

The Advantage

Walk-In Clinics

Charleston Walk-In Clinic

2040 Lincoln Ave., Suite 100
217-345-2030

Mattoon Walk-In Clinic

200 Detro Drive
217-238-3000

Tuscola Walk-In Clinic

1100 Tuscola BLvd.
217-253-4764

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday

Effingham Walk-In Clinic

905 North Maple
217-540-6123

MOVING IN AUGUST

SBL Bonutti Clinic
1303 West Evergreen Ave.

7 am to 7 pm
Monday through Friday

COVID-19 Testing

Available at the

Mattoon Walk-In Clinic

8 am – 4 pm
Monday through Friday

To make an appointment,
please call **217-238-3000**.

 Sarah Bush
Lincoln
AdvantAge 50

Contact us at:

217-258-2422

or email

advantage50@sblhs.org

In this edition of *The Advantage*, we'll tell you more about:

- Three new services at SBL including an outpatient treatment for varicose veins, a bariatric program for weight loss, and nephrology services.
- SBL also welcomes a new President and CEO, Kim Uphoff. You'll learn more about her journey to this role.



Treatment for Varicose Veins

Venous Ablation – now available at The Heart Center

Varicose veins can be unsightly, but beyond that, they can be painful too. They can also be a sign of a larger issue – chronic venous insufficiency. The good news is that this blood flow issue can be corrected painlessly through a short, minimally invasive procedure in the SBL Heart Center.

Blood flows from the heart through the legs to the ankles and then is supposed to travel back to the heart in the greater saphenous vein. But for some people suffering from chronic venous insufficiency, the small valves in this vein do not close after the blood passes through, and the blood flows backward. This causes blood to collect in the legs.

Often times, people with chronic venous insufficiency will experience swelling in the lower legs and ankles and the skin can have a red or purplish hue. Left untreated, ulcers can form or recur, causing greater pain.

SBL Interventional Cardiologist Dean Katsamakis, DO, explained that through the use of endovenous laser therapy, or venous ablation, a small catheter with a laser is inserted near the knee. Guided by ultrasound, the endovenous laser therapy procedure is used to close the insufficient vein therefore rerouting circulation to normally functioning veins that return blood to the heart.



Dean Katsamakis, DO

“This is about a 30-minute procedure that restores the blood flow and relieves leg pain,” he explained. “The leg is wrapped and people walk out on their own and are encouraged to stay active.” However, venous ablation is not the first step. People with suspected chronic venous insufficiency are first examined in the Heart Center and screened for the disease. Conservative treatment methods that include wearing compression stockings, taking diuretics and increasing exercise helps push the blood back up the greater saphenous vein. This may resolve the issue.

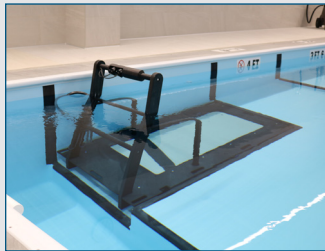
For more information about chronic venous insufficiency or venous ablation, please call The Heart Center at **217-238-4960**.

News and Updates

SBL Bonutti Clinic

By late August all clinics and services at the SBL Bonutti Clinic will be moved in and operational. This multi-specialty clinic includes:

- Diagnostic Imaging (with CT, MRI, Ultrasound and X-ray services)
- Internal Medicine
- Interventional Pain Management
- Occupational Medicine
- Outpatient Laboratory
- Orthopedics
- Pediatric Clinic
- Physical and Occupational Therapy with therapy pool
- Walk-In Clinic



Thank you for your patience during the transition. We hope to serve your healthcare needs at this beautiful new facility, located at 1303 West Evergreen, Effingham.

Nephrology Services

Through a partnership with RenalCare Associates, area residents with kidney disease and in need of medical care, will be able to receive the vital care at Sarah Bush Lincoln.

RenalCare's nephrologists, who use advanced telehealth technology, collaborate with SBL physicians to provide full-service care to hospitalized patients requiring nephrology care. A nephrologist is available daily providing inpatient consultation and follow-up care, thus eliminating the need to transfer patients away from home to another hospital. Through this partnership Sarah Bush Lincoln will be expanding kidney disease services both in the hospital and outpatient setting.

For more information, contact SBL Medical Practices at **217-258-2576**.



Lisa Sasso, MD Hand Surgeon

Hand Surgeon Lisa Sasso, MD, is expanding her services and will now be caring for patients at the main SBL Campus in the ENT clinic, beginning in August.



