

Sarah Bush Lincoln

healthstyles



Life is a Dance

Small town rallies around beloved community member facing cancer.

Nothing to Sneeze At

Finding relief with immunotherapy after years of allergy misery.

health styles

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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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Bumps, Burps & Giggles

baby & children's fair



11 am to 2 pm

Sunday, June 26

Lumpkin Family Center for Health Education at Sarah Bush Lincoln (park in north parking lot)

For more information, contact the Office of Perinatal Education at:
217-258-2229 or go to **www.sarahbush.org**.

Follow us on Facebook and Twitter.

ILPE 
Illinois Performance Excellence
GOLD AWARD WINNER



27th Annual
Sarah Bush Lincoln
GOLF BENEFIT
June 10, 2016
 Mattoon Golf & Country Club

*Net proceeds support the new
 SBL Regional Cancer Center*

For more information or to register, contact
 SBL Health Foundation at 217-258-2511,
klockart@sblhs.org or www.sarahbush.org.



Center for Healthy Living

This 120-day Healthy Living Medical Exercise program is a custom-designed exercise and lifestyle program to help participants achieve their goals and manage chronic illnesses.

People with the following conditions can benefit:

- High blood pressure
- High cholesterol
- Chronic pain
- Depression
- Cancer
- Osteoporosis
- Postpartum
- Arthritis
- People working on:
 - Rehabilitation from injury or surgery
 - Weight reduction



"The trainers were good about modifying exercises if someone had a health concern and challenging us when we needed to be challenged."

Mike Kieffer (left) with one of his trainers, Luke Gard.

A provider-signed referral is needed to begin the program.

Center for Healthy Living
 1004 Health Center Drive, Suite 110
 Mattoon, IL 61938
217-238-3488

Life is a Dance

Small town rallies around beloved community member facing cancer.

Stacey Carl doesn't consider himself different than anyone else, but his positive attitude and giving spirit have not gone unnoticed by residents of his hometown of Greenup and beyond.

Beloved as the town's Santa Claus, youth football coach and local business owner, Stacey has always been quick to lend a helping hand or a listening ear. So when the 43-year-old father of two was diagnosed with stage IV colon cancer, the entire community was devastated.

Stacey was scheduled to have a colonoscopy at Sarah Bush Lincoln to explain his ongoing stomach issues and loss of appetite, but instead he was rushed into emergency surgery to remove a cantaloupe-sized mass from his colon. Sadly, the tumor perforated his colon wall and doctors found lesions on his liver as well.

Stacey spent the next 23 days in the hospital, undergoing two more surgeries, fighting for his life. The news spread quickly throughout the small Cumberland County town as residents desperate to help sent get-well cards by the hundreds, hosted a candlelight vigil and a blood drive at the school, helped manage the family's pizza shop and sold t-shirts in his honor. Stacey had a constant stream of visitors and he started a bucket list of things he wanted to do with his wife, Monica, and their kids that he posted on the wall.



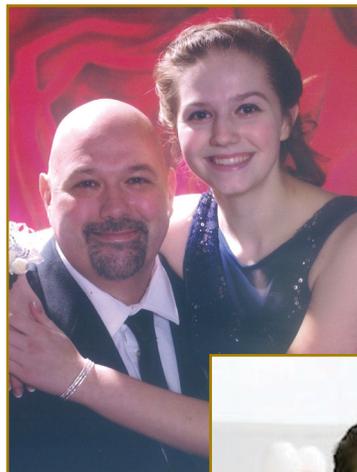
“It was touch-and-go for a while,” he said. “I can’t say enough about how great the nurses and caregivers were at Sarah Bush Lincoln.” Thankful when he was able to go home, Stacey decided to undergo chemotherapy treatments in Sarah Bush Lincoln’s Regional Cancer Center after talking with oncologists Abdur Shakir, MD, and Kuppuswamy Jagarlamudi, MD, and researching other options.

“The doctors are unbelievable,” he said. “When you have one you really have both. They work well as a team. They talk about new medicines and what’s going to be the best for each individual patient – even if it means sending you somewhere else. They’re not going to keep you around if they don’t think they can help you.”

