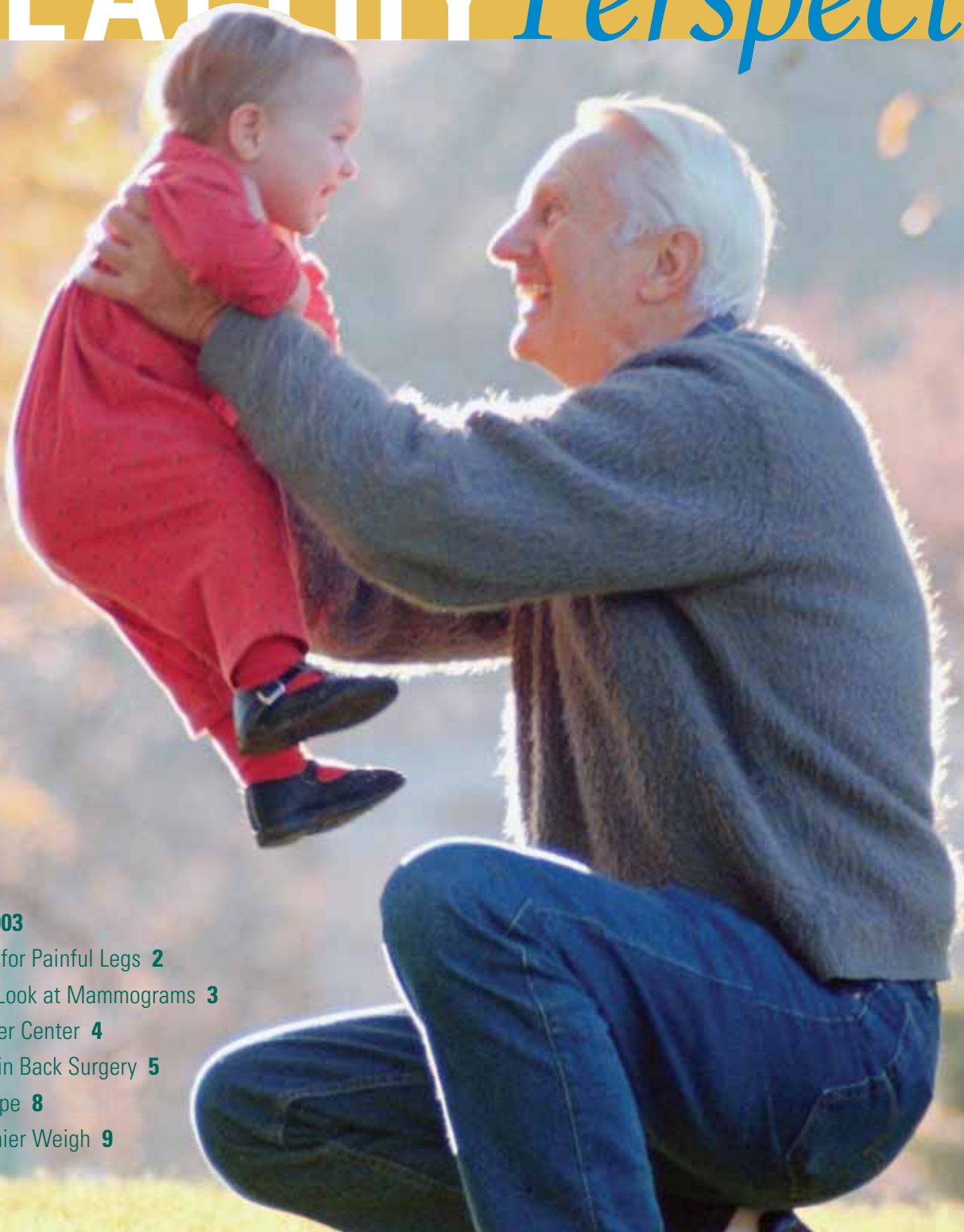


# HEALTHY *Perspective*



## Winter 2003

Treatment for Painful Legs **2**

A Second Look at Mammograms **3**

New Cancer Center **4**

Advances in Back Surgery **5**

Get in Shape **8**

The Healthier Weigh **9**

## Get Your Back in Shape!

*From exercise classes to minimally invasive back surgery, Prince William Hospital can help you start taking better care of your back.*



**PRINCE  
WILLIAM**

*Health System*



## From Head to Toe: Living with Diabetes

Diabetes can result in poor blood circulation which, in turn, can lead to a host of other health problems. By developing healthy habits, people with diabetes can lessen their risk for vision and foot problems.

From discussions on diabetes to the lead story on spine surgery, this issue of *Healthy Perspective* features insights from many of our physicians. Currently numbering 387, the physicians on our outstanding medical staff represent 40 different specialties. More than 95% are board certified.

There are many circumstances in life when you need to find a physician. Our goal is to make that process easier for you. All you have to do is call our Physician Referral Line at (703) 530-WELL or visit our online physician directory at [www.pwhs.org](http://www.pwhs.org). You'll find information about each of our physicians and links to some of their practice web sites.

We'd also like for Prince William Health System to be your resource for staying in shape. Turn to pages 8 and 9 to find out how to join our Fitness Center and about the classes and services offered at the Wellness Center. As the holiday season approaches, nothing could be more appropriate than giving yourself—or someone you care about—the gift of good health.

Sincerely,

A handwritten signature in black ink that reads "Michael J. Schwartz".

Michael J. Schwartz, President/CEO  
Prince William Health System

### Diabetes and Vision

"People with diabetes can develop a condition called diabetic retinopathy, or DR," said Jennifer Jacobs, MD, an ophthalmologist affiliated with Prince William Hospital. "DR occurs when prolonged exposure to increased blood sugar causes the small blood vessels in the retina of the eye to weaken and leak." DR is a frequent cause of blindness in the U.S. and is the leading cause in patients ages 20 to 64.

