

Riverviews



News from Riverview Health

Fighting Breast Cancer as a Team



riverview.org | Spring-Summer 2023

Also in this issue:

Overcoming an Injury to Travel the World

Help Yourself to Better Health

Meet Colorectal Surgeon Samer Kawak, MD

Letter from Keith



A new year, a new season! As spring approaches, I am always uplifted by warmer weather, early blooming flowers, buds just beginning to show and fresh growth peeking through the cold, barren ground. In this season of renewal, I am thrilled to have been selected to serve as the interim president and CEO of Riverview Health.

In my first few weeks as CEO, I have found what you likely already know. Riverview Health is an organization filled with highly professional, compassionate caregivers. The quality of care is second to none—but it is delivered in a highly personalized way, tailored to each individual's needs. I have often heard healthcare organizations aspire to deliver personalized, person-centered care. At Riverview Health, I have witnessed it firsthand.

The communities we are privileged to serve are undergoing significant growth and Riverview Health is thrilled to grow right alongside you. As we grow, we are challenging ourselves to reimagine Riverview Health. We are actively working to build on our strengths while adapting to a more digital environment where we will provide more virtual, personalized healthcare. We look forward to creating greater access to healthcare services close to home.

Riverview Health remains busy caring for patients amidst our growth, with the addition of new physicians and service lines. Recent new providers added at Riverview Health include those in colorectal surgery (turn to page 7 to meet Dr. Samer Kawak), foot/ankle surgery and family medicine.

We realize you have busy lives, but I urge you to take care of your health. Make an appointment with your primary care provider for a yearly physical and be sure to schedule your annual mammogram, colonoscopy and other important screenings.

In good health,

Keith Jewell,
INTERIM PRESIDENT & 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 2023*

INSIDE THIS ISSUE:

- News and Information..... 2
- Fighting Breast Cancer as a Team 3
- Healing Through Hyperbaric Oxygen Therapy 5
- Meet Colorectal Surgeon Samer Kawak, MD 7
- Lining Up the Right Treatment 8
- Overcoming an Injury to Travel the World 9
- Help Yourself to Better Health 11
- Riverview Health Foundation Year in Review 13

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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 or call 317.776.7999.

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Exciting Changes at Riverview Health

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

Riverview Health Earns the Intuitive Health 2022 Center of Excellence Award

Riverview Health Emergency Room & Urgent Care in Carmel received the 2022 Center of Excellence Award from Intuitive Health, the national leader of the dual emergency room and urgent care model. The Center of Excellence Award recipients exemplify the best-of-the-best in patient care—significantly exceeding globally recognized benchmarks in customer service, clinical excellence and high-quality care and setting new standards of value-based healthcare. Intuitive Health partnered with Riverview Health in 2018 to open three free-standing emergency and urgent care locations in Fishers, Carmel and West Carmel/Zionsville.

Riverview Health Acute Rehabilitation Program Achieves Accreditation for High-Quality Service

Riverview Health is proud to announce the certification of its Acute Rehabilitation program by Commission on Accreditation of Rehabilitation Facilities (CARF). The CARF accreditation demonstrates the commitment of Riverview Health to continuously improve service quality and to focus on the satisfaction of patients. Whether it's intense rehabilitation for stroke, trauma, prolonged illness, orthopedic or neurological conditions, our goal is to provide personalized care that helps our patients regain the level of independence needed to be able to enjoy their lives.

New Clinicians

Please join us in welcoming the following clinicians:

- **Sierra Akinwumi, NP**—Hematology/Oncology
- **Ali Akmal, MD**—Pain Management
- **Jennifer Burch, NP**—Orthopedic Surgery
- **Chelsey Decker, NP**—OB/GYN
- **Haylee Goad, NP**—Pain Management
- **Laura Haisley, NP**—OB/GYN
- **Sarah Heckman, NP**—Family Medicine
- **Kelly Jones, NP**—Wound Care
- **Samer Kawak, MD**—Colon & Rectal Surgery
- **Tara Land, DO**—Family Medicine
- **Ashley McCuen, DO**—Nephrology
- **Rishi Megha, MD**—General Surgery
- **Brandon Petrone, DO**—Orthopedic Surgery
- **Elizabeth Romano, NP**—Hematology/Oncology
- **William Snyder, DO**—Family Medicine
- **Sarah Standish, DPM**—Podiatric Surgery
- **Paul Szotek, MD**—General 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.**

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. **Sign-up is easy!**



Fighting Breast Cancer as a Team

When you meet Noblesville resident Abbey Hash, it's immediately obvious she's not easily shaken. Friendly and confident, she takes life as it comes at her, focusing on what she can control and letting go of the rest. It was this composed attitude that helped Abbey overcome one of the most challenging experiences of her life—fighting breast cancer.

