

NEWS FROM RIVERVIEW HEALTH

SPRING-SUMMER 2016

RIVERVIEWS

riverview.org



**TAKING LIFE BACK, ONE
STEP AT A TIME**



ALSO IN THIS ISSUE:

LEARNING ABOUT OSTEOPATHIC MANIPULATION, BENEFITS OF HORMONE REPLACEMENT THERAPY, SPOTLIGHT ON OUR VOLUNTEERS

Letter from Pat



As many of you've heard, I'm retiring in May of this year. It's hard to find the right time to step away after being so deeply involved in planning the future of Riverview Health, but I'm ready to join my husband in retirement.

For more than 45 years, I've had the privilege of working in various healthcare roles—most of those years as a registered nurse, and in administrative roles for the past 18 years. The highlight of my career has been serving the people of Hamilton County and working alongside so many talented healthcare professionals.

I'm proud to leave Riverview Health having built strong relationships with community organizations and Hamilton County, including athletic partnerships with Noblesville and Westfield schools. I'm happy to have been a part of the recruitment of so many talented physicians which has allowed us to add to our already outstanding group of providers. But it's time to pass the torch to the next generation of leaders and enjoy watching this organization continue to flourish.

One of my favorite things about working at Riverview Health has been witnessing the cultural transformation and talents of so many clinicians and staff members working together to bring great programs to our community.

But this won't be the last you see of me. With my newfound free time, I plan to remain involved in local community organizations. I'm also excited to be able to travel, take cooking lessons for fun and build upon my hobbies of running and swimming.

I know the future of Riverview Health is a bright one, and I'm confident our new CEO will do an excellent job to move us forward.

It's been wonderful seeing our community grow and develop during the past several years, and I'm so grateful to have been a part of it. Now it's time to bid you a fond farewell!

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 *Spring-Summer 2016*

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LOOKING FOR A PHYSICIAN?

Riverview Health Physicians 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 riverview.org.

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

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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.

Riverviews Magazine Moving to Bi-annual Basis

Thank you for reading Riverviews! In 2016, we'll move away from publishing this magazine on a quarterly basis and begin publishing only twice a year. Our next issue will be a Fall-Winter 2016 issue that will be released in early September. **Questions or comments? Contact us at info@riverview.org.**

Riverview Health Featured in "Top Doctors"

Indianapolis Monthly magazine named 26 Riverview Health Physicians and Riverview Health affiliated physicians on its "Top Doctors" list in 2015. Castle Connolly Medical Ltd., a healthcare research and information company, compiled the most recent list by asking all licensed physicians to recommend colleagues whom they would suggest to a family member or go to themselves. Congratulations to many of our physicians on being selected as a "Top Doctor." **View the list at riverview.org/TopDocs2015.**

Riverview Health Receives AchieveWELL Certification

Riverview Health is pleased to announce it's among 35 Indiana organizations that qualified for the AchieveWELL certification by the Wellness Council of Indiana. Employers working toward a corporate culture that encourages and supports employee health through worksite wellness programs were eligible for this designation. **Learn more at riverview.org/AchieveWell.**

New Clinicians

Please join us in welcoming the following clinicians:

- » **Johnathan Bennett, MD**—specializes in pathology
- » **Angela Collie, MD**—specializes in pathology
- » **Nabeel Farooqui, MD**—specializes in allergy & asthma
- » **Swapna Katipally, MD**—specializes in nephrology
- » **Chris Lowery, DO**—specializes in general surgery
- » **Thomas Miller, MD**—specializes in internal medicine and geriatric medicine
- » **Swathi A.N. Rao, MD**—specializes in diabetes and endocrinology

Clean Out the Old

Even though spring-cleaning seems like a hassle or an outdated concept to some, it can actually improve your health. Furniture and items in your house that have collected dust can contribute to allergies and asthma, and a cluttered living space can cause anxiety in some people. Living with clutter can also make it harder to find things we need, like our keys, causing frustration and increasing stress levels.



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



UPCOMING Seminars & Events

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

GIFTING for a Great Cause

Since 1976, Riverview Health Foundation has provided funding to help purchase technology, enhance capabilities and expand the services at Riverview Health. Interested in donating? **Call 317.776.7938 or visit riverview.org/foundation.**

SIGN UP for our E-Newsletter!

Want to keep up on the latest from Riverview Health? Stay connected by signing up for our e-newsletter. **Visit riverview.org/subscribe. Sign-up is easy!**





A HANDS-ON APPROACH TO MEDICINE

When Addison Haynes was thinking about entering medical school, he spent a day shadowing his friend's father, who was a doctor of osteopathic medicine (DO). After watching his friend's dad quickly and effectively treat a patient using osteopathic manipulation, Haynes was sold. He decided to attend medical school to achieve a DO degree rather than a doctor of medicine degree (MD).

Attaining a doctor of osteopathy degree is similar to the path in achieving a medical degree. Those pursuing a doctor of osteopathy degree attend the same classes and have grueling requirements like those pursuing an MD degree, but they also have an intense focus on human anatomy.

