

HEALTH NEWS FROM RIVERVIEW HOSPITAL

FALL 2013

RIVERVIEWS

riverview.org



**PUTTING PAINFUL LOW-BACK
PROBLEMS TO REST.**



ALSO IN THIS ISSUE:

OVERCOMING CANCER CHALLENGES, OSTEOPOROSIS ADVANCEMENTS AND BACK-TO-SCHOOL SAFETY TIPS

Letter from Pat



Welcome to Riverviews! We're delighted you're taking a few minutes to read through our newsletter. We're also extremely excited about all the great news we have to share.

It's already been a busy and exciting year at Riverview Hospital, with a calendar full of engaging, community-focused events. We hosted a successful **Women's Health Event** in January and an equally well-attended **Heart Healthy Cooking Event** in February. March featured the annual **Taste of Business**, and April's **Women of Vision Luncheon** was our most successful yet. We participated in the Noblesville and Westfield **Relay for Life** in May. And in June, we hosted a **National Cancer Survivors Day Celebration** and participated in the **Farmers Market Health Fair** in Noblesville. July was filled with fun summertime events, including the **Street Dance, 4-H Fair and Farmers Market Kids Day**.

Of course, the thread that connects all these terrific events is our unwavering commitment to community outreach. Thanks to the contributions of our valued and dedicated community partners, we're able to maintain our existing outreach efforts and introduce new events. We believe this represents one of the cornerstones of our commitment to keeping our community healthy.

We've already noted some of the year's most successful events, but there are plenty more to come. In August, we'll participate in the **Noblesville Fit Fest Triathlon and 5K Run** to benefit Riverview Hospital Foundation. We'll also team up with the national nonprofit **Project Fit America** in September to assist with its efforts in developing programs for cardiovascular health and fitness for area schools. We're looking forward to serving as the exclusive hospital services provider at the inaugural **Hamilton County Health & Wellness Expo** in September. And in October, our focus will shift to our annual **Breast Cancer Celebration of Life** honoring survivors.

At Riverview Hospital, we're always looking for ways to improve your experience. Community outreach is one critical example. Equally important, though, are the educational seminars we host on a monthly basis. Our specialists cover a number of topics ranging from sinus and allergy issues, to sleep disorders and joint replacement. For us, it's about serving you and helping make our community the healthiest it can be. We hope you'll join us in the movement!

Pat Fox
PRESIDENT AND CEO, RIVERVIEW HOSPITAL

At Riverview Hospital, our mission is to improve and preserve the health and well-being of those we serve. Our vision is to redefine the healthcare experience, becoming the best place to work, practice medicine and receive care.



HEALTH NEWS FROM RIVERVIEW HOSPITAL

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inside this issue:

- News and information 2
- Innovations in spine surgery..... 3
- Ask the expert:
Osteoporosis and kyphoplasty..... 4
- Overcoming cancer challenges..... 5
- Back-to-school safety tips..... 7
- Staying ahead of concussions..... 7
- Project Fit: Kids in motion..... 8
- Upcoming seminars and events 9

Looking for a physician?

Riverview Medical Group is our network of primary, specialty and immediate care physicians conveniently located throughout Hamilton and Tipton counties. For a complete listing of physicians and office locations, visit riverviewmedicalgroup.org and click on the Provider Guide.

Riverviews is published for the health of the Hamilton County and Tipton County communities.

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Questions or Comments?

Call 317.776.7999

We hope you enjoy receiving news and information from Riverview Hospital and its affiliates. If you do not wish to receive this newsletter, please send an email with your name and address to info@riverview.org or call 317.776.7999.

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Exciting changes at Riverview

At Riverview Hospital, we're continually making enhancements to ensure we're always providing top-notch service to our patients and guests.

Improved access to outpatient services

We're making it easier for you to access outpatient services by combining many of our services—including Outpatient Laboratory, Radiology and Wound Care—to a central location near the Riverview Hospital Emergency Center. Along with this, we recently opened a new registration area just inside the Emergency Center that provides one-stop access to outpatient registration. In addition, our newly relocated Wound Care department now features a hyperbaric chamber that allows for the use of hyperbaric oxygen to heal complex wounds.

