

HEALTH NEWS FROM RIVERVIEW HOSPITAL

WINTER 2013

RIVERVIEWS

riverview.org


Riverview[®]
Hospital
Noblesville

SUCCESSFULLY TREATING COMPLEX SHOULDER PAIN



ALSO IN THIS ISSUE:

THE MIRACLE OF NEW LIFE, A HEALTHY START TO THE NEW YEAR AND A PROFILE IN PHILANTHROPY

Letter from Pat



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

As the days get shorter, 2014 draws ever nearer. One of the things we can expect to see in the months ahead is continued change in the country's healthcare landscape. In most instances, your family's healthcare needs will still be managed in outpatient venues such as doctors' offices and employer-based clinics. However, as more businesses transfer healthcare costs to their employees through high-deductible savings plans or higher copays and premiums, it'll become increasingly important to take advantage of the many screenings and wellness programs that Riverview offers to manage your family's health.

We're doing everything we can at Riverview to stay on top of the changing healthcare environment. One way we're doing this is by maintaining clinical affiliations with other health systems, including Community Health Network and St. Vincent, through the Accountable Care Consortium. The members of this network work together to find strategies to maintain the highest quality of patient care, while also increasing efficiencies and reducing costs.

There's plenty of good news to report regarding patient care. Riverview recently earned a highly favorable rating from Medicare data administrators on "30-day readmissions"—a primary indicator used to measure the overall effectiveness of hospital care. At the same time, the Commission on Accreditation for Rehabilitation Facilities (CARF) awarded our inpatient rehab care specialists a perfect score on a recent care-related survey. This citation-free recognition further reinforces our longstanding reputation for being a great place to recover from illness and get back to full strength.

Of course, we take great pride in acknowledgements such as these because they validate the effort we're always making to improve patient care. An example of this commitment includes the expansion of our advanced wound care program to include two hyperbaric oxygen chambers for treating complex wounds.

Improved efficiencies, positive peer recognition and innovative care offerings: It's all great news. It's also what happens when we're constantly aspiring to excellence and looking for ways to make our community the healthiest it can be. Happy Holidays!

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

Winter 2013

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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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- MARKETING AND PR DIRECTOR
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Christin Barber
- MARKETING/OUTREACH COORDINATOR
Julia Lowe
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Stacy Schleeter

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

Advanced wound therapies are now available through our expanded Wound Care program. In addition to expanded clinical services, the Wound Care program houses two chambers for hyperbaric oxygen therapy designed to help heal complex wounds. Wound Care is now located on the main floor of the hospital near the Riverview Hospital Emergency Center. To contact the department, call 317.776.7407.

As part of our efforts to streamline patient care and make services more convenient, the Short Stay department has relocated to the second floor of the hospital in the Heart and Vascular Center. Short Stay joins other recently relocated outpatient services on the second floor to allow for ease of access and less travel between departments. Patients accessing Short Stay should enter through the Emergency Center.

New clinicians

Please join us in welcoming the following specialists:

- **Christine Davis, MD** – Specializes in wound care
- **Jillian Erb, MD** – Specializes in family medicine
- **Steve Freeman, EMT-P** – Emergency medical services coordinator
- **Lori Gibson, NP** – Specializes in family medicine
- **Cara Hokanson, NP** – Specializes in pediatrics
- **Richard Ofstein, MD** – Specializes in vascular surgery

Winter Wellness Starts Here

The cold hard truth about winter is that it can be a difficult season to stay on top of your health. But you don't have to give in to Old Man Winter. Go for a brisk, winter walk and you'll burn 50 percent more calories than you will in warmer weather. Stuck in the house? Avoid fatty snacks and try drinking herbal tea instead of hot chocolate. Above all, remember that rest is always the best medicine. If you think you have a cold or the flu, give your body the time it needs to get better.



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!





BACK IN THE SWING: RECOVERING FROM A SHOULDER INJURY

Kyle Thieman was a typical high school student-athlete who loved baseball—a sport he had played since he was a child. As pitcher for the Noblesville High School baseball team, he was looking forward to his senior year and what was sure to be a memorable season.

