

NEWS FROM RIVERVIEW HEALTH

WINTER 2014

RIVERVIEWS

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Riverview
HEALTH

TARGETING KNEE PAIN WITH SOPHISTICATED TECHNOLOGY



ALSO IN THIS ISSUE:

PERSONAL TOUCHES AID CANCER RECOVERY, TREATING THE CAUSE OF SHOULDER PAIN 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 I'm sure you're aware, our country's healthcare system is amazingly complex. It's becoming harder and harder for many people to navigate and make sure they're receiving great care at a reasonable cost.

At Riverview Health, we're doing everything we can to help make your experience better. One of the ways is by creating surgical and medical navigators. So who are these navigators? They're Riverview Health staff members who are responsible for helping guide patients through the intricacies of the American healthcare system.

They make rounds to check on patients each day. They ensure patients are aware of tests and procedures and have the medications they need. They assist with any communication that needs to happen between patients and physicians. And as a community resource, they bring in social workers as needed.

Our surgical and medical navigators also meet with patients prior to discharge and make sure they understand their discharge instructions, how to take any prescribed medications and when their post-hospitalization office visits are scheduled. In addition, they call the patients within 72 hours of discharge to follow up on any further needs.

These navigators are a small part of a much larger plan as we work toward becoming an Accountable Care Organization (ACO). Officially established under the Affordable Care Act, ACOs strive to provide high-quality, low-cost care to their patients, while removing unnecessary duplication of services and preventing medical errors. Their goal, like ours, is to ensure patients—especially the chronically ill—receive the right care at the right time. As an ACO, we'll do this and more, right here in Hamilton County.

We hope you have a healthy and happy winter.

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.



NEWS FROM RIVERVIEW HEALTH *Winter 2014*

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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.

Riverview Health Partners with Westfield Schools

Riverview Health is now the exclusive healthcare provider for the employees and students of Westfield Schools. The partnership also includes a new ambulatory care center near Westfield High School that will feature multiple physician services, as well as laboratory, radiology, physical therapy and fitness services. This facility will also house a new outpatient pharmacy and employee clinic for the school system.

New PGY1 Pharmacy Residency Program

Riverview Health welcomed the first two residents of its new pharmacy residency program in July 2014. The goal of the postgraduate residency program at Riverview Health is to develop well-rounded pharmacy practitioners and future leaders in pharmacy practice. During the program, the resident will be exposed to various aspects of pharmacy practice, including internal medicine, medical and surgical intensive care, ambulatory care, infectious disease, and pharmacy management and operations. Upon completion of this program, residents will be prepared to engage as a competent pharmacist who demonstrates leadership and commitment to the pharmacy profession.

New clinicians

Please join us in welcoming the following clinicians:

- **Daniel E. Kraft, MD**—*Specializes in pediatric sports medicine*
- **Romana Malik, MD**—*Specializes in internal medicine*

Shovel snow safely

While snow shoveling can be exercise, it can also be dangerous. Here are some tips to do it safely, according to the National Safety Council. If you have a history of heart trouble, don't shovel without a doctor's permission. You also shouldn't shovel after eating or while smoking. Take it slow—especially if you aren't very physically active. Take frequent breaks to warm up. Push the shovel across your driveway rather than lifting it. And shovel only freshly fallen, powdery snow.



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



UPCOMING Seminars & Events

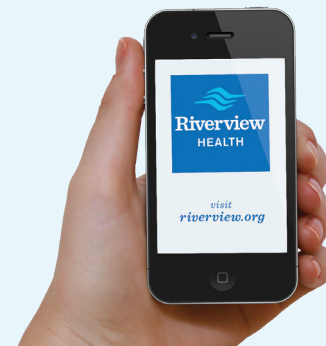
At Riverview Health, we offer a series of educational seminars, screenings and other events aimed at helping you stay well. We invite you to join our experts to learn more about specific medical conditions, as well as the advanced treatment options available at Riverview Health. Many of the informational programs include a light dinner, as well as plenty of time for questions and answers. We look forward to seeing you there.

