

# Riverviews



News from Riverview Health

## Expecting the Unexpected



[riverview.org](http://riverview.org) | Spring-Summer 2019

Also in this issue:

New Robotic Spine Surgery at Riverview Health

Get Lab Tests When You Want, How You Want

#MyFocus: A Deeper Look at What Drives this Surgeon

# Letter from Seth



As the president and CEO of Riverview Health, I spend a lot of time talking about the care provided here. This past fall, I got to see it all firsthand from a patient's perspective. And I'm happy to report that I had a great experience.

Late last summer, at age 51, I finally got around to scheduling my first routine colonoscopy, performed by Dr. Jason Roberts, gastroenterologist. The prep and procedure were fairly easy—though it had been blown out of proportion by friends I'd talked to. If I'd known what a non-issue it was, I would have done it sooner. While I didn't have any symptoms, my colonoscopy revealed several polyps that required surgical intervention. The early discovery of these polyps prevented what could have been a much different diagnosis.

Though reluctant to have surgery, I knew I was in good hands with Dr. Sam Heiser. In addition to being a skilled surgeon, he's also a wonderful person who cares deeply about his patients. My surgery went well, and I was discharged after a couple of uneventful days. Recovering at home, I was healing well and ready to come back to work just two weeks after my surgery.

Unfortunately, as sometimes happens, complications set in unexpectedly. I had to be readmitted due to a blockage and intense pain. I ended up spending 13 days as an inpatient. While being hospitalized is not something anyone enjoys, I was well taken care of, as were my wife and mother who were by my side throughout. Physicians and staff from more than a dozen different departments contributed to my care, and we were overwhelmed with gratitude for their expertise and compassion. I regularly receive letters and phone calls from grateful patients wanting me to thank their caregivers, and now I can truly understand the appreciation you have as a patient for the people who do so much for you. So thank you to all Riverview Health staff for caring for me—and all of our patients—every day.

I'm sharing my story so that hopefully I can inspire others to take charge of their health. I regrettably waited a year longer than I should have for this routine test, and I would have had a significantly more serious diagnosis if I'd waited longer. The American Cancer Society recently updated its recommendations to say that adults with an average risk should schedule their first colonoscopy at age 45, but those with a family history or other risk factors should do so earlier. Ask your primary care physician what's right for you. March is Colorectal Cancer Awareness Month—a perfect time to schedule your first colonoscopy.

In good health,

Seth Warren,  
PRESIDENT AND CEO, RIVERVIEW HEALTH

## NEWS FROM RIVERVIEW HEALTH *Spring-Summer 2019*

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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.

## Riverview Health Cardiology and Cardiopulmonary Rehab Recognized

Riverview Health is one of only five hospitals in the state to achieve American College of Cardiology's NCDR ACTION Registry Platinum Performance Achievement Award, the highest level award possible. This award recognizes a hospital's success in implementing a higher standard of care for heart attack patients.

Riverview Health is also proud to announce the certification of its Cardiac & Pulmonary Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation. Riverview Health was recognized for its commitment to improving quality of life by enhancing standards of care.

## New Clinicians

Please join us in welcoming the following clinicians:

- » **Brandon Baker, DPM**—Podiatric Surgery
- » **Kevin A. Bird, PA**—Orthopedic Surgery
- » **Carol Dial, NP**—Urology
- » **C. Juliette Elliott, MD**—Pediatric Hospitalist
- » **Joseph Falin, MD**—Anesthesiology
- » **Annette Fearnot, MD**—Family Medicine
- » **Ravneet Grewal, MD**—Nephrology
- » **Jennifer Havener, MD**—Pediatric Hospitalist
- » **Harold Hibbs, MD**—Hospitalist
- » **Rachel Hinshaw, PA**—Wound Care
- » **Loren Jacobus, NP**—Family Medicine
- » **Laura Johnson, MD**—Family Medicine
- » **Elizabeth Kuonen, MD**—Pediatric Hospitalist
- » **Coby Maxwell, MD**—Emergency Medicine
- » **Ashley McFarlane, MD**—Pediatric Hospitalist
- » **Adrian McGuire, MD**—Pediatric Hospitalist
- » **Donald McIntire, MD**—Pediatric Hospitalist
- » **Teresa McNeany, PA**—Pulmonary Disease
- » **Jade Meroney, NP**—OB/GYN
- » **Lynette Moon, PA**—Neurology
- » **Jennifer Nemunaitis-Keller**—OB/GYN
- » **Lindsay Nesbitt, MD**—Pediatric Hospitalist
- » **Mary Peers, MD**—Anesthesiology
- » **David Pike, DO**—Emergency Medicine
- » **Kavya Puranik, MD**—Pediatric Hospitalist
- » **Ariana Reynolds, PA**—Gastroenterology
- » **Lisa Richmond, MD**—Pediatric Hospitalist
- » **Joseph Riego, MD**—Pediatric Hospitalist
- » **Dania Saltagi, PA**—Pulmonary Medicine
- » **Appolinia Stephenson, MD**—Pediatric Hospitalist
- » **Krystal Widau, DO**—Pediatric Hospitalist
- » **Christopher Wood, MD**—Emergency Medicine



## UPCOMING Seminars & Events

At Riverview Health, we offer a series of educational seminars 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 317.776.7317 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!**





After 36 hours of being closely monitored by the pediatric hospitalists in the Level II special-care nursery at Riverview Health, River Cole was weaned off of respiratory support and her parents were able to take home their healthy baby girl.

# Expecting the Unexpected

For Ryan and Lauren Cole, having a baby was always a part of their plan. So, not too long after getting married in October 2017, they found out their new family of two would soon grow to three. While the journey to pregnancy can be a long one for some couples, Ryan and Lauren became pregnant fairly quickly and everything seemed to be going as planned for the new parents-to-be.

Dr. Polly Trainor, Riverview Health Physicians OB/GYN, has been Lauren's physician for more than 10 years and would now be helping her start a family. Though Ryan and Lauren were already planning to deliver at Riverview Health because of their existing relationship with Dr. Trainor, the tour of the maternity center is what sealed the deal for them.