The condition begins as background DR, a common and usually mild form of the condition in which vision often isn't affected. Tiny blood vessels start to leak blood into the eye and form small, dot-like hemorrhages on the retina.

If background DR is left untreated, patients can develop proliferative DR, a more serious form of the condition. "When the retina is deprived of oxygen, new blood vessels start to form," said Dr. Jacobs. "These new blood vessels are very delicate and can bleed easily into the retina and the fluid-filled center of the eye, which can lead to blindness."

The longer you've had diabetes, the greater your chance of developing DR. In fact, 99% of those with type 1 diabetes and 60% of those with type 2 diabetes will develop DR within 20 years.

Preventive medicine is the best treatment for DR. Dr. Jacobs recommends careful

monitoring of glucose levels, maintaining a healthy diet and getting good eye care. "People with diabetes should have annual eye exams with an ophthalmologist because early evaluation and treatment is the best protection against DR," said Dr. Jacobs.

### Diabetes and Feet

At the opposite end of the body, poor circulation and the resulting nerve damage, or neuropathy, can cause both pain and numbness in the feet of people with diabetes. "The problem is that people with peripheral neuropathy can't feel pain very well and are predisposed to developing wounds because of increased pressure areas," said Carla Ribeiro, DPM, a podiatrist on the medical staff at Prince William Hospital. "Those wounds may become infected and pose a serious problem that can lead to bone infections and, subsequently, amputations."

Dr. Ribeiro recommends that those with diabetes take good care of their feet to prevent such injuries from occurring in the first place. She advises wearing socks or shoes at all times—even around the house—and inspecting feet regularly for damage.

It's also important to maintain good circulation in your legs by walking regularly. If patients have persistent pain (which is a sign of poor circulation), she recommends exercising through it to improve blood flow. Patients should also have non-invasive

vascular studies performed to obtain a baseline reading of their lower extremity circulation. Depending on the results, a vascular surgeon may become involved.

As with vision problems, the best way to deal with foot problems is to practice preventive medicine. “The key is in keeping blood sugars under control,” noted Dr. Ribeiro. “You can minimize these problems just by watching your diet and exercising.” Other healthy habits, such as not smoking and keeping cholesterol levels in check, can also keep blood vessels healthy.

*For more information about physicians affiliated with Prince William Health System, call the Physician Referral Line at (703) 530-WELL or toll-free at 1-888-550-8198. Or visit [www.pwhs.org](http://www.pwhs.org).*

## Minimize the Effects of Diabetes on Your Eyes and Feet

### Look for warning signs of poor circulation:

- cold feet
- discoloration
- wounds that won't heal
- persistent pain
- gangrene (black toes)

### Avoid vision and foot problems by:

- monitoring glucose levels
- eating a healthy diet
- stopping smoking
- controlling blood pressure and cholesterol levels
- having annual eye exams with an ophthalmologist
- wearing socks or shoes at all times to protect feet
- inspecting feet regularly for injury
- maintaining good circulation through regular exercise

## Treating the Source of Leg Pain

*Many people assume that leg pain is a sign of aging, but it is often an early indicator of peripheral vascular disease, or PVD. Douglas Markert, MD, an interventional radiologist on the medical staff at Prince William Hospital, explains how to recognize PVD.*

### What are the symptoms of PVD?

**Dr. Markert:** PVD refers to the buildup of atherosclerotic plaque in blood vessels in the legs. Usually, the first sign of PVD is claudication, or cramping while walking because blood vessels can't supply enough blood to the leg muscles. As symptoms gradually worsen, the legs can begin to feel painful or numb even while resting.

### How is PVD treated?

**Dr. Markert:** Treating PVD usually begins with conservative medical therapy, such as asking patients to lessen their risks by eating well, exercising and not smoking. If diagnosed early enough, patients should keep walking through the pain. This allows collateral vessels to develop, essentially bypassing the blockage. If these steps aren't enough to correct the condition, there are minimally invasive outpatient treatments, such as angioplasty, stenting or thrombolysis, that can open the narrowed blood vessels to restore blood flow.

### Who is at risk for developing PVD?

**Dr. Markert:** Those over age 45 are at some risk, but you're at much higher risk if you smoke or have diabetes. Smoking can advance the hardening of the arteries by 10 years, and diabetes can increase the risk of developing PVD by 20 times. You can help prevent PVD by not smoking, controlling diabetes (if you have it) and keeping your cholesterol and blood pressure levels low.



*Douglas Markert, MD, examines images from interventional procedures used to evaluate and treat PVD.*

### What are some challenges of diagnosing PVD?

**Dr. Markert:** Many patients think the pain that comes with PVD is just a sign of getting older. If you have leg pain, don't be afraid to talk with your doctor about it. Our biggest challenge is increasing awareness of PVD because it is a condition that can often be treated without surgery.

*For more information about physicians affiliated with Prince William Health System, call the Physician Referral Line at (703) 530-WELL or toll-free at 1-888-550-8198. Or visit [www.pwhs.org](http://www.pwhs.org).*

## Second Look Provides a Second Opinion

Prince William Hospital's new computer-aided detection system uses cutting-edge technology to aid radiologists in the fight against breast cancer.



*CAD technology helps radiologists like Jennifer Wargo, MD, analyze mammograms with greater accuracy.*

Appropriately named Second Look,™ the computer-aided detection system (CAD) can alert the radiologist to take a closer look at subtle warning signs that could have been missed on a mammogram. It provides an extra level of protection that can assist the radiologist in detecting breast cancer.

