

Stafford Hospital

## No Need to Commute for High-Quality Interventional Radiology

For many area residents, commuting is a way of life. This is especially true in Stafford County, where the average commute to work is 40 minutes, and nearly 28% of residents travel 60 minutes or more to reach their offices, according to estimates from the latest U.S. Census Bureau American Community Survey.

When it comes to finding interventional radiology treatments, however, Stafford residents have a perfect solution much closer to home at Stafford Hospital. R. Donald Doherty Jr., MD, an interventional radiologist and the medical director of Virginia Interventional & Vascular Associates (VIVA), believes too many North Stafford residents are unnecessarily driving to the Washington, D.C., region for interventional radiology and vascular surgery procedures because they are unaware that nearby Stafford Hospital, opened in 2009, offers advanced treatments by highly qualified physicians, trained at the top institutions – minus the stressful commute.

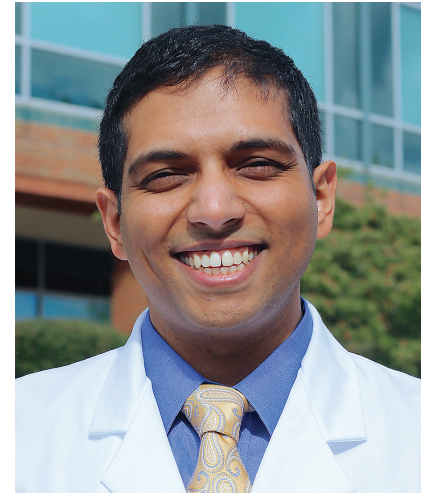
“Stafford Hospital’s interventional radiology facility is beautiful and highly patient focused, with fellowship-trained, board-certified physicians, a seasoned professional staff, and the latest imaging-related technology,” he explained. “When patients learn about the services there, they really value the convenience and quality of care.”

Dr. Doherty is one of five interventional radiologists and two vascular surgeons with VIVA, the interventional radiology and vascular surgery practice of Radiologic Associates of Fredericksburg. VIVA physicians provide services to Stafford Hospital, Mary Washington Hospital in Fredericksburg, and VIVA’s outpatient facility in Spotsylvania.

Interventional radiologists specialize in imaging-guided, minimally invasive procedures for a wide range of medical conditions. Many procedures can be performed on an outpatient basis, with patients returning home the same day, while others require

*No Need to Commute continued page 3*

## Dr. Deepak Raghavan Joins RAF As Neuroradiology Cases Grow for Practice



Deepak Raghavan, MD, has joined Radiologic Associates of Fredericksburg (RAF) in response to the increasing volume of neuroradiology imaging studies handled by the practice, RAF CEO Ed Swager recently announced. Neuroradiology studies such as magnetic resonance imaging (MRI) and computed tomography (CT) scans of the brain, spine, head and neck assist in diagnosing conditions including tumors, stroke, trauma injuries and spinal degenerative disease.

Dr. Raghavan completed his diagnostic neuroradiology fellowship at Brigham and Women’s Hospital, a renowned teaching affiliate of Harvard Medical School in Boston, where he was appointed the chief fellow in neuroradiology. Board certified by the American Board of Radiology, he also was a radiologist for Cape Cod Hospital before joining the Fredericksburg practice. He has co-authored medical research articles for a number of publications, including the *Journal of Neurological Surgery*.

*Dr. Raghavan continued page 3*

## Congratulations



### Congratulations to Mary Washington Healthcare and its patients on the appointment of Dr. Michael McDermott as the new CEO of the health system.

Dr. McDermott has a reputation for critical and visionary thinking, collaborative medical services, and value added methodologies. As the new CEO, Dr. McDermott brings with him a vast array of invaluable talents and abilities:

- A six-year Trustee of Mary Washington Healthcare Board of Directors, with responsibilities that included strategic financial and executive leadership
- Visionary leadership including promotion and introduction of value-based medicine
- President of Virginia Medical Imaging, whose related companies, including joint venture partnership in Medical Imaging of Fredericksburg, provided patients care with the highest clinical standards combined with extraordinary patient satisfaction
- Board member of Medical Imaging Management, where Dr. McDermott formulated and approved employee contracting and benefit packages, including conforming with the Affordable Care Act
- Medical Director of Medical Imaging of Fredericksburg, and Virginia Interventional and Vascular Associates, facilities known for their superior clinical delivery and innovative approach
- Compliance Officer of Radiologic Associates of Fredericksburg and Virginia Medical Imaging, assuring the highest ethical standards and adherences to regulatory and statutory requirements

Many of the nation's top Health Systems achieved superior performance by having a physician such as Dr. McDermott at the helm.

## Radiologist Spotlight: John J. McLaughlin, MD



Dr. McLaughlin (right) in a sweltering operating room in Vietnam.

Dr. John J. McLaughlin, a board-certified diagnostic and interventional radiologist at Radiologic Associates of Fredericksburg (RAF), is a man of many dimensions. He is a medical missionary, meditation instructor, Eastern philosophy enthusiast, classical guitarist, and father of two grown children and two preschoolers.