Despite Stacey’s diagnosis, his perpetual spirit and positivity has never wavered. He comes to chemotherapy sessions every other week with a smile on his face and does what he can to lift up others. “It’s just mind over matter. If you don’t mind, it doesn’t matter,” he likes to say. “I have a chemo pump that I wear at home every other week and we decorated it. It’s a way to take our minds off of it – and get the kids involved.” His 10-year-old son, Noah, named his chemo pump Pete.

Humbled by the overwhelming outpouring of love and support, Stacey and his family declined when community members approached him about hosting a fundraiser. “I feel very blessed in my life. I have a good job and I’m able to support a family. I know there are people out there that need money worse than I do,” he said. So instead of a fundraiser, organizers decided to plan a father/daughter dance, one of the wishes on Stacey’s bucket list.

Stacey and his family loved the idea of creating an event that could be enjoyed by the entire community. With the family’s blessing, flyers were posted and sent home with students at Cumberland schools. Dance organizers from Christ the King Church Altar & Rosary



“We were on the dance floor most of the night. It was a truly special evening and I feel honored.”

Stacey Carl



Society, Jewett Community Church, Hatten Welding, the Toledo Democrat and the Greenup Chamber of Commerce expected maybe 60 people to attend, but more than 200 fathers and daughters showed up to dance and support him!

Stacey fully enjoyed the night with his 14-year-old daughter, Emily. “We were on the dance floor most of the night,” he said. “I told my daughter I was probably going to embarrass her because I wasn’t going to hold anything back, and I didn’t.” As the night’s honored guest, Stacey was bombarded with dance requests, and he danced with as many young girls as he could.

While the event was free to attend, organizers collected \$1,000 in donations, which were donated to the SBL Regional Cancer Center in Stacey Carl’s family’s name. “It was truly a special night and I feel honored,” he said. With such an overwhelming turnout, organizers plan to make the dance an annual event.

“I’m glad to see Sarah Bush Lincoln building a bigger, more modern cancer center,” Stacey added. “There’s truly a need and I don’t think people realize how lucky we are to have the oncologists we have here. They’re gifted individuals and they take pride in what they do.”

Stacey remains thankful in the midst of his cancer battle and doesn’t plan to waste any time crossing more things off his bucket list. Already knocking 10 things off, like taking a pottery class with his kids and dining with friends at a Japanese steak house, the family plans to attend a Cubs baseball game, go to a concert, travel to Niagara Falls and go on a cruise as soon as school gets out.

“Things get added to the list all the time,” he said. “And I don’t plan to waste another minute.”



For more information about the SBL Regional Cancer Center, call **217-258-2250** or go to **www.sarahbush.org**.





Nothing to Sneeze At

Finding relief with immunotherapy after years of allergy misery.

A few years ago, Shirley Davis was battling recurrent sinus infections that frequently escalated into pneumonia.

“It seemed like every month or so I’d wind up in the hospital with pneumonia,” she said. Shirley had to put her life on hold because she wasn’t healthy enough to travel from house to house delivering Avon products like she had for decades. She especially missed being able to visit with the many elderly women who relied on her for company.

Concerned about her worsening condition, Shirley’s doctor referred her to Otolaryngologist Lori Cudone, MD, for allergy testing. “I’m allergic to seven different types of mold and about everything that’s airborne,” she said, not surprised by the diagnosis.

Anxious for relief, Shirley followed Dr. Cudone’s recommendation to start weekly allergy shots (immunotherapy) at the ENT Clinic at Sarah Bush Lincoln. She noticed a difference right away. “I got remarkably better fast, which isn’t always the case, but I was very impressed,” she said. As her immunity became stronger, Shirley was able to go longer between shots. She is now in the maintenance phase and has shots once a month.

Each injection contains a bit of the allergy trigger, and over time the dose gets bigger, so that patients slowly and safely become less sensitive to that trigger, Dr. Cudone explained. Shirley has been undergoing treatment for about three years and credits it for her return to good health. “I have sung Dr. Cudone’s praises for a long time,” she said.

“I love working in the yard and that’s another thing the shots have helped me with,” Shirley added. “I didn’t understand why I was having so much trouble breathing and getting sinus infections and it was because of the allergies.” She is anxious to plant flowers this spring, starting them from seed for the first time this year.

While she retired as an Avon representative two years ago, she is also thankful to be able to visit many of her former clients again. “I sold Avon for 41 years and my clients are just like family,” she said.

