

NEWS FROM RIVERVIEW HEALTH

SUMMER 2014

RIVERVIEWS

riverview.org



Riverview
HEALTH

A BRAND NEW BRAND

Why we've changed our name



ALSO IN THIS ISSUE:

A BETTER LIFE AFTER INTESTINAL SURGERY, UNDERSTANDING DIABETES AND A PROFILE IN PHILANTHROPY

Letter from Pat



Welcome to Riverviews! Thank you for taking the time to read through our newsletter. We've made every effort to fill it with content we think you'll benefit from and enjoy. Over the last year, it seems as if every time I write one of these letters, I tell you more changes in healthcare are on the way. It'd be nice to tell you something different for a change. But, alas, that's not the case.

Whether you're a fan or an opponent of the Affordable Care Act, what's undeniable is that it's rapidly reshaping the healthcare landscape. While some of the changes are unforeseen, many are entirely predictable. Let me assure you that Riverview has been preparing for these changes for many years now. Regardless of how things turn out, we'll still be here for you no matter what happens—financially stable, and providing the outstanding care you've come to expect.

Speaking of changes, we recently made a big one ourselves. After 62 years, we've changed our name. Riverview Hospital is now Riverview Health. It's not a radical change, but it's an appropriate one.

With a network of primary, immediate and specialty care facilities located throughout Hamilton and Tipton counties, Riverview is now so much more than a hospital. And with our list of services continuing to expand, it was time we broadened our name to match our services and ever-expanding reach.

To go along with our new name, we've unveiled a new identity. You've probably seen our new media campaign and tagline: Right size. Right care. Right here. You may have even had a chance to check out our new website. If you haven't seen the new materials, you can read all about them in the feature article on pages 3 and 4 of this issue of Riverviews.

It probably goes without saying, but it bears repeating: We didn't undertake this change lightly. We carefully considered the pros and cons, and conducted extensive market research before making this historic change. And I'm confident we've made the right decision. As you become familiar with the new Riverview Health brand over the coming months, I'm sure you'll agree. Enjoy your summer!

Pat Fox
PRESIDENT AND CEO, RIVERVIEW HEALTH

NEWS FROM RIVERVIEW HEALTH Summer 2014

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LOOKING FOR A PHYSICIAN?

Riverview Medical Group is our network of primary, immediate and specialty care physicians conveniently located throughout Hamilton and Tipton counties. For a complete listing of physicians and office locations, visit riverview.org.

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

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Questions or Comments?
Call 317.776.7999

We hope you enjoy receiving news and information from Riverview Health and its affiliates. If you do not wish to receive this newsletter, please send an email with your name and address to info@riverview.org or call 317.776.7999.

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Exciting changes at Riverview Health

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

Enhanced services

Riverview Medical Group is pleased to announce that Fishers Pediatrics has moved to a new location. The practice is now located in the Riverview Medical Arts Building, just east of 146th Street and State Road 37. The new office brings all our physicians and staff into a single location, so we can better serve your family.

Fishers Pediatrics
14540 Prairie Lakes Blvd. N., Suite 200
Noblesville, IN 46060
317.578.4193

New clinicians

Please join us in welcoming the following clinicians:

- » **Valerie Beard, MD**
Specializes in family medicine
- » **Andrew Mandery, MD**
Specializes in plastic surgery
- » **Timothy Williams, MD**
Specializes in orthopedic surgery

Choosing a sunscreen for your children

If your children spend much of their summers outdoors, sunscreen is important. It protects them against painful sunburns now and potential skin cancers later in life. Make sure their sunscreen has broad-spectrum UVA and UVB protection and an SPF of at least 15 to 30. Higher SPF's don't really add much more protection. Even if your children aren't swimming, the lotion should be water resistant because your children will sweat. Hypoallergenic and fragrance-free lotions are also important if your child has sensitive skin.