In typical style for a baseball player, Kyle practiced all year, spending a considerable amount of time honing his skills over the summer.

"I started to notice a painful feeling in my left shoulder," said Kyle. "It was a popping, catching feeling of dislocation and every time I would swing, the pain was there. It was getting worse and worse, and eventually it was unbearable."

When the pain became so bad that Kyle could no longer swing a bat, he decided it was time to visit his family doctor, Lee Sredzinski, MD. That visit with Dr. Sredzinski led Kyle to a pair of board certified orthopedic surgeons at Riverview Hospital. Jeffrey Ginther, MD, first saw Kyle and recommended he make an appointment with his colleague, Stephen Jacobsen, MD, who specializes in sports injuries and shoulder issues. Kyle was already familiar with Dr. Jacobsen from a sports medicine clinic he conducts at Noblesville High School.

After examining Kyle's shoulder and reviewing the results of his MRI, Dr. Jacobsen told Kyle he had an injury to a part of his shoulder called the labrum. The labrum is a cuff of cartilage that helps compensate for the shallowness of the shoulder by forming a pocket for the arm bone to move within. In simple terms, Kyle had a tear in the lining of his shoulder socket.

"This injury is common among athletes because of repetitive motion," said Dr. Jacobsen. "I always aim for the most conservative approach possible for my patients. However, in Kyle's case, surgery was going to be the most effective option for complete recovery."

So Kyle underwent surgery in September 2012.



"While I was disappointed to have to refrain from any movement in my shoulder for four weeks, I was really grateful to Dr. Jacobsen for thoroughly explaining everything and relieving my pain," said Kyle. "I was so thrilled to get back on track just in time for the upcoming season, and I was devastated when my other shoulder started to hurt during practice."

As Kyle continued to practice, the pain in his right shoulder got worse and he decided to see Dr. Jacobsen again. After a visit with Dr. Jacobsen and an MRI, Kyle was diagnosed with a condition known as internal impingement, which had caused rotator cuff damage.

"A rotator cuff injury includes irritation or damage to the rotator cuff muscles and tendons in the shoulder," explained Dr. Jacobsen. "Rotator cuff damage caused by this condition is being recognized more and more in overhead-throwing athletes, like pitchers. Sometimes, these injuries can heal with limited movement and physical therapy, so we decided to try that approach first."

After extensive physical therapy—paired with rest, medication and later cortisone steroid injections—Kyle was still experiencing pain.

"The inability of our initial efforts to fully heal Kyle's rotator cuff indicated further action was necessary," said Dr. Jacobsen. "We did an arthroscopy of Kyle's shoulder to examine the area on the inside."

During the arthroscopy—commonly referred to as a scope—Dr. Jacobsen inserted a tiny camera through a small incision so he could view and repair the tissue inside Kyle's shoulder. Dr. Jacobsen found more damage than he anticipated, but fortunately, it was not a complete tear. He made the necessary repairs, and Kyle regained use of his shoulder in just six weeks. He even started back into a throwing regime that included a series of drills intended to replicate aspects of throwing motion.

Despite not being able to return to baseball for his senior season, Kyle successfully completed his rehabilitation and regained enough strength to take a job in landscaping this summer.

"Life sometimes has different plans for us," said Kyle. "I had to learn to live with not being able to play baseball my senior year, and instead be grateful that my pain was gone. My family and I are really thankful for Dr. Jacobsen and his team."

