

Sarah Bush Lincoln

# Health *styles*

**SBL OFFERING HIGHLY  
ADVANCED ROBOTIC-ARM  
ASSISTED JOINT REPLACEMENT**  
Innovative robotic technology allows surgeons to personalize total knee, partial knee and total hip replacement procedures to each patient.

**A NEWFOUND HOPE**  
After receiving a grim prognosis, SBL Regional Cancer Center gives new hope to Joyce Curtis.

**SEEING THE BRIGHT SIDE**  
Positive attitude and cataract surgery help Vauhnee Baptist see the best in life.

**BIOLOGICS:** What's old is new again.



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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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*Pictured on front cover are orthopedic surgeons Eric Brewer, DO, and Peter Bonutti, MD, with the Mako Robotic-Arm.*

# Health *styles*

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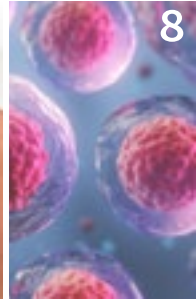
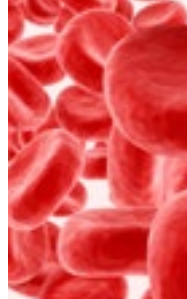
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# GROW AWARENESS



## NO-SHAVE NOVEMBER

### Kick-Off Party

6 to 8 p.m.

**Tuesday, October 29**

Gopher's Grill, Effingham

- Complete a Men's Health scorecard
- Enjoy arcade games and golf simulators
- Get two drink tickets / appetizers
- Learn the importance of checking in regularly with your doctor
- Participate to win great prizes

This event is **FREE** but reservations are needed.

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

*This event is for men only.*

*Are you participating in No Shave November?*  
Anyone can join our **GROW AWARENESS CONTEST!**  
See our website for more information.



# Sarah Bush Lincoln New Operator of Fayette County Hospital

Fayette County Hospital District recently selected Sarah Bush Lincoln to oversee its operations.

Sarah Bush Lincoln purchased Heartland Health System Inc., the corporation that operates Fayette County Hospital and Fayette County Long Term Care. All employees retained their jobs, including Greg Starnes, CEO, and Lionel Montoya, CFO. The sale became final on July 1.

Fayette County Hospital District Chairperson Nancy Pryor said, “We talked with several other hospital organizations over the last six months and unanimously agreed that the future of Fayette County Hospital would be best served by Sarah Bush Lincoln. We are very pleased with the decision.”

Sarah Bush Lincoln President and CEO Jerry Esker said, “We are honored to have been selected by Fayette County

Hospital District. This district board has spent many hours on this difficult decision. As a locally owned not-for-profit health system, we fully understand the impact these important decisions can have on the community’s future healthcare, so we are grateful to have been selected.”

Fayette County Hospital is a critical-access hospital licensed for 25 beds, plus an 85-bed long-term care facility. It has approximately 250 full time equivalent employees.

Fayette County Hospital District continues to own the building, and Heartland Health System, Inc., now wholly owned by Sarah Bush Lincoln, oversees the full operation of the hospital and long-term care facility.

## Rated “A” for patient safety

Again



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



## Sarah Bush Lincoln Offering

# *Highly Advanced*

## Robotic-Arm Assisted Joint Replacement

**Innovative robotic technology allows surgeons to personalize total knee, partial knee and total hip replacement procedures to each patient.**

Sarah Bush Lincoln is offering robotic-arm assisted total knee, partial knee and total hip replacements with Stryker's Mako System. This highly advanced robotic technology transforms the way joint replacement surgery is performed, by enabling surgeons to have a more predictable surgical experience with increased accuracy, while delivering faster recover times to patients. Joint replacement surgeries often treat joint degeneration due to osteoarthritis.

Sarah Bush Lincoln purchased two systems to accommodate its busy orthopedic practices. "With Mako, we can provide each patient with a personalized surgical experience based on his or her specific diagnosis and anatomy," SBL Orthopedic Surgeon Peter Bonutti, MD, said.

Prior to surgery, a CT scan is taken of the joint, the results of which are then loaded into the Mako. The Mako creates a clear picture of the bone and tissue that need to be removed in order to implant a replacement joint. "Using a virtual 3D model, Mako allows the surgeon to create each patient's surgical plan pre-operatively— before entering the operating room. During surgery, we can validate that plan and make any necessary adjustments while guiding the robotic-arm



**7 to 8 pm**

**Tuesday, September 10**

**WEIU-TV** (check your local listings for the channel in your area)

## Orthopedics Spotlight

As the show's featured experts, SBL Orthopedists Peter Bonutti, MD, FACS, and Eric Brewer, DO, will answer questions live on the air.