"You could tell it was a smaller environment, yet very professional with clean, big rooms," Lauren said. "The nurses also looked in close proximity to all the patient rooms, which was comforting to know."

With the maternity tour complete, they continued to prepare for their baby's arrival. They bought the necessary baby items, checked off each doctor visit and took a breastfeeding class. But even with all of their preparation, neither of them could have planned for what was coming.

"At 36 weeks, my ultrasound showed that I had too much fluid," Lauren said. "I was diagnosed as polyhydramnios. It was surprising because I really didn't have any symptoms."

Polyhydramnios occurs when there is an excessive amount of amniotic fluid that surrounds the baby in the uterus. In most cases, there is no harm to the mom or baby but the pregnancy should be closely monitored.

Lauren went in for her regular obstetrics visit the following week and was given a nonstress test due to the polyhydramnios. Dr. Trainor let her know that she would need to be induced within the next week.

"It is recommended to induce at 38 weeks with a diagnosis of polyhydramnios," Dr. Trainor said. "The excess fluid around the baby allows the baby to move around more, which creates a greater chance of malpresentation breech position and the baby getting wound up in the umbilical cord."

Ryan and Lauren would meet their baby sooner than they had expected.

"If anything, we thought we'd be delivering late because we've always heard that is

typical with your first,” Lauren said. “So, when we were told we’d be induced at 38 weeks, it was a shock.”

On Monday, Nov. 5, 2018, feeling both nervous and excited, Ryan and Lauren checked into the maternity center at Riverview Health.

Nearly 24 hours later, Lauren wasn’t making much progress. Dr. Trainor mentioned the possibility of a Cesarean (C-section) delivery but made it clear she would avoid it as best she could.

“Dr. Trainor is always honest with us and gives us options, but I trusted her opinion,” Lauren said. “I’ve heard of other moms in similar situations as mine where doctors jump so quickly to doing C-sections, but Dr. Trainor was adamant about avoiding it.”

That night, Lauren credits Greta Shock, RN, her nighttime nurse, for getting her fully dilated.

“I swear Greta is what got me to 10 centimeters,” Lauren said. “During my second night in the hospital, she made sure I was turning and laying in different positions. She was just great support.”

**“The energy in the room while I was doing practice pushes was so positive. The nurses made it fun. They were so encouraging, and you could tell they were proud of me.” —Lauren Cole**

Sure enough, when Lauren’s daytime nurse, Megan Brophy, RN, went to check on her, she was excited to report that Lauren was just about fully dilated. The way Ryan and Lauren describe this portion of the labor sounds more like a pep rally than a hospital room with a mom who had been laboring for nearly 40 hours.

“I felt like Megan was more excited than me,” Lauren recalled. “The energy in the room while I was doing practice pushes was so positive. The nurses made it fun. They were so encouraging, and you could tell they were proud of me.”

Meanwhile, Dr. Trainor was called in and was preparing to welcome Ryan and Lauren’s new baby.

It was go time.

Excited that they had avoided a C-section, Dr. Trainor helped Lauren through the final stages, and just like that—baby girl River arrived. But after the long wait to finally meet their baby, the Coles had to delay their joyous meeting a little longer.

“The nurses put River on my chest for what felt like only 10 seconds before they picked her back up,” Lauren said.

Silence filled the room. The first cry that indicates a newborn’s lungs are working properly never happened. Ryan clearly remembers the joyful, exciting mood completely changing as the pediatric hospitalist on staff was called in. Due to the excess fluid in Lauren’s uterus, River had inhaled fluid during delivery causing her to have trouble breathing.

Through a partnership with Peyton Manning Children’s

Hospital, the maternity center at Riverview Health has pediatric hospitalists on-site 24/7 to provide care for newborns and pediatric inpatients.

“I was able to get to River’s bedside right away,” said Dr. Krystal Widau, pediatric hospitalist at Riverview Health. “This was crucial to the well-being of River. I was able to suction out quite a bit of fluid from her that she swallowed during delivery and begin effectively ventilating her, or essentially breathing for the baby.”

After Dr. Widau’s quick intervention, River could take spontaneous breaths on her own and was transitioned to continuous positive airway pressure (CPAP)—supplemental oxygen that helps keep a baby’s airways open.

New parents Ryan and Lauren feared the worst as their baby was taken to the Level II special-care nursery for infants requiring intensive care.

“We were able to monitor River here in our own Level II NICU at Riverview without having to transfer her to a higher level care facility,” Dr. Widau said. “This was wonderful for the family, as mom and dad were able to continue doing skin-to-skin and work on pumping as well as breastfeeding when River was stable enough.”

River was slowly weaned off CPAP over the course of about 36 hours, and by Friday—two days after she was born—Ryan and Lauren were able to take her home.

“By the time we were discharged Friday night, everything was fine,” Lauren said. “River is a great baby and sleeps really well at home.”

As new parents often do, Ryan and Lauren are learning as they go—and one lesson they learned quickly is to expect the unexpected.



**Lauren and Ryan hold River as they celebrate their first Christmas as a family of three.**

# Feeling Fearless After Knee Surgery

**A** former nurse of 25 years, Noblesville resident Patty planned to spend her retirement doing the things she loved: walking her dog, Bella, water skiing and playing tennis. But knee pain was getting in the way of her plans.

“When I was 30, I got really sick, and the doctors had to give me IV steroids,” Patty recalled. “When I asked the doctor if there were any side effects from the steroids, he said ‘yes, you’re probably going to get early arthritis in your knees.’”

As predicted, the pain started in Patty’s left knee, and in 2013, she had a total knee replacement; something she described as the most painful experience of her life.

“The outcome of my first knee replacement was good, but the healing process was really hard,” Patty recalled. “I woke up from the surgery in horrible pain, so I was prescribed oxycontin. It helped, but it was difficult to wean off of. It was just a long, painful process overall.”

