

NEWS FROM RIVERVIEW HEALTH

SUMMER 2015

RIVERVIEWS

riverview.org



Riverview
HEALTH

**FINDING HIS RHYTHM:
LAPEL SCHOOLS
BAND DIRECTOR
REBOUNDS AFTER
HEART ATTACK**



ALSO IN THIS ISSUE:

STUDENT-ATHLETES AND CONCUSSIONS, RENOVATIONS AT RIVERVIEW HEALTH AND A SPOTLIGHT ON PHILANTHROPY

Letter from Pat



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

As summer gets into full swing, many students will be using their weeks off to prepare for upcoming fall sports. It's important to keep kids moving and off the couch so they form good exercise habits at a young age, which will transfer

to their lives as adults.

With our student sports enhancement programs at Riverview Health Rehab & Fitness in Noblesville, our exercise specialists help students shape up with exercise programs designed specifically for their sport or interest. Through our partnership with Noblesville and Westfield schools, our sports medicine and nursing staff is also available to students at their schools.

We provide baseline Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) for all student-athletes at Noblesville High School and for student-athletes in select sports at Noblesville Middle Schools, Westfield High School and Westfield Middle School. Be sure to read more about this on page 5 of this issue. In addition, all Noblesville and Westfield Schools nurses are employed by Riverview Health, and we operate clinics for employees at both school systems.

Our partnership with Westfield Schools goes far beyond the field. We recently opened a new outpatient pharmacy on the high school campus and have plans to build an ambulatory care building to make services more accessible—not only for school employees and students, but the Westfield community in general. We're also excited the new Westfield High School stadium bears our name.

This newest partnership with Westfield Schools is yet another way we're demonstrating our commitment to our community. Like you, we're excited to see everything this coming school year has in store.

Enjoy a healthy and happy summer!

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

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LOOKING FOR A PHYSICIAN?

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

Expanded OB/GYN Hours

We're happy to announce extended hours for Noblesville OB/GYN and OB/GYN Specialists of Indiana. Appointments for our extended hours begin July 1, but you may call now to schedule. Please call your practice for details.

Addition of Maternal Fetal Medicine Services

Riverview Health now offers maternal fetal medicine services to women with high-risk or complicated pregnancies. These services include:

- Antepartum testing
- Consultation services
- Fetal surgical procedures
- Genetic counseling
- Gestational diabetes management
- Maternal medical disorder treatment
- Ultrasounds

Renovated Cardiovascular Catheterization Labs

We've completely remodeled one of our cardiovascular cath labs and added new equipment to our second cath lab. These newly renovated cath labs will provide the best technology for our heart and vascular physicians to better diagnose and treat you. **Read more about our cath lab updates on page 7.**

New Clinicians

Please join us in welcoming the following clinicians:

- **Christy Kellams, MD**—*Specializes in upper-extremity orthopedic surgery*
- **Odell Smith, MD**—*Specializes in family medicine*

Specializing in maternal fetal medicine and genetics

- **Wayne B. Conover, MD**
- **Alan Golichowski, MD**
- **Walter G. Harry, MD**
- **Adam K. Hiatt, MD**
- **Dawn M. Zimmer, MD**

Keep your cool during summer workouts

When temperatures and humidity are at their highest this summer, remember a few things before your outdoor workout. First, make sure to properly hydrate with non-caffeinated fluids. Second, schedule your exercise for cooler times in the day when the sun's radiation is at its lowest—typically before 7 am and after 6 pm. Third, ease into your workout. "No pain, no gain" doesn't apply when your body needs to gradually adjust to the heat. Finally, make sure to wear light, breathable clothing. This allows your sweat to evaporate, thus cooling your body.



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. **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/stay-connected to register. Sign-up is easy!**



FINDING HIS RHYTHM: LAPEL SCHOOLS BAND DIRECTOR REBOUNDS AFTER HEART ATTACK



Greg Scott directs students in his class at Lapel High School, where he's been the band teacher for 36 years.

Greg Scott's life revolves around rhythm, beats and melodies. As the band director for Lapel Schools for the past 36 years, music has connected him to countless people. Sure, it's easy for members of a tight-knit community like Lapel to know nearly everyone. But if you name a Lapel resident, Greg has likely had that person in his band class or taught his or her children in band—sometimes both.

Yes, music plays an important role in Greg's life. In his high school band class, you can find him counting out beats and tapping his foot to keep time to the rhythm.

