

HEALTH NEWS FROM RIVERVIEW HOSPITAL

SPRING 2014

RIVERVIEWS

riverview.org


Riverview[®]
Hospital
Noblesville

LIFE AFTER OPEN HEART SURGERY



ALSO IN THIS ISSUE:

HEALING A SEVERE WOUND, ADJUSTING TO SEASONAL CHANGES AND A PROFILE IN PHILANTHROPY

Letter from Pat



Welcome to Riverviews! The new year is already off to a great start. We're excited and optimistic about what the rest of 2014 has in store for us...and you.

While the launch of healthcare.gov in October created a lot of confusion about the future of healthcare in America, we believe the Affordable Care Act may benefit providers like Riverview Hospital.

Regardless of what you think about the new law, it's already ushered in a greater emphasis on successful patient outcomes and a better focus on providing the right care at the best possible price. Those are things Riverview has excelled at for years. And because we don't have an oversized operation like some hospital networks, we don't need to trim down to meet the new standards. We're already the right size.

Along with the new year comes resolutions. At the top of the list for many of us is a renewed desire to focus on our health. For some of us, that means an expensive gym membership or weight-loss program. For others, having a health screening with their primary care physician or participating in outings like our recent women's health event is in order. These are the kinds of things that can help you catch serious health concerns early, speeding up your recovery and saving you downtime and unnecessary expense.

At Riverview, we see ourselves as much more than a healthcare provider for you when you're sick. We're your partner in helping you stay healthy. Through community outreach, seminars, events and support groups, we're helping residents in Hamilton and Tipton counties stay proactive about their health.

For instance, if you like cooking, you might be interested in our Heart Healthy Cooking Event on February 25. Attendees will learn how to prepare heart-healthy recipes and receive a coupon for a complimentary blood chemistry profile. Or visit the Hamilton County Resource Fair on March 13, sponsored in part by Riverview. It's a free event with lots of health screenings and expert speakers. To see all of our spring events, turn to page 9.

This is an exciting time at Riverview. Many changes are in the works, not just nationally, but locally. We wish you a safe journey through 2014, and we're looking forward to seeing where the path leads.

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

Spring 2014

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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.

Enhanced services

Riverview Hospital Short Stay—for patients who need a hospital setting to receive medical treatment on an outpatient basis—has combined with Cardiovascular Short Stay to form an all-encompassing Short Stay department. This department is now located on the main floor in the Riverview Hospital Heart & Vascular Center. People accessing Short Stay should enter through the Emergency Center.

New clinicians

Please join us in welcoming the following specialists:

- **Joseph Eastman, MD**
Specializes in pathology
- **Andy Koon, MD**
Hospitalist
- **Amy Sheller, PharmD**
Riverview Hospital Outpatient Pharmacy
- **Vasilios Spyropoulos, DPM**
Specializes in podiatry

Spring Cleaning Reduces Allergies

For many people, cleaning their home from top to bottom is a springtime ritual. But if you're an allergy sufferer, a clean home can make you feel more than just mentally better. It can make you feel physically better, too. Dust is a huge contributor to allergies and asthma. And over the winter months, it can build up in carpets, rugs and comforters. Springtime is a great time to have them cleaned so you can breathe easier the rest of the year.



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



UPCOMING Seminars & 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.

GIFTING for a Great Cause

Since 1976, Riverview Hospital Foundation has provided funding to help purchase technology, enhance capabilities and expand the services at Riverview Hospital. Interested in donating? Visit riverviewhospitalfoundation.org or contact Trish Oman at 317.776.7317.

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!



THE HEART OF THE MATTER: LIFE AFTER OPEN HEART SURGERY



(Top) Today, after open heart surgery at Riverview Hospital, Tim runs on the treadmill and lifts weights.



October 29, 2011, was a typical day for attorney, Tim Stoesz. Tim had traveled to New York for a court case and was in the airport awaiting a flight back to Indianapolis. An early season snowstorm had struck, causing significant travel delays. As Tim passed time in the airport, he began to notice spasms in his upper back. He attributed it to the cold weather and all the time spent sitting, waiting.

Tim returned home and as the week went on, his back spasms continued. He then began to feel pain in his left shoulder, between his shoulder blade and spine. He thought maybe the pain was from a shoulder surgery he had just a year prior.