“I went in for my annual OB/GYN exam two months after I turned 40 and my doctor, Dr. Stephanie Brazus, said, ‘You’re 40, I’m sending the request over for you to get your first mammogram,’” Abbey recalled.

Abbey is a devoted wife and the mother of two, so she likes to stay on top of her health for her family. At Dr. Brazus’ recommendation, she promptly scheduled her mammogram at Riverview Health Bone & Breast Center for March 27, 2022. But what is typically a routine scan for many turned into a life-saving decision for Abbey.

“After my mammogram, I got the call that there was a concerning abnormality. And by April 4, 2022, I had my cancer diagnosis,” Abbey said.

Hearing the cancer diagnosis was a surreal experience for Abbey. But she focused on taking one step at a time.

“It was like ‘alright, let’s go make sure everything is okay—what’s the next step,’” Abbey said. “The staff at Riverview Health Bone & Breast Center were so kind and thorough and made sure I knew what was happening every step of the way. It went very quickly, but I never felt rushed.”

After her diagnosis, Abbey was referred to Riverview Health surgeon Dr. Samuel Heiser. Dr. Heiser has been a surgeon for 31 years, 25 of which have been at Riverview Health.

“Abbey had a couple sites of cancer in her right breast,” Dr. Heiser said. “Additionally, an MRI revealed that she also had early cancer in her left breast.”

But despite the shocking news, Dr. Heiser noticed how Abbey took her diagnosis in stride.

“Abbey was remarkably calm,” Dr. Heiser said. “When she arrived at my office, she had done her homework and was thinking a double mastectomy was the right choice for her. After the MRI revealed she had cancer in her left breast as well, we all determined that was really the best option for her.”



Abbey and Trevor Hash have been married for more than 17 years. With two busy kids—Logan, 13, and Lyla, 11—Abbey likes to make sure she stays on top of her health. After Abbey turned 40, she promptly scheduled a mammogram, and what is typically a routine scan for many turned into a life-saving decision for Abbey.

Abbey also knew she wanted to undergo immediate reconstruction with implants after her double mastectomy, so Riverview Health plastic surgeon Dr. Joshua Tieman was called in to meet with Abbey and to discuss her options.

“My goal for all my breast cancer patients is to get them feeling as whole and complete as I can,” Dr. Tieman said. “Breast cancer is a frightening disease, and it robs so much from the women it affects. I strive to help patients feel comfortable in clothing again and like they don’t have to hide anything.”

After his initial consultation with Abbey, it was clear to Dr. Tieman that she was going to be a great candidate for reconstruction.

"Abbey is young and healthy, besides her breast cancer diagnosis," Dr. Tieman noted. "She takes good care of herself, has good skin quality and doesn't smoke. When doing a pre-op evaluation, I look at the risks for a direct-to-implant reconstruction at the time of the mastectomy. Abbey was a good candidate for this because of her health."

While Abbey was a good candidate for immediate reconstruction, Dr. Tieman cautioned that things could change during surgery, depending on what Dr. Heiser found and how her mastectomy skin flaps looked. Both doctors emphasized that removing the cancer came first—cosmetic goals were second. And as usual, Abbey had a great attitude about it.

"I preferred to have the implants when I left, but my focus was on getting all the cancer out," Abbey said. "If I had boobs when I woke up—bonus! If not, it was okay."

Dr. Heiser and Dr. Tieman worked collaboratively during Abbey's surgery, and thankfully, her final pathology didn't give them any surprises. Dr. Heiser was able to remove all cancerous tissue, and there were no signs of the cancer spreading to Abbey's lymph nodes. Additionally, Dr. Tieman was able to immediately perform reconstructive surgery and place Abbey's implants.

"Abbey had a great attitude and a very good cosmetic result," Dr. Tieman said. "She's done extremely well post-operatively—even better than I thought she would—and has just been really fantastic in every way."

Thankfully for Abbey, she did not have to undergo chemotherapy or radiation after her surgery. Instead, she will see Dr. Deng Zhang with Hematology Oncology of Indiana for hormone therapy medication moving forward.