**Tune into WEIU-TV's "Being Well" for an hour-long live broadcast on new advancements in orthopedics including:**

- MAKO Robotics
- Tourniquet-free Surgery
- Anterior Hip Approach
- Biologics
- Innovative Procedures

**Questions? Ask us.**

Send your questions to [weiu@weiu.net](mailto:weiu@weiu.net) in advance of the broadcast, or call into the show at **1-877-727-9348**.

to execute that plan," Dr. Bonutti said. "It's exciting to be able to offer this transformative technology to perform total knee, total hip and partial knee replacements."

Dr. Bonutti explained that this robotic-assisted surgery is so successful because the CT scan and the Mako work in concert to effectively limit bone and soft tissue trauma. "It has proven to be less painful and to provide a faster recovery than other manual replacement procedures. This is a great addition to our program," he said. In fact, in cadaveric studies, Mako total hip replacement acetabular cup placement has been shown to be four times more accurate and reproducible than manual total hip replacement procedures.

SBL Orthopedic Surgeon Eric Brewer, DO, said that the Mako Partial Knee application is a treatment option designed to relieve the pain caused by joint degeneration due to osteoarthritis that has not yet progressed to all three compartments of the knee. "By selectively targeting only the part of the knee damaged by osteoarthritis, surgeons can resurface the diseased portion of the knee, while helping to spare the healthy bone and ligaments surrounding the knee joint. Studies have shown robotic-arm assisted partial knee replacement to be two to three times more accurate than manual, partial knee replacement procedures."



"We are proud to offer this highly advanced robotic technology in our area," said Greg Taylor, Sarah Bush Lincoln Vice President Practice Management. "The addition of Mako to our orthopedic service line further demonstrates our commitment to provide the community with outstanding healthcare."

The demand for joint replacements is expected to rise in the next decade. Total knee replacements in the United States are estimated to increase by 673 percent by 2030, while primary total hip replacements are estimated to increase by 174 percent.



For more information, go to [www.sarahbush.org](http://www.sarahbush.org). To make an appointment with any of the Sarah Bush Lincoln orthopedists, call **217 342-3400** for the SBL Bonutti Clinic or **217 238-3435** for SBL Orthopedics & Sports Medicine.



# A Newfound

# Hope

**After receiving a grim prognosis, SBL Regional Cancer Center gives new hope to Joyce Curtis.**

Joyce Curtis had given up hope when she visited Sarah Bush Lincoln's Regional Cancer Center for the first time.

"I was a cancerous mess and I was scared to death," Joyce said. "I had given up. I'll admit that." It all started when Joyce suffered a mild stroke at a family gathering in June 2017. She was rushed to the hospital by ambulance where doctors detected two blocked arteries. While those blocked arteries were serious enough to cause a stroke, they didn't

concern her cardiologist nearly as much as the discovery made two weeks later when Joyce went in for a follow-up CT scan.

“That’s when they noticed the spots on her lungs and lymph nodes,” Joyce’s daughter, Norma Blythe, said. “They did a biopsy, and she was diagnosed with stage 4 non-small cell lung cancer.”

Though Joyce has smoked since she was a teenager, she was caught off-guard by the news, because she hadn’t had any symptoms. Her health quickly deteriorated, and Joyce landed in the hospital before she was able to meet with cancer specialists to discuss a possible treatment plan. When an oncologist at another hospital gave her a grim prognosis that included very little chance of survival, Joyce sought a second opinion at the SBL Regional Cancer Center.

“Honestly, I thought I was dying, and I guess I was, but I came up here and away we went – and I can't praise Dr. Shakir enough.”

Joyce immediately felt newfound energy after meeting SBL Regional Cancer Center Oncologist Abdur Shakir, MD, for the first time. “Dr. Shakir was awesome with her,” Norma said, recalling her mother’s initial consultation with Dr. Shakir. “They hit it off right away. He explained things to us in medical terms, but then he put them in words that we could understand.”

Since Joyce had numerous tumors and her cancer was widespread, surgery wasn’t an option. Instead, Dr. Shakir recommended beginning radiation therapy right away, and he ordered DNA testing to see if immunotherapy would work for her. In August 2017, Joyce began a series of 10 radiation treatments with Radiation Oncologist Seong Cho, MD. Joyce then learned that she was a good match for Keytruda, a new type of cancer drug that unleashes the body’s immune system to attack tumor cells. In September 2017, Joyce started receiving infusions of that immunotherapy drug at three-week intervals.

