

THE CAROTID CONNECTION

TCAR, an alternative method to clearing a blocked carotid artery

Transcarotid Artery Revascularization, or TCAR, is a minimally invasive procedure to treat carotid artery disease and prevent strokes. This procedure is a clinically proven alternative for patients with carotid artery disease who are at risk for traditional open surgery. Vascular Surgeon Ravishankar Hasanadka, MD, now offers the TCAR procedure at Sarah Bush Lincoln.

How the Procedure Works:

The procedure is performed in the hospital under local or general anesthesia and takes about one hour.

- A small incision is made just above the collarbone.
- A tube is placed directly into the common carotid artery and connected to a system that temporarily reverses blood flow away from the brain. Any loose debris will be captured in a filter outside the body.
- The filtered blood is then returned to the body through a second tube placed in a vein in the groin or upper thigh.
- The surgeon guides a balloon and stent to the blockage to widen the artery and stabilize the plaque.
- Blood flow is restored to its normal direction and the system is removed.

Benefits and Recovery

Since this is a minimally invasive procedure, it requires a much smaller incision than a traditional open surgery, resulting in less scarring and potentially less pain during recovery. TCAR also has a low procedural stroke rate because blood flow is temporarily reversed to protect the brain from dangerous plaque debris. Dr. Hasanadka says, "After a TCAR, you can feel normal after a day or two. Following an endarterectomy, people typically feel normal after a few days, but it can be a week or two in some cases."

Not everyone will be eligible for a TCAR. A CT scan will determine whether a patient's vascular structure can support the procedure. "If someone is eligible for both, I will explain the process for each procedure and the risks associated with both and offer them that choice," says Dr. Hasanadka. Dr. Hasanadka makes sure to tailor surgeries to each patient saying, "It's not just about saving lives, it's about quality of life".

For more information, call SBL Vascular Services at **217-258-4049**.



GLP-1s AND HEALTHY AGING

Weight loss, Wellness and What Comes Next

As we age, maintaining a healthy weight and managing chronic conditions can become more challenging. For many adults, changes in metabolism, mobility, sleep and appetite can all play a role in overall health. A group of medications called GLP-1s has gained attention for helping people manage diabetes and weight, but researchers are also exploring how these medications may support healthy aging.

What Are GLP-1s?

GLP-1 medications mimic a natural hormone in the body called glucagon-like peptide-1. This hormone helps regulate blood sugar, slows digestion, and helps people feel full longer after eating. Originally developed to treat Type 2 diabetes, some GLP-1 medications are now also approved for chronic weight management. These medications may help reduce appetite and cravings, making it easier for some individuals to build healthier eating habits.

Why Healthy Weight Matters With Age

Carrying excess weight can increase the risk of several health conditions that become more common with age, including:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Sleep apnea
- Joint pain and arthritis

Even modest weight loss can improve energy levels, mobility, and overall quality of life. For older adults, maintaining muscle strength and staying active are especially important parts of aging well.

The Centers for Medicare & Medicaid Services (CMS) recently announced it will provide eligible Medicare Part D beneficiaries access to certain GLP-1 medications for \$50 per month beginning July 1, 2026, through December 31, 2027. Talk to your doctor to determine whether a GLP-1 medication is right for you and if you meet the medical qualifications.

Sarah Bush Lincoln offers a comprehensive medical weight management program that includes nutrition counseling, medications, exercise and surgical options. Andrew McDevitt, APRN, is part of the medical team. He's also is guest on a recent edition of Health Styles, the SBL podcast. In this show he talks about GLP-1s and offers great information and advice to those currently taking one or considering taking one.

Listen to all the podcasts for free at www.sarahbush.org/podcasts. For more information about medical weight management at SBL, call **217-238-4961**.

WELCOME JODY BIERMAN, APRN

SBL Urology has expanded services to Effingham with Advanced Practice Provider, Jody Bierman. She sees people at the SBL Effingham Clinic, 905 North Maple.



