

NEWS FROM RIVERVIEW HEALTH

FALL 2014

RIVERVIEWS

riverview.org



Riverview
HEALTH

**A HEALTHY
FAMILY
IS A HAPPY
FAMILY**

ALSO IN THIS ISSUE:

NEW KNEES FOR A NEW LIFE, GETTING YOUR SLEEP ROUTINE ON TRACK AND A PROFILE IN PHILANTHROPY

Letter from Pat



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

As we shake off the last remnants of summer and prepare to move into the fall months, I'm reminded of just how soon we'll be stuck indoors, living more sedentary lives—at least for a little while.

This can lead to inactivity, which, in turn, can be a recipe for poor health and higher healthcare costs.

A more sedentary lifestyle can be expensive for employers—either through lost productivity or higher healthcare premiums. And with employers passing on more of their healthcare costs to their employees each year, it can also be expensive for you.

So how can you avoid falling into this trap and keep your healthcare costs down? The first step is to stay active. The next is to be proactive. We encourage you to take advantage of health screenings offered by Riverview Health and address issues before they become serious.

If you check our Seminars & Events section in this issue of Riverviews, you'll see we're once again offering our annual Health Fair in early October. At this event, you can take advantage of a number of free and discounted screenings—everything from women's health services to important cardiac and orthopedic evaluations. Plus, you can attend educational sessions and get tips on a variety of health topics.

If you can't make it in October, you can opt to have testing done on your own schedule. We offer a wide range of health profiles with a simple blood draw through our direct access laboratory testing. To register for a profile, simply log onto riverview.org and click the link on the home page.

Another way you can hold down healthcare costs is to work closely with your primary care physician. He or she can conduct an annual physical and help you make sure your immunizations are up-to-date. Physicals are a great way to identify health issues before they become a bigger problem.

Keeping healthcare costs manageable is not just the responsibility of doctors, hospitals and insurers. It's the responsibility of all of us—and we hope you'll join us in keeping those costs low for the good of everyone.

Have a healthy and happy fall.

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 Fall 2014

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LOOKING FOR A PHYSICIAN?

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

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

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Questions or Comments?
Call 317.776.7999

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

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Exciting changes at Riverview Health

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

Enhanced services

The Intensive Care Unit at Riverview Health is currently being remodeled and is expected to be complete in mid-September. The renovation includes updating bathrooms and staff computer space in patient rooms, as well as expanding and redesigning the nursing station to include a physician work area for improved workflow. The medication area will also be redesigned, and energy-efficient lighting and HVAC systems will complete the update.

Award-winning care

We're proud of the care we provide at Riverview Health, and now we're honored to have been named a Five-Star Excellence Award winner in two important areas: Inpatient Services and OB/GYN Services. The Five-Star Excellence Award is given annually by Professional Research Consultants, Inc. to healthcare organizations that have excelled in patient care and making their organizations a better place to work and practice medicine. Riverview Health Inpatient Services and OB/GYN Services scored in the top 10 percent nationally for "Excellent" responses according to feedback from patients like you.

New clinicians

Please join us in welcoming the following clinicians:

- **Samir Baroudi, MD**—Specializes in nephrology
- **Sheri Ikerd, NP**—Specializes in pulmonology
- **Martha J. Dwenger, MD**—Specializes in radiology
- **Brian D. Hornback, MDP**—Specializes in pathology
- **Virginia Nider, NP**—Specializes in vascular surgery

Don't let leaves rake your back

Raking leaves is a chore many of us have to do each fall. But you want to be careful not to hurt your back while doing it. To avoid getting hurt, follow these tips from the American Academy of Orthopaedic Surgeons. First, when picking up leaves, bend at the knees instead of the waist. Second, keep your leaf piles small so you don't strain while gathering them. Third, avoid overfilling leaf bags to keep the bags from becoming too heavy. And finally, take care when walking on wet leaves because they can be very slippery.



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



UPCOMING Seminars & Events

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

GIFTING for a Great Cause

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

SIGN UP for our E-Newsletter

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





A HEALTHY FAMILY BEGINS WITH A FAMILY DOCTOR

Imagine sitting in the waiting room of a doctor's office when a medical assistant opens the door and yells out "Patient number 37!"

You aren't quite sure how to respond as you glance around the room wondering "Who's patient 37?" Surely it's not you. They know your name, right?