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? Visit riverview.org or contact Trish Oman at 317.776.7317.

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!





TARGETING KNEE PAIN WITH SOPHISTICATED TECHNOLOGY

After knee surgery, Libbie Conner is able to sit on the ground to play with her grandson without feeling pain. (Photo by Lauren Trisler Photography)

For the first time in 43 years, Libbie Conner has no plans—except to be active again.

After a long career as a school administrator, Libbie retired in September 2014 from her position as Superintendent of Noblesville Schools. Now that she has the time, her focus is on returning to her active lifestyle after having her left knee replaced in December 2013.

As a busy wife and grandmother who worked many hours a week, her painful knees began to interfere with her life. She found herself avoiding stairs because the climb was too painful on her osteoarthritic knees. Even a few steps proved too difficult.

As a superintendent for five years, much of her job involved walking through the long halls of the schools in her district—but she just couldn't do it anymore. The pain was too much.

She began getting injections to cope with the pain, but one day the meniscus in her left knee tore.

"Just like that, I was immobile," Libbie remembered.

Searching for any answers that would point to relief, Libbie found herself sitting in a joint pain seminar presented by Jeffrey Ginther, MD, orthopedic surgeon at Riverview Medical Group.

During the seminar, Libbie resembled a student in a

classroom—listening to every word Dr. Ginther said and avidly taking notes.

"I felt like the seminar was extremely informative, and it helped me understand my options even more," Libbie noted.

During the seminar, Dr. Ginther explained two options for knee replacement surgery—one of which was a new device that helps guarantee the most accurate replacement possible.

The device, Exactech GPS (Guided Personalized Surgery), is sophisticated technology that provides real-time alignment data and guidance to surgeons performing a knee replacement.

Dr. Ginther was one of the first three physicians in the country to start using Exactech GPS in surgeries. He's also one of about 20 surgeons who came in on the ground-level of the technology and meets quarterly with the makers of Exactech GPS to give his input about the design, functionality and efficiency of the device.

"I think you'll see, like everything else in our world, we keep doing things more precisely and better because of the technology we have. And now we're incorporating the same technology we have with GPS devices to replace the knee appropriately," Dr. Ginther said.

Exactech GPS gives surgeons a much more precise alignment

with the bones in the hip and ankle to ensure the placement of a new knee joint is as accurate as possible.

“Even with the best surgical hands performing a knee replacement without computer-assisted technology, you can only get a straight alignment within three millimeters of the center of the knee 74 percent of the time,” Dr. Ginther noted. “But with Exactech GPS, we achieve that alignment in greater than 95 percent of the time. We know that anything that’s out of alignment more than three degrees can lead to progressive failure and loosening of the joint over time.”

Libbie, being the good student she is, did plenty of research about Exactech GPS, as well as other procedures.

“I was very pleased when Dr. Ginther said I’m a candidate for the Exactech GPS procedure for my knee replacement,” Libbie recalled. “It seemed to be the logical choice because it seemed to be the most precise procedure to me.”

Libbie scheduled the surgery to correspond with Noblesville Schools’ winter break in December 2013.

“Dr. Ginther really took his time with me before and after the surgery to explain everything that’s happening, and it really put me at ease,” Libbie said. “He and his staff were so wonderful and caring.”

The incision was closed with medical glue rather than stitches. Now all that

remains of Libbie’s pain in her left knee is a faint scar. With Exactech GPS, patients tend to do better at eight and 12 weeks post-operatively than without the technology, Dr. Ginther says. In addition, there’s less blood loss during surgery and less risk of a blood clot because there aren’t any holes being drilled into the bone.

“I believe computer-guided placement of the prosthetic joint and everything Dr. Ginther did, as well as the physical therapists, made this surgery such a success,” Libbie said. “There are so many developments in medical technology—I think we’re fortunate to have someone like Dr. Ginther in our community who stays on top of the latest advancements.”