"CAD improves the sensitivity of the mammograms we do," said Jennifer Wargo, MD, a radiologist on the medical staff at Prince William Hospital. "The technology is especially beneficial to those who have very subtle tumors."

After the radiologist has reviewed a patient's mammogram, four views of it are fed into a digitizer, which sends them to the computer for analysis. The program highlights calcium deposits or calcifications; these could be the earliest form of cancer. It notes those with an irregular margin, because such masses are less likely to be

benign. The radiologist uses the report generated by CAD as an alternate perspective, while making the diagnosis using the original mammogram.

Breast cancer patient survival and quality of life is dramatically improved when cancer is identified at an early and treatable stage. According to CadX Systems, manufacturers of Second Look, studies show that up to 23% more tumors can be detected as early as 15 months sooner when CAD augments traditional mammography screening.

Prince William Hospital began offering CAD as an option to mammography patients in September 2003. Though most hospitals don't have it yet, it's quickly becoming a standard diagnostic tool—one that is accepted by Medicare and covered by most insurance plans. Even without insurance, the added cost is small. "CAD is the only tool clinically proven to be useful in analyzing mammograms besides the human eye," said Dr. Wargo.

Prince William Hospital performs an average of 13,500 mammograms each year. For all patients, no matter what their diagnosis, CAD provides them with peace of mind.

*For more information about physicians affiliated with Prince William Health System, call the Physician Referral Line at (703) 530-WELL or toll-free at 1-888-550-8198. Or visit [www.pwhs.org](http://www.pwhs.org).*



## A Leader in Assisted Living

Andrew Byrd, Administrative Director of Caton Merchant House, has been named Assisted Living Administrator of 2003—an award that recognizes outstanding statewide leadership. Located in historic Old Town Manassas, Caton Merchant House is Prince William Health System's assisted living facility.

The award was presented on September 17 by the Virginia Health Care Association and the Virginia Center for Assisted Living, which represents about 90% of the nursing facilities in Virginia as well as a growing number of assisted living and continuing care retirement facilities.

"Receiving this recognition from such prominent organizations not only shows Andrew's dedication to the residents of Caton Merchant House, but also to the assisted living industry as a whole," said Michael J. Schwartz, President/CEO of Prince William Health System.

*For more information about Caton Merchant House, visit [www.pwhs.org](http://www.pwhs.org) or call (703) 335-8402.*

## Cancer Survivor Heads Fundraising Effort

Debbie Jones, a breast cancer survivor, is leading the fundraising effort to bring a much-needed radiation therapy center to Gainesville.



“My hope is to make people aware that this new radiation therapy center is truly needed in our area,” said Debbie Jones, President of the Prince William County–Greater Manassas Chamber of Commerce, who is serving as chairman of the fundraising committee. Jones was diagnosed with breast cancer in March 2000 and had surgery at Prince William Hospital.

“Many people don’t realize that when you’re undergoing cancer treatment, radiation therapy becomes part of your daily life for months. Your life is disrupted less if you can get treatment somewhere convenient to where you live or work,” said Jones. “In this area, traffic is a big issue. I had to travel to Fairfax for the 15-minute treatment, with at least a 45-minute drive each way.” A long

drive becomes even more inconvenient when patients need someone to drive them to and from treatment every day.

The proposed 15,861 square-foot radiation therapy center, a joint venture between Prince William Hospital and Fauquier Hospital, will be built at an accessible location near the intersection of Route 29 (Lee Highway) and Lake Manassas Drive in Gainesville. The facility will incorporate the latest technology and will be designed to be comfortable for patients who receive treatment day after day.

The volunteers of Prince William HealthCare Auxiliary have already donated \$160,000 toward the overall fundraising goal of \$1 million. If you’d like to contribute, see the enclosed envelope. You may designate your contribution toward the construction of the radiation therapy center as well as a number of other worthwhile initiatives, including the construction of a new Emergency Department or renovation of the operating rooms.

“So many lives have been touched in some way by cancer,” said Jones. “Some may choose to contribute in memory of a loved one who lost the struggle with cancer or in honor of a survivor. There are many personal reasons to get involved to help make this happen.”

*For more information, contact Prince William Health System Foundation at (703) 369-8201. Or call Debbie Jones at the Prince William County–Greater Manassas Chamber of Commerce at (703) 368-6600, ext. 11.*