Both DO and MD students attend four years of medical school and can go into a variety of specialties, as well as complete a residency and pass the same board certification exam. But DO students take a deeper dive into the human body by completing an extra 300 to 500 hours of study on the musculoskeletal system, according to the US National Library of Medicine.

Dr. Haynes, a board certified family medicine doctor with Riverview Health Physicians at Hazel Dell Family Care, focuses on treating patients as a whole—a core value in the study of osteopathy.

"There are three things I keep in mind when treating my patients," Dr. Haynes says. "One—the body has a way of healing itself. Two—body function and structure are related. And three—I look at the connections between the body, mind and spirit."

Holly Longstreet, DO, a board certified family medicine doctor with Riverview Health Physicians at Noblesville Family Medicine, was also drawn to osteopathy for medical school.

Like Dr. Haynes, Dr. Longstreet uses a hands-on approach to assess your musculoskeletal and lymphatic systems, which helps

with diagnosis and treatment.

With osteopathic manipulative therapy (OMT), Dr. Longstreet and Dr. Haynes use their hands to ensure your body's structure is in proper order, which in turn improves your body's function.

"The thing I like about OMT is I'm able to teach you stretches and exercises you can do at home that can help you keep your body in good working order," Dr. Longstreet says.

Dr. Longstreet enjoys treating women's health issues and stresses the importance of finding a doctor with whom you have a good connection.

Dr. Haynes is passionate about providing counseling and guidance for exercise, maintaining a healthy weight and managing diabetes.

While both Dr. Haynes and Dr. Longstreet are skilled at using osteopathic manipulation for treatment, the majority of their patients doesn't necessarily require it. Though OMT takes a holistic approach to treatment, doctors of osteopathy can prescribe medications as well as order labs and imaging tests like MDs.

"As a DO, we have a toolbox, as I like to put it," Dr. Haynes says. "In that toolbox, sometimes it's medicine we use and sometimes it's manipulation. But we have all the tools to help you."



Addison Haynes, DO (left), and Holly Longstreet, DO (right), are board certified family medicine doctors with Riverview Health Physicians.

A LOOK BACK: THE MOORE TRIPLETS IN 1980

On the night of July 3, 1980, Dana and Phil Moore silently stared at three baby warmers at Riverview Hospital, not sure what to do with themselves. Inside the warmers were their two sons and a daughter, only hours old.

"You can touch them. They're yours," a nurse gently urged.

Earlier that day, Dana and Phil arrived for Dana's scheduled cesarean delivery of their twins, never expecting to leave the hospital with triplets.

In the late 1970s and early '80s, ultrasonography and prenatal technology was rapidly advancing, but it was still easy to miss a third baby hiding behind twins.

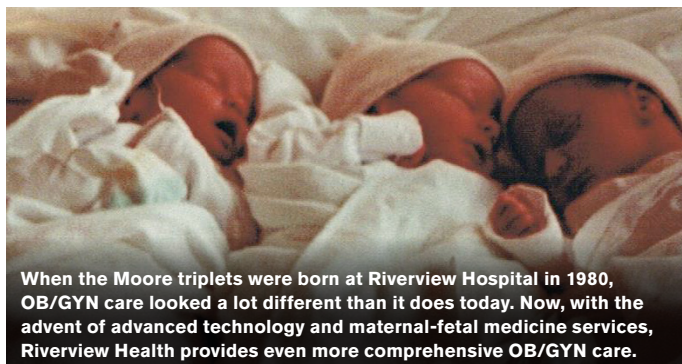
"I remember you could really only see blobs on the

ultrasounds," Dana recalled. "Nowadays the technology and what they can see is truly amazing."

In 1979, OB/GYN specialists Dennis Pippenger, MD, and Joseph Geyer, MD, opened a new OB/GYN practice at Riverview Hospital. With the help of Dr. Geyer and more than 20 nurses and staff, Dr. Pippenger safely delivered the Moore triplets—Joshua, Matthew and Christina.

Back then, the standards of obstetric care for multiples called for only a couple of ultrasounds throughout a woman's pregnancy.

"The machines were difficult to use," Dr. Pippenger recalled. "We didn't have the ability to visualize things as well, and to look for anatomy was difficult."



Today, the standards of prenatal care have changed immensely.

One such advance is the development of the maternal-fetal medicine specialty within OB/GYN. The maternal-fetal medicine physicians at Riverview Health provide comprehensive care to patients with high-risk pregnancies such as multiples.

Maternal-fetal medicine physicians provide genetic

counseling, fetal surgical procedures, gestational diabetes management and more.

"It's been fun to see the advances of medical technology during the past 36 years," Dr. Pippenger said.

Note: In the Fall 2015 issue of Riverviews, it was incorrectly stated that the Vanosdol triplets were the first triplets born at Riverview Health.

Keeping Your Kids Safe Around Toys

By Mark J. Ambre, MD, Riverview Health Physicians—Fishers Pediatrics

As a pediatrician, I see all sorts of injuries involving toys—swallowing part of a toy, getting a piece lodged in a nostril or ear, falling on toys or getting hit by one used as a projectile. But by far, choking on toys is one of the biggest concerns for small children.

