

# Happy HEARTS

Use Inova resources to stay on top of your health

Heart disease is a major threat to the health of Americans. It is the leading cause of death for both men and women, and is linked to about 1 in 4 deaths overall. To find out whether you are at risk, get a heart assessment at Inova. Since February is Heart Month, it

is an ideal time to get checked. Inova offers multiple ways to check for heart disease risk factors. If you have access to a computer, you can take an online heart-risk assessment. This assessment will ask you facts about your life, such as your age, weight and cholesterol levels. Based on the data you provide, it will give you your “heart age,” which ideally should be the same as, or younger than, your biological age. In honor of Heart Month in February, Inova is offering heart-healthy tips on social media. To see weekly tips on Facebook,

“like” Inova at [facebook.com/inovahealth](https://www.facebook.com/inovahealth). A daily heart-healthy tip also will be available at [twitter.com/inovahealth](https://twitter.com/inovahealth).

People who use tobacco, have a diet high in saturated fat and cholesterol, lack regular physical activity and drink alcohol excessively are more likely to develop heart disease. If you’re worried about your heart health, speak to your doctor and know the signs of a heart attack.

## CARDIAC CARE

Take Inova’s online heart-risk assessment at [inovaheart.org](http://inovaheart.org).

# Built to HEAL



Inova’s Leesburg Emergency Department delivers enhanced patient experience

In 2014, Inova Loudoun Hospital celebrated the one-year anniversary of Inova Wheeler Family Emergency Department – Leesburg. This building provides patients with a newer, more convenient place to go for western Loudouners when an emergency occurs.

“There’s always been great clinical care and compassion at Inova Loudoun, but these new facilities made an important impact on the physical space that we have for patients,” says Edward Puccio, MD, Medical Director, Emergency Department, and Chairman, Emergency Medicine, Inova Loudoun Hospital. “The biggest changes were improved patient privacy and enhanced patient experience — because the facilities are brand new — with more space, increased staff visibility,

state-of-the-art labs and X-rays, a more comfortable reception area and ample, convenient parking.”

The new ED has all private rooms with glass doors that provide each patient with a private treatment area. It also has a larger trauma room with more capacity for equipment and multiple patients; safe rooms for mental health patients; a quiet, locked space for nurses to dispense medications; and several negative pressure rooms, which are not connected by vents to any other parts of the hospital. This is so patients with contagious diseases can be treated without exposing others in the department. The Leesburg ED connects with free patient transport to Inova Loudoun Hospital’s Lansdowne ED.

# NEW DEVELOPMENTS

Master plan update

- **Pediatric Urgent Care Services will be available at Inova Urgent Care Center – Dulles South in February 2015. In addition to kid-friendly exam rooms, a play area, and pediatric specialized providers and equipment, patients will have free transportation to Inova Loudoun Hospital’s Pediatric Emergency Room and inpatient unit if the need arises.**
- **The Emergency Room Fast-Track Expansion has begun. It includes an expanded nurses station, extra bathrooms, a reconfiguration of the current layout for easier navigation and additional trauma rooms. This expansion is a step toward trauma designation for Inova Loudoun Hospital.**
- **The Natural Birth Center at Inova Loudoun Hospital is OPEN! As of Nov. 10, 2014, the brand new center has been seeing patients who are looking for a homelike birth experience that is steps away from medical care if needed.**