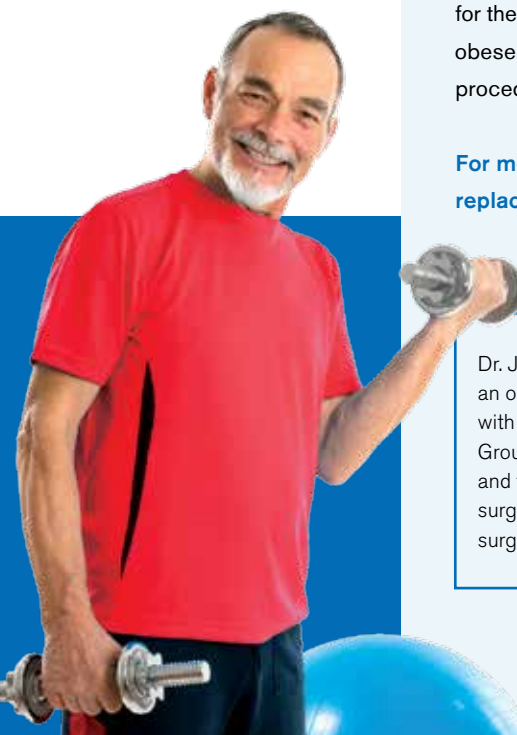
Today, Kyle is a freshman in college and enjoys assisting his younger brother's baseball team.

PICTURED AT LEFT
Kyle was pitcher of his Noblesville High School baseball team until being sidelined by a shoulder injury that required surgery at Riverview Hospital.



Exercising Arthritis

Exercise is vitally important for people with arthritis. It increases strength and flexibility and reduces joint pain. You don't need to run a marathon! Even moderate exercise can ease the pain and help you maintain a healthy weight.



ASK THE EXPERT

Anterior Hip Replacement: A New Approach

Q: What is anterior hip replacement?

A: The anterior surgical approach to hip replacement makes the surgical incision in the front (anterior) of the hip rather than the back (posterior) or side (anterolateral). This surgical approach enables the closest access point to the hip and is the least invasive of all surgical approaches used in total hip replacement.

Q: How does this procedure differ from traditional hip replacement?

A: The anterior approach allows surgeons to preserve the gluteal muscles that attach to the pelvis and femur. Because these muscles are not disturbed, they don't require as much healing time. Patients are able to immediately bend their hip freely and bear full weight. Most people who have this procedure have less pain and return to normal function much faster than traditional surgical approaches. The special surgical table used also allows for better patient positioning for X-rays during surgery, which enables more accurate implant placement.

Q: Who's a candidate for anterior hip replacement?

A: Most patients with severe hip arthritis seeking a hip replacement are candidates for the anterior surgical approach. Extremely obese patients may not qualify for this procedure.

For more information on anterior hip replacement, visit riverview.org.

Dr. Jeffrey Ginther is an orthopedic surgeon with Riverview Medical Group who performs and teaches the anterior surgical approach to surgeons across the US.





Kelly, Tim and baby Reese (pictured above) received excellent care at Riverview Hospital Maternity Center.

THE MIRACLE OF NEW LIFE

“We were overwhelmed after seeing the ultrasound,” said Kelly. “We were so excited to become parents.”

Kelly Brown was enjoying some much-needed time off from her teaching schedule during spring break in April 2012 when she discovered something she and her husband, Tim, had been eagerly anticipating. They were expecting their first child.

Kelly was thrilled—and immediately called Noblesville OB/GYN, where she is a patient of Polly Trainor, MD, to make an appointment to confirm the good news. At eight weeks gestation, an ultrasound showed they were well on their way with a healthy baby, due to arrive November 22.

“We were overwhelmed after seeing the ultrasound,” said Kelly. “We were so excited to become parents.”

Kelly breezed through her first and second trimesters. At 20 weeks gestation, Kelly and Tim learned they were expecting a girl and they quickly went to work on their daughter’s nursery.

“When I started my third trimester, it was a whole different ball game,” commented Kelly. “I had pain in my back and abdomen, and I was nauseous, which seemed strange to me because I had such a smooth pregnancy.”

An exam revealed Kelly had hydronephrosis. This condition occurs when swelling keeps fluid and urine from reaching the bladder, resulting in a backup. Pregnancy can cause hydronephrosis—particularly in the second and third trimesters—because of the pressure placed on the urinary tract by the baby. As a result of her diagnosis, Kelly was prescribed steroids to help the baby’s lungs develop.

“It felt strange to suddenly be on bed rest after having such an amazing first and second trimester,” said Kelly.

While on bed rest, Kelly was admitted to Riverview Hospital Maternity Center twice for pain, nausea and dehydration.

