

# Riverviews



News from Riverview Health

## Overcoming Hip Pain to Serve Our Community



[riverview.org](http://riverview.org) | Spring-Summer 2022

### Also in this issue:

Not Your Average Heart Attack

Meet Orthopedic Surgeon Heather Williams, MD

Riverview Health Maternity Classes and Support Groups

# Letter from Seth



Once again this past fall, I had the opportunity to experience Riverview Health from a different perspective than usual—as the patient.

I'd been having pain in my shoulder for a while. I couldn't lift things without pain, which was keeping me from being as active as I wanted to be. I had tried physical therapy to ease the pain, but unfortunately it didn't work.

An MRI revealed I had a torn rotator cuff, which would require surgery to repair. While we have many excellent orthopedic surgeons at Riverview Health,

I chose Dr. Stephen Jacobsen for my shoulder. Dr. Jacobsen specializes in shoulders, and I've heard so many positive stories from our patients about the care they received from him. I knew he was the right choice for me. To learn more about Dr. Jacobsen, turn to page 11.

So, last September—less than a year after my knee replacement by Dr. Andrew Malin—I once again became a surgical patient at Riverview Health as Dr. Jacobsen repaired my torn rotator cuff. It was an outpatient surgery, so I was able to go home the same day.

After a couple days of rest at home, I went back to work in a sling. I had to get used to doing everything—driving, eating, typing—with one hand, which was a challenge to say the least.

I was eager to work on a full recovery and completed 14 sessions of physical therapy with Riverview Health physical therapist Shannon Adcock. Shannon was my physical therapist after my knee replacement as well, so we had already built a good relationship. I was able to do my therapy at Riverview Health Westfield Hospital, which is a convenient location for me on my way to or from the hospital in Noblesville.

While being laid up for a few days and wearing a sling for a few weeks was frustrating, I'm so glad I had the surgery. I'm now completely recovered and no longer feeling pain, thanks to our great team at Riverview Health.

In good health,

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 2022*

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Riverviews is published for the health of people living in Hamilton County.

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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.

## COVID-19

As the COVID-19 pandemic continues to evolve, we at Riverview Health strive to adapt quickly, yet with caution, after making educated decisions. This means updates to visitor restrictions, general precautions and scheduled appointments or events may change on short notice. **To find the most up-to-date information, please visit [riverview.org/COVID-19](http://riverview.org/COVID-19).**

## Acute Inpatient Rehabilitation Unit Praised in *Newsweek Magazine*

*Newsweek* magazine ranked the acute inpatient rehabilitation unit at Riverview Health among the top physical rehabilitation centers in Indiana in its annual rankings produced in partnership with Statista Inc., the world-leading industry ranking provider. The ranking is based on quality of care, quality of service, quality of follow-up care and accommodation and amenities relative to in-state competition. Rankings use a rigorous methodology that includes data from a survey of thousands of medical experts along with quality measures from the Centers for Medicare and Medicaid Services.

## Calling All Volunteers

Riverview Health is looking for volunteers to join its great team. Some of the many volunteer service areas include patient transport, guest services and the gift shop. Shifts are available in the morning or afternoon, at least one day per week, Monday-Friday.



**If you're interested in volunteering at Riverview Health in Noblesville or Westfield, please contact the manager of Volunteer Services, Melinda Nash, at 317.776.7236 or [mnash@riverview.org](mailto:mnash@riverview.org).**

## New Clinicians

Please join us in welcoming the following clinicians:

- **Gregory Dikos, MD**—Orthopedic Surgery
- **Brandon Downing, MD**—Vascular Surgery
- **Christina Hajewski, MD**—Orthopedic Surgery
- **Emmeline Magno, MD**—Internal Medicine
- **Alan McGee Jr., MD**—Orthopedic Surgery
- **Christopher Metter, MD**—Pathology
- **Erik Pattison, MD**—Urology
- **Ryan Rodela, DPM**—Podiatric Surgery
- **Alok Silodia, MD**—Nephrology
- **Michelle Turner, PA**—Vascular Surgery
- **Heather Williams, MD**—Orthopedic Surgery



## GIFTING for a Great Cause

Riverview Health Foundation provides funding for new health services, programs and equipment needed by our community. Since the Foundation's beginning in 1976, more than \$15 million has been raised and given to support new equipment and programs serving the patients at Riverview Health and their families.

You can help save and change lives at Riverview Health by making a charitable donation. No matter the size, your gift can be directed toward a medical area that is near and dear to your heart—whether its cancer, cardiology, maternity or the area of greatest need. **To donate, call 317.776.7317 or visit [riverview.org/donate](http://riverview.org/donate).**

**Save the date for the Riverview Health Foundation Black Tie Gala on Oct. 28, 2022.**

## 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!



# Overcoming Hip Pain to Serve Our Community

**L**aura Krieg, 54, walks steadily across the lawn of the historic Noblesville courthouse. It's a beautiful day—and until recently—a walk this long would have caused her excruciating pain.