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



UPCOMING Seminars & Events

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

GIFTING for a Great Cause

Since 1976, Riverview Health Foundation has provided funding to help purchase technology, enhance capabilities and expand the services at Riverview Health. Interested in donating? Visit riverview.org or contact Trish Oman at 317.776.7317.

SIGN UP for our E-Newsletter

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



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.

A BRAND NEW BRAND RIVERVIEW CHANGES ITS NAME TO MATCH ITS EVOLVING IMAGE

You've probably seen them around Noblesville. And Carmel. And Cicero, Fishers, Sheridan, Tipton and Westfield. They're our physician offices and immediate care centers. But they're more than just buildings. They're proof of how we're providing more convenient and streamlined healthcare to people in the communities that surround our main hospital campus in Noblesville.

To match our ever-increasing focus on patient care, we made a big change. We changed our name from Riverview Hospital to Riverview Health. The reason is simple: Our new name better describes what we do. In addition to a full-service, 156-bed hospital in Noblesville, Riverview Health is home to a network of 26 primary, immediate and specialty care facilities that stretch across Hamilton and Tipton counties.

At the same time, our roster of inpatient and outpatient services has expanded. It now includes family medicine, pediatrics, OB/GYN care, cardiac care, surgery, orthopedics & sports medicine, cancer care, interventional pain management, wound care, diabetes & endocrinology, internal medicine and imaging, among others.

"With our increased footprint and a broader array of services, Riverview needed a name that was more reflective of everything we do," said Pat Fox, Riverview Health president and CEO. "Over the years, we've expanded, making us much more than just the four walls of a hospital. Through this name change, we're not only embracing our rich history, but also reaffirming our strong commitment to our community."

The effort to rebrand Riverview Health also features a new

tagline: Right Size. Right Care. Right Here. The new logo is similar to the previous one. However, the colors, fonts and shapes have been updated to provide a more contemporary look.

"The new tagline is like a three-legged stool," said Olivia Huser, director of marketing, public relations and business development. "It's supported by our core strengths. 'Right Size' speaks to the comfort people experience being treated in a midsized healthcare organization like ours. 'Right Care' speaks to the expertise and the personal attention for which our staff is

The first identity change came just five years after it was founded. In 1914, the Hamilton County government bought it and changed its name from Harrell Hospital and Sanatorium to Hamilton County Hospital. That name remained until 1952. It was changed to Riverview Hospital following a move to the current location alongside the White River.

Since then, Riverview Health has expanded and made numerous improvements. Today, we provide comprehensive inpatient and outpatient services in more than 35 healthcare specialties and we're

"With our increased footprint and a broader array of services, Riverview needed a name that was more reflective of everything we do."

known. And 'Right Here' speaks to our conveniently located facilities and our more-than-a-century commitment to the local community."

A full rollout of the new identity will be phased in over the next six to 12 months. People will see other changes, such as an electronic message board sign at the hospital's main entrance and new signage on the hospital campus and at physician offices in the surrounding areas.

The decision to introduce a new brand identity was made only after careful consideration and extensive market research and strategic planning.

"As the healthcare industry continues to evolve, so must we," said Fox. "With more healthcare changes on the horizon, it's critical that we focus on what's most important to the people in our community—things like having convenient access to exceptional primary care providers and women's health services, as well as extraordinary orthopedic and cardiac care."

This is not the first time Riverview has changed its name and identity.

frequently recognized for our clinical and service excellence.

Just recently, we became the only hospital in the region recognized by the Society of Chest Pain Centers as an "Accredited Chest Pain Center with PCI." In 2013, we also received the prestigious Commission on Cancer accreditation from the American College of Surgeons.

Riverview Health also continues to support its local communities through extensive outreach efforts, expanded educational opportunities and enhanced partnerships with local business and schools.