It can be easy to feel like just another number in a doctor's office—like no one there knows you because you see your primary care doctor only every few years when you're not feeling well.

At Riverview Medical Group, we pride ourselves on making your visit to your primary care doctor a pleasant one. One where the physicians and staff take the time to not only get to know you, but also your entire family. And we help you manage all kinds of ailments, not just a cold or the flu.

Take Dr. Valerie Beard for example. As a family practitioner at

New Hope Family Medicine in Carmel, Dr. Beard firmly believes that establishing a long-term relationship with her patients and their families allows her to provide them with the best care.

"Spending time listening to a patient's perspective of their health history and concerns, and learning their family dynamics helps me treat individuals for acute and chronic conditions," Dr. Beard said. "You need a physician with whom you have a relationship and you trust—one who can put your medical, emotional and social needs into perspective when talking about a particular health problem."

Despite this, many people opt to go straight to a specialist—often one they don't know—and skip their primary care provider altogether. An alternate approach would be to let your family doctor assess your concerns and direct you toward a specialist who can best treat your specific condition and then coordinate follow-up care.

Noblesville resident Betsy Glaser used to go to an internist before switching to Dr. Beard as her primary care doctor a few years ago.

"I felt like I really wanted and needed a family practice doctor," Betsy said. "I think it's especially important to have annual checkups with a family doctor because life is so busy. It's easy to forget when it's time to get a mammogram or vaccination. Having a family doctor means that I will always get the same high level of care."

When Betsy's 17-year-old son turns 18, she says he may see Dr. Beard, too.

social and emotional background helps me tailor my approach. It helps me educate my patients on their condition and work with them to customize a treatment plan they can successfully follow."

Family doctors can also play an important role in preventing illnesses by helping you catch early warning signs of a disease.

"I often hear from patients, 'I'm healthy—I never need to go to the doctor,'" Dr. Beard said. "I believe it's just as important for healthy, active people to have a family doctor and

"It's good to be informed about your own health, and there are many good resources online," noted Dr. Beard.

"I think there are definite benefits of my doctor knowing my family history when treating me and my loved ones. There's no better way for Dr. Beard to know my son's family health history than by her first-hand knowledge from treating me," Betsy said.

Seeing a specialist in combination with a family physician can help ensure you'll receive comprehensive care with special attention paid to how the management of a condition affects your overall health. When multiple specialists are involved, having a family practice as a "medical home" helps prevent common problems such as drug side effects and interactions from multiple therapies.

Being able to provide highly individualized care such as this is important to family doctors like Dr. Beard.

"One of the most rewarding parts of my job is getting to know my patients as families. Taking care of babies, kids, parents and grandparents in the same family is unique to the profession and very special to me as a provider," Dr. Beard said. "Knowing a patient's

see them on a routine basis. People need to be monitored for conditions that have no early symptoms and often affect those who appear to be in wonderful shape. High blood pressure, diabetes and high cholesterol are often genetically based diseases that don't have symptoms, and if left undetected, they can lead to devastating complications such as heart attacks, strokes and kidney disease."

It's also important to get an annual check-up to make sure you're on track with the recommended screenings and immunizations. If Google or WebMD is substituting as your primary care provider, Dr. Beard says you may want to rethink your strategy.

"It's good to be informed about your own health, and there are many good resources online," noted Dr. Beard. "But it's equally important to talk to your primary care doctor. As doctors, we can work with you to sort through all the information and help individualize your treatment and care. We stay up-to-date on the latest recommendations and help you stay focused on what's most important—you."

ASK THE EXPERT Caring for the Symptoms of Menopause

Q: What are the common symptoms of menopause?

A: Menopause occurs when a woman hasn't had a menstrual period for a year or more.

Symptoms and at-home remedies include:

- » For hot flashes, wear layers of clothing that are easily removable and use a portable fan.
- » For problems sleeping, keep a glass of water on your nightstand and use cotton sheets and clothing.
- » For vaginal dryness, try water-based lubricants or consult your physician.

Q: What are some side effects of menopause that women may not know?

A: Although often overlooked, osteoporosis can be a side effect of menopause. With less estrogen in your body, your bones can become thin and break, or you can lose height. Other side effects include muscle loss, stiff joints and muscles, and an increased risk of heart disease.

Q: When should a woman see her doctor about her menopause symptoms?

