

NEWS FROM RIVERVIEW HEALTH

FALL-WINTER 2016

# RIVERVIEWS

[riverview.org](http://riverview.org)



## TARGETING PAIN RELIEF THROUGH HAND SURGERY



**ALSO IN THIS ISSUE:**

BECOMING A FAMILY OF FOUR, DOS AND DON'TS OF MEN'S HEALTH, BEST MILK OPTIONS FOR YOUR KIDS, AND A PROFILE IN PHILANTHROPY

# Letter from Seth



Hello, and welcome to Riverviews! Thank you for taking the time to read our magazine. We've done our best to fill it with helpful information we hope you'll enjoy.

I've spent the past months as the new President & CEO of Riverview Health getting to know the staff, volunteers and community members we serve. By taking a step back to observe the inner-workings of our organization, I was able to learn about our services and relationship with the community. We truly are doing great things here, and in my new role, I'm eager to continue to ensure Riverview Health is meeting—and exceeding—your expectations.

Spring of 2016 brought about the start of several changes—with my transition into this role and with breaking ground on our new outpatient facility in Westfield. We're so excited to see the progress on this new location, but even more thrilled by what this means for you. With this building and our planned expansion on our main campus, we have our eye on the future of healthcare. To us, that means working around your busy schedule and providing more convenient access to a variety of services and specialists.

Speaking of growing onward and upward, in July, we merged our two long-standing OB/GYN practices under a single name—Riverview Health Physicians OB/GYN. This union brings together a combined group of outstanding OB/GYN physicians for a more collaborative environment at three locations in Hamilton and Tipton counties and a wider range of options for appointment times.

To continue to represent a unified effort in patient care, Riverview Health is also transitioning to Epic, one of the nation's leading electronic health record systems. The transition will be complete by next summer and will include several tools to streamline your care, such as integrated clinical and financial accounts for hospital and Riverview Health Physicians services. It'll also provide a new, comprehensive online patient portal that gives you access to your upcoming appointments, lab results, visit summaries, patient education tools, healthcare reminders and other portions of your medical chart. You'll also have the ability to send a message to your providers, view and pay bills, and request appointments.

Like the color transformation of leaves on trees in autumn, our upcoming changes will pave the path for new growth. Everything we do, we do with you in mind. As we expand into the future of healthcare, we're excited for this journey and to take you along with us.

Have a happy and healthy fall and winter!

Seth Warren,  
PRESIDENT AND CEO, RIVERVIEW HEALTH

*At Riverview Health, 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.*



## NEWS FROM RIVERVIEW HEALTH *Fall-Winter 2016*

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### LOOKING FOR A PHYSICIAN?

Riverview Health Physicians 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 [riverview.org](http://riverview.org).

Riverviews is published for the health of people living in Hamilton and Tipton counties.

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We hope you enjoy receiving news and information from Riverview Health 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](mailto:info@riverview.org) or call 317.776.7999.

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# Exciting changes at Riverview Health

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

## 2016 PRC 5-Star Excellence Awards

Riverview Health was recently chosen as a 2016 Five-Star Excellence Award winner by Professional Research Consultants (PRC), Inc., a healthcare market research company. The honor was given to 3-East inpatient Med/Surg unit and inpatient Maternity Services for scoring in the top 10 percent nationally for overall quality of care according to patient feedback.

## Riverview Health to Serve as Exclusive Sports Medicine Provider for Three Local Schools

Earlier this year, Riverview Health became the exclusive sports medicine provider for Clinton Central School Corporation, Hamilton Heights School Corporation and Sheridan Community Schools. As part of the agreement, Riverview Health will provide onsite certified athletic trainers and a weekly injury clinic for Sheridan and Hamilton Heights students participating in school sports. Under the supervision of a board certified sports medicine physician, Riverview Health will provide comprehensive medical care—including ImPACT concussion testing, injury evaluation and physical exams—to student athletes.

## Riverview Health Wound Care Receives Hyperbaric Accreditation

Riverview Health is the first facility in Indiana to be accredited for hyperbaric medicine by the Undersea and Hyperbaric Medical Society. To be accredited for hyperbaric medicine, Riverview Health Wound Care successfully completed a rigorous assessment process that reviews equipment and facility capabilities, quality of care and staff qualifications. **Learn more at [riverview.org/Hyperbaric](http://riverview.org/Hyperbaric)**

## New Clinicians

Please join us in welcoming the following clinicians:

- » **Jonathan M. Anagnostou, MD**—specializes in anesthesiology
- » **Joseph Hui, MD**—specializes in sports medicine
- » **Jeffrey Klak, DO**—specializes in family medicine
- » **Evan Kreutzer, MD**—specializes in pediatrics
- » **Thomas Schleeter, MD**—specializes in cardiology

## Winter Workouts with Your Everyday Surroundings

As the weather gets colder, it's time to prepare to move your exercise routine indoors. Looking for ways to get your heart beating in your everyday indoor environment doesn't have to be hard. Walking a few extra laps around the mall when you're out holiday shopping can add to your needed daily steps. Transform your living room into your own personal gym by using your couch's edge to do modified push-ups, which slim your triceps. Or try grabbing a filled can of soup or bottle of water to do curls to strengthen your biceps.



For more wellness tips, look for these icons throughout this issue of Riverviews.