In fact, Libbie plans to go back to Dr. Ginther for surgery on her right knee.

“I’m holding out as long as I can before surgery, but I know it’s inevitable, and I’m not worried,” she notes. “With Riverview Health, you have confidence in a hospital and know that you’re going to get good care, but you don’t have to leave town. That’s huge for any community—especially one this size.”

Until then, Libbie plans to enjoy a life without meetings and a schedule.

ASK THE EXPERT

Shoulder Pain: Treating the Cause, not the Symptoms

Living with shoulder pain for too long before getting treatment can make recovery that much harder.

Stephen Jacobsen, MD, an orthopedic surgeon with Riverview Medical Group, says treating the symptoms of shoulder pain, but not the cause, is never a wise idea. According to Dr. Jacobsen, there are three indicators you should go see your physician about your shoulder pain.

You stop performing your normal daily activities

If your shoulder pain is bothering you so much that you avoid moving the joint at all, it’s time to seek medical care. You shouldn’t let shoulder pain interfere with your day-to-day activities.

You start relying on over-the-counter pain medication every day

Relying on medication to get through the shoulder pain during your day can be dangerous. If you build up a tolerance to medication, you may feel the need to increase your dosage, and that’s not always healthy or a good idea.

Your pain is preventing you from getting restful sleep

Tossing and turning all night trying to find a position that doesn’t cause shoulder pain is certainly no way to make sure you’ll be alert and ready for the next day.

It’s important to note that just because you have pain in your shoulder, it doesn’t mean you have a problem with your joint. Constant pain, especially if it radiates past your elbow and into your hand, is often a sign of a pinched nerve in the neck—not necessarily a joint problem.

Flex those fingers

With all the electronic devices we use now, it’s easy for wrists and fingers to weaken and become stiff. But as long as you don’t suffer from inflammation of the joints or a serious joint disease, doing a few simple exercises can help prevent this. One of the easiest strengthening exercises is to keep a tennis or stress ball at your desk. Just squeeze it firmly for 5 to 10 seconds at a time to increase your finger strength.



Dr. Stephen Jacobsen specializes in orthopedic surgery at Riverview Medical Group.

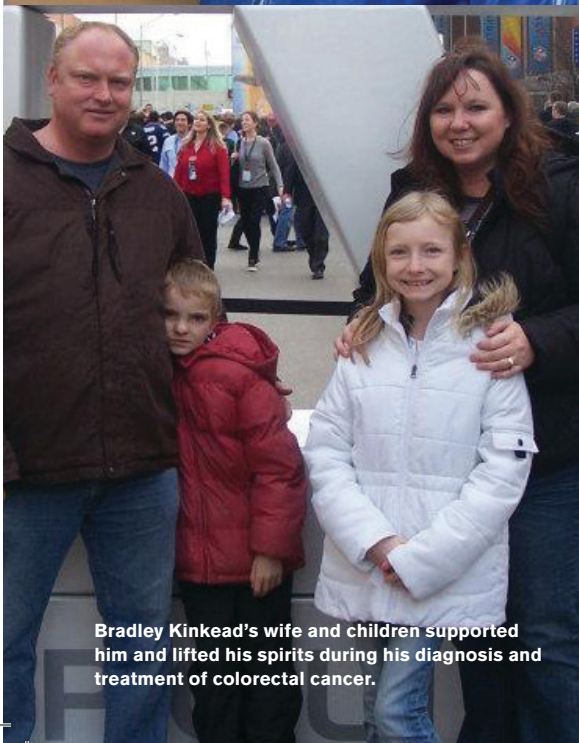
PERSONAL TOUCHES AID CANCER RECOVERY



Bradley Kinkead underwent 24 weeks of chemotherapy treatment for colorectal cancer in 2013.



Bradley Kinkead rings a bell to signify his last chemotherapy treatment.



Bradley Kinkead's wife and children supported him and lifted his spirits during his diagnosis and treatment of colorectal cancer.

