

health connection

summer 2010

Pretty in Pink ... and Blue

Volunteers lend time and talent to Sentara Potomac Hospital

"We make a living by what we get; we make a life by what we give." – Winston Churchill.

You can't come to Sentara Potomac Hospital without seeing the lovely ladies in pink and the gentlemen in blue greeting visitors, providing directions and selling gifts. These are loyal members of the Sentara Potomac Hospital Auxiliary, a volunteer group of men and women whose mission is to support the

hospital through the unpaid service they provide and fundraising.

Since its inception in 1972, the Auxiliary has grown to include 170 active community volunteers who assist in many ways to ensure patient comfort and to raise funds to help expand or improve services.

"We are very proud of the financial support that we've been able to provide the hospital over the years," says Steve Argubright, president of the Auxiliary. "Our main

By joining the Auxiliary, you will not only be helping Sentara Potomac Hospital but also the entire community.



PHILIPPENOBLE

Auxiliary members have managed the Gift Shop since we opened in 1972 and all money made in the Gift Shop is donated to Sentara Potomac Hospital.





The original Family Health Connection Mobile Clinic in front of Dumfries/Triangle Rescue Station 3. Plagued by mechanical problems, this van will soon be replaced by a brand-new mobile clinic thanks to the generous financial support of the Sentara Potomac Hospital Auxiliary.

fundraising source is the Gift Shop, but we also hold various fundraising events throughout the year. In fact, our fundraising enabled us to finish paying our pledge of \$115,000 for a new Family Health Connection Mobile Clinic.”

The Family Health Connection Mobile Clinics are custom vans staffed by nurse practitioners who provide medical services to residents in Woodbridge, Dumfries, Triangle and Dale City. The first van is more than 14 years old and was in desperate need of replacement.

“Proceeds from our Love Light Tree fundraiser, jewelry sales, pecan sales, book sales and uniform sales enabled us to pay off our pledge in two years,” says Argubright. “It’s very satisfying to know that all of our hard work pays off—literally. And to actually *see* what our funds are used for just makes it even better.”

MEMBERSHIP HAS ITS PRIVILEGES

There are many benefits to volunteering, not the least of which is making others and yourself feel good. By joining the Auxiliary you will not only be helping Sentara Potomac Hospital but also the entire community.

“In addition to supporting the hospital, joining the Auxiliary gives you a wonderful chance to meet new and interesting people,” says Argubright. “Between the social activities, events and working together at the hospital, there really is never a dull moment.”

Auxiliary members also enjoy a 20 percent discount in the Garden Café, a 10 percent discount in the Gift Shop and a free subscription to *Vim & Vigor* magazine. For more information about the Auxiliary, please call 703-670-1539.

V&V By Charlene Wilkins

ONLINE

Auxiliary Offers Scholarships for Healthcare Education

Every year the Auxiliary awards \$1,000 college scholarships to graduating high school seniors in Prince William County who plan to pursue a healthcare related field of study. Scholarship winners are determined by their academic records and community service.

For more information, call **703-670-1539**, e-mail **auxiliary@PotomacHospital.com** or visit **PotomacHospital.com**.





Hajeer Sabet, M.D., is an orthopedic surgeon on Sentara Potomac Hospital's medical staff. For more information about him and other surgeons, call 703-221-2500 or visit PotomacsHealthConnection.com.

Q&A

Can cervical disk replacement help my aching back?

» I have a herniated disk that is causing severe pain in my neck and arm. What is my best course of action?

Many people experience neck, shoulder, and/or arm pain in their lifetime due to herniated disks. A herniated disk is when a cervical disk bulges or ruptures and presses on a nerve root or your spinal cord.

Until recently, surgical solutions were limited to spinal fusion, during which the problematic

disks are removed and replaced with a bone graft, essentially fusing the disks together.