She and her family have been amazed by how well the treatment has worked. In fact, Joyce was deemed cancer-free after a CT scan on November 30, 2017! “I praised God, and then I praised my doctors,” Joyce said. “If you’ve got God and these doctors on your side, then you can do anything.” Joyce has been in remission ever since, though she continues to receive infusions of Keytruda every three weeks to keep the cancer at bay.

Joyce looks forward to visiting her “cancer family” each month. With her feisty personality, she is quick to let those around her

know what’s on her mind. “I don’t put on airs for anyone,” she said. “I come here and we get to joking around and acting up. I have a good time. It’s like coming to see family that I haven’t seen for three weeks, and that’s who I consider these people – part of my family. I love them all.” Joyce definitely makes her presence known during her visits. “She makes us all laugh,” oncology nurse Bing Bennett, RN, said.

Never one to dwell on the past, Joyce swears that she never suffered from negative side effects of the treatment. Her daughter recalls things a little differently. “There were times when it made her weaker than normal,” Norma said. “Once she found out she was in remission, that’s when she got back to being her spunky self again, because, for a while, she wasn’t spunky at all.” Since having the stroke, Joyce has relied on a cane for stability, and she needed oxygen therapy until November 2018.

At nearly 80, Joyce deals with life as it comes. She raised six children in Effingham County with husband Lenvil, who died more than 30 years ago. She and Norma recalled that the family was always outside: working in the

garden to put food on the table, chopping wood, fishing and having fun. “My mom would be out there having foot races with us kids down the side of the road— and she’d beat us too!” Norma said.

Fiercely independent, Joyce is sometimes hesitant to let people in, but she is grateful for the instant connection that she made with Dr. Shakir. “Honestly, I thought I was dying, and I guess I was, but I came up here and away we went – and I can’t praise Dr. Shakir enough,” she said. “He isn’t the type of person who says, ‘Well I’m the doctor and you’re going to do whatever I say.’ He’ll sit and talk to you and find out how you’re feeling.” Norma also likes the way that Dr. Shakir quashes patients’ fears. “I’ve asked what do we do when the Keytruda stops working and he smacks my hands and says ‘Then we have Plan B, C and D,’” she said.

Lung cancer is the second most common cancer among men and women in the United States, but it causes the most cancer-related deaths — more than colon, breast and prostate cancers combined. Although disease rates have declined along with smoking rates, lung cancer is still responsible for one in four cancer deaths in the U.S.

In a way, Joyce considers her cancer a blessing. “If I hadn’t gotten cancer, then I wouldn’t have all these wonderful people in my life,” she said. “I’m going to live as long as God wants me to, and that’s just it.”

— Joyce Curtis



For more information or to make an appointment at the Sarah Bush Lincoln Regional Cancer Center, call **217 258-2250**.



# Seeing the Bright Side

## Positive attitude and cataract surgery help Vauhnee Baptist see the best in life.

When bad things happen, Vauhnee Baptist has a way of looking for the silver lining.

“I have multiple sclerosis and I’ve had it for 37 years,” she said. “I was 34 when I was diagnosed.”

Vauhnee faced the news with courage and dignity, not letting her condition get in the way of earning both an undergraduate and a master’s degree from Eastern Illinois University while raising two teenagers. Within the first four years of diagnosis, she had also lost her mother, divorced and became wheelchair-bound.

“I would say that my 30s were tough years, but I come from a lot of strong women and they were good mentors,” she said. “I really can’t complain. MS can sometimes affect your eyes. I’m lucky that my MS was not in my eyes.”

However, like many older adults, Vauhnee started developing cataracts a few years ago, causing her eyesight to worsen. “She was constantly having to switch glasses to see at a distance or to read close-up. It wasn’t easy because she has mobility issues in one hand and no mobility in the other hand,” said Susan Federicks, Vauhnee’s personal assistant.

“I guess my biggest fear was that my right arm would quit and I wouldn’t be able to get my glasses on and off,” Vauhnee said. So, she made an appointment with Ophthalmologist Ryan Pine, MD, to discuss her options.





so it didn't interfere. "Vauhnee was also turning 70 in November and we were having a surprise birthday party for her," Susan explained. "Dr. Pine's office went above and beyond to make sure she could get this surgery done before both events, and they made arrangements to do one of her surgeries on their noon hour to squeeze us in."

Measuring Vauhnee's eyes for the lens implants presented another challenge. "The measurements had to be extremely precise and we couldn't get her into a normal chair, so the technicians had to do some adjustments with the machines. They were gracious enough to help me lift her up and hold her and balance her without moving her a slight inch because the measurements have to be so precise," Susan said. "The girls were wonderful about getting it right." This scenario had to be repeated on several occasions prior to surgery to confirm the measurements for accuracy.