A: A woman should consult her physician if she's having trouble with her symptoms after trying at-home solutions, or if the flow of her menstrual period becomes unusually heavy, prolonged or irregular. You should also make an appointment if you're bleeding between regular periods or bleeding after having no periods for six or more months.

Q: What else should women know about menopause before, during or after it occurs?

A: Even after menopause, women should still have pelvic exams and Pap smears, according to current guidelines. Eating foods with calcium and Vitamin D will help strengthen bones.

Dr. Stephanie Brazus specializes in Obstetrics and Gynecology at Riverview Medical Group.



GETTING BACK ON THE HORSE AFTER KNEE SURGERY



After undergoing two knee replacement surgeries, physical education teacher Pam Taylor is able to go back to her active lifestyle with less pain.

Pamela Taylor loves being active. She rides and cares for her horses, does yard work and has been employed as a physical education teacher and basketball coach for the past 25 years. It's hard to keep her still.

But one day about 12 years ago, as she was hanging a fan in her horse's stall, she missed a couple steps coming down a ladder and twisted her left knee. She was able to recover and return to her active lifestyle of running and demonstrating exercises in her PE classes. But it wasn't long before the pain returned and began to slow her down.

As arthritis set in her knee, the high school girls basketball team she coached bought a stool for her to sit on when she was no longer able to kneel in the huddles. Then, about three years ago, she finally gave in to the pain and went to see a physician.

The diagnosis was a torn meniscus in her left knee. She had little-to-no cartilage left and had bone-on-bone movement in her knee. In December 2012, she had her meniscus repaired, but the pain just wouldn't go away. One year later, in December 2013, Pamela opted to have total knee replacement surgery with orthopedic surgeon, Timothy Williams, MD.

"The recovery of my left knee was really good," Pamela said. "As I was going through therapy, I exceeded their progress expectations at two weeks, four weeks and two months."

Things were better for Pamela until April 2014, when she injured her right knee while doing yard work. After discovering her meniscus in her right knee was now torn, Pamela was faced with yet another dilemma: Should she get

the meniscus repaired or go ahead and get a total knee replacement, even though she has just had her left knee replaced six months earlier?

"I suffered with a lot of pain in my left knee for three to four years between my meniscus repair and my knee replacement," Pamela recalled. "I didn't want to go through that again with my right knee."

Pleased with the results of her first knee replacement, Pamela sought out Dr. Williams again, who recently joined Riverview Medical Group at Westfield Orthopaedics in Westfield.

For her second knee replacement in June 2014, Pamela came to see Dr. Williams at his new location, even though it's an hour-and-a-half drive from her Franklin Township home.

"After talking with my physical therapist, I knew the way a surgeon cuts the tissues in the knee has a lot to do with how you recover," Pamela commented. "I think Dr. Williams' surgery techniques are great and help me recover faster. He has a wonderful bedside manner and a no-nonsense approach to my care. I think these qualities are important in a surgeon."

Pamela, who's 57 years old, is slightly younger than the average person who undergoes joint replacement surgery, which according to Dr. Williams, isn't surprising.

"The average joint replacement patient is in their 60s. But younger people are opting to do the surgery at a younger age to improve their overall quality of life," Dr. Williams said. "The implants and material we have now last

longer than they used to, so replacing joints at a younger age is something we can do."

When considering joint replacement surgery, the most important thing to research is the surgeon's skill and his or her experience.

"You have to feel comfortable that your surgeon has good skills and knowledge and will take a real interest in you," Pamela said. "I have found that, if you have someone who's slap-happy when they're cutting, then your recovery is going to be affected compared to someone who's very precise and a perfectionist in his or her technique."

Pamela took a couple months to recover before going back to work at Franklin Central High School. She keeps her eyes set on her goals of being able to do yard and barn work again, as well as being able to mount her horse without a step stool.

"I'm not a 30-year-old anymore, but there are still many things I want to do," she acknowledged. "I'm not going to stop until I can do them. Right now I just have to be patient and keep working hard to ensure the best recovery."

As a swimming instructor, Pamela is able to exercise her knees without putting a lot of stress on the joints. For now, she celebrates accomplishments such as being able to walk around the mall for hours and go grocery shopping without pain.

"I'm very optimistic," Pamela said. "I can't wait to be back in that barn and back to being active."

Rehabilitation After Joint Replacement is About Persistence and Attitude

After orthopedic surgery, most people think rest is the way to go. However, the best way to a speedy recovery is to keep moving.