“I never expected to have this experience,” said Kelly. “Dr. Trainor, along with the nurses in the Maternity Center, was so reassuring and supportive. The team got to know me and my family and really helped put my mind at ease during a very stressful time.”

Back at home, Kelly continued to follow her bed rest orders, and grew increasingly excited as her due date approached.

On October 16, Kelly awoke around midnight in pain and noticed her sheets were soaked. She contacted Dr. Trainor—who happened to be the obstetrician on-call—right away. Based on the information Kelly provided, Dr. Trainor thought Kelly might have a kidney stone so she told her to come into the Riverview Hospital Maternity Center immediately.

“I was incredibly nervous and worried,” commented Kelly. “When I arrived at the Maternity Center, I received news I didn’t expect. I was in labor and the baby’s head was visible.”

She and Tim were shocked as they were quickly relocated to the labor and delivery area of the Maternity Center.

“I panicked because I knew I did not have time for an epidural, which was something I had planned to receive to help ease the pain,” recalled Kelly.

Dr. Trainor calmly took Kelly’s face in her hands and said, “You can do this. Give me a handful of strong pushes, and your baby girl will be here.”

Kelly did just that. And, within moments, she and Tim were holding their daughter, whom they named Reese, for the very first time.

“I was in complete disbelief to witness this beautiful miracle who I didn’t know I’d get to meet so soon,” said Kelly. “All

the pain immediately went away. I was in awe.”

Kelly and Reese stayed in the Maternity Center for one week and met Mark Ambre, MD, and Scott Boschee, MD, who were the pediatricians on duty that week.

“They were so reassuring and helpful, as we were obviously concerned about our daughter’s health because of her early arrival,” said Kelly. “I honestly think Reese was so healthy because of the steroids I took to boost her lung function. I credit Dr. Trainor for being so cautious.”

With care provided to Reese by the doctors and staff, Kelly and Tim were confident their daughter was in great hands.

Kelly, Tim and Reese just celebrated a very special first birthday on October 16. And according to Kelly, Reese is a perfectly healthy one-year-old with lots of energy and quite the personality. They consider themselves very blessed.

“Dr. Trainor is an amazing physician,” noted Kelly. “As a first-time mom, I will always remember the amazing care she and the awesome staff at Riverview and Noblesville OB/GYN provided. They truly did everything right. Hands down, I could not have asked for more.”

UPCOMING EVENT
Third Annual Women’s Health & Wellness Event
Join Riverview Hospital for a morning filled with health information, screenings and assessments designed to educate and inspire women. The morning will kick off with a continental breakfast. Throughout the event, attendees will enjoy a variety of breakout sessions, health and wellness information booths, and demonstrations.

When: January 18, 8 am-noon
Where: Riverview Hospital Women’s Pavilion

Take Time to Take Care of Yourself
As a woman, paying close attention to your health is important. It’s something that can often be overlooked given the chaos of daily life and time spent caring for others. The American Congress of Obstetricians and Gynecologists recommends the following screenings for adult women:

- **Pelvic exam:** It’s recommended women have a pelvic exam between the ages of 19 and 20 when indicated by medical history, and again on an annual basis after age 21.
- **Cervical cancer screening (PAP)/HPV:** It’s recommended women have a cervical cancer screening at age 21 and every three years thereafter. Women age 65 and older should complete this screening as determined by their physician.
- **Clinical breast exam:** It’s recommended women have a clinical breast exam at age 20 and then again every one to three years until age 39. Thereafter, women should have a clinical breast exam annually.
- **Breast cancer screening (mammogram):** It’s recommended women have a breast cancer screening beginning at age 40 and annually thereafter. Women age 65 and older should complete this screening as determined by their physician.

Women’s Nutrition

Did you know that men and women have different nutritional needs? This is largely due to differences between male and female hormones. Studies show that women need fewer calories but more nutrients than men to be at their best. Specifically, women should make sure they are getting enough iron and calcium in their diets.