"Neither the back spasms, nor the shoulder pain triggered any real fear, as I was able to function," recalled Tim. "The pain was noticeable, but not prohibitive."

Tim pressed on, applying ice to his shoulder and taking over-the-counter medication for his back pain. One day in the office, Tim's brother and law partner, Steven, looked at him and said four words Tim will never forget, "You don't look good."

That night, Tim found it difficult to sleep—he tossed and turned and just didn't feel right. "I couldn't get comfortable no matter what I did," said Tim. "The pain was intensifying."

At 7:30 the next morning, Tim decided it was time to go to the Riverview Hospital Emergency Center.

When Tim arrived, emergency physicians reviewed his symptoms and ran a series of tests, including blood work and an EKG. Shortly after seeing his test results, doctors told Tim, much to his surprise, that he was having a heart attack. He was immediately taken to the Riverview Hospital Heart & Vascular Center where he met two interventional cardiologists, Dr. Mario Pyles and Dr. Bruce Schilt.

Tim was prepped for a cardiac catheterization procedure, during which a stent—a flexible tube placed in the inner artery wall to increase blood flow—would be placed in Tim's left descending artery. During the procedure, the cardiologists determined the situation was much worse than expected—his artery was nearly 100 percent blocked.

"When I woke from the procedure, I felt blessed to be alive. God had a plan for me," said Tim.

Later, in recovery, Tim learned he had several additional blockages that would require open heart bypass surgery to repair.

"It all happened so quickly," said Tim. "I had no idea I was having a heart attack and never fathomed that I would need open heart surgery."

That night, Tim reflected, trying to grasp what was happening to him.

"I was nervous," remembered Tim. "In addition to managing my nausea and pain, the nurses calmed my spirit. They sat with me for hours and were incredibly reassuring. It's one thing to administer medication, but it's quite another to calm someone's nerves at three in the morning. They treated me like family."

Tim was scheduled for open heart surgery with cardiothoracic surgeon, Dr. Gregory Dedinsky, on December 7, 2011.

"After meeting Dr. Dedinsky, I knew he was perfect for the job," said Tim. "We have a similar personality and share many of the same philosophies. I liked him right off the bat and felt incredibly confident in his skill. I trusted him."

Tim's open heart surgery was a success.

"Tim had a very complex heart problem. He had severe blockages that were causing restricted blood

flow," said Dr. Dedinsky. "During his procedure, we were able to restore blood flow to his heart by creating several new pathways. To do this, we grafted healthy vessels from other parts of his body to bypass the blocked areas."

After his recovery, Tim followed orders to do cardiopulmonary rehabilitation at Riverview Hospital. There, he exercised under supervision with a goal to increase his stamina and endurance, manage the symptoms of heart failure and help decrease his risk of a future cardiac event.

Tim started rehab at a slow pace—admittedly unenthusiastically—and gradually increased his workout intensity and duration. Over time, Tim started to really enjoy the workouts, and elected to continue working out in the rehab gym once his assigned time was over. Tim likes knowing he's being monitored while working out, in case anything happens. Today, Tim runs on the treadmill and lifts weights. He's also lost 25 pounds and is working hard to keep it off.

"Right now, I feel great—completely normal," remarked Tim. "One thing will always hold true for me—Riverview Hospital will always be my first choice."

Exercise for Heart Patients

Before beginning any exercise program, make sure to talk with your doctor. In general, stay well hydrated and avoid exercising outside when it's too cold, hot or humid. Plus, make sure to balance your exercise with plenty of rest.



EARLY HEART ATTACK CARE: Know when to call 911

Recognizing the early signs of a heart attack can save a life. Many times, symptoms that may be easy to brush off or attribute to another cause might very well be the body signaling something more serious is happening.

While some heart attack symptoms occur very suddenly, many others do not. If you or a loved one experiences the symptoms below—even if they seem mild—call 911. Riverview Hospital is an accredited Chest Pain Center that is fully equipped to respond immediately to those experiencing early heart attack symptoms.

Early heart attack symptoms include:

- Discomfort in the center of the chest.
- A full, burning, aching or tight feeling in the chest that comes and goes.
- Discomfort that spreads from the chest to the left arm or jaw.
- Clammy perspiration, shortness of breath, back pain, anxiety, fatigue, nausea or dizziness associated with the symptoms above.

