

Sarah Bush Lincoln

healthstyles

MAY 2018



A Taste of the Better Life

After two heart attacks and a 100-pound weight loss, Becky Cook appreciates living a healthy lifestyle.

Do You Hear What I Hear?

Thanks to SBL Audiology, Lou Hencken hears sounds that he was missing.

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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29TH Annual SBL GOLF BENEFIT

June 8, 2018 • Mattoon Golf & Country Club

Net proceeds support the new SBL Heart Center.

For more information, contact the SBL Health Foundation at
217-258-2511 or **klockart@sblhs.org**.

Register online at **www.sarahbush.org/golf**.

Bonutti Orthopedic Services Joins SBL

Bonutti Orthopedic Services, Ltd., its diagnostic imaging services, its urgent care and occupational medicine facility and Biomax Rehabilitation have joined Sarah Bush Lincoln to provide more comprehensive care to the community. SBL plans to retain all of the employees in these businesses.

All members of the seven-physician medical group will continue to serve the orthopedic needs of Effingham-area residents in the new clinic, SBL Bonutti Clinic. They include Peter Bonutti, MD, FACS, FAAOS, FAANA, (hip, knee and shoulder arthroscopy and arthroplasty), Timothy Gray, MD, FAAOS, (trauma surgery), Frank Lee, MD, FAAOS, (hand, shoulder and upper extremity), Didi Omiyi, MD, (joint replacement and robotic surgery), Karl Rudert, DO, FACEP, (emergency medicine and occupational medicine), Joseph Ajdinovich, MD, (sports medicine), and Jonathan Workman, DO, (spine surgery). All are board certified except Dr. Ajdinovich and Dr. Workman who are board-prepared and finishing requirements for board certification. Mid-level providers at the clinic include Kayla Deters, APN, Stacia Fallert, APN, Jennifer Hess, APN, Nickolas Williams, PA-C, Thomas Williams, PA-C, and Lucas Zumbahlen, APN.

Additionally, Effingham County residents have access to the orthopedic surgery-neurosurgery team that is already in place at Sarah Bush Lincoln's main campus in Mattoon. It consists of orthopedic surgeons Eric Brewer, DO, Michael Chioffe, MD, James Kohlmann, MD, Louis Mendella, DO, Donald M. Sandercock II, DO, FAOAO, Jeremy Stevens, MD, and Neurosurgeon Emilio Nardone, MD, FAANS. All are board certified except for Dr. Brewer who is board-prepared and finishing requirements for board certification.

Sarah Bush Lincoln President and CEO Jerry Esker said, "This is an exciting time for us. The Bonutti physicians and mid-level providers are very talented and we are thrilled to work with them to create a regional presence in orthopedic care.

Now joined with Sarah Bush Lincoln's six orthopedists and neurosurgeon, SBL has one of the largest orthopedic and musculoskeletal groups in downstate Illinois, offering a wide variety of specialists using cutting-edge technology and innovation. It is committed to growing and to expanding in orthopedic subspecialty areas to better meet the needs of regional residents.

Orthopedic Surgeon Peter Bonutti, MD, said, "I am excited



Peter Bonutti, MD



Timothy Gray, MD



Frank Lee, MD



Karl Rudert, DO



Joseph Ajdinovich, MD



Didi Omiyi, MD



Jonathan Workman, MD

about joining an organization that is focused on providing the highest quality of specialty care. We considered several options before deciding to partner with Sarah Bush Lincoln. It is a stellar organization, run by a community board of directors for the benefit of the people it serves. We're extremely pleased to say that all of our employees will continue to work here and reap the benefits of working with a community-based healthcare organization with decision-making at a local level."

He added, "Sarah Bush Lincoln is an organization that we know will truly care for our community. Our group is looking forward to working together and being able to grow and provide more robust services. This news has been very well received here."

Dr. Bonutti said that since he is free of the business responsibilities of operating a large medical practice, he has more time for patient care, innovation and research to enhance the quality of care. Dr. Bonutti retains ownership of his other companies. The clinic remains in the same location at 1301 W. Evergreen Ave., Effingham, and its phone number remains unchanged at 217-342-3400.