## Open House to Show Renovations

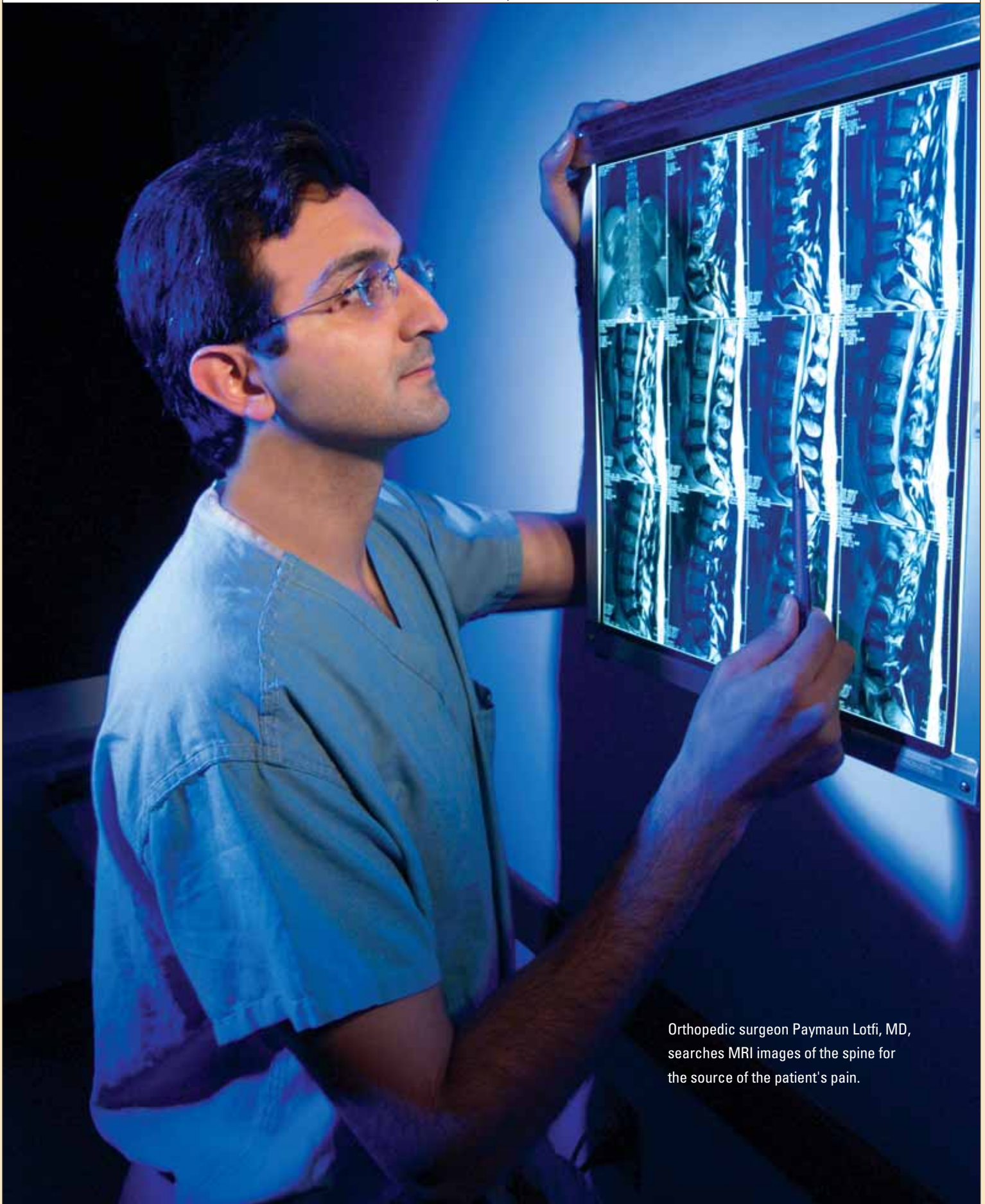
The Center for Psychiatric and Addiction Treatment has recently completed a major renovation project. The renovations allow the center to consolidate nearly all of its services under one roof to better serve patients.

“Prince William Health System is committed to helping mental health and addiction service recipients in our community with the most need. These renovations underscore that,” said David Carlini, Director of the Center for Psychiatric and Addiction Treatment. The changes are more than just cosmetic; the facility uses the latest technology to create a safe, secure environment for treatment.

The renovations are among many changes that have taken place since 2001, when Sheppard Pratt Health System of Baltimore became the center’s management partner. “The partnership between Sheppard Pratt Health System and Prince William Health System allows us to offer outstanding behavioral health services to our community,” added Carlini. As one of the top behavioral health service providers in the country, Sheppard Pratt brings the experience needed to help develop one of the premier mental health centers in the Washington, D.C. area.

The Center for Psychiatric and Addiction Treatment will host an Open House in January. The event will feature tours of the newly renovated facility and a keynote address by Dr. Steven Sharfstein, CEO of Sheppard Pratt Health System and Vice President of the American Psychiatric Association.

*For more information, call the Center for Psychiatric and Addiction Treatment at (703) 369-8464.*



Orthopedic surgeon Paymaun Lotfi, MD, searches MRI images of the spine for the source of the patient's pain.

# Spine Surgery: STAYING Ahead of *the Curve*

*Protecting your spinal cord and enabling you to walk upright, the spine is a complex, three-dimensional puzzle of bones, discs, tendons, ligaments, nerves and muscles. With the daily stresses we place on our spines, it's no wonder that many people suffer from some kind of back pain. While most patients respond to conservative treatment, some will require more advanced intervention. But what is amazing are the ways that physicians are using less invasive approaches—treatments that give patients hope for a faster recovery and, ultimately, freedom from back pain.*

## Orthopedic Surgery

As surgery becomes less invasive, it means smaller incisions, less pain, scarring and blood loss, and faster healing. Minimally invasive procedures are carried out using microscopes, tiny cameras, probes and other specialized instruments.

“Many of the recent advances in spine surgery have been in finding ways to do time-tested procedures with smaller incisions,” said Paymaun Lotfi, MD, an orthopedic surgeon on the medical staff at Prince William Hospital. Orthopedic surgeons specialize in correcting disorders of the bones and associated muscles, tendons and ligaments. Dr. Lotfi specializes in spine surgery; in fact, he is the only orthopedic surgeon fellowship-trained in spine surgery in the county.

One of the most common procedures that can be approached with minimally invasive techniques is the lumbar microdiscectomy. Through an incision only half an inch long, the ruptured portion of a herniated disc is removed with microsurgical instruments to relieve pressure from a nerve. “The surgery is usually done on an outpatient basis; often the patient goes back to work

within a few days,” explained Dr. Lotfi.

