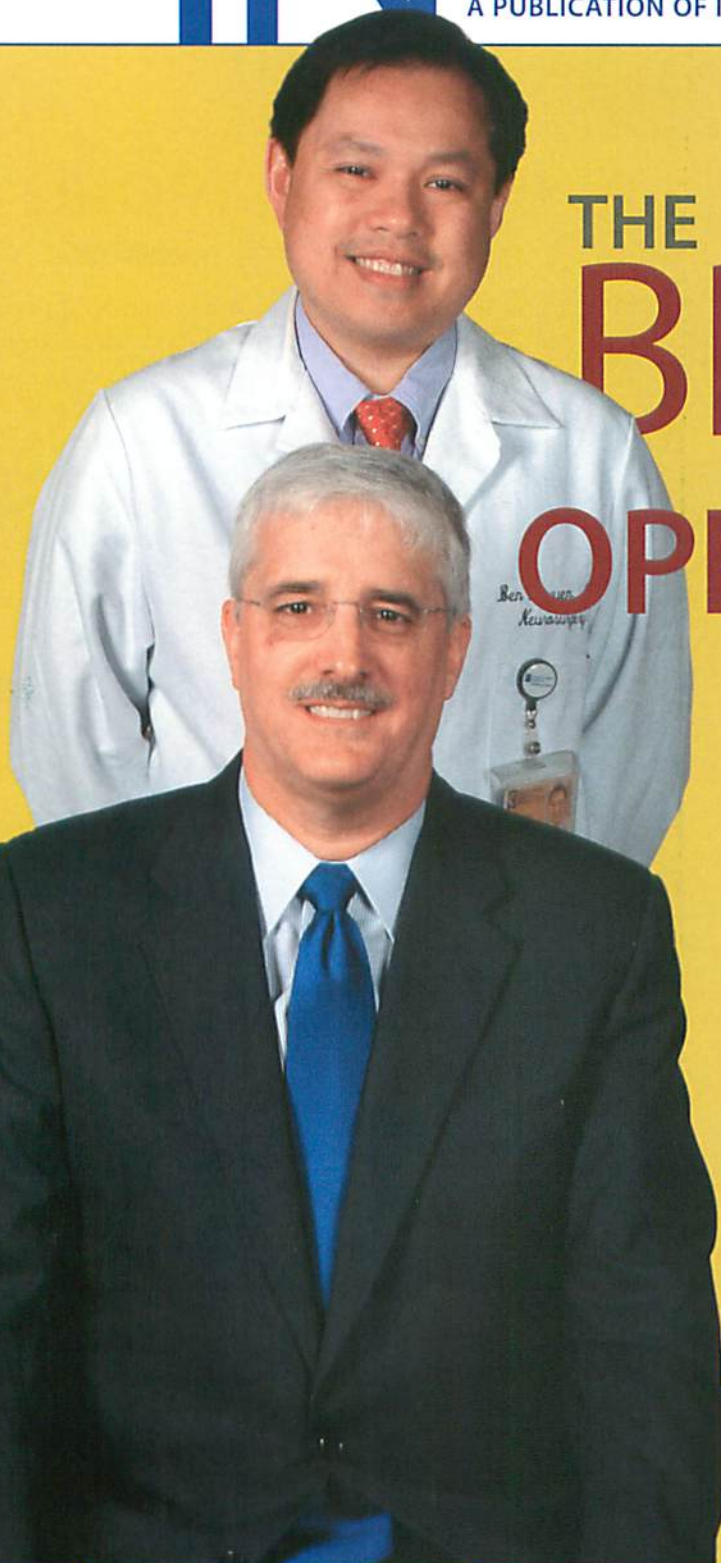


INhealth

A PUBLICATION OF INOVA FAIRFAX HOSPITAL



THE BRAINS OF THE OPERATION

more tools — and hope — in neurosurgery than ever before

Tumors of the brain, spinal cord or other parts of the nervous system are serious medical conditions. Even when they are benign, they can be dangerous, because they can still interfere with normal functioning. But new techniques and technologies are helping neurosurgeons and neuro-oncologists — specialists who treat brain tumors and cancer's effects on the nervous system — achieve more effective treatments and outcomes than they did even a few years ago.

CONTINUED ON PAGE 4

Ben Nguyen, MD, a neurosurgeon who practices at Inova Fairfax Hospital, guided the care of Michael Jackson, who was diagnosed with a benign brain tumor. Dr. Nguyen surgically removed the tumor that had been affecting Jackson's ability to walk and use his left arm. A few weeks after the surgery, Jackson was back at work. Read the firsthand account of his diagnosis and treatment on page 4.