## UPCOMING Seminars & Events

At Riverview Health, 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 Health. 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. **For more information, visit [riverview.org/classes](http://riverview.org/classes).**

## GIFTING for a Great Cause

Since 1976, Riverview Health Foundation has provided funding to help purchase technology, enhance capabilities and expand the services at Riverview Health. Interested in donating? **Call 317.776.7938 or visit [riverview.org/donate](http://riverview.org/donate).**

## SIGN UP for our E-Newsletter!

Want to keep up on the latest from Riverview Health? Stay connected by signing up for our e-newsletter at [riverview.org/subscribe](http://riverview.org/subscribe). **Sign-up is easy!**



# TARGETING PAIN RELIEF THROUGH HAND SURGERY



Before hand surgery at Riverview Health, Larry VanHorn's ring finger on his right hand would become locked in a closed position, making it hard to perform daily activities. Now, he's pain-free and has no trouble with his hand, allowing him to get back to life and his ceramics hobby.

**W**ith the quiet hum of a spinning ceramics wheel filling the room, Larry VanHorn slowly moves his hands around a lump of clay in his make-shift ceramics studio at home. As he steadily glides his hands around the clay, it starts to take shape. Creating pottery is all about maintaining the appropriate pressure and shape of your hands, something Larry doesn't take for granted.

A licensed pharmacist by day, Larry dabbles in pottery in his free time. But until a few months ago, his hobby and day-to-day life were affected by a locking sensation in his ring finger on his right hand.

"It kind of slows you down and annoys you," Larry said. "After typing on a keyboard or holding a cup, you want to release your hand, but you can't open your finger. Eventually I'd have to use my other hand to get my finger open. It got to the point where it was causing pain to pry my finger to an open position."

After seeing his family medicine doctor, William Wunder, MD, he was referred to Riverview Health Physicians orthopedic surgeon Christy Kellams, MD. Dr. Kellams immediately identified Larry's problem as "trigger finger."

"In your hand, there are tunnels the tendons in your fingers run through that bend your fingers down," Dr. Kellams explained. "In trigger finger, the tunnel wall is thickened and the tendon starts getting caught."



*"It got to the point where it was causing pain to pry my finger to an open position."*

Though diabetes, thyroid problems and pregnancy can all be contributing factors for trigger finger, the exact cause is unknown. Conservative treatments such as cortisone injections are often recommended first, and usually resolve the issue in people who have been experiencing trigger finger for only a few months, Dr. Kellams said. But in some cases, surgery is necessary to allow the tendon to move more freely.



## When to See a Doctor About Carpal Tunnel Syndrome

There it is again, the annoying wrist and hand pain you get every time you type at your computer. You tell yourself it's just a cramp as you continue to type away. But you should think twice before continuing. That reoccurring pain you think is just a hand cramp, could actually be carpal tunnel syndrome.

### Q: What is carpal tunnel syndrome?

**A:** Carpal tunnel syndrome occurs when the median nerve in your wrist is constricted or squeezed. The median nerve and several tendons run from your forearm to your hand by going through your wrist in a narrow passageway called the carpal tunnel. When irritated tendons or swelling occurs in the tunnel, the median nerve becomes compacted. This can result in numbness, pain or weakness in your hand, fingers, wrist and even your arm.

### Q: When should I see a doctor about carpal tunnel?

**A:** When you're experiencing symptoms such as localized weakness, burning or painful sensation in your fingers, hand, wrist or forearm, or difficulty performing fine-motor movements such as holding a mug or using a computer mouse, you should seek treatment from your doctor as soon as possible.

### Q: Is carpal tunnel treatable?

**A:** Yes, carpal tunnel is treatable. Your doctor will begin by assessing your medical history and conducting a physical exam, which could include an X-ray or electrodiagnostic test to rule out arthritis. Treatments can comprise of changing repetitive motions or body positioning, taking medications, using a splint or brace, getting steroid injections or having surgery.

### Q: How can I prevent carpal tunnel syndrome?

**A:** There is no proven way to prevent carpal tunnel syndrome, but there are ways you can prevent stress to your hands and wrists. Try relaxing your grip while typing and take breaks to gently stretch and bend your hands and wrists. Also, be conscious of your wrist posture while typing and try to keep your hands warm.

Larry's history with trigger fingers goes back a few years. He began having problems years ago and had seen another surgeon to correct his latest problem with his right hand. But after several months of recovery, his right ring finger still wasn't working normally. Dr. Kellams recommended surgery as the best option to restore function to Larry's finger.

Trigger finger release surgery is usually an outpatient procedure done under local anesthesia. But Larry has a sensitive reaction to needles, which can cause his blood pressure to drop.

"I was pretty anxious when Dr. Kellams recommended surgery because I didn't want to go through that procedure again with just a local anesthetic," Larry recalled.

Because of this, an anesthetic team at Riverview Health took a monitored anesthesia care approach by putting Larry under mild sedation.

"Dr. Kellams and the anesthesia team were just marvelous. They really took the time to ease my anxious feelings, which helped tremendously."

Because of some existing nerve damage in two of Larry's fingers on his right hand, Dr. Kellams was very careful in her approach to access the sheath around the tendon.



*"I couldn't believe how pain-free I was.  
I was blown away!"*

"Her technique is good enough that she made a beautiful incision—you can't see where it was," Larry said.

And the best part—Larry was absolutely pain-free from the moment after the surgery.

"She gave me a prescription to help with pain, but I didn't even fill it," Larry exclaimed. "Not only that, but I didn't have to take any over-the-counter pain medication either. I couldn't believe how pain-free I was. I was blown away!"