Laura is a deputy with the Hamilton County Sheriff's Office and has served at the Hamilton County Government and Judicial Center since 2004. While on the job, one of her assignments is to work at the historic courthouse in Noblesville. When you meet Laura, it's clear she was born to be an officer. Reserved, thoughtful and strong, Laura emits a calming presence that lets those around her know they are in capable hands. But when hip arthritis began to progress to the point of severe pain, Laura worried the career she loved might begin to suffer.

"It wasn't an injury that caused my right hip pain, but rather osteoarthritis," Laura said. "I played a lot of sports when I was younger. In addition, carrying my duty belt for work worsened the wear and tear on my hip."

A duty belt holds a police officer's equipment and can weigh as much as 20 pounds. The wear and tear through the years caused Laura's joints to be bone-on-bone, and her pain was excruciating.

"I was almost in tears just walking into work from my car each day," Laura recalled.

She knew she needed help, but there was a problem.

"I hate needles and going to the doctor," Laura said. "The thought of needing surgery made me very anxious. But the pain finally got to the point where I knew I had to do something."

After seeing Dr. Bryan Sharpe at Riverview Health Employer Health Center, Laura was referred to Riverview Health Physicians Orthopedics & Sports Medicine physician Joseph Hui, MD.

Dr. Hui tried conservative treatments first, such as steroid injections and platelet-rich plasma injections. Laura also saw Riverview Health physical therapist Jennifer Krehbiel.

A woman with a white t-shirt and a baseball cap is riding a horse in a river. She is smiling and looking towards the camera. The horse is partially submerged in the water. The background shows a riverbank with trees and a clear sky.

Now healed from her total hip replacement surgery, Laura Krieg is excited to get back to her active lifestyle of golfing, walking her dogs, kayaking and riding her horse.

"Jennifer kept me stretched and limber, and it helped the pain," Laura said. "But the arthritis still kept progressing."

Despite her hard work, conservative measures could only do so much, and Laura and Jennifer knew surgery would likely be required. To assist with her treatment, Jennifer provided Laura with information about providers at Riverview Health Physicians Orthopedics & Sports Medicine. After Laura did some research, she discovered Riverview Health orthopedic surgeon Andrew Malin, MD. Laura was impressed with his fellowship training in hip and knee replacement. In addition, his military experience made him an easy pick for Laura.

"For Laura, like all patients, we always try non-surgical treatments first," Dr. Malin said. "Unfortunately, her pain and disability from hip arthritis worsened despite those treatments. The symptoms had progressed to the point that she required a cane for walking long distances, and she also had difficulty with her job requirements as a deputy with the Hamilton County Sheriff's Office."



**“The first thing I said to the nurse in the recovery room was, ‘Hi, I’m Laura. Do you think I can wear my duty belt now?’” — Laura Krieg**

After discussing the benefits of surgery, as well as the potential risks involved, Laura and Dr. Malin made the decision to proceed with a total hip replacement surgery using the anterior approach. The anterior approach consists of making an incision in the front of the hip and allows the surgeon to avoid cutting through muscle. This technique is less invasive and often leads to an easier recovery and a smaller scar.

After a one-hour procedure, Laura’s surgery was a success. Right away, she was eager to get back to work.

“The first thing I said to the nurse in the recovery room was, ‘Hi, I’m Laura. Do you think I can wear my duty belt now?’” Laura remembered with a laugh.

Laura was up and walking as soon as she reached her hospital room, and she went home the following day. Her next step was to complete physical therapy to improve strength, range of motion and to restore a normal gait.

Once again, Laura saw Jennifer Krehbiel at Riverview Health Rehab & Fitness.

“Jennifer is quite a joy to be around—not to mention she helped me walk again,” Laura said. “She kept my morale up and my anxiety down.”

A highly motivated individual, Laura made quick progress during her therapy.

“Our goal was to get her ready to return to a high level of physical activity both on the job and off the job,” Jennifer said. “If asked to complete 10 repetitions of an exercise, Laura would do 20.”

Laura also worked extensively with Becky Way, a certified athletic trainer with Riverview Health. Through a partnership with the Hamilton County Sheriff’s Office, Riverview Health offers tactical athletic training to its officers. Tactical athletic training is an emerging field that focuses on non-traditional athletes—such as firefighters, police officers and military members—whose jobs require a high level of physical activity. Athletic trainers work with public safety officials to provide injury prevention, treatment, rehabilitation and reconditioning of the tactical athlete.

With Becky, Laura continued to work on strength, flexibility and endurance—focusing not just on her hip, but her entire body.

“Laura is a dream patient and rock star,” Becky said. “She always comes to treatment ready to work and push herself. She is consistent in her treatment and has been able to return to activities she wasn’t able to do prior to surgery due to pain. Laura is dedicated and has focused not only on strengthening her hip, but also on her core stability and continues to work to get stronger to perform her job.”

Laura improved her strength so much that she caught Jennifer by surprise during one of their physical therapy appointments.

“One day in the clinic I was reevaluating Laura’s leg strength and she kicked out so strongly that I literally lost my balance,” Jennifer said. “We both had a good laugh and I jokingly told her to tell Becky to stop doing such a good job of strength training her!”