Vauhnee especially appreciates Dr. Pine's thoughtfulness and willingness to try something new in order to best help her. For the first time, he implanted a different type of multifocal lens in each eye to eliminate her need for glasses. He even arranged to have one of the lenses donated since it wasn't covered by insurance, explaining Vauhnee's unique situation to the manufacturer. "Dr. Pine has such a big heart, and he wanted to make this work for her," Susan said.

"It's amazing what Dr. Pine did for me because he put a lens in one eye so I could see distance, and he put a lens in the other eye so I could read, but I can still see distance with it too," Vauhnee said. "I don't need my glasses at all. It's wonderful."

When Susan took Vauhnee to her next medical procedure not long after, Vauhnee was amazed by how well she could see. "I kept saying, 'Isn't it beautiful outside?' I think it was a nice day, but I think I was really noticing the difference in my eyesight," she said. And she was genuinely surprised and thankful for her good eyesight when her children, grandchildren and friends gathered at the Moose Lodge in Charleston to celebrate her 70th birthday!

"I have been so lucky all of my life. I just can't complain about anything," she said. "When I have symptoms or bad days, it is still frustrating, but I decided long ago that MS wasn't going to define me or dictate my life."

Dr. Pine recommended cataract surgery, which would involve removing the clouded lens from each eye and replacing it with an intraocular lens implant. Vauhnee had no doubt that Dr. Pine would do a great job, but she was amazed by the way he and his team at Advanced Ophthalmology went above and beyond to give her the best possible experience.

When Dr. Pine and his team learned that Vauhnee was also scheduled to have a medical procedure to improve her MS, they were quick to push up her cataract surgery schedule

Through the years, Vauhnee learned to become a fixer and a problem-solver. For years, she worked as a social services director and later as a psychology teacher at Lake Land College. She is grateful to live independently in her home with the help of several Illinois Department of Rehabilitative Services personal assistants, including Susan.

"I have a lot of wonderful people around me," she said. "When I was diagnosed, I guess I couldn't have anticipated what was going to happen to me in the future. It was frightening, but I look back and it's all worked out."



For more information about Advanced Ophthalmology or to make an appointment with Dr. Pine, call **217 348-0221**. His office is located at 1605 Reynolds Dr., Charleston.

# Biologics:

## What's Old is New Again

### Cutting-edge therapies treat osteoarthritis instead of surgery.

Joint replacement used to be a foregone conclusion for anyone suffering from the exceedingly painful effects of arthritis in the knee, hip or shoulder. But minimally invasive, cutting-edge “biologic” therapies (also known as “biologics”) can now replace the scalpel in some cases— and the months of rehab that follow.

Orthopedic Surgeon Peter Bonutti, MD, FACS, oversees the Biologics Center at the Sarah Bush Lincoln Bonutti Clinic in Effingham where his love of science and his desire to ease his patients’ pains fuels his passion for research and development.

Biologic therapy uses substances made from living organisms to treat disease. In its simplest form, it’s been around for centuries, as people have used herbs and foods to treat illnesses. Two great leaps have made biologics much more than teas and tinctures: first, the development of vaccines and, 200 years later, the creation of immunotherapy to treat cancer. Biologics have since moved into other specialties, including orthopedics. (Biologics is not yet covered by insurance since many insurance plans are still gathering data, but patients who are looking for new approaches to healing may want to pursue biologics anyway.)

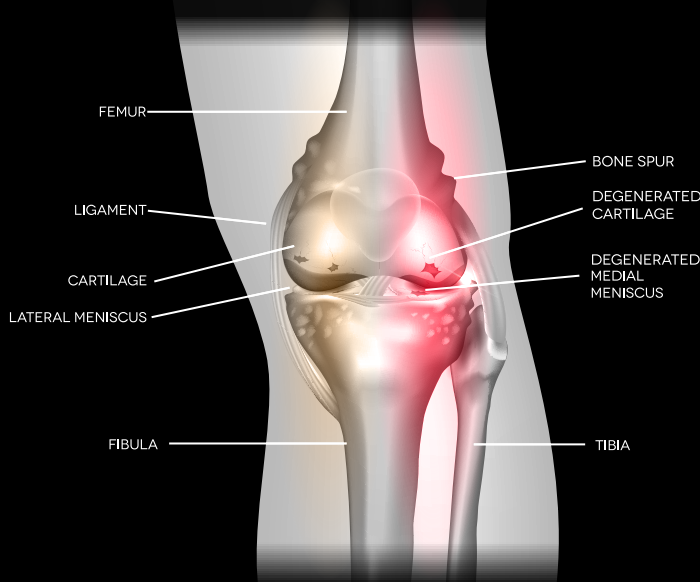
Dr. Bonutti offers this cutting-edge treatment at the Biologics Center that’s situated within the Sarah Bush Lincoln Bonutti Clinic in Effingham. In a recent interview, he explained that the goal of the center is to restore patients’ natural joint surfaces (rather than to replace them with metal and plastic), so patients enjoy higher functioning and more normal activity. Biologic resurfacing is a spectrum of interventions that helps to heal diseased joints.