Within a couple years of having her left knee replaced, Patty began to have pain in her right knee. Knowing another joint replacement was probably in her future, Patty decided to talk to a specialist. Her previous surgeon from another health system had since retired, so Patty decided to make an appointment with Riverview Health Physicians Orthopedics & Sports Medicine, where she would be scheduled for her second knee replacement.

But despite her growing discomfort, Patty’s nerves ended up getting the best of her and she canceled her surgery two months prior. Inevitably, her knee pain continued to get worse.

Finally during the summer of 2017, water skiing became so painful for Patty that she knew she wouldn’t be able to continue to ski if something didn’t change. Patty decided to make another appointment with Riverview Health, and she got her knee replacement rescheduled.

Although she was fearful, Patty was reassured that the new technology being used at Riverview Health would make her experience easier this time.

And it was. Thanks to a combination of cryoneurolysis—a procedure done prior to surgery that temporarily freezes nerve endings in the knee to dull or eliminate pain—and the tourniquet-less knee approach, which spares patients the thigh pain that comes with using a tourniquet during surgery, Patty felt better than ever after her joint replacement.

“The morning after surgery I woke up and I swear I could have walked around the block,” Patty said. “I thought, ‘this really doesn’t hurt, I can move it, I can bend it, there isn’t even that much swelling!’”

Because of the pain-reducing steps taken, Patty was able to decrease the dose of prescribed pain medication she took after surgery. More impressive still, within three months of having the procedure Patty started water skiing and playing doubles tennis again.

“I had an amazing experience,” Patty said. “All of my caregivers were great—my surgeon, the anesthesiologist, the nurses, the physical therapists. Everyone made sure I was comfortable and informed about what was going on.”

As for those who may be fearful to undergo a joint replacement surgery, Patty said not to hesitate to get the procedure done.

“The surgery has changed significantly from what it used to be,” Patty said. “Between the tourniquet-less approach and cryoneurolysis, my experience was amazingly easy.”



Within three months of having her knee replaced, Patty was back to doing what she loves: water skiing, playing tennis and walking her dog, Bella. Photo courtesy of Medtronic.



Riverview Health surgical staff poses with the new ExcelsiusGPS robot. Riverview Health is the first hospital in Indiana to offer this technology.

# New Robotic Spine Surgery at Riverview Health

**R**iverview Health recently became a leader in the field of robotic guidance and navigation with the purchase of the ExcelsiusGPS robot.

ExcelsiusGPS is a robotic spinal navigation system designed to increase safety and accuracy within the operating room. It provides improved visualization of patient anatomy throughout the procedure to help optimize patient treatment. It also streamlines surgical workflow and reduces overall radiation exposure to surgeons and staff. Riverview Health is the first hospital in Indiana to offer this technology.

“We’re committed to providing the highest quality of care for our patients, which includes investing in the latest technologies,” said Seth Warren, president and CEO of Riverview Health. “We’re excited about the new opportunities ExcelsiusGPS brings to the field of minimally invasive spine surgery, robotics and navigation.”

Dr. Praveen Perni, an orthopedic surgeon at Riverview Health Westfield Hospital, uses the ExcelsiusGPS for back surgeries—specifically those needing a lumbar fusion or low back surgery for spinal instability, scoliosis, or leg or back pain.

“The ExcelsiusGPS allows me to make smaller incisions, which means less muscle trauma,” Dr. Perni said. “This also means less blood loss, shorter hospital stays, quicker recoveries and less pain. I’ve been using the system for a few months, and I’ve seen

excellent results for my patients during this time.”

Dr. Perni performed a back surgery on Ladoga, IN resident Sandra Trent last fall using the ExcelsiusGPS. For the six months prior to her surgery, it was difficult for her to get out of bed without screaming in pain.

However, immediately following the surgery, her pain was gone. She was hospitalized briefly and has been recovering well since.

“My husband had back surgery several years ago,” Sandra said. “My healing time is amazing compared to what he went through. He has several large scars, and I have two little incisions.”

While Sandra saw a pain management doctor for several years and relied on Advil and hydrocodone to get through each day, she hasn’t had to take any pain medications since the surgery. She’s looking forward to riding motorcycles with her husband again and getting down on the floor to play with her grandchildren.

“Dr. Perni is amazing,” Sandra said. “He has so much compassion and he sits and listens to what you say.”

Dr. Perni has an office and performs surgeries at Riverview Health Westfield Hospital. **For more information, please visit [riverview.org/robotic-spine-surgery](http://riverview.org/robotic-spine-surgery).**

# Hospital Updates

## Riverview Health Noblesville Hospital Wayfinding

You may have noticed that our main campus in Noblesville has experienced some exterior changes. In an effort to improve wayfinding for patients and visitors, the hospital entrances and parking lots have been assigned updated numbers and colors.