"Movement is life. The longer a person remains still, the more stiff his or her muscles and joints will feel. Our goal is have people who have knee replacement surgeries in the morning up and moving around later that afternoon," says Heather Hickok, RN, a surgical/clinical navigator at Riverview Health.

After joint replacement surgery, patients usually remain in the hospital for one to three days. But during that time, they're on their feet at least twice a day.

"We want them out of bed as much as possible so they can quickly recover and get back to their daily activities as soon as possible," Heather said.

Group physical therapy in the inpatient gym can also be a good way to recover. As people work on their exercises together, they build friendships and motivate each other to improve physically.

After leaving the hospital, people can rely on physical therapists at Riverview Health outpatient rehabilitation facilities to help them keep moving and increase their mobility.

Although each patient's care and rehabilitation is individualized and different, most patients attend outpatient rehab 2-3 times per week for 6-8 weeks.

"A person's mental attitude is a huge component in their rehabilitation," Heather said. "A good, can-do attitude will go miles farther than someone who doesn't put forth the effort to try to get back on his or her feet."

Keep your medical records electronically

With our increasingly mobile society, keeping track of your family's medical records can be a daunting task. But by using a free online tool called a Personal Health Record (PHR), your records can be as close as your computer, smartphone or tablet. PHRs can help you make updates easily and store them online, where they're always handy. The two leading PHRs are Microsoft Health Vault and WebMD Health Manager. A list of them is available at myPHR.com.



Heather Hickok is a registered nurse and surgical/clinical navigator of Orthopedic Services at Riverview Health.



SETTLING INTO A SLEEP ROUTINE

As the long nights and busy schedules of summer come to an end, many parents find it tough to get their school-aged children back into a bedtime routine.

After three months of staying up past their bedtime, children must prepare themselves to perform well in school by getting sound sleep each night.

Michael Levine, MD, a neurologist and sleep specialist at Riverview Health Sleep/Wake Disorders Center, says many kids get far too little sleep.

"The body likes routine and performs at its best when it's on a schedule," Dr. Levine said.

Starting kids back on a sleep schedule about five days before the first day of school can help their bodies adjust. It's important for parents to keep close tabs on their children's sleep patterns, because sleep deprivation may not be as obvious in kids as it is in adults.



Dr. Michael Levine is a neurologist and sleep specialist with Riverview Health Sleep/Wake Disorders Center.

"When kids don't have enough sleep, they get hyper, whereas adults get sleepy and start to drag," Dr. Levine noted. "One of the big symptoms of sleep apnea in kids is attention deficit disorder or attention deficit hyperactivity disorder."

Children tend to get more deep sleep and rapid eye movement, or REM, sleep than adults because deep sleep decreases as you age.

"Your immune system, long-term memory and many of your body's hormones are dependent on sleep," Dr. Levine said. "Thus, there are many reasons why sleep is important to maintaining your overall health and well-being."

To achieve the best sleep, follow these tips:

- » *Make sure your bedroom is at a comfortable temperature and is quiet and dark.*
- » *Don't use your bedroom for activities such as reading, watching television or playing games. It should be a soothing environment, not a place where your brain is stimulated.*
- » *Avoid being in front of "blue lights" such as computer screens, cell phones and televisions before bed.*
- » *Don't consume caffeine, alcohol or nicotine before bed, as it can hinder your ability to get a good night's sleep.*
- » *Go to sleep and wake up at the same time every day—even on weekends.*
- » *Avoid eating a large meal close to bedtime.*

If you think you may have a problem with getting enough sleep, contact Riverview Health Sleep/Wake Disorders Center at 317.776.7484.

The Science of Sleep

About a third of your life is spent sleeping, but that doesn't mean your body and brain are lying down on the job. Each night while you sleep, your body goes through a sleep cycle several times, which helps keep you healthy and functioning well when you're awake.

The stages of the sleep cycle include:

Stage 1: Your eyes are closed and you may be in-between being awake and falling asleep. If you ever have the sensation of falling as you sleep, it happens during this stage.

Stage 2: The onset of sleep has started. You aren't engaged in your surroundings, your body temperature decreases and your breathing becomes slower as your body prepares for deep sleep.

Stage 3: At this point, your blood pressure drops and your muscles relax. It's during this stage of deep sleep when your body repairs itself. Tissue growth occurs during deep sleep and hormones essential to growth and muscle development are released.