The good news is most toys have suggestions for appropriate age ranges on the packaging. The tricky part comes when you have children of different ages in the same house. Six-year-old Billy's Legos will probably be viewed as a food group by 18-month-old Johnny. Waiting for a Lego to show up in a dirty

diaper can be nerve-wracking, but seeing it stuck in his windpipe can be tragic.

When buying toys for infants, make sure they don't have strings that they can wrap around their necks. If a toy recommends protective gear, purchase it. Raise your children to use helmets when they're riding bikes, scooters, skateboards or using rollerblades. Hopefully, it'll become a habit for them, and when they see Jane down the block not wearing one, they'll think she's foolhardy instead of lucky.

Look for toys that are fun,

educational and age-appropriate. That goes all the way from soft toys for kids who stick everything in their mouth to video games that don't encourage violence for older kids. For children with developmental delays, they'll do better with toys appropriate for the age at which they function rather than their chronological age.

Imagination is also not a bad thing. One mother gave her child a large box full of wrapped smaller boxes. Her child spent the whole day unwrapping them, crawling in them, stacking them and playing in the wrapping. She said it was the best toy he got

that year.

You can't protect your child from everything, but you can help minimize the risks. Always remember your child could find a way to hurt himself or herself or someone else with anything you give them, but if it looks more fun and safe than dangerous, I'd go for it. Some of our best memories come from our favorite toys. Toys can be safe, challenging, educational, healthy and promote exercise, but they'll only be used if they're fun.

To schedule an appointment at Fishers Pediatrics, please call 317.578.4193.

TAKING LIFE BACK, ONE STEP AT A TIME

When things in life become difficult—like added responsibilities at work, personal hardships or grieving over a loss—the best advice is to take things one step at a time. With one foot in front of the other, you can make your way down the path toward a happy life.

For Noblesville resident Sandy Mazzocchi, the mantra of taking one step at a time had a literal meaning as she struggled with knee pain that prevented her from doing her daily tasks as a childcare worker. Once able to keep up with the energetic children at work, she soon needed a cane to walk.

After years of pushing through knee pain, Sandy was fed up and ready to take action. A mother of one of the children Sandy cared for told her about an orthopedic surgeon, Tim Williams, MD. And it wasn't long before she scheduled an appointment.

Dr. Williams, a board certified and fellowship-trained orthopedic surgeon with Riverview Health Physicians at Westfield Orthopedics, examined Sandy and told her something she wasn't expecting—the problem was actually in her hips, not her knees.

"Hip arthritis can often show as knee pain, and it's easy to misdiagnose," Dr. Williams said. "Almost every day I see someone with pain in one area that's caused by a problem in a different part of the body. A back problem may show up in the hip, and shin pain often is coming from an issue in the knee."

Sandy had significant arthritis in both hips, according to the X-rays.

"I was surprised she had been putting up with it as long as she had," Dr. Williams said.

While it's possible to have both hips replaced at the same time, it's not recommended, Dr. Williams said.

"Studies show that replacing both hips during two surgeries six weeks apart reduces complication rates," Dr. Williams noted. "It's a big operation and people underestimate how much stress it puts on the body to have both hips replaced at the same time."

Sandy decided to have both of her hips replaced and scheduled the first one for early June 2015 and the second for August 2015.

"When I showed up for my first surgery, I was a nervous wreck," Sandy recalled.



Sandy Mazzocchi's knee pain was ruining her life, but after discovering the cause of the problem was in her hips, she had them both replaced at Riverview Health and is happier than ever.

Upcoming Hip Pain Seminars



Joint Replacement Seminar April 21, 6-7 pm

Join orthopedic surgeon Jeffrey Ginther, MD, to learn about the latest techniques and procedures for hip and knee replacement. Dr. Ginther, a board certified and fellowship-trained physician, will discuss the anterior hip approach and computer-assisted knee surgery—as well as discuss who is a good candidate for surgery.



Knee & Hip Pain Seminar May 24, 6-7 pm

Dr. Williams, a board certified and fellowship-trained orthopedic surgeon, will cover important information regarding partial and full joint replacement procedures, including minimally invasive surgery and the treatment of arthritis.

The seminars will take place at Riverview Health in the Krieg DeVault Conference Room, located in the lower level of the Women's Pavilion. A light dinner will be served. The programs are free, but registration is required. **Register at riverview.org/classes or call 317.776.7999.**

View our full list of upcoming seminars on page 13.

"But the surgical staff was so nice and talked me through everything that was going to happen. They even asked what kind of music I wanted to hear before I was put to sleep."

After surgery, Sandy was up using a walker the next day.

"I couldn't believe I could walk without crying out in pain. It was unbelievable." Sandy exclaimed.

For two weeks after her first surgery, physical therapists visited her house to help her with rehabilitation exercises and walking outside during nice weather. Sandy continued exercising on her own until August when it was time for her second surgery.

"After seeing the results of the first surgery, I was so excited for the next one," she said. "This time when I was wheeled in for surgery, I had a smile on my face and I felt like an old pro."