"We've made major renovations throughout the last decade and are always looking for new opportunities to enhance the patient experience," commented Fox. "Going forward, our new identity is going to be a big part of assuring residents of Hamilton and Tipton counties that whatever happens, Riverview Health is the right choice. It's the right size. It's the right care. And it's right here."

RIVERVIEW HEALTH Milestones

1909 - Hamilton County's first hospital, Harrell Hospital and Sanatorium, opens.



1951 - New hospital opens along the banks of the White River and is renamed Riverview Hospital a year later.

1967 - Riverview expands, adding a five-story patient building.



1987 - Riverview adds 82,000-square-foot west wing.

2002 - First open heart surgery in Hamilton County is performed at Riverview.

2003 - Women's Pavilion opens with new and expanded Maternity Center and Center for Breast and Diagnostic Services.



2006 - Riverview unveils new 24,000-square-foot Emergency Center.

2013 - Riverview becomes the only hospital in Hamilton County to earn the prestigious Commission on Cancer accreditation.

2014 - Riverview is renamed Riverview Health to better reflect the organization's full scope of services.



Today, Gene is living pain-free and enjoying quality time with his family.

A SECOND CHANCE: LIFE AFTER GASTROINTESTINAL SURGERY

Autumn is typically a season 54-year-old Gene Morgan really enjoys—the beautiful colors, crisp temperatures and the smell of campfire.

In October 2012, however, Gene found it difficult to enjoy much of anything—particularly the gorgeous fall weather in Ohio, where he was living at the time. He began noticing frequent, sharp pain in his abdomen.

“The pain was intense at times, but I figured it was nothing serious,” said Gene. “I treated it with antacids and other over-the-counter medications.”

Gene was able to minimize the pain for several months, and it was enough that he was able to continue on with his daily life that included working as a security guard.

Later that year, he began having another, very evident symptom. He wasn’t able to keep down anything he ate or drank. In addition to constant nausea and vomiting, his abdominal pain worsened. He thought maybe it was due to stress he was experiencing, so he continued to treat it himself.

His symptoms persisted into the summer months of 2013. Eventually, he decided to seek treatment at an urgent care facility.

Gene was diagnosed with peptic ulcer disease—a common condition caused by painful ulcers in the lining of the stomach or small intestine—and was prescribed acid reflux medication.

Gene took his medication twice a day as directed, to no avail. Several weeks later, his pain intensified to the point where he was doubled over, unable to function.

“I was missing work constantly, meaning my co-workers had to cover my shifts,” said Gene. “It was time to figure out the root cause of my pain.”

Gene went to a local emergency room, where he was evaluated and referred to a gastroenterologist. An exam and further tests revealed gallbladder disease. And in September of 2013, Gene underwent surgery to have his gallbladder removed.

After recovering from surgery to correct what his physicians thought was causing his intense pain, Gene didn’t feel any better. The pain was still there and he was frustrated. His doctors were stumped, not knowing what else to do for him. It appeared Gene was out of options.

Desperation and hopelessness sank in. Gene was rapidly losing weight, and was visiting the emergency room at least twice a week for relief from his symptoms.

Eventually, Gene realized he would neither be able to care for himself nor survive in his condition. In December of 2013, he quit his job, packed his bags and moved to Westfield, Indiana, where his mother and sisters live. Together, they took care of Gene and worked to manage his symptoms.

Shortly after his relocation to Westfield, Gene became very ill. His weight had dropped to 104 pounds. He needed immediate medical attention, so his mother drove him to Riverview Health Emergency Center.

“By that point, I couldn’t walk very well and it was difficult to even sit or stand,” recalled Gene. “I was giving up on life. I cannot put into words the severity of my pain.”

At Riverview Health Emergency Center, he was evaluated, treated and referred to Riverview Health gastroenterologists, Dr. Paul Frederick

In Gene’s case, two of his intestinal arteries were completely blocked and his main intestinal artery was 95 percent blocked.

