

Sarah Bush Lincoln

# Health *styles*



## **THERAPEUTIC VISITORS**

Therapy dogs reduce stress, increase joy.

## **TAKING HIS BEST SHOT**

SBL cardiology services help Jim Moritz persevere.

## **ONE REMAINING CHANCE**

Kelli Fonner delivers healthy baby after struggling with blood disorder.

## **TAKING CHARGE**

Pulmonary rehabilitation program allows Mattoon woman to take charge of her health.



**President and Chief Executive Officer**

Jerry Esker

**Public Relations Director**

Patty Peterson

**Graphic Designer**

Jenny Osborn

**Editor**

Laura Glenn

*Health Styles* provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

*For more information or to request a change of address, contact:*

Sarah Bush Lincoln  
1000 Health Center Drive  
Mattoon, IL 61938  
217-258-2420  
www.sarahbush.org

© 2019 Sarah Bush Lincoln Health System

# Health *styles*

Volume 30 | Number 1

## Taking his Best Shot

SBL cardiology services help Jim Moritz persevere.

2

## Taking Charge

Pulmonary rehabilitation program allows Brenda Janes to take charge of her health.

4

## One Remaining Chance

Kelli Fonner delivers healthy baby after struggling with blood disorder.

6

## Therapeutic Visitors

Therapy dogs reduce stress, increase joy.

8

## Sarah Bush Lincoln Welcomes

Louis Schwing, MD, and Anmarie McDonagh, MD

10

## Sarah Bush Lincoln Partners with Memorial Medical Center

Bariatric weight loss services

12

## Community Connection

13



2



4



6



8



**6 to 11 pm**  
**Saturday, March 2, 2019**

Keller Convention Center, Effingham

- Cocktail Party with heavy hors d'oeuvres
- Music by 8South, Nashville, TN
- Wine & Whiskey Tasting
- Invitations are open to the public. Reservations are required.

### Tickets

**\$75 donation per person**

To order tickets, call the SBL Health Foundation at 217-258-2511 by February 21, 2019.

*Net proceeds benefit the SBL Guild Scholarship Program.*

## Men's Night Out



6 to 8 pm

**Thursday, February 21**

**Brick House Bar & Grill, Charleston**

*Two Free Drink Tickets / Appetizers  
Yeti Cooler Door Prize*



Featuring Guest Speaker  
**Tom Michael**

Tom Michael has served as Eastern Illinois University's Athletic Director since 2014, after serving as the Senior Associate Athletic Director at the University of Illinois. Michael, a former Fighting Illini basketball player, helped the team advance twice to the NCAA Tournament. Playing from 1991 to 1994, he still holds the Illinois single season record for 3-point field-goal percentage. Michael will share some of his experiences on the court, upcoming EIU athletic news and the benefits of leading an active life.

# Who Has Your Heart



## Women's Night Out

6 to 8 pm

**Thursday, January 31**

**Mattoon Area Family YMCA**

Mother, sister, daughter, wife, aunt, friend, coworker. You're important because you're one of them! Bring the women who have your heart and join us for a free, fun and relaxing night out.

Charleston resident Jana Johnson will share her recent heart event and recovery story. Diabetic educator Paula Enstrom, RN, will talk about women's heart health and the connection to diabetes.