"Working with Dr. Heiser and Dr. Tieman was amazing," Abbey said. "They were both very thorough and made sure I was informed every step of the way. I never felt rushed in their offices."

When asked what advice she had for other breast cancer patients, Abbey stressed finding a support system—no matter what that looks like.

"This disease not only affects you physically, but there is a pretty big mental toll—not just when you find out you have cancer or while you're going through cancer, but also on the other end," Abbey said. "I know that there are still times that I need to cry or call a friend to talk. To anyone who is getting ready to go through this: find your support group. Whether it's the people in your home, family, friends or strangers that become your friends through support groups. This is not something that you're going to want to go through on your own, and it's not necessarily going to be over even once you're cancer-free. You're still going to need that support."

Testing before her surgery revealed Abbey has no genetic abnormalities that would predispose her to breast cancer, and she has no family history of the disease. Because of this, Abbey urges others to take control of their health and to not procrastinate getting their yearly mammograms.

"I'm only 40 years old, and I am a healthy, fit woman," Abbey said. "There is no rhyme or reason as to why I had cancer. If I had procrastinated and pushed back my mammogram a year or two, we would be having a very different conversation about my journey through breast cancer. Early detection 100 percent shortened my cancer journey and it most likely saved my life."



After recovering from her double mastectomy, Abbey is excited to get back to doing what she loves—like going to her kids' sporting events and spending time with her family and friends.



Healing Through Hyperbaric Oxygen Therapy

Retirement—for most it's exciting, refreshing and the start of a new, relaxing chapter. But for Michal Howden, retirement came quicker and more painfully than he could have ever imagined.

Now walking with a cane, Michal described how a broken toe and a scrape on his foot resulted in six days in the hospital, a diabetes scare, a toe amputation, a Wagner 3 diabetic foot ulcer and 30 days of hyperbaric oxygen therapy.

Michal lives in Zionsville with his wife, Betsy. As a family-oriented man, Michal always looks forward to time spent with his children and grandchildren. He's also a self-proclaimed "history buff," and spends his free time researching and writing.

In May 2022, Betsy had rotator cuff surgery and Michal was taking care of her at home.

"Because of her surgery, it was one of the few nights that she went to bed before I did. I turned off all the lights in the house and tried my best to get into bed quietly," Michal said. "I was not successful because I wacked my foot on the bedframe as I was getting into bed."

Michal thought he probably had broken a toe, but having had broken toes earlier in life, he decided to not go to the doctor because he thought there wasn't much that could be done. Michal also sustained a scrape on the top of his foot that he wrapped, thinking it was best way to prevent infection.

After a few days of having his foot wrapped, an infected wound had clearly formed. At this point, Betsy decided Michal needed to seek medical care at Riverview Health Emergency Room & Urgent Care in West Carmel/Zionsville. Following his visit, he was admitted to Riverview Health in Noblesville.

"I got to the hospital, and they told me the wound was very serious, so they went to work on me," Michal said. "Once this situation started and we realized the severity and the long road to recovery I had ahead of me, my retirement started that day."

After some initial testing, Michal's care team informed him that he was diabetic. His blood sugar was at 400, while a normal blood sugar is around 100. He immediately began insulin injections and testing, all while treatment of his wound continued.



For Michal Howden, what started as a broken toe and a scrape on the top of his foot resulted in the formation of a serious foot ulcer and toe amputation. But he is completely healed after six weeks of hyperbaric oxygen therapy at Riverview Health.

Michal was diagnosed with a Wagner 3 diabetic foot ulcer. The infection from the ulcer spread to his broken toe, which was later amputated by Dr. Khawar Z. Malik, DPM. His foot ulcer was treated by Riverview Health wound care expert Dr. Tracey Ikerd.

"Dr. Ikerd came into Michal's room and sat down on the edge of the bed and just talked with us for about an hour," Betsy said. "He was personable, and the thing about him that I really appreciated was that he gave us all the information on treatment and his recommendations, but at the end of the day, all the decision-making was done by Michal."

Dr. Ikerd recommended 30 days of hyperbaric oxygen therapy. Michal decided that if this was what the doctor suggested, he was going to do it without hesitation.