New clinicians

Please join us in welcoming the following specialists:

- **Michael Agostino, MD**
Specializes in ear, nose and throat disorders
- **Anthony Ascoti, MD**
Specializes in thoracic surgery
- **Carolyn Cebalo, PT, WCS**
Specializes in women's health services, including treatment of pelvic floor disorders and incontinence

New hours at Noblesville CarePoint

Noblesville CarePoint Immediate Care has changed its hours, and is now open Saturday and Sunday from 8 am-4 pm.

The Road to Wellness Starts Here

Riverview Hospital is committed to improving the health and wellness of the entire Hamilton County and Tipton County communities. We've introduced a variety of healthy-lifestyle programs in recent years, in an effort to promote the importance of staying on top of one's baseline health. It's with that same goal in mind that we've included a series of "Wellness Tips" in this issue of Riverviews.



Upcoming Seminars and Events

At Riverview Hospital, we offer a series of educational seminars, screenings and other events aimed at helping you stay well. We invite you to join our experts to learn more about specific medical conditions, as well as the advanced treatment options available at Riverview. Many of the informational programs include a light dinner, as well as plenty of time for questions and answers. We look forward to seeing you there.

SIGN UP FOR OUR E-NEWSLETTER!

Want to keep up on the latest from Riverview Hospital? Stay connected by signing up for our e-newsletter. Visit riverview.org to register. Sign-up is easy!



Look for one of these icons for great health advice!

TRANSFORMING PAIN WITH AN INNOVATIVE SPINAL PROCEDURE.

“The pain was so bad that it was becoming difficult to do even the simplest things in life, like walk my dog.”

For 54-year-old Jill Hittinger, the pain she was having in her low-back, hip and quadri- ceph was becoming more than just a nuisance. It was literally taking over her life.

“I was a runner, and enjoyed doing some type of exercise every day,” said Jill. “But the pain was making it hard to stick to a routine, and it was beginning to affect my work as well. I travel a lot with my job, and walking through airport terminals was almost unbearable. I knew I had to find a way to fix the problem.”

After more than a year of dealing with the pain, Jill decided it was time to see her doctor. And it came as no surprise when her doctor recommended physical therapy. But when physical therapy did not yield the results she was hoping for, Jill decided to take yet another step toward finding a solution.

An MRI revealed there was a much bigger problem than Jill anticipated, and her doctor suggested she see a doctor who specializes in back and neck pain right away.

“I was shocked to see the results of my MRI,” noted Jill. “I had severe degenerative disc disease, severe stenosis or arthritis, and moderate scoliosis. I had no idea I had that many problems with my spine.”

The thought of surgery scared Jill, so she initially sought more conservative treatments, such as cortisone injections and medication, to help ease her pain. But nothing took the pain away. Instead, Jill pushed through it, refusing to listen when doctors told her she was going to have to give up things like running.

At Jill's insistence, her doctor referred her to Dr. Praveen Perni, a board certified and fellowship trained orthopedic spine surgeon practicing at Riverview Hospital. Her question to him was simple: Is surgery a viable option?

“By the time Jill came into my office, she was in tremendous pain,” said Dr. Perni. “I knew immediately after seeing her X-ray and MRI results that she could benefit from surgery, so I explained the recommended procedure to her and we ended up setting a surgery date before she left.”

The procedure, called a transforaminal lumbar interbody fusion or TLIF, is an innovative approach to spinal fusion surgery. In this procedure, surgeons at Riverview Hospital decompress pinched nerves by removing bone spurs as well as the intervertebral discs, and then join together two or more bones using rods and screws. In addition, they place a bone graft along the vertebrae to be fused. The goal of the surgery is for the bone graft to grow over the disc space, creating one

long bone and, thereby, stabilizing the spine and reducing pain.

“Jill's surgery went extremely well and she was back to her normal activities within days,” said Dr. Perni. “One of the benefits of a TLIF is that we don't have to retract the nerve roots as much, which can reduce post-operative pain and lead to a faster, more complete recovery.”