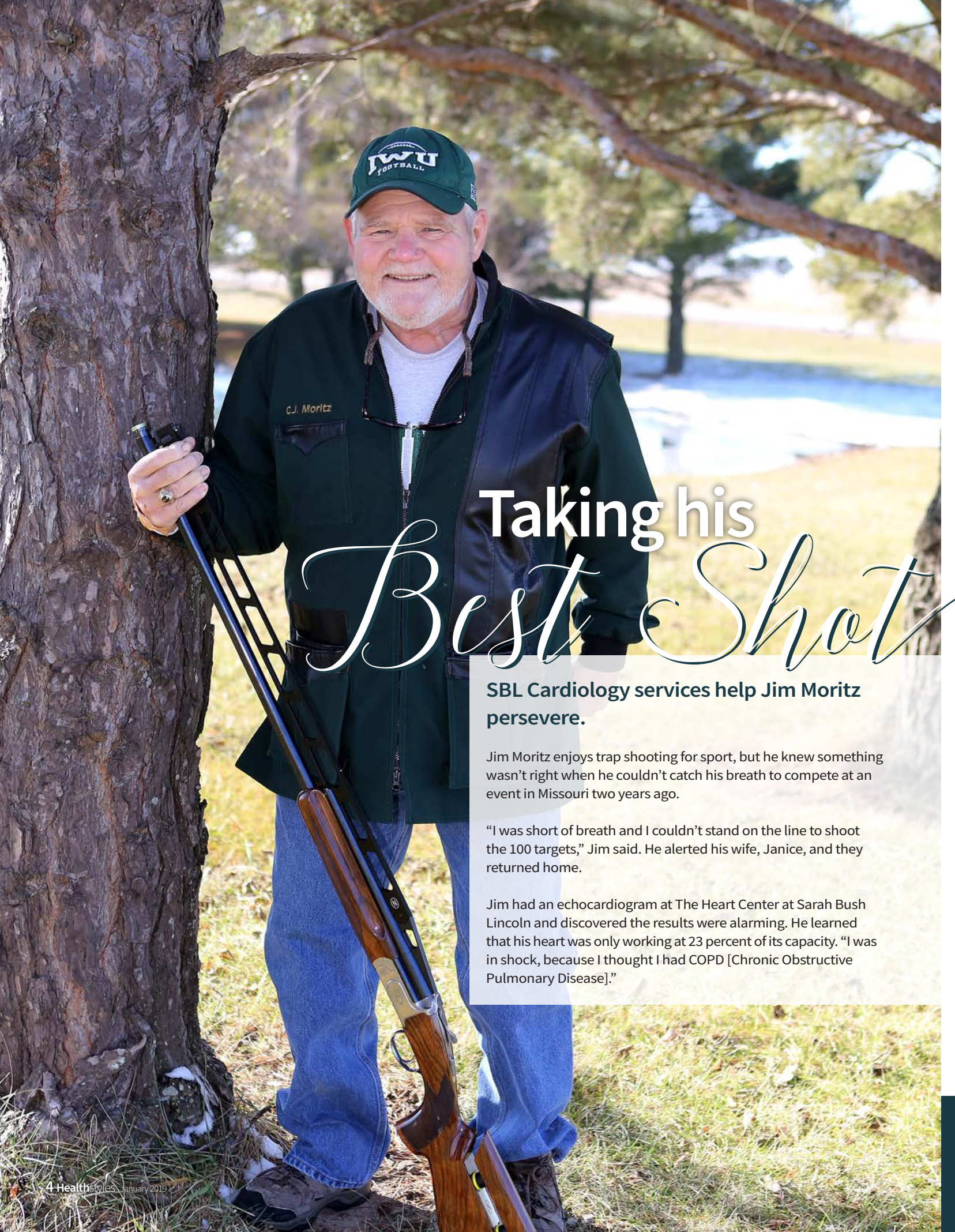
**ENJOY** wine, coffee and chocolate tastings with delicious appetizers.

**RELAX** and ease the tension of your week with a chair massage, cooking and fitness demonstrations.

**LEARN** about developments in women's heart disease, research and prevention, so you can be there for the people who have your heart!

These events are **FREE**, but reservations are needed.

Register online at [www.sarahbush.org](http://www.sarahbush.org)  
For more information call **217 258-2420**



# Taking his *Best Shot*

**SBL Cardiology services help Jim Moritz persevere.**

Jim Moritz enjoys trap shooting for sport, but he knew something wasn't right when he couldn't catch his breath to compete at an event in Missouri two years ago.

"I was short of breath and I couldn't stand on the line to shoot the 100 targets," Jim said. He alerted his wife, Janice, and they returned home.

Jim had an echocardiogram at The Heart Center at Sarah Bush Lincoln and discovered the results were alarming. He learned that his heart was only working at 23 percent of its capacity. "I was in shock, because I thought I had COPD [Chronic Obstructive Pulmonary Disease]."

“METS is a great program. The staff members answer all my questions. They check my blood pressure and make sure I’m doing the right things.”

—Jim Moritz

Jim was diagnosed with congestive heart failure. He learned that his lungs were full of fluid and the fluid was causing his shortness of breath.

His doctor also discovered a clot in his heart was obstructing blood flow. “My heart was having to work twice as hard,” Jim said.

He began taking medication and was encouraged to enroll in cardiac rehabilitation classes through SBL Monitored Exercise Testing Services (METS). His doctor also insisted that Jim wear a LifeVest defibrillator since he was at high risk of dying suddenly from a heart attack. “I’ve known since I was young that I would probably die of a heart attack,” Jim said. “My mother had congestive heart failure, and my grandfather had five heart attacks before the age of 55.”

METS has been a lifesaver for Jim because it’s taught him how to live with heart failure. “METS is a great program. The staff members answer all my questions. They check my blood pressure and make sure I’m doing the right things,” he said. By exercising faithfully three days a week, eating better and taking his medication, Jim’s heart function began to improve to a near-normal level a year later. “I made a lot of progress and my health was improving,” he said.

Yet, two years later, Jim’s health suddenly took a turn for the worse while he was working in his yard on a hot summer day. “I started having severe chest pain. I’d never had chest pain like that before. I just wanted to crawl out of my skin,” he said.