Sarah Bush Lincoln has long held a medical presence in Effingham with Lincolnland Home Care and Hospice, Lincolnland Home Medical Equipment and the SBL Effingham Clinic that houses ENT services, Sleep Disorders Center and a dynamic reference lab at 905 N. Maple. In fact, 382 of Sarah Bush Lincoln's 2,450 employees are residents of Effingham County. SBL and its employees support community events through partnerships, financial donations and volunteerism.



Do You Hear What I Hear?

Thanks to SBL Audiology, Lou Hencken now hears sounds that he was missing.

Lou Hencken had no idea how much he had been missing until he tried hearing aids for the first time.

“I remember walking into the hospital lobby after being fitted for hearing aids and hearing a little girl talking to her mother from about 50 yards away. I would never have been able to hear that before,” he said. “I could hear the birds outside, and then I got in the car and the sound from the radio about blasted me out! I suddenly realized how much I really didn’t hear.”

For years, the former Eastern Illinois University president simply put up with hearing loss, but he’s thankful that he decided nine years ago to do something about it. After retiring as university president in 2007, Lou agreed to stay on and teach part time for a few years. “I had extreme difficulty hearing students in the classroom. I could not hear the high-pitched tones,” he said. “It was sort of embarrassing for me to keep asking the students ‘What did you say?’ and I didn’t want to do that.”

So Lou decided to make an appointment with an audiologist at Sarah Bush Lincoln. “I was advised to get tested at a hospital where I would have more choices of hearing aids,” he said. “It was an excellent decision – one I should have made earlier.”

After his hearing loss was determined through testing, Lou discussed his options with SBL Audiologist Marisa Overton, Au.D. He was impressed with the way Overton worked with him to find the right solution for his hearing loss. “She didn’t tell me what I needed to do; rather, she made suggestions and let me choose,” he said.

Lou was fitted with open-fit hearing aids in both ears. They are worn discreetly behind the ear and have a thin clear tube coming over the top of the ear and into the ear canal. “They’re hardly noticeable,” Lou said. “I’ve had many people tell me that they can’t tell I’m wearing hearing aids.” He especially liked having a free trial period to test them – though he was “sold” as soon as he heard the little girl from 50 yards away.

“Everyone in the audiology office is so nice, and they are very thorough with the instructions – from ‘don’t wear them in the shower’ to how to replace the batteries,” he said. Initially, Lou was afraid to wear the aids while golfing, for

fear they might fall out, but he’s learned that it isn’t a problem.

Today, he doesn’t go anywhere without them. “I’m not sure why I waited so long to get hearing aids,” Lou said. “I can hear things now that I couldn’t hear before. That’s just the bottom line.”

While hearing aids can be expensive, “it was definitely worth it for me,” he said. “The benefits far outweigh the cost.” Hearing aids come in different price ranges and technology levels – premium, mid-level/advanced, and basic/economy. The level that is best suited for an individual depends on the degree of hearing loss, lifestyle/hearing needs and budget.

Lou returns yearly to Sarah Bush Lincoln to have his hearing aids checked and his hearing tested. “It’s like taking your car in to have it fixed,” he joked. This year he decided to invest in new hearing aids to take advantage of new technology. “The technology has improved so much,” he said adding that his new aids do a great job of filtering out wind and background noises.

At 73, Lou takes great pride in his good health. “I think getting hearing aids was like having to admit that I was no longer invincible and that I was getting older,” he said. “But now, I’m the biggest advocate for hearing aids because of my experience. I only wish I had done it sooner.”



“They’re hardly noticeable. I’ve had many people say to me that they can’t tell I’m wearing hearing aids.”

Lou Hencken



For more information about the Sarah Bush Lincoln Audiology, call **217-258-2568** or go to www.sarahbush.org.



*Maxey
Becky*

A Taste of the Better Life

After two heart attacks and a 100-pound weight loss, Becky Cook appreciates living a healthy lifestyle.

When Becky Cook suffered a heart attack eight years ago, it came out of nowhere.