### ■ Entrance 5

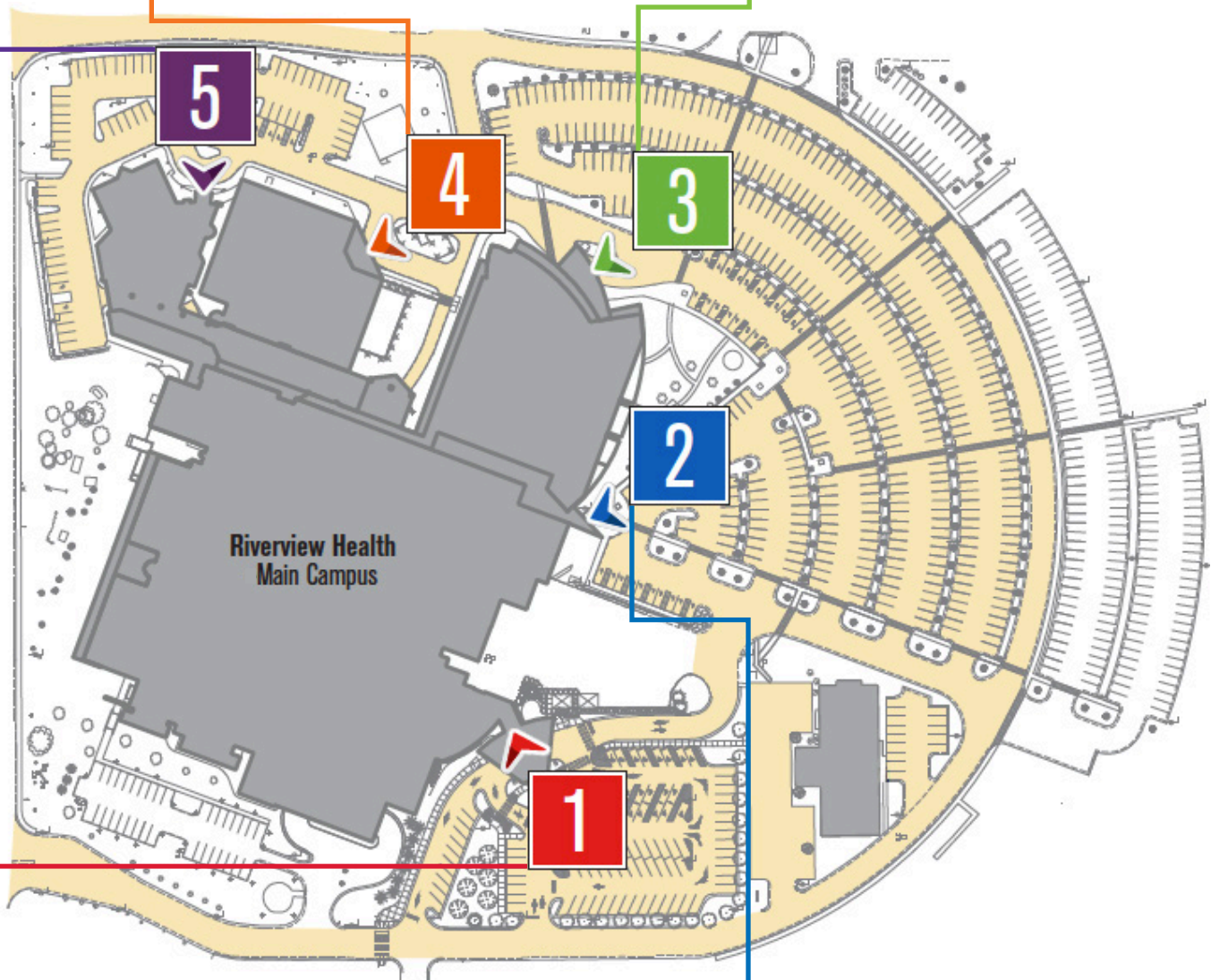
Surgery, Outpatient Pharmacy, Riverview Health Physicians Orthopedics & Sports Medicine, Physician Offices

### ■ Entrance 4

Professional Building, Human Resources, Classrooms A & B, Riverview Health Physicians OB/GYN, Hamilton Surgical Associates, Physician Offices

### ■ Entrance 3

Women's Pavilion, Maternity Center, Bone & Breast Health, Riverview Health Physicians Neuropsychology, Riverview Health Physicians OB/GYN, Women's Boutique, Krieg DeVault Conference Room, Noblesville Diabetes & Endocrinology, Diabetes Education Center, Sleep/Wake Disorders Center



### ■ Entrance 1

Emergency Room, Outpatient Lab, Wound Care, Radiology, Chapel, Cancer Center, Bistro, Gift Shop, Infusion Center, ICU, Patient Accounts, Health Information/Medical Records, Pain Center, Medication Management Clinic

### ■ Entrance 2

Visitor's Entrance, Cafeteria, Customer Service/Billing, Cardiology, Cardiopulmonary Rehab, Medical Records, Inpatient Pediatrics

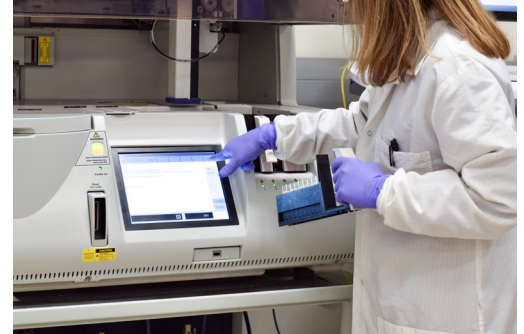


# Get Lab Tests When You Want, How You Want

## Did you know?

You can order a selection of on-demand laboratory health profiles without a healthcare provider's order by visiting Riverview Health Direct Access Laboratory online. The tests are available at a discounted out-of-pocket price and insurance isn't billed. Be sure to share any results with your primary care provider so he or she can help you interpret them. If you're a Riverview Health Physicians patient, your results are sent directly to your medical record for quick access by your doctor, and you can easily view your results in MyChart.

**View our selection of 26 Direct Access Laboratory profiles and tests online and make purchases at [riverview.org/labs](http://riverview.org/labs).**



## Spotlight on Allergy and Celiac Disease Testing

### Allergy Blood Testing

Allergy blood testing can help reveal what triggers your allergy symptoms and help your doctor choose the best treatment for you. The results are not intended to predict the severity of an allergy. Instead, the test gives information about the chance that there is an allergy to a specific allergen.

#### Food Allergy Panel—\$80

This panel includes:

- » Corn
- » Egg white
- » Milk
- » Peanut
- » Seafood: codfish, shrimp, clam, scallop
- » Sesame seed
- » Soybean
- » Walnut
- » Wheat

#### Respiratory Allergen Profile—\$190

This panel includes:

- » Total IgE
- » Six common grasses/weeds, including ragweed
- » 10 common trees
- » Molds
- » Pet dander for cats and dogs
- » Dust mites

#### Celiac Disease Test—\$80

The celiac disease test is used to determine someone's sensitivity to gluten, a protein found in grains like wheat, barley or rye. When someone with celiac disease eats gluten, the immune system's reaction may lead to intestinal discomfort and may eventually damage the intestinal wall.