Advances in the materials used in surgery also have a positive impact on the patient's recovery. During a spinal fusion, damaged discs are removed to relieve pressure on pinched nerves. Then, vertebrae are fused together to stabilize the spine. “In the past, bone tissue for the fusion had to be taken from the patient's hip—a painful process that delayed recovery,” said Dr. Lotfi. “Now we use bone tissue from a bone bank, or we can use BMP (bone morphogenic protein), a bio-engineered substance that eventually turns to bone.”

Dr. Lotfi also noted that instruments used to stabilize the spine, such as screws and rods, are now made of titanium. This lightweight metal allows patients to safely have an MRI, a widely used diagnostic imaging technology with high-powered magnets.

## Neurosurgery

The nerves and bones of the spine are so intricately intertwined that sometimes the capabilities of an orthopedic surgeon and a neurosurgeon overlap.

“Most people think of neurosurgeons as brain surgeons, but the majority of patients we treat suffer from back and neck pain,”

explained James Melisi, MD, a neurosurgeon on the medical staff at Prince William Hospital. “Being trained to operate in the brain, we must be extremely meticulous, and we carry that training into the spine as well.”

As with orthopedic surgery, neurosurgery is increasingly moving toward minimally invasive surgery. “Our field is refining older procedures and surgical instruments,” said Dr. Melisi. “The result is less exposure to anesthesia and more efficient treatment so the patient can get back to normal functioning more quickly.”

One such procedure is kyphoplasty, a procedure for repairing fractured vertebrae often damaged from osteoporosis. During kyphoplasty, a tiny balloon is inserted to open up the space to restore the size and thickness of the fractured vertebra. A cement-like substance is injected, fusing the fractured pieces of bone together. “Kyphoplasty is usually an outpatient procedure,” said Dr. Melisi. “It allows us to treat the underlying problem—pinched nerves—instead of just treating the pain.”

## Pain Management

Fortunately, many patients can avoid surgery altogether thanks to an emerging specialty—

pain management. Sassan Hassassian, MD, is a pain management specialist on the medical staff at Prince William Hospital. His medical training included residencies in general surgery and anesthesiology, followed by a fellowship in pain management. Board certified in anesthesia and pain management, Dr. Hassassian specializes in the interventional branch of pain management.

“Interventional methods are minimally invasive, using techniques to deal with pain at the root level—without surgery—often with injections of medications to the spine,” said Dr. Hassassian. “Sometimes pain management can help people who aren’t candidates for surgery or for whom surgery wasn’t able to correct the problem fully.”

One pain management strategy for patients who have tried a variety of other treatments without significant success is spinal cord stimulation. The idea is to superimpose a pleasant

sensation over the painful areas. If a trial phase is successful, then a small device is implanted under the skin with a lead placed near the painful area of the spine. A chargeable battery or a wireless transmitter emits the electrical impulse.

In another pain management technique, radiofrequency waves can be used to burn the nerves and block them from causing pain. After a series of tests to determine the exact source of the symptoms, a small electric current is delivered via a needle. Performed on an outpatient basis with local anesthesia, the patient goes home with reduced pain and a small bandage.

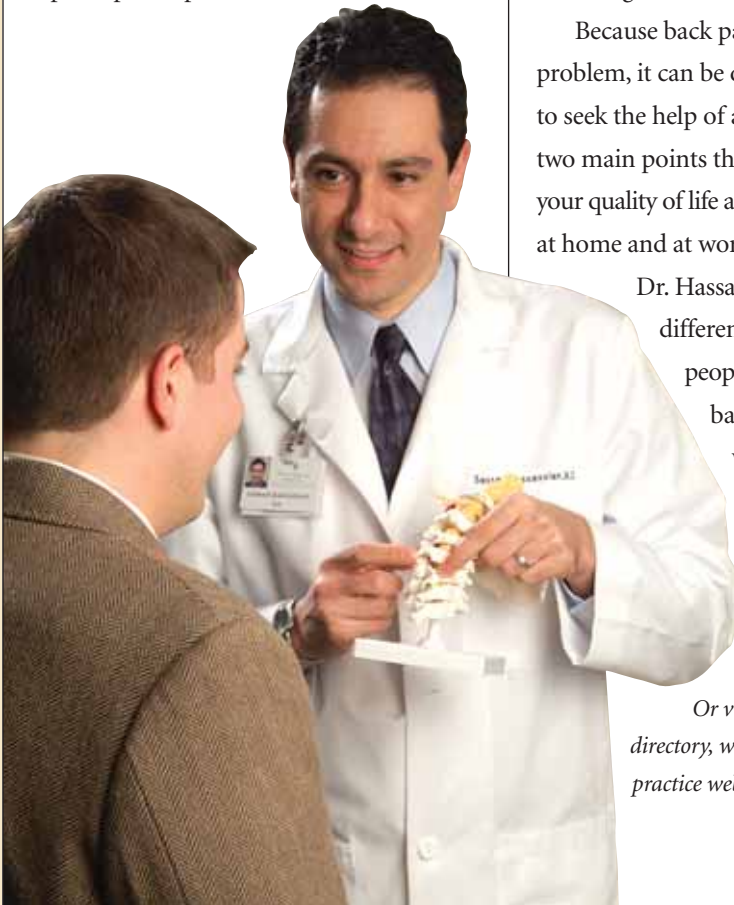
Despite all of the options available to relieve back pain, patients shouldn’t expect any one procedure to be a panacea for back pain. “The most successful treatments for chronic pain take a multi-disciplinary approach,” said Dr. Hassassian. “Usually one thing isn’t the answer.”

