

NEWS FROM RIVERVIEW HEALTH

SPRING 2015

RIVERVIEWS

riverview.org



Riverview
HEALTH

**UNSTOPPABLE:
PATIENT REMAINS
AVID ATHLETE
AFTER LOSING LEG**



ALSO IN THIS ISSUE:

NEW VASCULAR TECHNOLOGY IS UNMATCHED, STAYING HEART HEALTHY WITH CARDIOVASCULAR SCREENINGS, AND A PROFILE IN PHILANTHROPY

Letter from Pat



Welcome to Riverviews! Thank you for taking the time to read through our magazine. We've made every effort to fill it with content we think you'll benefit from and enjoy.

At Riverview Health, our goal is to provide you with the best care possible. Earlier this year, we took yet another big step in our quest to continue delivering high-quality care when we were accepted by the Centers for Medicare & Medicaid Services (CMS) as an Accountable Care Organization (ACO).

We partnered with Franciscan Alliance to form the Franciscan Riverview Health ACO that went into effect January 1, 2015.

So you may be wondering, "What is an ACO anyway, and how does it affect me or my family?" An ACO is a group of healthcare providers that work together to provide high-quality, coordinated care to Medicare patients—or those aged 65 and older. With the aging population of baby boomers, the demand for healthcare is higher than ever—and we know all too well how important it is to keep up with the demand while continuing to provide the high-quality healthcare you deserve.

As an ACO, our primary care physicians and specialists work together to ensure you're getting the right care at the right time. Together, they coordinate all aspects of your care by actively sharing your health information with each other. This open line of communication between your healthcare team gives you access to more comprehensive care, while enabling us to cut your healthcare costs, avoid unnecessary duplication of services and prevent medical errors.

We believe taking this very important step to become an ACO demonstrates our commitment to providing you—our community—with healthcare that's second-to-none. We hope you're as excited as we are to embark on this journey to better serve you and your family.

Have a healthy spring!

Pat Fox
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.



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LOOKING FOR A PHYSICIAN?

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

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

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Questions or Comments?
Call 317.776.7999

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 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.

New Outpatient Pharmacy Open in Westfield

Riverview Health Westfield Pharmacy is a new full-service retail pharmacy located on the campus of Westfield Schools at 322 West Main Street and available to:

- Individuals using services within the Riverview Health network
- Patients who have been discharged from Riverview Health or have had a surgical or other outpatient procedure at Riverview Health
- Hamilton County employees
- Westfield Washington Schools employees
- Riverview Health employees

Some of the specialty services include:

- Compounding
- Prescription medication fulfillment
- Mail-order prescription refills
- Comprehensive medication counseling

Riverview Health Physicians Make "Top Doctors" List

Indianapolis Monthly magazine named 16 Riverview Medical Group and Riverview Health affiliated physicians in its November 2014 "Top Doctors" issue. Castle Connolly Medical Ltd., a healthcare research and information company, compiled the most recent list by asking all licensed physicians to recommend colleagues who they would suggest to a family member or go to themselves. Congratulations to the physicians who were selected as a "Top Doctor."

To see a complete list of Riverview Health physicians who made the list, visit riverview.org/topdocs2014.

New Clinician

Please join us in welcoming the following clinician:

- **Hari Kumar, MD**—Specializes in heart and vascular

Pedal your way to health

Biking is a popular way to stay fit in central Indiana—and with good reason. Cycling is an excellent way to burn calories and enjoy the weather at the same time. Cycling puts less stress on the knees, ankles and spine than walking or running. It tones you all over—even in the arms. It reduces blood pressure and LDL (the "bad") cholesterol. And it can boost your energy level by up to 25 percent.



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



UPCOMING Seminars & Events

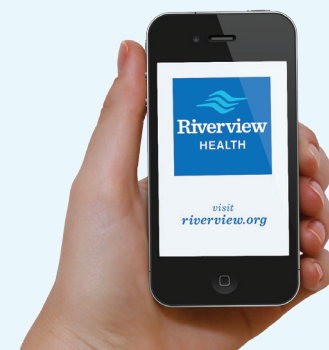
At Riverview Health, we offer a series of educational seminars, screenings and other events aimed at helping you stay well. We invite you to join our experts to learn more about specific medical conditions, as well as the advanced treatment options available at Riverview Health. Many of the informational 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.

