

# The Advantage

December 2020

## COVID-19 Testing

- Community testing has moved to the Respiratory Clinic (**Mattoon Walk-in Clinic**) located at 200 Dettro Drive.
- An appointment is needed and pre-registration is required by calling **217-258-7490**.
- Tests times are:  
**8 am - 4 pm**  
**Monday to Friday**
- Tests are administered in walk-through style and take about three minutes to complete.

## SBL Walk-In clinics Holiday Hours

**December 24** Christmas Eve  
**December 30** New Year's Eve  
Charleston — 8 am - Noon  
Effingham — Closed  
Mattoon — 8 am - Noon  
Tuscola — 8 am - Noon

**December 25** Christmas Day  
**January 1** New Year's Day  
*All locations are closed.*

The SBL Emergency Department and hospital are open 24/7.



Contact us at:  
217-258-2422 or email  
advantage50@sblhs.org

*2020 has been quite the year!* As we reflect upon the last 11 months, we can all agree this year is one for the history books. While life is certainly different than it was a year ago, your friends at SBL and AdvantAge 50 are always here to assist in any way we can. We continue to provide safe, trusted and compassionate healthcare. All AdvantAge 50 trips have been suspended until the pandemic has been resolved.

In this edition of *The Advantage* we'll tell you about a new MRI service, introduce two new providers, Pulmonologist, Jeremy Topin, MD, and Podiatrist Kimberly Eickmeier, DPM, and provide updates on construction projects and more.



## Food for Thought

"Maintaining your weight during the holidays can be challenging, but with careful planning, it can be done. Staying focused on your daily health habits is an important element to your success. Avoid skipping meals as it can easily lead to overeating. Stay hydrated and don't confuse hunger with thirst. Remain active and get adequate sleep.

If you are going to be with others over the holidays, practice social distancing and wear a mask when possible. It can be helpful to bring a healthy dish to share, and it's always wise to survey all options available before filling your plate. Select those foods that have special meaning or those you only get during the holiday season. Pay attention to the size of plate, as the larger the plate, the larger the portions. Be cautious of appetizer and finger foods, as well as liquid calories. These all add up quickly. Avoid standing near tempting foods/desserts to prevent mindless nibbling. Eat slowly, savoring every bite. Remember, it's ok to stop when satisfied vs. stuffed, and make sure you wait at least 20 minutes before going back for more, as you need to allow the body time to recognize you've had enough. If you overindulge, acknowledge it, and move on. Don't let the holiday, turn into a holiweek, holimonth, or holiyear. As important as it is to be focused during the holiday season we need to be just as focused the rest of the year. Remember the reason for the celebration, and above all, enjoy time with family and friends, if possible."

– Michelle Schultz, RD, Medical Weight Management

*Michelle assists people who are part of the Medical Exercise Program at Sarah Bush Lincoln in addition to those preparing for bariatric surgery.*

## Prostate MRI Available at SBL



Men with an elevated prostate specific antigen (PSA) can now have a highly detailed MRI at Sarah Bush Lincoln. The MRI provides urologists with a better image to help detect any abnormality. Prior to SBL offering this diagnostic imaging exam, men drove to Springfield, St. Louis or Taylorville.

SBL Radiologic Technologist David Weber explains, "The prostate MRI is a non-invasive test for men who have an elevated PSA, abnormal digital rectal exam or have been diagnosed with prostate cancer." The MRI takes about 40 minutes to complete and is painless.

Weber explained that during the imaging, men lay on the MRI table with a heavy coil blanket underneath and on top of them. The process yields thousands of highly detailed images that urologists use for prostate biopsy planning. A biopsy is a necessary step in determining whether cancer is present.

The MRI image is combined with live ultrasound images during the biopsy. This increases accuracy and helps pinpoint in which quadrant of the prostate there is mass. The MRI is also used to stage prostate cancer from T1 to T4 and can indicate whether the cancer has spread outside the prostate into the seminal vesicles or other nearby structures.

SBL Urologist David DiDomenico said, "We're really fortunate to have this level of technology available for men in our community. This is the gold standard in diagnostics and we're really pleased to have this available locally. It certainly saves travel time and expenses and the stress of having to leave town for this MRI."

The Sarah Bush Lincoln MRI suite is located on west side of the main Health Center complex at Entrance D. For more information about this Diagnostic Imaging Exam, please call **217-258-2141**.

## Welcome to Sarah Bush Lincoln

If you've been to the Health Center at Entrance A or B, chances are you've encountered at least one of our **Welcome Assistants**. These friendly faces answer questions, help with directions and assist patients to their destinations. Some days these men put on as many as five miles a day!

