

Sarah Bush Lincoln

Health *styles*



CHALLENGE ACCEPTED

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A HANDY CONNECTION

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MILES TO GO

Photographer and nature enthusiast is thrilled to be hiking again, thanks to a hip replacement.



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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.

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Health System

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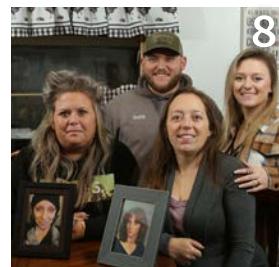
Sarah Bush Lincoln Expands Cardiology Services to Effingham

and Welcomes Cory Hess, ACNP.

SBL Women & Children's Center Receives Highest Marks from

Women's Choice Awards.

Community Connection



Cheers!

39th ANNUAL

**Sarah Bush
Lincoln**
Health Foundation

6 to 11 pm | Sat., March 4, 2023

Keller Convention Center, Effingham, IL

NEW THIS YEAR

Poker Tournament

- ♥ Game type: Hold 'em - 80 person limit
- ♦ Buy-in: \$100 (includes admission to *Cheers!*)
- ♣ Time: 8 to 10:30 pm
- ♠ Location: Conference Rooms 1 & 2

Grand Prize and runner-up prizes awarded.
Special bounty for knocking out Dr. Robert Thain.

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

\$85 per ticket

Call 217-258-2511 to purchase

www.sarahbush.org/cheers

Program Offers Hope and *Health*

Dr. Kabbes excited to bring Weight Management Program to Effingham.

Having been an overweight child, Internal Medicine Physician Doug Kabbes, MD, understands how difficult it can be to lose and maintain a healthy weight. He achieved his goals through diet and exercise, but he knows that some people need additional support.

“Every day as a physician, I see people with chronic health conditions that could be improved with weight loss. But losing weight is easier said than done,” Dr. Kabbes admits.

Sarah Bush Lincoln’s Weight Management Program is expanding to the SBL Bonutti Clinic in Effingham. Dr. Kabbes is enthusiastic about helping people achieve their weight goals. He believes this program will be instrumental for many reasons.

“Some 73 percent of our population is overweight or obese, and the number climbs every year. Being overweight contributes to the development of diabetes, heart disease, stroke, sleep apnea, hypertension, depression, liver disease and cancer, much of which can be either cured or alleviated with weight loss,” he said.

New medications on the market can be life-changing for many. Injectable medications, originally developed for diabetes, have been found to be safe and effective weight management tools. Medication options currently include Saxenda and Wegovy. While a similar medication, Mounjaro, is expected to receive approval for weight loss in the next few months.

Dr. Kabbes is completing course work to become board-certified by the American Board of Obesity Medicine, one that certifies physicians who want to bridge the gap between obesity and chronic disease. As part of his efforts, Dr. Kabbes works in conjunction with the SBL Weight Management Program. It aims to incorporate a focused exercise and nutrition program, prescription medication that encourages weight loss, and bariatric surgery (sleeve gastrectomy) to promote weight loss by restricting food intake and disrupting the digestive process. The comprehensive weight-loss program includes ongoing support to help permanently keep the weight off.

Dr. Kabbes explained his history. “When I was young, I was an overweight kid. I decided to make changes by exercising, getting involved in sports and eating better, which was transformational, but I realize the difficulties others may have, especially in achieving long-term results. Some have dieted their entire lives, and weight continues to be a struggle for them. I hope to offer people help and most importantly, hope, through our Weight Management Program,” Dr. Kabbes said.



The Effingham Weight Management program is offered in the Effingham Walk-In Clinic at the SBL Bonutti Clinic. For more information, call **217 342-5225**.



Challenge *Accepted*

Just months after a total knee replacement, John Hayden is back to achieving his running goals.

John Hayden grew up in a health and fitness-conscious family. With his grandfather, long-time Toledo physician Lowell Massie, MD, and his parents, Richard and Carolyn Hayden, who are avid runners, he was immersed in fitness from a young age.

“We have always been members of the YMCA, even from its early days when it was in various locations in Mattoon. Fitness is just ingrained in my family,” John said.