Because back pain is such a common problem, it can be difficult to know when to seek the help of a specialist. “There are two main points that you should consider: your quality of life and your level of function at home and at work,” said

Dr. Hassassian. “They mean different things to different people, but if you feel your back pain is interfering with your life, it’s time to see a physician.”

*For more information about the physicians interviewed for this article, call (703) 530-WELL.*

*Or visit the online physician directory, which features links to their practice web sites, at [www.pwhs.org](http://www.pwhs.org).*



## 5 Steps to Preventing Back Pain

Most back pain isn’t caused by a single event; it’s caused by years of repeated stress to the back. Sassan Hassassian, MD, a pain management specialist, James Melisi, MD, neurosurgeon, and Paymaun Lotfi, MD, orthopedic surgeon, share their advice on ways to keep a healthy back and avoid future problems.

### 1. Control Your Weight

Because we walk upright, we carry our weight on the lumbar (lower) spine. The more weight on the spine and abdominal area, the more strain on your back, putting you at risk for spinal problems.

### 2. Learn Proper Lifting Techniques

Do not bend over to lift. Instead, bend at the knees and lift with your legs, keeping your back straight.

### 3. Do Low-Impact Exercise

Swimming, cycling, walking, light weights, water aerobics, yoga, core training and pilates all strengthen core muscles, while putting less wear and tear on the spine.

### 4. Stop Smoking

Smoking causes early dehydration and degeneration of discs. Because smoking constricts blood flow, it can slow the repair process following an injury or surgery. Smoking can also make medications less effective.

### 5. Treat Osteoporosis Early

A disease in which bones become fragile and likely to break, osteoporosis is mostly preventable and treatable, but there is no cure. Try to recognize it early by asking your doctor about getting a bone density test.

## Exercise Your Way to a Healthier Back

*Improving strength and flexibility can help prevent future spinal problems or keep current problems from getting worse. Yoga and core training, both offered at Prince William Hospital's Fitness Center, are two effective ways to focus on the back and abdominal muscles that support the spine.*

### Balancing Mind and Body

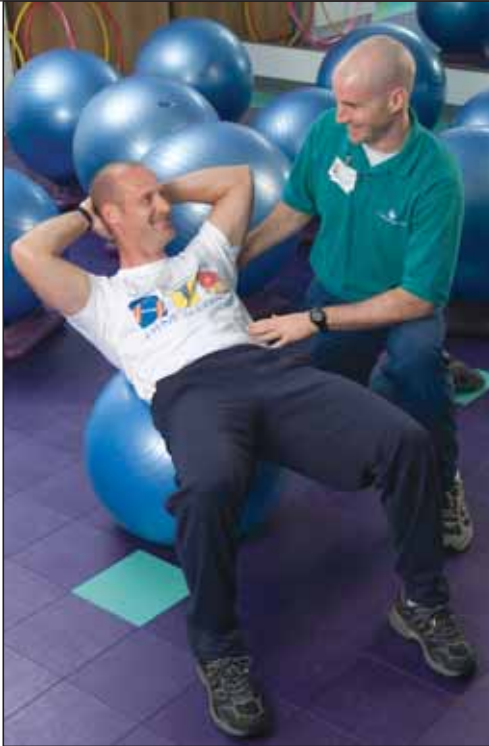
Originally practiced in India, yoga is an ancient system of exercises that aims to achieve balance and harmony between mind and body. Yoga has gained popularity in Western cultures for its many health benefits; it increases strength and flexibility, while teaching relaxation and meditation techniques. Yoga practice centers on deep breathing and proper body alignment, which can help release tension in the spine.

"If you've never tried yoga before, the Fitness Center is a good place to start," said Anthony Marsilio, Director of the Fitness Center, which offers two yoga classes. Ideal for beginners, Gentle Yoga teaches basic yoga postures. Multi-level Yoga is appropriate for beginners and more experienced students. It begins with basic yoga fundamentals, but additional refinement can be added to challenge more advanced participants.

"Because our classes are ongoing, members can join at any time and progress at their own pace," said Marsilio. "Class sizes are small so instructors can give participants individualized attention."

### Strengthening the Core

Core training also focuses on the spine and abdominal muscles. "There are 29 muscles that work in concert to help provide stability and movement in the spine and are important for good posture, balance and functional strength," explained Marsilio.



You don't have to be an athlete to appreciate the effects of core training. "Everyday activities work muscle groups. Rather than focusing on one or two muscles as some exercise machines do, core training works entire muscle groups." Core training is currently offered one-on-one with a trainer, so participants can work at their own level.

*Yoga and core training are included in Fitness Center membership. Non-members can pay \$6 per class. For more information, call (703) 369-8605.*

## Get in Shape at the Fitness Center

If you're looking for a place where you feel comfortable exercising, Prince William Hospital's Fitness Center could offer the right fit. "We provide a supportive atmosphere," said Anthony Marsilio, Director of the Fitness Center. "Our staff is very customer-service oriented, and there is always someone available to answer questions or advise you." Fitness Center members have unlimited access to Gentle Yoga, Multi-level Yoga, Core Training, Get Fit, Smart Moves and Cardio Combo classes. The first step to becoming a member is an initial assessment involving bloodwork, body fat analysis, and strength, endurance and flexibility testing. The assessment provides the groundwork for developing a customized fitness plan, which is followed by two orientation sessions with a trainer. Personal training can also be arranged.

## Open House

**Fitness Center/Wellness Center**  
**Saturday, January 10**  
**11:00 a.m. to 2:00 p.m.**

Come to the Open House to see if the Fitness Center is the right place to help you get in shape. Stop by for tours, a chair massage, health screenings, refreshments, door prizes and information on maternal/child health, nutrition, diabetes and safety programs.