Cervical disk arthroplasty, also called cervical disk replacement, is similar to fusion. However, instead of replacing the disk with a bone graft, an artificial ball-and-socket joint is inserted into the cervical disk space. The artificial joint maintains the height of the disk, reducing compression, and also maintains the disk's mobility so the patient's range-of-motion is restored.

There are several advantages to cervical disk replacement. The procedure takes one to two hours and patients are commonly discharged the day following surgery and return to full activity within six weeks. Patients can move right away and do not have to wear a brace after surgery. Also, the recovery times are significantly quicker than those associated with spinal fusion.

Additionally, there is limited stress on adjacent cervical disks, which results in a significantly reduced need for additional surgeries. Most importantly, the restored range-of-motion can reach that of a normal, healthy disk.

Cervical disk replacement cannot be used for all patients with disk problems. Ask your doctor if you're a candidate for this procedure.

Hajeer Sabet, M.D., is an orthopedic surgeon on Sentara Potomac Hospital's medical staff. His office is located in The Potomac Center, 2296 Opitz Blvd., Suite 450, in Woodbridge. Contact him at 703-897-7463.

Patients can move right away and do not have to wear a brace after surgery.





PHILIPPE NOBLE

Irene V. Hylton Emergency Care Center Chairman Luis Eljaiek, M.D., urges all women who experience symptoms of heart attack to dial 911 or go to the nearest emergency room.

Heart Attacks Don't Discriminate

Women need to know their risks

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Treating heart attack victims successfully has to be done as quickly as possible.

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When television depicts someone having a heart attack it's often an older man suddenly clutching his chest and falling to the ground. While that is a possibility, it's not always the way a heart attack happens—for men or women.

“Heart attacks are not one dimensional,” says Luis Eljaiek, M.D., medical director of the Irene V. Hylton Emergency Care Center at Sentara Potomac Hospital. “Different people show various signs and symptoms when they're experiencing heart attack and there's definitely not a one-size-fits-all description.”

KNOW THE SIGNS

According to Dr. Eljaiek, chest pain is the most common symptom of heart attack for men and women; however, women are more likely to experience less common symptoms as well, such as nausea, shortness of breath, back pain and jaw pain.



CALL

Meet Our Doctors

To learn more about doctors on our medical staff, call our Health Connection at **703-221-2500** to receive a free *Medical Team* brochure.

“Lightheadedness and breaking out in a cold sweat are warning signs as well,” says Dr. Eljaiek. “Women tend to experience these less common symptoms, including extreme fatigue, and dismiss them as minor illnesses that will go away.”

TIME IS OF THE ESSENCE

Dr. Eljaiek encourages all women who experience any of these heart attack symptoms to seek help immediately.

“Treating heart attack victims successfully has to be done as quickly as possible,” says Dr. Eljaiek. “Women should always listen to their bodies and call 911 if they are experiencing heart attack symptoms.”

W&V By Charlene Wilkins

A Stress Management Group Program

Stress can take a toll on productivity, health and well-being. This popular program focuses on prevention through effective stress management techniques. Learn the connection between your mind and body in managing stress and how to prevent stress through meditation, humor and exercise. This program is offered to community groups of 10 or more people upon request. Call Sentara Potomac Hospital's Community Education Department at **703-670-1877** or **540-659-1800, ext. 1877**.





Podiatrist Mehul Shah, DPM, warns that trauma to unprotected toenails can cause fungus, injury or other foot problems. Dr. Shah's office is located in Woodbridge and he can be reached at 703-583-5959.

Flip-Flops: The Good, the Bad and the Fungi

The start of summer means that flip-flops are back in business. Actually, for many young people, flip-flops aren't summer-only footwear. Gone are the days flip-flops were seen only at the beach or pool. For many, they've become a fashion must. According to podiatrist Mehul Shah, DPM, these young people may want to rethink where and when they're flipping and flopping.