Every three months when Bradley Kinkead stops by Riverview Health for blood tests, he knows he can count on being greeted with hugs from three oncology staff members, just as they did when he started chemotherapy treatments a year ago.

"It's not just acting like they care. They really do care," Bradley says.

Bradley's journey began in June 2013, when he went in for a colonoscopy as a result of having some bowel problems for a few months.

After the colonoscopy, Bradley woke up to find his wife crying on the phone.

"It's cancer, isn't it?" he asked.

"Yes," she choked out.

Bradley, a then 38-year-old Noblesville husband and father of two, was diagnosed with early-stage colorectal cancer.

"The way I saw it, I could either be upset about it, or I could fight it. So, I decided to fight it and not let it change me," he said.

A month after the diagnosis, Bradley underwent surgery to remove his large intestines.

"There's so much uncertainty and fear before having surgery, but I was put at ease by the nursing staff who took care of me. I know they're busy, but they took the time to sit down, reassure me and educate us on what was going to happen. It was scary, but they were there for me," Bradley commented.

During the surgery, a temporary ileostomy bag was attached to collect bowel movements while his bowel healed.

"Having a bag wasn't ideal, but my wife and the staff were amazing as far as helping me with it," Bradley said. "There were nights when I'd be asleep and the bag would detach. My wife was there to help clean it up. I couldn't have done it without her."

Then came the chemo. Bradley's oncologist at Riverview Health, Daniel Milton, MD, ordered 24 weeks of IV chemotherapy treatment to happen every other week.

Was it going to hurt or make his symptoms worse? Bradley felt uneasy and worried.

"Dr. Milton and the nurses really took good care of us. We're so grateful for them," Bradley said.

Sometimes the most important part of treating a patient isn't only the medicine that's involved.

"I think a key thing is to remind patients what's at stake and that they have some control over their health," Dr. Milton says. "It's my job to help them see the bigger picture and make it clear that the doctor's office is a safe place to chat about life concerns."

While undergoing chemotherapy treatments, Bradley knew the world wouldn't stop. He continued to work 40- to 50-hour weeks at his job as general manager of an auto parts shop.

"I think he's a great example of how life goes on for a lot of these patients," Dr. Milton said. "This isn't a disaster or a huge interruption of his life. In some ways, he was heroic to go through all this and still support his family at the same time. Bradley has had a very business-like demeanor of doing whatever it takes to get the job done and to not let this affect his life in a negative way."

But abdominal pain—a side effect from the chemotherapy—sent him

to the emergency room. Dr. Milton lessened his chemotherapy treatment to help combat the abdominal pain.

Finally, in January 2014, chemotherapy was complete and by mid-February, a CT scan showed the cancer was gone.

A couple of weeks later, it was time for surgery to reattach his intestines to get rid of the ileostomy bag.

Two days after the surgery, Bradley needed emergency surgery after a bout of vomiting ripped his stitches out. During a 20-day stay at Riverview Health, he got to know the nurses very well.

"The nurses were great, but at times they were a pain because they were doing their jobs by making me get up and walk to stay active and do breathing treatments," Bradley joked.

Being a cancer patient takes a toll not only on your health, but emotionally too, Bradley says.

"Not surviving wasn't an option. No one wants to go through what I went through, but everything was made more tolerable with a friendly hospital staff and expert physicians that continually went above and beyond," he said.

Bradley doesn't miss being stuck in a patient bed, but knows he can count on friendly faces to greet him when he's back for routine tests.

"Going in for blood tests isn't scary—I just think of it as getting to see my friends," he said.



Three Lab Tests to Stay on Top of Your Health

Did you know you don't need to have orders from your doctor to have certain lab tests? Take your health into your own hands by keeping records of your lab results so when you're not feeling well, you can share your results with your physician.

Vitamin D - \$60

This test measures the level of Vitamin D in your blood, which is essential for the proper growth and formation of teeth and bones. Consider getting this test if you have evidence of bone disease or bone weakness, or if you're at high risk of Vitamin D deficiency. If your doctor suspects you might have a Vitamin D deficiency, you should be tested before starting drug treatment for osteoporosis.