Jim called for EMT assistance and was taken to the SBL Emergency Department, where he was given nitroglycerin. As soon as the pain went away, Jim refused further treatment, despite his doctor’s advice.

When the chest pain returned a few days later, Jim went back to the ER for more nitroglycerin. He also went to The Heart Center for a stress test. When Jim made a third trip to the ER, his doctor refused to release him, even though Jim had an appointment with his cardiologist the next morning.

“The doctor took a look at my stress test and said I wasn’t going anywhere,” Jim said. “My condition was much worse than I had thought.” Prairie Heart Cardiologist Amit Dande, MD, who practices

at Sarah Bush Lincoln, performed an emergency cardiac catheterization. “I was impressed with how quickly they worked me in, because the cath lab was very busy that day,” he said. “Everyone had to stay late for me and I’m very

grateful.” Jim learned that he had dangerous blockages in two major arteries; one was 92 percent blocked and the other was 72 percent blocked.

Dr. Dande inserted three stents in the most severely blocked artery to restore the blood flow to Jim’s heart. A few days later, a fourth stent was inserted to restore the blood flow in the other artery. A stent is a medicated piece of wire mesh that is placed into the blocked portion of the artery to help keep it open. “I’m fascinated by what they can do,” Jim said. “My stubbornness almost cost me my life. I was shocked that the blockage was so severe, but that’s just the progression of this disease.”

Jim is now back to exercising regularly at METS. “My health is improving. I no longer have chest pains,” he said. “I’m still trying to regain my energy, but if I can stay with the program, then I think I’ll be able to enjoy my golden years. I put my faith in it anyway.”

While Jim recently graduated from phase 2 METS, he plans to continue going to improve his health. “At 66, I’m not ready to check out yet,” he said. “I’ll do anything the instructors tell me to do, if it will keep me healthy.”

Jim is also happy to be trap shooting again. He has designed a wheeled walker complete with a gun rack so he can sit comfortably and shoot. “There’s a lot of guys that shoot from their chairs,” he said. “I have to have something to do or I’ll go crazy.”

Jim also credits Family Practitioner Bernie Rancho, MD, for his support in managing his overall health. “I’ve been a diabetic for more than 30 years and Dr. Rancho is my lead guy. His people have gone to bat for me so many times,” he said. Jim has suffered several work-related injuries, having worked in the concrete industry for many years. He oversaw the construction of concrete dams across the country and internationally, before returning to his hometown of Mattoon in the ’90s.

“I’m falling apart, but I’m still here,” Jim said. “I’ve had great medical care. I’m alive only because of this facility.”



For more information about The Heart Center, or to make an appointment, call **217 238-4960**.  
For more information about cardiac rehabilitation classes through METS, call **217 258-2177**.



# Taking

# Charge

**Pulmonary rehabilitation program allows Brenda Janes to take charge of her health.**

Brenda Janes was caught off guard last year when she was diagnosed with a serious lung disease.

An active mother and grandmother, the non-smoker was concerned when she started experiencing shortness of breath— particularly in cold weather. “Whenever I went out to feed the dog or take out the trash, the cold air just killed my lungs,” she said. Brenda’s husband urged her to visit the doctor, so she made an appointment with Advanced Practice Nurse Lori Nottmeyer, APRN, who practices at the SBL Family Medical Center in Mattoon.

After undergoing numerous tests, Brenda was referred to a pulmonologist and diagnosed with interstitial lung disease, a term used to describe a large group of disorders that cause progressive scarring of lung tissue. The scarring causes stiffness in the lungs, which makes it difficult to breathe.

“I was relieved that it wasn’t pulmonary fibrosis, like the doctor first thought, but it was an eye opener,” she said. “It’s basically an autoimmune disorder that’s irreversible.” Brenda also learned that the disease is unpredictable. It might run a gradual course or a rapid course, depending on the individual, and symptoms can vary from very mild to moderate to very severe. Brenda began taking medication designed to slow the disease progression, and she began oxygen therapy 24 hours a day.

She also enrolled in the pulmonary rehabilitation classes offered through Sarah Bush Lincoln’s Monitored Exercise Testing Services (METS). She credits Nottmeyer for recommending the classes and the METS instructors for motivating her to take charge of her health.

By faithfully attending class twice a week for more than a year and sticking to a weight-loss program, Brenda says she feels better than she has in a long time. “I feel great. I can’t help but smile all the time now because I feel so good. I want to get out and do things,” she said. “METS is what has gotten me on the right path.” Brenda said that she had never exercised before, but the professionals in METS showed her how to do it safely and successfully. “I’ve lost 48 pounds and my breathing and energy level have gotten so much better,” she said.