After the second surgery and a few more weeks of rehab, Sandy was able to go back to work in October 2015. For the first time in years, Sandy was able to stop taking pain medication for her knees.

"Now I can keep up with the little kids at work, and I can play with my grandson and go for walks with him in the park," Sandy says. "Before, I didn't even want to get out of the house. Now I can do that and more. I can walk around at the museum and zoo and not worry about pain holding me back."

Sandy is thankful for the trusting, comforting relationship she had with Dr. Williams and the staff at Westfield Orthopedics.

"Sandy was great, and we really felt like we were able to drastically improve her quality of life," Dr. Williams said.

One step at a time, Sandy is walking up and down stairs, getting out of the car or running around after kids—all without pain.

"It really is like I'm living again," she said excitedly. "I feel like a new woman!"

RELATED VIDEO: Tamie's Story: Keeping Up with Her Kids



Former collegiate shot put thrower, Tamie Gipe, suffered with painful hips for years. As a physical education teacher, she was frustrated when she couldn't keep up with her students or her kids at home. But after having her hips replaced using the anterior approach, she's back on the court with her students and running around with her daughters. **WATCH: riverview.org/tamie**

ASK THE DOCTOR: BIOIDENTICAL HORMONE REPLACEMENT THERAPY

The potentially uncomfortable side effects experienced during menopause leave a lot of women asking what can be done. Riverview Health Physicians OB/GYN specialist, Polly Trainor, MD, is here to answer your questions and provide some insight into the potential relief hormone therapy can bring during menopause.

Q: When does menopause start and what are some of the common symptoms?

A: Most women experience menopause between the ages of 45 and 65, with the average age being 51. You're considered to be in menopause if you've gone a year or more without a menstrual period. Common symptoms include hot flashes, night sweats, vaginal dryness, mood swings, problems sleeping and forgetfulness.

Q: What's hormone replacement therapy?

A: Before and during menopause, your hormone levels can fluctuate, which can lead to the symptoms listed above. With hormone replacement therapy, you're given doses of hormones to stabilize your body and relieve the symptoms of menopause. Hormone therapy can be a mix of estrogen and progesterone for women who still have their uterus or it can be only estrogen for those who've had a hysterectomy.

Q: What are bioidentical hormones?

A: Bioidentical hormones are made in a lab and are identical to the hormones your body once produced. Pharmaceutical hormones may be plant- or animal-based and while some are identical, most are not. Bioidentical hormones are absorbed into your bloodstream through your skin or under your tongue and therefore remain exactly identical. Unless given as a patch, conventional therapy is taken orally and absorbed through the stomach, which transforms the hormones so they are not identical to those produced by your body. With bioidentical hormones, the dosages can be individually tailored to you during creation in a compounding pharmacy. With any kind of hormone therapy, we start you on small doses and make adjustments to control your symptoms. Then we slowly wean you off once you progress through menopause and are no longer having symptoms.

Q: What are the risks of hormone replacement therapy?

A: There's a misconception that bioidenticals are safer than conventional hormones, but the risks are identical. While hormones are great for treating symptoms, there's a slight increased risk for blood clots, strokes and breast cancer if estrogen and progesterone are both being taken. However, there's no increased risk for breast cancer if you're taking only estrogen. On the flip side, hormone replacement therapy has been shown to protect against osteoporosis and it decreases the likelihood of hip and spine fractures.

Q: Who's a good candidate for hormone replacement therapy?



Polly Trainor, MD, is a board certified OB/GYN specialist with Riverview Health Physicians.



A: I don't recommend hormone replacement therapy as a first treatment option. First, I encourage you to try lifestyle changes to help cope with symptoms. Working out, eating healthier and increasing the amount of soy in your diet, which acts like estrogen in our bodies, are all ways to help ease your symptoms. If those changes and over-the-counter options aren't working, we can talk about other pharmaceutical options and hormone replacement therapy. Unfortunately, bioidentical hormone replacement therapy often isn't covered by insurance companies and can be costly.

To schedule with an appointment with Dr. Trainor at Noblesville OB/GYN, call 317.773.5876.

WORKING TOWARD EXCELLENCE IN LYMPHEDEMA CARE

Imagine recovering from a surgery only to find you have intense, uncomfortable swelling in an arm or leg. It can be scary to learn you're affected by lymphedema, a condition in which an increased amount of fluid is retained in your soft tissues.

Lymphedema occurs when your lymph vessels become blocked and are unable to drain lymph fluid, which circulates through your system collecting bacteria and harmful substances to flush them from your body. Lymphedema can occur on its own, but it's more often a result of a surgery, infection, cancer or radiation treatment for cancer.

Though there's no cure for lymphedema, the swelling and pain can be greatly improved with physical therapy.

In January, four Riverview Health physical therapists successfully completed Klose Training Lymphedema Certifications. This program consisted of a 135-hour course—that's 45 hours of online study and 90 hours of classroom instruction over the course of nine days.

During the certification, the students are taught how to effectively treat lymphedema using Complete Decongestive Therapy (CDT). CDT involves manual lymph drainage, compression therapy, exercises and skin care.

