

NEWS FROM RIVERVIEW HEALTH

SPRING-SUMMER 2017

# RIVERVIEWS

*riverview.org*



## FINDING THE WORDS TO SAY 'THANK YOU'



**ALSO IN THIS ISSUE:**

HEALING A CRUSH INJURY, PLATELET-RICH PLASMA TREATMENT, AND 25 YEARS OF RIVERVIEW HEALTH FOUNDATION GOLF

# Letter from Seth



As a kid, I remember there was nothing quite like the thrill of summer break. The weather was perfect for playing outside, and I was free of the responsibilities of homework. Those weeks were mine to enjoy with my family and friends. As I've gotten older, summer is still one of my favorite times of year. I take advantage of the warm weather and long nights by spending quality time being active with my wife and sons.

This will be our first full summer since settling in our home in Westfield, and we're excited to take advantage of the local bike trails and community events in the area. It's been amazing to watch how quickly the county has grown north of 146th Street in the past year. It won't be long before the new Riverview Health hospital in Westfield opens its doors later in 2017. Our team is looking forward to caring for the expanding population and providing a more convenient location to our neighbors in and near Westfield.

The new facility, which is being constructed at the northeast corner of U.S. Route 31 and state Route 32, is just a short drive from our main campus in Noblesville. We decided in January to expand the scope of services at our new facility to include inpatient beds, three surgery suites and an emergency room. This will allow us to treat a broader range of medical cases and provide services for those who require additional care beyond an outpatient setting.

As a parent of three roughhousing boys, I'm thankful that we haven't yet had to make a trip to an emergency room—and hopefully this summer won't be the end to that streak. But it's nice to know we can count on the nearby comprehensive care at Riverview Health.

Have a happy and healthy spring and summer!

Seth Warren,  
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 2017*

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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](http://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](mailto:info@riverview.org) or call 317.776.7999.

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# Exciting changes at Riverview Health

At Riverview Health, we're continually making enhancements to ensure we're always providing top-notch service to our patients and guests.

## Riverview Health Announces New CMO

It is with great pleasure we announce Eric Marcotte, MD, as the new Chief Medical Officer of Riverview Health. After more than 40 years practicing medicine, John Paris, MD, retired as Riverview Health CMO in February 2017. Dr. Marcotte is a board-certified family medicine physician at Sheridan Family Medicine, a part of Riverview Health Physicians. He will continue to see patients while also performing his duties in the role of CMO.

## Riverview Health Receives American College of Cardiology Award for Cardiac Care

Riverview Health received the American College of Cardiology's NCDR ACTION Registry–GWTG Platinum Performance Achievement award for 2016. Riverview Health is one of only 223 hospitals nationwide to receive this prestigious award. To achieve this award, a certain level of treatment guidelines had to be implemented for eight consecutive quarters.

## Riverview Health Receives Four Star AchieveWELL Award

Riverview Health recently received the Four Star AchieveWELL award from the Wellness Council of Indiana at the 2016 Indiana Health and Wellness Summit. To achieve the Four Star AchieveWELL award, Riverview Health demonstrated its commitment toward this important initiative and met specific criteria, which included creating programs to address chronic disease management issues, community involvement and increasing health education.

## New Clinicians

Please join us in welcoming the following clinicians:

- » **Khawar Malik, DPM**—specializes in podiatric surgery
- » **Eric Meshulam, DPM**—specializes in podiatric surgery
- » **Emily Ruden, MD**—specializes in cardiology
- » **Michael Stennis, MD**—specializes in anesthesiology
- » **Chad Tewell, MD**—specializes in infectious disease
- » **Samantha Barnett, PA**—specializes in orthopedic surgery
- » **David Henry, PA**—specializes in family practice

## Don't Let Allergy Season Get You Down

Seasonal allergies happen to the best of us—but you don't have to suffer. Allergy medications work in different ways, and your primary care physician can help determine what works best for you. Antihistamines and decongestants help many allergy sufferers feel better, but side effects include drowsiness and elevated blood pressure. Other options include nasal sprays for sinus irritation or medicated eye drops for itchy eyes. Though there are a number of over-the-counter options, be sure to consult your doctor or a pharmacist before trying anything new so you can avoid bad interactions with other medications you're taking.



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](http://riverview.org/classes).**

## GIFTING for a Great Cause

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

## SIGN UP for our E-Newsletter!

Want to keep up on the latest from Riverview Health? Stay connected by signing up for our e-newsletter at [riverview.org/subscribe](http://riverview.org/subscribe). **Sign-up is easy!**





Sarah Polakoff, who healed a crush injury with the help of Dr. Jennifer Zyromski and Riverview Health Wound Care, enjoys spending time with her husband and 2-year-old daughter.