Jill knew almost immediately that the surgery was a success. “I was literally walking the same night I had surgery and my leg pain was completely gone,” commented Jill. “It was amazing. And the pain hasn't returned in the nearly five months since my surgery.”

Today, Jill is back to doing just about everything she was doing before the pain started, with the exception of high-impact exercises. She traveled for the first time at the end of May and said she felt good enough to walk the airport while waiting for her flight.

“Walking is something you take for granted, but when you have a pinched nerve, the body just doesn't want to cooperate,” said Jill. “I knew after talking with Dr. Perni that surgery was the right option and that he was going to take great care of me. I don't regret my decision and I'm thankful to once again be doing the things I love most in life.”

PICTURED AT LEFT
Jill had an innovative spinal surgery at Riverview Hospital that eliminated her back, hip and leg pain.

ASK THE EXPERT

Kyphoplasty: Strengthening the spine with cement.

Q: What is osteopenia/osteoporosis?

A: With osteopenia/osteoporosis, your bones become fragile and can easily break. The disease causes more than 700,000 spinal fractures in the US each year, which is more than hip and wrist fractures combined. An estimated 58 million Americans have osteopenia/osteoporosis, and studies suggest nearly one in two women and one in four men age 50 and older will break a bone due to osteoporosis.

Q: What are the symptoms of a spinal fracture?

A: This type of fracture can cause sudden, severe back pain—even with the simplest movement. If you experience this pain, you should see a pain specialist as soon as possible.

Q: How is a spinal fracture treated?

A: Traditionally, spinal fractures are treated with bed rest, pain medication and back braces. If you have a fracture that does not respond to conservative treatment, you may want to talk with a pain specialist about another technique known as balloon kyphoplasty.

Q: What is balloon kyphoplasty?

A: Balloon kyphoplasty is a surgical technique that helps correct spinal fractures. In this procedure, doctors inflate a small balloon into the fractured vertebrae and insert cement to stabilize the fracture and reduce pain.

For more information on kyphoplasty, visit riverview.org.

Source: National Osteoporosis Foundation



Osteoporosis Prevention

Osteoporosis can be a crippling disease. The good news is that there are concrete steps you can take to help prevent it. Start by eating healthy foods like milk and soy products that help build strong bones, be sure to get lots of exercise, and cut back on bad habits like smoking and excessive alcohol consumption.

Dr. John Ward is an interventional pain specialist with Riverview Medical Group who specializes in balloon kyphoplasty.





Courtney overcame breast cancer and, today, is enjoying life with her husband and two young sons.

OVERCOMING THE ODDS: COURTNEY'S FIGHT AGAINST CANCER.

Excitement bubbled in 35-year-old Courtney Nichols as she prepared to return to the classroom as a substitute teacher in the fall of 2012. And even though she felt ready to tackle just about anything, she never imagined she'd find herself in a battle for her life against a silent killer.

"I was diagnosed with stage 2, grade 3 invasive ductal carcinoma in my left breast and lymph nodes in September 2012," said Courtney, a mother of two young boys. "The diagnosis left me numb. It was like the whole world came crashing down on me in an instant."

Indeed, it was a daunting diagnosis. Courtney learned that the type of cancer she had was the most common form of breast cancer, accounting for nearly 80 percent of all breast cancer cases—and one that can quickly spread throughout the body. But she didn't let the fear stop her. Instead she began searching for the right team of experts to help her overcome the odds.

After four months of chemotherapy and a mastectomy,

Courtney began radiation therapy at Riverview Hospital Cancer Center, under the care of radiation oncologist, Thomas Dugan, MD.

"From the moment I walked through the door and sweet Eva Sue greeted me with a smile, I knew I was in a place where I was going to love and be loved," recalled Courtney. "I hadn't walked into any ordinary office where I was going to be treated like a patient with an illness. I had walked into an environment where I was going to be cared for as a human being who needed love, compassion and healing."

