 years).

Mon 10:45 – 11:30 am begins 9/15 & 11/3 (H) \$78

Infant Massage

Learn gentle massage techniques for your infant (newborn to pre-crawling). 4-week session.

Mon 1:00 – 2:30 pm begins 10/6 (H) \$125

Zumba

A dynamic mix of body sculpting & easy to follow Latin-style dance steps.

Wed 12:00 – 12:40 pm 9/17 & 11/5 (H) \$48

Intro to Belly Dancing

This fun, low-cardio movement class tones & conditions. No experience necessary. For all ages.

Tues 6:00 – 7:00 pm begins 9/16 & 11/4 (H) \$55

Gentle Pilates

Start with this class to learn proper Pilates form.

Sat 9:00 – 10:00 am begins 9/20 & 11/8 (H) \$78

Pilates

Mon 7:30 – 8:30 pm begins 9/15 & 11/3 (CS)
Wed 7:30 – 8:30 pm begins 9/17 & 11/5 (H)
Thurs 12:00 – 1:00 pm begins 9/18 & 11/6 (H) **NEW!**
\$78

Pilates II

Previous experience required.

Mon 6:15 – 7:15 pm begins 9/15 & 11/3 (CS) \$78

Pi-Yo

Tone with this blend of Pilates strengthening & Yoga movement.

Tues 7:30 – 8:30 pm begins 9/16 & 11/4 (CS)
Thurs 7:30 – 8:30 pm begins 9/18 & 11/6 (H) \$78

Postpartum Pilates

Rebuild core strength & tone arms & legs.

Thurs 1:15 – 2:15 pm begins 9/18 & 11/6 (H) **NEW!**
Sat 11:00 am – 12:00 pm begins 9/20 & 11/8 (H) \$78

Tai Chi

Improve balance, strength & calmness. 10-week session.

Thurs 6:15 – 7:15 pm begins 9/18 (CS) \$90

Cardio for All Sizes

Get fit with this low-impact, healthy exercise class.

Sat 10:00 – 10:45 am begins 9/20 & 11/8 (CS) \$42 **NEW!**

Cardio-Dance

An energizing workout that can be high- or low-impact. Includes choreographed dance, ab work & stretching.

Thurs 7:30 – 8:30 pm begins 9/18 & 11/6 (CS) \$55 **NEW!**

"Quit for Good"

Smoking Cessation

Conquer the 3 aspects of smoking: addiction, habit & psychological dependency. 5 sessions meet twice weekly with a follow-up class.

Mon & Wed 7:15 – 8:15 pm begins 11/3 (H) \$50

Massage for Couples

Learn the benefits & techniques of massage in this hands-on workshop. 1 session.

Sat 9:30 am – 12:00 pm 11/8 (CS) \$45

Balancing Work & Home

Achieve life balance by exploring important aspects of your home, work & self.

Mon 7:30 – 8:30 pm 9/29 (CS) \$20 **NEW!**



(H) = Virginia Hospital Center
(CS) = Carlin Springs Health Pavilion at 601 S. Carlin Springs Road, Arlington

SENIOR HEALTH PROGRAMS

For more information, call 703.558.6859.

Pre-Diabetes Education

A fasting blood sugar between 100 & 126 mg/dl is considered pre-diabetes. Learn how to improve your health. 1 session.

Wed 2:00 – 4:30 pm 9/17 (CS) \$80

Diabetes Cooking School NEW!

Classes include a lecture & cooking lesson with Diabetes Educator & Registered Dietitian Clara Schneider.

- Wonders of Fruits and Vegetables 9/18
- Grains & Fiber in Your Diet 10/23
- Holiday Foods 12/4

All classes are Thurs 6:30 – 8:30 pm (H)

\$40 per class

HealthWorks

Bring customized health promotion programs, health fairs and wellness classes on-site to your business.