For 45-year-old Arcadia resident Pamela Majors, these therapies are all too familiar. After being diagnosed with breast cancer, Pamela had surgery to test her sentinel lymph nodes. A few days later, her entire right arm was completely swollen. After visiting Riverview Health Physicians surgeon Samuel Heiser, MD, Pamela was sent to Riverview Health Rehab & Fitness in Noblesville to begin physical therapy treatment.

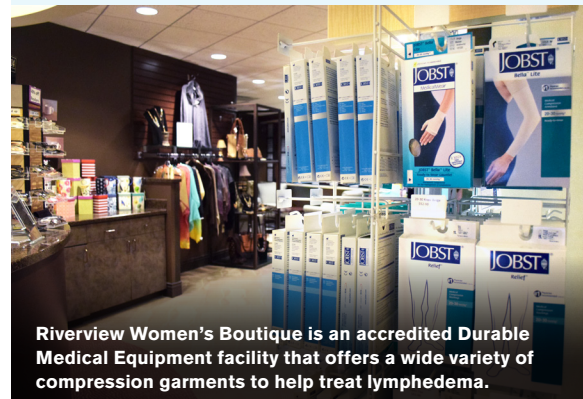
During treatment with a physical therapist, her arm was massaged, exercised and wrapped in compression bandages. Between physical therapy sessions, Pamela wrapped her arm in compression bandages, and later purchased a compression sleeve at Riverview Women's Boutique to help keep the swelling down.

After about five weeks of having physical therapy two to three times a week, the swelling in her arm was significantly reduced and almost back to normal.

"I wasn't really sure what to expect, but the physical therapists were great," Pamela said. "It was convenient to stop by on my way to or from work to see them. They were so friendly and knowledgeable, which helped put me at ease."

With the added training in lymphedema care, Riverview Health is well on its way to becoming a Lymphedema Center for Excellence.

Riverview Women's Boutique Has Something for Everyone



Riverview Women's Boutique is an accredited Durable Medical Equipment facility that offers a wide variety of compression garments to help treat lymphedema.

Riverview Women's Boutique is full of cute accessories you may think you have to have. But it also contains items you probably never dreamed you'd need.

As an accredited Durable Medical Equipment (DME) facility, the Boutique provides post-mastectomy products such as post-surgery camisoles, breast prostheses and specialty bras. They also offer wigs for women undergoing cancer treatment.

But don't let the name fool you. Riverview Women's Boutique doesn't provide DME only for women, it also has an array of unisex compression therapy sleeves and stockings. Compression therapy is a common treatment for lymphedema, edema, varicose veins and more. Custom orders can be placed to ensure you get the right fit.

Staff members are trained to answer your questions and provide dignity and privacy while you shop for products to help you feel your best. They can also bill Medicare or private health insurance companies for your DME products.

As a recipient of a Riverview Health Foundation Women of Vision Giving Club grant, Riverview Women's Boutique is also able to fund DME items to those who are in financial need.

For more information, call Riverview Women's Boutique at 317.770.2444.

You can also visit the Boutique at Riverview Health Women's Pavilion between 8:30 am and 4:30 pm Monday through Friday.

Fight Allergies with Food

Did you know there are foods that can lessen allergy symptoms? Apples, red grapes, fish and nuts all fight inflammation. Citrus fruits and their vitamin C content can do wonders for allergy and cold symptoms. And collard greens, which are rich in carotenoids, can reduce allergic reactions.



START YOUR WORKOUT WITH THE FIT FOR LIFE PROGRAM

Whether you're just beginning to exercise, looking for a kick-start or need accountability to keep you on-track, the Fit for Life program at Riverview Health Rehab & Fitness is designed to lead you down the path of success.

This eight-week program gives you the opportunity to develop effective, healthy, lifelong habits that improve your fitness level, overall mood and reduce the risk of many chronic diseases.

Included with the program is an initial fitness assessment in which we cover your medical history, develop short- and long-term goals, and complete comprehensive baseline fitness testing. After that, a certified exercise specialist creates an individualized fitness program for you, walks you through the workout and introduces you to all the fitness equipment.

Once you've completed the initial assessment and fitness program, you then have eight 30- or 60-minute weekly sessions—depending on your package—with an exercise specialist. During these weekly sessions, we guide you through dynamic, individualized exercises to help you safely and effectively achieve your fitness goals.

Your package also includes an eight-week membership to Riverview Health Rehab & Fitness.



For more information, contact:

Riverview Health Rehab & Fitness—Carmel

Ryan Lawson
317.705.4350
rlawson2@riverview.org

Riverview Health Rehab & Fitness—Noblesville

Jenni Shreves
317.776.7225
jshreves@riverview.org

Exciting Fitness Classes to Help You Get in Shape

Anything Goes Aerobics

Type of class: Land
Cost: \$50
Class duration: Eight weeks

Take your fitness to the next level! This high-energy class provides the variety your body needs to see results by combining fun cardio routines with specific muscle-conditioning moves that will be tailored to your needs from week to week. This is a great time to enjoy the music and feel the burn.