“I have always enjoyed running, but I was heavier, so it was a challenge for me,” John said. “I’m not built like a runner,” yet he has run on and off since high school.

“My first 5K was Run for the Bagel. During the pandemic, my wife, Vickie, and I really got back into running. There weren’t in-person 5- and 10K races, so we started doing virtual runs. That’s where most of those medals came from,” he said, pointing to a five-hook rack, filled with race medals.

“Running is probably one of the most challenging forms of exercise that I can do because of my size, yet I find it very rewarding. I achieve something every time I do it.”

—John Hayden

He continued, “They take their jobs very seriously. They asked me what my goals were, and then they matched my therapy protocols with my goals. Getting the full extension of my leg was taking longer than expected, so they went to bat for me to get

my insurance company to cover additional PT sessions.”

Over the years, John suffered from injuries to his right knee. He had a torn meniscus repaired 10 years ago, a revision to it five years ago, and, in March, he had a total knee replaced at 53 years old. “I could see the path I was on. It was only a matter of time,” he said of the knee replacement. John sought the help of SBL Orthopedic Surgeon Timothy Gray, MD, at the SBL Bonutti Clinic. John had known him for years, and he trusted his advice and his care.

“There was no specific injury to my knee that precipitated the need for a replacement,” John recalled. “It was just years of wear and tear from an active lifestyle.” What concerned John about having a knee replacement was that his running would be sidelined for close to a year. “I told Dr. Gray that I wanted to run a Halloween 10K in St. Louis, and he said there would be no way I could be healed enough to do it. Dr. Gray threw down the gauntlet, and the challenge was on from there.”

As a goal-oriented person, John had the drive to achieve a new goal. As a practice, every day John writes down what he wants to accomplish for the day, and then he crosses off items until he is done. He approached his recovery in much the same way. “Everyone recovers differently. I found the challenge was more mental, going into surgery,” he said. John’s state of fitness before surgery helped propel his recovery.

John was faithful to physical therapy and credits SBL Physical Therapist Beth Jensen, PT, and Physical Therapy Assistant Jennifer Nave, PTA, for advancing his recovery. He calls both “phenomenal.” He said, “Their attitudes and their can-do way of working with patients were a huge part of my recovery.”

John recovered well enough to dance (supported by a cane) with his step-daughter, Haylee, at her wedding just a month after the surgery. He had accomplished his first goal. Next, John finished that Halloween 10K in St. Louis— seven months after the knee replacement. He was happy to have one of his sons, Mitchell, by his side. Weeks later, John and Vickie ran a 5K up the side of a volcano in Hawaii.

“I have a love-hate relationship with running,” John said. “It is probably one of the most challenging forms of exercise that I can do because of my size, yet I find it very rewarding. I achieve something every time I do it,” he said.

John and Vickie, along with their blended family, Mitchell, William, Lexie and Haylee, all lead active lives and understand the long-term health benefits of fitness.



For more information or to make an appointment with Dr. Gray or one of his associates at the SBL Bonutti Orthopedic Clinic in Effingham, call **217 342-3400**. For the SBL Orthopedics & Sports Medicine in Mattoon, call **217 238-3435**.



A handy

Connection

After years of sending employees to Hand Surgeon Nash Naam, MD, Brad Hastings knew where to go for his hand troubles.

As a former human resources manager for a Champaign manufacturing company, Brad Hastings often sent his employees to see Hand Surgeon Nash Naam, MD, in Effingham for carpal tunnel issues and hand injuries; he wanted only the best for his employees.

"I knew of Dr. Naam's reputation, but I had never met him," Brad said. "My employees were very happy with their outcomes and often said what a remarkable surgeon he was. I was happy about the care because they felt better and recovered."

Long before retirement, Brad and his wife, Jonell, bought an 800-square-foot cabin on Lake Sara in 1982. The first thing they did was built on a sunroom so they could enjoy the view of the lake. But when they retired in 2006, they tore down the cabin and built their "forever" home, complete with a four-season room overlooking the lake, plus a boathouse. Their bliss was tooling around the lake on their pontoon boat several times a week.

Retirement brought Brad another gift too: being reconnected with Dr. Naam. As his patient, Brad learned first-hand why others raved so much about him. "Dr. Naam doesn't walk on water, but it's pretty close. His diagnostic and surgery skills are beyond compare," Brad explained.