After consultations with Riverview Health general surgeon, Dr. Samuel Heiser, and Riverview Health vascular surgeon, Dr. Jeffrey Weinberger, Gene underwent surgery.

“Gene’s intestinal condition required a procedure called an angioplasty,” said Dr. Weinberger. “This was done by inserting a small balloon inside his main intestinal artery to open it up and restore blood and oxygen flow.”

“I was missing work constantly, meaning my co-workers had to cover my shifts. It was time to figure out the root cause of my pain.”

and Dr. William Erdel. Working as a team, they reviewed Gene’s medical records and immediately took action.

Gene underwent a CT scan using contrast dye to allow radiologists to get a clear picture of his intestines. Results revealed Gene had intestinal ischemia, a condition that occurs when blood flow to the intestines is slowed or completely stopped. When this happens, cells become starved for oxygen and weaken.

Intestinal ischemia is characterized by symptoms such as nausea, vomiting, abdominal pain and unintended weight loss—all of which Gene had been experiencing for months.

After Gene’s angioplasty was complete, a stent was placed inside the artery to keep it open.

Gene’s surgery was successful and he recovered well.

Today, life is returning to normal for Gene.

“I’m able to do things again. Things I once took for granted, like eating and sleeping,” said Gene. “This was a long, exhausting battle for me. The physicians at Riverview Health were truly concerned about me from my diagnosis through my recovery. They gave me my life back, and for that, I am very grateful.”

Finding Relief from Neck and Back Pain

Many people experience neck or back pain that can range from mild to severe. Neck and back pain can also be constant and debilitating.

Often times, those with chronic neck or back pain are not candidates for surgery. And when medication and physical therapy fail to provide relief, people are often left feeling frustrated and as though they have no options.

“Today, an innovative procedure called radiofrequency neurolysis is available for those with chronic neck or back pain,” said Dr. Anthony Sabatino, an interventional pain management specialist with Riverview Medical Group.

Radiofrequency neurolysis is a procedure that uses a special needle to “zap” or deaden the nerves that send pain signals between the facet joints in the neck or back and the brain.

Facet joints are attached to both sides of the vertebrae and provide you with the ability to twist and turn your neck and back. Because the facet joints are in almost constant motion, it’s not uncommon for them to wear out or degenerate, resulting in arthritic-like enlargement and inflammation. This condition is known as facet joint disease.

Radiofrequency neurolysis is a minimally invasive outpatient procedure that’s done by injection. Within six weeks after the procedure, people enjoy lasting pain relief, improved mobility and increased flexibility. And many people do not have recurrent pain after the procedure. Those who do may choose to repeat the procedure after a period of 12-18 months.

To find out if radiofrequency neurolysis may be right for you, contact an interventional pain management specialist.

Strengthen your back

Nearly 25 percent of Americans are affected by back pain in any given year. There are a number of things you can do to prevent it. First, sit up straight. Good posture helps prevent back problems. Second, get 6-8 hours of sleep a night, preferably on your side. This allows the back to properly relax. Finally, set aside 10 minutes a day for gently stretching your neck and strengthening your core.



Dr. Anthony Sabatino is an interventional pain management specialist with Riverview Medical Group.



UNDERSTANDING DIABETES: SYMPTOMS, TREATMENT AND SUPPORT

Many of us either know someone who has diabetes or are battling the condition ourselves.

"With blood sugars to check and insulin or other medications to take, managing diabetes can seem overwhelming at times," said Dr. Raj Nagaraj, an endocrinologist with Noblesville Diabetes & Endocrinology. "However, with the right treatment and medical care, it's very feasible to live a healthy and productive life."

Diabetes refers to a group of diseases that cause an overabundance of blood glucose—commonly called blood sugar—in the body. Glucose is important to our health because it provides energy to cells, but can be detrimental when it's not properly processed by the body. Diabetes is a serious condition that, if left untreated, can lead to blindness, heart disease, stroke, kidney failure or even amputation.