Courtney was right. At Riverview Hospital, we pride ourselves on delivering compassionate, expert cancer care—so people like Courtney can enjoy happier, healthier lives. Here, some of

the nation's top cancer doctors, nurses and staff work together to provide the best in cancer diagnosis and treatment. Our unwavering commitment to our patients is evidenced by our recent Commission on Cancer accreditation by the American College of Surgeons—a designation awarded only to leading cancer programs that consistently deliver the most advanced cancer care.

"This accreditation validates that we have the advanced expertise and latest cancer-fighting technologies to deliver high-quality, patient-focused care," said Phil Partlan, director of the cancer program at Riverview Hospital. "Additionally, we are the only hospital in Hamilton County that has received this prestigious distinction."

Comprehensive, individualized care that was close to home was exactly what Courtney needed.

"Dr. Dugan took all the time I needed to thoroughly explain the radiation treatment and why he thought I'd benefit from it," said Courtney. "He answered all my questions and helped put my mind at ease about my therapy. And during my treatment, he took the time to get to know me as a person, and that made me feel valued."

That welcoming, comforting feeling didn't end there for Courtney. From Dr. Dugan and the radiation therapists, to the patient navigator and volunteers, Courtney remembers everyone being there to support her.

"They cared about me. I wasn't just another patient on that table," said Courtney. "They walked me through every step of the process and made sure I was comfortable and prepared for what came next. I always knew I was in capable hands."

As Courtney neared the end of her radiation treatment, she experienced something else she never dreamed possible—that she'd be sad leaving what she called "an extraordinary place."

"I'm not sure how many cancer patients can say they truly look forward to going to radiation therapy each day, but I am one of them. I walked through those doors with such joy in my heart knowing that I was in the care of such phenomenal people. I'm convinced that I received the best care possible, and I look forward to giving back through the volunteer work that I'm now doing in that very office."

UPCOMING EVENT Breast Cancer Celebration of Life

When: October 17, 6-8 pm
Where: Mill Top Banquet and Conference Center, Noblesville

Join us in celebrating the lives of those touched by cancer. Cancer survivors, family and friends can enjoy this special evening of fellowship presented by Riverview Hospital and hosted by Julia Moffitt, an Emmy-award winning anchor and reporter for WTHR—Channel 13. Keynote speaker, Kathleen Spears, CEO of Cancer Support Community-Central Indiana, will share her expertise on survivorship. Two local survivors will also share their remarkable stories of their journey to overcome cancer. Hors d'oeuvres will be served. Cost is \$8 per person and registration is required. Register at riverview.org or call 317.776.7999.



Did you know?

Indiana passed a new law that went into effect July 1 requiring doctors to notify women who have a mammogram if they have dense breast tissue, which is defined as more than 50 percent density.

Why? First, having dense breasts may increase your risk of breast cancer. Second, because dense tissue and lumps both appear white on a mammogram, it can be more difficult for doctors to detect cancer on a mammogram.

The American College of Radiology recommends that women who receive a notification follow up with their physician regarding risk factors and possible additional screenings. It's important to note that additional screenings, such as ultrasound and MRI, may result in more out-of-pocket costs, so women are encouraged to check with their insurance company before deciding to have another test.

For more information on this new legislation, visit riverview.org.



Early Detection Makes All the Difference

Monthly breast exams are a simple way for women to detect changes in their breasts that could be symptomatic of a more serious problem. The American Cancer Society recommends that women have a yearly mammogram beginning at age 40.



A HEALTHY START TO A NEW SCHOOL YEAR.

The start of a new school year is an exciting time for children and families. Friends reunite, sports and extracurricular activities are in full swing and children are ready to learn. As you plan for the year ahead, consider these tips to help keep your kids and others safe.



Backpack safety

Research shows improper backpack use can cause a host of back, shoulder and neck problems—including poor posture, curvature of the spine, circulation and nerve problems, and even spinal compression. To avoid these problems, it's important to pay close attention to how your child carries his or her backpack, as well as how heavy it is. The total weight of a backpack with books should be no more than 15 percent of your child's body weight.

Large, padded straps lessen the likelihood of nerve compression and two straps rather than one can help distribute the load over both sides of the body. In addition, backpacks with multiple compartments and a waist strap help evenly distribute the weight of the backpack throughout the body. If your child is fitted for and appropriately uses a backpack, it can be a practical tool that uses some of the strongest muscles in the body—the back and abdominals.