“I was at work one day and I just felt this sort of pressure on my chest. It wasn’t what I would consider painful. It was just an uneasy, uncomfortable feeling that didn’t go away,” she said. Becky went home to rest but the discomfort persisted, so she drove herself to the Emergency Department at Sarah Bush Lincoln.

“All of a sudden, I started having a cold sweat and beepers were going off and people were coming in my room,” Becky said. She later learned she was suffering a heart attack in the Emergency Room. She was sent by ambulance to a trauma center, where she received a stent to open a blocked artery.

For a short time thereafter, Becky heeded her doctor’s advice to eat a heart-healthy diet, but she didn’t make any major lifestyle changes. “I knew I was overweight, but I thought the stent fixed everything and I didn’t have a support system in place to make the changes that I knew I needed to make,” she said. Becky returned to work, and she also returned to her old habits.

When Becky suffered a second heart attack three years ago, it quickly grabbed her attention. She immediately made a decision to focus her energy on her health. She received another stent to reopen her artery, and she enrolled in cardiac rehabilitation classes offered through METS (Monitored Exercise Testing Services) at Sarah Bush Lincoln.

Becky credits the instructors at METS for providing the support she needed to change her life. “This time I thought ‘God’s trying to tell me something.’ He’s not done with me yet,” Becky said. She emerged from her second heart attack as a changed woman, and she wants to help others avoid her mistakes-- and the potentially devastating consequences that could result.

Becky learned how lifestyle changes could help protect her heart health. “The educational talks they give at METS really opened my eyes in a lot of ways,” she said.

Becky changed her attitude toward food and started exercising for the first time in her life. She lost weight and kept going to cardiac rehab classes long after graduating from the monitored Phase 1 classes. “Learning how to count carbs, read labels and practice portion control has been the biggest contributor to my weight loss. I love to eat bread, pasta and baked good, but I was just out-of-control as to the amounts,” she said. “I feel great! It’s much easier to move around. I’ve got some arthritis that comes with age, but my joints don’t ache nearly as much.”

Becky has been attending Phase 3 METS for three years now. “I felt like I’d been given a second chance, a third chance really, to change some habits that I knew were not good, and I have lost 100 pounds!” she said. After her second heart attack, she learned that she also has diabetes, so her lifestyle changes are helping to manage that condition, as well.

“It’s just a wonderful group of folks who work there,” Becky said about the METS staff. “Not only are they well informed about heart disease and diabetes, but they are so encouraging and supportive while you’re going through these changes, because they know it’s difficult to do. They’re your cheerleaders in the background rooting for you as you’re making good choices.”

Becky has lost so much weight that many of her customers at the Charleston Dairy Queen hardly recognize her. She has been serving DQ ice cream cones with the trademark curl for nearly 40 years, starting in 1979. She eventually became manager and has enjoyed the many friendships she has made with coworkers, customers and owners Scott and Barb Brooks. “It keeps me young,” she said.

Becky has also suffered a few setbacks through the years. She was fitted with a pacemaker and defibrillator a couple years ago due to her weakened heart function. “I had to skip METS for a few weeks, and I missed it,” she said. “I would never have thought I would be someone who would say out loud that I missed

an exercise class! Exercise was something that was never on my radar.”

To show her appreciation, Becky gave the METS staff a special gift at Christmastime – an anatomical heart that she cross-stitched. “The reaction that I got from that was very flattering,” she said. “Everyone seems to have liked it.”

Becky is determined to keep going and do everything in her power to stay healthy. “God must have something left for me to accomplish, so I’m taking care of myself,” she said.



For more information about METS, call **217-258-2177**. For more information about The Heart Center, call **217-238-4960** or go to **www.sarahbush.org**.



Posture and Pitching

Gracie Dow credits SBL Physical Therapy for keeping her strong and on the mound.

