



YOUR GUIDE TO BETTER HEART HEALTH

Explore the New Heart Center Blog

We're excited to launch our new Heart Center Blog, **Pieces of the Pulse**, your trusted resource for all things heart health information and inspiration. You'll find heart-smart recipes

and expert tips from your favorite cardiologists, Drs. Lamanto, Katsamakis and Lakshmi, along with simple, easy-to-follow exercises and wellness guidance. This blog is designed to support your journey to a stronger, healthier heart. Here's a sample article from the blog on high blood pressure.



**Pieces
of the
Pulse**

High Blood Pressure: The Silent Threat and How to Take Control

High blood pressure, also known as hypertension, is often called the “silent killer” for a reason. It can develop quietly and persist without symptoms, causing serious health complications if ignored. In this blog, Sarah Bush Lincoln, Cardiologist B Lakshmi, MD, helps us break down the realities of high blood pressure, what it is, why it matters and what you can do to keep it in check.

For generations, many believed that rising blood pressure was simply a natural part of aging. Dr. Lakshmi remembers his grandmother saying, “Your top number should be 100 plus your age,” but this idea has been debunked through modern research. While the systolic number (top number) often increases with age and the diastolic number (bottom number) may decrease, elevated systolic pressure can still pose significant risks, especially after age 65. It has been shown to be a key predictor of heart and vascular problems. Until 2013, a reading of **140/90** was considered normal. However, studies comparing this benchmark to the now widely accepted **120/80** standard, found that individuals with lower readings experienced fewer complications. These findings led to a revision of what is considered a healthy blood pressure range and influenced guidelines on when treatment should begin.

Tips for better blood pressure control:

- Improve your diet
- Stay active
- Stop smoking
- Moderate alcohol consumption
- Manage stress
- Use pain relievers cautiously

You can read the blog at www.sarahbush.org/theheartcenter. If you follow Sarah Bush Lincoln on Facebook, weekly updates will be posted.

HEALTHY HABITS FOR YOUR BRAIN



Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia.

Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill.

Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day.

Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Control your blood pressure

Medications can help lower high blood pressure. Healthy habits like eating right and physical activity can help as well.

Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication.

Eat right

Eat healthier foods such as vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat.

Maintain a healthy weight

Talk to your healthcare provider about the weight that is healthy for you. Eating right, exercising and sleeping well can help with maintaining a healthy weight.

Sleep well

Stay off screens before bed and make your sleep space as comfortable as possible. If you have any sleep-related problems, such as sleep apnea, talk to a healthcare provider.

For more information visit: www.alz.org



ELECTROPHYSIOLOGY

expanded services at The Heart Center



We're pleased to welcome **Bryce Yantis, APRN**, as the newest member of the Sarah Bush Lincoln Heart Center team. He works alongside **Mohamed Labedi, MD, Electrophysiologist**, who will officially join the team on September 1. Bryce began his nursing career caring for hospitalized cardiac patients before transitioning to an outpatient clinic, where he treated individuals with a variety of heart-related conditions. Since 2018, he has focused his work in electrophysiology, a specialized area of cardiology that addresses the heart's electrical activity and the diagnosis and treatment of heart rhythm disorders, such as arrhythmias. We are excited to offer this advanced specialty at The Heart Center.

For more information or to schedule an appointment, call **217-238-4960**.



HAVE SOME TIME TO SPARE?

Consider becoming a volunteer

Volunteers have been a part of Sarah Bush Lincoln since opening in 1977. Our volunteers are an important element in patient and visitor experience at SBL. Volunteers of all ages can work in a variety of areas including arts and crafts, clerical, gift shop, guest relations, pet therapy and more. We even have opportunities for you to volunteer from your home.