"Flip-flops have become a fashion statement for many people," says Dr. Shah, a podiatrist on Sentara Potomac Hospital's medical staff. "But wearing flip-flops all of the time can damage your feet or toenails. Trauma can be caused by someone stepping on your toe, accidentally kicking your feet, or by tripping and stubbing your toe. This trauma can cause small breaks in the toenail and separate the toenail from the skin underneath allowing for dirt and wetness to get under the toenail. When this happens, fungus can form under your nails, especially when the flip-flops get wet."

Toenail fungus symptoms include yellowing, thickening and/or crumbling of the nail, swelling, streaks or spots on the nail, and even nail loss. Toenail fungus can also be picked up in damp areas such as public gyms, pools or showers. This can occur when you are barefoot.

"Treatment for toenail fungus varies and can be difficult, so the best treatment is prevention," says Dr. Shah. "Keeping your feet clean and dry, trimming your toenails and preventing even small injuries to your toes are the best preventions. Some of the most common treatments include topical medications, oral medications and the latest laser treatment."



Wearing flip-flops to amusement parks, concerts, parks or other highly populated areas presents risk for foot trauma. According to Dr. Shah, many people don't even notice they've received foot trauma during these outings because the injuries may be small. But those small injuries could open the door to big problems down the road.

M&V By Charlene Wilkins

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Treatment for toenail fungus varies and can be difficult, so the best treatment is prevention.

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CALL

Need a Doctor for Your Child?

If you need to find a podiatrist or another doctor, call Sentara Potomac Hospital's Health Connection at **703-221-2500** or visit **PotomacsHealthConnection.com** for a free referral and information.



Cancer Program Receives A+

Three-year accreditation received

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*To be regarded
as a high
quality cancer
program at
a community
hospital
demonstrates
the hard work
that everyone
here exhibits.*

”

The Commission on Cancer of the American College of Surgeons has granted a three-year accreditation to the cancer program at Sentara Potomac Hospital. This marks the fourth consecutive time the cancer program has been surveyed and accredited by the Commission on Cancer.

Established by the American College of Surgeons in 1932, the Approvals Program sets standards for cancer programs and reviews the programs to make sure they conform to those standards. Recognizing that cancer is a complex group of diseases, the program promotes consultation among surgeons, medical oncologists, radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists. This team approach results in improved patient care.

“We are very proud to receive accreditation again,” says Masoom Kandahari, M.D., chairman of the Sentara Potomac Hospital Cancer Committee. “To be regarded as a high quality cancer program at a community hospital demonstrates the hard work that everyone here exhibits.”

Masoom Kandahari, M.D., is an oncologist and chairman of the Cancer Committee at Sentara Potomac Hospital. His office is located at 2280 Opitz Blvd., Suite 220 in Woodbridge. 703-590-8300.




PHILIPPE NOBILE

A Commission on Cancer-approved cancer program focuses on prevention, early diagnosis, pretreatment evaluation, staging, optimal treatment, rehabilitation, surveillance for recurrent disease, support services and end-of-life care.

“To receive approval, facilities voluntarily undergo a rigorous evaluation process and a review of performance,” says Dr. Kandahari. “Only one hospital in four is approved. Also, in order to maintain approval, facilities with approved cancer programs must undergo the on-site review every three years.”

CANCER CARE IN YOUR COMMUNITY

The Cancer Center at Sentara Potomac Hospital offers a full spectrum of services close to home so that patients do not have to spend valuable time traveling for treatment. It is equipped to provide the three main treatment options—surgery, chemotherapy and radiation treatment. Cancer patients and their families also benefit from several educational and support programs offered at Sentara Potomac Hospital.  By Charlene Wilkins



Executive Receives Award of Distinction

PHILIPPENOBILE



Bill Moss, executive director, Potomac Health Foundation, received the Distinguished Service Award from the Virginia Hospital and Healthcare Association.

PHILIPPENOBILE



William C. Reha, M.D., MBA, a board-certified urologist on Sentara Potomac Hospital's medical staff, received the prestigious Clarence A. Holland Award.