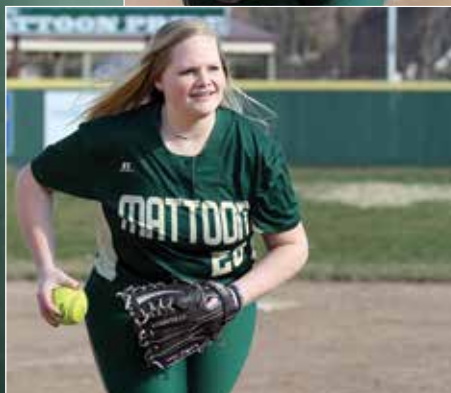
Sixteen-year-old Gracie Dow loves being out on the mound, but pitching can be hard on her arm.

The Mattoon High School junior plays softball year round, pitching for her school team in the spring and for the Charleston Chill the rest of the year. She credits physical therapists at Sarah Bush Lincoln for helping to keep her healthy and on the mound.

Gracie said she is throwing harder than ever and is happy she's been able to bounce back after suffering from increasing shoulder pain last fall. "The pain was just overuse from pitching," she explained. While Gracie soldiered

through the discomfort for a while, she eventually sought medical help.

"She has had shoulder pain on and off for about a year," Gracie's mother Rachel Dow said. "Her right shoulder was sitting a lot lower than her left shoulder and



we were concerned that something might be wrong with her spine.” Rachel took Gracie to see Pediatric Advanced Practice Nurse Noelle Cope, APN, who referred her to SBL Orthopedics and Sports Medicine. “We knew that it would get worse if she didn’t do something about it,” Rachel said.

After using X-rays and MRI to rule out scoliosis (curvature of the spine) and injury, Orthopedic Surgeon Michael Chioffe, MD, recommended physical therapy. Though she didn’t like being sidelined from softball for eight weeks, Gracie was eager to start working with physical therapists at Sarah Bush Lincoln to rehabilitate her shoulder and regain her strength.

Gracie went through a complete assessment and was a little surprised when therapists started focusing on her posture. “They told me it was normal for one shoulder to be slightly lower because of my dominant arm, but mine was significantly lower, so they started working on my posture to level them out,” she said. “It relieved some of the pain in my shoulder, because I wasn’t slumped all the time.”

“I see so many kids who suffer from poor posture and the pain or injury it can cause,” SBL Physical Therapist Beth Jensen said. “They are inundated with electronic devices such as cellphones and tablets, but they aren’t being taught good posture while using them. There are many postural issues that can be corrected through simple activities and education. It is especially important to educate kids about posture at a young age to keep them healthy and to prevent bad habits from forming.”

Gracie also worked on exercises that would strengthen her shoulder blades and rotator cuff muscles, including stretches with bands, wall push-ups, stability drills and more. “There were certain exercises that hurt in the beginning, but they gradually got easier. The therapists increased the resistance to make it harder, and that helped strengthen my muscle,” she said. Gracie liked the way her therapists challenged her to do more repetitions, when they thought she could handle it.

By diligently working out twice a week with therapists at Sarah Bush Lincoln and by doing more exercises at home, Gracie was released a week early to pitch again.

She was thrilled with the results when she started throwing again. “It made things a lot easier. When I had pitched before, my shoulder throbbed with each pitch I threw,” she said. “I thought I was going to have to ease my way back in, but after the first practice I felt good enough to pitch, and I threw much better than I expected,” she said.

Now Gracie is working hard to follow the proper pitching mechanics, and she is focusing on her posture to stay injury-free. “I’ve been playing softball since I was really little, and I hate having to miss games,” she said.

Rachel can definitely relate. She suffered a softball injury years ago and is currently going through physical therapy at Sarah Bush Lincoln after having successful rotator cuff surgery with SBL Orthopedic Surgeon Jeremy Stephens, MD, in January. “The team has done an excellent job for both of us. We are super fortunate,” she said. “I haven’t had any pain or anything. I’m taking it slow, but it feels good to start exercising again.” Rachel is grateful to be back to her kickboxing classes at the Mattoon Area YMCA, and she is enjoying watching her daughter play softball again.



“The SBL Physical Therapy team has done an excellent job for both of us. We are both super fortunate.”

Rachel Dow



For more information about SBL Physical and Occupational Therapy, call **217-258-2530**.