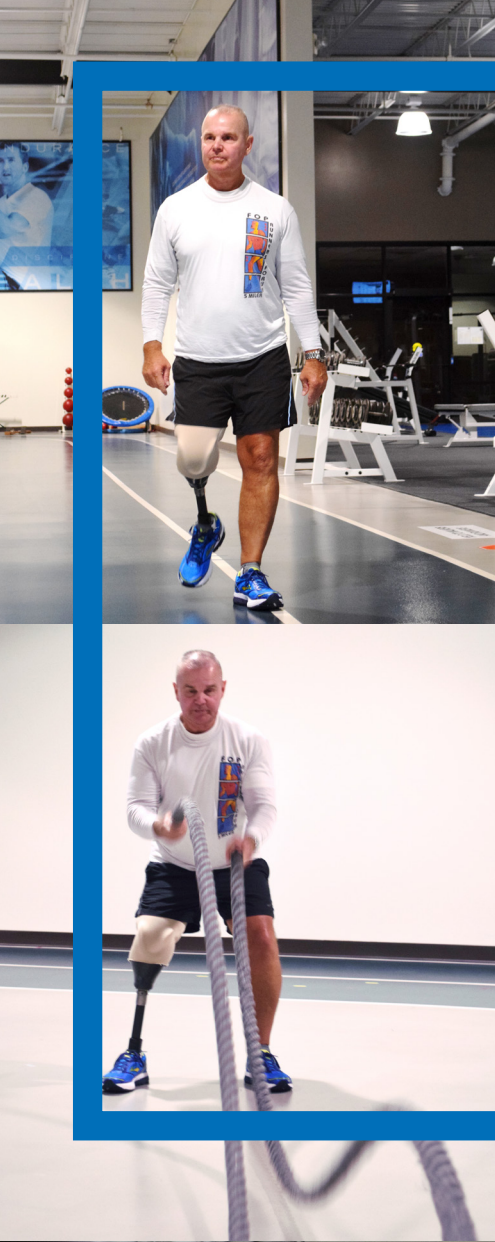
GIFTING for a Great Cause

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/foundation.

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. Visit riverview.org/stay-connected to register. Sign-up is easy!





UNSTOPPABLE: PATIENT REMAINS AVID ATHLETE AFTER LOSING LEG



Steve Carter hasn't let the loss of his right leg affect his exercise routine. Steve works out at Riverview Health Rehab & Fitness in Noblesville several times a week.

It's hard to make up excuses to skip a workout when you see a man like Steve Carter at the gym every morning. Six days a week, 57-year-old Steve is at Riverview Health Rehab & Fitness in Noblesville at 6 am—ready to work up a sweat for the next hour and 15 minutes.

He starts on the stationary bike, and then he does some rope whipping exercises. After that, it's on to the treadmill and lifting weights.

He has so much enthusiasm he's hard to keep up with. You'd never know he was missing one of his legs unless you looked down.

March 10, 2010, was the day his life changed. Or maybe you could say it was April 12—the day he woke up from his month-long coma and realized his leg had been amputated.

On March 10, Steve started his day like any other. He drove his route as a bus driver for Westfield Washington Schools until his shift ended at 9 am. His leg had been hurting during his route, and by the time he was done, walking to his truck was a huge struggle. After a trip to the emergency room, Steve was sent home with some pain medication and a diagnosis of gout. Two days later, his ankle had swelled, and his condition had gotten much worse. Steve's wife came home from a business trip and rushed him back to the ER where doctors discovered he had a serious infection.

Somehow, bacteria had gotten into Steve's ankle and created necrotizing fasciitis, a rapidly growing infection that, if untreated, almost always results in death. The infection was cleaned

out, but it was too late. It had spread, and Steve fell into a coma.

"The last thing I remember before the coma was telling my wife, 'this could be it,' but she refused to accept that," Steve said.

Prior to his illness, Steve was an avid runner—often running 25 miles a week. He competed in triathlons, he biked and swam, and he even completed local mini-marathons.

"I was trying to stay out of hospitals by being healthy, but all of a sudden, I was in one," Steve recalls.

This made the decision to remove Steve's leg all the more difficult for his family, but ultimately, they knew he'd rather live without a leg than not live at all.