ALSO IN THIS ISSUE

HEALING BROKEN HEARTS 2

HEALTH MYTHS DEBUNKED 3

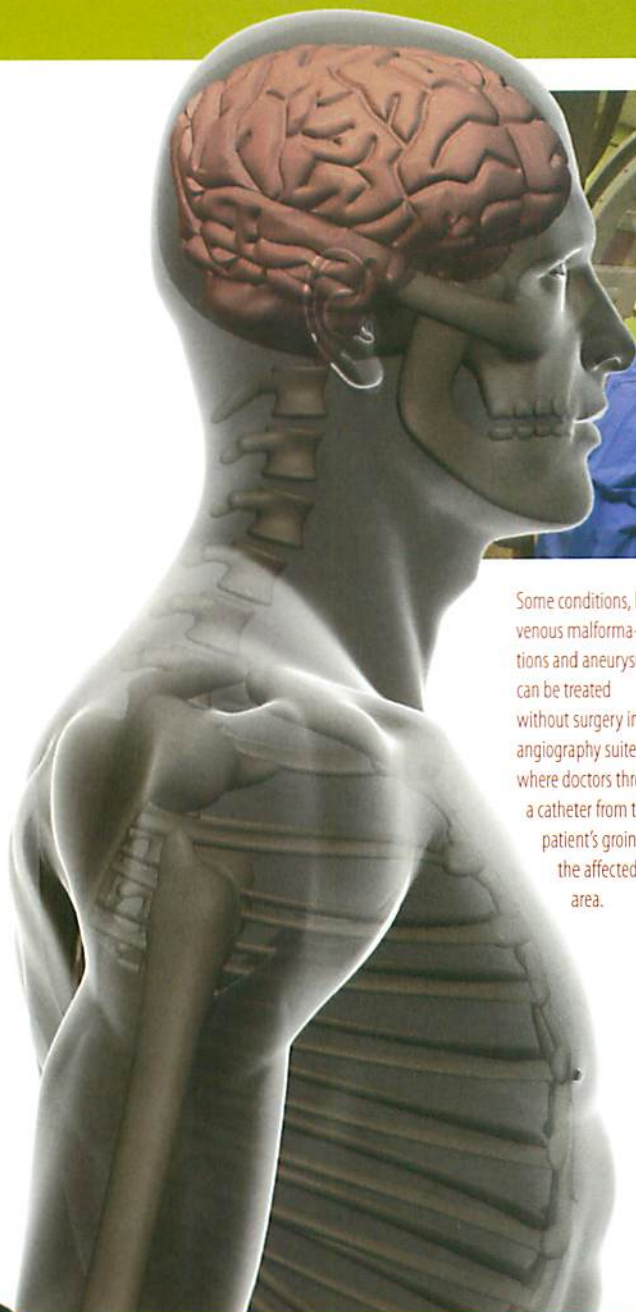
INTERVENTIONAL ONCOLOGY 6



INOVA FAIRFAX
HOSPITAL

THE BRAINS OF THE OPERATION

continued from page 1



Some conditions, like venous malformations and aneurysms, can be treated without surgery in the angiography suite, where doctors thread a catheter from the patient's groin to the affected area.



Physicians practicing at Inova Health System are part of Northern Virginia's largest and most comprehensive neuroscience program. They treat tumors and other disorders of the nervous system that can have devastating effects on quality of life, and they treat them more effectively and successfully than ever.

Surgery on brain tumors used to mean removal of the diseased brain tissue with incisions and scalpels. It was often risky, because surgeons walked a fine line while removing bad tissue but preserving the healthy tissue needed for normal brain function. Today, minimally invasive techniques with smaller, more accurate incisions, or even radiosurgery techniques with no incision at all, can often be used instead. Neurosurgeons partner with radiation oncologists to make neurosurgery significantly less dangerous because they can target the diseased tissue with radiation. Stereotactic radiosurgery has been available at Inova Fairfax Hospital since 2000 as an alternative to neurosurgery.

FIRST PERSON

a brain tumor through the eyes of a patient

"You have a plum-sized brain tumor. But a meningioma is perhaps the best kind to have — it's almost always benign." So said an impressively calm and knowledgeable Dr. Ben Nguyen, the Inova Fairfax Hospital neurosurgeon sitting at the end of my bed.

I had first noticed the effects of 'the plum' as a slight awkwardness in walking. In the end, I needed to enlist my right arm to lift the left.

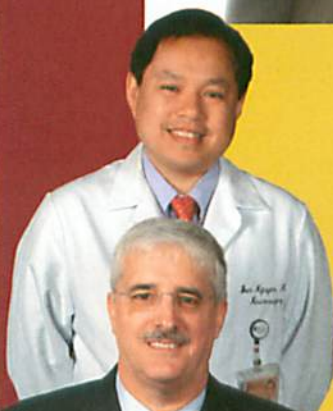
After an MRI, I was sent immediately to the emergency room. This was, of course, a blessing, as now I was in the hands of a skilled surgeon, who patiently explained what I faced and answered every question that my wife and I could summon. In fact, that was what I encountered with the entire team at Inova Fairfax Hospital, who were utterly professional, sympathetic, caring and relentlessly optimistic.

Dr. Nguyen performed surgery the next afternoon, removing 'the plum.' In the recovery room, I willed my useless left arm to move;

it shot to attention. It was simple proof of my successful surgery. And yes, the tumor was benign.

Two days later, I was able to go home. Several weeks later, I was totally back to normal — another businessman next to you in line at an airport, a fellow who had peered over the abyss and was returned to his family, cured. How to say adequate thanks? Impossible. But to everyone who had a hand in my story at Inova Fairfax Hospital, I'll never forget you.

—Michael Jackson



Michael Jackson is grateful for the care he received from Dr. Ngyuen and the team at Inova Fairfax Hospital.