Laura continues to work with Becky to improve her physical abilities and meet the demands of her job—something she thinks all Hamilton County employees could benefit from, not just officers.

“Working with athletic trainers is something I encourage,” Laura said. “It helps to prevent injuries and can help keep employees moving and healthy if they sit at a desk all day.”

Now fully recovered, Laura is excited to continue to serve her community and do the job she loves without pain. She also plans on riding her horse again, something she hasn’t been able to do for more than a year because of her hip.

“I am thankful to everyone I worked with for making the process not seem so scary,” Laura said.



**Laura Krieg is a deputy with the Hamilton County Sheriff’s Office and has served at the Hamilton County Judicial Center since 2004. After her hip replacement, she continues to serve her community and do the job she loves without hip pain.**



# Not Your Average Heart Attack

John (right back) and Sharon Marcotte (center front) are joined by their family at Riverview Health. Thanks to urging from his children and wife, John got his heart checked at Riverview Health, which turned out to be a life-saving decision.

**A**s owners of a small farm in eastern Indiana, John and Sharon Marcotte are no strangers to hard work. Growing crops and raising cattle and other animals made them completely self-sufficient for many years. However, in the last couple of years, they cut back and slowed down as Sharon fought and survived breast cancer in 2019 and lymphedema in 2020. But as life returned to a new normal post-pandemic, Sharon noticed John still seemed a bit slow and tired.

“As a retired nurse practitioner, it’s in my nature to keep tabs on the health of my loved ones,” Sharon said. “John hadn’t been feeling well, and he would get very pale and short of breath at times. But he didn’t have any pain.”

Worried about John’s health, she encouraged him to see his Riverview Health primary care physician, Dr. Kent Erb, for a check-up in July 2021. Dr. Erb ordered an electrocardiogram (EKG), a chest X-ray and a cardiac stress test on a treadmill to assess John’s heart, as he has a family history of heart problems on his mom’s side.



“I thought there was no need for all the testing because I had no real symptoms, except I’d get tired more easily,” John said.

During the stress test the next day, John struggled with his breathing while on the treadmill and had some EKG changes that were concerning, said Dr. Navneet Lather, an interventional cardiologist at Riverview Health.

“His lab tests showed that he had a decent-sized heart attack that was still ongoing, so we stopped his stress test and rushed him to the cardiac catheterization lab,” Dr. Lather said.

In the cath lab, Dr. Lather saw that John’s right coronary artery was completely blocked, and the left side showed blockages as well.



**“With such unusual symptoms, I’ve learned I need to pay more attention to how I’m feeling and not brush it off.” — John Marcotte**

“We tried to pass a wire in the right coronary artery but couldn’t get past the clot since it had been going on for a few days,” Dr. Lather said. “Because John had left-sided heart disease, I referred him to Ascension St. Vincent Heart Center for bypass surgery.”

Through a longstanding partnership, Dr. Lather and all the cardiologists at Riverview Health are part of Ascension St. Vincent Heart Center.

John was fit into an already busy surgery schedule.

But thanks to the close relationship between Dr. Lather and the heart center, Dr. Lather was able to get John in sooner.

“When the surgeon opened John up, the right side of his heart wasn’t moving,” Dr. Lather said. “If they had waited any longer, it would have led to permanent damage.”

When his heart was bypassed, it turned from a shade of grey to pink, indicating his heart function returned to normal. After surgery, John’s recovery went smoothly, and he was out of bed the following morning and home a week later. Though John was diligent about seeing his primary care physician every year, he and Sharon never suspected he was having a heart problem. Men and women often have different heart attack symptoms—but not always, and not in John’s case.

“He had his mother’s symptoms to a T: fatigue, shortness of breath and sleepiness, but no chest pain,” Sharon said.

Most men John’s age would complain of chest pain or pressure, Dr. Lather said.

“With such unusual symptoms, I’ve learned I need to pay more attention to how I’m feeling and not brush it off,” John said.

Riverview Health offers a \$49 CT heart scan that can be completed without a physician’s order and can provide insight into your heart health. If a heart scan is abnormal, testing can be performed and medication can be given to greatly reduce the risk of developing a heart attack in the future.

“If he had gotten a heart scan, it would have helped him get treated with the appropriate medications ahead of time,” Dr. Lather said. “But our team moved quickly as a network and worked so well together that we were able to ensure John didn’t develop any permanent damage.”

John and Sharon credit the caring teams for saving his life.

“It’s the reason we drive almost 100 miles to see the staff at Riverview Health,” Sharon said. “From my cancer treatment to John’s heart issues, our care has been so wonderful. As a nurse, when I’m at Riverview Health, I know I can relax and just trust their team.”



## Take Control of Your Heart Health

**Knowing your risk of heart disease and heart attacks—and taking action now—can help ensure you live a longer, healthier life.**

### **\$49 Heart Scan**

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.

### **\$79 Vascular Screening Package**

- **Carotid Artery Screening**—This test screens for possible narrowing and blockages of the carotid arteries. If these arteries are blocked, you could be at a higher risk of stroke.
- **Abdominal Aortic Aneurysm Screening**—This non-invasive ultrasound 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 is linked to cardiovascular disease.