Riverview Health orthopedic surgeon Stephen Sexson, MD, was the doctor on-call the night Steve arrived in the emergency room for the second time. And it was Dr. Sexson who ultimately had to amputate Steve's leg.

"I didn't think he was going to make it, and neither did some of the other doctors," Dr. Sexson said.

Steve went into renal failure and spent a month in the intensive care unit at Riverview Health.

"When I woke up from my coma, my first thought was that I was dreaming. I was so weak, I couldn't move. A newborn baby would have been stronger than me," Steve remembers. "I didn't even realize I didn't have a leg for at least a week."

Then, Steve remembers asking a friend if he had his leg.

"Nope," his friend said.

Steve's right leg had been amputated just below the knee.

"When I realized I didn't have a leg, I was like, 'OK, let's move on,'" Steve said. "I was so sick and weak that I had nowhere to go but up, and up I went."

After Steve's leg healed, he was fitted with a prosthetic and began to learn to walk again.

"It was very difficult at first. I didn't realize it was going to be so hard. I thought I'd get in the prosthetic leg and just take off, but that wasn't the case," Steve said.

After two months of inpatient rehab and 15 sessions of rehabilitation at Riverview Health Rehab & Fitness in Noblesville, Steve decided to get a membership.

"I had some really outstanding care at Riverview Health. People told me I was probably the sickest person in this hospital, and I had their undivided attention from day one until they released me," Steve recalls.

Now, Steve occasionally visits Riverview Health to provide motivational support to new amputees. When he's there, he stops by to say "hi" to Dr. Sexson, the nurses and physical therapists who treated him.

"No one has a bigger smile and a kinder word to say than Steve. At no time did he ever have a pity party. He accepted it for what it was and was always looking forward," Dr. Sexson says. "Everyone in my office looks forwards to Steve's visits. We consider him a miracle. He's the epitome of not giving up."



Step Up Your Workout with Boxing Fusion

Finding the motivation to go to the gym can be hard, and having a boring workout routine certainly doesn't make finding motivation any easier. In November, Riverview Health Rehab & Fitness in Noblesville introduced a new class, Boxing Fusion, which is sure to bring some excitement back to your workouts.

Boxing Fusion is a full-body cardiovascular workout that incorporates a Boxmaster training station. The training station consists of numbered pads that have springs in each pad to provide a softer target. Using the numbers, the trainer is able to call out a sequence of numbered pads for the boxer to hit.

While a small group of participants is receiving instruction on the Boxmaster, the rest of the class keeps moving, completing a circuit of push-ups, crunches, cardio conditioning and more.

As the classes progress, the circuit gets slightly harder as students learn to hit the pads correctly. Eventually, the skills are combined to provide practical boxing education. This high-intensity class is ideal for people without a lot of health limitations. The class is limited to 12 people to ensure each person receives individualized training from our instructor. Participants will need boxing gloves.

Next session: March 18-May 6, 2015

Day: Wednesdays

Time: 6:30-7:30 pm

Sign up for Boxing Fusion at
riverview.org/classes.



Use caution when moving your workout outside

As the weather warms up, it's only natural to want to leave the gym and exercise outdoors. But even people in peak physical shape should make the transition gradually. Walking or running on outdoor terrain is tougher than on a treadmill and uses slightly different muscles. Pay attention to your intensity level and slowly work up to your usual pace and distance over the course of two weeks.

NEW VASCULAR TECHNOLOGY IS UNMATCHED



Charles Jones stands with the LUNA system, which helped with the treatment of his diabetic foot ulcer.

Retired Noblesville police officer Charles Jones, Jr. is a man of few words. But if you ask him about the time he nearly lost one of his big toes, he has a lot to say. He'll tell you about the excellent care he received from physicians and nurses at Riverview Health and how the technology used by Riverview Health Wound Care helped save his toe.

In June 2014, Charles, who has had Type II diabetes since 1990, noticed a quarter-sized sore on the inside of his right foot near his big toe.

"It was painful, but I could still walk," Charles said. "So, I thought I'd give it some time to heal."

With some urging from his wife, Sheila Jones, he made an appointment with his Riverview Health primary care physician to get it checked out.