“A spectrum is required,” Dr. Bonutti said, “because it depends where you catch the disease and how severe it is.” Osteoarthritis is inflammation of the joints caused by the breakdown of the cartilage (or tissue) that cushions the ends of bones.

Biologic resurfacing can enhance the body’s natural ability to heal, reduce inflammation in arthritic joints, and accelerate the repair of damaged tendons and ligaments. Cartilage that is worn, torn or cracked can heal. “The challenge is discovering these deficiencies early enough to make a lasting impact. Our goal is cartilage restoration,” he said, “rather than cartilage replacement.”

In the early stages of joint deterioration, Dr. Bonutti can 1) inject joint lubricant (called hyaluronic acid), 2) inject into the joint platelets concentrated with enzyme cofactors to speed

### KNEE JOINT OSTEOARTHRITIS



HEALTHY KNEE JOINT

UNHEALTHY KNEE JOINT

In the early stages of joint deterioration, concentrated platelets are injected in the joint to speed healing.

healing and 3) provide stem cell therapy (undifferentiated cells to replace injured cells), which is the next level of intervention. Physicians at SBL Orthopedics & Sports Medicine in Mattoon also provide injections of joint lubricant and platelets.

In addition to biologic-resurfacing, the Biologics Center provides platelet therapy, a modality that's been used for decades to speed tissue and cartilage healing by using the nutrients in patients' own blood supplies. It works by pulling platelets out of a patient's blood, concentrating them and then injecting the platelets into the affected joint to decrease pain and inflammation.

One advantage of stem cell therapy is that stem cells can be provided by patients themselves or by other people. Stem cells are extracted from bone marrow, fatty tissue and blood. They are processed and then injected into the damaged joint where they then differentiate into specialized cells. It takes approximately three to six months for stem cells to begin impacting treatment areas. Potential candidates for stem cell therapy have X-Rays and an MRI to determine the extent of joint damage, as earlier treatment often leads to better results.

The final biologic therapy he employs before moving to joint replacement is osteochondral grafting, a procedure that removes healthy bone and cartilage from a donor site and plugs it into damaged areas to take root and grow.

Dr. Bonutti said that many of the center's patients will appreciate remote patient monitoring, a Medicare-reimbursed service that saves patients with limited mobility the often difficult task of visiting his office. He explained that in the months ahead, he will be able to remotely monitor the activity and the pre- and post-surgical treatment progress of certain patients through sensors that either attach to braces or clothing or that are implanted in the skin. The sensors will allow him to look at patients' functions—how much they can bend their joints and how quickly their muscles are firing, for example. The sensors will send "real time" data to Dr. Bonutti through

patients' cell phones so he and his staff can communicate with patients about their recoveries.

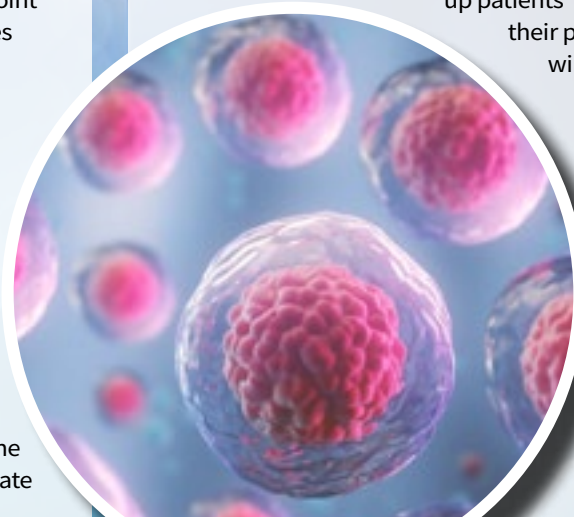
Another innovation offered by the Biologics Center is muscle stimulation to decrease arthritic pain while increasing muscle strength. From a patient-use prospective, the treatment is quite simple. "Patients wear a lightweight sleeve over the impacted joint that stimulates the muscle to make it stronger and decreases the pain from arthritis," Dr. Bonutti explained. "It's a new technique based on some old technology that allows us to apply, on a regular basis, muscle stimulation at home to build up patients' muscles, decrease their pain and also to wirelessly communicate to the therapist and physician, so we can keep track of how they're doing."