**No doctor’s order is needed. To qualify for and schedule these screenings, call 317.776.7247, and dial option 1. Insurance is not billed, and payment is due at time of scheduling. You must have a primary care provider who can receive the test results.**

# Riverview Health Offers the Latest in da Vinci® Surgery



Riverview Health general surgeon George Negrete, MD, (front right) and the surgical team pose with the da Vinci Xi surgical system. The robot was purchased in 2021 and allows surgeons to perform procedures through just a few small incisions.

Robotic arms, 3D high-definition views and a surgeon operating from across the OR; while these features may sound futuristic, the addition of a da Vinci surgical system—the da Vinci Xi—at Riverview Health in Noblesville has made this technology a reality to patients.

During a da Vinci robotic surgery, the surgeon operates from a specialized surgical console across the room from the patient. While the doctor remains in control at all times, the system uses a high-definition camera, 3D vision and a magnified view to seamlessly translate his or her movements into precise, real-time movements of the surgical instruments.

Using this technology, the surgeon can perform complex procedures through just a few small incisions. Minimally invasive procedures offer numerous benefits for patients, such as:

- Shorter hospital stays
- Less pain and blood loss
- Minimal scarring
- Faster recovery and return to normal activities
- Reduced risk of infection or complications

“We continue to see positive outcomes for our da Vinci surgical patients,” said George Negrete, MD, Riverview Health general surgeon. “Often they are blown away by how quickly and easily they recover from surgery.”

This technology is used to perform gynecological surgeries, including myomectomy and hysterectomy, and to treat endometriosis, heavy uterine bleeding, uterine fibroids and uterine prolapse. It's also used for general surgical procedures to treat gallbladder disease, colorectal disease, hernia repair and a variety of other abdominal conditions.

Riverview Health physicians trained on the da Vinci surgical system include general surgeon George Negrete, MD, and OB/GYN physicians Rachel Davenport, MD, Valerie Gathers, MD, Jennifer Nemunaitis-Keller, MD, and Holly Storm, DO.



Dr. George Negrete, seated at the da Vinci system console, controls all movement during surgeries and is able to see a highly magnified view, allowing him to make more precise, accurate movements than traditional surgery procedures.



# Riverview Health Maternity Classes and Support Groups



Bringing a child into the world is a profound life experience. Although you can never fully prepare for what's to come,

participating in maternity classes can help take the mystery out of pregnancy, teach you what to expect throughout the labor process and prepare you for the adjustments of life with a new baby.

## Preparation for Childbirth Class (Online) – \$40

This self-paced online childbirth education content covers preparation, what to expect as labor progresses, pre-term labor, medical interventions, pain control, cesarean birth and postpartum care. We recommend completing the program by your 36th week of pregnancy.

## Breastfeeding Class (Online) – \$20

This online program provides breastfeeding tips and techniques for new moms and those needing a refresher. It will also discuss how to best meet your infant's nutritional needs. The online program consists of several educational modules. With your registration, you'll receive an access code, which will remain active for nine months. We recommend completing this class by your 36th week of pregnancy.

## Breastfeeding Support Group\* – Free

This support group helps new moms learn more about breastfeeding while connecting with other moms. Feel free to arrive at any time during the support group meeting. A lactation consultant will be available to weigh your baby and assist you in any way. Remember, if you have any breastfeeding questions at any time, you can call the breastfeeding support line at 317.776.7202 or Riverview Health Maternity Center at 317.776.7200.

**Date:** Thursdays

**Time:** 11 a.m.-noon

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

## Adolescent Pregnancy and Postpartum Peer Support Group\* – Free

This support group provides mentoring, support, education and community resources for pregnant and postpartum adolescents. The meetings are led by a Riverview Health maternity nurse and focus on topics such as psychological changes, childbirth and childcare challenges. For any questions, or if you plan to attend, please email [OBeducation@riverview.org](mailto:OBeducation@riverview.org).

**Date:** Second Monday of each month

**Time:** 6-7 p.m.

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

## Perinatal Anxiety and Depression Support Group\* – Free

The goal of this group is to provide a supportive, understanding and non-judgmental environment where women can encourage and help each other adjust to the changes in their lives. The facilitator will also provide education to help decrease feelings of stress and worry. Moms are encouraged to bring their babies to this support group. For planning and attendance purposes, please send a quick email to [OBeducation@riverview.org](mailto:OBeducation@riverview.org) if you plan to attend.

**Date:** First and third Thursday of each month

**Time:** 10-11 a.m.

**Location:** Riverview Health, Dad's Retreat (Lower level of Women's Pavilion)

**Register online at [riverview.org/MaternityClasses](https://riverview.org/MaternityClasses). For any questions about these maternity resources and programs, please email [OBeducation@riverview.org](mailto:OBeducation@riverview.org).**

*\*Please note that masks are required to attend any in-person class or support group and we will be observing social distancing guidelines.*

**If you're looking for a provider to help you along your motherhood journey, be sure to visit [riverview.org](https://riverview.org) and learn about our OB/GYN physicians. You can also take a virtual tour of our maternity center that includes labor and delivery suites, Level II Special Care Nursery and more by visiting [riverview.org/MaternityClasses](https://riverview.org/MaternityClasses).**

# Combining a Calling and a Passion: Using Art in the Operating Room



**Dr. Joshua Tieman, a plastic surgeon at Riverview Health, offers cosmetic and elective plastic surgery procedures. To schedule an appointment, call 317.214.5795.**

Joshua Tieman, MD, always knew he wanted to pursue higher education. A talented student with an eye for art, he was drawn to medicine but wasn't sure which direction life would take him. However, while serving on a two-year religious mission in Guatemala, the decision to pursue medicine was solidified for him.