Dr. Sasso cares for people of all ages and treats those suffering from carpal tunnel syndrome, trigger finger, arthritis, and trauma. She says her greatest satisfaction is seeing a patient with a severe injury regain of their hand through surgery and rehabilitation.

"The hand is extremely complex, so the surgery is very delicate and precise. Just understanding the mechanism of how you extend a finger is very complex, which makes it fun and challenging for me as a surgeon," she explained.

When she's not working, Dr. Sasso says her second job involves taking her four children to their various sporting activities. When asked about the riskiest activity for potential hand injury, Dr. Sasso says without question, it's fireworks. "Leave them to the professionals."

Dr. Sasso earned her medical degree at Rush University Medical School, Chicago, and completed her orthopedic residency at Northwestern University Medical Center, Chicago. She completed a hand surgery fellowship at the University of Utah Medical Center, Salt Lake City, Utah. She is certified by the American Board of Orthopedic Surgery with an added qualification in hand surgery.

In August of 2021, Dr. Sasso along with fellow hand surgeons Nash Naam, MD, and Patrick Stewart, MD, joined Sarah Bush Lincoln with their primary office in Effingham.

To make an appointment with Dr. Sasso, please call **217-347-3003**.

SBL Southern Illinois Hand Center
SBL Medical Park Plaza
901 Medical Park Dr., Suite 100 • Effingham



SBL Welcomes New President and CEO

Kim Uphoff

Mattoon native Kim Uphoff has been named the new president and CEO of Sarah Bush Lincoln, following the retirement of Jerry Esker on July 29.

Uphoff came to SBL in 1998 as the director of Planning and Business Development. Since 2017 she served as the chief operating officer with oversight of hospital operations including Diagnostic Imaging, Laboratory, Pharmacy, Rehabilitation Services, Facilities and Environmental Services, Security, Food & Nutrition Services, Wellness, Healthy Communities, Communications, Planning and Business Development and the SBL Foundation.

She is a graduate of the University of Illinois and has a Master's of Science degree in Health Services Administration from University of Saint Francis, Joliet.

She and her husband, Bill, have two adult children, and are farmers predominately south of Mattoon.



"I have great personal 'ownership' of Sarah Bush Lincoln and of its future. I am confident that we can continue to move the organization forward to ensure access to care for our community and to remain a strong, independent healthcare system. I am honored to have been selected to lead this mighty organization."

Kim Uphoff



Now Offered at Sarah Bush Lincoln

Bariatric Weight Loss Program

Weight loss can be a life-time struggle for many people. Through the SBL Bariatric Program, participants can find a solution. The comprehensive weight-loss program includes local, ongoing support to help you keep the weight off permanently.

SBL offers weight loss options, including:

- a focused exercise and nutrition program
- prescribed medication that encourages weight loss
- bariatric surgery to promote weight loss by restricting food intake and disrupting the digestive process.

A team of experts to help guide the participant's success have been specially trained in this area. They include:

- A **surgeon** specially trained in laparoscopic sleeve gastrectomy
- **Medical providers** who specialize in obesity and weight loss
- A **registered dietitian** to provide nutritional counseling
- A **physical therapist** to improve mobility
- A **mental health counselor** to help overcome emotional hurdles and roadblocks
- A **nurse navigator** to help guide participants through the process before, during and after your surgery

The laparoscopic sleeve gastrectomy is a procedure in which the stomach is restricted by stapling and dividing it vertically.

The portion of the stomach that receives food is shaped like a very thin banana or sleeve.

The sleeve gastrectomy is not for everyone. The criteria for people considering surgery for obesity or bariatric surgery often includes having a body mass index, or BMI, of 40 or greater. A BMI of 40 translates to about 100 pounds over ideal body weight for men or 80 pounds over ideal weight for women. Weight loss surgery may also be an option for people with a BMI of 35 or greater who suffer from progressive life-threatening obesity-related health problems such as diabetes, heart disease and other illnesses.



Mindi O'Rourke, RN, Michelle Schultz, RD, Andrew McDevitt, ARPN, Beth Jensen, PT, Todd Bierman, MD, Kendra Cole, LCSW, and Joan Alvarado, MD

For more information, please call the SBL Bariatric Program at **217-238-4961**.



1000 Health Center Drive
PO Box 372
Mattoon, IL 61938

Sarah Bush Lincoln Hospice



Tuesday, September 20

5:30 pm ~ *Early-bird Binga* / 6 pm ~ *Binga*

MATTOON EAGLES CLUB

1917 Oak Avenue

Admission \$10 (*Seating is limited*)

To purchase tickets, call **217-258-2511** or visit **www.sarahbush.org**

Net proceeds support the new SBL Hospice House