These early heart attack symptoms occur among nearly 50 percent of heart attack patients. When these symptoms are recognized and treated in time, heart damage can typically be prevented. Know the subtle danger signs of a heart attack and act immediately by calling 911—because every second counts.





(Top) John and Pam LeCount enjoy time outdoors with their five grandchildren. (Bottom) John at ease in the hyperbaric chamber at Riverview Hospital during one of his treatments.

IN A SPLIT SECOND: HEALING A SEVERE WOUND FROM THE INSIDE OUT

John LeCount—a father of six and grandfather of five—is an avid outdoorsman who loves spending time on the Noblesville property where he and his wife, Pam, live. He heads outside every chance he gets—splitting logs for firewood, tending to the land, and enjoying the peace and serenity.

On a warm day in late August 2013, John decided to cut some large fallen trees for firewood for the upcoming winter—something he had done hundreds of times. To do this, John tied a heavy log to the back of his tractor and pulled it to a level area, where he prepared to cut it with a chainsaw. All went along as planned until he got to the last log. Just before cutting it, John used his left foot to remove the nylon strap that was tied around the log. In the blink of an eye, the running chainsaw

clipped the nylon strap and kicked, deeply cutting John on the side of his left ankle.

“I was in complete shock. Adrenaline set in immediately,” recalled John. “I was alone without my phone. I had to make my way back up to the house and get help.”

John limped to his tractor and headed up to the driveway. “I yelled as loud as I could that I needed to go to the hospital right away.”

Pam came running and saw what had happened.

“His injury was very severe. I wrapped his leg as best I could, grabbed my purse and shoes, got him in the car and headed to the Riverview Hospital Emergency Center,” said Pam.

There, emergency physicians treated John’s four-inch incision

while managing his pain. John later followed up, as instructed, with his family physician, Dr. Walter Beaver. Recognizing John needed more advanced treatment, Dr. Beaver referred him to his colleagues at Riverview Hospital, Dr. Thomas Cittadine, an orthopedic surgeon, and Dr. Tracey Ikerd, an infectious disease specialist and medical director of the wound care program.

“Many severe wounds such as John’s require additional care to facilitate healing,” noted Dr. Ikerd.

During therapy sessions, people relax on a bed encased with a large, see-through acrylic shell, and watch movies or talk with others through a speaker system. The only physical sensation is a slight pressure on the eardrum—such as that felt when an airplane lands—as the air chamber is pressurized.

“The progress I made during my hyperbaric oxygen treatments was amazing. I could see my wound quickly healing,” said John. “Everyone I encountered was wonderful. The

“I was in complete shock. Adrenaline set in immediately,” recalled John. “I was alone without my phone. I had to make my way back up to the house and get help.”

In addition to vascular surgeon Dr. Russell Dilley removing the damaged tissue and doing a skin graft, Dr. Ikerd and Dr. Cittadine prescribed a series of 30 hyperbaric oxygen therapy treatments to help speed up John’s healing process.

Hyperbaric oxygen therapy works by surrounding the person with 100 percent oxygen at higher-than-normal atmospheric pressure. This increases the amount of oxygen in the blood, allowing red blood cells to pass more easily through the plasma to help heal a wound from the inside out. Riverview recently added two hyperbaric oxygen therapy chambers as part of its expanded advanced wound care program.

nurses and staff, along with Dr. Beaver, Dr. Ikerd, Dr. Dilley and Dr. Cittadine, worked together to help me heal. I was so impressed with the personalized attention, skilled care and assurance I received.”

Just ten weeks after his incident, John went back to work at the construction business he owns with his wife.

“If it weren’t for hyperbaric oxygen therapy, I wouldn’t be nearly as far as I am today,” said John. As for splitting logs again, John says he has received clearance and is anxious to do so—as soon as Pam will let him.

ASK THE EXPERT

Caring for Diabetic Foot Symptoms

Q: How can I prevent my feet from being so dry?

A: Diabetes can cause neurosensory changes to the body. Often times, this includes dry skin, which can lead to other issues, such as broken skin and ulcerations. You can prevent your skin from cracking by properly drying your feet following a bath or shower, and applying a good moisturizer to the top and bottom of your feet. Be careful not to get lotion between your toes, as this can lead to fungal infections.