Pulmonary Rehabilitation is a program of exercise, COPD/lung disease education and support that helps people with lung diseases learn to breathe – and function – at the highest levels possible. Brenda remembers feeling significantly better after just a few sessions. “It really affects your mood in a positive way, and I looked forward to attending each session,” she said. “I absolutely love it. The instructors are excellent. They’re so helpful and they always have a lot of good information.”

Pulmonary Rehabilitation Coordinator Therapist Cathy Matheny, RRT, said. “Our goal is simply to improve the health of people like Brenda who are living with chronic lung diseases, including Chronic Obstructive Pulmonary Disorder.”

“Exercising is often the last thing that people with chronic lung diseases feel like doing, but it’s near the top of the list of the things they should do to alleviate their symptoms,” Matheny said. “We start people at a very low level and allow them to work their way up.” While exercise does not directly improve lung function, it helps the body use oxygen better, improves muscle tone and strength, and builds endurance levels.

Brenda is now less dependent on oxygen therapy, but she always has it close by. “It’s been a comfort knowing that I have something that will help, so I use it when I need it,” she said. Speaking of her illness, she added, “I still have days when it might bother me a little more than others, but it’s a lot better than it was a year ago.”

Brenda enjoys spending time with her grandchildren, and she helps her husband, Harlan, with his home improvement business. She was excited to join his construction crew on its annual boat outing on Lake Shelbyville in August, an event she missed the previous year due to her illness.

## Pulmonary Rehabilitation

While shortness of breath often limits what a person with chronic lung disease can do, pulmonary rehabilitation can help.

### Program includes:

- an initial assessment with a registered respiratory therapist
- supervised exercise sessions and education by respiratory therapists, nurses and exercise physiologists

### Benefits:

- more physical exercise
- psychosocial support
- better quality of life

### Goals:

- fewer symptoms and fewer complications
- fewer emergency department visits and hospital stays
- improved daily function
- greater independence

The Pulmonary Rehabilitation Program is located in the METS Department at the Sarah Bush Lincoln Heart Center. For more information about Pulmonary Rehabilitation classes, call **217 238-4973**.



## One remaining

# Chance

### **Kelli Fonner delivers healthy baby after struggling with blood disorder.**

After multiple miscarriages, Kelli and Mitch Fonner feared that they would have to give up their dream of expanding their family. Doctors from larger hospitals had told them that a healthy pregnancy may never happen, but SBL Obstetrician-Gynecologist Scott Meyer, MD, FACOG, and SBL Hematologist/Oncologist Kuppswamy Jagarlamudi, MD, made their dream a reality.

After three failed rounds of in vitro fertilization, Kelli was diagnosed in January 2017 with a genetic clotting disorder called Factor 5 Lidem. Since the disorder affects only a small number of people, little is known about its impact on fertility and pregnancy. “I was so excited to finally have a diagnosis, but it was frustrating that there was no clear plan,” Kelli said.

A subsequent surgery led to dangerous pulmonary embolisms—a consequence of the clotting disorder. A specialist told Kelli that no doctor would be able to successfully monitor her throughout a pregnancy. However, the Fonnors were not ready to give up.

Kelli’s primary obstetrician, Dr. Meyer, referred her to Dr. Jagarlamudi, who specializes in treating diseases of the blood and cancers.

Kelli said from the moment she first phoned the Regional Cancer Center, the staff was incredibly helpful and compassionate. “They were invested in us from the beginning,” Kelli said. “My records and prescriptions were in St. Louis, but the Regional Cancer Center staff helped take care of everything.”

While the Fonnors feared another heartbreaking miscarriage, they had one remaining embryo at the IVF clinic and felt strongly that they should try once more to make their dream come true. “We told Dr. Jagarlamudi that we knew the risks of another pregnancy, and we realized that the odds were not in our favor, but he squeezed my hand and told me that he would do everything he could do to avoid another blood clot and keep me safe and protect the pregnancy,” Kelli said.

Dr. Jagarlamudi discovered that the hormones used to help Kelli get pregnant were also exacerbating the development of blood clots in her lungs. The bleeding can also cause



subchorionic hematomas— or detachment of the placenta during pregnancy. Despite the risks, the Fonnors moved forward with their last embryo and learned that the attempt was successful in the summer of 2017. While Mitch was thrilled about the pregnancy, he was also filled with anxiety. “It was difficult to watch everything going on and not be able to do anything,” he said. “As a husband and a paramedic, I felt helpless.”

In October of 2017, Kelli and Mitch’s fears were realized when she was diagnosed with another blood clot. In the emergency room, they were told that Kelli had not yet miscarried but there was nothing that could be done to protect the eight-week pregnancy. As they sat in their car after the visit, they decided, out of desperation, to call Dr. Jagarlamudi. He told them to come immediately to his office where he ordered labs and made a change to Kelli’s medicine. “He started tracking

greeted me by name, and the nurses shared in our excitement and joy,” she said. “The kindness and compassion that everyone showed us will stick with us always.”