One on One Assessments

Body Fat Analysis

Using high-tech equipment, we assess your percentage of fat, muscle & water. Learn how many calories you burn doing various activities. \$15

Dermascan

Non-invasive black-light scanning device which examines head & neck for potential or existing sun damage. \$10

Bone Density Screening

Osteoporosis risk assessment screening using p-dexa scan of the forearm. \$35

Metabolism Screening

Determine your resting metabolic rate using the MedGem® indirect calorimeter. This is an important measure in assessing nutritional needs & helping you achieve weight management goals. \$55

Fingerstick Cholesterol Screening

Total Cholesterol & HDL \$18

Total Cholesterol, HDL, LDL & Lipids \$22

Total Cholesterol, HDL, LDL, Lipids & Glucose \$24

Alzheimer's Caregiver Support Group

3rd Tues of every month 10:30 – 11:30 am (CS)

Strength Training for Seniors

Improve range of motion, muscle strength, and bone health. 7-week sessions.

Mon 1:00 – 1:45 pm begins 9/15 & 11/3 (H) \$42

Walk on the Mild Side

Our Commonwalk program features exercise, free blood pressure screenings & health lectures.

Tues/Thurs. 8:00 – 9:00 am

Ballston Common Mall

Seniorcise

Maintain and regain strength & flexibility. 10-week sessions.

Mon/Wed/Fri, 9:15 – 10:15 am

Arlington Forest Methodist Church or

McLean Baptist Church. \$70

Mon/Wed, 10:30 – 11:30 am

Calvary Methodist Church, Crystal City. \$47

Classes start Mon 9/15

Lifeline

At the touch of a button, our 24-hour emergency response system alerts a Lifeline operator when you need help.

Arthritis Education Series

Please RSVP for these free lectures

Wednesdays, 11:00 am – 12:00 pm (CS)

- Orthopedic Surgeon 9/17
- Physical Therapist 10/15
- Rheumatologist 11/19
- Nutritionist 12/17

HEALTHY AGING SERIES

Legal Logistics

Learn about legal issues from an elder law attorney.

Wed 11:00 am – 12:00 pm 9/24 (CS)

Foot Fitness for Active Seniors

Discuss measures for healthy feet with a podiatrist.

Wed 11:00 am – 12:00 pm 10/22 (CS)

Pain Management

Find out ways to manage & ease pain.

Wed 11:00 am – 12:00 pm 11/12 (CS)

Holiday Stress Management

Reduce seasonal stress so you can fully enjoy the holidays.

Wed 11:00 am – 12:00 pm 12/10 (CS)

Health Promotion & Senior Health Registration Form

Complete this form and mail to Health Promotion Department, Virginia Hospital Center, 1701 N. George Mason Drive, Arlington, VA 22205-3698; or fax to 703.558.2456. Checks should be made payable to Virginia Hospital Center. You will receive a confirmation with directions. Parking tokens provided. For more details, call 703.558.6740.

Program Name

Program Date

Amount Enclosed

Name

Daytime Phone

Email Address

Address

Credit Card #

- Visa Mastercard
 Amex Discover

Exp. Date

Signature

YOU'RE INVITED TO

Ladies for Life

A FREE BREAST CANCER EDUCATION EVENT FOR WOMEN OF ALL AGES

SATURDAY, OCTOBER 4TH FROM 11:00 AM TO 1:00 PM

VIRGINIA HOSPITAL CENTER ATRIUM

1625 N. George Mason Drive
Complimentary Parking in Blue Parking

SPECIAL ACTIVITIES & GIVEAWAYS

- ◆ A host of health & wellness information booths
- ◆ Free chair massages by the Hospital's Teal Center for Therapeutic Bodywork
- ◆ Catering by Whole Foods Market® Arlington
- ◆ Door prizes for free mammograms, DEXA scans, massages & more
- ◆ Music & prizes courtesy of MIX 107.3
- ◆ Hosted by MIX 107.3's Chilli Amar

Sponsored by
MIX 107.3
The Best MIX of... Everything

**WHOLE
FOODS**
MARKET
Arlington



**EXPERT
ADVICE**

12:00 pm
A panel of
specialists
will discuss
breast cancer
and
treatment
options.

Q & A
will follow
the panel.

No registration required. For more information, call 703.558.6595 or visit www.virginiahospitalcenter.com



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

James B. Cole / President & CEO
R. Michael Amedeo, MD / President, Medical Staff

HealthReach is produced by the Division of Public
Affairs & Marketing for the communities served by
Virginia Hospital Center.

703.558.6595 / www.virginiahospitalcenter.com

Hospital photographer: Ronald G. Walters, Light Productions

Each person's health status is unique.
The information offered in HealthReach is general
in nature. Your personal healthcare provider is
your best source of medical advice.