“Dr. Naam doesn’t walk on water, but it’s pretty close. His diagnostic and surgery skills are beyond compare.”

—Brad Hastings

Now 83 years old, Brad has had quite a few surgeries over the years: three back surgeries, two hips, a shoulder surgery— and several surgeries by Dr. Naam. Brad always seeks out the best possible surgeons for his conditions. “So when I say this man is competent and patient-oriented, I mean he’s right up there with the best of the best!”

Fifteen years ago, Brad became a patient of Dr. Naam’s at the SBL Southern Illinois Hand Center, and now they call each other friends. “I had some fingers that didn’t work quite right. He released the locked trigger fingers and I was able to return to the things I love doing, like woodworking, fishing and activities of daily living like typing and driving.”

Another time, Brad was suffering from pain in his thumb and, after X-rays were taken, Dr. Naam said he could fix the pain by removing a bone that Brad didn’t need. He regained dexterity through occupational therapy at the Southern Illinois Hand Center. Brad suffers from osteoarthritis and believes it may be the link to his hand and finger issues.

“I found that I was making adjustments to many routine activities, like gripping the steering wheel, holding a pen, typing and cooking,” he explained. Since the first procedure, Dr. Naam has also performed carpal tunnel surgery on both of Brad’s hands, and he repaired additional trigger finger releases.

Brad and Jonell sing the praises of Dr. Naam. “He’s such a competent individual, and once

you talk with him, you become completely comfortable with him and trust his knowledge and skill level. He’s passionate about his work and compassionate with his patients. He doesn’t hurt you either,” Brad said. “He’s a doctor and a surgeon, and he has a sense of humor. That’s a great combination.”



Hand Surgeon Nash Naam, MD



For more information or to make an appointment with Dr. Naam or one of his associates, Hand Surgeons Lisa Sasso, MD, and Patrick Stewart, MD, call the SBL Southern Illinois Hand Center at **217 347-3003**.



Miles to *Go*

Photographer and nature enthusiast is thrilled to be hiking again, thanks to a hip replacement.

Kirby Pringle was working on a story for The News-Gazette of Champaign-Urbana when he met Cindy Rose. They connected quickly over their love of nature. Within a year, they were married, and 32 years later, they continue to pursue their interest, serving as conservationists through their artwork and documentary films.

When they lived on three acres of land, Kirby planted a half-acre of native prairie plants. "It was fascinating to see all the

butterflies and birds that it attracted," he said. The couple became involved with monarch butterfly conservation and encouraged people to plant native plants to help grassland birds and butterflies survive. Kirby and Cindy show their passion for both in photographs and documentary films. The couple is also known for their humorous dog photos and books.

A couple of times a week, the Pringles head to Lake Shelbyville with their two dogs, Daisy and Joe, to hike a few miles for exercise and for the pursuit of wildlife. Reflecting on an incident that threatened to take away that passion, Kirby explained, "I have a camera with a



The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

—Robert Frost in
“Stopping by the Woods on a Snowy Evening”

long lens that I wore across my chest, and the camera rested on my right hip. The camera is heavy, and I wore it that way for about four years.”

“It was the fourth of July weekend, and we had hiked a couple of miles at Lake Shelbyville, just like we usually did,” he continued, “and when we got home, I couldn’t move my right leg. I couldn’t lift it and I thought I had torn something. The pain was horrible.”

During a visit to his doctor, Kirby learned that he had severe arthritis in his right hip, his middle core was in poor shape, and his left hip had moderate arthritis. He had shredded his labral cartilage, a soft tissue that covers the hip socket. SBL Orthopedic Surgeon Louis Mendella, MD, told Kirby that while he could give Kirby a steroid shot, the only real solution was to replace the hip.

“I was so surprised. Before the hike, I had no signs of arthritic pain. We were active most days of the week and had been for years. I didn’t think this would happen to me at 65 years old — hip replacement was for older people,” he said. In fact, people between 50 to 69 years old comprise more than 42 percent of hip replacements. “My only thought is that wearing the camera in the same place for all those years, coupled with the dogs leashed in the other hand, had put a strain on my hip joint.”