# HEALING A CRUSH INJURY WITH WOUND CARE SERVICES

**S**arah Polakoff makes her way from the back of Riverview Health Wound Care to the checkout desk at one of her final appointments, laughing and chatting with the staff about their weekend plans.

"The entire staff at the Wound Care center have all been amazing," Sarah said. "At one point or another they've all helped me."

To Sarah, these staff members were a regular presence in her life for more than 15 weeks since she sought treatment for a crush injury.

In July 2016, Sarah's left leg was crushed—just below the knee—when a car rolled over her. Sarah was lucky and didn't suffer any broken bones or open wounds, but she was left with painful swelling. A staff member at her physician's office recommended Riverview Health Wound Care after Sarah was turned away from an Indianapolis orthopedics practice because they couldn't treat her. This was Sarah's first visit to Riverview Health.

"I've been telling people that Riverview has been an

amazing experience for me," Sarah said. "I've gotten excellent care here."

Jennifer Zyromski, MD, a surgeon with Riverview Health Physicians, performed surgery on Sarah's leg on Aug. 12, 2016, to begin the process of healing her injury.

"The damage to the tissue in a crush injury can be pretty extensive, even if there isn't an open wound," Dr. Zyromski said. "The goal of the surgery was to remove a blood clot under her skin that was disrupting her blood supply and, in turn, killed skin tissue in the area. The surgery relieved the pressure but left a pretty big wound to heal."

To heal her wound, Sarah used the services of Riverview Health Wound Care. First, Sarah made regular visits to change a special kind of vacuum dressing designed to heal large wounds by applying continuous negative pressure to the wound to drain it. Sarah had weekly visits to monitor the wound. Then, Sarah completed 30 treatments in a hyperbaric oxygen chamber for two hours a day to help her body heal the large wound.



“Hyperbaric oxygen treatment increases oxygen levels throughout the body to promote healing,” Dr. Zyromski said.

Patients who receive hyperbaric oxygen treatment are required to comply with several safety precautions, because the high-oxygen environment is extremely flammable. In the hyperbaric oxygen chamber, patients are required to wear a 100 percent cotton gown and aren't allowed to wear makeup or jewelry or bring anything in the chamber that could spark a flame—including books. The hyperbaric oxygen chambers at Riverview Health have televisions for patients to watch shows or movies to pass the time.

“The hardest part was being an avid reader and not being able to take a book in there,” Sarah said.

After 10 weeks, Sarah had much more time on her hands to read and pursue other hobbies, because her Wound Care visits dropped down to once a week to check on the healing progress of her wound. On Oct. 15, 2016, she returned to her job as an activities assistant and certified nursing assistant (CNA) at a nursing home. As a CNA, Sarah is accustomed to helping others more often than she helps herself. That defined her experience at Riverview Health Wound Care.

“Caregivers make the worst patients,” Sarah joked. “I had to learn to let



*“Hyperbaric oxygen treatment increases oxygen levels throughout the body to promote healing.”*

people help me while I was healing and in and out of the hospital. The staff understood and let me help myself as long as I could do it.”

Sarah was initially given a timeline of six months to one year to fully recover—yet after three months, she had made significant progress and was healing ahead of schedule. Dr. Zyromski credits Sarah's diligence for her quick healing.

“Sarah came to all of her treatment sessions. She kept her leg elevated and always had her dressings changed appropriately and maintained good nutrition,” Dr. Zyromski said.

After many weeks in the care of Dr. Zyromski and the Wound Care staff, Sarah is back to her normal life of taking care of her 2-year-old daughter with her husband.

## *Remember to put safety first when biking as a family*

Biking is a great way to enjoy the outdoors and get some exercise. Be sure to wear bright-colored clothing to ensure that you're visible to drivers and other cyclists on the road or trails. Also, wear a properly fitted helmet every time you go for a spin. Check your kids' helmets to make sure they still fit, and purchase new ones if necessary—last year's helmets might be too small, just like last year's sneakers.



## Get in Shape at Riverview Health Rehab & Fitness

Riverview Health Rehab & Fitness has two locations: one in Noblesville and one in Carmel. Both locations offer top-of-the-line workout machines, cardio equipment and free weights. In addition, the Noblesville location has an indoor track.