"When the body senses pain, muscles become weak because they relax. For every day of immobility, it takes up to three days to regain your strength," he added. Muscle stimulation passively exercises

weak muscles, increasing strength and decreasing pain. Muscle stimulation therapy is also a Medicare-reimbursed intervention.

Reflecting on the impact of biologic resurfacing, Dr. Bonutti said, "Depending on the severity of the disease, if it's early, you may be able to potentially slow disease progress, decrease pain, and improve activity. In more advanced disease, it may be a more temporizing procedure. But if you can gain people months or years of life out of their existing joint, that adds substantial value."

Stem cells are injected into the damaged joint where they can differentiate into specialized cells.



For more information about the Biologics Center at the Sarah Bush Lincoln Bonutti Clinic in Effingham, call **217 342-3400**. For information about the services at SBL Orthopedics & Sports Medicine, call **217 238-3435**.

# Sarah Bush Lincoln



**James Flaig, DO**  
General Surgeon

General Surgeon James Flaig, DO, is devoted to providing quality and compassionate surgical care to Effingham area residents.

After 13 years in private practice, Dr. Flaig joined Sarah Bush Lincoln's medical team in April and is caring for people at the newly established SBL Evergreen Clinic, 1104 W. Evergreen Ave., Effingham. He and fellow surgeon Kevin Malone, MD, offer a wide range of services at the new clinic (including CoolSculpting) and perform surgeries at the Effingham Surgery Center.

Dr. Flaig has expertise across a broad range of surgical services including gallbladder removal, hernia repair, thyroid biopsy and removal, appendectomy, colon surgery and more. He is specially trained in laparoscopic surgery – which enables him to perform operations through smaller incisions resulting in faster recover times. “The goal is always to get people back to feeling better and home to their families as quickly as possible.”

Dr. Flaig grew up on a farm in rural Maryland and was the first in his family to go to college. “My mom worked for a local pediatrician's office and I found it very interesting, and that's what inspired me to pursue medicine,” he said. Upon starting college, “I was actually looking into podiatry. I had surgery on a

toe that became infected, and I thought it was the coolest thing. My interest evolved from there into general surgery.”

Dr. Flaig completed a bachelor's degree in biology at Salisbury State University, Maryland, before earning his medical degree at Philadelphia College of Osteopathic Medicine in 2001. He then completed his surgical internship and residency at the University of Medicine and Dentistry of New Jersey. He is certified by the American Osteopathic Board of Surgery.

Dr. Flaig said his goal is simply to be the best surgeon he can be, while educating people and helping them decide the best course of treatment. “It's important to help people understand their options in order for them to make decisions that they are comfortable with— what's best for them,” he said.

Since surgery can be a stressful experience, Dr. Flaig takes the time to comfort each patient and their families to help ease their fears. “The biggest thing is sitting down with people, whether it's sitting on a bed or sitting in a chair next to them, and having a conversation. That goes so far in making that connection. You just have to sit down with them and talk them through it,” he said.

“As a surgeon, you can make very drastic and immediate changes in people's lives,” he adds. “I love the relationships that I am able to develop with my patients, and I like seeing them come back with smiles on their faces after their problems have been fixed.

During his time off, Dr. Flaig enjoys competing in the professional barbeque circuit, playing golf and spending time with his three sons. He is engaged to be married in September to Jenn Ficker.



**Kevin Malone, MD**  
General Surgeon

General Surgeon Kevin Malone, MD, has always enjoyed problem-solving, hands-on activities and anatomy. He's one of those doctors who can't remember a time when he didn't want to be a doctor, but because going to college wasn't an expectation in his family, he had to find a way to make his dreams take flight.

Dr. Malone, who grew up in a suburb of Detroit, first attended University of Michigan at Ann Arbor.

Before entering medical school, he worked at Michigan Cancer Foundation doing breast cancer research. He then graduated from Wayne State University School of Medicine in Detroit, before completing a general surgery residency in Jacksonville, Fla.

“I've always loved working with the anatomy and solving problems, so surgery was a great choice for me. I consider it a great privilege and responsibility to operate on someone – that they trust me with their care,” he said. “My promise is to always do my best work and to speak with my patients in terms that they understand. I strive for a quality outcome in every procedure that I perform,” Dr. Malone added.