Thyroid Profile - \$34

The Thyroid Profile includes tests that are used to diagnose thyroid disorders in someone with symptoms, or to monitor patients being treated with a thyroid medication. Symptoms associated with increased production of thyroid hormone include rapid heart rate, weight loss, nervousness, hand tremors, irritated eyes and difficulty sleeping. Symptoms associated with decreased production of thyroid hormones include weight gain, dry skin, constipation, cold intolerance and fatigue.

Hemoglobin A1c - \$15

This test is typically used to monitor diabetes treatment in someone who has been diagnosed with diabetes. The test helps evaluate how well a patient's blood sugar level is controlled by treatment over time and includes a result for the estimated average glucose over a 2- to 3-month period. The test can also be used to screen for diabetes and pre-diabetes.

To see all the lab tests we offer without physician's orders, visit our Direct Access Laboratory Testing page on our website at riverview.org/labs

Don't get bitten by frostbite

If you're outside and the temperature drops low enough, any exposed skin could be at risk for frostbite. Symptoms include a slightly painful, prickly or itching sensation. Skin can turn red, white or yellow, and you may feel a cold or burning feeling, as well as numbness. To treat it, get out of the cold. Warm the area gradually through indirect heat such as warm water, a warm blanket or even using skin-on-skin body heat. If symptoms continue, seek medical attention immediately.



MAKING A DIFFICULT TIME MORE BEARABLE

There's no heartbeat.

Just like that, with three little words, the lives of expecting parents are shattered. Maybe their unborn child had developed 40 weeks, or maybe only eight. It doesn't matter—news that their child is gone is always devastating.

Not many people know the heartbreak of going into labor only to leave the hospital empty-handed. But for those who do, Riverview Health Maternity Center has something that may help ease the emotional pain.

In July 2014, Riverview Health became one of only three hospitals in the country to receive a Cuddle Cot. When a baby who has passed away is delivered, parents usually get only a small amount of time to spend with the baby before he or she is taken away for preservation. The Cuddle Cot is a device that allows the grieving parents much more time to spend with their little one in the hospital room by constantly circulating cool water under the baby to help preserve it.

Not everyone may have a positive reaction when thinking about the Cuddle Cot and the comfort it can provide, but for parents who lost a baby and didn't have the opportunity to use it, it could have made all the difference in the world.

Telisha and Brandon Glassburn have endured the heartache of leaving the hospital without a baby not once, but twice. The Cuddle Cot that resides in Riverview Health Maternity Center bears the names of their two sons who didn't survive in 2009 and 2011. After losing her first son in 2009, Telisha found solace in an online support group, Stories of Babies Born Still



In July 2014, Riverview Health became one of only three hospitals in the country to offer a Cuddle Cot, a device that helps provide more time after delivery to parents who are grieving the loss of an infant.

Infant Loss Support Group

When: Last Thursday of every month, 7 pm

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

For more information on this support group, visit riverview.org/classes

To make a donation to Riverview Health Foundation, visit riverview.org/foundation/donations

(SOBBS). It was through SOBBS that she first found out about the Cuddle Cot and made it her mission to bring one to Riverview Health.

Being able to memorialize them is something Telisha and Brandon were happy to be given the opportunity to do.

"When we lost our two boys, there was no such thing as a Cuddle Cot. We were given a couple hours with them and that was it—they were gone," Telisha said. "I just feel that if we would have had this in 2009 when we lost our first son, it would have definitely changed a lot of things. My family wasn't able to hold him—only my husband and I were."

Half of the cost of the Cuddle Cot was donated by Riverview Health Foundation, and the other half was funded by SOBBS.

Riverview Health Maternity Center nurse Dede Flaherty, RN, says the Maternity Center staff is grateful to be able to offer this, although they hope they don't have to use it. Dede runs an infant loss support group at Riverview Health.