### Boxing Fusion

Come pound your frustrations away with Boxing Fusion. This class is a combination of cardio and resistance training merged into a fun hour-long session. Boxing Fusion is an exciting, adrenaline-pumping way to burn calories and spice up your workout. With this class, you're truly one workout away from a great mood.

**Cost:** \$50 for an eight-week class



### Personal Training

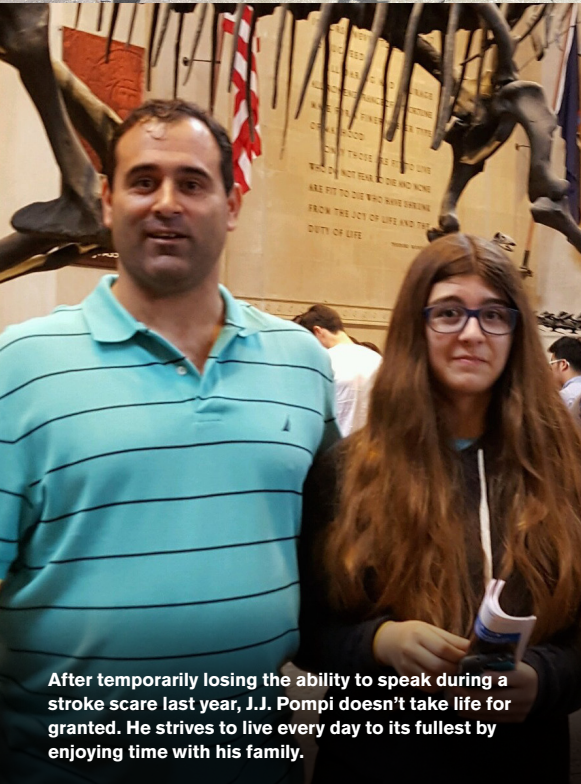
Meeting with a personal trainer is a great way to get started with a fitness routine. Trainers provide accountability, encouragement and motivation to help you meet your fitness goals.

#### Prices and Packages

- » \$20 for a 30-minute session
- » \$40 for a 1-hour session
- » Packages of 5 or 10 sessions are available with savings up to 33 percent off the cost of individual sessions.

*A gym membership is not included with personal training sessions.*

# FINDING THE WORDS TO SAY 'THANK YOU'



After temporarily losing the ability to speak during a stroke scare last year, J.J. Pompei doesn't take life for granted. He strives to live every day to its fullest by enjoying time with his family.

**O**n a crisp day in late October last year, James Pompei and his wife were out on a drive enjoying the colors of autumn. Feeling parched, James grabbed a bottle of water to quench his thirst, but he couldn't take a drink. Instead, water dribbled down his face.

"Knock it off," his wife said with a chuckle.

But then she realized he wasn't trying to be funny. Something wasn't right, so they turned around to go home. By the time they got to their house in Noblesville, James, who goes by J.J., was losing his ability to speak.

"What's my name?" his wife asked.

J.J. struggled to put together the sounds to say his wife's name.

"What's your name?" she asked.

But all that came out were incoherent noises. Panic set in.

They rushed to the emergency room at Riverview Health where he was seen right away, but by then he was completely speechless. Nurses and medical staff worked quickly to get his vitals, blood draw and EKG readings. But by the time the doctor came in, he started feeling better and could speak again.

John Howard, MD, an emergency physician at Riverview Health, evaluated J.J.

"At only 46, J.J. is a fairly young guy, but his speech trouble was alarming—even with normal test results," Dr. Howard remembers.

After Dr. Howard left the room, J.J. lost his ability to speak again.

"I was frightened because I didn't think I was ever going to be normal," J.J. recalls. "I thought I was going to go into a vegetative state. I remember using a notepad to communicate and I scribbled that I didn't want to live like this."

But just as suddenly as his speech was taken, it came back to him, though he was slurring his words.



*"I didn't think I was ever going to be normal."*

After seeing a speech therapist and getting an MRI scan of his head, which was normal, J.J. was admitted for overnight observation and neurological consultation.

"He was diagnosed with a transient ischemic attack (TIA), sometimes called a 'mini-stroke,' which is a warning sign of a major debilitating stroke," Dr. Howard said. "J.J.'s one isolated symptom was that he couldn't speak. In stroke patients, loss of speech often happens along with other



## Riverview Health Rides



Having trouble finding transportation to your doctor appointment? Riverview Health Rides provides door-to-door, shared-ride transportation to medical appointments at Riverview Health facilities.