**Direct Access Laboratory tests and profiles purchased online are performed on a walk-in basis during business hours at either of our two locations:**

#### Riverview Health Outpatient Laboratory—Noblesville

395 Westfield Road  
Noblesville, IN 46060  
P: 317.776.7379

#### Hours:

Monday-Friday: 7 a.m.–6 p.m.  
Saturday: 7 a.m.–noon

#### Riverview Health Outpatient Laboratory—Westfield

17600 Shamrock Blvd.  
Westfield, IN 46074  
P: 317.214.5420

#### Hours:

Monday-Friday: 7 a.m.–6 p.m.  
Saturday: 7 a.m.–noon

# Beating the Odds and Learning to Walk Again

Sheila Dunn is one of those rare individuals with an unbreakable spirit—and a cancer diagnosis wasn't going to change that.

In June of 2016, Sheila began having back pain. After numerous doctors' visits she still didn't have answers, but she knew the pain she was experiencing wasn't normal. By September of 2016, her back had gotten so bad she was unable to walk, so Sheila and her husband, Bernard Fisher, sought a specialist's opinion. The specialist ordered an upper thoracic MRI scan, and it soon became apparent where her issues were stemming from. There was a mass around her spine.

Sheila underwent emergency surgery to remove a cancerous tumor that had been aggressively attacking a nerve in her spine. After the tumor was removed, Sheila received chemotherapy and radiation. She was told she would never walk again, but Sheila wasn't having it.

**“She was told she would never walk again, and now she's walking on her own.” —Jennifer Krehbiel, Riverview Health physical therapist**

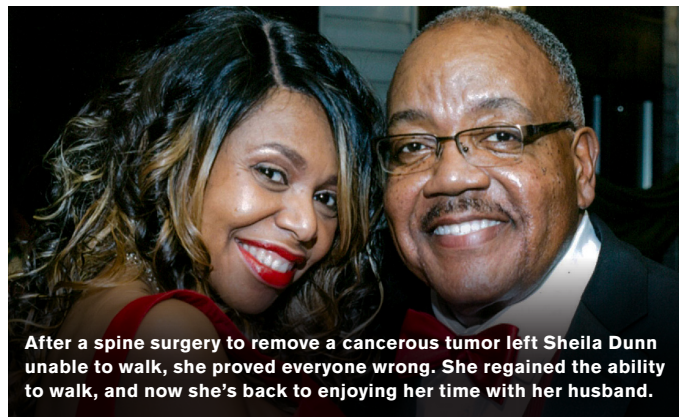
After completing an intensive therapy program, Sheila was able to take a few steps with a walker, but was still physically weak. Her spine surgeon suggested aquatic therapy as a way to regain some of her strength, so Sheila completed therapy at a local health system. However, Sheila didn't make as much progress as she was hoping for, and the experience didn't quite match her expectations.

Frustrated, Bernard decided to get on the phone and make some calls to find a new therapy program for his wife. That's when they found Riverview Health.

“Riverview was like a breath of fresh air,” Sheila recalled. “Everyone was so accommodating to what I needed and I felt like I was at home. They asked me what my goals were, and I told them I wanted to walk, hop, skip and jump. I loved the one-on-one treatment they provided.”

Sheila worked with Riverview Health physical therapist Beth Ludwig during her aquatic therapy, and thanks to Sheila's determination and Beth's guidance, Sheila's core continually got stronger and her walking gait improved. Sheila then graduated to land physical therapy and began working with Riverview Health physical therapist Jennifer Krehbiel.

“Jennifer knew just what to do,” Sheila said. “She was so upbeat and really knew how to read me and discern what I



**After a spine surgery to remove a cancerous tumor left Sheila Dunn unable to walk, she proved everyone wrong. She regained the ability to walk, and now she's back to enjoying her time with her husband.**

was capable of. She and the other therapists made my rehab sessions so enjoyable that I didn't realize how hard I had worked until I got home and I was exhausted.”

Before long, Sheila was walking without any assistive devices—something many considered a miracle.

“It was a privilege to be a part of Sheila's rehabilitation and play a small role in God's plan for her miraculous recovery,” Jennifer said. “She was told she would never walk again, and now she's walking on her own.”

But Sheila wasn't done. Next on her list of things to do was to drive again. Bernard remembers the first time Sheila hopped in their vehicle after regaining her ability to walk.

“I was in the middle of a project at home, so I wasn't able to drive her where she wanted to go. Next thing you know, I look over and Sheila is backing the car out of the driveway by herself. I almost passed out.” Bernard laughed, “I was wringing my hands and sweating bullets, and I thought ‘Lord, she's in your hands now.’”

Bernard didn't need to worry. Sheila made it safely to and from her favorite furniture store to shop on her own.

After seven months of therapy, Sheila has been discharged from the physical therapy program at Riverview Health. While Sheila says she still has goals she hasn't met yet—like skipping and jumping—she is proud of how far she has come. Better yet, while she was receiving therapy at Riverview Health, Sheila found out that she was cancer-free.

“To Josh, Patty and Beth in the aquatic therapy program, and to Jennifer my physical therapist, I want to say thank you, thank you, thank you,” Sheila said. “Everyone from the front desk to the therapists at Riverview Health were absolutely outstanding. They had the faith to see beyond what my current situation looked like and helped me see instead what I could achieve.”

# Stop Making Excuses and Find a Healthier You

I can't work out because it's not 70 degrees and sunny outside. I can't work out because I don't have cute gym clothes or appropriate attire. I feel dumb because I'm not sure how to use the gym equipment. I'm not ready to commit to a fitness class because my schedule is all over the place. If you're the king or queen of making excuses for not exercising, we have some exciting news for you: Riverview Health Rehab & Fitness has new gym membership and fitness class programs that will allow more flexibility, motivation and accountability.

Riverview Health Rehab & Fitness has a location in Carmel and another in Noblesville, but don't let the name deceive you—these gyms aren't just for those in rehabilitative therapy. These full-scale fitness centers have a wide variety of exercise and weightlifting equipment, as well as space for land fitness classes and a warm-water pool for aquatic classes led by certified instructors. Whether you're ready to commit to personal training with one of our exercise specialists or you just want try a new fitness class, these new programs make it easy for you to meet your fitness goals any way you want.