Kelli also appreciated the policies in the Women and Children’s Center that allowed her to have a family viewing drape, cut the umbilical cord and have skin-to-skin contact during her cesarean section. “We got to experience so many things we didn’t think we’d get to experience,” Kelli said.

The Fonnors learned many things through their journey that they share with other patients. “You have to learn to speak up for yourself,” Kelli said. “Advocate for yourself, educate yourself, and insist on a treatment plan that you believe in. Find someone who will listen to you and treat you as more than a statistic.”

“We realized that the odds were not in our favor, but he (Dr. Jagarlamudi) squeezed my hand and told me that he would do everything he could do to avoid another blood clot and keep me safe and protect the pregnancy.”

—Kelli Fonner

my labs daily for the first several months of the pregnancy, then he moved to weekly so he could change my dose as needed,” Kelli said. “If lab results came in after-hours, he called me personally to update me. Sometimes it was 7 a.m., sometimes 8 p.m., but he was always there for us. He never made us feel like we were taking his time. We felt like we were his only patients.”

Kelli and Mitch were touched by the communication and compassion expressed by the entire care team. Dr. Meyer did weekly scans to ensure that the baby was healthy, and he routinely communicated with Dr. Jagarlamudi so he could provide the best possible care to Kelli and the baby. “All of my Sarah Bush Lincoln doctors worked together to track my pregnancy daily for 22 weeks straight,” Kelli said. “Everything was in one place, from radiology and lab, to Prairie Medical [specialty pharmacy] and my doctors. It was life-changing.”

The Fonnors said they hoped for the best but prepared for the worst for the first 28 weeks, but each time they had a successful visit, their hope increased. Finally, on May 15, 2018, Adam Joseph Fonner was born. He weighed 8 pounds 7 ounces and measured 21 inches long. Despite the chaos surrounding Kelli’s pregnancy, Adam is “happy, relaxed, and not fazed by much,” Kelli said.

She credits her care team for helping her to bring Adam into the world by providing her with compassionate care, from beginning to end. “We got to know our radiologist; she cried with us when we learned we were pregnant. The receptionists



Dr. Jagarlamudi with Mitch, Kelli and Adam Fonner.



# Therapeutic *Visitors*

**Therapy dogs reduce stress, increase joy.**

It didn't take Art Lauderback long to recognize the therapeutic potential of Betty, a 45-pound black Labrador mix that he adopted two years ago.

Not long after adopting Betty, the Charleston man started taking her to visit his mother who had fallen and was being cared for, first, in an assisted living facility and, then, in a nursing home. "Betty's just very gentle and she's good around people in wheelchairs and in beds," he said, explaining that the residents loved Betty. The visits continued nearly every day for more than a year.

Art learned the importance of Betty's visits when he arrived without her one day. "I found out quickly that Betty was much more important than I was," he said. "She entertained all of the people in the nursing home. They looked forward to seeing her every day."

**"There are always a few patients who are just overjoyed to see her. You can see it in their faces, and their families thank me for bringing her."**

—Art Lauderback

Art decided after his mother died in July 2017 that he would have Betty certified for pet therapy. Since SBL was finalizing plans to implement a pet therapy program, Art and Betty became the Health Center's pilot dog/handler team when the program launched in May 2018.

Pet therapy has been proven to reduce stress, anxiety, pain and fatigue in patients with a variety of health conditions, and "it certainly brings a smile to people's faces," Colleen Stoner, director of Volunteer Services, said. She coordinates SBL's Pet Therapy Program. "The program is off to a great start for patients, and it has opened up a new avenue for volunteering at the hospital." In fact, Colleen quickly learned that she needs additional volunteers to accompany a growing number of dog/handler teams on their visits.

SBL pet therapy dogs are certified by the Alliance of Therapy Dogs or Therapy Dogs International. This means that they have completed temperament testing and the highest level of obedience training. Handlers complete SBL volunteer orientation and safety screening, and they commit to volunteering for an hour weekly. Volunteers accompany dog/handler teams to the rooms of patients who request visits. Patients simply talk to, stroke or cuddle therapy dogs for a few minutes while they visit.

The program is designed to keep interactions between dogs and SBL patients safe. In fact, infection control staff members were instrumental in developing policies and procedures to ensure the safety of patients. Only those patients deemed well enough to interact safely with therapy dogs are allowed to visit with them.

"I love bringing Betty out here. It gives me a chance to give back and it's very rewarding," Art said. "There are always a few patients who are just overjoyed to see her. You can see it in

their faces, and their families thank me for bringing her." He continued, "Betty's figured things out. I put the therapy collar on her and tell her we're going to work, and she knows what she has to do."