Aqua Motion

Type of class: Water
Cost: \$36 or \$72 (depending on frequency)
Class duration: Eight weeks

In this aquatic class, we'll use patterned movement combinations to maximize the resistance of water and get your body in motion. We'll also focus on improving your cardio endurance and strength.

For more information, visit riverview.org/classes



THE IMPORTANCE OF STRENGTHENING YOUR CORE

By Ryan Lawson, Exercise Specialist at Riverview Health Rehab & Fitness

As we age, having a strong core has a host of benefits including better balance and stability, proper posture and a healthy back. A strong core also makes everyday activities and tasks easier.

While there are plenty of great abdominal and back exercises out there, understanding how the core muscles work and knowing the anatomy of your core will lead to a more beneficial workout.

We can easily classify the core in two sets of muscles. The inner core includes the transversus abdominis, pelvic floor, diaphragm,

quadratus lumborum and multifidus muscles. These muscles work together to stabilize the spine and pelvis and help reduce any twisting that could cause harm. The outer core is comprised of the rectus abdominis, internal and external obliques, and erector spinae. These muscles work together to allow you to flex the spine, bend sideways at the waist and help maintain an upright position.

When training both the inner and outer core, it's best to engage in exercises that simulate

everyday activities. A great way to go about this is to use a stability ball. By integrating the stability ball into your routine, you can focus on engaging the core while challenging other muscles of the body.

The benefits of a stability ball include:

- » A variety of exercises that can accommodate all fitness levels.
- » Balance development while engaging the inner muscles of your core.
- » Enhancement of

motor learning through neuroreceptor activation.

- » Increased range of motion of the spine.
- » Support of the lumbar curve, which enables a greater range of resisted motion.

As you can see, integrating the stability ball into your exercise routine is a great way to test your core muscles. Please consult an exercise specialist to learn about the best way to add a stability ball into your fitness routine.

PROSTATE CANCER SCREENINGS CAN SAVE YOUR LIFE

By Odell Smith, MD, Riverview Health Physicians—Noblesville Family Care

Prostate cancer screenings may be an uncomfortable topic for many men, but it's a conversation that should happen more often—especially with your family doctor.

Why? Because early detection can save lives. Even though prostate cancer is the most common cancer among men, the American Cancer Society and the National Cancer Institute say survival rates are nearly 100 percent for people who have prostate cancer that hasn't spread to lymph nodes, bones or other organs. So it's important to stay on

top of screenings.

I recommend all men age 40 and older speak to their physician about their prostate cancer screening options. I encourage you to be informed and take an active role in managing your health.

There are two common screenings for prostate cancer—the prostate specific antigen test (PSA) or the digital rectal exam (DRE). There isn't a unanimous opinion in the medical community regarding a preferred method of testing, but many men

and doctors prefer the PSA, as it's a simple blood test.

Here are six common risk factors for prostate cancer:

- » Age
- » Diet
- » Exposure to toxic substances
- » Family history
- » Geography
- » Race

Prostate cancer risk increases as you age, and in the US, African-American men are more likely to get prostate cancer than men of other races.

Though many of the risk factors are out of your control, you can control your diet. I recommend a healthy, balanced diet, as men who eat a lot of red meat or high-fat dairy products can have a higher risk of being diagnosed with prostate



Odell Smith, MD, is a board certified family medicine doctor with Riverview Health Physicians.

cancer. Also, you can control your exposure to toxic chemicals and you should use all recommended safety procedures when dealing with toxic substances.

If you or your male friends or relatives are experiencing a change in urine stream, a stronger urgency and frequency of needing to urinate, difficulty urinating, blood present in urine or semen, or pelvic pain, contact your doctor immediately, as these concerning symptoms could be signs of prostate cancer.

To make an appointment with Dr. Smith, call Noblesville Family Care at 317.773.2222.

Join a Team for Some Summer Fun

A great way to enjoy the warmer weather and get some fresh air is to join a sports team. Many athletic leagues pick up in the spring and summer, making your options plentiful. Join an outdoor running group, get back to your favorite sport from high school or try something new. Working out with a group will hold you accountable, shake up your workout and possibly add a new social outlet in your life.



RIVERVIEW HEALTH FOUNDATION CELEBRATES



YEARS

FOUNDATION GIVES BACK IN A BIG WAY

Riverview Health Foundation and its Board of Directors recently presented Riverview Health with a check for \$500,000 to support the purchase of a new large-bore MRI machine, the renovation of the hospital's atrium and several other projects. This is the 10th consecutive year Riverview Health Foundation has gifted \$500,000 or more to Riverview Health.

“As the philanthropic arm of Riverview Health, we’re grateful for the opportunity to contribute money toward building healthy lives together,” said Megan Wiles, Riverview Health Foundation Executive Director. “None of this would be possible without the support of the community and our generous donors.”