Bill Moss, executive director, Potomac Health Foundation, received the Distinguished Service Award from the Virginia Hospital and Healthcare Association. Moss was the president and CEO of Sentara Potomac Hospital for 31 years before accepting his new role in the Potomac Health Foundation.

DOCTOR RECEIVES ACCOLADES


The Medical Society of Virginia has presented William C. Reha, M.D., MBA, a board-certified urologist on Sentara Potomac Hospital's medical staff, the Clarence A. Holland Award. The Holland Award is presented annually to a Virginia physician for outstanding contributions promoting the art and science of medicine and the betterment of public health through political service.

Dr. Reha has been a physician and patient advocate for over 25 years. He has been a tireless proponent of organized medicine, serving as a delegate, associate director, director and member of various committees of the Medical Society of Virginia (MSV) over the past 15 years. He has also served as the vice-speaker of the MSV since 2007.

In addition, he has served as president of the Prince William County Medical Society, president of the Sentara Potomac Hospital medical staff, and a MSV Foundation Claude Moore Physician Leadership Institute Fellow.

SPOTLIGHT ON SENTARA EXCELLENCE

Rhonda Boyett, R.N., SANE-A, Sentara Potomac Hospital's Sexual Assault Nurse Examiner Team Coordinator, was awarded the Forensic Nursing Excellence Award and the Dream Team Award from the Virginia Chapter of the International Association of Forensic Nurses.

A Sexual Assault Nurse Examiner (SANE) is a professional who works in cooperation with law enforcement officials to gather evidence in sexual assault crimes. A member of our SANE team is on call 24 hours a day, seven days a week, through Sentara Potomac Hospital's Irene V. Hylton Emergency Care Center. Each is an experienced registered nurse who has also completed a rigorous training program in forensics and courtroom procedure in order to achieve SANE certification.  *By Charlene Wilkins*

PHILIPPENOBILE



Gastroenterologist M.H. Razavi, M.D., and his physician assistants had four clinical papers presented at the Annual Scientific Meeting and Postgraduate Course of the American College of Gastroenterology in San Diego.



COURTESY

Editor's Note: In the last issue of *Vim & Vigor*, we featured John Harrison, D.O., a general surgeon on Potomac Hospital's medical staff. His office telephone number was listed incorrectly in the article. Dr. Harrison can be reached at **703-730-4848**. His office is located in the Century Medical Building, 2280 Opitz Blvd., Suite 310, in Woodbridge. For more information about Dr. Harrison and other physicians on the Sentara Potomac Hospital medical staff, please call our free Health Connection referral service at **703-221-2500** or visit **PotomacsHealthConnection.com**.

HAVE YOU HEARD?

Bridging the Communication Gap




When a family member or friend is in the hospital or going through an illness, communication between family members and friends can be daunting. Family members want to keep everyone informed but don't have the time or energy to make phone call after phone call.

CaringBridge.org offers free, private, personalized websites that can help those with illnesses and their caregivers keep loved ones and friends informed through online journals. In return, family and friends can give support through guestbook messages. CaringBridge

keeps everyone informed with the same, accurate information. To create a CaringBridge website for yourself or a loved one, visit **CaringBridge.org**.

DOES YOUR TEEN KNOW CPR?

Sentara Potomac Hospital's Heartsaver CPR for Teens is an American Heart Association course ideal for teens working as lifeguards, babysitters or camp counselors. Designed for those ages 11 to 17, the class covers adult, child and infant CPR and relief of choking. An optional segment on AED use is included if time allows. A skills demonstration is required and a two-year Heartsaver card is issued upon successful completion of the class.

The next classes will be held on Wednesday, June 23, 9 a.m. to 2 p.m.; or Saturday, July 10, 9 a.m. to 2 p.m., in Sentara Potomac Hospital's Hylton Education Center. The fee is \$50 (\$35 for individuals who also sign up for the Safe Sitter class, which costs \$75). To register, call our Health Connection at 703-221-2500 or register online at PotomacHospital.com. 



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