"My doctor told me I had a diabetic foot ulcer," Charles said. "I was surprised. I didn't know how I got it."

Charles was referred to Riverview Health infectious disease specialist Tracey Ikerd, MD, who has extensive experience treating diabetic foot ulcers and non-healing wounds.

"When Charles came to our wound healing center, the severity of the ulcer was immediately apparent," Dr. Ikerd said. "I was

extremely concerned about the blood flow to that part of the foot."

To assess the blood flow, an ultrasound of the arteries was performed, which showed the blood flow was normal. But Dr. Ikerd also ordered another test using a progressive technology called LUNA Fluorescence Angiography, which showed the blood flow was seriously lacking.

Riverview Health is the only facility in Indiana that has the LUNA system. The technology works by injecting a harmless dye in a person's arteries, which is then visualized by a laser camera to show blood flow in the skin.

"Other technology only reveals blood flow in the large major vessels," Dr. Ikerd said. "It's the skin that's not healing, not the vessels."

Riverview Health purchased LUNA last year, and it has proved to be a useful tool.

"After a consultation with a vascular surgeon about Charles' test results, it was determined the LUNA was correct, and Charles had virtually no blood flow from the arteries leading to the ulcer," Dr. Ikerd said.

"This up-and-coming technology is rapidly proving to be

valuable in assessing complicated, challenging, non-healing wounds, especially in people with diabetes," Dr. Ikerd said. "I think we're just scratching the surface with what this technology can do."

The arteries in Charles' foot weren't opening—even with the use

of advanced techniques. So, Dr. Ikerd recommended 40 treatments of hyperbaric oxygen therapy at Riverview Health Wound Care.

This type of 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. The chamber consists of a bed that is encased in a clear cylinder.

"My sessions lasted 90 minutes each and weren't painful at all," Charles remembers. "There's even a TV in there, which was nice."

After his 40 treatments, Charles' toe was dramatically better, which allowed him to undergo surgery to remove damaged bone in his foot.

"Without the LUNA technology, Charles probably wouldn't have had any hyperbaric treatments. If he had gone into surgery without any treatments, the outcome would have been less favorable. He may have even lost his toe," Dr. Ikerd noted.

Charles credits Dr. Ikerd and Riverview Health physicians and nurses with saving his toe.

"Dr. Ikerd is very knowledgeable, and we became friends," Charles said. "The care I received at Riverview Health was excellent."

Combating Hay Fever

As the cold air disappears and nature begins to revitalize in springtime, hay fever—or a group of symptoms affecting the nose due to allergies—begins to set in.

Riverview Medical Group family physician Amy Banter, MD, treats her fair share of hay fever cases and provides insight on prevention, how to treat it, when to get help and some at-home remedies.

Q: Is there really any way to prevent hay fever, or is it inevitable for those who suffer from allergies?

A: There are things you can do to lessen your exposure or avoid the allergens that may set you off. If the trigger is pollen, don't open your windows at home. You can even track the pollen count in the air with weather apps on your mobile phone, so you can avoid going outside on high-pollen days. One thing some people don't realize is that milk products can sometimes irritate the immune system and make things worse.

Q: What kinds of over-the-counter medications are available to help relieve the symptoms?

A: Antihistamine pills work quickly, but they can have side effects, such as dry-mouth or drowsiness. Steroid nasal sprays don't typically have the side effects antihistamines do, but they can take a couple weeks to start working effectively. The use of a decongestant should be monitored, as overuse can actually worsen your congestion over time. You should consult a doctor before giving children over-the-counter medication for allergies.

Q: When should I see a doctor about my symptoms?

A: If you start to run a low-grade fever or have more color in your mucus, you should see your doctor because it could be an indication of a sinus infection.

Fast Facts About Diabetic Foot Ulcers

What is a diabetic foot ulcer?

These are wounds that are usually located on pressure points on the foot or where an ill-fitting shoe may rub the foot.

What are the causes?

Foot ulcers are commonly found on people with diabetes in relation to poor circulation, high blood sugar, nerve damage and irritation. Poor circulation and high blood sugar make it hard for ulcers to heal. Diabetes can cause nerve damage, which can reduce sensitivity to foot pain and make an ulcer go unnoticed.

How can I prevent it?