“I love working in the yard and that’s another thing the shots have helped me with.”
Shirley Davis

Breathing Easier with Allergy Treatment

Stacy Womack had the classic symptoms – runny nose, puffy eyes, constant sneezing – yet for years he didn't think allergies were the culprit.

"I never had issues with allergies until I was in my 40s," the First-Mid Illinois Bank & Trust executive said. "I just lived with the symptoms for probably 15 years. I never had allergies before so it didn't really make sense to me that I had them now."

However, as time went on, his allergies were becoming more of a nuisance. "I may have the world's loudest sneeze and I was sneezing constantly. I wasn't endearing myself to my co-workers by any means," he said. "If you haven't suffered from allergies, it's the most inconvenient thing."

After seeing the relief a co-worker received from allergy immunotherapy, Stacy decided to visit his doctor, who then referred him to Otolaryngologist Lori Cudone, MD, for allergy testing. "I think they test you for 40 different things that you may be allergic to, and I had significant reactions to 20 of them," he said. Stacy immediately started the immunotherapy program, going to the SBL ENT Clinic every Wednesday morning for an allergy shot.

Developing allergies as an adult is not uncommon, Dr. Cudone said. Allergies develop when a person's immune system mistakenly identifies a substance such as pollen, mold, animal dander, or food as harmful; they can pop up at any time. The shots are tailored to the particular things to which a person is allergic, she explained. They retrain the immune system not to overreact to allergy triggers.



Otolaryngologist
Lori Cudone, MD

However, Dr. Cudone warns that allergy immunotherapy is not an overnight fix. It takes time to build up enough blocking antibodies to achieve long-term relief from symptoms. Length of treatment is highly individualized depending on how allergic an individual is and to what. Generally speaking, however, a course of immunotherapy spans three to five years.

While Stacy didn't experience immediate relief, he started seeing drastic improvement after six months. He has been receiving shots for four years now, gradually expanding the time between shots from once a week to once every four weeks. "It's been a fabulous thing. It's nice to be able to have a conversation without having to turn around and blow my nose," he said. All his symptoms are now negligible and he may be able to discontinue shots this year.

Stacy recommends the treatment to other allergy sufferers. "When they first tell you that you're going to have to come in once a week to get these injections, it seems like it's going to be a giant commitment, but once you see the pay-off, it's well worth it."

