

The Advantage

Walk-In Clinics

4th of July Schedule

Charleston — closed

Effingham — closed

Mattoon — 8 am – noon

Tuscola — closed

Charleston, Mattoon and Tuscola Walk-In Clinics will be open 7 am - 7 pm, July 5. