

## New Facility Supports More In-Office Procedures by VIVA's Highly Trained Vascular Surgeons



Dr. D'Addio (right) views real-time medical images to guide a vascular surgery procedure at VIVA. He is assisted by Medical Assistant Stephanie Finley.

When local vascular surgeon Victor J. D'Addio, MD, announced he was joining Radiologic Associates of Fredericksburg (RAF) in 2009, some of his patients and medical colleagues were perplexed. Was Dr. D'Addio switching medical specialties?

The answer was "no." Dr. D'Addio moved his vascular surgery practice to RAF's interventional radiology and vascular program, Virginia Interventional & Vascular Associates (VIVA), because the two specialties complement each other. In fact, several other radiology groups with interventional radiology sub-specialists in the United States have vascular surgeons as part of their staff. Dr. D'Addio was joined by a second board-certified vascular surgeon, Larry Koenig, MD, in 2010.

Vascular surgeons are best known for the complex operations they perform requiring hospitalization, such as open surgery to repair potentially deadly abdominal aortic aneurysms. New technology and less invasive treatment options now allow some procedures to be performed in the outpatient office setting.

Interventional radiologists also perform a variety of minimally invasive procedures, including endovascular treatments. Together, the two specialties can offer comprehensive vascular care, regardless of whether a patient requires hospitalization, Dr. D'Addio said.

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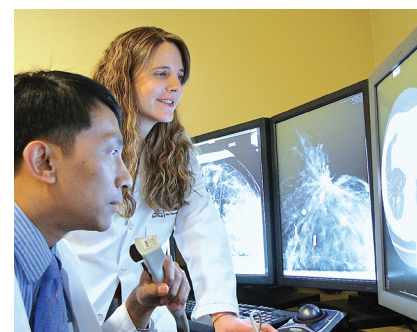
## Local Physicians Consult with RAF When Imaging is Vital to Patient Care

Diagnostic radiologists are best known for their behind-the-scenes interpretation of medical imaging test results. Yet their collaboration with other medical specialists is equally critical to patient care.

David L. Glasser, MD, president of Radiologic Associates of Fredericksburg (RAF), said he and the practice's other board-certified, fellowship-trained diagnostic radiologists spend a significant part of each day discussing cases and medical imaging tests with patients' physicians. Typical cases include:

- Answering an orthopedic surgeon's questions about a patient's imaging tests before surgery to repair a torn meniscus.
- Showing an oncologist how a patient's lymph nodes and tumors are responding to cancer treatment.
- Discussing test findings with a patient's primary care physician to aid in a diagnosis.

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Aye Min, MD (left), Catherine D. Buhler, MD (center), and other RAF radiologists provide consultation to local physicians.

## VIVA Vascular Surgeons Named 'Top Doctors' in NoVA

Victor J. D'Addio, MD and Larry Koenig, MD, the Fredericksburg area's only board-certified, fellowship-trained vascular surgeons, have been recognized in *Northern Virginia Magazine's* Top Doctors list in the February issue. Dr. D'Addio and Dr. Koenig are part of Virginia Interventional & Vascular Services (VIVA).

"Along with asking all the doctors in Northern Virginia who, in their expert opinion, should be dubbed a Top Doctor, we took the process a step further than peer nominations," the magazine's Web site noted. Physician panels at nine local hospitals nominated outstanding doctors based on their internal evaluations, patient reviews, and overall quality of care.

### What do vascular surgeons do?

"Vascular surgeons treat all the veins and arteries in the vascular system except the cranium and heart. Today's vascular surgeons are the only medical discipline trained to care for patients using every vascular treatment available including noninvasive diagnostic tests, medical treatments, minimally invasive procedures, and open surgeries when necessary."

- Society for Vascular Surgery



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### Fellowship Training Important

Dr. D'Addio and Dr. Koenig are the Fredericksburg area's only board-certified, fellowship-trained vascular surgeons – qualifications that Dr. D'Addio noted are significant to patients and their referring physicians.

During their vascular surgery fellowships, Dr. D'Addio and Dr. Koenig received two years of specialized vascular surgery training beyond their five years of general surgery training. Both have also passed exams by the American Board of Surgery that ensure their qualifications in vascular surgery and general surgery.

### In-Office Procedures Growing

VIVA's new facility in Suite 203 of the Professional Plaza at Lee's Hill, 10401 Spotsylvania Avenue, opened in early 2012 with additional space dedicated to in-office procedures. The move from smaller office space in Fredericksburg reflects the evolution of vascular surgery, where more procedures are performed in the office setting.

"Before the move, we were limited by space and were only performing radio frequency ablation (RFA) and sclerotherapy in-office for patients with varicose veins or spider veins. Our endovascular suite in the new facility allows us to handle some peripheral arterial disease cases in-office as well," D'Addio said. "This is a more cost effective option for patients, and makes check-in easier and more convenient."

### Also Serving Two Local Hospitals

For those treatments requiring hospitalization, due to the complexity of the procedure or the patient's general health, VIVA's vascular surgeons serve patients at Mary Washington Hospital in Fredericksburg and Stafford Hospital.

"Mary Washington Hospital was recently recognized for excellence in vascular surgery, based on low complication rates and patient mortality rates for specific procedures reviewed by HealthGrades," Dr. D'Addio noted. HealthGrades, a company that

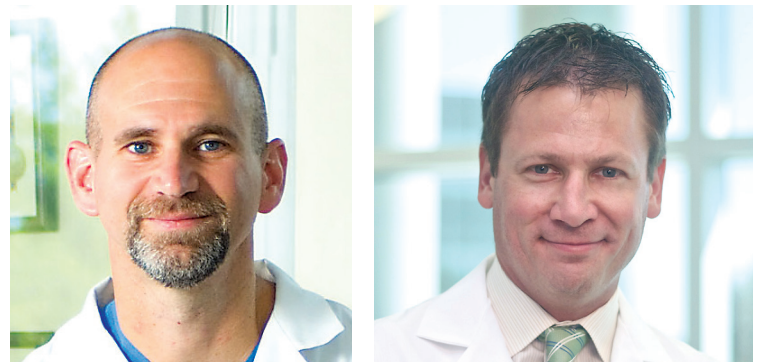
provides consumers with online information about physicians and hospitals, honored Mary Washington with a HealthGrades Vascular Surgery Excellence Award™ in 2013.

### Procedures by VIVA's Vascular Surgeons

Procedures performed by VIVA's vascular surgeons either in-office or at one of two local hospitals include:

- Angiography for peripheral arterial disease (PAD) with minimally invasive interventions including atherectomy, balloon angioplasty, and stent placement
- Comprehensive treatment of varicose veins including radiofrequency ablation (RFA), ambulatory phlebectomy, and sclerotherapy (for spider veins)
- Open surgical repair of abdominal aortic aneurysm (AAA)
- Endovascular stent graft for AAA
- Endarterectomy for carotid artery disease
- Comprehensive care for peripheral arterial disease (PAD), including traditional surgery and endovascular repair
- Vein phlebectomy for varicose veins

Both of VIVA's vascular surgeons also see patients one day a week at the nearby Rappahannock Wound Healing Center, where Dr. D'Addio is medical director. There, they treat patients with chronic wounds due to a variety of conditions, such as external ulcers, injuries, venous stasis and skin disorders. For more information about VIVA's vascular surgery services, contact VIVA at (540) 654-9118 or email VIVA Director Jennifer Dawson at [dawson@vivassociates.com](mailto:dawson@vivassociates.com). VIVA is on the Web at [www.vivassociates.com](http://www.vivassociates.com) and also on Facebook. ■



VIVA's vascular surgeons are Victor J. D'Addio, MD, (left) and Larry Koenig, MD.

## Breast Imaging Specialist Dr. Catherine D. Buhler Joins Radiologic Associates of Fredericksburg

Catherine D. Buhler, MD, a board-certified radiologist who is fellowship trained in breast imaging, has joined Radiologic Associates of Fredericksburg (RAF). Dr. Buhler is serving patients at the Imaging Center for Women in Fredericksburg.

As a new member of RAF, Dr. Buhler specializes in interpreting the images of mammograms, breast ultrasounds, and breast magnetic resonance imaging (MRI) tests for signs of breast cancer, and she also performs breast biopsy studies. She provides patients with compassionate and advanced care and follow-up.

“As a breast imaging specialist, I feel like I am on the forefront of the breast cancer fight. Early detection can improve a patient’s treatment options and offers a better chance of a beneficial outcome,” said Dr. Buhler, who has experienced breast cancer in her own family. Dr. Buhler’s father – among the less than 1% of breast cancer patients who are men – was diagnosed in 2004 and is doing well.

She said she has been impressed with the Imaging Center for Women’s services, and with the dedication and compassion of its staff and other RAF radiologists serving patients there. To reduce the anxious wait for tests, for example, the center tries to offer same-day

mammogram results and same-day needle biopsies, upon request, whenever possible, she noted.

Dr. Buhler received her bachelor of art degree in biology from the University of Virginia. She earned her master of science degree in anatomy and her medical doctorate degree from Virginia Commonwealth University (VCU), where she also gained research and teaching experience.

She completed her medical internship with the VCU Department of Internal Medicine and her medical residency with the VCU Department of Radiology, where she later completed her breast imaging fellowship. Dr. Buhler is board certified in diagnostic radiology.

She is a native of Virginia. ■



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- Helping a hospitalist determine if a patient’s imaging tests indicate the patient may be well enough to be discharged.
- Consulting with an OB-GYN on fetal development findings that may indicate the patient is having complications during pregnancy.
- Asking a patient’s physician for more information in order to select the appropriate medical imaging test and protocol for his or her condition.
- Sitting down with a trauma surgeon to compare a patient’s CT scan images with what the surgeon found when repairing a patient’s perforated bowel, so both doctors can learn from the experience.

### 24/7 Consultations

“We are consultants to the physicians in our community. Whenever a patient’s physician has a question or needs to discuss a case, 24/7, 365 days a year, one of our local radiologists is available,” Dr. Glasser explained.

RAF diagnostic radiologists collaborate with local physicians in several ways, always following The Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy and Security Rules to protect patient confidentiality, Dr. Glasser added. If a patient’s physician wants to speak to the RAF radiologist who supervised the

patient’s medical imaging study, for example, the radiologist is available during his or her regular shift by phone, in person, or through the Primordial System.

“The Primordial System is like a secure instant messaging system that we use to communicate with some of our referring physicians,” Dr. Glasser noted. Referring physicians are encouraged to sign up for the system by contacting RAF Director of Administrative Operations Irene Valentino at [ivalentino@rafadmin.com](mailto:ivalentino@rafadmin.com), (540) 361-1000.

If a patient’s physician needs a consultation after hours, a RAF radiologist is stationed at Mary Washington Hospital round-the-clock and available by calling (540) 741-1571.

RAF’s diagnostic radiologists serve patients at two local hospitals (Mary Washington and Stafford Hospital); four outpatient imaging centers (Medical Imaging of Fredericksburg, the Imaging Center for Women, Medical Imaging at Lee’s Hill and Medical Imaging of North Stafford); and RAF’s interventional radiology and vascular program, Virginia Interventional & Vascular Associates.

Physicians who refer patients to these facilities for testing receive routine results electronically or by fax, depending upon their preferences. Many local physicians use the Picture Archive Communication Systems (PACS) provided by Mary Washington Healthcare and RAF to access their patients’ test results and medical images securely

online. Dr. Glasser said critical test results, such as finding signs of cancer on a CT scan, receive highest priority and are communicated preferably by direct phone call and/or communicated rapidly through an automated module that alerts the patient’s physician.

### Innovations Ahead

To further streamline communications, RAF is planning to introduce a concierge system later this year that will help referring physicians more rapidly locate specific radiologists, many of whom rotate among the facilities served by RAF. Dr. Glasser said RAF is also studying other possibilities, including secure smart applications (smart apps) that would enable a patient’s physician to more easily access test results and images from mobile devices.