### Health screenings:

- blood pressure
- glucose and body fat
- bone density
- resting metabolic rate (used to determine daily caloric needs) \$35
- cholesterol \$10
- A<sub>1</sub>C (for diabetes) \$25

*For more information, call (703) 369-8605.*



## The Healthy Way to Manage Weight

The most successful way to lose weight—and keep it off—is to learn how to permanently incorporate healthier habits into your lifestyle. That's why the Wellness Center offers the Healthier Weigh, a six-week program that teaches you how to safely and wisely manage your weight. According to Linda Desens, Director of the Wellness Center, "This program is not a diet. Instead, we teach you how to eat healthy foods and incorporate exercise as part of your daily activities." The class also covers practical topics such as how to read food labels and make healthy menu choices at restaurants.

During the course of the class, a registered dietitian will help each participant develop a personalized nutrition plan. Participants will also have the opportunity to work closely with fitness experts at the Fitness Center to develop an individualized exercise plan, because exercise combined with healthy eating habits is more effective than either one alone.

Classes will accommodate about 10 participants. Each class also includes a one-day pass to the Fitness Center.

### The Healthier Weigh

Jan. 15, 22, 29, Feb. 5, 12 & 19  
6:00 to 7:30 p.m.  
\$209

For more information or to register, call the Wellness Center at (703) 369-8405.

## Wellness Center Classes & Programs

### Diabetes Services

*Diabetes Services is a program recognized by the American Diabetes Association that accepts Medicare and most insurances. For more information or to register, call the Wellness Center at (703) 369-8405.*

#### Living Well with Diabetes

The goal of this course is self-management of diabetes. Begin with a one-on-one assessment with a diabetes educator, followed by two classes covering topics such as self-monitoring, nutrition, medications, exercise, self-care, complications and coping skills.

Jan. 5 & 12, 6:00–9:00 p.m.  
Jan. 6 & 13, 9:00 a.m.–noon  
Feb. 2 & 9, 6:00–9:00 p.m.  
Feb. 3 & 10, 9:00 a.m.–noon  
Mar. 1 & 8, 6:00–9:00 p.m.  
Mar. 2 & 9, 9:00 a.m.–noon

#### Diabetes Self-Management

Individualized consultation is provided for those with diabetes and their families, with emphasis on a healthier lifestyle and diabetes self-management skills.  
*Call for an appointment.*

### Nutrition

*For more information or to make an appointment, call the Wellness Center at (703) 369-8405.*

#### The Healthier Weigh

A six-week program that teaches a safe and simple lifelong nutritional and exercise plan to lose weight and keep it off. \$209  
Jan. 15, 22, 29, Feb. 5, 12 & 19  
6:00–7:30 p.m.

#### Individualized Nutritional Counseling

Meet one-on-one with a registered dietitian to develop a personalized plan. Open to adults and children.

#### Kid Fit

This six-week nutrition and exercise program is tailored for children with weight control needs. Nutrition class is taught by a registered dietitian and is held once per week; exercise class is taught by an exercise specialist and is held twice per week. \$350 for one child; \$300 for second child  
*First session begins March 2. Call to register and for more information on dates and times.*

### Community Safety Classes

*To register, call the Wellness Center at (703) 369-8543.*

#### Healthcare Provider CPR

This course provides instruction in CPR for all ages, including the use of barrier and bag mask devices. \$77

Jan. 5 & 7  
Feb. 9 & 11  
Mar. 8 & 10  
6:00–9:00 p.m.

#### For Baby's Sake: Infant CPR

Baby-proof your home, learn car seat safety, SIDS prevention and CPR for infants. \$38.50  
Jan. 21, Feb. 18 or Mar. 17  
7:00–9:30 p.m.

#### First Aid and CPR for Infants and Children

Learn to assess and handle respiratory arrest, injuries, illnesses and other emergencies in children and infants. \$77  
Jan. 3, Feb. 7 or Mar. 6  
8:00 a.m.–4:00 p.m.

#### Corporate First Aid and CPR

Call to schedule for groups of six or more.

#### Child Safety Seat Checks

The Wellness Center participates with the Safe Kids Coalition to provide safety seat inspections. Specially trained technicians will be available to install your safety seat correctly and check your seat for recall. Free. No registration required.  
March 6, 9:00–11:00 a.m.  
Prince William Hospital

**Safe Sitter**

This course is designed to prepare 11- to 13-year-olds to handle emergencies while they are babysitting. \$65  
*Coming in June.*

**Healthy Lifestyles**

*For more information, call the Wellness Center at (703) 369-8405 (unless otherwise noted).*

**Wellness Buffet: A Great Gift Idea**

Treat yourself—or someone special—to the gift of wellness. Choose a package from an extensive menu including: bone density screening, body fat analysis, heart healthy recipes, blood pressure and cholesterol screenings, Fitness Center membership, nutrition counseling, personal training and massage. Gift certificates are available.

**Senior Fitness (New!)**

A low-impact exercise class designed especially for seniors. Maintain and regain flexibility, strength and cardiovascular conditioning. \$110 for 12 sessions  
*Tuesdays and Thursdays, Jan. 6–Feb. 12 2:30–3:30 p.m.*

**Monthly Screenings**

Free walk-in screenings will be available at the Fitness Center for blood pressure and body fat analysis. Cholesterol screenings are available for \$20.

*First Friday of each month  
11:30 a.m.–1:30 p.m.*

*Call the Wellness Center at (703) 369-8605 to make an appointment for another time.*

**For a complete list of programs and classes, visit [www.pwhs.org](http://www.pwhs.org).**

**Classes & Programs****You and Your Baby**

*Classes are held at the Wellness Center. Additional class dates and times may be added. Call (703) 369-8405 for more information.*

**Birthing Center Tours**

To schedule a tour of the new Birthing Center, call (703) 369-8543.