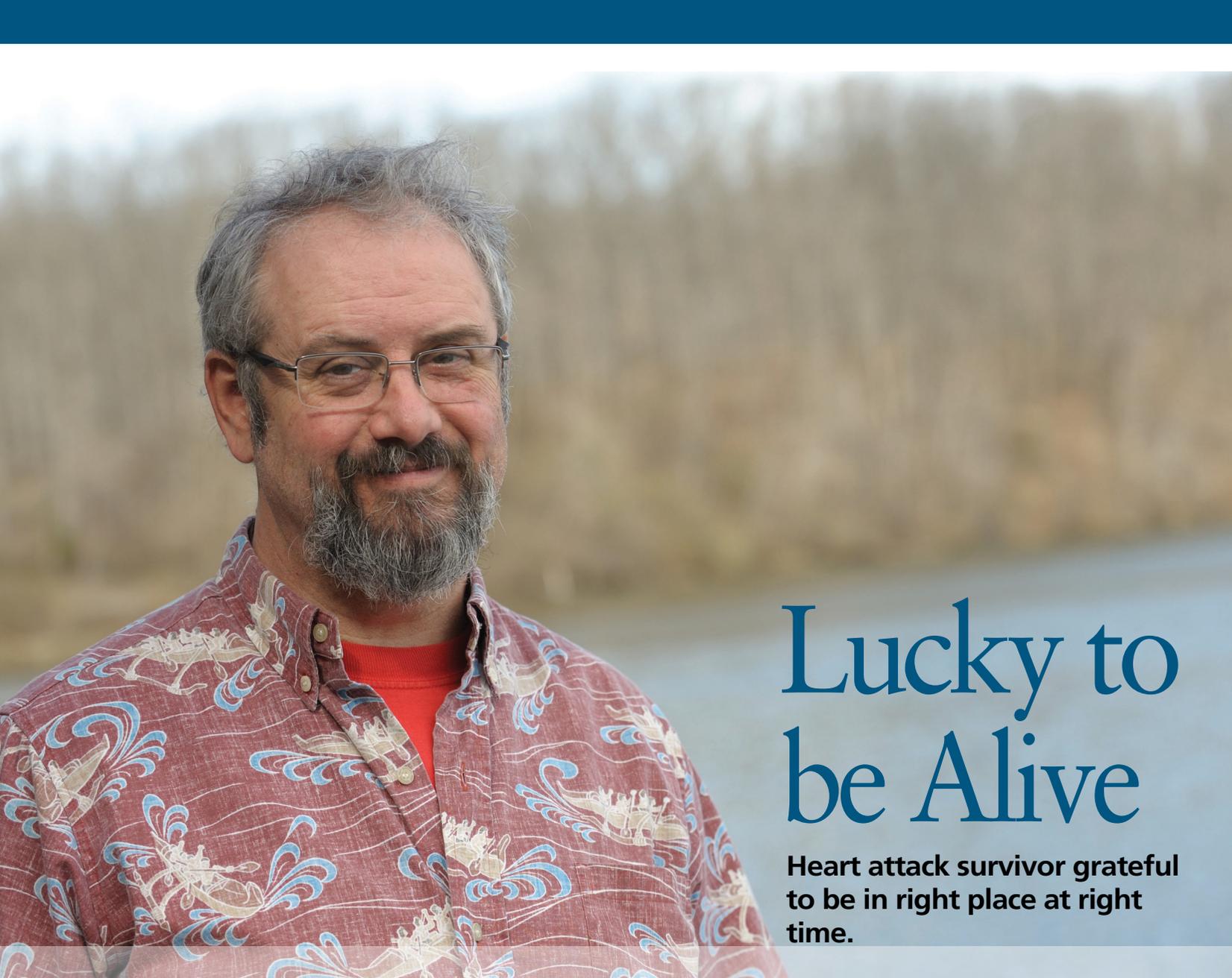


For more information, or to make an appointment with Dr. Cudone, call the SBL ENT Clinic at **217-258-2409**.



"It's a fabulous thing to be able to have a conversation without having to turn around and blow my nose."

Stacy Womack



Lucky to be Alive

Heart attack survivor grateful to be in right place at right time.

Alan Alford is lucky to be alive.

Thankfully, the 59-year-old rural Ashmore man was at the right place at the right time when he suffered a massive heart attack – the Emergency Room at Sarah Bush Lincoln. “If I had been anywhere else, I wouldn’t be here to tell my story,” he said.

Alan was actually on the path to healthier living prior to his near-death experience in April 2015. He had suffered a few health setbacks in recent years and had joined Sarah Bush Lincoln’s Center for Healthy Living after losing a bet with his doctor to lose 10 pounds. The Center for Healthy Living is a medical exercise program to help participants achieve their goals and manage chronic illnesses.

Having gradually improved his stamina to exercise, Alan knew something was up when he became short of breath while walking at work one day. “I’d been exercising for the

three previous months and I realized I hadn’t exerted myself enough to be that out of breath,” he said. However, he still wanted to go to the Center for Healthy Living after work with his wife, who had recently joined the program with him. “We joked with each other that at least it was closer to the Emergency Room,” he said.

Instead of exercising though, Alan was sent to Dr. Bernie Rancho’s office, a family physician in the same building, and then to the Emergency Department. While an initial EKG came back normal, Alan’s pain started ramping up as he was being monitored in the ER. “I started experiencing crushing chest pains that radiated down my arms. My pain quickly went from a three or four to a nine or 10 with tears running down my face,” he said. Alan thought he was through the worst of it when his pain subsided after receiving several doses of nitroglycerin. “Then, all of a sudden, I was talking to my wife and the floor started to rotate up and my vision blurred in a tunnel-like manner,” he remembers. “And then everything went black.”

“It’s been an emotional year, so I’m just taking things a day at a time.”

Alan Alford

Alan later learned he was experiencing a sudden cardiac arrest. “My wife yelled for help and she told me a gentleman leapt on the table and started performing chest compressions,” he said. Then the medical team used a defibrillator from the crash cart to shock his heart back into rhythm. He was airlifted to Champaign where he underwent emergency surgery to open two blocked arteries with stents. He has made a full recovery and was back to work two months later. His wife, Karola, bought him a defibrillator for peace of mind on their wedding anniversary a few weeks later.