Bicycle safety

Many children enjoy riding their bicycle to school or after school. It's fun, healthy and a great way to be independent. However, it's important to remember that a bicycle is not a toy—it's a vehicle. Therefore, it's crucial to ensure children always wear a properly fitted bicycle helmet. Doing so not only protects your child's brain, but can also save your child's life.

According to the National Highway Traffic Safety Administration (NHTSA), a bicycle helmet should be snug, level and stable on the head and should cover most of the forehead before any adjustments are made.

The NHTSA suggests following the "2 x 2 x 2" rule. With the helmet level on your head, you should see the very edge or rim of the helmet when you look up past the eyebrows. This is about two-finger widths above the eyebrow. The straps should meet and form a "V" right under each ear lobe. To check, form a "V" with two fingers around the ear. Lastly, once the straps are adjusted in a "V," buckle them. The straps should be snug, but not too tight. Adjust until you can put no more than two fingers between the strap and the chin.

Following these tips will help ensure your child enjoys a safe start to the school year.

Staying ahead of concussions.

Stephen Jacobsen, MD, an orthopedic surgeon with Hazel Dell Orthopaedics & Sports Medicine, has earned the title of Credentialed ImPACT Consultant (CIC). Dr. Jacobsen is the only physician in Noblesville who has this credential and one of only five others within a 50-mile radius.

The ImPACT Concussion Testing program, available through Noblesville Riverview Rehab & Fitness, provides student-athletes with a baseline of their neurocognitive abilities. This baseline is used to compare against post-test results if a student-athlete sustains a head injury. As a CIC, Dr. Jacobsen will be able to interpret post-concussion data with baseline data to help determine the severity and effects of the injury. This helps determine when the athlete's neurocognitive brain function has returned to baseline scores and, therefore, is safe to return to sports.

Dr. Stephen Jacobsen, an orthopedic surgeon with Riverview Medical Group, is now a Credentialed ImPACT Consultant.



Stay in the Game by Staying Hydrated

No matter what your level of competition, it's always important to stay hydrated before, during and after exercising. If you're not hydrated, your body can't perform at the highest level. You may even experience fatigue, muscle cramps or dizziness. Play it safe and drink plenty of fluids!



Taking Action to Help a Child Lose Weight

The Centers for Disease Control and Prevention reports that child obesity has more than doubled in children and tripled in adolescents in the past 30 years. Reversing this troubling trend begins by encouraging kids to eat healthier foods, to control portions, and, above all, to be active!



Make a splash at Luau on the Lake

Riverview Hospital Foundation will host its second annual Luau on the Lake at Harbour Trees Beach Club. This fun family event will feature good food and live music, plus a splash dive, hula-hoop contest and water balloon toss. The event is open to all ages, so put on your bathing suit and come make a splash!

Luau on the Lake

When: September 12, 2013

Where: Harbour Trees Beach Club

Time: 5-8 pm

Cost: \$20/adult and \$10/child (pre-registration); \$25/adult and \$15/child (at the door)

To register, contact Jessica Deering at 317.776.7938 or jdeering@riverview.org.

Bryce Adam, a Riverview Hospital Foundation board member, made a splash at the 2012 Luau on the Lake.



GRANTING GREAT HEALTH IN OUR ELEMENTARY SCHOOLS.

In response to a growing need in our community to promote health and activity among children, Riverview Hospital Foundation is partnering with Project Fit America to provide advanced outdoor and indoor fitness equipment, curriculum materials and teacher training to Hamilton County elementary schools.

Project Fit is a national agency that works with local organizations and education systems to bring together resources for schools that help children get fit. Riverview Hospital has previously sponsored the Project Fit program at two Noblesville schools—White River Elementary (2010) and Noble Crossing Elementary (2012)—with great success. Results showed students at those schools increased their physical activity, knowledge of health and curriculum, and awareness of fitness.