“Don’t focus on how fast you can get to the finish line because you’re liable to miss out on the trip.”

Dan Bircher

Defeating Discouragement

After setbacks and disappointments, Dan Bircher finally makes gains with support from SBL medical teams.

It has been said that the only way to get better is to surround yourself with people who believe in you. For Dan Bircher, those people are the doctors and staff of the Sarah Bush Lincoln Medical Weight Management team.

In 2007, Dan was diagnosed with kidney cancer. The subsequent treatment left him unable to perform his normal activities. Gradually, his weight crept up to nearly 500 pounds. No longer able to do the work he enjoyed as a mechanic and food vendor, Dan began to suffer from diabetes, high blood pressure and breathing issues. Blacking out became a regular occurrence, and he found himself in the hospital every few months, often for a week or two at a time.

“To be honest, the weight didn’t bother me until the symptoms set in,” Dan explained. “I just got sick and tired of feeling sick and tired.”

Dan began exercising at the SBL Monitored Exercise Testing Services (METS) program. While his mind was willing to make the change, his body could not keep up. He continued to experience blackouts after exercise, and he wasn’t able to safely complete the program. In the midst of health problems and family issues, Dan lost his once-strong faith and even refused to pray. Discouraged and frustrated, he turned to alcohol.

“I do believe that I replaced one addiction with another,” Dan said. “Luckily for me, my wife takes her vows very seriously. We’ve always been there for each other for 31 years, and she started nagging me to get to the doctor.”

When Dan had his first appointment with Family Practitioner Bernie Rancho, MD, the father of four was taking 395 units of basal insulin every day. He asked Dr. Rancho to start him on the HMR program, but Dr. Rancho told him that his body was not yet ready for the program.

“I was not very nice that day.” Dan remembered. “I got so frustrated with [Dr. Rancho] and I really let him have it, but he stayed calm. He was honest with me and promised to help me.”

Dr. Rancho arranged for Dan to receive an insulin pump to help regulate his blood sugar. Within a week of being on the pump, Dan was down to 91 units of basal insulin per day and he had lost 10 pounds. One month later, he began attending HMR meetings.

“Those meetings were the big thing for me,” Dan said. “I learned to make healthier choices and reduce my stress.”

As Dan’s weight loss progressed, he wanted to make the transition back to the foods he loved as a chef. He began meeting with SBL Registered Dietitian Michelle Schultz.

“Michelle and I really had a lot in common,” Dan said. “We share a common faith and she understood my battles. She helped me identify how my addiction to food fit with my addiction to alcohol, and she taught me to recognize my triggers.”

Dan said that the most important thing he has learned from the Medical Weight Management team is to set attainable goals. “Goals keep me motivated, but they can be discouraging if they’re not realistic,” Dan said. “You can’t accomplish anything without a goal.”

Dan explains that setting his appointments weeks in advance and putting them on his calendar helps keep him on track. Today, Dan is down to 240 pounds, with a goal weight of 215 pounds. He receives less than five percent of his original insulin dose and is completely alcohol-free. With the help of Dr. Rancho, Michelle, and the rest of the SBL team Dan plans to walk a 5K, something that was impossible before his weight loss. Dan said that his biggest victory has been returning earlier this year to his full-time job as a mechanic at Bartley Garage.

Dan’s journey has also restored his faith. He enjoys teaching Sunday school and sharing his story with others. He explained that recovering from his food addiction was “much harder” than recovering from alcoholism, but he encourages others not to be discouraged by a difficult path ahead of them. “Don’t ever give up,” Dan said, “Don’t focus on how fast you can get to the finish line because you’re liable to miss out on the trip, and life is an amazing trip.”



“I will go back for testing the rest of my life, but things are getting better. It feels great to feel normal again.”

Chris Lee

Lucky to be Back on the Lanes

Chris Lee is grateful to be on the other side of cancer.

Chris Lee is determined to regain his 220-plus bowling average, but for now he's happy simply to be back at Chucktown Lanes, bowling for his league team.