**Expectant Parent Gift Package (New!)**

Offered at a 10% savings, this is the perfect gift for mothers- and fathers-to-be.

**Bundle of Joy**

Childbirth Preparation, Baby Basics and Breastfeeding Classes. \$180 (\$20 off)

**Great Expectations**

Childbirth Preparation and Baby Basics Classes. \$148 (\$17 off)

*Register early. Offer expires  
December 25, 2003.*

**New Mommies Group**

Share the joy of motherhood with other new moms and discuss everything from colic to daycare. \$3  
*Wednesdays, 10:30–11:30 a.m.*

**Weekday Childbirth Preparation**

This five-week course for expectant mothers and their support person provides information on pregnancy, labor, breathing, relaxation, birth and the postpartum period. Topics include medication, anesthesia and cesarean births. A Birthing Center tour is included. \$120

*Jan. 6, 13, 20, 27 & Feb. 3*

*Jan. 26, Feb. 2, 9, 16 & 23*

*Feb. 17, 24, Mar. 2, 9 & 16*

*Mar. 8, 15, 22, 29 & Apr. 5*

*Mar. 30, Apr. 6, 13, 20 & 27*

*7:00–9:30 p.m.*

**Weekend Childbirth Preparation**

Designed for the busy couple, this class packs the same information as the five-week class into two days. \$120  
*Jan. 17 & 24, Feb. 14 & 21 or Mar. 13 & 20  
9:30 a.m.–4:30 p.m.*

**Baby Care Basics**

If you are expecting your first child, you won't want to miss this class. Find out what to expect and how to care for your little one. \$45  
*Jan. 14, Feb. 11 or Mar. 10  
7:00–9:30 p.m.*

**Breastfeeding**

Learn how to enjoy and succeed with breastfeeding with the help of a board certified lactation consultant. \$35  
*Jan. 31, Feb. 28 or Mar. 27  
10:00 a.m.–12:30 p.m.*

**Sibling Class**

Help children ages two to eight prepare for the changes that come with the arrival of a new brother or sister. \$20 per child  
*Jan. 24 or Mar. 27  
2- to 3-year olds: 9:00–9:45 a.m.  
4- to 8-year olds: 10:00–11:00 a.m.*

**Prenatal Yoga (New!)**

Designed around the changing needs of a woman's body during pregnancy, prenatal yoga focuses on breathing, grounding the pelvis and releasing the spine. Goals are to increase energy and stamina, build strength and flexibility and improve focus and concentration to assist in labor and delivery. \$110 for 10-week session  
*Fridays, Jan. 9–Mar. 12  
Noon–1:00 p.m.*

**Mommy & Me (New!)**

This 10-week, 60-minute class focuses on the three most important fitness goals after pregnancy: flexibility, resistance training to build muscles in the abdomen and lower back, and low-impact cardiovascular exercise to reduce body fat. Designed for new moms with babies from six weeks to six months. \$110 for 10-week session  
*Fridays, Jan. 9–Mar. 12  
11:00 a.m.–noon*

# Join a Heartwarming Holiday Celebration

Circle of Lights 20<sup>th</sup> Annual Tree Lighting Ceremony

Thursday, December 4 at 5:00 p.m.

Birthing Center Lobby at Prince William Hospital

Every year, the Prince William Health-Care Auxiliary lights trees in front of Prince William Hospital to represent donations made in honor of, in memory of, or in thanks to a loved one, friend or group. You're invited to make a donation or to attend the ceremony, which will be followed by a reception and holiday music.

During this year's ceremony, the volunteers will honor the memory of Keith Parker, a friend and colleague in Prince William Hospital's Engineering Department. Donations to Circle of Lights will benefit Prince William Hospital's Laboratory in memory of Jean Scott, a dedicated employee for over 30 years.

*For more information about becoming a volunteer or to contribute to Circle of Lights, call (703) 369-8720. Or mail a check to: Prince William HealthCare Auxiliary, 8700 Sudley Road, Manassas, VA 20110.*

**Prince William Hospital**  
8700 Sudley Road  
Manassas, VA 20110  
(703) 369-8000

**Counseling Center**  
8680 Hospital Way  
Manassas, VA 20110  
(703) 369-8055

**Wellness Center**  
8640 Sudley Road, Suite 108  
Manassas, VA 20110  
(703) 369-8405

**Fitness Center**  
8640 Sudley Road, Suite 104  
Manassas, VA 20110  
(703) 369-8605

**Home Health**  
8609 Sudley Road, Suite 201  
Manassas, VA 20110  
(703) 369-8448

**Annaburg Manor**  
9201 Maple Street  
Manassas, VA 20110  
(703) 335-8300

**Caton Merchant House**  
9201 Portner Avenue  
Manassas, VA 20110  
(703) 335-8402

**Child Care Center**  
9000 Digges Road  
Manassas, VA 20110  
(703) 369-7929

**Center for Psychiatric  
and Addiction Treatment**  
8680 Hospital Way  
Manassas, VA 20110  
(703) 369-8464

**Medical Center in Gainesville**  
14370 Lee Highway  
Gainesville, VA 20155  
(703) 369-8073 (Radiology Services)  
(703) 369-8194 (Rehabilitation Services)

**Prince William Health System Foundation**  
8609 Sudley Road, Suite 301  
Manassas, VA 20110  
(703) 369-8201



8650 Sudley Road  
Manassas, Virginia 20110

[www.pwhs.org](http://www.pwhs.org)

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