This year, Riverview Health Foundation is celebrating its 40th anniversary of supporting Riverview Health and enhancing patient experience through philanthropic efforts and fundraising. The Foundation has gifted more than \$12 million to Riverview Health for building projects—such as the Women’s Pavilion and Emergency Center—as well as equipment and programs for patients. The Foundation will celebrate these accomplishments at the 40th Anniversary Gala on Saturday, September 17.

SAVE THE DATES: 12th Annual Women of Vision Luncheon—Featuring Pat Fox, retiring CEO of Riverview Health

When: April 28, 11 am
Where: Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel
What: Riverview Health Foundation created the Women of Vision Luncheon in 2004 to inspire and educate women about their health. The luncheon helps build friendships between women from Hamilton County and surrounding areas. Together, they raise funds through the Women of Vision Giving Club to benefit women’s and children’s services at Riverview Health.
Presenting sponsor:



24th Annual Heartfelt Thanks Golf Tournament

When: June 16, Registration at 9:30 am, Shotgun start at 11 am
Where: Super Outing at Fox Prairie Golf Course, 8465 E. 196th St., Noblesville, and Forest Park Golf Course, 701 Cicero Rd., Noblesville
What: The Heartfelt Thanks tournament is one of Hamilton County’s premier golf outings, providing you with a great opportunity to take a break from the office and connect with community members, leaders and business associates.
Presenting sponsor:



Riverview Health Foundation 40th Anniversary Gala

When: September 17, 6-11 pm
Where: Lucas Estate, 1143 E. 116th St., Carmel
What: This fall, Riverview Health Foundation will celebrate its 40th anniversary with a gala at the prestigious Lucas Estate in Carmel. Join us as we reflect on our past and look forward to our future. Proceeds from the event will benefit Riverview Health and its patients.
Presenting sponsor:



For more information on these events, please contact Riverview Health Foundation at 317.776.7938 or visit riverview.org/FoundationEvents.



HAPPY TO LEND A HELPING HAND

Volunteers at Riverview Health come from many walks of life—retired CEOs, teachers and nurses, just to name a few. You may find volunteers transporting patients, assisting in the Gift Shop or Boutique, and welcoming guests at the hospital entrances. In 2015 alone, volunteers worked more than 33,000 hours at Riverview Health.

“Our volunteers are a huge help, not only to patients and their families, but also to our nursing staff,” said Tricia Hall, manager of Volunteer Services at Riverview Health. “Our volunteers happily talk to patients to keep spirits high as they transport them throughout the hospital. By providing this service, they free up our nurses so they can spend more quality time at the bedside.”

Tricia has firsthand experience working with volunteers as director of the Cardiac Rehab and Respiratory departments at Riverview Health.

“It’s refreshing to work with people who give their time and talent strictly out of the goodness in their hearts,” she said.

Another important component of Volunteer Services is the Auxiliary Board. The Auxiliary exists to support Riverview Health. Its members manage the Riverview Health Gift Shop, located on the second floor near the Atrium.

The Auxiliary Board combines profits from the Gift Shop with money raised from fundraisers, such as garment and book sales, to support Riverview Health.

“We know there’s an important job to be done by being members of the Auxiliary,” said Nancy Joseph, Auxiliary Board president. “Through the money we raise, we’re able to support our most important mission—improving patient care.”

During the past two years, Riverview Health Auxiliary gifted \$50,000 to help fund the goal of purchasing a large-bore MRI. Riverview Health Auxiliary members also pledged to support the funding of two heated chemotherapy chairs in 2015, and two more chairs in 2016 as part of the Riverview Health Foundation Employee and Volunteer Caring Campaign.

The value of volunteers goes far beyond the information desks and transporting, Nancy says.

“The volunteers are often a listening ear during a time of need,” she said. “We give patients and their families support through thoughtful conversations and connecting them with resources, such as a chaplain, to lift their spirits.”

With more than 200 members, the Volunteer Services department at Riverview Health is a vital component of patient care, and there’s always a need for additional hands and hearts.

To learn more about becoming a Riverview Health volunteer, visit riverview.org/volunteers or call Volunteer Services at 317.776.7236.

Saving Lives with a Large-bore MRI Machine

Imagine hearing that you need an MRI scan. What kinds of thoughts go through your mind? What will they find? How long will it take? Will the tight space be confining? This can be a frightening few minutes for anyone. Riverview Health Foundation is working to make what can be a difficult time a bit more comfortable for patients by raising money for a new large-bore MRI machine.

Magnetic Resonance Imaging (MRI)

Many may think an MRI machine is just a piece of equipment, but it’s so much more. It can be a lifesaver. An MRI can help diagnose cancer, strokes, aneurysms, spinal issues and other injuries.

“A patient came in for an MRI on her shoulder due to severe pain,” recalls one Riverview Health MRI technician. “I noticed an abnormal area in her lung and brought this to the radiologist’s attention. The patient was diagnosed with lung cancer. I was told by the radiologist I saved her life because we caught the cancer early.”

For many, having an MRI scan can be scary. That’s why our goal at Riverview Health is to provide the best patient experience for each person who comes through our doors for this procedure. A large-bore MRI will enable our technicians and radiologists to do just that.