“It feels good to get back to the things I used to do – like bowling and playing softball,” Chris said, noting that his bowling average is gaining ground at 216! Chris is thankful to be on the other side of a battle with stage 3 colon cancer. Given the many challenges he's faced, Chris is lucky to be alive.

Typically healthy and active, Chris asked his mother to drive him to the Sarah Bush Lincoln Emergency Department when he couldn't find relief after a three-day bout with constipation and severe abdominal pain. He was admitted to the hospital when doctors discovered a blockage in his bowel.

Just 36 years old, Chris underwent a diagnostic colonoscopy – and collapsed shortly thereafter. This was not how Chris

planned to spend New Year's Eve 2015! "My insides just exploded on me. They said I'm lucky it happened in the hospital or I wouldn't be here today," he said. Chris was rushed to the Critical Care Unit where he was put on a ventilator and prepped for emergency surgery.

SBL Surgeon Curtis Green, MD, removed a large tumor, repaired Chris's perforated bowel and attached a colostomy bag during a three-and-a-half hour surgery. Chris then spent the next 25 days in the hospital, fighting for his life. SBL Oncologist Abdur Shakir, MD, visited Chris in CCU a few days after the emergency surgery to deliver the bad news: a biopsy showed that the tumor was cancerous.

"This was quite a shock when you find out your son's only 36 years old and he has stage 3 colon cancer," Janet Menser, Chris's mother, said. "It was touch and go for awhile."

"The doctors and nurses at Sarah Bush Lincoln were all awesome," Chris said, especially noting the rapport he developed with hospitalists Dominic Perrino, DO, and Richard Snowden, MD, in addition to Dr. Green. "Chris didn't have a family doctor, so we appreciated the care he received from the hospitalists," Janet added.

Chris's abdomen was so full of infection that Dr. Green left the wound open and employed a "wound vac" to draw fluid from the wound and to increase blood flow to the area to speed healing. Chris returned home with the wound vac and began to receive help with dressing changes from Lincolnland Home Care nurses. Just three days after arriving home, Chris returned to the hospital after his nurses saw that his blood pressure had dropped. Doctors discovered a blood clot in Chris's lungs.

"It was rough for awhile for me," Chris said. "At one point, I just wanted to end it." However, he found the strength to push through, and six weeks later, Chris started chemotherapy treatments at the SBL Regional Cancer Center.

Thankfully, Chris's condition improved from that point forward. He received chemotherapy treatments every other Monday for six months, requiring him to spend four hours at the clinic and then wear a pump for 46 hours at home. "I never got sick from chemo, and I never lost my hair," he said thankfully. "It just made me tired." Chris continued to work when he could as a waiter/bartender at WB's Pub & Grub in Charleston.

Chris and his mother both appreciate Dr. Shakir's upfront approach. "He's honest with you, and he explains everything. He was excellent from the first time we met," Janet said. "You're not a number out there. You're a person they care about."

The family was thrilled when a PET scan revealed no evidence of cancer at the close of Chris's treatments in September 2016. "I was excited, but it's never going to be over. I will go back for testing for the rest of my life," Chris said, "but things are getting better." A follow-up colonoscopy in March 2017 came back clear, so Dr. Green performed a colostomy reversal in April 2017. "It feels great to feel normal again," Chris said. And after being cancer free for a year and a half now, he was able to have his chemo port removed in December.

Chris doesn't sweat the small stuff anymore. "I just live life – that's what I do – whatever happens, happens," he said.

"He's [Abdur Shakir, MD] honest with you, and he explains everything. He was excellent from the first time we met. You're not a number out there. You're a person they care about."

Janet Lee,
Chris's mother



Abdur Shakir, MD
SBL Oncologist/Hematologist



For more information about the SBL Regional Cancer Center, or to make an appointment, call **217-258-2250**. To make an appointment for a colonoscopy, call SBL Gastroenterology and Special Procedures at **217-258-4155**.

Sarah Bush Lincoln Offers New Pain Relief to Laboring Mothers

Childbirth is a beautiful experience, but for some women, pain during labor can steal away the joy of the birth experience. Laboring mothers at Sarah Bush Lincoln now have new pain relief option: nitrous oxide.