FITNESS RESOLUTIONS THAT LAST ALL YEAR

The start of a new year is a time for new beginnings. Resolutions to eat better and increase your physical activity are a great place to start. To promote success, experts say to focus on developing a proper action plan that has clear, measurable objectives, tracks your progress and creates healthy habits. Riverview Rehab & Fitness exercise specialist, Ryan Lawson, provides some helpful tips on making fitness resolutions last all year.

Goal-Setting

There are two types of goals: long-term goals and short-term goals. Long-term goals focus on the “big picture” and should take 6-12 months to complete. Losing 35 pounds or being able to run a 5K-race fits into this category. Short-term goals are stepping stones toward your long-term goals. Lifestyle modifications such as exercising three times a week for 30 minutes or drinking two fewer carbonated beverages per week are great examples.

Keep it simple! Remember, all goals should adhere to the “SMART” principle and be specific, measurable, achievable, realistic and time-oriented.

Journaling

Journaling can be the key to successful long-term weight loss and improved fitness. Just like monitoring a financial budget, a “calorie budget” is something most people could benefit from. An effective journal details when, why and how you eat, as well as helps you identify areas you can target for improvement. A journal also allows you to monitor your exercise time and intensity.

Because it can be difficult to recall what you ate throughout the day, it’s best to record it immediately. If you don’t have access to your journal, you could always jot what you ate down on a napkin, send yourself a text or take a photo of the meal with your phone and transfer it to your journal later.



Ryan Lawson is an exercise specialist at Riverview Rehab & Fitness.

Establishing Healthy Habits

In 2010, the National Weight Control Registry surveyed more than 10,000 adults who had lost a minimum of 30 pounds and kept it off for at least one year. Results revealed there are similar characteristics to their success, which include food intake modification, an increase in physical activity, enjoying a healthy breakfast every day and weighing-in one time per week.

Combine education and proper planning with motivation and your possibilities are endless. Stick with it, hold yourself accountable and, before you know it, those resolutions will become daily, healthy habits.



Take Control of your Health with Direct Access Laboratory Testing

Riverview Hospital offers a wide variety of important blood chemistry tests at discounted prices through direct access laboratory testing, providing a convenient way to keep track of health measures that should be regularly monitored—such as cholesterol or hemoglobin A1C. For others, a broad-based panel of tests may provide a quick snapshot of overall health and wellness.

To purchase a test, visit riverview.org. The test can be completed at your convenience during normal laboratory business hours. These offerings are screening or monitoring tests only, and results are not intended to substitute for medical advice, diagnosis or treatment from your doctor.

Outpatient Laboratory hours:

Monday–Friday: 7 am–6 pm

Saturday: 7 am–noon

Small Changes = Big Impact

When it comes to your health, small changes can add up over time to make a big impact. Research shows that small changes in food and physical activity behaviors—like eating 100 fewer calories each day or adding 2,000 extra steps to your daily routine—can have positive effects on your health.



Charitable Planning Opportunities

As part of community stewardship efforts, Riverview Hospital Foundation aims to communicate charitable giving incentives. This year, federal and state income tax rules have created greater incentives for charitable giving than we’ve seen in many years. For example, for anyone who needs to receive a lifetime income from their assets, a charitable remainder trust (CRT) or a charitable gift annuity (CGA) can be a great help.

In addition, tax incentives exist for individuals older than age 70-and-a-half wishing to make a donation from an IRA to a qualified charity.

For more information or to make a charitable gift to Riverview Hospital Foundation, please contact Trish Oman, executive director, at 317.776.7317.

Off to a Healthy Start

Riverview Hospital and Project Fit America—a national agency that works with local organizations and education systems to bring together resources for schools that help children get fit—recently collaborated to host two kick-off events at Promise Road Elementary and Stony Creek Elementary. The student and community rallies celebrated new indoor and outdoor Project Fit equipment and program, as well as recognized the donors who made the program possible.

Riverview Hospital Foundation is currently raising funds to bring the Project Fit program to Hazel Dell Elementary, Hinkle Creek Elementary and North Elementary, with installations anticipated during the 2014-2015 school year.