But last fall, while he was out for a stroll, he lost the most important rhythm in his life—his heartbeat.

On his walk home from Lapel High School in September 2014, Greg, then 58, collapsed on the street from a heart attack. A friend happened to be driving by and saw him lying in the street. He hopped out and immediately called 911 and began performing cardiopulmonary resuscitation. A nearby police officer responded within minutes and happened to have an automatic defibrillator in his car—the only one in the town. Soon the emergency medical technicians (EMTs) arrived and took over the chest compressions as they raced to Riverview Health Emergency Department.

One. Two. Three. One. Two. Three.

Suddenly counting out a beat served a new purpose for Greg, as the EMTs rhythmically compressed his chest to keep oxygenated blood moving through his body.

Meanwhile, Riverview Health cardiologist, Bruce Schilt, MD, was called at home to respond to Greg's heart attack.

Greg was in grim shape when he entered the emergency room, Dr. Schilt recalls.

"His blood was literally blue because it was lacking oxygen," Dr. Schilt remembers.

Dr. Schilt immediately took Greg to the cath lab where he inserted a stent in his right coronary artery—effectively treating him in just 68 minutes.

The American Heart Association and American College of Cardiology recommend a national standard of less than 90 minutes for heart attack treatment from the moment a patient hits the doors.

With an extended lack of oxygen, Greg's brain was in danger, so doctors put him on a machine that cools the brain to prevent further damage.

"All the indicators suggested he would die, and if he did survive, he'd have a brain injury," Dr. Schilt said.

The next day, Greg was in severe shock, and an intra-aortic balloon pump had to be connected.

"We were trying to keep him alive on the pump as a bridge to a heart transplant, open heart surgery or the insertion of a left ventricular assist device," Dr. Schilt said. "Very few people survive when put on that pump."

Greg's family, friends and students rallied around him, praying for a successful recovery. They even created a Facebook page where they shared prayers and fond memories of Greg.

Finally, eight days after Greg collapsed, he woke up.

"I don't even remember going for a walk that day," Greg says. "I believe very strongly that God has me here for a purpose. There were way too many things that fell into place for me to live."

While Greg recuperated at Riverview Health, he found connections within the hospital staff.

"Every day, I'd call the cafeteria to order breakfast, and it was very comforting to know the voice on the other end taking my order belonged to a parent of one of my band students,"

Greg remembers. "It's amazing how something so little like that can really boost your mood."

A week later, Greg was able to go home.

"I couldn't have asked for better care," Greg says of his stay at Riverview Health. "They were very, very good to me. They did everything they should to make me better."

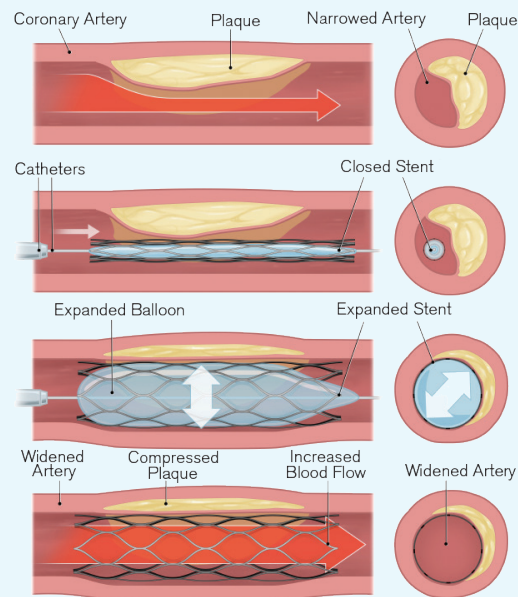
Dr. Schilt credits Greg's recovery to everyone who had a touch point with Greg from the moment he collapsed.

"It's a perfect example of how bystander CPR, prompt defibrillation, a well-organized advanced cardiac life support system and rapid delivery to an ER with a cath lab can save someone's life," Dr. Schilt says. "This is also a tribute to the well-organized, efficient system we've developed here at Riverview Health. Everything worked perfectly."

Greg continued to recover, visiting the Riverview Health Cardiopulmonary Gym three times a week for four months before returning to teach in his band room January 5.

Greg's days are again filled with music, and he's virtually asymptomatic. He's improved his eating habits and learned some things about himself.

"I'm living in the moment more. I don't hold back in telling people I care for them or love them," Greg says. "I'm better off now than I've ever been—even with a stent in my heart."



What's a Cardiac Stent and How Does it Work?