Art's passion for the program also stems from his son's experience 20 years ago with pet therapy dogs. "My son had cancer when he was 10 years old, and he went through 14 weeks of chemotherapy at St. Louis Children's Hospital. They had therapy dogs in the oncology waiting room," Art recalled. "My son didn't look forward to the chemo, but he looked forward to seeing the dogs. It helped him relax once he got in there."

Colleen concurred. "People are just so joyful when the dogs are on the floor, and I love that the dogs are helping people take their minds off their problems and anxieties for a while," she said.



### Other Handlers and Their Therapy Dogs

- Deb Deters and **Pixie**
- Patty Marlow and **Otie**
- Mike & Peggy Giertz and **Penny**
- Michelle Ferguson and **Scout**
- Gary Cooper and **Parker**
- Nancy Abbott and **Gypsy Lou**
- Dr. Lori Cudone and **Monroe**
- Charlotte England and **Pippa**
- Betty Hargis and **Wilson**
- Melissa Ferguson and **Maggie**
- Julia Morrisey and **Tucker**



For more information about the pet therapy program or to become a volunteer, contact SBL Volunteer Services at **217 258-2500**.



# Sarah Bush Lincoln

## Welcomes

### Louis Schwing, MD Internist

Louis Schwing, MD, has always enjoyed interacting with people.

After practicing medicine for 19 years, he is able to sift through the confusion, fear and anxiety that his patients bring to their appointments to make diagnoses by listening carefully to them.

“We have amazing and powerful diagnostic machines available to assist in diagnosing our patients” Dr. Schwing said of being an internal medicine doctor. “However, frequently you can diagnose problems just by talking and listening to your patients. Spending a little extra time with someone can make a big difference in making an accurate diagnosis,” he said.

Having gained a vast amount of experience over the years, Dr. Schwing is excited to offer care to people age 16 and older at the Sarah Bush Lincoln Effingham Clinic. He especially looks forward to building long-term relationships with patients, after solely providing care to people in the hospital at Sarah Bush Lincoln and at HSHS St. Anthony’s Hospital since 2012. Previously, Dr. Schwing served for 12 years as a primary care doctor at Carle Clinic in Mattoon.

Dr. Schwing grew up on a farm in Fisher, IL and was the first in his family to go to college. Working on the farm provided a good work ethic. “I always joked that going to medical school seemed like a vacation from the farm,” he said.

Dr. Schwing went to Eastern Illinois University for two years and then transferred to the University of Illinois, where he earned a degree in biology. He earned his medical degree from the University of Illinois School of Medicine in Rockford and

“I think I’m a good listener and I spend a fair amount of time with patients to get to know their stories and to put together their problems.”

—Louis Schwing, MD

completed his residency in internal medicine at Northwestern University in Chicago.

As an internist, Dr. Schwing enjoys caring for a wide range of people and tackling both acute illnesses and chronic problems—everything from head to toe. “Every day is different,” he said. After practicing for 12 years, he became a hospitalist to focus on taking care of people who are critically ill and hospitalized. “It really tests all of your knowledge and all of the skills you’ve learned over the years. Patients are very complex with multiple moving parts. Every hour is critical so there are definitely some challenges that push you to do your best,” he said.

Yet as much as Dr. Schwing enjoyed being a hospitalist, he missed the relationship-building aspect of being a primary care doctor. He is looking forward to providing care to people in the Effingham area, where he has lived for the past nine years with his wife, Kim, and their three children: Caleb, 17, Lauren, 13, and Mia, 12.

He described his approach as calm and comforting. “I think I’m a good listener and I spend a fair amount of time with patients to get to know their stories and to put together their problems,” Dr. Schwing said.

“It’s certainly not a one-way conversation. Patients have a voice in the way their treatment options are pursued. I think of myself as a consultant,” he added.

“I was trained by incredible doctors through the University of Illinois and Northwestern and it is rewarding to bring those skills back to rural Illinois,” Dr. Schwing finally added.



For more information or to make an appointment with Dr. Schwing, call the SBL Effingham Clinic at **217 540-6122**.



## Annmarie McDonagh, MD

### Psychiatrist

Psychiatrist Annmarie McDonagh, MD, loves talking in depth with people about what's troubling them.

"I'm tremendously interested in what makes people tick and trying to help alleviate psychiatric distress," said Dr. McDonagh, who joined Sarah Bush Lincoln's Psychiatry and Counseling medical team in July.

With high demand for more mental health services in the area, Dr. McDonagh is excited to provide a much-needed service and help as many people as she can. She comes to the community with 28 years of experience in caring for people with a wide array of mental health concerns, most recently from her private practice in Lebanon, NH.