Diabetic foot ulcers can be prevented by wearing appropriate shoes that don't create calluses or blisters. Taking a load off by sitting down can also give your feet a rest. Inspect your feet daily for any signs of sores. Consult your doctor if you think you have an ulcer forming on your foot.

Grow herbs to boost your health

Spring is the perfect time to plant some herbs in your garden or in pots. Not only do herbs grown at home infuse your recipes with fresh flavors, they also provide many health benefits. For instance, rosemary contains compounds that fight cancer cells, and its aroma improves memory. Thyme is a popular herbal remedy for respiratory problems and has antiseptic uses. Basil calms the nerves and has a detoxifying effect on the liver. And peppermint is a proven remedy for digestive issues.



Amy Banter, MD, is a board certified family physician with Riverview Medical Group.



Know Your Numbers

Making sure you're on the right track to maintaining a healthy heart is as simple as knowing five little numbers: blood pressure, blood sugar, body mass index, cholesterol and waist size. By regularly monitoring these five things, you can quickly see when something is abnormal so you can follow up with your doctor.

Blood Pressure

High blood pressure can lead to a host of health problems—most notably cardiovascular disease. By getting your blood pressure taken every few months, you'll have a better idea of your baseline blood pressure in case you have a spike.

Blood Sugar

Having your blood sugar measured after an 8-hour fasting period is a great indicator of your risk for diabetes. If you already have diabetes, measuring your blood sugar periodically will help you know how well your treatment plan is working.

Body Mass Index (BMI)

This is an easy number you can find out by yourself at home. To determine your BMI, divide your weight in pounds by your height in inches squared. Then multiply by 703.

Example:

Weight = 175 pounds

Height = 72 inches

$(175/72^2) \times 703 = 23.73$

By knowing if your BMI falls in the overweight range (25-29.9) or obese range (30+), you can determine if you're at-risk for related diseases, such as heart disease or diabetes. A normal range is considered to be between 18.5-24.9, while an underweight range is considered to be anything below 18.5.

Always talk to your physician about your findings so he or she can help you understand how your BMI may affect your overall health.

Cholesterol

Getting your cholesterol checked is important in determining your risk factors for cardiovascular disease. Share your results with your healthcare provider so he or she can help get your cholesterol back on track if it's high, or keep an eye on it if it's higher than normal.

Waist Circumference

This may be a number you're all too aware of if you've tried to squeeze into an old pair of jeans. A large waist circumference or excess abdominal fat is associated with higher risks of cardiovascular disease and diabetes.

STAY HEART HEALTHY WITH CARDIOVASCULAR SCREENINGS

Heart disease is the leading cause of death in men and women, according to the Centers for Disease Control and Prevention. Knowing your risk of heart disease and heart attacks, and taking action now, can help ensure you live a longer, healthier life. Riverview Health Heart & Vascular offers heart, lung and vascular screenings you can schedule or prequalify for without a doctor's order. Take care of your heart through one of the following tests and be sure to share your results with your physician.

Computed Tomography (CT) Heart Scan - \$49

This screening is performed using a CT scanner to determine the amount of hardened plaque inside your coronary arteries. Plaque build-up inside your coronary arteries can lead to a heart attack if the flow of oxygen-rich blood to your heart is reduced or blocked.

Baseline Electrocardiogram (EKG) Screening - \$10

With a baseline EKG Screening, the electrical activity of your heart is recorded on paper and read by your healthcare team. The pattern of your heart signals can tell your doctor whether your heart is normal, under stress, or experiencing strain or damage. At Riverview Health, a computerized system stores your baseline EKG, keeping it readily available for your healthcare team.

Vascular Screening Package - \$79

- Carotid artery screening—This test screens for possible narrowing and blockages of the carotid arteries, which are the main arteries in the neck that supply blood to the brain. If these arteries are blocked, you could be at a higher risk of stroke.
- Abdominal aortic aneurysm screening—This non-invasive ultrasound test screens for an aneurysm—a bulge or weakness—in the aorta, the major blood vessel that extends from the heart into the abdomen.
- Ankle brachial index test—This procedure tests for peripheral artery disease by screening for blockages and plaque buildup in the legs, which is linked to cardiovascular disease. Deposits of plaque in the large arteries of the legs can block the blood supply to the legs, resulting in pain when walking.