Q: How can I prevent irritation or ulcers on my feet and toes?

A: Ulcers, irritation or pressure-induced lesions can occur because of improperly fitted shoes. With diabetes, your feet can change shape or position and may swell, causing your shoes to become too tight. To prevent this, wear supportive shoes that are wide and deep enough to accommodate for any swelling. If you are unsure, see a professional about properly fitted shoes.

Q: How can I prevent further issues with my feet?

A: Proper blood sugar control and daily examination of your feet are of utmost importance. With proper sugar control, you can prevent many other systemic diseases. Examining your feet daily and being able to identify changes to your skin can help you avoid a much larger issue if you catch it early.

Freshen Up Your Diet

Springtime is ideal for cleaning up your diet. Many healthy fruits and vegetables are in season and often at the peak of flavor. Look for fresh apricots, asparagus, artichokes, broccoli, mangos and strawberries. Swiss chard, mustard greens and collard greens are also good choices.



Dr. Sarah Viselli is a podiatrist who specializes in advanced wound care at Riverview Hospital.



THINK SPRING: HELPING YOUR BODY ADJUST TO SEASONAL CHANGES

Spring is right around the corner. And for many of us, this time of year can bring about bad allergies and lingering sinus infections, or sinusitis. To make matters worse, cold season is still in full swing when springtime pollens start making their way into the air.

“Symptoms of these two conditions can be hard to differentiate, making proper treatment difficult,” said Michael Agostino, MD, an ear, nose and throat specialist who practices at Riverview Hospital. “Both conditions will lead to nasal drainage that is mostly clear or yellow, and lead to frequent nose blowing with nasal congestion.”

Despite these overlapping symptoms, there are others that tend to be more specific to each problem.

If you're suffering from allergies, Dr. Agostino says you may experience bursts of uncontrolled sneezing—up to 10 or more sneezes in a row—in addition to itching, poor sleep, daytime tiredness, decreased productivity at work or school, difficulty breathing, eczema, and watery and itchy eyes.

If it's sinusitis, Dr. Agostino suggests you may experience pain or pressure in the sinus area with headaches, a decreased sense of smell, facial swelling, post nasal drip with cough, tooth or eye pain, and fever.

“Understanding the differences in the symptoms of allergies and sinusitis will make treatment quicker and more effective,” says Dr. Agostino.

Helpful remedies for allergies and sinusitis include saline rinses, nasal steroid sprays, avoiding triggers such as dust and other allergens, and oral corticosteroids. Over-the-counter anti-histamines, decongestants and topical anti-histamines can also help relieve allergy symptoms. For sinusitis, antibiotics are usually prescribed as a course of treatment.

An ear, nose and throat specialist can provide testing, diagnosis and effective treatment for both causes.



Dr. Michael Agostino is a board certified ear, nose and throat specialist who practices at Riverview Hospital.



ASK THE EXPERT

Sleep Well: Coping with Time Change

Daylight Saving Time isn't something most of us think of very often, except when we're reminded to set our clocks forward or back an hour. On March 9, we'll “spring ahead” an hour—resulting in more sun in the evening but a loss of an hour of sleep. Dr. Michael Levine, a board certified neurologist and sleep specialist who practices at Riverview Hospital, answers common questions related to time change.

Q: How long should it take to adjust to a time change?

A: It should take the average person about a day or two to physically adapt to the change in time.

Q: Are there any ways to make the time change less noticeable?

A: You should make sure you get plenty of sleep a day or two before the time change. Going to bed a little earlier the night before can help make the time change much less noticeable, as you'll be helping to compensate for the lost hour. Heading into a time change in a sleep-deprived state will only make it more troublesome.

Also, as our bodies operate on a circadian rhythm, it's key to surround yourself with light during the day and avoid exposure to light in the evenings when it's dark outside. This includes things like a TV or computer. Bright light suppresses the sleep hormone, melatonin, so exposure to light in the evenings can make it hard to fall asleep.



Dr. Michael Levine is a board certified neurologist and sleep specialist who practices at Riverview Hospital.

PROFILE IN PHILANTHROPY: THE GORDON FAMILY

As long-time Noblesville residents and business owners, Dick and Margaret Gordon know the importance of community and giving back.