## Ask about discounted membership pricing for:

- » Body Knowledge participants
- » Hamilton County government employees
- » Meals on Wheels participants
- » Riverview Health employees and family members
- » Riverview Health Physicians patients
- » Silver Sneakers program
- » U.S. Military Veterans

## Monthly Gym Membership—\$30 a month

With this membership, the first month fee is \$75 and includes two one-on-one appointments with an exercise specialist. During these appointments, you'll complete a fitness assessment, and we'll educate you and show you how to properly use various equipment. We'll also create a customized exercise plan to help you work the muscles you want to target or reach your goals. After that, you have all access to both gym locations to work out as you please. Cost is \$30 a month, no commitments required. This membership does not include access to group fitness classes.

## Monthly Class Membership—\$40 a month

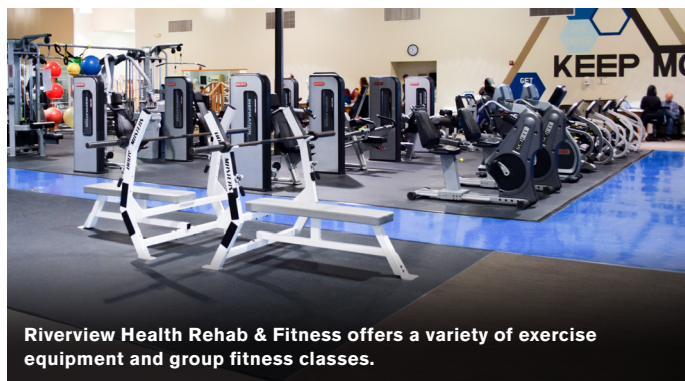
This membership allows you to drop in to an unlimited number of group fitness classes each month at either location, but it does not include (nor require) a membership to the gym. Always been curious about taking an aquatic class? Give it a go, and while you're at it, try yoga. If your hectic schedule has kept you from signing up for a group fitness session, you don't have to worry about losing money if you make it to three classes one week but only one the next week. But, if you are ready to commit to six or 12 months of fitness classes, ask our staff about discounted rates.

Still can't commit? Drop in on a single class for \$7. Only interested in one group fitness activity? It's just \$24 a month to participate in the session for one group class.

## Monthly Gym + Class Membership—\$65 a month

Can't get enough exercise? We offer a discounted monthly rate for those who want both a gym membership and unlimited class membership.

**Learn more at [riverview.org/fitness](http://riverview.org/fitness) or sign up by calling Riverview Health Rehab & Fitness at 317.776.7225 (Noblesville) or 317.705.4350 (Carmel).**



Riverview Health Rehab & Fitness offers a variety of exercise equipment and group fitness classes.



Riverview Health Rehab & Fitness in Noblesville features an indoor track.

# #MyFocus: A Deeper Look at What Drives this Surgeon

Some physicians go where their expertise is needed. Others focus on becoming an expert in the needs of the community where they practice. Samuel Heiser MD, has been doing the latter during the past 27 years he has practiced medicine at Riverview Health. A general surgeon with a special interest in breast cancer patients, Dr. Heiser claims it wasn't just one moment in his life, but several, that led him to his patients at Riverview Health.

Dr. Heiser was a student at Wabash College when he first considered attending medical school. After earning his undergraduate degree in biology, however, he opted to study psychology at Vanderbilt University. Dr. Heiser practiced in the field for two years before deciding he was better suited for a career where his efforts could be quickly measured. He set out to become a paramedic, but his desire for a career with more independence eventually steered him toward Indiana University School of Medicine.

Dr. Heiser began medical school with intentions of becoming a primary care practitioner. Along the way, he participated in a general surgery clinical rotation.

"It was clear within two weeks that surgery was my home," Dr. Heiser said. "I found that I got along best with general surgeons and appreciated the fact that my efforts were usually rewarded in the short term as opposed to long term."

At the end of his residency, Dr. Heiser met Dr. Paul Waitt, a veteran general surgeon at Riverview Health who was in search of a young doctor to fill his position when he retired. Dr. Heiser was fortunate enough to work alongside Dr. Waitt for three years before his retirement.

"Dr. Waitt provided me with a great deal of mentoring, for which I will be forever grateful," Dr. Heiser recalled. "I am a better doctor and surgeon because of him."

Dr. Heiser is known for his extensive experience in treating breast cancer patients, but that was not his original plan when he started working at Riverview Health almost 30 years ago. Dr. Heiser believes he naturally gravitated toward the subspecialty of breast cancer because not only did he see the need for it in Hamilton County, he also wanted to provide breast cancer patients with the highest level of care possible and be close to home. At the time of Dr. Heiser's initial training, breast cancer fellowships didn't exist, therefore, he took it upon himself to faithfully read and attend conferences to gain expertise in the field.

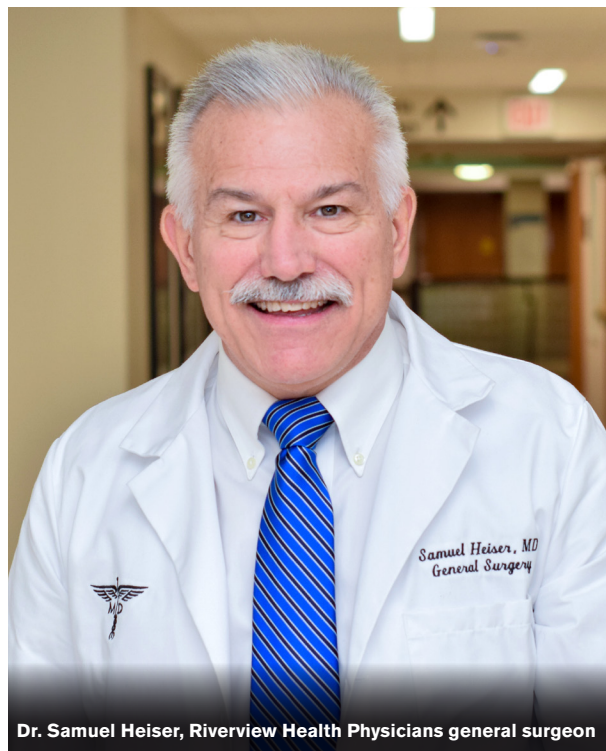
"There is no area of surgery that is changing more rapidly than the science of breast cancer prevention, detection and treatment," Dr. Heiser said. "I enjoy the challenge of providing each patient with a treatment plan that honors the uniqueness of her situation and her personal priorities."