Diabetes comes in four forms: Type 1, Type 2, pre-diabetes and gestational diabetes. Type 1 and Type 2 diabetes are considered chronic conditions, while pre-diabetes and gestational diabetes are potentially reversible conditions.

According to the American Diabetes Association, there are nearly 26 million people in the US—about 8.3 percent of the population—living with diabetes. This figure is broken down to nearly 20 million diagnosed cases and seven million undiagnosed cases. In addition, there are an estimated 79 million people living with pre-diabetes.

Early detection and treatment of diabetes is key to preventing complications. Some symptoms of diabetes are mild, while others are more noticeable. The most common symptoms of Type 1 and Type 2 diabetes include extreme fatigue, frequent urination, unexplained weight loss and feeling hungry even though you've eaten.

Pre-diabetes often shows no signs. Some of the most common risk factors for pre-diabetes include having a body mass index of 25 or greater, living an inactive lifestyle, being over the age of 45, having a family history of Type 2 diabetes, and being of African-American, Hispanic, American-Indian, Asian-American or Pacific-Islander descent.

Most often, women who have gestational diabetes—or diabetes during pregnancy—do not exhibit symptoms. For this reason, it's normal for women to be tested for gestational diabetes during pregnancy, typically around 24-weeks gestation.

It's important to know the risk factors for all forms of diabetes and inform your doctor if any of the risk factors apply to you. Early intervention can make all the difference.

Better Manage Your Diabetes with Advanced Care at Riverview Health

Advanced Wound Care

Many people living with diabetes are in need of advanced care for complications such as a diabetic foot condition. Riverview Health Wound Care provides innovative treatments—including hyperbaric oxygen therapy—that can help people with complex wounds heal faster. For more information, visit riverview.org or call 317.776.7407.

Direct Access Laboratory Testing

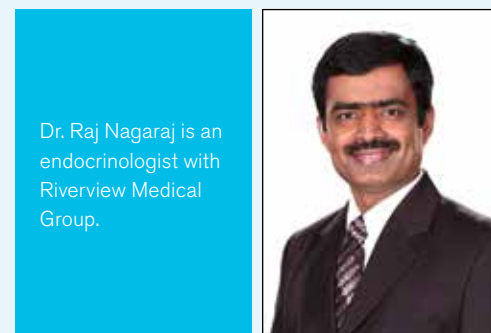
Riverview Health offers a variety of direct access health and wellness profiles for consumers, including a diabetic profile that measures A1c and estimated average glucose. The cost for this blood test is \$15. Tests can be ordered online at riverview.org or by calling 317.776.7379. Tests can be performed at your convenience during Riverview Health Outpatient Laboratory business hours.

Diabetes Self-Management Classes

The Riverview Health Diabetes Education Center offers diabetes self-management classes—led by certified diabetes educators—for those living with the condition. Participants can get useful information on coping with diabetes. A physician's referral is required to participate. For more information, call 317.776.7233.

Noblesville Diabetes Support Group

Riverview Health hosts a monthly Noblesville Diabetes Support Group. These meetings are designed to educate people living with diabetes, as well as friends, family members and caregivers on the best care and treatment options. Meetings take place on the second Thursday of every month at 7 pm in the Krieg DeVault Conference Room on the lower level of the Riverview Health Women's Pavilion. For more information, call 317.776.7233.



Dr. Raj Nagaraj is an endocrinologist with Riverview Medical Group.

PROFILE IN PHILANTHROPY: THE SHEEHAN FAMILY

Tom Sheehan, a Noblesville resident and founder of Carmel Financial Corporation, knows all too well the value of hard work and, most importantly, giving back.



Tom and Sondra Sheehan stand in the Riverview Health chapel.

In 1999, Tom was approached by Riverview Health Foundation executive director, Trish Oman, and encouraged to become involved with the Foundation. After hearing the Foundation's mission and learning about the many ways the Foundation works to improve the health of the community, Tom and his wife, Soni, and family were on board.