### Scheduling a Ride

Rides may be scheduled up to two weeks in advance. A 24-hour advanced notice is required. To reserve a ride, call 317.473.2323 (TTY 800.743.3333). Trips are scheduled on a first-come, first-served basis. Vehicles are wheelchair-accessible.

During business hours, please leave a voicemail to schedule a ride.

### Information you'll need when scheduling a ride:

- » Your name, birthdate, address and phone number
- » Facility name and address of where you need to go
- » Time you need to be at your destination
- » Time you need to be picked up from your destination

### Fare

Fare is \$5 one-way or round-trip. The fare must be paid at the time of pick-up. Drivers cannot provide change. A monthly pass is available for \$55 and includes unlimited trips (based on availability). Children younger than age 11 must be accompanied by an adult.

### Hours of Transportation Service

**Monday-Friday:** 7 am to 5 pm

**Saturday:** 7 am to 1 pm

symptoms such as weakness, facial droop and numbness.”

J.J. was released a couple days later and soon had a follow-up appointment with Felix Alva, MD, a cardiologist at Riverview Health. J.J. knew he needed to make some lifestyle changes such as losing weight, eating healthier and cutting out caffeine, but it was hard to do.

### Signs of a Stroke: Remember ‘FAST’

- » **F**ace drooping: Ask the person to smile. Does one side of the face droop or is the smile uneven?
- » **A**rm weakness: Ask the person to raise both arms. Is one arm drifting downward or feeling weak or numb?
- » **S**peech difficulty: Ask the person to repeat a simple sentence. Can he or she do it correctly? Is there any slurring?
- » **T**ime to call 9-1-1: If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Source: American Stroke Association

“I was a big espresso drinker,” J.J. said. “I blamed my poor health on everything except caffeine because I didn't want to give it up. But Dr. Alva looked me in the eye and said ‘No. More. Caffeine.’ So, I drastically cut my intake for a couple days and then went cold-turkey and completely eliminated it from my diet. Just like that.”

Since cutting out caffeine and losing weight, J.J. has more energy and feels better all around.

“I'm back to work, and I can't help but think about how lucky I was,” J.J. said. “The staff at Riverview Health ran

like clockwork, and it was clear they knew exactly what they were doing. They kept me informed about everything—it didn't matter what it was. It was great, and I loved it.”

A few weeks later, J.J. was back in the emergency room at Riverview Health—but this time it was to hand out treats to the staff members to say “thank you.”

“It's not much compared to what they gave me. They gave me life,” J.J. recalls.

He also delivered a card and box of cookies to the third floor staff members who cared for him.

“When people go to the hospital, it's because they're in need or something's wrong,” J.J. said. “People forget what the staff does here, and in my eyes, it's pretty important.”

## Don't let the mosquitoes bite!

After a long, dark winter, it's exciting to be able to enjoy the outdoors when warm weather returns. But pests like mosquitoes can have you running back inside. Dressing in long shirts and pants is a good way to keep them off you. Mosquito repellents and citronella candles can also do the trick. Pay special attention to children, as they may not realize they're being bitten, but don't use repellent on children younger than 2 months old. If you're going the repellent route, look for ones that have been registered by the Environmental Protection Agency, as they're safer—even for pregnant and breastfeeding women.

Source: Centers for Disease Control and Prevention



# HEALING FROM WITHIN: WHAT TO KNOW ABOUT PLATELET-RICH PLASMA TREATMENT

If you're an athlete, you know that falls, over-exertion and repetitive-motion injuries are common hazards of playing the sports you love. But if you've been sidelined by an injury, there's a secret weapon within yourself that can get you back in the game.

Joseph Hui, MD, a Riverview Health Physicians orthopedic and sports medicine doctor, specializes in platelet-rich plasma (PRP) treatment to heal injuries, provide pain relief and restore function without surgery, therapy or medication. PRP treatment uses the body's own growth factors (platelets) found in blood plasma to heal diseased or damaged tissues.

The treatment is an office procedure that first requires drawing blood and then using a machine to isolate the blood platelets. Then, using ultrasound guidance, the platelets are injected back into the area that's causing you pain. Most adults are good candidates for this treatment.

Platelet-rich plasma treatment has a 25- to 30-year history in sports medicine, and can treat a variety of sports-related injuries including tennis elbow, chronic hip pain, rotator cuff injuries and problems with biceps or tendons.

Professional athletes including tennis star Rafael Nadal and golfer Tiger Woods have pursued this treatment. In addition to treating injuries, platelet-rich plasma treatments can also relieve joint pain for patients who may not yet be good candidates for joint replacement surgery or want to delay surgery.