Lung Cancer Screening with Low-dose Computed Tomography - \$99

To qualify for this test, you must have a history of smoking, be at least 50 years old and complete a screening questionnaire to determine your risk factors. If you're eligible for this screening, you must provide your primary care physician's name and contact information so he or she may receive the results. This screening uses a CT scan to identify early signs of lung cancer. The exam takes only a few minutes and doesn't require any medications or needles. Board certified radiologists provide results of the exam to your physician.

To see all the heart and vascular screenings we offer without a physician's order, visit riverview.org/heartscreenings.

PROFILE IN PHILANTHROPY: GAYLOR ELECTRIC, INC.



Chuck Goodrich (front row, far left) and Gaylor staff members in the Noblesville office place an emphasis on philanthropic volunteering.

Instilling a sense of community and giving are important to Chuck Goodrich, president of Gaylor Electric, Inc. But not only is it a personal belief, it's something that's echoed by the whole Gaylor staff in Noblesville and across the nation.

With 17 teams in 13 offices from Arizona to North Carolina, Gaylor staff members are big into giving and focusing on philanthropic projects.

"We believe the key to successful business is giving back," Chuck says.

Riverview Health Foundation is lucky enough to be on the recipient list—but according to Chuck, it was a natural fit.

"I truly believe Riverview Health is the center of our community," Chuck says. "If you want to know anything about Hamilton County, go talk to hospital volunteers."

Chuck urges Gaylor teams to complete one service project each month to give back to local and national organizations.

"Gaylor has a big heart as it serves customers, so giving back works into our vision," Chuck says.

Gaylor staff members have participated in events benefiting junior diabetes, cancer programs and local cleanup work. With 10 out of 17 teams in Indiana, Hamilton County is the focus of about 40 percent of its philanthropy work.

Gifts from Gaylor to Riverview Health Foundation have helped with a cardiology campaign, MRI equipment, women's services and event sponsorships.

Chuck has been working with Riverview Health since 1998, and became involved with Riverview Health Foundation as the finance chair. Chuck also started Riverview Health Foundation Philanthropy Council. The council is a volunteer network of community and business leaders working with Hamilton County residents to promote involvement and philanthropic support for Riverview Health.

Through the years, Chuck has become more involved with Riverview Health Foundation Board, and he is now Board Chairman.

"The work Riverview Health does is incredible, and it really makes it easy for me to want to support it," Chuck says. "But what allows me to do what I do is the people who work for Gaylor. Their passion for service is inspiring."

SAVE-THE-DATE:

11th Annual Women of Vision Luncheon

Date: Thursday, April 23, 2015

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

For more information, call Jessica Deering at 317.776.7938 or visit riverview.org/womenofvision.

23rd Annual Heartfelt Thanks Golf Tournament

Sponsored by:

BMO  **Harris Bank**

Date: Wednesday, June 24, 2015

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

For more information, call Jessica Deering at 317.776.7938.

Grateful Patients: The Crow Family

"Riverview Health has been an intimate part of my health for as long as I can remember. My favorite part of Riverview Health is the people. I know these people, and I feel confident that they will do the best they can to take care of me." —*Sally Crow*

Chuck and Sally Crow choose to support Riverview Health Foundation because of the personal touch and exceptional healthcare they receive.



Learn more about why the Crow family gives by visiting riverview.org/gratefulpatient.

Upcoming Seminars & Events

MARCH

Blood Drive

When: March 10, 2015, 2-6 pm

Where: Riverview Health (Outside of Surgery Pavilion)

The Indiana Blood Center Bloodmobile will be on-site in front of Riverview Health Surgery Pavilion. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood or schedule an appointment, contact the Indiana Blood Center at 317.916.5150 or donorpoint.org.**

Joint Pain Seminar

When: March 10, 2015, 6-7 pm

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

Join Dr. Norman Mindrebo, a board certified orthopedic surgeon, to learn more about your treatment choices for joint pain and joint replacement. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org/classes or call 317.776.7999.**

WorkMed Occupational Health East Open House

When: March 12, 2015, 4:30-7 pm

Where: Riverview Medical Arts Building, 14540 Prairie Lakes Blvd. N., Suite 104, Noblesville

At our new location, WorkMed Occupational Health East will open its doors for an open house with free tours, health screenings and light refreshments. In addition to our ongoing occupational health services we are now able to provide the following at this location:

- » Outpatient X-ray
- » Acute care visits

Expanded hours: Monday, Tuesday, Thursday, Friday: 8 am-4:30 pm; Wednesday: 10 am-6 pm; Closed daily 12:30-1 pm

For more information, visit riverview.org/classes or call 317.565.0106.