In the high mountain villages of Guatemala with no running water or electricity, healthcare consisted of small community clinics, usually with a single doctor.

"Seeing an entire village line up in front of these small clinics to see one doctor had a profound effect on me," Dr. Tieman said.

Many of the injuries and health problems Dr. Tieman encountered among the community were problems that could be easily addressed in the United States. Yet, due to a lack of resources and specialized physicians, straightforward injuries would turn into lifelong impairments in Guatemala. Filled with rich, dense jungles, the implications of everyday accidents and basic wounds could greatly alter the livelihood of villagers and their families.



**Joshua Tieman, MD, lived in the Polochic Valley in Guatemala with the indigenous Polochic people for two years during a mission trip. During this time, Dr. Tieman spoke Spanish and K'ekchi, one of the four Mayan languages.**



“Everyone in Guatemala carried machetes, and there were injuries all the time. From small cuts to big wounds, a surgeon was needed to treat these injuries. But there were no surgeons for miles, so members of the community left these ailments untreated or were placed in the position to treat it themselves,” Dr. Tieman said. “This resulted in people left with infections, missing fingers, toes and even hands. It was powerful to see what a lack of medical care could mean for people. That was the deciding factor for me to become a surgeon.”

In his downtime, Dr. Tieman had always enjoyed expressing his creative side, but during medical school, creating art began to feel more like a chore than a hobby. He drew medical illustrations to study for his exams, turning a once creative outlet into a study tool. His talent was soon recognized by colleagues, and Dr. Tieman’s work was used in multiple published medical journals. But despite the praise, Dr. Tieman began to lose the joy he once felt in the artistic process.

“I felt like I lost myself. I never wanted the work component of my art to make me not enjoy the process,” Dr. Tieman said.

In between his first and second year of medical school, Dr. Tieman received a National Institutes of Health grant to research breast cancer reconstruction at the University of Utah. It was during this time when he got his first in-depth look into what plastic surgery really entailed. From that point on, he knew it was the specialty for him. Not only did it fulfill his desire to perform surgery, but he also found joy in the artistic process again when he was able to sculpt what his patients envisioned and ultimately boost their confidence.

Dr. Tieman began his fellowship in plastic surgery at the University of Utah and described his training as “busier than I had anticipated.” However, it was during that time when he felt the urge to draw again as he spent months perfecting a portrait of a late family member.

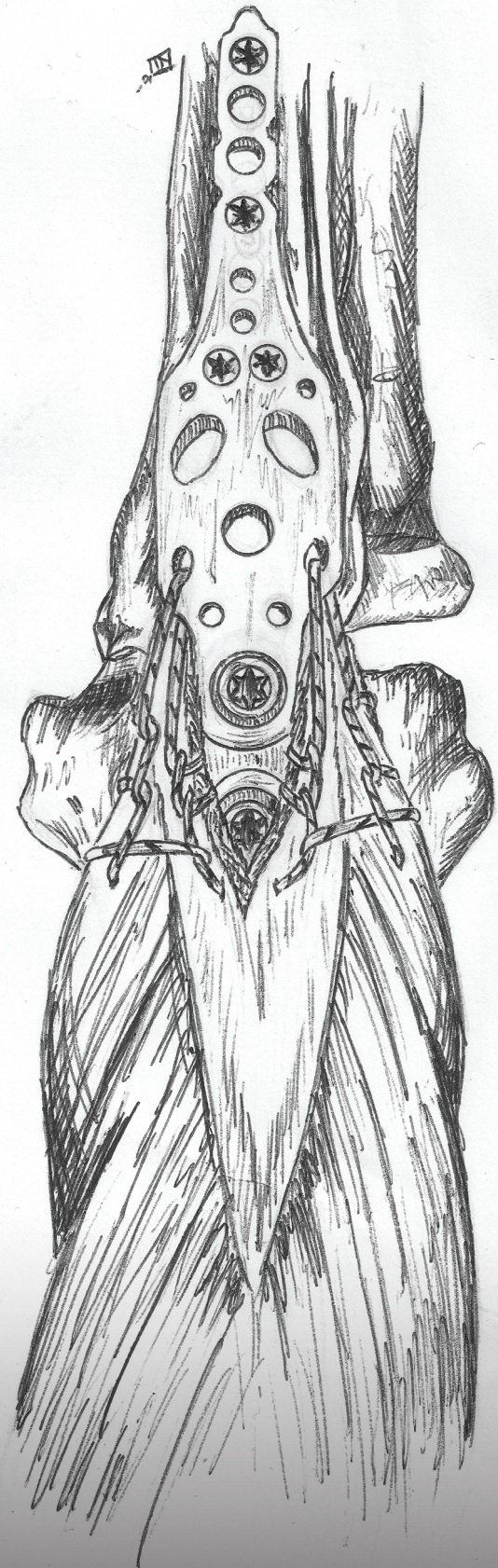
“I redeveloped and regrew when studying plastic surgery. We learned about prioritizing aesthetics, and that was something I used in my art,” Dr. Tieman said. “By using what I know about art, drawing and aesthetics, I really have my own personal style that I get to show off in plastics.”