Helping each patient through what can be an overwhelming and scary process provides Dr. Heiser and his team with great gratification.

"Everyone cares, and everyone wants to do good work," Dr. Heiser said. "It's 5:30, you're hungry and you want to go home, but you know how scared that woman is and how important it is to say, 'come on in—let's talk.'"

Dr. Heiser's passion for his patients and his work is clearly visible. He believes this passion is the driving force behind his aspiration to be the best physician he can be. His dedication to others, however, is not limited to his patients. Dr. Heiser expressed how he has become increasingly appreciative of his family and faith in recent years.

"Over the last few years, I have come to understand the importance of my relationship with my boss upstairs, as well as my wife, children and grandchildren," said Dr. Heiser. "I still love surgery, but I have found and continue to try to strive for a new balance in life."



Dr. Samuel Heiser, Riverview Health Physicians general surgeon

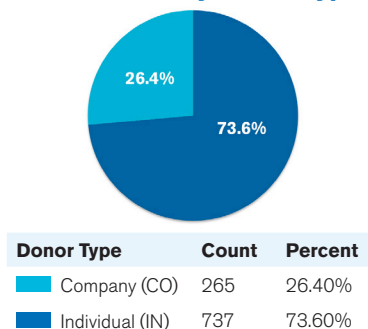
# A Snapshot of Riverview Health Foundation

**Year established:** 1976

**Address:** 395 Westfield Road, Noblesville, IN 46060

**Phone:** 317.776.7317

**Gift Counts by Donor Type**



## Mission and Vision

Riverview Health Foundation creates meaningful charitable opportunities in support of Riverview Health to advance the community's health and quality of life now and in the future. Our donors are partners in saving and changing lives in our community through their charitable giving.

Top funding sources come from individual/family donors, Riverview Health Auxiliary and corporate sponsors.

## Upcoming Events

**15th annual Women of Vision Luncheon** at Indianapolis Marriott North, April 25, 2019. This event will feature Joy Fitzgerald, author of *The Journey to Joy* and chief diversity officer for Eli Lilly, Inc.

**27th annual Heartfelt Golf Tournament** at Pebble Brook Golf Club, June 19, 2019.

**Riverview Health Foundation Masquerade Gala** at Embassy Suites by Hilton Noblesville Indianapolis Conference Center, Nov. 2, 2019.

## What We Do

Riverview Health Foundation provides funding for new health services, programs and equipment needed by our community. Since the Foundation's beginning in 1976, more than \$13.5 million has been raised and given to support new equipment and programs serving our patients and their families.

## Opportunities

### Donation

Donors play a vital role in supporting Riverview Health in its mission to improve and preserve the health and well-being of those in the community. Funds raised through donations allow

for the purchase of advanced medical equipment, continued improvement of services and the best care possible for patients. To learn more about donating, contact Megan Wiles at 317.776.7317 or [mwiles@riverview.org](mailto:mwiles@riverview.org).

### Volunteer

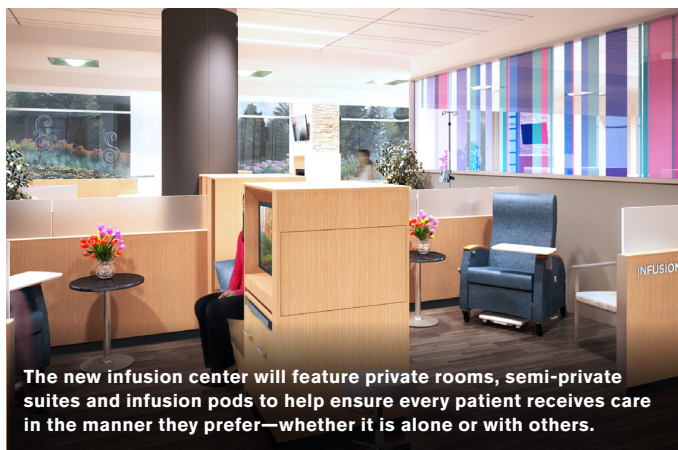
Some of the many volunteer service areas include patient transport, guest services and the gift shop. Shifts are available in the morning or afternoon, at least one day per week, Monday-Friday. If you're interested in volunteering at Riverview Health in Noblesville or Westfield, contact Melinda Nash, at 317.776.7236 or [mnash@riverview.org](mailto:mnash@riverview.org).

## Our Current Project: The Infusion Center Expansion at Riverview Health

Riverview Health offers outpatient infusion and injection therapy for adults in the current infusion center where sessions can be anywhere from less than an hour to several hours per day and multiple times per week. Due to the nature of these appointments and the lengthy sessions of being confined to a chair, staff members make every effort to create the best possible experience, whether it's making sure each person is comfortable or simply starting a friendly conversation to pass the time.

Over the last few years, the number of outpatient visits at the Riverview Health Infusion Center has doubled to more than 10,000 annually. With the expansion project, Riverview Health will create a new bright, diverse environment that is tailored to the needs of patients and their families. There will be 18 comfortable, heated massaging chairs to help keep patients warm and a variety of environments to choose from, including:

- » 15 private rooms with beds
- » 10 semi-private suites with fireplaces and windows
- » 8 infusion pods



The new infusion center will feature private rooms, semi-private suites and infusion pods to help ensure every patient receives care in the manner they prefer—whether it is alone or with others.