In 2004, Dick Gordon was approached by Tom Sheehan, a personal friend and then Chairman of the Riverview Hospital Foundation Board of Directors. Tom encouraged Dick to become involved with the Riverview Hospital Foundation.

“I and my family members had received care at Riverview Hospital, but I didn't know a lot about the Foundation,” said Dick. “I was interested in learning more.”

Over the years, Dick became very involved with the Foundation. He served as a member of the Foundation Board of Directors for six years, later becoming Director Emeritus. One of Dick's daughters, Sylvia, took his position on the Board and continues in that role today. His son, Frank, has served on the Foundation's Annual Support Committee.

While on the Foundation Board, Dick spearheaded the creation of the Gordon Bricklayer Club—a club comprised of those willing to make an annual gift of \$100-\$1,000.

“I wanted to raise awareness and help garner a wider range of donors,” said Dick. “It's great to start with a small gift. Every dollar goes a long way.”

Dick also helped create the Footprints Club—a club whose members make a one-time gift of \$1,000 in honor of a child or grandchild.

The Gordon family involvement with Riverview Hospital continued to grow through other initiatives, such as Family Fun Days—a fundraising event held on family property—and phoneathons, where everyone plays a part in helping raise funds for the Foundation. Most recently, the Gordon family began Noblesville Fit Fest—a health and fitness event geared toward kids and adults—and donated all proceeds to the Riverview Hospital Foundation. The family is already planning this year's event, which will take place on August 16, at Forest Park in Noblesville.

“It has been exciting to see Riverview Hospital grow and the Foundation continue to succeed in raising funds to support vital equipment and programs at Riverview,” said Dick.

Through their involvement with the Foundation, Dick and his family were personally compelled to give. The Gordon family has supported the construction of the Riverview Women's Pavilion, the Emergency Center expansion and the addition of enhanced cardiology services.

“We're so grateful for the generosity of the Gordon family,” said Trish Oman, executive director of Riverview Hospital Foundation. “Their contributions have made a significant impact.”



Dick Gordon, along with many family members, presented a \$5,000 check to Riverview Hospital Foundation executive director, Trish Oman.

WOMEN OF VISION LUNCHEON: Celebrating 10 Years of Inspiring Women

Created in 2004, the Women of Vision Luncheon serves to educate and inspire women, while building camaraderie and forging vital connections. Since its inception, the Women of Vision Luncheon has hosted an array of speakers focused on topics relevant to women—including health and wellness, self-improvement and family—and has raised more than \$500,000. Proceeds provide support for much-needed women's services, programs and equipment at Riverview Hospital.

Riverview Hospital Foundation invites all women—mothers, daughters, sisters, friends and neighbors—to attend the 10th Annual Women of Vision Luncheon, sponsored by CarDon. Keynote speakers, Amy Banter, MD, and Cynthia Husted, PhD, will speak on transforming and healing the body, mind and spirit.

Date: April 17, 2014 – 10:30 am

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

Cost: \$45

To register: Contact Jessica Deering at jdeering@riverview.org or 317.776.7938.

Sponsored by



SAVE-THE-DATE: Heartfelt Thanks Golf Tournament

Date: June 25, 2014 – 9:30 am registration; 11 am shotgun start

Location: Pebble Brook Golf Club, 3110 Westfield Rd., Noblesville

Sponsored by



Upcoming Seminars & Events

FEBRUARY

Back Pain Seminar

When: February 11, 2014, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Do you have chronic low back pain or sciatica caused by a pinched nerve or stenosis? Join board certified and fellowship trained physicians, Dr. Praveen Perni and Dr. John Ward, to learn more about treatment options for sciatica and low back pain. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

Heart Healthy Cooking Event

When: February 25, 2014, 6-8 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join Riverview Hospital and its team of cardiologists and staff for an evening of heart-healthy recipes and cooking tips. We'll serve each item that's prepared and will conclude the evening with a Q&A session. Attendees will receive a coupon for a complimentary blood chemistry profile at the Riverview Hospital Outpatient Laboratory and a copy of each recipe. Cost for the program is \$15 per person or \$25 per couple. Registration and payment is required by February 18. Register online at riverview.org or call 317.776.7999.