Alan is grateful to all of his caregivers. “I think I owe them a lot,” he said. However, he has had trouble celebrating his own triumph because of other tragedies to heart disease. Sadly, Alan’s oldest son collapsed and died of a sudden heart attack in September. He was just 37 years old and traveling to make a career change when it happened. Prior to that, Alan lost both a former co-worker and a long-time friend and colleague to heart attacks in June and July. “It’s been an emotional year, so I’m just taking things a day at a time,” he said.

Cardiovascular disease – including heart disease, stroke, and high blood pressure – is the number one killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

Alan wants to encourage others to be proactive about preventing heart disease through diet and exercise. He continues to participate in cardiac rehab classes offered through METS (Monitored Exercise Testing Services) at Sarah Bush Lincoln. “I’ve tried to adopt many of the things they recommend in class like reading food labels and reducing the amount of sodium I’m taking in,” he said. “I actually ate cauliflower the other day and it wasn’t bad. That was new for me.” He also gave up his habit of drinking Coca-Cola every day and he has lost more than 20 pounds. “This is the longest I’ve gone without drinking a Coke in my entire life,” he said. Alan visits Prairie Heart Institute Cardiologist Thomas Cahill, MD, for follow-up care.

While Alan still struggles with the loss of his son and close friends, “I feel best when I’m exercising, and going to METS helps,” he said. He also retired from his job as foreman at the Water Treatment Plant in Charleston in December and is looking forward to new adventures.



For more information about Sarah Bush Lincoln METS, call **217-258-2177**. For more information about the Center for Healthy Living call **217-238-3488**.



A New Hip to Stand On

Hip replacement made easier for Charleston man with SBL Joint Replacement classes.



Orthopedic Surgeon
Louis Mendella, DO, DC

Chuck Hildebrand is ready to get back to work as a pest control operator and to enjoy mowing his yard this spring.

“Mowing is my relaxation, believe it or not,” the 62-year-old Charleston man said. While he mows several yards after work with his wife, Judy, it had become increasingly difficult in recent years.

“It got to the point where I’d have to stop and rest several times because my hip and groin would ache,” he said. The pain began manifesting itself in other ways too. For example, walking or going up and down stairs became increasingly difficult. Chuck dealt with the pain for nearly 10 years before Judy finally convinced him to have it checked out. Discovering

a problem with his hip, his chiropractor referred him to Sarah Bush Lincoln Orthopedic Surgeon Louis Mendella, DO, DC.

Dr. Mendella confirmed that he needed a right hip replacement. While Chuck was a little hesitant, he decided to schedule the surgery as soon as he and his wife returned from their first vacation in 20 years. Seeking more information, Chuck also decided to attend joint replacement classes offered by Sarah Bush Lincoln.

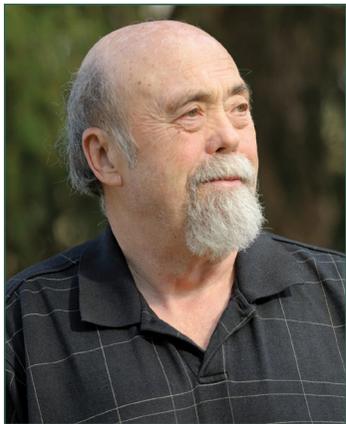
“I’d never had surgery before and I wanted more knowledge. I figured the more you know, the better off you are,” he said. The classes are presented by an interdisciplinary team of nurses,

rehabilitation therapists, and care coordinators and cover topics such as pre-operative care and planning, post-operative care, pain management, physical therapy, restrictions and more.

Chuck said the class provided him with answers to his many questions prior to his surgery. And he found it very beneficial to get a heads up on what he would need after surgery – things he hadn't considered. "The class is definitely worth your time – and, if at all possible, your spouse or significant other should go," he said. "People who take the class generally do better after surgery," Cynthia Edwards, RN, said. She coordinates the classes which are taught by Maryetta Webb, RN, Allison Weber, PT, Kendall Giles, PT, and Lisa Johnson, RN.

Chuck felt prepared and at ease when he arrived for surgery on February 9. "According to Dr. Mendella, the surgery went perfectly," he said. "I was in surgery for less than an hour with very little blood loss, which is rare." Chuck was particularly grateful for Dr. Mendella's attentive care. "Right off the bat, you get the feeling that he really cares. He even gave me his cell phone number to call if I had any questions."