Our welcome assistants are: Michael "Arky" Faught, Gerry Myers, Randy Peterson, Perry Reed, Bob Stevens and Larry Wilson.



## Meet Jeremy Topin, MD Pulmonologist



Pulmonologist Jeremy Topin, MD, cares for people with acute and chronic lung conditions. In the Critical Care Unit, he takes care of people who need advanced life support and mechanical ventilation, but when he is in the office, Dr. Topin diagnoses and treats a range of respiratory issues, including shortness of breath, asthma, COPD, emphysema and

interstitial lung disease. Dr. Topin provides pulmonary function studies and procedures such as bronchoscopies and scopes of the lungs to diagnose lung disease.

In his free time, Dr. Topin enjoys spending time with his wife, Becky Lee, and two children, both of whom are students at the University of Wisconsin, Madison. He also plays water polo and is an avid triathlete. He plans to compete in his eighth Ironman race following the Covid-19 pandemic.

To make an appointment, please call The Heart Center at **217-238-4960**.



## Making your holiday goodies healthier.

Don't make presents the only item you exchange this holiday season. Check out these recipe exchanges from Registered Dietician, Michelle Schultz, to make your food choices healthier.



- Use “no sugar added” applesauce, mashed ripe banana, prune puree or pumpkin puree in place of half or all of the oil or butter in the recipe.
- Reduce sugar by 1/4 to 1/3 in recipes. The exception is with yeast breads, as sugar is needed for rising.
- Use low fat or skim milk vs. whole milk or heavy cream.
- Use 2 eggs whites for 1 whole egg
- Use extracts such as vanilla, almond, and peppermint to add flavor vs. sugar, butter.
- Use plain Greek yogurt in place of sour cream.
- Choose low sodium options. When using canned vegetables, drain and rinse with water before use to help lower sodium content.
- Add more vegetables than what recipe calls for.
- Use healthy cooking techniques such as bake, broil, grill, vs. fried.
- Select lean cuts of meat, trim off all visible fat, and remove skin.

## Meet Kimberly Eickmeier, DPM Podiatrist



Podiatrist Kimberly Eickmeier, DPM, is excited to fulfill a need for specialized foot care at Sarah Bush Lincoln, after treating people in the Champaign area for 25 years. “If you having problems and pain with your feet, it can affect every aspect of your life,” Dr. Eickmeier said. “We’re here to help so don’t hesitate to call. It’s important to prevent little problems from developing into something major later on.”

Dr. Eickmeier treats people of all ages who have any foot condition or pain, including diabetic foot ulcerations and infection, bunions, hammertoes, arch disorders, heel spurs, corns and calluses, ingrown toenails, trauma and athletic injuries, arthritis, ankle injuries and more. She is double board certified in Foot and Ankle Surgery and Wound Care.

In her free time, Dr. Eickmeier loves to draw and paint with watercolors, read nonfiction books, and stay active with her husband, Kerry, and two adult children.

To make an appointment with Dr. Eickmeier, call the SBL Podiatry Clinic at **217-238-4519**. Her office is located at 1000 Health Center Dr., Suite 104, Mattoon.

## Updates



**Entrance A** is now open. You'll find a larger canopy for pickup and drop off.

Renovation is complete at the **SBL Urology Clinic**, located on the third floor of the Health Center. Renovations continue on the Advanced Wound Center.

Construction is underway on the **SBL Newton Clinic** and the **SBL Bonutti Clinic**.

You may have noticed a band of colored lighting across the top of the main Health Center building. The color changes to recognize holidays and health awareness months. In addition, holiday lights decorate the main campus. We have a **special area** near the Regional Cancer Center that can be used as a backdrop for a treasured family photo. Please park in the adjacent parking lot.



*Special area for family photos.*





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## Respiratory Clinic



The Mattoon Walk-In Clinic, located at 200 Dettro Drive, is the SBL Respiratory Clinic. Anyone with respiratory or breathing issues can seek treatment here.

Among other things people can receive tests for include: COVID-19, RSV, Influenza A or B and Strep Throat.

To contact the clinic, call **217-238-3000**.

7 am to 7 pm, Monday through Friday

8 am to 3 pm, Saturday and Sunday

*No appointment is necessary. People with general illnesses, sprains, wounds and other medical issues are asked to seek care at their primary care provider or at the SBL Walk-In clinics in Charleston, Tuscola and Effingham.*

Connect with Sarah Bush Lincoln



[www.sarahbush.org](http://www.sarahbush.org)