Riverview Hospital Foundation is now sponsoring the program at two additional elementary schools in Noblesville—Promise Road Elementary and Stony Creek Elementary—with the same goal in mind.

"We're very enthusiastic about our partnership with Project Fit and these outstanding elementary schools," said Riverview Hospital Foundation executive director, Trish Oman. "Project Fit motivates children through fun challenges and curriculum, and thanks to our donors, we anticipate outstanding results."

The completion date for Promise Road Elementary and Stony Creek Elementary is slated for fall 2013. Fun-filled kick-off events will be held September 12 at both schools and progress among the students will be tracked throughout the school year.

"We are grateful to have been granted the Project Fit program at our school," said Stony Creek Elementary principal, Heidi Karst. "We look forward to seeing the progress our students make throughout the school year."

Riverview Hospital Foundation thanks the following donors for making the Project Fit program possible:

Promise Road Elementary

The Joe and Mona Reynolds Family

Stony Creek Elementary

Wiles Family, Noblesville Kiwanis Sunrisers, Riverview Hospital Foundation Friends, Stony Creek Parents, Drayer Family Foundation and William Parker Family



White River Elementary School students test out new fitness equipment during the Project Fit kick-off event.

Upcoming Seminars & Events

SEPTEMBER

Tipton County Pork Festival

When: September 5-7

Where: Downtown Tipton

Join Riverview Hospital at the 2013 Tipton County Pork Festival and discover the many ways we can help you improve your overall health and well-being. Stop by our tent and meet some of our experts, learn about healthy choices for you and your family, and register to win a healthy prize package.



Riverview Hospital Maternity Center Tour

When: September 8, 3-4 pm

Where: Riverview Hospital (Maternity Center in Women's Pavilion)

Get an up-close and behind-the-scenes tour of the Riverview Hospital Maternity Center, led by a registered nurse. Tour includes labor and delivery suites, triage rooms, the special care nursery, mother/baby suites and more. Register at riverview.org.



Joint Replacement Seminar

When: September 12, 6-7 pm

Where: Riverview Hospital (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified and fellowship trained orthopedic surgeon, will discuss the latest techniques and procedures for hip and knee replacement, including the anterior hip replacement. He will also explain procedure and treatment options, and talk about who is a good candidate for surgery. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

Riverview Hospital Auxiliary Luncheon and Style Show

When: September 19, 11 am-1:30 pm

Where: Ritz Charles, 12156 N. Meridian St., Carmel

Riverview Auxiliary will host the Autumn Elegance Luncheon and Style Show, featuring fashions from The Secret Ingredient. Registration and shopping begin at 11 am, with lunch served at noon. The style show gets underway at 12:45 pm. Cost is \$35 per person. For more information, contact Susan Beckwith at 317.776.7236.

Alzheimer's Roundtable

When: September 19, 6-7 pm

Where: Riverview Hospital (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Riverview Hospital will host a roundtable discussion to help educate and inform our community about Alzheimer's disease, dementia and memory loss. The panel, led by neurologist Dr. Michael Levine, includes experts from the Alzheimer's Association, CICOA and other long-term care partners. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

Noblesville Schools Education Foundation – Run for the Fund

When: September 21, First race begins at 7:30 am

Where: Noblesville High School

Runners of all ages are invited to join Noblesville Schools Education Foundation for this year's Run for the Fund, presented by Riverview Hospital and the City of Noblesville. The run features three races: a 10-mile, a 5K and a 1-mile fun run and walk. All proceeds benefit the Education Foundation. Register online at www.kenlongassoc.com, or the day of the event at 7 am.

FEATURED EVENT

Hamilton County Health & Wellness Expo

When: September 21, 8 am-5 pm and September 22, 11 am-4 pm

Where: Hamilton County 4-H Fairgrounds – Exhibition Hall

Riverview Hospital is proud to be the exclusive hospital services provider at the inaugural Hamilton County Health & Wellness Expo. Riverview Hospital and other health and wellness experts from our community will offer a variety of screenings, seminars, wellness activities and health information. Flu shots will also be available. This collaborative event will offer a wide range of services and will take the place of the Riverview Health Fair traditionally held in October. For more information, visit riverview.org or call 317.776.7999.