A stent is a small flexible tube made out of mesh that's used to open arteries in the heart and keep them open to improve blood flow. Stents are often used to treat people who have a narrowed or weakened artery in their heart.

Stent insertion doesn't involve major incisions. In fact, stents are placed using a balloon-tipped catheter that's inserted in an artery in your groin or arm and then maneuvered to the site of the blockage with the help of imaging equipment.

After the balloon is threaded through the narrowed artery, it's inflated. As the balloon inflates, the flexible stent expands and locks into place. Then, the balloon catheter is deflated and removed from your body. It usually takes about an hour to place a stent, and you're under local anesthesia and mild sedation.

Some stents are coated with medicine that slowly dissolves over years and helps prevent the artery from becoming blocked. Medicine-coated stents greatly reduce the need for repeat procedures.

After a stent has been placed, your doctor may recommend you take anticlotting medicine, which will help prevent a heart attack or stroke. After your stent procedure, you should avoid vigorous activity for a short time as you heal.

Hydration, hydration, hydration

Simply being exposed to the sun can dehydrate you. When your body is properly hydrated, it's able to cool itself down. However you should do more than just drink your fluids. As a rule of thumb, strive to drink 64 ounces of water daily. If your urine is pale and clear, like lemonade, you're hydrated. If it's any darker, you're not properly hydrated. Be sure to hydrate before, during and after workouts. You can also take in extra fluids with fruits and vegetables such as watermelon, cucumbers, iceberg lettuce and celery, which are foods among the highest in water content. Avoiding dehydrating drinks such as alcohol and caffeine will help make sure you're not counteracting all the fluids you're taking in.





SIDELINED: PATIENCE IS CRUCIAL FOR CONCUSSION RECOVERY

Teenagers tend to think they're invincible, which is why it's important to teach them to take care of themselves from an early age. A blow to the head can take a student-athlete out of a game, the whole season or even worse if they don't take time to heal. Some student-athletes are so competitive they may hide any signs of injury so they can keep playing. But returning to the game before they're ready can lead to serious long-term problems.

Daniel Kraft, MD, pediatric sports medicine specialist with Riverview Health, has been treating concussions for more than 20 years and knows all too well the effects concussions can have on kids.

"Not every student-athlete I see believes his or her head injury is a concussion when they walk into my office," Dr. Kraft says. "It's my job to educate both the patient and the parent."

It's not just a guy thing

Concussions are a hot topic in the media and sports world. It's important to understand concussions don't happen only to 250-pound football players, Dr. Kraft says.

"I see about 200 concussion cases each year, both athletes and non-athletes alike," Dr. Kraft noted. "They don't occur only in football. Athletes in any sport can sustain a concussion."

According to an 11-year study in the *American Journal of Sports Medicine*, soccer, basketball, softball and baseball also have high incidents of concussions. For female high school athletes, concussions sustained while playing these sports were roughly double that of male high school athletes. While football had the highest concussion rate among boys, soccer saw the highest concussion rate among girls' sports.

"There's still a public perception that you have to be knocked out or have really bad symptoms to be diagnosed with a concussion, but that's just not true," Dr. Kraft says.

Diagnosing a concussion

Concussions are diagnosed by a number of things—there's no one-size-fits-all test to tell if someone endured a concussion.

"When I see a patient with a suspected concussion, there are certain criteria I look for to determine treatment," Dr. Kraft says.

First, they must have sustained a hit to the head. Then Dr. Kraft looks for symptoms that are directly related to that injury or trauma such as dizziness, feeling dazed, a loss of memory, sensitivity to light, a change in mood or sleep patterns, or trouble focusing.

"If a person thinks he or she has sustained a concussion, then people around him or her should monitor behavior and

personality for 24 to 48 hours," Dr. Kraft advises.

When managing a concussion, Dr. Kraft uses Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT), and he's a credentialed ImPACT consultant.

ImPACT consists of a cognitive test given on a computer. Before a sports season, a student-athlete can participate in an ImPACT assessment to receive a baseline score for his or her cognitive functions. If a student-athlete has a head injury, he or she will

Signs of a Concussion

A concussion is a disturbance in brain function that occurs following a blow to the head or as a result of the violent shaking of the head. Concussion symptoms include:

- Altered personality
- Amnesia or confusion
- Change in sleeping habits
- Dizziness
- Fatigue or dazed appearance
- Headache or head pressure
- Nausea or vomiting
- Ringing in the ears
- Sensitivity to light
- Temporary loss of consciousness

If you think someone has a concussion, keep an eye on him or her for 24 to 48 hours and watch for any symptoms. That person shouldn't participate in any strenuous activity. If symptoms arise or worsen, call your doctor.

retake the test to compare the new results with the results obtained before the head injury.