Larry didn't need any physical therapy and was back to work and his potter's wheel in no time.

"I was a little hesitant before the procedure, but I'm definitely glad I got it done," Larry said. "Dr. Kellams and the anesthesia team were so pleasant to work with. They truly made this wonderful experience what it was."

## De-stressing for a Stronger Immune System

The winter months can be busy and stressful, but it's important to take time for yourself to de-stress. Participating in activities such as gentle yoga or meditation for 10 minutes a day can help reduce levels of the stress hormone, cortisol. Studies show having higher levels of cortisol can make you more susceptible to becoming sick. So, take some time now to fill yourself with positive energy before a cold gets you down.



# WORTH THE WAIT: BECOMING A FAMILY OF FOUR

**A** few years after their first son was born, Noblesville residents Sarah and Jacob Zadny were more than ready to welcome another child into their lives when they found out Sarah was pregnant in 2014.

Sarah, an elementary school art teacher in Carmel, spends her days surrounded by kids and was excited to welcome a new family member. But at her six-week ultrasound appointment, the technician became quiet and the feeling of the room turned cold as they sadly discovered the baby had little-to-no heartbeat.

"After my first pregnancy went so well, we were surprised and upset to hear our picture of a family of four wasn't going to happen," Sarah said.

After some ultrasound observation, Sarah's doctor, Riverview Health Physicians OB/GYN specialist, Katheryn Moreira, MD, discovered that not only did it look like Sarah's baby wasn't going to make it, she in fact had a large fibroid in her uterus.

"Fibroids are essentially a ball of muscle in the uterus," Dr. Moreira commented. "They're fairly common, and most women don't even know they have them because there aren't usually any symptoms. Sometimes they're small and we just monitor them, but sometimes they can be larger and cause some bleeding and pain."

Sarah's fibroid was about the size of a softball, leaving little room for a growing baby to survive, and it ultimately contributed to a miscarriage.

After her miscarriage, Dr. Moreira referred Sarah for a myomectomy to remove the fibroid. After a successful surgery and check-up with Dr. Moreira, Sarah and Jacob began trying to conceive again. A few months later, Sarah was pregnant, but unfortunately experienced another miscarriage.

"The first miscarriage was hard, but we knew the fibroid played a role," Sarah recalled. "This was a bit more devastating because we had nothing to blame for the cause."

A few more months went by, and Sarah was pregnant again—this time with twins.

"We were so shocked! I don't think anyone is ever really prepared for that news or expecting it," Sarah said.

Sarah and Jacob took things day by day, but sadly, at about nine weeks, they learned one of the twins didn't survive.

"It was certainly heartbreaking to find that out, but we were hopeful the other

After two miscarriages and a surgery to remove a fibroid in her uterus, Sarah Zadny and her family welcomed baby David in May 2016 at Riverview Health. Through it all, Sarah's healthcare team was by her side to provide comfort and compassion.



baby would continue growing strong," Sarah remembered.

At 35 years old, Sarah's age put her at higher risk for complications such as blood pressure problems, gestational diabetes, preeclampsia and chromosomal abnormalities.

"Luckily, Sarah didn't experience some of the difficulties that can come with pregnancy at that age," Dr. Moreira said.

## Introducing Riverview Health Physicians OB/GYN

We're pleased to announce that the two long-standing OB/GYN practices at Riverview Health have merged into a single group to better serve you. Together, the board certified doctors at Riverview Health Physicians OB/GYN provide women of all ages with personalized care for everything from annual exams and gynecological services to family planning, infertility and prenatal services. **Learn more at [riverview.org/RHPOBGYN](http://riverview.org/RHPOBGYN)**

But because of her previous surgery to remove the fibroid, Sarah's uterus was weakened, making a cesarean delivery the best option for her health and the safety of her child.

Scheduled for a C-section on June 8, 2016, the baby had different plans. Sarah went into labor on May 29, and just after midnight on May 30, her son, David, was born—weighing 8 pounds, 9 ounces and measuring 21 inches long.

"After all we went through, it was so rewarding and exciting to finally meet little David," Sarah said.

Though Sarah's journey was challenging and upsetting at times, Dr. Moreira was glad to be there through it all.

"I told her if she ever needed anything just to call, and I'd be there for her," Dr. Moreira said. "Supporting my patients is so important to me, and she and I have a great relationship."

Sarah echoes Dr. Moreira's sentiments.

"When I was going through a miscarriage, just having Dr. Moreira there to hold my hand and comfort me meant a lot," Sarah said. "And even after I had David, when I went in for a check-up, Dr. Moreira and several staff members came out to greet him and were genuinely excited to see us. You could tell they really cared, and I think that's what everyone is looking for in their healthcare providers."

## Why I Donate Blood

A few years ago, Michelle Roehrich had never thought about donating blood. But everything changed on Nov. 17, 2014, when she became the one who was in desperate need of a life-saving blood transfusion.

After delivering her son via C-section at Riverview Health earlier that day, she was resting in recovery when she noticed some bleeding around her stitches. Her doctor examined Michelle and found that her abdomen was full of blood. During her pregnancy, Michelle had a low-lying placenta, which can cause some risks, including internal bleeding after delivery. Michelle was experiencing a massive hemorrhage and was rushed into surgery.

"I went through double my body capacity in blood transfusions—I'm lucky to be alive," Michelle recalled.