Dr. McLaughlin was introduced to medicine while he was a college student at the University of San Diego. "One summer, I worked at a clinic in Tijuana, Mexico, for which my father served on the board," Dr. McLaughlin

said. "That started my interest in studying medicine and also in working with the underserved."

He earned his doctor of medicine degree from the State University of New York (SUNY) at Buffalo School of Medicine & Biomedical Sciences and completed his residency in diagnostic radiology at the Mercy Hospital-Pittsburgh and also at University of Maryland Medical System in Baltimore. From there, Dr. McLaughlin worked for 10 years in Buffalo as a diagnostic radiologist, followed by a year fellowship at the University of South Florida in interventional radiology. While at a medical conference in 1998, he learned of a job opening at RAF and soon after moved to Virginia to start his new career.

Today, 20 percent of his time is devoted to diagnostic radiology and 80 percent to interventional radiology (IR), performing minimally invasive procedures to diagnose and treat a variety of medical conditions. He provides IR services to patients at Mary Washington Hospital, Stafford Hospital, and Virginia Interventional & Vascular Associates (VIVA), which is RAF's interventional radiology and vascular surgery practice.

"What I like best about my work is we can help relieve our patients' suffering," he said. "My favorite procedures are vertebroplasty and kyphoplasty, which are minimally invasive procedures for treating painful vertebral compression fractures. For many of our patients, after these procedures are performed, the pain is gone. You can see right away how much better they feel."

Dr. McLaughlin has taken his knowledge of interventional radiology to points far and wide. Once a year for five years, he has ventured on two-week trips to Asia, including Vietnam, India, Sri Lanka, and Burma, to train other physicians in IR procedures. In May 2014, he was in Lima, Peru, for the country's first IR conference, where he met with 10 specialists from around the world. He hopes to return next year to volunteer at a Peruvian hospital.

Over the years, Dr. McLaughlin has developed a keen interest in mental health and the relationship of the mind to overall health and well-being. His daily practice includes formal sitting meditation and a moving meditation such as yoga or tai chi.

He is a co-founder and teacher with the Insight Meditation Community of Fredericksburg and teaches Mindfulness Based Stress Reduction (MBSR) on the Mary Washington Hospital campus. "I think of meditation as a kind of 'internal meteorology,'" he noted. "We can develop a deep awareness of what's happening inside ourselves and measures we can take to reduce fear, anxiety, and stress."

Dr. McLaughlin lives near downtown Fredericksburg with his two children, James, 6, and Kate, 4, and his wife, Stacey, an attorney who shares his love of yoga. She is a founding member of Dragonfly Yoga Studio in Fredericksburg. Dr. McLaughlin also has two grown children, Rebecca, 29, and Luke, 27. Daughter Rebecca is following him in a medical career. "She shadowed us here at RAF last year and liked it so much, she's studying to be a physician assistant."

An avid reader of Eastern philosophy and science books, Dr. McLaughlin has a special interest in particle physics and cosmology. He also plays the classical guitar. "I studied guitar in high school and picked it up again four years ago," he noted. "My brother loaned me his Ramirez guitar that he bought in the '70s. Like so many things, over time, it just keeps getting better and better."

## No Need to Commute continued from page 1

hospitalization due to their greater complexity or the patient's condition.

Stafford Hospital interventional radiology services include the following procedures:

- Uterine fibroid embolization, a minimally invasive alternative to hysterectomy
- Kyphoplasty to stabilize painful compression fractures of the spine
- Interventional oncology procedures to treat cancer, including radiofrequency ablation (RFA) and chemoembolization, as well as tumor biopsies, port placement and paracentesis to remove fluid from the abdomen
- Peripheral arterial disease (PAD) treatments, including stents, balloon angioplasty, and atherectomy to open narrow or blocked peripheral arteries
- Dialysis access management, including vascular grafts and fistulas for patients with kidney disease
- Vascular access for ports, peripherally inserted central catheter (PICC) lines, and intravenous (IV) lines

VIVA physicians also offer consultations and the latest treatments for varicose veins and spider veins, including endovenous laser treatment (EVLT®).

Dr. Doherty believes one reason that North Stafford residents may opt for interventional radiology and vascular surgery services outside the region is because some of their referring physicians in North Stafford are more familiar with healthcare facilities farther north where they once worked or were trained.

To increase awareness, VIVA staff members have been visiting the medical practices of primary care physicians and specialists in the North Stafford area, particularly those located in the highly developed State Route 610 corridor near Garrisonville, noted VIVA Practice Administrator Jennifer Dawson, NP-C, a certified nurse practitioner.

**Referring physician offices** that would like VIVA to visit their offices or provide additional information can contact Dr. Doherty or Jennifer Dawson at (540) 654-9118, [dawson@vivassociates.com](mailto:dawson@vivassociates.com). **Patients** who would like more information can contact VIVA staff at (540) 654-9118, [info@vivassociates.com](mailto:info@vivassociates.com).