**See if platelet-rich plasma treatments are right for you by scheduling an appointment today.**



Joseph Hui, MD, is a sports medicine doctor with Riverview Health Physicians.

## **Carmel**

Hazel Dell Orthopedics & Sports Medicine  
317.705.4392

## **Westfield**

Westfield Orthopedics & Sports Medicine  
317.867.5263



# BODY KNOWLEDGE: EDUCATION ON BECOMING A HEALTHIER YOU

Riverview Health is proud to offer the Body Knowledge program, featuring a BOD POD, to help you meet your health, wellness and fitness goals with a registered dietitian and certified health and wellness coach.

The Body Knowledge program is more than just a diet and exercise plan. This program uses a BOD POD to provide precise body composition measurements including body fat percentage and fat-free mass. These measurements also help calculate your estimated total energy expenditure (or calories needed). A registered dietitian and certified health and wellness coach will review your measurements and help you set personalized goals for any of our four programs, which range in length from four weeks to ten months.

When you lose weight, the scale doesn't show how much of your weight loss is fat and how much is muscle or water. A BOD POD shows your progress toward meeting your body composition goals—typically by gaining muscle mass and reducing your body fat percentage. This makes Body Knowledge an ideal program for athletes as well as people looking to lose weight or maintain their current body composition.

The programs incorporate one-on-one lessons and counseling on topics including food, nutrition, physical activity, stress and time management. Weekly meetings with a registered dietitian and certified health and wellness coach help identify all the environmental factors that can help you succeed

## BOD POD Open House

**When:** April 11, 4-6:30 pm

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

Stop by our open house at any time between 4 and 6:30 pm to learn more about how the Body Knowledge program featuring a BOD POD can help you reach your health goals. This open house allows attendees to have an informational chat with our registered dietitian and be entered in a drawing to win a free initial assessment with BOD POD reading. This open house is free.

[riverview.org/classes](http://riverview.org/classes)

in meeting your goals. The program curriculum was developed using evidence-based practices in behavior modification and lifestyle change.

All programs include weekly meetings with your registered dietitian and certified health and wellness coach, as well as complimentary lab draws and body composition measurements every other week using the BOD POD to review your progress.

Body Knowledge programs are available in four-week, eight-week, 16-week and 16-week PLUS packages. The 16-week

PLUS program also offers monthly maintenance visits at the end of the program to monitor your progress. This program is best suited for people looking to make significant lifestyle changes to improve their health and body composition.

**Learn more and schedule your initial BOD POD assessment by calling Riverview Health Rehab & Fitness in Noblesville at 317.776.7225 or by visiting [riverview.org/bodyknowledge](http://riverview.org/bodyknowledge).**

## VIDEO: What is Body Knowledge?

Find out by visiting [riverview.org/bod-pod-video](http://riverview.org/bod-pod-video).



Learn how the Body Knowledge program with a BOD POD can help you achieve your body composition goals.

# 4 THINGS WOMEN SHOULD KNOW ABOUT OVARIAN CANCER



The term “cancer” is typically one that people avoid. But rather than ignoring it, becoming educated about it can be our greatest weapon against it. This is especially the case for women when it comes to ovarian cancer as it can fly under the radar. With that said, there are a few things all women should know about ovarian cancer.

## **Pap tests do not screen for ovarian cancer.**

A Pap test is specifically meant for testing abnormal cells of the cervix, so it can't detect ovarian cancer. The best way to screen for ovarian cancer is to have annual pelvic exams by your healthcare provider. During this exam, the uterus and ovaries are checked for any abnormalities in size, shape and consistency. If there's a concern, a pelvic ultrasound can be ordered to look at the ovaries. Although there's a blood test that can show elevated levels of the protein CA-125, which can be a result of ovarian cancer, it can produce false positives and shouldn't be used as an initial screening test.

## **A family history of ovarian cancer increases your risk.**

Because of the increased risk, it's even more important for a woman with a family history of ovarian cancer to have annual pelvic exams. If you have multiple first-degree relatives that have had ovarian cancer, colon cancer, breast cancer or a combination, you may be a candidate for blood tests that can identify a genetic abnormality in the BRCA1 and BRCA2 genes. A positive test requires additional screenings through blood work, a pelvic ultrasound or breast MRI. After consulting with

a healthcare provider, prophylactic surgical options—including removing one or both breasts and ovaries—is a route that some women take after testing positive for the BRCA1 and BRCA2 genes in order to reduce their risk of cancer.