For six hours, doctors worked to stop the bleeding and performed an emergency hysterectomy.

The next day, Michelle woke up on a ventilator and spent a few days recovering in the ICU.

"It was a long, slow road to recovery after that," Michelle said. "But if it weren't for the quick action of the doctors and nurses at Riverview Health, I may not even be here."

Now, Michelle is a huge advocate of blood donation. Last year, at her urging, her friends and family donated blood on Nov. 17, 2015—one year after her son was born.

"My plan is to keep donating every year on my son's birthday, and other times during the year if I can," Michelle said. "I want to give back what I borrowed and then some. It takes half an hour to do, and if others in the community hadn't donated before, I may not be here right now. You really can save a life just by giving some blood."

## Protect Your Family from CO Poisoning

The months of December and January see more carbon monoxide (CO) poisonings than any other time of year. Having a CO detector can be a lifesaver, but less than one-third of homes in America have one. If you don't already have CO detectors in your home, they're easy and cheap to install. You can get one from your local home improvement store. If you already have one, make sure to replace its batteries every spring and fall.



# EVERYTHING IS BETTER IN 3-D

With **Debbie Riggs, Riverview Health Women's Center Supervisor**

Early detection of breast cancer is extremely important, and with 3-D mammography at Riverview Health, it's becoming easier to do so. You can take heart in knowing this highly accurate technology is available to you.

## **Q: What's 3-D mammography and how does it work?**

**A:** 3-D mammography is a very exciting technology that provides a clearer image of your breast tissue than previous technology. Unlike the 2-D machine, which takes one image, the 3-D takes many

images in millimeter segments, compiling them together like a book. Most people don't even notice a difference between the 3-D and 2-D mammography machines when they're getting a mammogram.

## **Q: How are 2-D and 3-D mammography different?**

**A:** Overall, 3-D technology is more advanced because it takes additional images, which means overlapping tissue will be reduced and details are more visible. This decreases the need for you to come back for additional mammographic views.

## **Q: Do you recommend 3-D mammography for all women?**

**A:** Yes, it's good for everyone regardless of history or breast tissue type. It's especially good for women with dense breast tissue, women having their first mammogram or women younger than 50 years old.

## **Q: How has 3-D mammography changed the diagnoses and outcomes of breast cancer?**

**A:** It's been very successful. Just in the first month of using our 3-D machine, we were able to diagnose four breast cancers that

may not have been diagnosed with the 2-D machine. And as with all cancers, the sooner it's diagnosed the better.

## **Q: How much extra (out-of-pocket) does 3-D cost?**

**A:** The out-of-pocket expense for 3-D is about \$90 more than 2-D (\$60 for hospital charges and \$30 for the radiologist's charge). Medicare covers 3-D mammography, and most commercial insurances cover 2-D screening mammograms, but for specific information about your coverage, it's best to call your health insurance company.

# 5 WAYS TO CONTROL YOUR CHOLESTEROL WITH FOOD

By **Katie Boscia, RD, IBCLC**

There are several aspects of your diet that can be changed to lower or control your cholesterol. Many of these changes also help with weight loss, blood pressure and blood sugar control, as well as overall heart health. Eating healthier and exercising will help tremendously in improving your overall wellbeing. But what specifically should you do?

- » **Eat more fiber.** The daily recommendation for fiber is 25-30 grams a day. Most Americans get less than half that amount. Eating insoluble fiber such as whole grains, fruits and vegetables will help your body rid itself of cholesterol. These foods act like a broom to sweep out the excess cholesterol and fats from your blood.
- » **Limit foods that contain cholesterol.** Cholesterol comes from animal products, so limiting your intake of saturated fat and fatty meats will help reduce your overall cholesterol and can help you lose weight. Losing just 5-10 pounds can help contribute to lower cholesterol.
- » **Eat foods with plant sterols.** Plant sterols help block the amount of cholesterol entering your bloodstream by tricking your body into thinking it's cholesterol. As a result, less cholesterol is absorbed into your blood. You need 0.8-2.0 grams of plant sterols a day. Some foods that naturally have sterols are nuts, canola oil, corn oil and some fruits and vegetables. You can also buy some products that have sterols added in such as

HeartRight milk or butter from the brand Smart Balance.

- » **Eat Omega-3 fatty acids.** These can help increase your HDL (good) cholesterol while lowering your LDL (bad) cholesterol and triglycerides. Two to three servings a week of cold-water fish, such as salmon, albacore tuna or mackerel, can help add Omega-3 fatty acids to your diet. Flax seed, chia seeds, nuts or fish oil capsules can also provide these healthy fats.
- » **Avoid "bad-for-you" foods.** Stay away from bad fats like saturated or trans fats (e.g., fried foods, baked goods, coconut oil, palm oil and animal fats). Also, limit alcohol intake, sugar or drinks or food that contain sugar.

**Ready to start eating healthier, but not sure how? Sign up for one-on-one nutritional counseling with our registered dietitians. Learn more at [riverview.org/nutrition](http://riverview.org/nutrition).**





## Exciting Fitness Classes to Help You Get in Shape

### Align and Refine Yoga

**Type of class:** Land

**Cost:** \$50

**Class duration:** Eight weeks

Restore balance to the body and mind with a sequence of postures, flows, breath work and guided relaxation. Clear, detailed instruction with focus on proper form and function will help you build a safe, fun and nurturing practice. This class is suitable for beginners looking to start yoga and seasoned students wanting to refine their practice.