“I have always been active, and this was such a horrible thing to go through. Walking and hiking are what I do for fun, so to be sidelined for a few months was isolating and depressing,” Kirby said.

Two months after diagnosis, he underwent hip replacement surgery at Sarah Bush Lincoln. “The

evening of surgery, I was walking laps around the recovery room with the aid of a walker and a nurse by my side,” he recalled. Following weeks of physical therapy, he and Dr. Mendella were thrilled with Kirby’s recovery. Kirby returned to hiking again just two weeks after surgery, starting with a half-mile and working his way back to previous distances.

“My fun in life is hiking, so I was motivated to get back to it as soon as I could,” he said. “I couldn’t be more elated that I’m able to get back to doing the things I love: hiking and taking photos. The key to my healing was walking. I tried to walk as much as I could without overdoing it. I think it was helpful that I was pretty active before the surgery too.”

The inseparable Pringles’ photographs hang in The Vault Art Gallery in Tuscola, which Kirby managed for four years. The Pringles have been involved with the gallery for nearly 10 years. The couple is also known for Dogtown Artworks, an art line that features photos of their dogs mimicking people. Their fourth book, “Happy Tails: We Can’t Elope,” published recently.

“I’ve switched to a lighter camera that allows me to do what I love to do. We are conservationists, and along with that comes the responsibility to educate people about what nature needs, so it can to flourish,” Kirby said. “If we don’t take care of what we have and try to improve it, then we’re going to lose the bees and butterflies that are so important to the survival of so many plants and other animals.”



For more information about SBL Orthopedics & Sports Medicine or to make an appointment with Orthopedic Surgeon Louis Mendella, DO, call **217 238-3435**. For the SBL Bonutti Clinic in Effingham, call **217 342-3400**.



Phenomenal Nurse

SBL Hospice Nurse cares for a kind-hearted mother and her children.

“She was the family.”

“She had a very big heart.”

“She really was my best friend.”

Casandra Edwards was the glue that had held her family together, so when she died at age 57, her children were left without the guiding force that had ushered them through childhood and into adulthood.

During Casandra’s final weeks, her son, Justin Edwards, and her three daughters, Ashley Eckley, Krystin Riley and Taylor Evans, trusted Sarah Bush Lincoln Hospice to care for their beloved mother. They couldn’t have been more pleased with the support they received.

Casandra’s children describe their mom as having a supportive nature and a strong work ethic. From the time she raised her children to the days when they cared for her, Casandra put others first. Justin, Ashley, Krystin and Taylor are confident that she never missed any of their— or their children’s— events or games.

Casandra could be counted on to answer work phone calls after hours, and while recovering from a fractured femur, she even helped Justin’s wife select her wedding dress. Casandra seemed unstoppable!

In 2020, however, Casandra’s health started to decline, and she was diagnosed in November with lung cancer. Casandra received nine rounds of chemotherapy at the SBL Regional Cancer Center, before the lower part of her left lung was removed at Barnes-Jewish Hospital in

St. Louis. She returned to Sarah Bush Lincoln for six weeks of low-dose radiation, which put her into remission.

To keep the cancer at bay, SBL Medical Oncologist Abdur Shakir, MD, prescribed immunotherapy treatments for a year, yet her cancer returned in July 2022. Casandra underwent treatment again, but by September, the cancer had spread throughout her body.

Casandra never complained about her pain or how worried she was, and she knew when she needed end-of-life care. Having had a good experience at the SBL Regional Cancer Center, SBL Hospice was the obvious choice for the next leg of Casandra's journey. The entire family had confidence that Casandra would receive excellent care.

SBL Hospice staff exceeded Casandra's kids' expectations by not only caring for their mom but by checking on them, as well. In particular, the family is grateful for the efforts of Taylor Shores, RN. "She was absolutely phenomenal," Taylor said. Justin added, "I will give her high praises until the day I die."

Casandra passed away on November 13, 2022. It was a heartbreaking day for her children and grandchildren, yet Taylor Shores remained at their sides. "I don't think we would have made it through the rest of that day if she wasn't there," Ashley recalled.

Shores attended Casandra's visitation and funeral, and she checked on the family in the following days. She also sent the family flowers. "You can tell she really loves her job," Krystin added.