### Community Collaboration

In addition to consulting with physicians on individual patient cases, RAF diagnostic radiologists serve with other local specialists on committees that are improving the health of the community. These committees include Mary Washington Healthcare’s (MWHC) cancer conferences, regular gatherings where doctors discuss their most difficult cases; the Virginia Heart & Vascular Institute, a collaboration of heart and vascular specialists at MWHC; the Mary Washington Hospital Foundation; and the MWHC Board of Trustees. ■

[www.rafimaging.com](http://www.rafimaging.com)  
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Ed Swager, Chief Executive Officer

Radiologic Associates of Fredericksburg (RAF) is the largest provider of medical imaging services in the Fredericksburg, Stafford and Spotsylvania area. RAF's interventional radiology and vascular services group, Virginia Interventional & Vascular Associates (VIVA), performs minimally invasive procedures, vascular lab studies and vascular surgery.

RAF publishes *Imaging Advances* periodically for referring physicians and the greater medical community. For more information, please contact Irene Valentino, RAF Director of Administrative Operations, [ivalentino@rafadmin.com](mailto:ivalentino@rafadmin.com), (540) 361-1000.

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## Radiologist Spotlight: James Dean Sprinkle, Jr. MD

A native Virginian, Dr. James Dean Sprinkle, Jr., a board-certified radiologist at Radiologic Associates of Fredericksburg (RAF), grew up in Danville with three older sisters. He likes to clarify that he was named after his father, a thoracic surgeon, rather than the legendary actor James Dean.

At the University of Virginia, Dr. Sprinkle started as a chemistry major but switched over to psychobiology, his first introduction to the neurosciences. He went on to the Medical College of Virginia (MCV), receiving his medical degree in 1991, graduating with honors. Completing his radiology residency and subsequent fellowship in neuroradiology at MCV, he joined RAF in 1996 as the group's first fellowship-trained neuroradiologist.

For 17 years, Dr. Sprinkle has served as RAF's physician director of neuroradiology, today leading a team of five neuroradiologists whose focus is diagnosing abnormalities of the central and peripheral nervous system, spine, head, and neck.

Dr. Sprinkle's education and career have been marked by a series of recognitions, from collegiate awards to professional honors, including election to Alpha Omega Alpha (AOA) Honor Society in his third year of medical school. In 1996, he earned the Silver Medal Award from the American Roentgen Ray Society; in 1997, additional board certification in neuroradiology; and in 1999, the distinction of being the first doctor in Fredericksburg to perform a vertebroplasty, or spinal augmentation. Dr. Sprinkle is a senior member of the American Society of Neuroradiology and a director of the Michael R. Pascucci Lung Cancer Association. At



Mary Washington Healthcare he has served on the stroke team, stereotactic radiosurgery clinical team, the Neuroscience Center of Excellence, as well as trauma services.

"Radiology has changed so much over the past 15 years," Dr. Sprinkle noted. "Our diagnostic firepower, and the technology that supports it, have intensified." How does RAF stay in step with the changes? "With every new staff member, our knowledge base, and ability to better serve our referring physicians and their patients, grows exponentially."

While at MCV, Dr. Sprinkle met his wife, Whitney, who today is a pediatrician with Preferred Pediatrics in Fredericksburg. Together, they are parents to 11-year-old

triplets: two girls, Carter and Grace, and a boy, MacKeon. Rounding out the family is Millie, whom Dr. Sprinkle describes as a "Labrador Non-retriever."

When asked about his passions beyond medicine and family, he is quick to answer: music (trumpet and guitar), golf (single-digit handicap), and the Great Outdoors (kayak fishing, hunting, backpacking). But it is music that consumes most of his leisure time.

Before college, he toured the northeast U.S., Germany, and Switzerland as a trumpet player and later on taught himself guitar. Although classically trained, he has played with various jazz, blues, and rock bands over the years and has journeyed to points near and far to take in the live music scene. He is a primary sponsor of a music festival in Richmond (Scuccifest) that benefits lung cancer research, and was an associate producer for a 2006 documentary titled "Live From... the Hook," profiling Charlottesville's music scene. ■