While Chuck's recovery hasn't been without its challenges, he is making steady progress. "The first week was rough, but gradually I'm able to do more and more each day," he said. Chuck stresses the importance of having help at home, especially in the first few weeks after coming home from the hospital. "I couldn't have done it without the help of my wife and my children," he said.



"I'd never had surgery before and I wanted more knowledge. I figured the more you know, the better off you are. The class is definitely worth your time."

Chuck Hildebrand

Determined to return to his active lifestyle, Chuck is working very hard at his rehabilitation. "I'm following Dr. Mendella's directions precisely. I want to get back to doing what I love to do as quickly as possible," he said. In fact, he admits he pushes his limits at times. "My physical therapist will argue with me a little bit, but if I don't push myself, then I'll quit, so I probably push myself a little more than she would like me to," he said.

Until early April, Chuck faithfully attended physical therapy sessions three times a week at Sarah Bush Lincoln and is thankful to now walk pain-free without a walker or cane. He is looking forward to gardening and to getting back to his old exercise routine very soon.

In fact, Chuck and his wife had been on the path to healthier living for three or four years. Prior to surgery, he was logging six miles a day on an exercise bike. "I'm ready to get back to that and I'm getting closer every day," he said.

In addition to Dr. Mendella, Orthopedic Surgeons Don Sandercock, DO, and Jeremy Stevens, MD, offer a complete range of orthopedic services at Sarah Bush Lincoln.



Joint Replacement Classes

Sarah Bush Lincoln offers **FREE** Joint Replacement Classes to people who are considering a joint replacement of any kind and who are not sure of what to expect.

The classes, presented by a team of nurses, rehabilitation therapists and care coordinators, cover all aspects of the procedure, including:

- pre-operative care and planning
- post-operative care
- pain management
- physical therapy
- activity restrictions
- frequently asked questions
- rehabilitation.

The class can help individuals make decisions about future procedures and relieve anxiety about undergoing an operation.



For more information about class dates and times, or to register, contact Cynthia Edwards, RN, at **217-238-3422** or email at **cedwards@sblhs.org** or visit **www.sarahbush.org**.



For more information, or to make an appointment with one of the doctors, call SBL Orthopedics and Sports Medicine at **217-238-3435**.



Occupational Medicine

Managing health and safety in the workplace is our priority.

For more than 30 years, Occupational Medicine Physician Thomas Sutter, DO, MPH, has been focused on helping keep people healthy and safe in the workplace.

“My primary focus is to promote the health of workers through preventive medicine and education,” he said.

“I’d much rather prevent an accident from happening than take care of it after someone is injured.” Dr. Sutter delivers leadership, support, and technical services to both the employer and the employee in all areas relating to health and safety in the workplace. He has extensive experience in evaluating and treating employees and community members with various types of occupational and environmental disorders.

Dr. Sutter joined the medical team at Sarah Bush Lincoln in January, fulfilling a need to expand services to area companies that are becoming increasingly focused on safety. “Through the years I have seen more and more companies rise to the occasion to keep their employees safe. It’s not only in their best interest, but everybody wins when safety is encouraged,” he said.

Sarah Bush Lincoln Occupational Medicine benefits local employers by keeping employees well and health insurance costs and workers’ compensation expenses down to a minimum. Dr. Sutter partners with Physician Assistant Stacy Harminson, PA-C, to provide medical



evaluations ranging from pre-placement medical screening examinations to complex independent medical evaluations and medical impairment examinations.

They also customize programs to fit the specific needs of companies and organizations and they work with human resources and safety managers to develop individualized treatment programs to facilitate a safe return to work.

Dr. Sutter began his career as a junior high school teacher, and then became a physician's assistant before receiving a master's degree in public health from Columbia University in New York City in 1979. He studied medicine at the Chicago College of Osteopathic Medicine and then completed an internship at Chicago Osteopathic Hospital. He went on to complete his residency in family practice at Methodist Medical Center in Peoria.

Dr. Sutter has been practicing in Occupational Medicine since 1991. He comes to the community most recently after serving as medical director for Advocate Medical Group: Occupational Medicine and Employee Health, which has offices in Bloomington and Chicago.

“Occupational medicine is a nice combination of working with injured workers, and working with companies,” he said. “I enjoy taking company tours because it helps me take care of injured workers better. It helps to see exactly what they do.”