### Morning Splash

**Type of class:** Water

**Cost:** \$36 or \$72 (depending on frequency)

**Class duration:** Eight weeks

If you have a hard time getting started in the morning, there's nothing like a splash of water to do the trick. Wake up with a total-body water workout. This fun, focused class is designed for participants looking to be safely challenged with a shallow-water workout. Using all the muscles in a variety of movements, this class will improve your cardiovascular fitness, muscle movement and help you achieve your overall fitness goals.



For more information, visit [riverview.org/classes](http://riverview.org/classes)

## TRACKING YOUR BODY COMPOSITION IMPROVEMENT WITH A BOD POD

Eating right and exercising to get in better shape is hard work, but measuring your success shouldn't be. This fall, Riverview Health is introducing a BOD POD to provide a better way to assess your total body composition.

### What is a BOD POD and what does it test?

The BOD POD is a highly accurate device that can detect small changes in total body fat and lean muscle mass. Your body composition can be one of the best indicators and predictors of your overall health and wellbeing. The results a Riverview Health registered dietitian receives from the device, along with other data points, are used to create a customized nutrition, exercise and wellness program that can help you gain, maintain or lose body fat safely and even fine-tune your athletic performance.

### How accurate is a BOD POD?

The BOD POD is very reliable and considered as accurate as

hydrostatic (underwater) weighing, which is considered the industry's "gold standard" for measuring body composition.

### What are the size restrictions for people who use a BOD POD?

The BOD POD is designed to accommodate a wide variety of individuals of all shapes and sizes. With its generous oversized front window, people weighing 500 pounds or less can use the device and participate in programming options.

### How long does BOD POD testing take?

BOD POD testing itself is quick and can be completed in fewer than five minutes. In addition to results from the BOD POD, other data points are collected in order to create a customized program for you that may include tracking some lab test results and your resting metabolic rate, providing nutrition and exercise education, tips for behavior modification, and short- and long-term goal setting.

# DOS AND DON'TS OF MEN'S HEALTH

By Addison G. Haynes, DO, Riverview Health Physicians—Hazel Dell Family Care

Keeping up with latest and greatest men's health trends can be exhausting, as well as time consuming. Information is always changing, making it difficult to make the correct decisions for your health. I'm here to share some of my helpful dos and don'ts of men's health according to health agencies and organizations to keep your wellbeing on track.

## Do:

- » See your doctor yearly. Even if you feel fine, annual check-ups help your doctor keep record of your baseline vital signs so you'll know immediately when something is off.
- » Get at least 30 minutes of exercise five times per week. By getting some physical activity several times a week, you'll help keep your organs and muscles healthy.
- » Receive a vaccine for human papillomavirus (HPV) between the ages of 11 and 21. According to Centers for Disease Control and Prevention, HPV can affect men and women. So by getting vaccinated early, you can help prevent it and make sure you don't spread it.
- » Have your cholesterol checked after turning 25. If your results are normal and you don't have any increased risks, have it checked at least every five years thereafter.
- » Get a colonoscopy when you turn 50. A routine colonoscopy serves as a screening for colorectal cancer and other potential gastrointestinal issues, according to US Preventative Services Task Force (USPSTF).

- » Have an abdominal aortic aneurysm (AAA) screening between the ages of 65 and 75 if you've ever smoked.
- » Get a lung cancer screening if you have a 30-year history of smoking, or have quit in the past 15 years and if you're between the ages of 55 and 80.
- » Stay up-to-date on your immunizations, including the shingles shot at age 60 and the pneumonia shot at age 65.

According to USPSTF, if you're not showing symptoms pertaining to any of the following, you can avoid spending time doing these tests. The USPSTF notes more potential harms that may result from these screenings if you're asymptomatic or not at risk.

- » Urinalysis. A urinalysis is a urine test that detects several different values in the urine. Most "abnormal" results are not indicative for disease or problems in most men.
- » Carotid Artery Stenosis. This test screens for narrowing of your carotid arteries, but in asymptomatic adults, it can lead to unnecessary surgeries and should be avoided if you're not having problems or haven't had any in the past.
- » COPD screenings. If you don't smoke or don't have a history of smoking, this test isn't recommended for you.
- » PSA. This test measures the level of the prostate-specific antigen in your blood. It's recommended that this test not be performed in men without symptoms as it can lead to many unnecessary tests, surgeries and complications. The USPSTF actively discourages doctors from ordering this test on a routine basis because of the serious complications.

Getting the right information on how to keep yourself healthy isn't only important, but it can also create a measureable difference in your overall wellbeing. Remember to always talk to your doctor about your healthcare and what's best for you.

## Nutrition tips for men

By Brittany Wonnell, RD, CHWC



As a man ages, his metabolism may slow, which can cause weight gain or an increased risk of chronic diseases such as diabetes, heart disease and some cancers.

To help prevent or delay the onset of these diseases, your nutrition plays a vital role.

When thinking about the foods you're eating, ask yourself, "Am I feeding or fueling my body?" Through the years, shifting your thought process toward fueling your body with healthy items versus just feeding yourself will benefit you in the long run.

To fuel, you'll want to practice balance in your everyday diet routine. Balance includes having a diet with a variety of fruits, vegetables, whole grains, lean proteins and low-fat dairy items. Limiting foods with high levels of unhealthy fats, added sugar and sodium will be key.