"Some people like as much time as possible with their little one," Dede said. "Our goal is to make this the best worst day of the parents' lives. This may not be for everybody, but at least they're getting a choice."

Telisha says she hopes other parents grieving the loss of a baby know they're not alone. After two tragic deliveries, Telisha gave birth to a baby boy in 2012 who will turn two years old in November.

"When I lost my first son, I was tagged as the girl who had a stillborn baby," Telisha noted. "It's not taboo. It's a horrible thing, but it happens. We need to be educated on it and we need to understand. We're still moms, even though we have an angel instead of a baby."

PROFILE IN PHILANTHROPY: THE LAKES FAMILY

O'Dell Lakes remembers well the first time he set foot inside Riverview Health. It was 1974, and he brought his toddler son into the emergency room after he stepped on a piece of broken glass.

A lot has changed in 40 years, but the affinity O'Dell and his wife, Esther, have for Riverview Health has remained constant.

Esther and O'Dell purchased Smith's Jewelers in Noblesville in 1970, and moved to Noblesville in 1973. Esther spent 20 years teaching history and government in the Noblesville School district. Over the years, they've seen the community flourish and have graciously supported Riverview Health.

"I think it's really important, if you're a business owner in the community, that you support things that are important to the community," O'Dell said. "You should support the community that supports you. We get a good feeling from supporting Riverview Health because it's such a wonderful organization."

Esther and O'Dell have been involved with Riverview Health Foundation since the early 1980s.

"I believe in giving back to the community and helping those who are in need of support and help," Esther said.

Esther is an avid supporter of women's health issues. She has served on the Riverview Health Foundation Board of Directors, and she has been heavily involved with Riverview Health Foundation Women of Vision Giving Club and luncheon. Esther has also been a big part of the Riverview Health Foundation Women's Retreat, and she sits on the Philanthropy Council.

Volunteering with Riverview Health Foundation has opened up doors for her to volunteer with other organizations, such as Prevail, which supports victims of domestic violence.

"I support women's issues because I'm of the generation that had to fight for women's equality and equal opportunity, and as a woman, those values are still important to me today, especially in the area of healthcare for women," Esther noted.

Esther and O'Dell have been able to support Riverview Health by contributing to the Women's Center and helping acquire a new 128-slice CT scanner for improved diagnostic care and detailed information.

"We have seen Riverview Health go from being a small hospital that served a rural community to one that's a cutting-edge hospital with very up-to-date technology that the Foundation raised the money to help buy," O'Dell commented. "If I were having a heart attack, I'd want to be treated at Riverview Health."



Esther and O'Dell Lakes find peace in the Healing Garden at Riverview Health.

Project Fit America Opening Ceremonies—A Great Day for Noblesville Students

This fall, Riverview Health Foundation collaborated with Project Fit America to host three opening ceremonies at Hazel Dell Elementary, Hinkle Creek Elementary and North Elementary. Project Fit America is a national agency that works with local organizations and education systems to bring together resources for schools that help children get fit.

"This year is a milestone for Noblesville Schools because, with the launching of Hazel Dell, Hinkle Creek and North Elementary, the Project Fit America program has become institutionalized in all the elementary schools in the district. We thank Riverview Health Foundation and its donors for their forward-thinking vision to create a healthier generation," said Stacey Cook, executive director of Project Fit America.

If you'd like to learn more about the Project Fit America program, contact Riverview Health Foundation at 317.776.7938.



Indiana Pacers mascot, Boomer, joins White River physical education teacher Beth Hewitt (left), Riverview Health CEO Pat Fox (center) and Riverview Health Foundation Executive Director Trish Oman (right) at Project Fit America opening ceremonies.

SAVE-THE-DATE:

Save The Date: Women of Vision Series, "What's on Your Holiday Table?"

Date: November 15, 2014, 6-8 pm

Location: Linden Tree Gifts, 856 Logan St., Noblesville

Presentations: Learn how to spruce-up your holiday decorations from Linden Tree owner, Rory Anderson, and hear some tips for healthy eating during the holidays from endocrinologist and Riverview Medical Group physician, Dawn Ayers, MD.