In addition to general urology services and non-surgical treatments for men and women, Jody is offering a new service to help women who suffer from fecal incontinence. The **Eclipse System** is a non-surgical, removable vaginal insert. Similar in placement to a tampon or diaphragm, it features an inflatable balloon. When inflated via a handheld pump, it gently compresses the rectum to prevent accidental leakage. Users simply deflate it to have a bowel movement. Patients come to the clinic for an initial exam and fitting, then return a week later for follow-up. Most patients see immediate relief and are able to go about their daily activities.

For more information about Eclipse or other services call **217-258-4186**.

ON THE MOVE

SBL Vascular Services has moved from the Heart Center to the 4th floor of the hospital, next to the Surgery Clinic. Use elevator A or F.

Construction on the expansion of the **Regional Cancer Center** is underway. The project will be conducted in phases with phase 1 expected to be complete in May 2027.



RELIEF FOR TENDON & FASCIA PAIN:

SBL Podiatrists offer a new treatment option

What is the Tenex Procedure?

The Tenex procedure is a minimally invasive treatment designed to relieve chronic tendon and fascia pain when conservative treatments have not provided lasting relief. Commonly used for conditions such as Achilles tendonitis and plantar fasciitis, Tenex uses ultrasound guidance and specialized ultrasonic technology to target and remove damaged tissue while preserving healthy tissue. By addressing the underlying degenerative tissue rather than just inflammation, the procedure helps stimulate the body's natural healing process.

How is this procedure performed?

Performed under monitored anesthesia care or general anesthesia with local anesthesia; the procedure requires only a very small incision and is typically completed in less than 30 minutes. Patients often experience less pain, smaller incisions, and faster recovery times compared to traditional open surgery.

Who is a candidate for this procedure?

Tenex is often recommended for patients who have experienced symptoms for several months and have not improved with treatments such as physical therapy, orthotics, stretching, injections or rest. The procedure aims to reduce pain, restore function and help patients return to daily activities without the need for more invasive surgical repair.

How is the recovery?

Recovery is gradual and varies by patient and condition, but most individuals begin returning to light activities within a few weeks, with continued improvement over several months. Physical therapy, stretching, strengthening exercises and following post-procedure instructions are key components of a successful recovery.

What are the benefits?

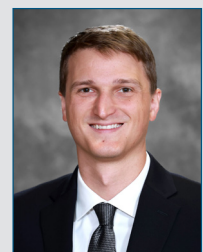
Benefits of the Tenex procedure include:

- Minimally invasive approach
- Small incision and low complication rate
- Faster recovery than traditional surgery
- Reduced pain and improved mobility
- Outpatient procedure with minimal downtime

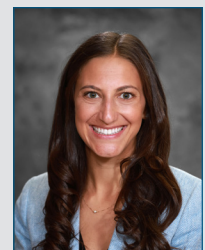
What are the risks?

As with any procedure, there are potential risks and limitations, including temporary soreness, swelling, infection or the possibility that symptoms may not fully resolve in severe cases. A thorough evaluation and imaging studies help determine whether Tenex is the right treatment option for each patient. The Tenex procedure is offered by Podiatrists Dr. Charles Kind and Dr. Lauren Kind.

To learn more call SBL Orthopedics, Sports Medicine and Podiatry
217-238-3435



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www.sarahbush.org
217 258-2422 | advantage50@sblhs.org
present this card as proof of membership

If you need a replacement discount card or parking tag or would like to update your address:

- call - 217-258-2422
- email - advantage50@sblhs.org

WALK-IN CLINICS

Charleston
2040 Lincoln Ave.
217-345-2030

Mattoon
1201 Wooddell Way
217-238-3000

Effingham
1303 West Evergreen Ave.
217-540-6123

Tuscola
1100 Tuscola Blvd.
217-253-4764

7 am - 7 pm
Monday through Friday

8 am - 3 pm
Saturday and Sunday

Vandalia
660 W. Taylor St.
618-283-0266

8 am - 7 pm
Monday through Friday

9 am - 4 pm
Saturday and Sunday