Hyperbaric oxygen therapy, or HBOT, increases the amount of oxygen in the blood, allowing red blood cells to pass more easily through the plasma to help heal a wound from the inside out. A patient lies inside of the HBOT chamber that is sealed shut and filled with pure oxygen.

"Hyperbaric oxygen therapy is used to treat wounds that are not healing with standard wound care," said Sherri Haskett, CNA, HBOT technician. "We place a patient in an acrylic hyperbaric chamber where they are surrounded by 100 percent oxygen."

Monday through Friday, for six weeks, Michal would lie down in the HBOT chamber at Riverview Health for 90 minutes. The first seven minutes got him to a depth of pure oxygen, then there were seven minutes at the end when he would be brought up from that depth.

"I was nervous about being claustrophobic in the chamber, but it really was not bad," Michal said. "Once I was in the chamber, I relaxed and I was able to bring my own DVDs to watch on the TV each day."

While it was a long and painful journey to heal the wound, after 30 days of therapy, Michal was home and regaining his mobility from the toe amputation and the foot ulcer. Recovery also included small diet changes to control his diabetes.

Today, Michal's blood sugar is normal, and he requires no insulin injections; just an oral pill he takes daily.

As Michal recounts this situation, he feels lucky that he was able to have the doctors, nurses and wound care staff that he did at Riverview Health.

"Before this, I had never even been in a hospital," Michal said. "I could have ended up at any other health system in the area, but we are ecstatic that I ended up at Riverview Health. Had I not received such great care or not followed the doctors' recommendations, I could've lost my foot, or worse, my life."

Finally, Michal and Betsy are happily and healthfully enjoying this phase of their life—retirement.



Michal Howden spent 90 minutes a day, Monday through Friday, for six weeks at Riverview Health while receiving his hyperbaric oxygen therapy to heal his foot ulcer.



When Michal Howden was admitted to the hospital with a severe foot ulcer, his big toe was amputated and his foot was wrapped to prevent further infection.



Following his hyperbaric oxygen therapy, Michal Howden (back right) healed enough to travel again. His first adventure was a beach trip to Florida with his children and grandchildren.

Meet Samer Kawak, MD

Colorectal Surgeon



What does a colorectal surgeon treat?

Colorectal surgeons treat a wide variety of issues starting with hemorrhoids and anal fissures, all the way to complex cancer care. Other issues treated by a colorectal surgeon include cysts, diverticulitis, Crohn's Disease, ulcerative colitis, constipation, rectal prolapse, Lynch Syndrome, fecal incontinence, rectovaginal fistula and many more. Colorectal surgeons also perform colonoscopies for screening, diagnosis or surveillance.

A Proud Hoosier

Originally from Indianapolis, Dr. Kawak attended Wabash College and then Indiana University for medical school. He completed general surgery training at Beaumont Health in Royal Oak, Michigan, and then a colorectal fellowship at the University of Wisconsin in Madison.

Technology

Dr. Kawak is committed to ensuring the most up-to-date treatments and surgical techniques are offered when appropriate. While he is trained specifically in colorectal surgery, he also has extensive training in da Vinci robotic surgery. This minimally invasive surgical system offers many benefits, including less pain

following surgery, lower risk of infection, minimal scarring, shorter hospital stays and an overall quicker recovery.

Patient Philosophy

While colorectal surgery is an important specialty, it can sometimes include issues that might be uncomfortable for patients to discuss.

"I take care with patients when discussing sensitive and, at times, embarrassing topics common to my specialty," Dr. Kawak said. "I pride myself on creating a safe space for patients where they feel comfortable expressing their problems."

After Hours

Dr. Kawak enjoys cooking, hiking and playing basketball.

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Lining Up the Right Treatment

Deb Tatman rarely has downtime, but that's the way she likes it. In addition to being a full-time endoscopy and surgery nurse at Riverview Health, she recently completed a two-year program to obtain her master's degree in nursing education, and she teaches nursing students at Indiana University Kokomo on the side.

And, as if she didn't have enough on her plate, life handed her a breast cancer diagnosis at the beginning of March 2022.

"That's a phone call you never want to get," Deb recalled. "You just sit there, and you see the number show up and know who it is. Once you hear the words 'you have breast cancer,' time stands still, and everything is a blur."

Unfortunately, Deb, 52, is no stranger to breast cancer, as she lost her 58-year-old mother to metastatic breast cancer when Deb was 25. After that, she began getting yearly mammograms starting at age 30.