## **Ovarian cancer symptoms can often fly under the radar.**

Unfortunately, ovarian cancer is typically asymptomatic in its early stages—meaning you may not notice symptoms. You should alert your healthcare providers if you experience persistent pelvic pain, fullness in the abdomen, frequent need to urinate, bloating or an unusual increase in abdominal size.

## **While you can't entirely prevent ovarian cancer, there are steps you can take to help reduce your risk.**

Because the exact cause of ovarian cancer is unknown, it's difficult to prevent. We do know that smoking increases your risk, so avoiding it is important. Obesity is also thought to increase your risk, so maintaining a healthy body weight is key. Avoid talcum powder as it has been linked to ovarian cancer. Lastly, some forms of contraception, such as the birth control pill, Depo-Provera shot, and getting your tubes tied, have been shown to reduce the chance of ovarian cancer.

**Make sure you know the recommended screening guidelines for women your age and be proactive in your health. To make an appointment with Riverview Health Physicians OB/GYN, call 317.770.6085.**



# SETTING YOUR CHILD UP FOR A HEALTHY HEART

By Emily Ruden, MD, Cardiology

There's no doubt that getting your kids to eat healthy can be a challenge. But setting a good example from a young age can not only shape their eating habits for later in life, but it can set them up for excellent heart health as an adult.

As a cardiologist, I see the effects of years of poor eating and exercising habits. According to the Centers for Disease Control and Prevention (CDC), about 17 percent of children and adolescents are obese. In addition, children who are obese are more likely to be obese in adulthood.

Being overweight increases your risk for diabetes and heart disease, which is the leading cause of death according to the CDC. Blocked arteries and heart disease don't develop overnight. So start your kids on the right path early in life by helping them learn how to eat healthy.

The most important thing you can do when teaching your kids to eat healthy is to model the behavior by making sure you don't just talk the talk, but you walk the walk. Your children can't be expected to eat a plate full of vegetables if they don't see any on your plate. As we grow older, our taste buds change. But if you weren't a vegetable fan as a child and still struggle with meeting your daily vegetable needs, try some alternative cooking methods. Instead of boiling or steaming vegetables, try roasting them in the oven or grilling them. If you can't stand mushy textures, try blanching the vegetables or taking them off the heat while they're still a little crunchy.

My two preschool-aged kids have come to expect a vegetable every night at dinner. When using divided kids' plates, instead of placing the protein in the large section—like many of us learned as kids—you should really use that space for vegetables. As for drinks, water and milk are the best options. Fruit juice really has no nutritional value and is often



packed with unnecessary sugar. When it comes to dessert, it's not a given at my house. My kids have to finish all or most of their vegetables before they can have dessert. But I don't let them gorge on cake and ice cream—it's important to have healthy dessert options such as applesauce with cinnamon.

When teaching your kids the nutritional value of food, the important thing to focus on is the fact that healthy food will help make their body and brain bigger and smarter. I think children as young as four can understand the differences between the food groups of grains, vegetables, fruits, proteins and dairy. So start teaching them at a young age what healthy and unhealthy foods are to ensure a bright future.

## Don't forget about your furry friend in the heat

As the weather warms up, your pets are probably itching to get outside. It may be tempting to leave them outdoors all day so they can explore, but it's not always a good idea. If left outside or in a car on a sunny day for too long, pets can easily become overheated. Be sure to give them plenty of water and take them for a check-up in the spring. Knowing the signs of overheating, such as excessive panting, difficulty breathing, drooling or mild weakness, will let you help them before it's too late.

Source: American Society for the Prevention of Cruelty to Animals



Emily Ruden, MD, is a board-certified cardiologist at Riverview Health.

# GET LAB TESTS AROUND YOUR SCHEDULE WITH DIRECT ACCESS LABS

Riverview Health offers a selection of direct-to-consumer laboratory health profiles through Direct Access Laboratory testing. These profiles are designed to evaluate your current health status via a simple blood draw done at your convenience. The profiles are available at a discounted out-of-pocket price and insurance isn't billed. You don't need a physician's order to purchase one of these lab tests, but you should share any results with your primary care physician so he or she can help you interpret them.