The Sheehan family began making annual donations and frequently contributed to many of the Foundation's fundraising campaigns.

Trish asked Tom to join the Riverview Health Foundation Board of Directors.

"I wanted to offer my business experience to an organization that shared my values," said Tom. "Riverview Health Foundation was the perfect organization."

Tom was a member of the Foundation Board of Directors for six years, serving as Board president for three of those years. During that time, Tom continuously searched for creative ways to assist the Foundation with fundraising, such as donating his Jaguar to raffle—an effort that raised more than \$25,000.

In addition, Tom was instrumental in the creation of the Riverview Health Foundation Philanthropy Council, a volunteer network of community and business leaders working to promote involvement, education and philanthropic support for Riverview Health.

During his time on the Board, Tom and Soni generously opened their home to host fundraising events. The Sheehan family continued to contribute to Riverview Health through donations directed toward the Women's Pavilion—including the Dad's Retreat, a comforting place for expectant fathers to visit—and the Heart & Vascular Center.

The Sheehan family made a significant contribution in memory of Timothy J. Sheehan, who passed away in 1973, by funding the chapel and accompanying memorial garden. The Sheehan Chapel and garden is a beautiful, peaceful space that provides comfort and solace for patients, visitors and employees.

Their philanthropic spirit resonated throughout the entire Sheehan family. In support of continued generational leadership, Tom's daughter, Tracey, took his place on the Riverview Health Foundation Board, serving for six years.

The Sheehan family's spirit of philanthropy has continued throughout the Hamilton County community and they have touched many lives. In November of 2013, the Sheehan family also received a Central Indiana Community Foundation Living Legacy Award for their philanthropic work through the Thomas P. and Sondra D. Sheehan Charitable Foundation.

"We're so grateful for the Sheehan's leadership and guidance in philanthropy," said Trish. "Their generous contributions and volunteerism over the years have made a tremendous difference at Riverview Health and in our community."

10th Anniversary Women of Vision Luncheon— A Great Success!

On April 17, 2014, Riverview Health Foundation hosted the 10th Annual Women of Vision Luncheon. The event—which serves to educate and inspire women—included the opportunity for attendees to shop more than 20 vendors, enjoy some camaraderie with friends and hear keynote presentations from Amy Banter, MD, and Cynthia Husted, PhD.

Both speakers shared their moving, personal experiences with functional medicine—a form of medicine that works to identify and treat underlying causes of chronic diseases using a whole-person approach.

Also at the luncheon, the Women of Vision Giving Club—a group of empowered women who are dedicated to addressing the growing healthcare needs of women—granted more than \$28,000 to Riverview Health services, including maternity, obstetrics and gynecology, rehabilitation and fitness, and the Women's Boutique.

In total, \$61,359 was raised to benefit Riverview Health. Funds will be used to further women-focused services, equipment and programs.

Sponsored by



SAVE-THE-DATE:

22nd Annual Heartfelt Thanks Golf Tournament

Date: June 25, 2014
Time: 9:30 am registration;
11 am shotgun start
Location: Pebble Brook Golf Club
3110 Westfield Road
Noblesville, IN

To register, call 317.776.7938.

Sponsored by



Upcoming Seminars & Events

JUNE

Farmers Market Health Fair

When: June 14, 2014, 8 am-noon
Where: Noblesville Main Street Farmers Market, Riverview Health Education Building (the former Kahlo building) at the west end of the market.

Join Riverview Health at the Noblesville Main Street Farmers Market for a special Health Fair offering free health screenings and other essential information. Registration is not required. **For more information, call 317.776.7999.**



JULY

Hamilton County 4-H Fair

When: July 17-21, 2014
Where: Hamilton County 4-H Fairgrounds, Noblesville

Join Riverview Health at the 2014 Hamilton County 4-H Fair and discover the many ways we can help you improve your overall health and well-being. Stop by our booth to meet some of our team and learn about healthy choices you can make for you and your family.