Continuing to drink water and limiting high-calorie beverages will also be helpful in maintaining a healthy diet. Balance can also include consuming the correct amounts of calories, protein, carbohydrates and fat for your body. Consult with a registered dietitian to find out your estimated nutrient needs.

**Get started in the right direction with the one-on-one Nutritional Counseling program at Riverview Health. Learn more at [riverview.org/nutrition](http://riverview.org/nutrition).**



Addison G. Haynes, DO, is a board certified family medicine doctor with Riverview Health Physicians.



# FINDING THE BEST OPTION FOR YOUR CHILD IN THE MILK AISLE

By *Evan Kreutzer, MD, Riverview Health Physicians—Fishers Pediatrics*

If you're like me, it seems every time you go to the grocery store there's some new milk product. There's cashew, coconut, soy, almond and so-called "designer" milk. Plus, if you go online, you'll find people who tout goat's milk, unpasteurized milk and more. So with the growing milk choices available to us, how do we know what's best for our children?

The answer varies. Of course, your pediatrician can give you recommendations specific to your family, but here are some general guidelines for your next trip to the store:

## **Infants (0-12 months old)**

Ask any pediatrician and you'll hear the same answer: in the first year of life "breast is best." Breast milk is the ideal nutrition for your baby's growing brain, plus it has lots of other benefits for mom and baby. Numerous studies show that breastfed babies are less likely to have ear infections, pneumonia, asthma, allergies, sudden infant death syndrome (SIDS) and leukemia. In addition, nursing mothers are less likely to develop breast and ovarian cancer. In fact, the longer a mother breastfeeds, the more she is protected from breast cancer. For these reasons, the American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for at least the first six months of life, and longer if mom and baby desire.

## **Toddlers (1-2 years old)**

Starting at a baby's first birthday, it's OK to transition to cow's milk. Beware, though, if you start before this age, your child has an increased chance of developing anemia. Toddlers also need vitamin D milk (whole milk) because the added fat is important for brain development. And as your toddler grows up and wants to drink more, be sure not to give more than 32 ounces or one quart per day. Anything more can lower iron stores and affect brain development.

## **Preschool (2-5 years old)**

For children in their preschool years, transitioning to lower-fat milk is typically recommended. Keep in mind that whole milk has about

four percent milk fat, so two percent milk actually has half the fat of whole milk.

## **School-aged children**

During these years of rapid growth, children benefit from the protein, vitamins and minerals in milk. However, they don't need added fat, so skim milk is often best. Beware of flavored milk, such as chocolate, which usually has a lot of extra sugar—as much as six teaspoons per cup! Diets with added sugars can lead to cavities, obesity, diabetes and other health issues later in life. Drink these milks in moderation.

## **Other milk considerations**

Pasteurization is a must. Unpasteurized milk can harbor *E. coli*, *listeria* and *salmonella*. Sadly, outbreaks of these bacteria have killed people across the US in recent years.

Goat's milk is common in some cultures and a popular

topic in online forums. Because it lacks certain essential nutrients, pediatricians recommend you avoid giving it to children younger than one year of age.

## **Designer cows milks**

These milks, such as Fairlife (a Coca-Cola product), are cow's milk that has been processed to contain varying amounts of fat, sugar and protein. The AAP has no current advice on designer dairy milks, but if your child is consuming a balanced diet, then the nutrient modifications found in designer milk will have less of an impact on overall dietary intake.

## **Nut milks**

The AAP also doesn't make recommendations specific to nut milks (e.g., cashew, almond, etc.), which have varying amounts of fat, calcium, vitamins and minerals. But when deciding on these milks, be sure you rely on good sources (websites ending in .org and .gov) as many online sites make ill-advised recommendations. For example, coconut milk is often advocated as containing healthy fats, when in fact it's full of saturated fat and calories and should be consumed in moderation.

Remember, consult with a pediatric specialist to determine what best fits the needs of your child. By keeping the guidelines above in mind, you can ensure your child grows and develops into a healthy young adult.



Evan Kreutzer, MD, is a pediatrician with Riverview Health Physicians.

## *Hair Static, Split Ends and Frizz*

Static electricity, split ends and dry frizz probably describe your hair in the winter months. To remove the static from your hair, try lightly rubbing it with fabric softener dryer sheets. Limiting your time with heated hair tools, such as blow dryers and flat irons, can help prevent your hair from drying out and creating split ends. Also, use moisturizing conditioners that contain fatty acids and humectants to help keep your hair moisturized throughout the day.



# RIVERVIEW HEALTH FOUNDATION: CONTINUING TO CELEBRATE 40 YEARS OF GIVING

## 12th Annual Women of Vision Luncheon

On April 28, Riverview Health Foundation hosted its 12th annual Women of Vision Luncheon, sponsored by CarDon & Associates, Inc. With 350 people in attendance, more than \$50,000 was raised to benefit women's services, programs and equipment at Riverview Health. At the luncheon, Pat Fox, who retired earlier this year as president and CEO of Riverview Health, was the featured speaker.

The Women of Vision Giving Club grants, totaling \$28,990, were also presented to the following areas and programs at Riverview Health: Employee Wellness, Maternity Center, Radiation Oncology, Rehab & Fitness, Touch of Love and Women's Boutique. These grants are awarded to programs at Riverview Health that affect the lives of women and girls in Hamilton County.

To learn more about the effects Women of Vision Giving Club grants have on the lives of patients, visit [riverview.org/video](http://riverview.org/video). If you'd like more information on how to join, please contact Jessica Deering at 317.776.7938 or [jdeering@riverview.org](mailto:jdeering@riverview.org).