Dr. McDonagh grew up in suburban Boston as one of six children born to Irish immigrant parents. "My generation was the first to go to college," she said. "My parents are extremely proud that all six children earned college degrees." However, psychiatry wasn't her initial career path. She taught science for two years at a private girls high school, after graduating from College of the Holy Cross in Worcester, MS, with dual degrees in English literature and biology/pre-med.

Remembering her initial interest in medicine, she decided to enroll in the University of Massachusetts Medical School with thoughts of becoming a family practitioner. She started thinking about psychiatry for the first time during her psychiatry rotation in her third year of medical school. "I found that talking with people about their internal life and their symptoms came

"I love what I do and I love talking to people about taking a more holistic approach to their problems,"

—Annmarie McDonagh

very naturally to me, and I was very comfortable working with people with psychiatric illness," she said. "I also found that it's a field that combines my interests in literature with medicine because great authors tend to be great psychologists, and I learned a lot about psychology from reading great literature."

Dr. McDonagh then completed a four-year residency at Dartmouth-Hitchcock Medical Center in Lebanon, NH, followed by a three-year fellowship in post traumatic stress disorder at the National Center for PTSD in White River Junction, VT. During her fellowship, she conducted research on PTSD related to childhood sexual abuse.

Dr. McDonagh also became a mother to three sons during that time and cared for people at a community mental health center in Claremont, NH, for 11 years. "It was a very busy time in my life," she said. While she was there, she gained vast experience caring with people with the diagnosis of borderline personality disorder, post traumatic stress disorder and those who met the criteria for being severely and persistently mentally ill. In 2005, she opened a solo private practice treating people from age 16 to the elderly for any psychiatric condition.

After 13 years in private practice and with her sons away at college, Dr. McDonagh decided it would be a great time to expand her horizons. "I'm excited to have moved to the Midwest and to help provide more mental health services to this area," she said.

"I love what I do and I love talking to people about taking a more holistic approach to their problems," she added. "While I don't do formal psychotherapy on most of my patients, every session involves some psychotherapy where we talk about things that are going on in their lives and things they might need to address or change in order for them to get well again. Sometimes it's not as simple as adding a medication. I feel like I really get to know people in a meaningful way."



For more information, call SBL Psychiatry and Counseling at **217 258-4042**, or for an appointment with Dr. McDonagh, ask your medical provider for a referral. Her office is located in Prairie Pavilion 1, Suite 101 at Sarah Bush Lincoln.



## Sarah Bush Lincoln Partners with Memorial Medical Center

# Bariatric Services

Sarah Bush Lincoln now offers comprehensive bariatric services to residents through an innovative partnership with Memorial Medical Center in Springfield.

“Establishment of Memorial Bariatric Services at Sarah Bush Lincoln responds to the need for safe, clinically effective strategies for weight loss for persons suffering from clinically severe obesity,” Medical Director Bernie Rancho, MD, said. “We are very pleased that the Memorial Weight Loss and Wellness Center is joining with Sarah Bush Lincoln to offer the full range of ancillary support needed for a truly comprehensive, interdisciplinary approach to durable surgical weight loss for patients.”

Through this partnership, people have access to the Memorial Bariatric Services, a weight loss surgery program under the Memorial Weight Loss and Wellness Center. The American Society for Metabolic and Bariatric Surgery and American College of Surgeons accredited the center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) since 2010.

Dr. Rancho explained that Sarah Bush Lincoln staff provides pre- and post-operative medical management, nutrition, physical therapy, social work, laboratory and imaging services for patients at Sarah Bush Lincoln. Dr. Orlando Icaza, bariatric medical director and established bariatric surgeon affiliated with Springfield Clinic, and Dr. Adam Reid, assistant bariatric medical director and established bariatric surgeon affiliated with SIU, will perform the weight loss surgical procedures at Memorial Medical Center.

“The satellite clinic and ancillary support services at Sarah Bush Lincoln offers the same high-quality, protocol-driven care for these patients,” Rancho said.

More than 2,000 weight-loss surgeries have been performed at Memorial. Bariatric procedures offered include laparoscopic roux-en-y gastric bypass, laparoscopic adjustable gastric banding, laparoscopic sleeve gastrectomy, laparoscopic duodenal switch and laparoscopic revisional surgery.

“Perhaps the most remarkable benefit for our patients is the improvement and resolution of co-morbidities, or co-existing health conditions, at three years after a bariatric surgery,” Dr. Icaza said. “Eighty percent of our patients afflicted with sleep apnea have had that condition completely resolved, while it improved for another 5 percent of those individuals. Type 2 diabetes mellitus has been resolved in 55 percent of those suffering from this co-morbidity prior to their bariatric surgery. The condition has improved for another 22 percent of these patients.

“Similar results have been achieved for those with co-morbidities that include hypertension, back pain, osteoarthritis or urinary stress, among other conditions.”