"I've always made it a point to get my annual mammogram and stay on top of my health," Deb said.

Deb's breast cancer was classified as Stage II, as it was found in a lump and a lymph node. Soon after her diagnosis, she met with a team of specialists at Riverview Health that included Dr. Deng Zhang in hematology/oncology, Dr. Thomas Dugan in radiation oncology and Dr. Samuel Heiser in surgery.

"I'm typically the type of person who just wants to dive head-first into everything, so, I was ready to come out swinging," Deb said. "But Dr. Heiser said we needed to be more thoughtful and get our ducks in a row to form a plan of attack."

After lab tests, scans and much preparation, Deb had a lumpectomy in April 2022 in which Dr. Heiser surgically removed the cancer. After that, Deb began the first of 33 rounds of radiation therapy in May 2022.

Dr. Dugan, who specializes in radiation therapy for cancer patients, began practicing at Riverview Health nearly 30 years ago and has helped the hospital remain at the forefront of technology and treatment for cancer.

For Deb's treatment, a linear accelerator was used in order to create the best outcome while minimizing radiation doses in unwanted areas of her body.

"We have the newest generation of linear accelerators at Riverview Health, so we are able to obtain excellent pre-treatment imaging, which helps with planning treatments,"

Dr. Dugan said. "This is the workhorse of radiation therapy delivery."

Because Deb's breast cancer was on her left side, she used a breathing technique during radiation treatments in which she would hold her breath for 20-second intervals during each dose to create more space between her chest and her heart. Doing this helped minimize any radiation that may have gotten close to her heart or other tissue.

"Each treatment only lasted about 10 minutes, so that allowed me to schedule in the mornings before I went to work," Deb said. "Living

in Tipton and working in Noblesville, I was so thankful that I didn't have to leave my community to get treatment."

From diagnosis to surgery and treatment, Deb credits the intimate network of providers and services at Riverview Health for being able to move more quickly than larger systems when it comes to scheduling, testing, planning and treatment.

Since completing treatment, Deb's life has returned to its normal, busy state—and that's the way she likes it.

"Cancer disrupts your life enough, so having everything and everyone I needed close to home, meant I didn't have to fight traffic or get lost in the shuffle of a bigger hospital," Deb said. "We're fortunate enough to have the latest technology to kick cancer to the curb."



Deb Tatman didn't have time for breast cancer to disrupt her busy life any more than it had to. With the linear accelerator at Riverview Health, she was able to receive 10-minute radiation therapy treatments to conquer her cancer and get back to her life.



Overcoming an Injury to Travel the World

Sixty-eight-year-old Noblesville resident Nancy Bottorff was looking forward to a fun-filled year. With eight grandkids, six great-grandkids and a trip to Italy in the fall of 2022, she was excited for everything the coming months had in store. But Nancy's plans came screeching to a halt in May 2022.

"We were at our daughter's house for a pool party on the Sunday of Memorial Day weekend," Nancy recalled. "I was with my grandson, Drew Colvin, and we had our arms around each other's waists as we both took the two steps down to the pool deck. However, I only took one step and fell."

Nancy said she is lucky Drew had a hold of her or her injury would have been much worse. But despite Drew softening her fall, it was immediately apparent Nancy's left ankle was broken.

"Don't look, Gigi, don't look!" Drew urged Nancy when he saw her ankle. He quickly elevated her foot while they waited for help. Nancy could also tell from the pain that her left wrist was injured.

When the ambulance arrived, Nancy was given the choice to be transported to Riverview Health or another area hospital. Nancy's family had previously utilized the maternity services at Riverview Health and had a wonderful experience, so Nancy asked to be taken to the Riverview Health emergency room. In hindsight, she says this is a decision she is so grateful for.

Once in the hospital, Nancy was seen by Riverview Health orthopedic surgeon Scott Smith, MD.

"I saw Nancy emergently after her injury," Dr. Smith said. "Unfortunately, both her ankle and wrist were broken at the same time. Normally, people with those separate injuries would be able to go home, but since she had injured both at once, we decided to treat her ankle in a more urgent fashion."

Dr. Smith operated on Nancy's ankle the following day to place one plate and nine screws. Fortunately, he was able to get her wrist aligned without surgical intervention and instead was able to place her in a splint.

"Nancy was a trooper," Dr. Smith said. "It's tough when both extremities are hurt at the same time, but she had a

great outcome. Her surgery went smoothly, and she had no complications.”