## 24th Annual Heartfelt Thanks Golf Tournament

The 24th Annual Heartfelt Thanks Golf Tournament, sponsored by BMO Harris Bank, was held June 16 at Fox Prairie and Forest Park golf courses. This year's tournament was a "super outing," which used all 27

holes at Fox Prairie and nine holes at Forest Park. More than 170 golfers and 30 volunteers enjoyed beautiful weather, great fellowship and a delicious lunch and dinner generously donated by Gaylor Electric, Inc.

Through the support of sponsors, the Foundation was able to raise more than \$94,000. With funds raised this year, Riverview Health Foundation has been able to give more than \$2.2 million in support of projects at Riverview Health, such as funding for a large-bore MRI machine, equipment for our digital imaging cardiac catheterization lab and many others.

## 40th Anniversary Gala

On Sept. 17, Riverview Health Foundation will host a gala with the theme of "Fire and Ice" in celebration of its 40th anniversary. The Gala is sponsored by American Structurepoint and will be located at the prestigious Lucas Estate in Carmel.

To commemorate our 40 years of giving, please consider making a donation of \$40, or in increments of \$40, to Riverview Health Foundation. To donate, please visit [riverview.org/donate](http://riverview.org/donate) or mail a check to:

### Riverview Health Foundation

395 Westfield Rd.  
Noblesville, IN 46060



## Recognizing Our Donors

Earlier this year, Riverview Health Foundation unveiled its updated donor wall in the recently renovated atrium at Riverview Health. The wall features the names of more than 1,400 generous donors who each have given \$1,000 or more to the Foundation during the past 40 years.

"We're truly thankful for all our donors," said Megan Wiles, executive director of Riverview Health Foundation. "We intentionally included images of Riverview Health and Hamilton County landmarks on the donor wall to show how our gracious donors have invested not only in Riverview Health, but the health of our community."





Employees of architecture and engineering firm American Structurepoint regularly give back to the community by participating in charity events and fundraising. This year, American Structurepoint is the presenting sponsor of the Riverview Health Foundation 40th anniversary gala on Sept. 17.

## BUILDING A BETTER FUTURE BY GIVING BACK

Riverview Health Foundation and Indianapolis-based architecture and engineering firm American Structurepoint, Inc., have a lot in common. To start with, they're both celebrating 40- and 50-year anniversaries in 2016, respectively. But the link goes a bit deeper. Like Riverview Health Foundation, American Structurepoint has a strong belief in serving its community.

"When so many companies reach a milestone or look to relocate, they look to government to give them a reason to stay," says Rick Conner, American Structurepoint President and Chief Operating Officer. "When we turned 50, we realized American Structurepoint would be nowhere without the vitality of the nine-county Indianapolis area. So we feel like we owe Indy and the surrounding communities a debt of gratitude for our success. We believe in giving back."

And give back they did. Earlier this year, American Structurepoint generously donated \$250,000 to Indianapolis Public Schools to help fund the expansion of Project Lead the Way (PLTW) programming that encourages students to partake in courses related to science, technology, engineering and mathematics.

"When you're giving back, you look for opportunities that'll make a difference and help a group or organization achieve its goals," Rick said. "With our help, any IPS school that wants to incorporate PLTW into its curriculum may do so. That means we're providing opportunities to kids to put the theories they learn in math or science classes to work, while fostering the skills they'll need to succeed in these fields as adults."

The focus on building and improving opportunities for local communities doesn't stop there. American Structurepoint has its focus set on Hamilton County, too. As the architecture and engineering firm for the two new Riverview Health outpatient buildings, American Structurepoint is keen on keeping in mind the needs of community members as plans develop.

"To me, Riverview Health is an important resource to Hamilton County," Rick said. "All my family lives in Hamilton County, and we rely on Riverview Health, as do our kids, grandchildren and many American Structurepoint employees who live there."

To help continue to grow the resources available to patients at Riverview Health, American Structurepoint is the presenting sponsor of

the Riverview Health Foundation 40th anniversary gala on Sept. 17.

"By supporting the Foundation, we're supporting all that it stands for and the good it does for the healthcare of our community members," Rick said. "When you add it all up, Hamilton County has put its trust in American Structurepoint time after time, and it only makes sense that when we think about giving back, we think about the county and its residents."

### *Relieving Your Pesky Cough*

With ice skating, building snowmen and holiday traditions come that dreaded winter cough. But managing your cough can be easy. Staying hydrated and drinking warm beverages can relieve pain and soothe your throat. Take a steamy shower to ease your cough or try some menthol cough drops. When that's not enough, you can try over-the-counter medicines such as expectorants or cough suppressants. But remember, always consult your doctor when you're not feeling well.



# Upcoming Seminars & Events

## SEPTEMBER

### Look Good, Feel Better

**When:** September 12, 1-3 pm

**Where:** Riverview Health Women's Center (Entrance 11)

Women who have cancer are invited to join Riverview Health for the Look Good, Feel Better program. At the event, licensed cosmetologists will provide individualized advice on make-up, skincare, wigs and scarves. Cosmetics are provided to each participant. The program is free, but reservations are required. **For more information or to make a reservation, please call 317.776.7955.**

### Blood Drive

**When:** September 27, 2-6 pm

**Where:** Riverview Health (outside Surgery Pavilion, entrance 15)

The Indiana Blood Center will be onsite outside of the Surgery Pavilion at entrance 15. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood, please visit the Indiana Blood Center at [donorpoint.org](http://donorpoint.org) or call 317.916.5150.**

### Joint Pain Seminar

**When:** September 14, 6-7 pm

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

Join Dr. Norman Mindrebo, a board certified orthopedic surgeon, as he presents information on techniques for joint pain treatment including water therapy, exercise and physical therapy, medications, injections and joint replacement.