PROFILE IN PHILANTHROPY: THE JOE AND MONA REYNOLDS FAMILY

As long-time residents of Noblesville, Joe and Mona Reynolds have always generously given their time, talents and money in support of their local community. They had a true sense of community and firmly believed in “paying it forward.” And no one knows of their generosity more than the Riverview Hospital Foundation.

The Reynolds Family connection to Riverview Hospital dates back nearly five decades, when Mona helped start the Chaplains’ Assistants program at the hospital. She served as a volunteer for more than 40 years, coming into the hospital most Saturdays to help where she was needed. But it wasn’t just her time that she donated. She and Joe also provided a generous donation for the new Riverview Hospital chapel, a place she felt was vital to the hospital.

“For my mom, volunteering at Riverview fulfilled her personally through her faith,” said daughter Donna Reynolds. “She loved helping others. In addition, my mom, along with many other family members, received care at Riverview. So this hospital has provided healing and support to my family for many years,” said Donna.

The Reynolds Family recently made an equally generous donation for Project Fit America at Promise Road Elementary—a gift made partially from Mona’s estate.

“The donation to Promise Road Elementary is a fitting legacy for my mom in many ways,” commented Donna. “Not only did my mom strongly believe in the value of hard work and exercise, but Promise Road Elementary stands on land that was previously farmed by my parents. In fact, the 1885 farmhouse where they lived for more than 40 years still sits adjacent to the school.”

Joe was able to attend the Project Fit kick-off ceremony at Promise Road Elementary in September 2013. It was a proud moment for him to see the impact his family has had, and will continue to make for years to come.

“Seeing my dad at the Project Fit kick-off really was a full-circle moment,” said daughter Nancy Porter. “My mom would be so proud. And so are we.”



Joe Reynolds and daughter, Nancy Porter, received gifts of thanks for their donation to Project Fit at Promise Road Elementary. L to R: Riverview Hospital president and CEO, Pat Fox, Nancy Porter, “Blue,” Joe Reynolds and Riverview Hospital Foundation executive director, Trish Oman.

Fitness is fun! Riverview Hospital CEO, Pat Fox, joins Mayor John Ditslear, Colts mascot “Blue” and Indiana Ice mascot “Big-E-Foot” in demonstrating a weighted hula hoop—one component of the indoor fitness equipment provided to Stony Creek Elementary through Project Fit.

Upcoming Seminars & Events

NOVEMBER

Riverview Hospital Maternity Center Tour

When: November 4, 6-7 pm
Where: Riverview Hospital
 (Maternity Center in Women's Pavilion)

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

Back in Balance

When: November 5, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Do you have a spinning sensation when you lie down or feel off balance when you walk? Have you fallen lately? Join Elissa Moise, DPT, as she discusses balance issues and how physical therapy may be able to help. A light dinner will be served. The program is free, but registration is required. Register online at riverview.org or call 317.776.7999.



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

Healthy Cooking for the Holidays

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

Join our registered dietitians as they prepare holiday favorites with a healthier twist. Learn how to prepare healthier versions of your favorite dishes without sacrificing taste. We will serve each item prepared and end the evening with a Q&A session. Attendees will receive a copy of each recipe and cooking tips.



Advanced Wound Care Seminar: Faster Wound Healing for a Better Life

When: November 14, 6-7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Tracey Ikerd, a board certified infectious disease specialist, will discuss treatment options—including hyperbaric oxygen therapy—for complex wounds, including surgical, traumatic and vascular wounds, pressure and diabetic foot ulcers, lymphedema and cellulitis. A light dinner will be served. The program is free, but registration is required. Register online at riverview.org or call 317.776.7999.

DECEMBER

Look Good, Feel Better

When: December 3, 1-3 pm
Where: Riverview Hospital
 Women's Center

This program provides information and cosmetic advice to women battling cancer, and is led by licensed cosmetologists who are also American Cancer Society volunteers. Each session includes hands-on instruction on makeup, skin care and suggestions for using wigs, turbans and scarves. It also includes tips on nail care while undergoing treatment. Cosmetics are provided for each participant. This program is free, but reservations are required. For more information or to make a reservation, call 317.776.7133 or email Debbie Riggs at driggs@riverview.org.