## Lab Profile Test Options

### **Men's or Women's Health Profile: \$140\***

This profile is a combination of tests specifically designed to track health progress. Profile includes:

- » Anemia (Iron Panel and Complete Blood Count with Platelet)
- » Cholesterol/Lipid
- » Diabetic (A1C)
- » Kidney Function/Basic Metabolic Profile (BMP)
- » Liver Function (Liver)
- » Prostate (PSA) [Men only]
- » Thyroid (TSH and Free T4)

### **Nutrition Profile: \$80\***

This profile is designed to evaluate your current nutrition status. Profile includes:

- » Cholesterol/Lipid
- » Complete Blood Count with Platelet
- » Folate
- » Glucose
- » Vitamin B12

### **Heart Health Profile: \$60\***

This profile provides an analysis of your risk of coronary heart disease. Profile includes:

- » Cholesterol/Lipid
- » High-sensitivity CRP
- » Homocysteine

### **Diabetic Profile: \$20**

This profile provides an overview of your risk of developing diabetes.

Profile includes:

- » Diabetic (A1C)
- » Estimated Average Glucose

### **Wellness Profile: \$50**

This profile shows important information about your kidney function, blood sugar, and electrolyte levels and acid/balance base, as well as your risk of developing coronary heart disease. Profile includes:

- » Cholesterol/Lipid
- » Complete Blood Count with Platelet
- » Hemoglobin A1C
- » Kidney Function/Basic Metabolic Profile (BMP)
- » Liver Enzymes (ALT and AST)

### **Children's Health Profile: \$50**

This profile is designed for children ages 6 to 16.

Profile includes:

- » Basic Metabolic Panel
- » Complete Blood Count
- » Cholesterol/Lipid
- » Diabetic (A1C)

## Find the right maternity support with our new classes



### **Effective Positions and Comfort Measures for Labor**

This one-session class is for those who want more practice with effective positions and comfort measures for all stages of labor and pushing. Please bring a pillow and your support person.

**Cost:** \$25 per class



### **Breastfeeding & Returning to Work**

Come learn about building milk supply, pumping at work, storing breast milk and preparing your employer and daycare provider about your breastfeeding plans. This class can be taken before or after your baby arrives. Babies are welcome to join.

**Cost:** \$25 per class

**Learn more and schedule at [riverview.org/classes](http://riverview.org/classes).**

*\*Please fast for 12 hours prior to your test for the most accurate results.*

**Visit [riverview.org/labs](http://riverview.org/labs) to view and order tests.**



# HEARTFELT THANKS GOLF TOURNAMENT CELEBRATES 25 YEARS



Since its first year in 1993, the Heartfelt Thanks Golf Tournament has grown immensely. Initially, the tournament was created to raise extra funds for the Cardiology department at Riverview Health. Since then, the community has rallied around the event to support Riverview Health Foundation and its community health initiatives.

Through the community's dedication to this event, Riverview Health Foundation has raised more than \$2.3 million during the past 24 years. Your dollars have helped Riverview Health enhance patient services by:

- » Funding for a large-bore MRI to better identify health issues, including heart disease, stroke and cancer.
- » Funding cardiovascular equipment and the renovations of a catheterization lab and a 128-slice CT Scanner.
- » Supporting the women's heart disease program.
- » Procuring telemetry equipment for several Riverview Health departments.
- » Procuring new cardiac defibrillators for the Emergency Department and Intensive Care Unit.

"We are excited to celebrate the 25th anniversary of this tournament," said Riverview Health Foundation Executive Director Megan

Wiles. "The support of our sponsors, including our title sponsor, BMO Harris Bank, makes this tournament a fun outing to improve the health of our community."



**If you're interested in registering for this event or sponsoring it, please contact the Riverview Health Foundation at 317.776.7938.**

## Save the Date

### Women of Vision Series:

#### Shop and Sparkle

*Presented by Smith's Jewelers*

**When:** April 19, 2017, 6 pm

**Where:** The Bridgewater Club, 3535 E. 161st St., Carmel

Join us for a trunk show of designer Frieda Rothman, presented by Smith's Jewelers. Smith's Jewelers will donate 20 percent of the proceeds from this event to Riverview Health Foundation. **To learn more or register, call 317.776.7938. Tickets are \$10 per person.**

### Heartfelt Thanks Golf Tournament

*Sponsored by*

**BMO**  **Harris Bank**

**When:** June 21, 2017, 9:30 am,

shotgun start at 11 am

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

**To register, call 317.776.7938.**

## 50 Years of Support: Riverview Health Auxiliary Reaches Milestone

This year, Riverview Health Auxiliary celebrates its 50th year of supporting Riverview Health. The Auxiliary is comprised of 11 members who are also Riverview Health volunteers. Members manage the Riverview Health gift shop, located on the second floor of Riverview Health near the atrium, and host several fundraisers throughout the year to give proceeds to Riverview Health. In the past, the money from Riverview Health Auxiliary has helped fund heated chemotherapy chairs, a new large-bore MRI, the remodeling of the atrium and more.