# Upcoming Seminars & Events

## MARCH

### Common Immunization Myths and Misconceptions

**When:** Wednesday, March 6, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Do you have questions about the safety and effectiveness of immunizations? Join Amy Sheller, PharmD, Riverview Health Outpatient Pharmacy manager, as she discusses common immunization myths and misconceptions. Amy will address common immunization concerns, and discuss the importance of vaccines for the health and well-being of your family and community.



### Sinus and Allergy Seminar

**When:** Wednesday, March 20, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join Dr. Michael Agostino, a board-certified ear, nose and throat specialist, to learn more about common sinus and allergy issues, nasal airway disorders and the treatments available for these conditions.

## APRIL

### Healthy Feet are Happy Feet

**When:** Wednesday, April 24, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join Nathan Graves, DPM, and Shannon Smith, NP, to learn about the treatment options available for common foot ailments. The presenters will discuss everything from conservative to surgical treatments, as well as the role Riverview Health Wound Care plays in healing foot ulcers or infections.

## MAY

### Diabetes and Your Heart

**When:** Thursday, May 9, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join our diabetes educators to learn how diabetes, particularly type 2, can have a serious effect on your heart health, including an increased risk for heart disease and stroke. We'll discuss how those with diabetes can improve their heart health and conclude the program with a Q&A session.



### Low Back Pain Treatment Options

**When:** Wednesday, May 15, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join board-certified and fellowship-trained physicians, Praveen Perni, MD, and John Ward, MD, to learn about treatment options for low back pain, sciatica and spinal stenosis. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery.

### The Road to Recovery: Life After a Stroke

**When:** Thursday, May 30, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join Dr. Ron Miller for a seminar on stroke care, including the benefits of physical, occupational and speech therapies as well as education on stroke prevention. Learn how the therapy programs at Riverview Health can help you or a loved one return to an optimal level of function after a stroke.

**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.**

## JUNE

### Shoulder Pain Seminar

**When:** Thursday, June 6, 6-7 p.m.

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

Join Dr. Norman Mindrebo, a board-certified orthopedic surgeon and sports medicine physician, as he shares the best treatment options for common shoulder ailments. Topics will include various shoulder injuries, such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacement surgery. If shoulder pain has been holding you back, this event is a great opportunity to ask questions and get answers from an expert.

### Body Knowledge and Living a Well-Balanced Life

**When:** Thursday, June 20, 6-7 p.m.

**Where:** Riverview Health Rehab & Fitness, 601 Westfield Rd., Noblesville

Join the Riverview Health wellness dietitians to learn how the Body Knowledge program can help you achieve your weight loss and wellness goals. Riverview Health offers multi-dimensional weight loss programs featuring the BOD POD, which can precisely measure body composition and help determine individual calorie needs.



## AUGUST

### Living with Diabetes

**When:** Thursday, Aug. 8, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join our diabetes educators for an evening of diabetes facts and healthy tips. We'll discuss myths and truths regarding diabetes and conclude the program with a Q&A session.



### Probiotics and Your Health

**When:** Wednesday, Aug. 21, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join Dr. Jason Roberts, a board-certified and fellowship-trained gastroenterologist, as he discusses the uses and benefits of probiotics.

### Sleep Disorders Seminar

**When:** Thursday, Aug. 29, 6-7 p.m.

**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, Entrance 3, lower level)

Join Dr. Larry Blankenship, a board-certified neurologist, to learn how sleep disorders, such as sleep apnea, can have a serious effect on your health, including increased risk for heart disease, stroke, depression, diabetes and other chronic diseases. Dr. Blankenship will also discuss the latest techniques used to diagnose and treat sleep issues.

## Support Groups

### Adolescent Pregnancy and Peer Support Group

**When:** First Monday of every month, 6-7 p.m.  
**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Dad's Retreat, lower level of Women's Pavilion, use entrance 3)  
**Information:** Call 317.776.7200

### Breastfeeding Support Group

**When:** Every Thursday, 10:30 a.m.-noon  
**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault Conference Room, lower level of Women's Pavilion, use entrance 3)  
**Information:** Call 317.776.7202

### Diabetes Support Group

**When:** March 14, June 13, Sept. 12 and Nov. 14, 5-6 p.m.  
**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Conference Room 1435, use entrance 3)  
**Information:** Call 317.776.7233

### Infant Loss Support Group

**When:** Last Thursday of every month, 7-9 p.m.  
**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Dad's Retreat, lower level of Women's Pavilion, use entrance 3)  
**Information:** Contact Dede Flaherty at 317.776.7302 or by email at [dflaherty@riverview.org](mailto:dflaherty@riverview.org)

### Mended Hearts

**When:** Third Wednesday of every month, 11:30 a.m.-2 p.m.  
**Where:** Riverview Health Education Building, 205 Westfield Rd., Noblesville  
*(May session will be held in the Riverview Health Krieg DeVault Conference Room, lower level of Women's Pavilion, use entrance 3)*  
**Information:** Call 317.776.7377

### Postpartum Anxiety and Depression Support Group

**When:** First and third Wednesday of every month, 10 a.m.-noon  
**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Dad's Retreat, lower level of Women's Pavilion, use entrance 3)  
**Information:** Contact Kristy McNamee at [kmcnamee@riverview.org](mailto:kmcnamee@riverview.org)

### Survivors of Suicide Loss Support Group

**When:** Second Tuesday of every month, 6:30-8:30 p.m.  
**Where:** Riverview Health, 395 Westfield Rd., Noblesville (Classrooms A&B, lower level of Professional Building, use entrance 4)  
**Information:** Contact Sue Pruce at 317.442.7827 or by email at [spruce@riverview.org](mailto:spruce@riverview.org)



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Being *healthy* means you can focus on what matters most.



#MyFocus

**We understand what your health means to you—that's our focus.**

Whether it means keeping up with your grandchildren or playing a sport you love, our orthopedics and sports medicine team is always prepared to care for you and keep you moving.

**To learn more, visit [riverview.org/orthopedics](http://riverview.org/orthopedics)**

**RIGHT SIZE. RIGHT CARE. RIGHT HERE.**

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