### Web resources for more information include:

The Cardiovascular and Interventional Radiology Lab at Stafford Hospital  
<http://www.marywashingtonhealthcare.com/stafford-hospital/services/1180-cardiovascular-and-interventional-radiology-lab>

VIVA Physician Biographies  
<http://www.vivassociates.com/doctors/by-name/>

VIVA Interventional Radiology Services  
<http://www.vivassociates.com/procedures/interventional/>

## Dr. Raghavan continued from page 1

Dr. Raghavan joins five other neuroradiology subspecialists among the practice's 31 physicians: James D. Sprinkle Jr., MD, immediate past physician director; James J. Schuster Jr., MD; Daryle L. Darden, MD; Vishal Bindal, MD; and Edward C. Hwang, MD, section chief. He provides neuroradiology and other diagnostic radiology services to patients at facilities served by RAF including Medical Imaging of Fredericksburg, Mary Washington Hospital, Medical Imaging of North Stafford, Stafford Hospital and Medical Imaging at Lee's Hill.

Medical careers run in the family for Dr. Raghavan, who originates from North Caldwell, NJ. His parents, Padma Raghavan, MD, and Dr. Vijay Raghavan, MD, are primary care physicians at the Veterans Affairs New Jersey Health Care System medical center in East Orange, NJ. Dr. Raghavan's wife, Darshana Alle, MD, is an allergist and immunologist.

Dr. Raghavan knew from an early age that he wanted to follow his parents into medicine. While volunteering at their hospital during high school, he was mentored by a radiologist, who instilled in him an appreciation for the specialty.

"Radiologists play a significant role in diagnosing and supervising imaging procedures for a wide variety of diseases, from gastrointestinal conditions to neurological disorders. That variety and the ability to do something good drew me to the field," Dr. Raghavan said.

Dr. Raghavan received his undergraduate degree from New York University's Stern School of Business and his medical degree from Robert Wood Johnson Medical School in Piscataway, NJ. He completed his transitional intern year at Saint Barnabas Medical Center in Livingston, NJ, and his diagnostic radiology residency at Brown University in Providence, RI.

## Medical Imaging of North Stafford Open Commuter-Friendly Hours

Located near the busy crossroads of Interstate 95 and State Route 610, Medical Imaging of North Stafford offers extended hours for patients before and after their workday. The board-certified, fellowship-trained physicians of Radiologic Associates of Fredericksburg (RAF) serve patients at the accredited facility, which is a partnership of RAF and Mary Washington Healthcare.

**Medical Imaging of North Stafford**  
125 Woodstream Blvd., Suite 109  
Stafford, VA 22556  
540-657-9729

**Office Hours:**  
Monday – Friday 6 a.m.- 8 p.m.  
Saturday 7 a.m.-12 Noon

### Service Hours:

**MRI**  
Monday/Wednesday/Friday 6 a.m. - 5 p.m.  
Tuesday/Thursday 6 a.m. - 8 p.m.  
Saturday 7 a.m. – 12 Noon.

**CT Scan**  
Monday – Friday 6:30 a.m. - 8 p.m.

### Ultrasound

Monday – Friday 7:30 a.m. – 3 p.m.  
Saturday 7:30 a.m. – 12 Noon

### X-ray

Monday – Friday 7 a.m. – 8 p.m.  
Saturday 7 a.m. – 12 Noon

[www.rafimaging.com](http://www.rafimaging.com)  
[www.vivassociates.com](http://www.vivassociates.com)  
**(540) 361-1000**

Ed Swager, Chief Executive Officer

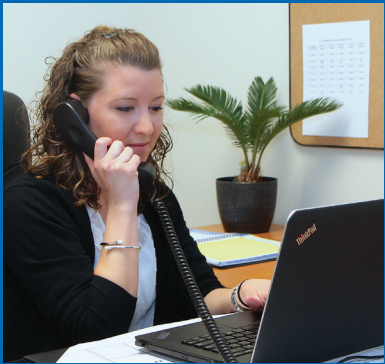
Radiologic Associates of Fredericksburg (RAF) is the largest provider of medical imaging services in the Fredericksburg, Stafford and Spotsylvania area. RAF's interventional radiology and vascular services group, Virginia Interventional & Vascular Associates (VIVA), performs minimally invasive procedures,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

Radiologic Associates of Fredericksburg  
 10401 Spotsylvania Avenue, Suite 200  
 Fredericksburg, VA 22408



*Imaging Advances* is an award-winning publication produced by Health Industry Writers, a division of Susan Carol Associates Public Relations



## Referring Physicians Recommend The Concierge Service for Physicians

Radiologic Associates of Fredericksburg's Concierge Service makes it easier for physicians to locate the appropriate radiology subspecialist to discuss studies and test results. Our concierge can connect you with a radiologist to answer medical questions. She can also help track the status of a patient's study. Referring physicians who have used the service report they are able to reach our radiology subspecialists more quickly since the Concierge Service was launched earlier this year.

*"The Concierge Service is a valuable resource for physicians. The concierge can always find the right radiology subspecialist to speak with about a specific case or study."*

– John T. Biddulph, MD  
 Orthopedic Clinic of Central Virginia



**Contact the Concierge Service**

855-RAF-LINE (855-723-5463)

[concierge@rafadmin.com](mailto:concierge@rafadmin.com)

8:30 a.m. to 5:00 p.m. Monday through Friday