Although Dr. Malone had always lived in a large, metropolitan area, he and his wife, Traci, immediately felt at ease when they first visited Effingham. “While we didn't have children at the time, we thought this would be a great place to raise a family, and there were good opportunities,” Dr. Malone said. They had found their home.



For more information or to make an appointment with Dr. Flaig or Dr. Malone, call **217 347-2500**.  
The SBL Evergreen Clinic is located at 1104 W. Evergreen Ave., in Effingham.

# Welcomes



**Paul Oltman, MD**  
Family Practice

It's unlikely that many physicians were practically pushed through the front door of a medical school by a well-meaning monk who saw the young undergraduate's skill in the sciences and potential to impact people's lives, but ask Family Physician Paul Oltman, MD, how he came to be a doctor, and you'll learn that both serendipity and loving adults played roles.

"I am very thankful for my instructors and my advisor who saw something in me and pushed me in this direction," Dr. Oltman said.

He joined Sarah Bush Lincoln as a family practice physician at Sarah Bush Lincoln Effingham Clinic at 905 N. Maple Street, Effingham. He is certified by the American Board of Family Medicine and has a Certificate of Added Qualification in Sports Medicine. He also enjoys occupational medicine.

Dr. Malone and his office partner, General Surgeon James Flaig, DO, are excited to begin a new stage in their careers, as they recently became employed by Sarah Bush Lincoln.

A large part of their surgical practice involves colonoscopies, colon resections, gall bladder and hernia repairs and dialysis work, and Dr. Malone enjoys breast cancer surgery. They are excellent surgeons who perform a wide-range of procedures.

Another of Dr. Malone's dreams came true— with a lot of determination and effort— when he earned his pilot's license. When his father opened a flight school, both Dr. Malone and Traci took advantage of the opportunity to learn to fly. The couple also enjoys scuba diving with their adult daughters, Chloe and Evi. Dr. Malone likes flying remote control airplanes with other r/c enthusiasts, as well.

The Effingham-based family physician explains that his journey began in a rural area southwest of Chicago where he was raised along with his three brothers and three sisters. His father was a self-taught computer programmer who saw no need for his children to go to college. His mother, however, encouraged him to attend college, so just days before what would become his freshman year, Dr. Oltman enrolled in Benedictine University in Lisle.

Because he had registered for classes so late and there were few entry-level science classes open, Dr. Oltman's advisor placed him in chemistry and zoology. This chance placement set the course for the rest of his life. "There were quite a few pre-med students in the classes, and I did pretty well. My advisor encouraged me to continue in the sciences," Dr. Oltman said. "A professor at the school, one of the Benedictine Monks, Father Ted [Theodore] Suchy convinced me that I should go to medical school."

He explained, "As kids, we didn't go to the doctor very often. My dad didn't really believe in that, so I had never thought of this as a career choice. Father Ted believed in me so much that he completed the MCAT [medical admission] application form, enclosed a check and brought it to my dorm room for me to sign and send it in— a day before the deadline," Dr. Oltman recalled.

Dr. Oltman now calls Family Practice his calling. In fact, he reflects on that experience and others as formative in his approach to patient care. In addition to having grown up in a home with six siblings, Dr. Oltman was blessed to have his grandmother live with them. He credits her as one of the biggest influencers in his life. "She was very caring and understanding, and living with her made me more appreciative of older people and what they may be going through. When I see my older patients, I think about how I'd want my grandmother treated," he said.

Dr. Oltman is using both the intellect and compassion that Father Ted identified in him, along with a lifetime of experiences, to provide care for a wide range of patients in his practice. He completed medical school at the University of Illinois in Chicago and Peoria, and he completed a residency at Illinois Masonic Medical Center, Chicago.

Dr. Oltman met his wife, Myra, in the Effingham area. They have two adult children, Taylor and Paige, who graduated from St. Anthony High School. Dr. Oltman said, "I feel very blessed to be doing what I love to do in a community that I call home."

"I look forward to continuing to provide my patients with the best possible care. I'm excited to be a part of the Sarah Bush Lincoln team," he said.



For more information or to make an appointment with Dr. Oltman at the SBL Effingham Clinic, located at 905 N. Maple St., call **217 347-7776**.



## Fernando Gonzalez, MD

### Urologist

With more than 26 years' experience in helping people with all types of urological concerns, Urologist Fernando Gonzalez, MD, is dedicated to providing personalized, compassionate care.

"My philosophy can be boiled down to one golden rule and that's to treat patients like I would like to be treated. If you're able to do that, then I think you'll be a good doctor," he said.

