



INOVA LOUDOUN HOSPITAL

INhealth



Inova Loudoun Hospital offers comprehensive care for women at all stages of life

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Stepping Up

The Step Sisters represent a new approach to charity. Working with Inova Loudoun, Fair Oaks and Fairfax hospitals, The Step Sisters provide quality-of-life services



to patients as they battle breast cancer. These services include transportation to appointments, house cleaning, childcare and fresh food delivery.

As children and siblings of breast cancer patients and, in some cases, survivors themselves, The Step Sisters truly understand the daily challenges faced by patients.

Together, Inova and The Step Sisters are working to alleviate some of the day-to-day worry associated with breast cancer diagnosis and treatment, allowing the patient to focus on healing. Learn more at stepsisters.org.

assist mothers in nursing their babies.

For high-risk pregnancies, the Birthing Inn provides specialized care in the Antenatal Testing Center, which offers comprehensive diagnostic tests to monitor the health of mother and baby.

The Natural Birth Center offers a low-intervention option for women seeking to have birthing experiences similar to home deliveries, with the added benefit of immediate access to safe, supportive care, should they need it.

BEST IN BREAST HEALTH

To maintain optimal breast health throughout a woman's lifetime, Inova Breast Care Program offers world-class services from diagnosis through recovery. High-quality, comprehensive breast imaging represents the cornerstone of any breast care program, and to that end, Inova Loudoun

Hospital was recently named a Breast Imaging Center of Excellence by the American College of Radiology.

"This designation reflects our dedication and commitment as a hospital to women's health," says Shannon Lehr, MD, Medical Director for Inova Breast Care Program at Inova Loudoun Hospital. "Our breast fellowship-trained radiologists are second to none, and the same can be said of our imaging technicians."

Breast imaging services include advanced 3-D screening mammography. Other services include diagnostic mammography and breast ultrasound, breast MRI and the full range of minimally invasive, image-guided core needle breast biopsies, including stereotactic breast biopsies.

For women with a strong family history of certain types of cancers, such

as breast and ovarian cancers, there is a robust genetic counseling program.

"Genetic counseling can be truly life-saving," says Dr. Lehr. "Based upon your family history, if there is a concern that you are at risk for having a gene abnormality, the genetic counselor will guide you through the complex decision-making about genetic testing. If a woman elects to be tested and is found to carry an abnormal (or mutated) gene, prophylactic surgery or medical management can be offered to greatly decrease her chances of developing breast and/or ovarian cancer."

Breast surgeons at Inova Loudoun Hospital

- Virginia Chiantella, MD
- Kirsten Edmiston, MD
- Shannon Lehr, MD

Search Inova.org/physicians for more information on each surgeon.

HOW CAN WE HELP?

To connect with an oncology nurse navigator at Inova Loudoun Hospital, visit inova.org/cancer/meet-the-navigators.