Dr. Sutter also has a special interest in public health concerns and spent six months in 2015 working as a consultant for the World Health Organization in Geneva, Switzerland. “I was on the Ebola team and my role was the health and safety of healthcare workers because huge numbers were catching Ebola and dying,” he said. “It was a very rewarding experience.”

He looks forward to building and growing the occupational medicine program at Sarah Bush Lincoln. He is board certified in occupational medicine and is a fellow of both the American College of Occupational and Environmental Medicine and the American Osteopathic College of Occupational and Preventive Medicine.

“Through the years I have seen more and more companies rise to the occasion to keep their employees safe. It's not only in their best interest, but everybody wins when safety is encouraged.”

Thomas Sutter, DO, MPH



Occupational Medicine Services

- Treatment for all work-related injuries and illnesses
- Acute injury care
- Physical examinations (pre-employment, DOT, return-to-work evaluations, executive, bus driver)
Our providers are Certified Medical Examiners for DOT physicals.
- Drug testing (Federal DOT, Non-Federal DOT, Breath Alcohol, Chain of Custody, Instant 5 and 12 Panel)
- Certified Medical Review Officer
- DOT Consortium Management for random drug and alcohol testing
- Laboratory tests
- Work site analysis
- Fire and police department medical service
- Functional capacity evaluations
- Audio testing
- Respirator medical evaluation and fit testing including pulmonary function testing
- Tuberculosis screening
- Hepatitis B and tetanus vaccinations
- Flu immunizations
- Bloodborne pathogen treatment and consultation



For more information, or to refer a patient or client to Dr. Sutter, call SBL Occupational Medicine at **217-258-2178**.



New Treatment for BPH

Procedure making a difference for men suffering from urinary issues.

Sarah Bush Lincoln Urologist David DiDomenico, MD, DO, is now offering UroLift®, a new treatment option for benign prostatic hyperplasia (BPH). He is the only urologist in the region providing this treatment.

For men older than 50, BPH is the most common prostate problem. It is a condition in which the prostate gland becomes very enlarged and may cause problems associated with urination, such as blocking or reducing the flow of urine.

BPH can have a negative impact on a man's quality of life, Dr. DiDomenico said. "Men frequently feel the urge to urinate but have difficulty emptying their bladders. It often causes interruption in sleep and embarrassment over having to be close to a bathroom," he said.

For most men, medication is often the first choice of treatment, but relief can be inadequate and temporary, Dr. DiDomenico said. Side effects of treatment can include sexual dysfunction, dizziness and headaches, prompting many men to quit using the drugs. The traditional alternative is surgery, which involves cutting prostate tissue to open the blocked urethra. While current surgical options -- including the 'gold standard' surgery: Transurethral Resection of the Prostate (TURP) -- can be very effective in relieving symptoms, they can also leave men with permanent side effects, such as urinary incontinence and sexual dysfunction.

UroLift® treatment is ideal for men with relatively small-to-moderate-sized prostate glands who either do not like the side effects of medication or do not want to have surgery. The Urolift® system is a minimally invasive procedure that uses tiny implants to lift and hold the enlarged prostate tissue out of the way, so it no longer blocks the urethra. There is no cutting, heating or removal of prostate tissue.

"I'm very excited to offer this new option for men who want an effective alternative to medication or surgery," Dr. DiDomenico said. In March, he began performing the new procedure, which is now covered by Medicare. The benefits are especially appealing for younger men because treatment not only relieves bothersome urinary symptoms, it also has no sexual side effects.

"It offers certain men suffering from an enlarged prostate an important treatment that effectively addresses their symptoms while avoiding risks associated with other treatment options," he said. In addition, the UroLift® is performed in the office or an outpatient setting under local anesthesia so the recovery time and return to daily activities is faster than with more invasive procedures.



"This exciting new option offers certain men suffering from an enlarged prostate an important treatment that effectively addresses their symptoms while avoiding risks associated with other treatment options."

SBL Urologist
David DiDomenico, MD, DO



For more information about the procedure, or to make an appointment with Dr. DiDomenico, call the SBL Urology Clinic, located in Suite 305 at Sarah Bush Lincoln, at **217-258-4186**.



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 Directions

A six-month weight-management program.