Obesity is the second leading cause of preventable death in the country, second only to smoking. “Memorial Bariatric Services was established as a comprehensive program to address the medical, emotional and social issues that accompany the care required to successfully treat and manage this condition,” said Icaza.



For more information about Memorial Weight Loss and Wellness Center at Sarah Bush Lincoln, visit [MemorialWeightLossAndWellnessCenter.com](http://MemorialWeightLossAndWellnessCenter.com) or call 866-205-7915.

# Courses, Classes and Support Groups

## Wellness

### Center for Healthy Living\*

A medical center through which participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.

- 217 238-3488

### First Aid for Emergencies & Adult & Pediatric CPR

Instructors certified by the American Heart Association. Scheduled periodically, \$50 fee for each class.

- Shirley Sherwood, 217 258-2403

### Healthy Living Nutrition

A weight-management program.

- 8 am and noon every Mon. and 5:30 pm every Tues. at the SBL Center for Healthy Living
- Michelle Schultz, RD, 217 238-3488

### Hearing Aid Services

Offered at Sarah Bush Lincoln, SBL Effingham Clinic, and the Paris Community Hospital. 217 258-2568

### Living with Diabetes

This program is for people with diabetes and focuses on managing it through nutrition and exercise.

- Paula Enstrom, RN, 217 238-4808

### Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

- 11 am, 12:30 pm, 1:30 pm every Tues. and Thurs. in the METS department.
- Cathy Matheny, RT, 217 238-4973

### Tobacco Cessation Services

A program to help people quit smoking or using smokeless tobacco.

- SBL Wellness Services, 217 258-2140

## Prepared Childbirth

### Oh, Baby! Prenatal Education

Oh, Baby! offers a variety of comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies get off to a great start. Preregistration is required. Please check the website for the most current class schedule. Some classes have a fee. Financial assistance available.

- Allison Masse, RN, IBCLC, ICCE, 217 258-2229
- [sarahbush.org/ohbaby](http://sarahbush.org/ohbaby)

### Parent 2 Parent

A FREE service offering information, discussion and support about becoming a parent.

- 6 to 7 pm, first Tuesday of each month
- 217 258-2229

## Support Groups

### A.W.A.K.E.

Open to anyone suffering from sleep disorders, primarily sleep apnea.

- 6 to 8 pm, first week of March, June and October
- Lumpkin Family Center for Health Education at SBL
- Rodney Wildman, RPSGT, 217 238-4908

### Diabetic Support Group

- 7 pm, second Tuesday of the month in March, June, Sept. and Dec. at SBL
- Cindy Foster, RD, certified diabetic educator, 217 258-2135

### Hopeful Horizons

A support group open to anyone who has lost a loved one.

- 1 to 2:30 pm, third Thursday of each month, Prairie Pavilion 2, at SBL Lincolnland Hospice
- 1-800-454-4055

### Ostomy Support Group

- Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.
- Jenna Kreke, RN, 217 238-4804

### Pathways Through Grief

A support group open to anyone who has lost a loved one.

- 7 to 8:30 pm, first Wednesday of each month
- Lumpkin Family Center for Health Education at SBL
- Lincolnland Hospice, 1-800-454-4055

## Financial Assistance

### Affordable Care Act

Certified Application Counselors are available to help people with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby

- 217 238-4994

### Financial Assistance

If you have any questions about the SBL Financial Assistance Program, please call Patient Financial Services between 8 am and 4:30 pm, Monday through Friday.

- 1-800-381-0040
- Financial Assistance forms may be downloaded from [www.sarahbush.org](http://www.sarahbush.org)

Sarah Bush Lincoln

# Walk-In Clinics

7 am – 7 pm  
Monday through Friday

8 am – 3 pm  
Saturday and Sunday

### MATTOON

200 Dettro Dr.  
217 238-3000

### CHARLESTON

2040 Lincoln Ave.  
just east of IL Route 130  
217 345-2030

### TUSCOLA

1100 Tuscola Blvd.  
217 253-4764

# NEW Walk-In Clinic

Opening in January

### EFFINGHAM

905 N Maple St.  
217 540-6123

10 am – 8 pm  
Monday through Friday



1000 Health Center Drive  
PO Box 372  
Mattoon, Illinois 61938-0372



Printed on recycled paper.

# You Are Strong. Let's Prove It.



If you've struggled with weight loss your whole life, you know how easy it is to feel powerless. But you are strong. And now is the time to prove it. Sarah Bush Lincoln, in partnership with Memorial Bariatric Services of Springfield, IL, now offers a nationally accredited weight loss surgery program. Our program includes local, ongoing support to help you permanently keep the weight off.

**Take the first step toward lasting, life-changing weight loss.**

**[MemorialBariatricServices.com/SBL](http://MemorialBariatricServices.com/SBL)**

**866-2050-7915**