### Low Back Pain Seminar

**When:** September 21, 6-7 pm

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

Join board certified and fellowship-trained physicians, Dr. Praveen Perni and Dr. John Ward, to learn about treatment options for low back pain caused by sciatica, a pinched nerve or stenosis. They'll discuss ways to reduce pain, including injections and surgery.

## OCTOBER

### Shoulder Pain Seminar

**When:** October 5, 6-7 pm

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

Join Dr. Norman Mindrebo, a board certified orthopedic surgeon, as he shares information on common shoulder issues and treatments. Topics include shoulder injuries, such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacements.

### Joint Replacement Seminar

**When:** October 13, 6-7 pm

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

Join orthopedic surgeon Jeffrey Ginther, MD, to learn about the latest techniques and procedures for hip and knee replacement. Dr. Ginther, a board certified and fellowship-trained physician, will discuss the anterior hip approach and computer-assisted knee surgery—as well as discuss who is a good candidate for surgery.

### Breast Cancer Celebration of Life

**When:** October 20, 6-8 pm

**Where:** Purgatory Golf Club, 12160 E. 216th St., Noblesville

We invite you to join us in celebrating the lives of those who've been touched by cancer. Cancer survivors, family and friends can enjoy this special evening of fellowship, inspiration and fun. Hors d'oeuvres and refreshments will be served, and a cash bar will be available. Cost is \$5 per person, and registration is required. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

### Back in Balance Seminar

**When:** October 26, 6-7 pm

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

Do you have a spinning sensation when you lie down or feel off-balance when you walk? Have you fallen lately? Join Elissa Moise, DPT, as she discusses balance issues and how physical therapy may be able to help.

**All seminars are free and include a light dinner. Registration is required for seminars and can be completed by visiting [riverview.org/classes](http://riverview.org/classes) or by calling 317.776.7999.**



# NOVEMBER

## Alzheimer's Roundtable Seminar

**When:** November 10, 6-8 pm

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

Together with our long-term care partners, we'll host a panel discussion to educate the community about Alzheimer's disease, dementia and memory loss. This group of experts includes representatives from Riverview Health, Alzheimer's Association, CICOA Aging & In-home Solutions and others.

## Healthy Cooking for the Holidays

**When:** November 17, 6-8 pm

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

Join our registered dietitian and professionally trained chef as they prepare holiday favorites with a healthier twist. Learn how to prepare healthier versions of your favorite dishes without sacrificing taste. We'll serve each item prepared and end the evening with a Q&A session. Attendees will receive a copy of each recipe and cooking tips. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**



## The Year-round Accessory

Don't pack away your sunglasses with your summer attire. Wearing sunglasses during the winter can be just as important as it is in the summer. During the winter, the sun is lower in the sky, giving us more exposure than in the summer months. Ultraviolet rays (UV) can damage your eyes and cause cataracts and impaired vision. But wearing protective eyewear can help prevent damage. When choosing protective eyewear it's important to choose ones that are anti-reflective, have polarized lenses and block 100 percent of UV radiation.



# DECEMBER

## Look Good, Feel Better

**When:** December 12, 1-3 pm

**Where:** Riverview Health Women's Center (Entrance 11)

Women who have cancer are invited to join Riverview Health for the Look Good, Feel Better program. At the event, licensed cosmetologists will provide individualized advice on make-up, skincare, wigs and scarves. Cosmetics are provided to each participant. The program is free, but reservations are required. **For more information or to make a reservation, please call 317.776.7955.**



## Blood Drive

**When:** December 13, 2-6 pm

**Where:** Riverview Health (outside surgery pavilion, entrance 15)

The Indiana Blood Center will be onsite outside of the Surgery Pavilion at entrance 15. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood, please visit the Indiana Blood Center at [donorpoint.org](http://donorpoint.org) or call 317.916.5150.**

## Support Groups

### Adolescent Pregnancy Peer Support Group

**When:** First Monday of every month, 6-7 pm

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

**Information:** 317.776.9400

### Breastfeeding Support Group

**When:** Every Thursday, 10:30 am-noon

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

**Information:** 317.776.7200

### Diabetes Support Group

**When:** Second Thursday of every month, 7-8 pm

**Where:** Riverview Health (Conference Room 1435, use entrance #11)

**Information:** Diabetes Education Center, 317.776.7233

### Infant Loss Support Group

**When:** Last Thursday of every month, 7-9 pm

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

**Information:** Dede Flaherty, [dflaherty@riverview.org](mailto:dflaherty@riverview.org) or 317.776.7302

### Mended Hearts

**When:** Third Wednesday of every month, noon-2 pm

**Where:** Riverview Health Education Building (former Kahlo building), 205 Westfield Rd., Noblesville

**Information:** 317.776.7377

### Survivors of Suicide Loss Support Group

**When:** Second Tuesday of every month, 6:30-8 pm

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

**Information:** Colleen Lawson, [julawson@aol.com](mailto:julawson@aol.com)





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