OCTOBER

Cancer 101

When: October 3, 6-7 pm

Where: Riverview Hospital (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Thomas Dugan, a board certified radiation oncologist, will share information on cancer, including the basics of what cancer is, steps for prevention and the latest treatments. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

Riverview Hospital Maternity Center Tour

When: October 6, 3-4 pm

Where: Riverview Hospital (Maternity Center in Women's Pavilion)

Get an up-close and behind-the-scenes tour of the Riverview Hospital Maternity Center, led by a registered nurse. Tour includes labor and delivery suites, triage rooms, the special care nursery, mother/baby suites and more. Register at riverview.org.

Joint Pain Seminar

When: October 8, 6-7 pm

Where: Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel

Dr. Norman Mindrebo, a board certified orthopedic surgeon, will share information on the newest techniques for joint pain and joint replacement. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

Breast Cancer Celebration of Life

When: October 17, 6-8 pm

Where: Mill Top Banquet and Conference Center, Noblesville

Riverview Hospital invites you to join us in celebrating the lives of those who have been touched by cancer. Cancer survivors, family and friends



can enjoy this special evening of fellowship and sharing presented by Riverview and hosted by Julia Moffitt, an Emmy-award winning anchor and reporter for WTHR—Channel 13. Keynote speaker, Kathleen Spears, CEO of Cancer Support Community—Central Indiana, will share her expertise on survivorship. Two local survivors will also share their remarkable stories of their journey to overcome cancer. Hors d'oeuvres will be served. Cost is \$8 per person and registration is required. Register at riverview.org or call 317.776.7999.

Joint Replacement Seminar

When: October 29, 6-7 pm

Where: Riverview Hospital (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified and fellowship trained orthopedic surgeon, will discuss the latest techniques and procedures for hip and knee replacement, including the anterior hip replacement. He will also explain procedure and treatment options, and talk about who is a good candidate for surgery. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

INTERESTED IN DONATING BLOOD?

When: September 10 (9 am-1 pm)
October 8 (2-6 pm)
November 12 (9 am-1 pm)

Where: Riverview Hospital (Surgery Pavilion)

Donating blood may be one of the most important things you'll ever do. The need is constant, the process is easy, and your donation might just save a life. Raise your sleeve and donate blood to help others in your community.

To learn more, please visit [Indiana Blood Center at indianablood.org](http://IndianaBloodCenter.org).



SUPPORT GROUPS

Breastfeeding Support Group

When: Every Thursday, 10:30 am-12 pm

Where: Riverview Hospital (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Information: 317.776.7202

Infant Loss Support Group

When: Last Thursday of every month, 7 pm

Where: Riverview Hospital (Dad's Retreat, lower level of Women's Pavilion)

Information: Dede Flaherty, dflaherty@riverview.org

Diabetes Support Group

When: Second Thursday of every month, 7 pm

Where: Riverview Hospital (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Information: Riverview Medical Group Diabetes Center, 317.776.7233 or Lori Stiner, 317.519.3895

Cancer Patient Support Group

When: First and third Tuesdays of every month, 7 pm

Where: Riverview Hospital Cancer Center (enter through Emergency Center)

Information: 317.257.1505 (a brief interview is required prior to participation)

Mended Hearts

When: Third Wednesday of every month, 12-2 pm

Where: Riverview Hospital (Classrooms A & B, lower level of Professional Building)

Information: 317.776.7377



To register for an event or learn more, please visit riverview.org or call 317.776.7999.

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Hamilton County's Only Nationally Accredited Cancer Center.

At Riverview Hospital, the nation's top oncologists, nurses and staff are fighting cancer with the most advanced technology—so you can enjoy a happier, healthier life. And now our unwavering commitment to providing the best in cancer diagnosis and treatment has earned us the prestigious Commission on Cancer accreditation by the American College of Surgeons. This designation is awarded only to cancer programs that consistently deliver high-quality, patient-focused care—and it ensures you'll receive the comprehensive and individualized care you deserve, close to home.

Learn more at riverview.org/cancer-center.html

riverview.org