After surgery, Nancy was an inpatient in acute rehab at Riverview Health for one week. Nancy couldn't have been happier about her inpatient experience.

“Dr. Smith, the nurses and the therapists at rehab were all awesome,” Nancy said.

After being discharged, Nancy had home healthcare for a month, and she began outpatient therapy at Riverview Health Rehab & Fitness in Noblesville.

“Nancy was in a walking boot and wanted to get out of that right away so she could walk in normal shoes when she went to Europe in the fall,” said Riverview Health physical therapist Kelly Byrd. “When I began seeing her, she had pain, swelling in her ankle and decreased strength and range of motion. However, I knew I needed to get her walking and ready for her trip!”

Together, Nancy and Kelly worked on exercises that would strengthen her ankle and improve her range of motion and balance, as a traumatic event—such as breaking an ankle—can negatively affect balance.

Nancy also worked closely with Riverview Health occupational therapist Lori Cain on her wrist.

“For Nancy, we created a home program, and I saw her twice a week to work on range of motion, strengthening and functional tasks,” Lori said. “For example, we worked on things she would be doing on her trip—such as carrying, pulling and pushing luggage.”

Thanks to Nancy's diligence and her therapists' guidance, her treatment was a success—and just in time for her Italy trip in September 2022.

“We had a phenomenal time on our trip,” Nancy recalled. “I wore my boot and my wrist brace on the plane just to be safe.



After a broken ankle in May 2022 made it difficult for Nancy Bottorff to walk, she was unsure if her trip to Italy in the fall would happen. But thanks to Nancy's hard work and the guidance of her Riverview Health care team, Nancy was able to recover in time to travel to Europe with her husband, Richard.

I also wore them in crowded areas because I felt like people would be more careful with me, and they were. Other tourists would get up and give me their seats and were so polite.”

When she was in smaller villages, Nancy didn't wear her boot and was still able to walk the uneven brick streets. She was even able to participate in a cooking class and roll dough—a wonderful experience she says she owes to Lori's wrist therapy.

The last town Nancy and her husband, Richard, visited was Volterra, where they toured a beautiful cathedral. Unbeknownst to her husband, Nancy brought her wedding ring with her on the trip. Due to swelling from her injury, she had previously been unable to wear it. But with her hand now healing nicely, Nancy surprised her husband and he placed the ring on her finger again inside the beautiful church. They also exchanged wedding vows once more—a memory she said she will never forget.

Nancy credits the care she received with being able to have the trip of a lifetime.

“I'm so happy I chose Riverview Health for my care,” Nancy said. “To other patients experiencing a similar injury, I urge you to stay strong mentally and listen to your therapists. Follow their directions and be like a child with a parent. Let the therapists be your teacher and you just need to do your homework.”



Nancy Bottorff also suffered from a broken wrist from her fall, which made it difficult to do functional tasks with her left hand. But after working with occupational therapist Lori Cain at Riverview Health Rehab & Fitness, she was able to participate in a cooking class while on her trip to Italy.



Help Yourself to **Better Health**

As the county-owned hospital, we're invested in keeping our community healthy, and it's our mission to improve and preserve the health and well-being of those we serve. That's why we offer a variety of cardiovascular health screenings and laboratory blood tests that you can purchase without a doctor's order.

Direct Access Laboratory Testing

With our online selection of tests, you can easily browse and purchase lab draws that are designed to evaluate your current health status. Blood draws are performed on a walk-in basis during normal business hours at our outpatient lab in our Noblesville and Westfield hospitals. Payment is due at the time of registration and we do not bill insurance.

Visit riverview.org/labs to view all of our available lab profiles, learn what tests are included and make a purchase.

- \$40 Athletic Performance Profile
- \$30 Blood Typing
- \$80 Celiac Disease
- \$20 Diabetic Profile
- \$80 Food Allergy Panel
- \$60 Heart Health Profile
- \$20 Kidney Function
- \$20 Liver Function
- \$140 Men's Health Profile
- \$80 Nutrition Profile
- \$30 Prostate Profile
- \$190 Respiratory Allergen Profile
- \$40 Thyroid Profile
- \$50 Wellness Profile
- \$140 Women's Health Profile