The family looks back on Casandra's life with gratitude. The person they loved so much had an enduring impact, and in her final days, her generosity never wavered. Casandra received a Grant-A-Wish from SBL Hospice, and she asked that the money be used to buy supplies for the Coles County Animal Shelter.

For Ashley, Justin, Krystin and Taylor, it was a final reminder of who their mom was at her core. The siblings are grateful to the staffs of the SBL Regional Cancer Center and the SBL Hospice for providing wonderful care to their mother. "It's nice to have such great, local care like that," Taylor said.

Casandra with SBL Medical Oncologist Abdur Shakir, MD.



For more information or to make an appointment with the SBL Regional Cancer Center, call **217 258-2250**.
To learn about Sarah Bush Lincoln Hospice, call **1-800-454-4055**.

Sarah Bush Lincoln expands Cardiology services to Effingham and

Welcomes



Cory Hess, ACNP Cardiology

Cory Hess uses medical instruments to support his work as a cardiology-focused Acute Care Nurse Practitioner (ACNP), but there was a time when musical instruments were at the center of his wheelhouse.

Growing up, Cory played French horn in Teutopolis school bands, eventually earning All-State honors and a collegiate scholarship to Millikin University, where he graduated with a bachelor of science degree in biology (pre-medicine). Afterward, Cory went on to earn a nursing degree from Saint Louis University.

Cory loves the many aspects of nursing, such as connecting with patients while helping them. After working with nurse practitioners for a few years, Cory discovered the appeal of becoming a provider. He has experience working in a big-city environment (having worked in St. Louis for 15 years), yet he is happy to care for patients in the tight-knit communities of East Central Illinois, like the one in which he was raised.

“I’d learned a lot about Sarah Bush Lincoln and its history, so I jumped at the opportunity to open a cardiology clinic— a service people previously didn’t have local access to with Sarah Bush Lincoln,” Cory said. His wife, Jennifer Hess, is a nurse practitioner in orthopedics at the SBL Bonutti Clinic, where he provides cardiology care.

Offering cardiology services in Effingham makes Cory a valuable addition, not only for SBL patients, but for SBL cardiologists. Cardiologist Michael LaMonto, DO, said having a provider in Effingham is important. “I have a lot of patients who come up from Effingham to see me. I want to see those patients in Effingham, but making that happen can be difficult,” Dr. LaMonto explained.

“Now Effingham-area people can receive SBL Cardiology care closer to home. Cory is a great guy with wonderful experience, and there’s a lot of people in Effingham who know him and trust him.”

—Cardiologist Michael LaMonto, DO

He continued, “Now Effingham-area residents can receive SBL cardiology care closer to home. Cory is a great guy with wonderful experience, and there are a lot of people in Effingham who know him and trust him.”

Cory provides general care to patients and refers patients who need intensive care to the cardiology team at The Heart Center in Mattoon. Dr. LaMonto and the cardiology staff want to build a strong



Cardiologist Michael LaMonto, DO

connection between the Mattoon and Effingham campuses, so he and Cardiologist Batlagundu Lakshminarayanan, MD (Dr. Lakshmi), each visit the Effingham Cardiology Clinic multiple times monthly.

Dr. LaMonto and Cory share similar philosophies of patient care; both emphasize patient education. Cory said he often relates cardiology to something a patient is already familiar with. For example, Cory commonly describes atrial fibrillation like a house with knob-and-tube wiring and how it is prone to short circuiting.

“People get it, and I love that feeling when the light bulb goes off and they’re like, ‘I understand now,’” he said. “Then we can talk about their treatment, why we’re doing this and what the medicine is going to do.”

While talking about his career move, Cory reflected on his choice of majors. He said that while he wanted to major in both biology and music, the practice time required of music majors is so high that he wouldn’t have had time to complete labs and other work required of biology majors. The obvious choice for him was to choose biology as a major and to perform for pleasure in the Millikin University band.

The family tradition continues. “One of my daughters recently got into piano, and I’ve been having a blast because I played piano for 14 years,” Cory said. “I’ve enjoyed practicing piano with her and helping her learn the instrument.”

Cory lives in Teutopolis with his wife, Jennifer, and two daughters.