"With ImPACT results, I can better determine the extent of the injury and when the athlete can return to the game," Dr. Kraft says. "It's very important that a student performs as best as possible during the first ImPACT examination so the baseline results will be as accurate as possible."

Getting back into the game

ImPACT results play an important role in determining if a player can return to his or her sport.

Returning to the game too soon puts athletes at risk for second impact syndrome. Second impact syndrome occurs when an athlete sustains another head injury before the first brain injury has had time to properly heal. This can result in severe brain swelling and significant problems, Dr. Kraft says.

"Second impact syndrome can be extremely dangerous, but it's preventable by giving your brain time to heal," Dr. Kraft noted. "It's up to parents and family to help young athletes."

The younger the athlete, the longer it can take for the brain to heal after a concussion.

"Sometimes we don't think of our 9- or 10-year-olds getting concussions, but they can," he added. "As much as a kid or teenager may want to go back to playing, they have to wait."

Help Your Athlete Get Back in the Game Faster with an ImPACT Assessment

Q: What is an ImPACT assessment?

A: The Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) assessment, available through Riverview Health Rehab & Fitness, provides athletes with a baseline of their neurocognitive abilities.

Q: What's the test like?

A: This test, which takes 30 to 40 minutes to complete, is made of a series of cognitive questions and is taken on a computer.

Q: How does it work?

A: For accurate results, it's recommended student-athletes take this test before the start of their sports season. After sustaining a head injury, the athlete takes the test again and his or her results are compared against pre-concussion test results. These results help doctors assess if the athlete's brain has healed properly. This prevents an athlete from returning to the game too early, which puts him or her at risk for second impact syndrome.

Q: Who can take the test?

A: Athletes who want to participate must be at least 11 years old prior to completing the baseline test.

Q: How do we get the results?

A: A copy of the results is available upon request. The parent or legal guardian will be responsible for following up with a physician or neurologist if necessary.

Scheduling an ImPACT Assessment

Cost: \$20 – Payment due at time of scheduling

Location: Riverview Health Rehab & Fitness in Noblesville—
601 Westfield Rd., Noblesville

Appointments/questions:
317.776.7225

Know the signs of a heat stroke

Heat strokes can strike when temperatures run high and hydration levels run low. The most common signs and symptoms of heat stroke include confusion, dark-colored urine, dizziness, fatigue, fainting, headaches, muscle or abdominal cramps, nausea, vomiting, diarrhea, hot and dry skin, and a rapid heart rate. Chances of heat stroke are higher in very young children and adults older than 65 because they may have trouble regulating their body temperatures. If you take medication for high blood pressure, you may be more susceptible to heat stroke. Be careful when physically exerting yourself in hot weather. If you think you have symptoms of a heat stroke, call 911.



WORKING TO MAKE YOUR VISIT BETTER



Heart and vascular catheterization lab renovations

If you or a loved one has a heart or vascular emergency, you want only the best care. With our newly renovated cardiovascular cath labs, our doctors and surgeons can ensure you're treated promptly using the latest technologies.

We recently remodeled one of our two cath labs, expanding the space and adding new equipment with the latest 3-D imaging technology, which isn't available elsewhere in the area. With a larger cath lab, we can easily accommodate surgical and anesthesia teams if a catheterization procedure turns into a surgical case—saving you time from being transported to an operating room. The expanded cath lab also allows vascular surgeons to perform a wider variety of procedures.

In addition, we added large surgical lights and new imaging equipment with flat-panel technology that provides clearer pictures with lower doses of radiation. We've also upgraded our second cath lab with updated imaging equipment, enabling our doctors to quickly and accurately diagnose and treat you.

Dr. Mario Pyles, medical director of Cardiology at Riverview Health, says the heart and vascular physicians are excited to be using the updated cath labs.

"The new technology helps the physicians treat heart and vascular disease more effectively because we're able to get a better view of a patient's entire vascular system," Dr. Pyles noted.

Beautiful from the inside out

Around the corner from the Riverview Health Cafeteria, there's a long corridor with high ceilings and windows that let natural light stream in. This area, called the atrium, has been the focus of much of our attention as we work to give it a fresh new look.