For more information, call 317.776.7938.

Upcoming Seminars & Events

NOVEMBER

Healthy Cooking for the Holidays

When: November 13, 2014, 6-8 pm

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

Join our registered dietitian and professionally trained chef as they prepare holiday favorites with a healthier twist. Learn how to prepare healthier versions of your favorite dishes without sacrificing taste. We'll serve each item prepared and end the evening with a Q&A session. Attendees will receive a copy of each recipe and cooking tips. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**



DECEMBER

Look Good, Feel Better

When: December 2, 2014, 1-3 pm

Where: Riverview Health Women's Center

Women who have cancer are invited to join Riverview Health for the "Look Good, Feel Better" program. At the event, licensed cosmetologists will provide individualized advice on make-up, skincare, wigs and scarves. Cosmetics are provided to each participant. The program is free, but reservations are required. **For more information or to register, call 317.776.7133 or visit riverview.org/classes.**

Back in Balance Seminar

When: November 19, 2014, 6-7pm

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

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



RAISE YOUR SLEEVE TO DONATE BLOOD

When: December 9, 2014, 2-6 pm

Where: Riverview Health
(Surgery Pavilion)

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



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

WOMEN'S BOUTIQUE HEALS FROM THE INSIDE OUT

Beyond the pretty purses and colorful jewelry in the Women's Boutique in the Riverview Health Women's Pavilion are some items not many people know about. Tucked in the back corner of the shop, these devices aren't the latest in fashion or accessories, but something better—they change lives.

The Women's Boutique has a number of wigs, specialty bras and breast forms for women who have undergone chemotherapy treatment or mastectomies after a breast cancer diagnosis.

The Boutique has three staff members who are post-mastectomy fitters. One staff member is close to completing her requirements to be a certified fitter, and two are already certified. Becoming a certified fitter requires 500 hours of fitting experience and passage of an examination, says Terri McCall, Women's Boutique manager and certified fitter.

"We have a lot of women who don't know these products exist," Terri noted. "They get so excited when they find out. It really changes their quality of life."

The Boutique is an accredited Durable Medical Equipment (DME) facility and receives grant money to help provide these products to women who cannot afford them.

As a DME facility, the Women's Boutique also supplies breast pumps covered through medical insurance and Medicaid.

"Losing your hair or breasts is life-changing, and many women sob in the dressing room when they try on a wig or breast form because it helps them feel whole again," Terri said.

The breast forms come in several different materials—from silicone for a natural feel, to a lightweight form for exercising. The Boutique also carries bras

with pockets to hold a bag that collects fluid that drains from the breast after a mastectomy.

After performing fittings for several years, the rewarding experience of helping cancer patients hasn't worn off, Terri says.

"This is a huge deal for these women," she commented.

Terri remembers a fitting with a woman who had undergone a mastectomy four months prior to the fitting. The woman hadn't looked down at her chest since the surgery because it was too emotionally painful. But that day in the dressing room when she tried on a bra with breast forms, grateful tears flowed down her cheeks.

"This is why I'm happy we offer these products to these women," Terri said. "Bringing back their confidence is what we're all about."

Fitting appointments last about 60 minutes and can be made by calling 317.770.2444. Visit riverview.org/womensboutique for more information.



The Women's Boutique offers a variety of wigs, specialty bras and breast forms to women who have undergone chemotherapy or a mastectomy.

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

Cancer Patient Support Group

When: Third Tuesday of every month, 6-8 pm
Where: Riverview Health Cancer Center (enter through Emergency Center)
Information: 317.257.1505 (a brief interview is required prior to participation)

Diabetes Support Group

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

Infant Loss Support Group

When: Last Thursday of every month, 7 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 pm
Where: Riverview Health (Classrooms A&B, lower level of Professional Building)
Information: Colleen Lawson, juvlawson@aol.com





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