REM: Rapid Eye Movement sleep is only a small portion of your sleep during the night and it occurs about every hour-and-a-half. Dreaming occurs during REM, and your muscles become immobile. The older you get, the less REM sleep you have.

How much sleep do you need?

- » *Infants: 16-18 hours a day*
- » *Preschool age: 11-12 hours a day*
- » *School age: 10 hours or more a day*
- » *Teenagers: 9-10 hours a day*
- » *Adults: 7-8 hours a day*

Eat to Sleep

Getting enough sleep can help keep your mind sharp, your waistline trim and your blood pressure low. But sometimes you need a little extra help to reach dreamland. According to *Eating Well* magazine, the following foods—when eaten in moderation—can help put you to sleep: fish (particularly salmon, halibut and tuna), jasmine rice, tart cherry juice, yogurt, whole grains, kale, bananas, chickpeas and fortified cereals.



PROFILE IN PHILANTHROPY: THE CROW FAMILY

Sally Crow has a nickname around Riverview Health—the raffle queen. She's the queen of selling raffle tickets for the Riverview Health Foundation.

Sally and her husband, Chuck Crow, are long-time members of the Noblesville community, and they've made it their mission to ensure their hometown hospital is the best it can be.

"I've just always thought very highly of Riverview Health," Sally said. "Most of my major surgeries have been here and they've been wonderful."

The Crows have been visiting and giving to Riverview Health since 1976, when the Riverview Health Foundation was first chartered. Sally's father was a physician at Riverview Health, and her brother was born at the hospital.

"Sally and Chuck are passionate about making sure Riverview Health remains a beautiful place and has the latest technology for the community," said Trish Oman, executive director of Riverview Health Foundation.

"I often think about what if something happens to one of us or our friends. You want to go to the closest facility, and you want that facility to be the best it can be. And that's exactly why we give to Riverview Health," Chuck said.

Sally played a significant part in the creation and redesign of the Riverview Health Foundation Donor Wall of Honor in the hospital's atrium, as well as supported the creation of the Riverview Health Women's Pavilion. She has served as a Foundation board member, a charter member of the Women of Vision Giving Club and chairwoman of the Women of Vision luncheon, which is part of the Foundation's women's initiative.

While supporting women's campaigns is a major focus of Sally's, both she and Chuck have also supported a cardiology campaign and the Foundation's endowment campaign. Chuck—who's president and CEO of Community Bank—carries his support for Riverview Health over into his business life as well. Community Bank has been a long-time supporter of the Bricklayer Recognition event and the annual Heartfelt Thanks Golf Tournament.

Although Chuck and Sally spend part of the year in Florida, they agree they'd come back to Riverview Health if anything were to go wrong with their health. And they say they routinely recommend Riverview Health to their friends.

"For me, I like the personal touch of a small hospital and walking in and knowing people," Sally said. "Being in a hospital is intimidating enough. At Riverview Health, you don't feel like you're in a big hospital where no one knows you. Because of that, we're happy to support it."



Chuck and Sally Crow enjoy a moment in the Healing Garden at Riverview Health.

22nd Annual Heartfelt Thanks Golf Tournament—An Enjoyable Outing

On June 25, Riverview Health Foundation hosted the 22nd Annual Heartfelt Thanks Golf Tournament—sponsored by BMO Harris Bank—at Pebble Brook Golf Club. Each year, the tournament helps raise money for the improvement of patient services and facilities at Riverview Health. Some of the recent projects include:

- » *Current funding for a large-bore MRI to better identify health issues, including heart disease, stroke and cancer.*
- » *Purchasing equipment for Riverview Health Heart & Vascular, including a digital imaging cardiac catheterization lab and a 128-slice CT scanner.*
- » *Supporting women's heart disease programs.*

The tournament hosted more than 200 golfers and 40 volunteers, and raised more than \$100,000 to benefit Riverview Health. Riverview Health Foundation sends out a big "thank you" to the sponsors, golfers and volunteers who donated their time, talent and resources for a great cause.



Chuck Goodrich (far right), chair of Riverview Health Foundation Board, presents the first place prize to the Community Bank team at the 22nd Annual Heartfelt Thanks Golf Tournament.