■ 6:30 pm, every Thursday at SBL

■ Denise Bloemer, RD, LDN

217-258-2199

Hearing Aid Services

Offered at Sarah Bush Lincoln, SBL Effingham Clinic, Crawford Memorial Hospital in Robinson and the Paris Community Hospital.

■ 217-258-2568

Heart to Heart

A program designed to increase awareness of heart health and wellness, offering education and several cardiopulmonary screens.

■ 217-258-2238

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

Step in the Right Direction*

A FREE six-month program for people with pre-diabetes.

■ 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 • 217-238-4973

Tobacco Cessation Services

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

■ Noel Copper, RN, CTTS

217-238-4691

Weight Management Program

A clinically monitored weight management program for people of all ages.

■ Kristina Adams, RD • 217-238-4774

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

Cancer Support Group

Open to anyone dealing with any form of cancer. Family members welcome.

■ 10 am, second Monday of the month

■ Lumpkin Family Center for Health Education at SBL

■ Bob Clapp • 217-232-2537

Diabetic Support Group

■ 7 pm, second Tuesday of the month in March, June and September at SBL

■ Cindy Foster, RD, certified diabetic educator • 217-258-2199

For Quitters Only

A free support group for people who have successfully quit tobacco.

■ 6 pm, first Wednesday of the month

■ Center for Healthy Living at SBL

■ Noel Copper, RN, CTTS

217-238-4691

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.

■ Krista Schulte, RN, CWOCN

217-238-4804

Pathways Through Grief

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

■ 7 to 9 pm, first Wednesday of each month

■ Lumpkin Family Center for Health Education at SBL

■ Lincolnland Hospice • 1-800-454-4055

Polio Survivors & Friends

A support group for anyone who is affected by polio.

■ 1 to 3 pm, first Saturday of each month (no meetings in Jan. or Feb.), teleconferencing is available for those unable to attend

■ Glee Helms • 217-508-4406

prepared childbirth

Oh, Baby!

Preregistration fee: \$60 per couple.

Financial assistance available.

■ Pamela Hood, RN, FACCE

217-258-2229

Parent 2 Parent

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

■ 6 to 7 pm, first Tuesday of each month

■ Pamela Hood, RN, FACCE

217-258-2229

Birth Companions

A service for expectant mothers to have a specially trained nursing student serve as a professional labor assistant.

■ Pamela Hood, RN, FACCE

217-258-2229

financial assistance

Affordable Care Act

Navigators are available to help people in the seven-county area

(Coles, Clark, Cumberland, Douglas, Edgar, Moultrie, Shelby)

to enroll in health insurance. The healthcare insurance marketplace is open from Nov. 1 to Jan. 31.

■ 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.

■ 1-800-454-0040

■ Financial Assistance forms may be downloaded from

www.sarahbush.org

Sarah Bush Lincoln

1000 Health Center Drive
P.O. Box 372
Mattoon, Illinois 61938-0372
www.sarahbush.org



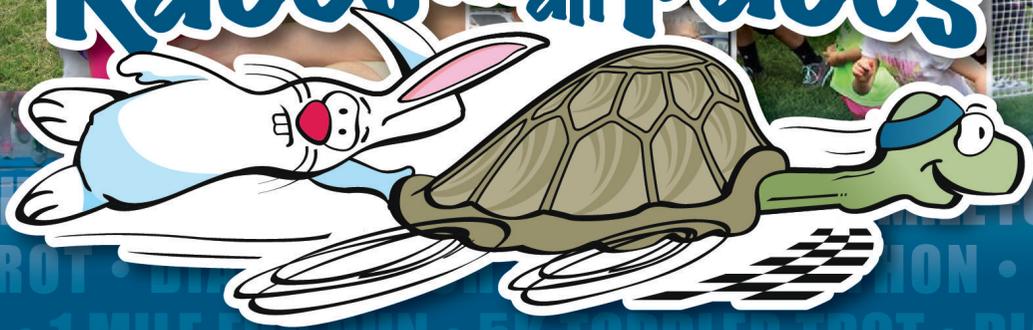
Download our FREE App - SBL Health Hub



Printed on recycled paper.



2016 Races for all Paces



Saturday, May 14, 2016

www.sarahbush.org/races

This year's race will begin and end near O'Brien Stadium
on the campus of Eastern Illinois University.

If you need additional information, contact Laura Bollan at 217-345-6828 or lbollan@sblhs.org.