For more information or to make an appointment with SBL Cardiology in Mattoon or Effingham, call **217 238-4960**, or ask for a referral from your primary care provider.



We met the highest standards
for Obstetrics

TOP 10%

Ranked in the top 10% of
hospitals nationwide



Feel confident in choosing
the best care available

Sarah Bush Lincoln Women & Children's Center was recognized by Women's Choice Award for meeting the highest standards in obstetrics.

Women's Choice Award uses a combination of quality and patient experience metrics to determine the designation. The Women & Children's Center has remained above the 90th percentile nationwide in patient experience as surveyed by Press Ganey for the last several years. It also performs very well in clinical quality, ranking in the top 10 percent of hospitals in the nation by meeting and exceeding the threshold for early elective delivery rates between 0-1 percent, better than the national average, and having an episiotomy rate of less than 5 percent. The Center uses cutting edge technology and is forward focused on safety and security. People entering the unit must have an ID badge or have a specific

code linked to the patient's room. As employees enter the patient's room, their ID badge appears on a screen in the room so the patient knows who is in the room and their roles. All labor and delivery rooms are private.

Sarah Bush Lincoln offers a variety of Oh, Baby! comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies start off strong.

Support and expertise do not end at the last class session. SBL Women & Children's Center staff happily answer parents questions. After your baby arrives, our lactation consultant helps to smooth the transition to breastfeeding.



PEDIATRICIAN

PEDIATRIC PROVIDER

SBL Bonutti Clinic Pediatrics

DYNAMIC DUO



Abby Welsh, MD and Cari Fearday, PA-C

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Welcoming New Patients

Accepting most insurances including Cigna and BCBS.

SBL Bonutti Clinic Pediatrics | 1303 W Evergreen Ave, Suite 203
Please call **217 540-6122** for an appointment.



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**

This program is funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.

First Aid for Emergencies; Adult and Pediatric CPR

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

■ **Dillon Kircher, 217 258-2403**

Hearing Aid Services

Offered at Sarah Bush Lincoln and SBL Effingham Clinic. **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, 2 pm every Tues. and Thurs. in the METS department.**

■ **Cathy Matheny, RTT, 217 238-4973**

Tobacco Cessation Services

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

■ **SBL Wellness Services, 217 258-2140**

Financial Assistance

Affordable Care Act

Certified Application Counselors are available to help 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, Mon. through Fri.

■ **1-800-381-0040**

■ **Forms may be downloaded from www.sarahbush.org**

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 is available.

■ **Allison Masse, RN, IBCLC, ICCE, 217 258-2229**

■ **sarahbush.org/ohbaby**

Support Groups

Bariatric Support Group

- 6 to 7 pm, third Tues. of the month
- SBL Center for Healthy Living Meeting Room
- **Mindi O'Rourke, RN, 217 238-4961**
- **Zoom option available**

Diabetic Support Group

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

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**

Grief Support Group

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

- 7 to 8:30 pm, first Wed. of each month
- **Prairie Pavilion 2**
- **SBL Hospice, 1-800-454-4055**

Sarah Bush Lincoln Walk-In Clinics

**We're here when
you need us.**

No appointments.

7 am – 7 pm / Monday through Friday

8 am – 3 pm / Saturday and Sunday*



MATTOON

**200 Dettro Drive
217-238-3000**



CHARLESTON

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



EFFINGHAM

**1303 West Evergreen
SBL Bonutti Clinic, Entrance B
217-540-6123**



TUSCOLA

**1100 Tuscola Blvd.
217-253-4764**



VANDALIA

**1442 N. 8th St., Suite C
618 283-0266**

***Open 9 am to 4 pm on
Saturday and Sunday.**

****Wait time feature not available
for this location.**



Use your cell phone camera to scan this code to visit

sarahbush.org.

Use the "Walk-In Clinic Wait Time" feature at the top of the webpage for current wait estimates at each of the walk-in clinic locations.**



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Each of the awards is based on Sarah Bush Lincoln's clinical performance and patient experience scores along with advanced technology.



BEST

100 HOSPITALS

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INVASIVE SURGERY
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TOP 7% NATIONALLY

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2023**
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**OUTPATIENT
EXPERIENCE
2023**