Dr. Tieman’s passion is displayed through his process while preparing for a cosmetic surgery.

“I operate on a patient two to three times in my head before I get into the operating room,” Dr. Tieman said. “We take preoperative photos of the patient, I go home and think—deciding how I want to go about the surgery. I picture it in my head, I write it out, I draw it.”

Aside from using his artistic abilities, Dr. Tieman loves plastic surgery because of the relationship and trust he builds with patients.

“The real beauty of this field is our ability to help patients see themselves in a new light,” Dr. Tieman said. “By learning their story and seeing how one procedure can give them this newfound confidence, you realize just how impactful your work can be.”



Dr. Tieman began illustrating anatomical structures for personal study use during medical school. His abilities were quickly noticed, and he soon began illustrating for the covers of medical journals.





# When the Doctor Becomes the Patient

When it came time for Dr. Michael Louthan (left) to select a surgeon for his shoulder replacement surgery, his choice was easy. He chose his coworker and friend, Dr. Stephen Jacobsen (right).

**R**iverview Health anesthesiologist Michael Louthan, MD, hopped into his truck and shut the door. It had been a busy day at work, and he was ready to relax. He started the truck, left the hospital parking lot and began his route home.

The drive was one he had made to and from Riverview Health for 21 years. His commute that day was uneventful until he needed to make a left turn. He tried to lift his left arm to turn on his blinker—but he couldn't. Pain shot through his shoulder and his arm felt weak. Frustrated, Dr. Louthan reached over the steering wheel with his right arm to hit the blinker on his left side.

Enough was enough. He was ready to make a change.

"The original injury was from a skiing accident that caused arthritis in my left shoulder," Dr. Louthan said. "As time passed, I watched as the space in my shoulder joint became more and more narrow and my range of motion started to decline."

Dr. Louthan always knew he would need a shoulder replacement. Cortisone injections helped with the pain, but they were becoming necessary multiple times a year. His bone was also becoming thin. It was time for the inevitable—but whom did Dr. Louthan trust with his surgery?

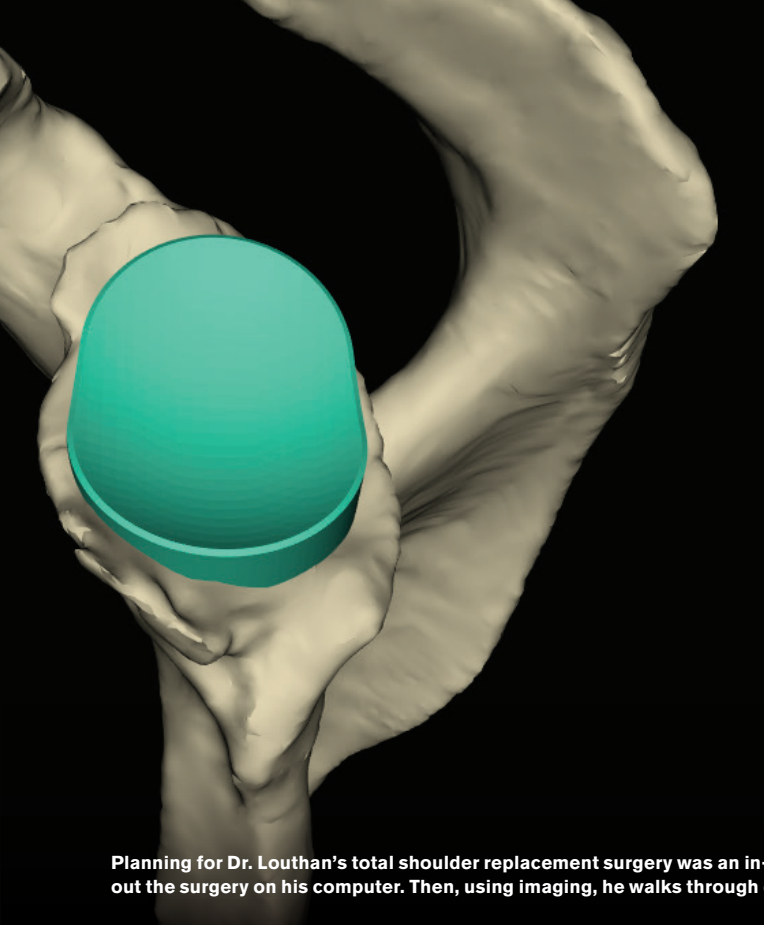
"I worked in the operating room with Dr. Stephen Jacobsen at Riverview Health, and I could see his passion for the shoulder," Dr. Louthan said. "I saw how meticulous he was, and it gave me confidence. I knew long before I replaced my shoulder that Dr. Jacobsen would be the one to do the surgery."