With your help, Riverview Health will purchase a Toshiba Titan 1.5 MRI. One of the quietest MRIs in the market, it’s also one of the largest, with an opening measuring 71 centimeters in diameter.

Large-bore MRI machine benefits:

- » Accommodates patients who have claustrophobia or require more space
- » Increases speed of scan
- » Provides quieter, more comfortable scans

To learn how you can help your community by contributing to a large-bore MRI machine, please contact Riverview Health Foundation at 317.776.7317 or at riverview.org/foundation.

Upcoming Seminars & Events

APRIL

Foot Health Seminar

When: April 13, 6-7 pm

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

Join Dr. Scott Schulman and Dr. Tracey Ikerd as they discuss common foot ailments such as warts, ingrown toenails and bunions, as well as the advanced wound care technology available for foot infections and ulcers.



Joint Replacement Seminar

When: April 21, 6-7 pm

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

Join orthopedic surgeon Jeffrey Ginther, MD, to learn about the latest techniques and procedures for hip and knee replacement. Dr. Ginther, a board certified and fellowship-trained physician, will discuss the anterior hip approach and computer-assisted knee surgery—as well as discuss who is a good candidate for surgery.

Diabetes Seminar

When: April 26, 6-7 pm

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

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 question and answer session.

MAY

Neurological Rehabilitation Seminar

When: May 4, 6-7 pm

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

Join us for a seminar covering inpatient and outpatient therapy care. We'll cover diagnoses including brain injuries, Parkinson's disease, multiple sclerosis and stroke. Hear how our staff can help you or a loved one return to an optimal level of function through physical, occupational and speech rehabilitation.



Sleep Disorders Seminar

When: May 19, 6-7 pm

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

Join Dr. Michael Levine, medical director of Riverview Health Sleep Disorders Services, to learn how sleep disorders such as sleep apnea can have a serious impact on your health including heart disease, stroke, depression, diabetes and other chronic diseases. Dr. Levine will also discuss the latest in diagnosis and treatment of sleep issues.

Knee & Hip Pain Seminar

When: May 24, 6-7 pm

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

Dr. Williams, a board certified and fellowship-trained orthopedic surgeon, will cover important information regarding partial and full joint replacement procedures, including minimally invasive surgery and the treatment of arthritis.

JUNE

Shoulder Pain Seminar

When: June 1, 6-7 pm

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

Join Dr. Norman Mindrebo, a board certified orthopedic surgeon, as he shares information on common shoulder issues and treatments. Topics include shoulder injuries, such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacements.

JULY

Female Athlete Forum

When: July 19, 6-8 pm

Where: Riverview Health Rehab & Fitness – Noblesville

Join our team of experts as we discuss topics related to the female athlete. Learn how to stay healthy through proper nutrition, prevent injuries and get a step ahead of the competition. We'll offer complimentary functional movement screenings and gait analyses, discuss strength training, proper fueling for competition as well as injury prevention and recovery programs. Let us help you take your performance to the next level!

AUGUST

Joint Replacement Seminar

When: August 25, 6-7 pm

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

Join orthopedic surgeon Jeffrey Ginther, MD, to learn about the latest techniques and procedures for hip and knee replacement. Dr. Ginther, a board certified and fellowship-trained physician, will discuss the anterior hip approach and computer-assisted knee surgery—as well as discuss who is a good candidate for surgery.

SEPTEMBER

Hand & Arm Pain Seminar

When: September 1, 6-7 pm

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

Dr. Christy Kellams, a fellowship-trained orthopedic surgeon, will discuss treatment for common hand and arm problems such as rheumatoid arthritis, carpal tunnel syndrome, repetitive use and other conditions.



Diabetes Seminar

When: September 7, 6-7 pm

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

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 question and answer session.



Riverview Health Foundation 40th Anniversary Gala

When: September 17, 6-11 pm

Where: Lucas Estate, 1143 E. 116th St., Carmel

This fall, Riverview Health Foundation will celebrate its 40th anniversary with a gala at the prestigious Lucas Estate in Carmel. Join us as we reflect on our past and look forward to our future. Proceeds from the event will benefit Riverview Health and its patients.

For more information, contact Riverview Health Foundation at 317.776.7938 or visit riverview.org/classes.

Support Groups

Adolescent Pregnancy and Peer Support Group

When: First Monday of every month, 6-7 pm

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

Information: 317.776.9400

Breastfeeding Support Group

When: Every Thursday, 10:30 am-noon

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

Information: 317.776.7200

Diabetes Support Group

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

Where: Riverview Health (Conference Room 1435, use entrance #11)

Information: Diabetes Education Center, 317.776.7233

Infant Loss Support Group

When: Last Thursday of every month, 7-9 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 Education Building (former Kahlo building), 205 Westfield Rd., Noblesville

Information: 317.776.7377

Survivors of Suicide Loss Support Group

When: Second Tuesday of every month, 6:30-8 pm

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

Information: Colleen Lawson, julawson@aol.com

All seminars are free and include a light dinner. Registration is required for seminars and can be completed by visiting riverview.org/classes or by calling 317.776.7999.





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