“Women are seeking pain control options that are safe, effective and that won’t have a lasting effect on the baby or on the mother’s ability to remember and enjoy her birthing experience,” SBL Women and Children’s Director Cindy Rivas, RN, said.

While nitrous oxide (commonly referred to as laughing gas) is frequently used by dentists and has been used successfully as a pain relief option for laboring mothers in European and Norwegian communities since the 1800s, no other hospitals in the region are using the gas.

While sedatives and pain control options such as epidurals are very safe and effective, they require laboring mothers to remain in bed with IVs and for fetal monitoring. According to Rivas, this can impact the natural labor course and can cause some mothers to become drowsy or to experience adverse reactions. Additionally, small amounts of medications are passed to babies through the placentas, and this can cause low respiratory drive in newborns. Nitrous oxide does not have that impact on babies.

Nitrous oxide is FDA-approved for use with laboring mothers, but few hospitals dedicate the necessary resources to gain approval to offer the pain relief option. The machines that the SBL Women and Children’s Center uses to administer the gas are permanently set at a 50/50 blend of nitrous oxide and oxygen. A mask with a one-way valve fits comfortably over the mother’s mouth and nose. During painful contractions, the woman takes deep breaths from the mask, which allows her to inhale the short-acting gas. This is patient-controlled and completely on-demand.

Nitrous oxide “takes the edge off” of the pain of contractions to help mothers relax. Babies do not experience any side effects from the gas, and using the nitrous oxide does not inhibit the mother’s ability to move freely around her room during the labor process. Nitrous oxide has not been shown to impact babies’ respiratory rates or APGAR scores (a post-birth score that measures heart and respiratory rates, muscle tone, reflexes and color). “Pain is exacerbated by anxiety,” Rivas explained. “Nitrous oxide helps reduce mom’s anxiety which then helps her to relax and not care as



“We want to provide women with every possible option that will allow them to have a beautiful childbirth experience.”

Cindy Rivas, RN
SBL Women and Children’s Director

much about the labor pains.” If the pain relief from nitrous oxide is not sufficient for the mother, then she is still able to choose IV pain medication or epidural after the nitrous oxide is stopped.

After the first four months of offering nitrous oxide to SBL patients, mothers who used the gas were polled about their satisfaction with the option. The women were overwhelmingly highly satisfied with their experiences. “Our staff is in-tune with what moms want,” Rivas said. “We want to provide women with every possible option that will allow them to have a beautiful childbirth experience.”



Pregnant women who are interested in exploring their pain-relief options for childbirth, including nitrous oxide, should attend the *Oh, Baby! Prepared Childbirth* course and the epidural class. For a list of all SBL Prenatal and Infant Care Classes, visit www.sarahbush.org/ohbaby or contact Allison Masse, RN, perinatal educator, at **217-258-2229 (BABY)**.

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, 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

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, RT, 217-238-4973

Tobacco Cessation Services

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

■ SBL Wellness Services, 217-258-2140

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

Diabetic Support Group

■ 7 pm, second Tuesday 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 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.

■ 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 Wednesday of each month

■ Lumpkin Family Center for Health Education at SBL

■ Lincolnland Hospice, 1-800-454-4055

prepared childbirth

Oh, Baby!

Course educates parents about the final months of pregnancy, labor-delivery-recovery, and the first months of babies' lives. Preregistration fee: \$30 per couple. Financial assistance available.

■ 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

■ 217-258-2229

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, Monday through Friday.

■ 1-800-381-0040

■ Financial Assistance forms may be downloaded from

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 Drive

217-238-3000

CHARLESTON

2040 Lincoln Avenue

just east of IL Route 130

217-345-2030

TUSCOLA

1100 Tuscola Blvd

217-253-4764

Sarah Bush Lincoln

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



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Races for all Paces

Saturday, May 12

www.sarahbush.org/races

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

To register or for additional information, contact Laura Bollan at 217-345-6828 or lbollan@sblhs.org.