**Riverview Health Outpatient
Laboratory in Noblesville**
395 Westfield Road
Noblesville, IN 46060
317.776.7379

Monday-Friday: 7 a.m.–6 p.m.
Saturday: 7 a.m.–noon

**Riverview Health Outpatient
Laboratory in Westfield**
17600 Shamrock Blvd.
Westfield, IN 46074
317.214.5420

Monday-Friday: 7 a.m.–6 p.m.
Saturday: 7 a.m.–noon

Cardiovascular Screenings

Heart disease is the leading cause of death in men and women, according to the Centers for Disease Control and Prevention. Knowing your vascular health and risk for heart disease and heart attacks can help ensure you live a longer, healthier life. Riverview Health Heart & Vascular offers preventive screenings that you can schedule or prequalify for without a doctor's order. Take care of your cardiovascular health through one of the following tests and be sure to share your results with your physician.

To purchase and schedule a screening, visit riverview.org/heartscreenings or call 317.776.7247.

\$49 CT 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.

To be eligible, men must be older than 35, and women must be older than 40. Patients must have a primary care physician to whom the heart scan results can be sent. This test is not recommended for patients with stents or previous heart surgery. We do not bill medical insurances for this screening, and payment is due at the time of scheduling.

\$79 Vascular Screening Package

With this package, you can check your risk for stroke, abdominal aortic aneurysm and blockages in your legs. Patients must be at least 30 years old. We do not bill insurance for this package, and payment is due at the time of scheduling. The package includes these three noninvasive screenings:

- **Carotid Artery Screening**

Understand your stroke risk with an ultrasound screening that detects narrowing and blockages of the carotid arteries—the main arteries in the neck that supply blood to the brain.

- **Abdominal Aortic Aneurysm Screening**

Discover if you have signs of an abdominal aortic aneurysm—a bulge or weakness in the aorta, the major blood vessel that extends from the heart into the abdomen—through this noninvasive ultrasound.

- **Ankle Brachial Index Test**

We'll use ultrasound to check for blockages or plaque buildup in your legs that may be signs of peripheral artery disease or cardiovascular disease. If you have leg pain when walking, consider getting this simple screening to check the health of your arteries, as this could be an indication of blockage.



Riverview Health Foundation Year in Review

2022 was another great year for Riverview Health Foundation as we raised money to support numerous programs and projects at Riverview Health. Through individual and family gifts, corporate sponsorships and fundraising events, the Foundation has been able to give back to the patients and families cared for at Riverview Health. Here's a brief highlight of 2022.

January 1 – Riverview Health Auxiliary officially became a part of Riverview Health Foundation with combined fundraising activities and financial record keeping. As one of the longest and largest donors to the Foundation, the Riverview Health Auxiliary plays an important role in helping fund important projects—including a gift of \$50,000 in 2022 to help with the purchase of new bassinets for the maternity department.

April 14 – The Foundation hosted the Women of Vision Luncheon and featured Kay Frances as the keynote speaker. Frances delighted more than 250 attendees with her humor and insights as she discussed how to “Laugh More, Stress Less and Take Care of Yourself.” The Foundation would like to thank CarDon & Associates for serving as the diamond sponsor for the event. At the luncheon, we raised money to help with the purchase of new bassinets for the maternity department and over \$41,000 was granted to departments within Riverview Health serving women and children.

April 21 – We honored our volunteers at the annual Riverview Health volunteer appreciation luncheon at The Bridgewater Club. We recognized and thanked the numerous volunteers who selflessly help patients and visitors at Riverview Health. These volunteers donate over 35,000 hours annually and play an integral role in making Riverview Health a great place to receive care.

June 22 – The 30th annual Heartfelt Thanks Golf Outing was held at Pebble Brook Golf Club. BMO Harris Bank was the presenting sponsor for the event, which hosted 59 foursomes. Lunch and dinner were provided by Gaylor Electric, led by Chuck Goodrich. Funds raised from this outing were allocated to help support Riverview Health staff through the “Thankful for You in 2022” program. Funds raised will also assist with the upcoming renovation of the acute inpatient rehabilitation unit at the hospital in Noblesville.

June 24 – Riverview Health Foundation benefitted from a night of fundraising during Polo at Sunset at Hickory Hall Polo Club. This was the first time Riverview Health Foundation was selected as one of the charities to receive donations from gate revenue, VIP hospitality tailgate spots and other activities, including stick horse races and a 50/50 draw. Hickory Hall Polo Club has been hosting Polo at Sunset for many years and Riverview Health Foundation looks forward to making this an annual event.