MARCH

Look Good, Feel Better Program

When: March 4, 2014, 1-3 pm
Where: Riverview Hospital Women's Center

Women who have cancer are invited to join Riverview Hospital 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 317.776.7133 or email driggs@riverview.org.

Joint Replacement Seminar

When: March 6, 2014, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified orthopedic surgeon who is fellowship trained in adult reconstructive surgery, will discuss the latest techniques and procedures for hip and knee replacement. He will explain treatment options—including the direct anterior approach to hip replacement and computer-assisted knee surgery—as well as 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.

Hamilton County Resource & Health Fair

When: March 13, 2014, 3-7 pm
Where: Hamilton County 4-H Fairgrounds, 2003 Pleasant St., Noblesville

This free event, hosted by the Hamilton County Health Task Force and Good Samaritan Network of Hamilton County, provides access to valuable healthcare and other community resources, a variety of health screenings and a panel of expert speakers.



Joint Pain Seminar

When: March 18, 2014, 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.

Sleep Disorders Seminar

When: March 27, 2014, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join Dr. Michael Levine, medical director of the Riverview Hospital Sleep/Wake Center, to learn about how sleep disorders such as sleep apnea can have a serious impact on your health—including heart disease, stroke, depression, diabetes and other chronic diseases. Dr. Levine will also discuss the latest in diagnosis and treatment of sleep issues. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.



Shoulder Pain Seminar

When: April 16, 2014, 6-7 pm
Where: Renaissance Indianapolis North Hotel, 11925 N. Meridian Street, Carmel

Dr. Norman Mindrebo, a board certified orthopedic surgeon, will share information on common shoulder issues and treatments. Topics will include shoulder injuries such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacements. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.

APRIL

Sinus and Allergy Issues Seminar

When: April 8, 2014, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join Dr. Michael Agostino, a board certified ear, nose and throat specialist, to learn about common sinus and allergy issues and the newest treatments. A light dinner will be served. The program is free, but registration is required. Register at riverview.org or call 317.776.7999.



Joint Pain Seminar

When: April 22, 2014, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified orthopedic surgeon who is fellowship trained in adult reconstructive surgery, will discuss the latest techniques and procedures for hip and knee replacement. He will explain treatment options—including the direct anterior approach to hip replacement and computer-assisted knee surgery—as well as 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.

Support Groups

Better Breathers Support Group
When: Meets quarterly
Information: 317.776.7377

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

Cancer Patient Support Group
When: First and third Tuesdays of every month, 6-8 pm
Where: Riverview Hospital Cancer Center (enter through Emergency Center)
Information: 317.257.1505 (a brief interview is required prior to participation)

Diabetes Support Group
When: Second Thursday of every month, 7-8 pm
Where: Riverview Hospital (Classrooms A & B, lower level of Professional Building)
Information: 317.776.7233

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 or 317.776.7377

Mended Hearts
When: Third Wednesday of every month, 12-2 pm
Where: Riverview Hospital (Classrooms A & B, lower level of Professional Building)
Information: 317.776.7233

Survivors of Suicide Loss Support Group
When: Second Tuesday of every month, 6:30 pm
Where: Riverview Hospital (Classrooms A & B, lower level of Professional Building)
Information: Colleen Lawson, jvulawson@aol.com



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



Celebrate American Heart Month

Riverview Hospital wants to help you protect your heart this February by providing a variety of special screenings and events designed to help you identify risk factors for heart disease and how to prevent it.

CT Heart Scan \$49*

This quick, non-invasive procedure can help you identify "hidden" cardiovascular risks due to the formation of calcium deposits in the coronary arteries. **Call (317) 776-7247 to register.**

Heart Health Profile \$55*

This comprehensive profile provides an overview of your risk of coronary heart disease by measuring the lipid, high-sensitivity c-reactive protein and homocysteine levels in your blood. **Register at riverview.org.**

Heart Healthy Cooking Event

February 25, 2014, 6-8 pm

Join our cardiologists and staff for an evening of heart-healthy cooking. We will serve each item that is prepared and attendees will receive a coupon for a complimentary Blood Chemistry Profile. Cost is \$15 per person or \$25 per couple. Registration and payment is required by February 18. **Register at riverview.org.**

*May require pre-registration and have qualifying guidelines.