One of the biggest events that the Auxiliary hosts each year is the Autumn Elegance Style Show. This year, the Auxiliary will be joining forces with Riverview Health Foundation for a new event Sept. 14, 2017, at Ritz Charles in Carmel. **Learn more and register by calling 317.776.7938. Tickets are \$45 per person.**

# Upcoming Seminars & Events

## MARCH

### Blood Drive

**When:** March 21, 2-6 pm; June 6, 2-6 pm

**Where:** Riverview Health (outside Surgery Pavilion, entrance 15)

The Indiana Blood Center will be on-site outside of the Surgery Pavilion at entrance 15. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood, please visit the Indiana Blood Center [www.donorpoint.org](http://www.donorpoint.org) or call 317.916.5150.**



### Sinus & Allergy Seminar

**When:** March 22, 6-7 pm

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

Join Dr. Michael Agostino, a board certified ear, nose and throat specialist, to learn more about common sinus and allergy issues and the latest treatments.

## APRIL

### Foot Health Seminar

**When:** April 13, 6-7 pm

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

Join physicians, Dr. Nathan Graves 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.

### Nutrition Seminar

**When:** April 18, 6-7 pm

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

Join Dr. Eric Marcotte, a board-certified physician, as he discusses ways to improve your health by taking control of your diet.

## MAY

### Low Back Pain Seminar

**When:** May 24, 6-7 pm

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

Join board-certified and fellowship-trained physicians, Dr. Praveen Perni and Dr. John Ward, to learn more about treatment options for low back pain caused by sciatica, a pinched nerve or stenosis. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery.

## JUNE

### Joint Pain Seminar

**When:** June 6, 6-7 pm

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

Join Dr. Norman Mindrebo, a board-certified orthopedic surgeon, to learn more about the newest techniques for joint pain and joint replacement.

### Diabetes Seminar

**When:** June 8, 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.

### Women's Wellness Event

**When:** June 17, 10 am-2 pm

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

Join us for a wellness event to celebrate women's health. Learn from physicians and experts in wellness, fitness and nutrition about smart ways to take care of yourself and your family.



**All seminars are free and include a light dinner. Registration is required for seminars and can be completed by visiting [riverview.org/classes](http://riverview.org/classes) or by calling 317.776.7999.**



## Stroke Seminar

**When:** June 27, 6-7 pm

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

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

## AUGUST

### Sleep Seminar

**When:** August 17, 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.

### Joint Replacement Seminar

**When:** August 24, 6-7 pm

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

Join Dr. Jeffrey Ginther, a board-certified and fellowship-trained orthopedic surgeon, as he discusses the latest techniques and procedures for hip and knee replacement, including anterior hip replacement and computer-assisted surgery for knee replacements.



### Body Knowledge Seminar

**When:** August 29, 6-7 pm

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

Join Brittany Nelson, RD, to learn about how the Body Knowledge program featuring the BOD POD can help you reach your health and wellness goals. Brittany will explain how the quick, accurate BOD POD readings work together with the curriculum of the Body Knowledge program to help you set and achieve personalized goals, including weight loss, dietary changes and lifestyle changes.

## SEPTEMBER

### Shoulder Pain Seminar

**When:** September 13, 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.

### Hand and Arm Pain Seminar

**When:** September 19, 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 present different treatment options for common hand and arm problems such as rheumatoid arthritis, carpal tunnel, repetitive use and other conditions.

## Support Groups

### Adolescent Pregnancy 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:** 317.776.7202

### Diabetes Support Group

**When:** Second Thursday of every  
month, 5-6 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

### Postpartum Anxiety and Depression Support Group

**When:** First and third Wednesday of  
each month, 10 am-Noon  
**Where:** Riverview Health (Dad's Retreat,  
lower level of Women's Pavilion)  
**Information:** Kristy McNamee,  
kmcnamee@riverview.org

### 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:** Sue Pruce,  
spruce@riverview.org



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I'm not just the CEO of my family.  
I'm also the CMO—Chief Medical Officer.

I make sure we keep our hearts healthy by staying active, eating right and scheduling regular check-ups so we can focus on enjoying life. That's why I depend on the doctors, nurses and accredited cardio and vascular team of Riverview Health.

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

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

NOBLESVILLE / CARMEL / CICERO / FISHERS / SHERIDAN / TIPTON / WESTFIELD

*Riverview Health has a full-service hospital with advanced, 24/7 ER capabilities and doctor offices located throughout Hamilton and Tipton counties.*