AUGUST

Joint Replacement Seminar

When: August 14, 2014, 6-7 pm
Where: Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified orthopedic surgeon, will discuss the latest techniques and procedures for hip and knee replacement. He will explain treatment options—including the direct anterior approach to hip replacement and computer-assisted knee surgery—as well as talk about who is a good candidate for surgery. A light dinner will be served. The program is free, but registration is required.

Register at riverview.org or call 317.776.7999.

Low Back Pain Seminar

When: August 19, 2014, 6-7 pm
Where: Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Do you have chronic low back pain or sciatica caused by a pinched nerve or stenosis? Join board certified and fellowship trained physicians, Dr. Praveen Perni and Dr. John Ward, to learn more about treatment options for sciatica and low back pain. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**

SEPTEMBER

Tipton County Pork Festival

When: September 4-6, 2014
Where: Downtown Tipton

Join Riverview Health at the 2014 Tipton Pork Festival and discover the many ways we can help you improve your overall health and well-being. Stop by our booth to meet some of our team and learn about healthy choices you can make for you and your family.



PREPARING FOR THE ARRIVAL OF YOUR LITTLE ONE

Getting ready to welcome a new baby is very exciting, but can also make you feel a bit overwhelmed. To help make the journey somewhat easier, the Riverview Health Women's Boutique offers an array of prenatal and postnatal items for expectant mothers.

Pregnancy support belts

Pregnancy can often lead to back pain. Specially designed pregnancy support belts provide support and lessen discomfort.

Compression stockings and socks

Many expectant mothers experience varicose veins, swelling or leg pain. Compression stockings and socks help reduce pain and keep swelling to a minimum.

Prenatal bras

It's common for pregnant women to find they change bra sizes in the first trimester because of changes in hormone levels. At this time, it's important to find a comfortable, supportive bra to wear through the duration of the pregnancy.

The Riverview Health Women's Boutique staff encourages you to keep the following things in mind as you prepare to welcome baby:

- » *Expectant mothers should plan to be fitted for a nursing bra or camisole approximately four to six weeks prior to their due date. Our staff will be able to recommend the proper size and style.*
- » *New moms may find they need a breast pump if they're returning to work, are experiencing complications with nursing or simply want to supplement. Breast pumps are available to rent or purchase in the Riverview Health Women's Boutique. Medicaid and many private insurance companies offer benefits for breast pumps and supplies.*

Summer BBQ Survival Tips

As the weather heats up so do the BBQ grills. Here are some ways, courtesy of *Eating Well* magazine, to not overindulge at these summer get-togethers. Bring a healthy dish so there's at least one healthy option for you. Watch your portion size. Fill up on veggies first. Eat lean proteins – good choices are lean beef, chicken and grilled fish. Limit yourself to one cup of starchy side dishes. Make tradeoffs – have the food item you really want, but go easier on the others. And get some exercise afterward.



Support Groups

Better Breathers Support Group
When: Meets quarterly
Information: 317.776.7377

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

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

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

Infant Loss Support Group
When: Last Thursday of every month, 7 pm
Where: Riverview Health (Dad's Retreat, lower level of Women's Pavilion)
Information: Dede Flaherty, dflaherty@riverview.org or 317.776.7302

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

Survivors of Suicide Loss Support Group
When: Second Tuesday of every month, 6:30 pm
Where: Riverview Health (Classrooms A&B, lower level of Professional Building)
Information: Colleen Lawson, juvlawson@aol.com



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



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RIVERVIEW HOSPITAL IS NOW RIVERVIEW HEALTH.

What I want is a place where I'm more than a patient ID number, doctors and nurses know who I am, and great care can be found under one name. *What I want is Riverview Health.*

To learn more, visit riverview.org.

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