Dr. Gonzalez comes to Sarah Bush Lincoln after practicing most recently in New Mexico, though he has also practiced at various locations in Illinois and Indiana since 1991. He is excited to fill a need for more urological providers in the area and is, therefore, seeing patients at the SBL Urology Clinic in Mattoon and the SBL Evergreen Clinic in Effingham.

"My background is a little atypical. I was actually born in Bolivia, but I was raised in Champaign-Urbana," he said, explaining that his father took advantage of a Fulbright scholarship to further his education at the University of Illinois.

Dr. Gonzalez was inspired at an early age to pursue medicine. "When I went to the pediatrician, it was always a marvel to see how his manner could put my mother at ease and also me at ease," he said. "That kind of ability to help someone in distress is a very magical kind of experience—and unique, I think, to medicine." That early inspiration led Dr. Gonzalez to Champaign's former Burnham City Hospital, where he worked as an orderly while he was in high school.

After graduating from Harvard University, Dr. Gonzalez earned his medical degree from Northwestern University School of Medicine in Chicago, where he discovered an interest in urology.

**"My philosophy can be boiled down to one golden rule and that's to treat patients like I would like to be treated. If you're able to do that, then I think you'll be a good doctor."**

—Fernando Gonzalez, MD

"I had the privilege of meeting one of the fathers of urology, Dr. John Grayhack, and he also had a strong interest in teaching," Dr. Gonzalez said. "I was able to learn from him and admire him—not just as a teacher but as a doctor—and just as a wonderful human being. He really opened my eyes as someone I could aspire to be."

Dr. Gonzalez completed six years of intense and comprehensive residency and surgical training at New York University–Bellevue Hospital Center in New York City. During that time, he also received urological cancer training at the world-class Memorial Sloan Kettering Cancer Center. "I was exposed to all kinds of cases, so the training was very thorough. When I finished residency, I felt both exhausted and very well prepared," he said.

Dr. Gonzalez enjoys practicing urology because of the great variety in medical and surgical treatments. "My philosophy is do surgery when that's what's best for the patient, but not to ignore other treatments for urological problems," Dr. Gonzalez said. "Treatments can be behavioral and medical too, so I like to recommend whatever is best for the patient."

As a urologist, Dr. Gonzalez manages non-surgical problems such as the treatment of urinary infections and the medical management of prostate enlargement. He also performs urological endoscopy and surgery for the management of kidney stones, urological cancers (e.g., prostate, bladder, kidney and testicles), incontinence and other illnesses.

"Medicine is somewhat intimate, but urology, by its very nature, is more so," he said. "Part of my job is to put the patient at ease, to explain things and to make sure that the exam or treatment isn't a cold and a jarring experience, as much as possible. Basically, it all goes back to that golden rule: treat patients like you would like to be treated."

In his free time, Dr. Gonzalez enjoys playing tennis, a sport he has loved since he played on his high school tennis team. He also enjoys traveling and experiencing different cultures.



For more information or to make an appointment with Dr. Gonzalez on Monday, Wednesday or Friday at the SBL Urology Clinic, Suite 305, at the Health Center in Mattoon, call **217 258-4186**. To make a Tuesday appointment at the SBL Evergreen Clinic, 1104 W. Evergreen Ave. in Effingham, call **217 347-2500**.

# 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 & Pediatric CPR

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

■ Shirley Sherwood, RN, **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)

## 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 Oct.  
■ Lumpkin Family Center for Health Education at SBL  
■ Rodney Wildman, RPSGT, **217 238-4908**

### 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**

### Hopeful Horizons

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

■ 1 to 2:30 pm, third Thurs. 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 Wed. 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, Mon. through Fri.

■ **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

# Effingham Walk-In Clinic

### EFFINGHAM

905 N. Maple St.  
217 540-6123

10 am – 8 pm  
Monday through Friday

# Sarah Bush Lincoln

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



Printed on recycled paper.

# Lincolnland

## BINGO

*Come for the fun; play for the cause.*

Featuring prize packages sponsored by area boutiques and consultants.

## Tuesday, September 10

**MATTOON EAGLES CLUB** – 1917 Oak Avenue, Mattoon

Doors open **4:30 pm** • Early-bird BINGO **5:30 pm** • BINGO **6 pm**

**Admission \$10** includes 10 BINGO Games

For additional information or to purchase tickets, call **217-258-2511** or visit [www.sarahbush.org](http://www.sarahbush.org).

Seating is limited. Food and beverages available for purchase.

*Net proceeds support your community's hospice organization: Lincolnland Hospice of Sarah Bush Lincoln.*