August 16 – The Foundation hosted another inaugural event—Wine, Women and Whiffs. This event was a women-only 9-hole golf outing held at Harbor Trees Golf Club. Attendees loved the event, and proceeds raised helped fund pasteurized donor human milk for new moms and babies in the maternity department at Riverview Health.

September 22 – Riverview Health Auxiliary held its annual Autumn Elegance Style Show at The Bridgewater Club. This event was held in conjunction with Bash Boutique, Riverview Health Gift Shop and Secret Ingredient to showcase the latest in fall fashions. The luncheon included shopping opportunities and time to catch up with old and new friends while supporting Riverview Health Auxiliary.

October 28 – Shaken, Not Stirred—A Black-Tie Affair was held to benefit the upcoming renovation of the acute inpatient rehabilitation unit at Riverview Health in Noblesville. 260 attendees enjoyed an evening of casino-style games. Attendees also heard from patients of the acute inpatient rehabilitation unit about the importance of the project. Through sponsorships, raffles and direct gifts, over \$200,000 was raised that night.

November 30 – We celebrated the grand opening of Carolyn's Corner Gift Shop. Carolyn Johns spent more than 30 years volunteering her time and expertise to oversee the buying and selling of clothes and other items in the gift shop. In honor and recognition of Carolyn's dedication to running the gift shop at Riverview Health, the Board of Trustees of Riverview Health renamed the gift shop to Carolyn's Corner Gift Shop. Proceeds from the shop help to fund various projects within Riverview Health.

To learn about 2023 Foundation events or to make a gift, please visit riverview.org/foundation



Comedian Kay Frances spoke at the Women of Vision Luncheon and shared how to “Laugh More, Stress Less and Take Care of Yourself.”



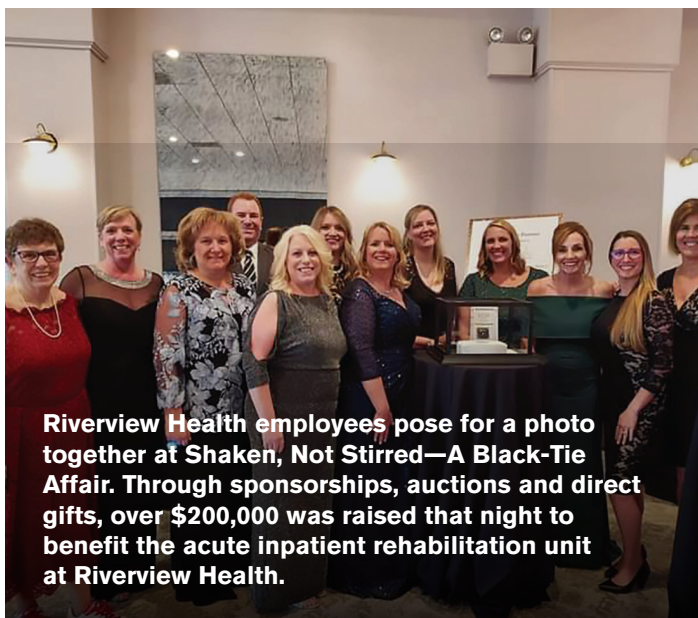
On a perfect summer day, participants had a great time socializing, golfing and most importantly, giving during the 30th annual Heartfelt Thanks Golf Outing.



Riverview Health welcomed Carolyn Johns' daughter, Claudia Arnold, and granddaughter, Jessica Brown, for the ribbon cutting ceremony for Carolyn's Corner Gift Shop. Carolyn served as the manager of the gift shop for over 30 years.



The participants at the Wine, Women and Whiffs event preparing to hit the greens. Luckily, no whiffs happened that day.



Riverview Health employees pose for a photo together at Shaken, Not Stirred—A Black-Tie Affair. Through sponsorships, auctions and direct gifts, over \$200,000 was raised that night to benefit the acute inpatient rehabilitation unit at Riverview Health.

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 are 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.



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A woman with curly hair, wearing sunglasses, a white zip-up jacket with a logo, black leggings, and white sneakers, is walking a large brown dog on a teal leash. They are in a stable aisle with wooden stalls on either side. A blue text box is overlaid on the right side of the image.

With advanced
technology and
expert care,
**we'll get you
back to what
you love.**

RIGHT SIZE. RIGHT CARE. RIGHT HERE.

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