Sinus & Allergy Seminar

When: March 18, 2015, 6-7 pm

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

Dr. Michael Agostino, a board certified ear, nose and throat specialist, will discuss common sinus and allergy problems, as well as possible treatments. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org/classes or call 317.776.7999.**

Resource and Health Fair

When: March 26, 2015, 1-6 pm

Where: Hamilton County 4-H Fairgrounds, 2003 Pleasant St., Noblesville

Good Samaritan Network and Hamilton County Health Task Force are hosting the 6th annual Resource and Health Fair. The event will have health screenings and informational booths from local agencies and food pantries. There will also be information about the Affordable Care Act. **For more information, visit riverview.org/classes or call Good Samaritan Network at 317.842.2603.**

APRIL

Joint Replacement Seminar

When: April 16, 2015, 6-7 pm

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

Dr. Jeffrey Ginther, a board certified and fellowship trained orthopedic surgeon, will tell you about different procedures for hip and knee replacements. You'll learn about the anterior approach for hip replacement and computer-assisted knee surgery—as well as 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/classes or call 317.776.7999.**

Women of Vision Luncheon

When: Thursday, April 23, 2015—Registration at 10:30 am, lunch at noon

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

Luncheon keynote speaker, Sarah Johnson, MD, is a nationally known cardiologist who'll share her journey to become one of the first female interventional cardiologists in the country, as well as address the challenges women face today with their personal healthcare. Join health-minded women who support Riverview Health women's services, programs and equipment through the Women of Vision Giving Club.

Register by calling Riverview Health Foundation at 317.776.7938 or by visiting riverview.org/womenofvision.



MAY

Joint Health Seminar

When: May 7, 2015, 6-7 pm

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

Dr. Timothy Williams, a board certified and fellowship trained orthopedic surgeon, will discuss a variety of care options for joint pain. Dr. Williams will cover topics including joint replacement procedures and how to treat arthritis. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org/classes or call 317.776.7999.**

Relay for Life

Noblesville

When: May 9-10, 2015, 10 am-10 am

Where: Forest Park, 701 Cicero Rd., Noblesville

Westfield/Sheridan

When: May 15-16, 2015, 6 pm-noon

Where: Riverview Health Stadium at Westfield High School, 18520 N. Union St., Westfield

Join Riverview Health at the American Cancer Society Relay for Life events in Noblesville and Westfield. Relay for Life is the world's largest fundraising event to end cancer. It unites communities to celebrate people who've battled cancer, remember loved ones lost, and take action to finish the fight once and for all. **For more information visit, riverview.org/classes.**



JUNE

Shoulder Pain Seminar

When: June 3, 2015, 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. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org/classes or call 317.776.7999.**

Blood Drive

When: June 9, 2015, 2-6 pm

Where: Riverview Health (Outside of Surgery Pavilion)

The Indiana Blood Center Bloodmobile will be on-site in front of Riverview Health Surgery Pavilion. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood or schedule an appointment, contact the Indiana Blood Center at 317.916.5150 or donorpoint.org.**

23rd Annual Heartfelt Thanks Golf Tournament

When: June 24, 2015—Registration at 9:30 am, shotgun start at 11 am

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

The Heartfelt Thanks Golf Tournament is one of Hamilton County's premier golf outings, providing a great opportunity to take a break from the office and connect with community members and business associates while raising money for Riverview Health Foundation. **Register by calling Riverview Health Foundation at 317.776.7938.**

Support Groups

Breastfeeding Support Group

When: Every Thursday, 10:30 am-noon

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

Information: 317.776.7202

Diabetes Support Group

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

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

Information: Diabetes Education Center, 317.776.7233

Infant Loss Support Group

When: Last Thursday of every month, 7-8 pm

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

Information: Dede Flaherty, dflaherty@riverview.org or 317.776.7302

Mended Hearts

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

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

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, jvlawson@aol.com



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



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