Sponsored by BMO Harris Bank

SAVE-THE-DATE: Riverview Health Foundation Women's Retreat

Date: November 2 or 3-6, 2014

Location: Secrets Silversands Riviera in Cancun, Mexico

Speaker: Jackie Walker, author of *I Don't Have a Thing to Wear: The Psychology of Your Closet*.
Fashion and beauty experts: AH Collection co-owners, Anne White and Holly Kirsh, and ClarityMD co-owner Dr. Jodie Harper.

For more information, call 317.776.7317.

Upcoming Seminars & Events

AUGUST

Joint Replacement Seminar

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

Dr. Jeffrey Ginther, a board certified orthopedic surgeon, will discuss the latest techniques and procedures for hip and knee replacement. He will explain treatment options—including the direct anterior approach to hip replacement and computer-assisted knee surgery—as well as talk about who is a good candidate for surgery. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**

Low Back Pain Seminar

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

Searching for relief from chronic low back pain or sciatica, caused by a pinched nerve or stenosis? Then join board certified and fellowship trained physicians, Dr. Praveen Perni and Dr. John Ward, to learn about ways to reduce pain, including injections and surgery. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**



SEPTEMBER

Look Good, Feel Better

When: September 2, 2014, 1-3 pm
Where: Riverview Health Women's Center

Women who have cancer are invited to join Riverview Health for the "Look Good, Feel Better" program. At the event, licensed cosmetologists will provide individualized advice on make-up, skincare, wigs and scarves. Cosmetics are provided to each participant. The program is free, but reservations are required. **For more information or to make a reservation, please call 317.776.7133 or email driggs@riverview.org.**

Tipton County Pork Festival

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

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

Joint Replacement Seminar

When: September 9, 2014, 6-7 pm
Where: Riverview Health
(Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified orthopedic surgeon, will discuss the latest techniques, treatment options and procedures for hip and knee replacement. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**

Hamilton County Health & Wellness Expo

When: September 20, 2014, 8 am-5 pm
Where: Hamilton County 4-H Fairgrounds, Noblesville

The Hamilton County Health & Wellness Expo is a fun and interactive event for all ages. Stop by the Riverview Health booth for free screenings and educational information that can help you lead a healthier lifestyle. Screenings include cholesterol and glucose measurements and blood pressure checks. Flu shots will also be available at a discounted rate.

Joint Pain Seminar

When: September 23, 2014, 6-7 pm
Where: Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel

Dr. Norman Mindrebo, a board certified orthopedic surgeon, will share information on the newest techniques for joint pain and joint replacement. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**



OCTOBER

Riverview Health Fair

When: October 4, 2014, 8 am-noon
Where: Riverview Health

Join us for a morning filled with health screenings, educational sessions and other wellness tips at the Riverview Health Fair. Here, you'll find information on a wide range of topics including women's services, joint care, heart health, rehabilitation and fitness, and sleep-related issues. Participants can take advantage of a number of free and discounted screenings, such as blood pressure checks, Pap and breast exams, flu and pneumonia shots, EKG tests and knee pain evaluations, among others. **For more information, visit riverview.org.**

Joint Replacement Seminar

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

Dr. Jeffrey Ginther, a board certified orthopedic surgeon, will discuss the latest techniques, treatment options and procedures for hip and knee replacement. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**

Breast Cancer Celebration of Life

When: October 16, 2014, 5-8 pm
Where: Mill Top Banquet and Conference Center, 802 Mulberry St., Noblesville

We invite you to join us in celebrating the lives of those who have been touched by cancer. Cancer survivors, family and friends can enjoy this special evening of fellowship and sharing presented by Riverview Health. Keynote speaker, Vicki Kennedy, VP of Program Development and Delivery at Cancer Support Community, will talk about regaining control of your life following a cancer diagnosis. Hors d'oeuvres will be served. Cost is \$8 per person, and registration is required. **Register at riverview.org or call 317.776.7999.**

Low Back Pain Seminar

When: October 22, 2014, 6-7 pm
Where: Riverview Health
(Krieg DeVault Conference Room, lower level of Women's Pavilion)

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

Joint Pain Seminar

When: October 23, 2014, 6-7 pm
Where: Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel

Dr. Norman Mindrebo, a board certified orthopedic surgeon, will share information on the newest techniques for joint pain and joint replacement. A light dinner will be served. The program is free, but registration is required. **Register at riverview.org or call 317.776.7999.**

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

Cancer Patient Support Group

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

Diabetes Support Group

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

Infant Loss Support Group

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

Mended Hearts

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

Survivors of Suicide Loss Support Group

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



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



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