JANUARY

FEATURED EVENT Third Annual Women's Health & Wellness Event

When: January 18, 8 am-noon
Where: Riverview Hospital
 Women's Pavilion

Enjoy a morning filled with health information, screenings and assessments designed to educate and inspire women. The morning will kick off with a continental breakfast. Throughout the event, attendees will enjoy a variety of breakout sessions, health and wellness information booths, and demonstrations.



GET ON TRACK WITH RIVERVIEW REHAB & FITNESS

People look for different things when selecting a fitness center—things like location, staff, personal training, fitness classes, quality cardio and strength training equipment, cleanliness and accessibility.

At Riverview Rehab & Fitness, you'll find all these qualities and amenities, plus so much more. Riverview Rehab & Fitness locations in Noblesville and Carmel offer clients access to an array of quality fitness equipment. Members enjoy a facility designed for all fitness levels with friendly and available staff to help you meet your fitness goals.

Membership includes a personalized fitness assessment, which provides a thorough rundown of your physical health. A certified exercise specialist then designs a tailored fitness program just for you. This personalized fitness program allows you to monitor your progress as you work toward a healthier lifestyle.

You can also enjoy our new cardio and strength training equipment, free weights, elliptical machines, treadmills, exercise bikes, walking track and fitness classes (from aerobics to yoga).

If you're interested in becoming a Riverview Rehab & Fitness member, call the Noblesville location at 317.776.7225 or the Carmel location at 317.705.4350. To learn more about our fitness facilities, visit riverview.org.



Volunteer!

Did you know volunteering can improve your health? Join the Riverview volunteer team and increase your activity while giving back to the health of your community. For more information on how you can become a Riverview volunteer, contact Susan Beckwith at 317.776.7236 or sbeckwith@riverview.org.

Interested in Donating Blood?

When: November 12 (9 am-1 pm)
 December 3 (2-6 pm)
 January 7 (9 am-1 pm)
Where: Riverview Hospital
 (Surgery Pavilion)

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



Support Groups

Breastfeeding Support Group
When: Every Thursday, 10:30 am-12 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)
Information: 317.776.7202

Infant Loss Support Group
When: Last Thursday of every month, 7 pm
Where: Riverview Hospital
 (Dad's Retreat, lower level of Women's Pavilion)
Information: Dede Flaherty,
dflaherty@riverview.org

Diabetes Support Group
When: Second Thursday of every month, 7 pm
Where: Riverview Hospital
 (Krieg DeVault Conference Room, lower level of Women's Pavilion)
Information: Riverview Medical Group
 Diabetes Center, 317.776.7233

Cancer Patient Support Group
When: First and third Tuesdays of every month, 7 pm
Where: Riverview Hospital Cancer Center
 (enter through Emergency Center)
Information: 317.257.1505 (a brief interview is required prior to participation)

Mended Hearts
When: Third Wednesday of every month, 12-2 pm
Where: Riverview Hospital (Classrooms A & B, lower level of Professional Building)
Information: 317.776.7377





Third Annual Women's Health & Wellness Event

Saturday, January 18, 8 am - noon
Riverview Hospital, Women's Pavilion (entrance 11)

Enjoy a morning filled with health information, screenings and assessments designed to educate and inspire women like you. Event will include a variety of breakout sessions, health and wellness information booths, fitness demonstrations and a continental breakfast.

For up-to-date event and registration details, visit riverview.org. Payment for special screenings is due at time of registration.

Free Screenings:

- Blood Pressure
- Glucose
- Peripheral Artery Disease*

Special Screenings:

- A1C - \$15
- Baseline EKG - \$10*
- Blood Chemistry Profile - \$25*
- Cardiac Risk Assessment - \$10*
- CT Calcium Heart Scan - \$49*
- CT Lung Scan - \$99*
- DEXA Bone Density Scan - \$79*
- Screening Mammograms - insurance will be billed*
- Thyroid Panel - \$34

**May require pre-registration and may have qualifying guidelines*