When complete, the updated atrium—funded in part by Riverview Health Foundation—will feature new flooring and plenty of seating for those who want to spend a few quiet moments enjoying the sunshine or reading a good book. We also plan to relocate and renovate our coffee and gift shops. The new designs will have a warm, homey feel.



RIVERVIEW HEALTH FOUNDATION SPOTLIGHT: WOMEN OF VISION GIVING CLUB

For some, leaving the hospital with a new baby can be overwhelming. Will your baby be safe? Is his or her car seat properly installed? Do you have all the supplies you need at home?

The members of Riverview Health Foundation Women of Vision Giving Club want to help ease the transition. With gifts from the club, each mom leaves Riverview Health Maternity Center with a diaper bag and a sleep sack to swaddle her baby in.

The Women of Vision Giving Club is a group of empowered women who are dedicated to making a difference. The philanthropic focus of the club is addressing the growing healthcare needs of women and girls who come through the doors of Riverview Health.

Mary Jane Polsgrove became a Women of Vision Giving Club member last April and feels strongly about the purpose and efforts of the club. "By supporting the Women of Vision Giving Club as an individual, I know my contribution, along with many others, supports health and wellness services for women in our community," Mary Jane says. "All of us together make it happen."

Members of the club have two options when deciding to join—either a \$250 associate membership or a \$500 voting membership. All year, club members work to raise money for Riverview Health. At the beginning of each year, each department at Riverview Health receives a grant application, and in March, the voting members gather to decide which grants to fund.

Not only does each member receive benefits, such as a discount at Riverview Women's Boutique and a free eight-week fitness class at Riverview Health Rehab & Fitness, but they can also feel confident that 100 percent of their membership dues benefits women's services, programs and equipment at Riverview Health.

Women of Vision Giving Club membership is open to any woman who feels strongly about supporting the health and wellness of the women in her community.

To learn more or join the club, contact Jessica Deering at 317.776.7938 or jdeering@riverview.org.



With donations from Women of Vision Giving Club members, each new mom receives a diaper bag and sleep sack after delivering her baby at Riverview Health.

Riverview Health Foundation Welcomes New Executive Director

Please join us in welcoming Megan Wiles, who recently became the new executive director of Riverview Health Foundation. Along with more than 15 years of experience in the not-for-profit sector, Megan brings a deep connection to our community. Megan grew up in Noblesville and graduated from Noblesville High School. **Megan may be reached at 317.776.7317 or mwiles@riverview.org.**



Welcome, Megan!

SAVE THE DATE:

23rd Annual Heartfelt Thanks Golf Tournament

Sponsored by:



Date: June 24

Time: 9:30 am registration; 11 am shotgun start

Location: Pebble Brook Golf Club, 3110 Westfield Rd., Noblesville

For more information or to register, call Jessica Deering at 317.776.7938 or visit riverview.org/heartfelt2015.

Registration deadline: June 17

12th Annual Women's Retreat

Date: November 1-5 or 2-5

Location: Secrets The Vine, Cancun, Mexico

For more information or to register, call Jessica Deering at 317.776.7938 or visit riverview.org/womensretreat2015.

Registration deadline: July 24

NUTRITIONAL COUNSELING PROGRAM

The one-on-one nutritional counseling program at Riverview Health provides the guidance of a registered dietitian (RD) to help participants meet a variety of personalized nutritional needs. The program is available to people of all ages and can focus on any of the following areas:

- Cardiovascular disorders
- Digestive health
- Endocrine disorders
- Life cycle
- Oncology
- Pediatrics
- Weight management
- Wound care

The program is a self-pay program and does not bill insurance plans. Participants are required to pay for sessions upfront and can complete as many sessions with the RD as needed. **Participants are required to complete an initial visit with the RD before participating in follow-up sessions.**

- **Option 1:** Initial session (60 minutes) \$60
- **Option 2:** Follow-up session (30 minutes) \$30
- **Option 3:** Initial session (60 minutes) and two follow-up sessions (30 minutes each) \$110

Appointments are available in the mornings, afternoons, evenings and on weekends, based on a participant's need. **For more information, please email wellness@riverview.org and provide your name and phone number.**



Upcoming Seminars & Events

JUNE

Blood Drive

When: June 9, 2-6 pm

Where: Riverview Health (Outside of Surgery Pavilion)

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

23rd ANNUAL HEARTFELT THANKS GOLF TOURNAMENT

When: June 24—Registration at 9:30 am, shotgun start at 11 am

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

The Heartfelt Thanks Golf Tournament is one of Hamilton County's premier golf outings, providing a great opportunity to take a break from the office and connect with community members and business associates while raising money for Riverview Health Foundation.