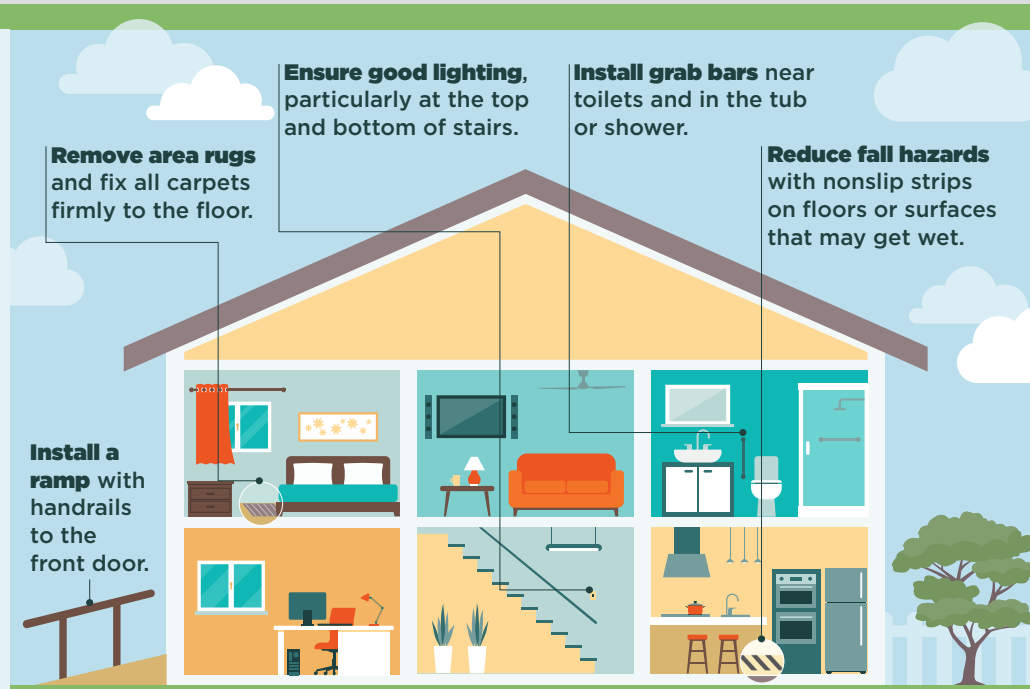
There are many opportunities for you to use your special skills and abilities while experiencing new and exciting challenges. Active membership in the SBL Guild involves a commitment of an average of three hours of service each month and a \$6 annual membership fee. To learn more, call Volunteer Services at **217 258-2500** or visit **www.sarahbush.org/volunteerservices**

AGING IN PLACE: GROWING OLDER AT HOME

The best time to think about how to age in place is before you need a lot of care. Planning ahead allows you to make important decisions while you are still able. There are a variety of ways to make your surroundings safer and easier to manage so they meet your needs as you age. The National Institute on Aging has several free resources on home safety and aging in place. **Visit www.nia.nih.gov**

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.



For more information, visit www.nia.nih.gov/aging-in-place.



Additional resources for aging in place

Reach out to people you know. Family, friends and neighbors are the biggest source of help. They may be able to drive you to doctor's appointments, help with errands and chores, or just keep you company.

Learn about community resources. Your local Area Agency on Aging, local and state offices on aging or social services may have lists of services. These organizations will be familiar with resources available in your community.

Get help during the day. Support is available if your regular caregiver isn't available during the day. Some organizations have volunteers who regularly pay short visits to older adults. Consider an adult daycare program, which can offer social activities, exercise, meals and personal care during the day.

Be prepared for a medical emergency. If you have a serious allergy or medical need, talk with your doctor about whether you should get a medical alert ID bracelet or necklace. You might also consider an emergency medical alert system, which responds to medical and other emergencies via an electronic monitor that a person wears. **Advantage 50 Members receive 50% off the installation of Lifeline. Call 217-235-0660 to learn more.**



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Effingham

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217-540-6123

7 am – 7 pm

Monday through Friday

Vandalia

1442 N. 8th St
618-283-0266

8 am – 7 pm

Monday through Friday

Mattoon

1201 Wooddell Lane
217-238-3000

Tuscola

1100 Tuscola Blvd.
217-253-4764

8 am – 3 pm

Saturday and Sunday

9 am – 4 pm

Saturday and Sunday

Free CAREGIVER VIDEOS

Sarah Bush Lincoln Hospice has created several videos to help caregivers who are providing support for a loved one receiving hospice care.



www.sarahbush.org/hospice/caregiver-videos
SBL Hospice | 1-800-454-4055



- CPAP/BiPap Machines & Supplies
- Mobility Equipment
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1-800-345-3191