For orthopedic surgeon Dr. Jacobsen, treating his coworker wasn't something that worried him.

"Of course, you want everything to go well when you replace someone's shoulder. The fact that we are colleagues adds another level of complexity to the situation," Dr. Jacobsen said. "But I've always been able to compartmentalize facets of a situation like this. My approach to his shoulder was the same as with any patient I treat. Once I began working on his shoulder, the fact that he was a friend and coworker was not present in my mind. My focus remained on the task at hand."

Planning for Dr. Louthan's total shoulder replacement surgery was an in-depth process. For every shoulder replacement patient, Dr. Jacobsen first maps out the surgery on his computer. Then, using imaging, he walks through each step of the surgery before he ever operates.





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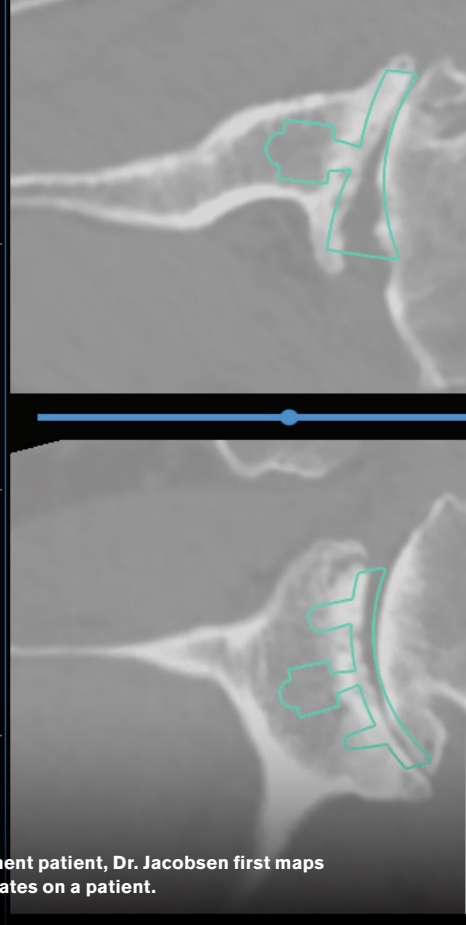
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Measures



**Planning for Dr. Louthan’s total shoulder replacement surgery was an in-depth process. For every shoulder replacement patient, Dr. Jacobsen first maps out the surgery on his computer. Then, using imaging, he walks through each step of the surgery before he ever operates on a patient.**

“There was a significant amount of wear on Dr. Louthan’s socket. This made it impossible to fit a standard socket component in his shoulder,” Dr. Jacobsen said. “I decided to go with an augmented component built up in the back to account for the excessive wear there. I also made a custom guide to help with preparation of the bone. The guide is very useful in situations where there is extreme wear in the bone, which can be disorienting to look at during surgery.”

The total shoulder replacement was a success. After eight weeks of rehab and another week of rest, Dr. Louthan was back to work in the operating room without pain.

“Anesthesiologists rely on their left arm to assist in the placement of the breathing tube used in general anesthesia. I had adapted in a lot of different ways to avoid using my left arm,” Dr. Louthan said. “Once I was back to work after surgery, I had to train myself to use my left arm again. Now it’s like the injury never happened.”

Now healed from surgery, Dr. Louthan is living the active lifestyle he loves in Tucson, Ariz. Since relocating, he has taken up cycling and also enjoys hiking with his dogs.

Going from doctor to patient isn’t always easy. But for Dr. Louthan, having Dr. Jacobsen as his surgeon put his mind at ease.

“Some surgeons may overlook the individual behind the shoulder and just see another shoulder,” Dr. Louthan said. “But for me, I knew it was always my shoulder Dr. Jacobsen was working on. A surgeon who sees you as an individual reassures you that you’re not just another number. You’re a success to them.”



**Now healed from his shoulder replacement surgery, Dr. Michael Louthan is excited to be active again and get back to the hobbies he loves, like skiing.**

# Meet Orthopedic Surgeon Heather Williams, MD

To schedule an appointment with Dr. Williams, call 317.770.3777 or visit [riverview.org](http://riverview.org).



**Q. You speak fluent Spanish—can you tell us more about how you gained that skill?**

**A.** My mom is Cuban, and she moved to the United States when she was a little girl. I learned a little bit of Spanish growing up but became fluent when I studied in Spain for a couple months during college. I also did my hand and microvascular surgery fellowship at the University of Miami, and I lived in Miami for 10 years. In Miami there are a lot of different cultural populations who speak Spanish, so it was great practice for me.

Heather Williams, MD, is an orthopedic surgeon at Riverview Health Physicians Orthopedics & Sports Medicine in Westfield. Dr. Williams is fellowship-trained in hand and microvascular surgery. She specializes in the treatment of carpal tunnel syndrome, arthritis of the hand and wrist, trigger finger and fracture care. Dr. Williams enjoys getting to know her patients and looking beyond the obvious to help them find the answers and treatment they need. As a new physician at Riverview Health, we asked Dr. Williams a few questions to get to know her better.