Register at riverview.org/heartfelt2015 or by calling Riverview Health Foundation at 317.776.7938.

JULY

Noblesville Street Dance

When: July 11, 5-11 pm

Where: Downtown Noblesville

We're excited to spend a night out at the annual Noblesville Street Dance. We'll be there to educate you about how you and your family can live active, healthy lives. Stop by our booth for some fun!

Hamilton County 4-H Fair

When: July 16-21

Where: Hamilton County 4-H Fairgrounds, Noblesville

Find us at the 2015 Hamilton County 4-H Fair and discover the many ways we can help you improve your overall health and wellness. Stop by our booth to meet our team, get your blood pressure checked and learn about healthy choices you can make for you and your family.

AUGUST

Joint Health Seminar

When: August 25, 6-7 pm

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

Dr. Timothy Williams, a board certified and fellowship-trained orthopedic surgeon, will cover important information regarding partial and full joint replacement procedures and treatment for arthritis. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org/classes or call 317.776.7999.**

SEPTEMBER

Tipton Pork Festival

When: September 10-12

Where: Downtown Tipton

Join Riverview Health at the Tipton County Pork Festival and learn how you can improve your overall health and well-being. You can meet some of our team members, get your blood pressure checked and learn about healthy choices you can make for you and your family.

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

SCHEDULE HEALTH SCREENINGS AT YOUR CONVENIENCE

Heart and Vascular Screenings

Computed Tomography (CT) Heart Scan - \$49

This screening is performed using a CT scanner to determine the amount of hardened plaque inside your coronary arteries. Plaque build-up inside your coronary arteries can lead to a heart attack if the flow of oxygen-rich blood to your heart is reduced or blocked.



Vascular Screening Package - \$79

- **Carotid Artery Screening**—This test screens for possible narrowing and blockages of the carotid arteries, which are the main arteries in the neck that supply blood to the brain. If these arteries are blocked, you could be at a higher risk of stroke.
- **Abdominal Aortic Aneurysm Screening**—This non-invasive ultrasound test screens for an aneurysm—a bulge or weakness—in the aorta, the major blood vessel that extends from the heart into the abdomen.
- **Ankle Brachial Index Test**—This procedure tests for peripheral artery disease by screening for blockages and plaque buildup in the legs, which are linked to cardiovascular disease. Deposits of plaque in the large arteries of the legs can block the blood supply to the legs, resulting in pain when walking.

Pre-qualification is required for these screenings. Learn more at riverview.org/heartscreenings

Lab Screenings

Men's and Women's Health Profiles - \$110

These profiles include a combination of tests specifically designed for adults who want to stay on top of their health.

- Heart health/lipids (Lipid)
- Anemia (Iron panel and HGB)
- Kidney function (BMP)
- Liver function (Liver)
- Diabetic (A1c)
- Thyroid (TSH and free T4)
- Prostate (PSA; men only)

Complete Blood Count - \$15

As an indicator of general health, this test counts all the cells that make up your blood. White cells, red cells and platelets are all evaluated in this test.

Diabetic Profile - \$15

This profile provides an overview of your risk of diabetes and includes a diabetic A1c test and estimated average glucose test.

Schedule at riverview.org/labs

How to spot and prevent a heat rash

A heat rash is a pink or red rash with raised lumps that look like small dots or pimples. It can be found on the skin in areas usually covered by clothing. A heat rash forms when sweat ducts become blocked and swell up. Heat rashes can itch and cause slight discomfort. They typically go away on their own and don't require medical attention. Let the affected area breathe and air dry. Avoid irritating the skin with contact or any topical applications. If a heat rash persists for more than three to four days, contact your doctor right away.



Support Groups

Breastfeeding Support Group

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

Diabetes Support Group

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

Infant Loss Support Group

When: Last Thursday of every month, 7-8 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, 6:30-8 pm
Where: Riverview Health (Classrooms A&B, lower level of Professional Building)
Information: Colleen Lawson, jvlawson@aol.com





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What I expect is a place that gives me access to some of the best and brightest, respects my busy schedule, and makes sure exceptional care is always business as usual. *What I expect is Riverview Health.*

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RIGHT SIZE. RIGHT CARE. RIGHT HERE.

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