**Q. When did you know you wanted to be a physician?**

**A.** My grandfather was a family practice physician in Miami for 40 years. As a child, I would go with him to his office and on rounds with him at the hospital. By the age of five or six, I knew I wanted to be a physician, too.

**Q. How did you pick your specialty?**

**A.** I grew up in Fort Wayne, Ind. where I competed in gymnastics. This sport is known to cause a lot of orthopedic injuries, so I spent a fair amount of time in orthopedics offices. I got familiar with the surgeons in Fort Wayne and started to become interested in the profession. Once I was in medical school, I did a rotation in surgery—and I loved it. My next rotation was in orthopedics, where I got to watch a total hip replacement. I thought it was the coolest thing I had ever seen, and I was sold. When it came time to pick my fellowship, I was drawn to upper extremity because of the diverse range of patients we see. I treat every age, from young children to elderly adults. With hands, there are so many new implants and techniques for surgery. It is an exciting specialty to be in.

**Q. What made you want to work at Riverview Health?**

**A.** I live in Carmel, and my kids all play soccer with Indiana Fire at Grand Park, so I pretty much pass Riverview Health in Westfield every single day. I feel strongly that physicians should serve their community, and I wanted to work in the community where I live. When the opportunity with Riverview Health came up, I was thrilled. When I see patients, I know they are my neighbors, my soccer family or my friends. I also love the collective feel of being part of a system. Knowing the other specialists allows me to refer easily and better serve my patients.

**Q. How have your patients changed your life?**

**A.** I think one of my favorite parts about being a physician is learning about all the lines of work my patients do. Are they lifting heavy things? Driving for long periods of time? Sewing? My patients have changed the way I see the world, and I've had the privilege of learning about so many different occupations, passions and hobbies because of them. It makes me appreciate the diversity we have as a community and the way patients use their hands and talents.

**Q. What do you like to do in your free time?**

**A.** My sport is running. I also go to all my kids' soccer games as a spectator. I love to travel, and we try to show our kids different parts of the country on trips. I enjoy cooking different types of food, whether it be Indian, Hispanic, Asian—you name it. I also have a huge vegetable garden, which I love.



# Checking in with Riverview Health Foundation

## *Courtney Cox Cole Infusion Center Goes Above and Beyond*

When Courtney Cox Cole, her family, fellow patients and staff discussed a new Infusion Center at Riverview Health, they focused on creating a welcoming environment that could best serve patients going through traditional treatments for illnesses like cancer, blood disorders and gastrointestinal disorders. With ample space for patients and families that included multiple semi-private areas and private rooms, the dream of creating the Courtney Cox Cole Infusion Center came to fruition in November of 2019. At the time, no one could have predicted that its benefit to our community would go well beyond its initial design.

Shortly after the new center opened, the COVID-19 virus began spreading across the globe. While not a lot was known early on about this novel coronavirus, bamlanivimab, a COVID-19 antibody therapy from Eli Lilly and Co., was proving to be a promising treatment to lessen the severity and minimize the risk of being admitted to the hospital. This new drug therapy was given emergency use authorization from the FDA for the treatment of mild-to-moderate COVID-19 in adult and pediatric patients. Under the direction of Riverview Health Chief Medical Officer, Dr. Eric Marcotte, along with Riverview Health Director of Cardiovascular and Cancer Services, Angie Bolinger, all the staff in the Courtney Cox Cole Infusion Center worked together to implement this innovative treatment strategy.

**“No one could have predicted a pandemic like this and the effect it would have on our community. As healthcare workers, our patients rely on us to keep them safe and well, which means continually adapting to their needs. While one portion of the infusion center continued to provide existing patients with their much-needed infusions, a separate area was able to treat patients with COVID-19. This is just one of countless great examples that shows the resilience and strength of our Riverview Health team.” — Dr. Eric Marcotte**

### **Be Part of It All**

In 2018, Riverview Health Foundation began raising money for what is now the Courtney Cox Cole Infusion Center. In just a few short years, the Foundation was able to raise more than \$1.5 million. Thanks to the generosity of Courtney and her family, along with many other donors, the Courtney Cox Cole Infusion Center is nearing its third year of serving patients.

“Sadly, Courtney lost her battle with cancer shortly before the opening of the Infusion Center in 2019,” said Megan Wiles, executive director of Riverview Health Foundation. “But we feel confident that she’d be thrilled to know that the center is being used to help others well beyond its initial purpose.”

Riverview Health Foundation is grateful for the generous donors who helped fulfill the vision of Courtney and other patients and families by making the Courtney Cox Cole Infusion Center possible.

**If you would like to make a gift to Riverview Health Foundation for the Courtney Cox Cole Infusion Center or other projects that will help serve our community better, scan the QR code or go to [riverview.org/inspire](https://riverview.org/inspire).**

**Dr. Eric Marcotte (center) and staff preparing to administer the first dose of bamlanivimab to a COVID-19 patient at the Courtney Cox Cole Infusion Center.**





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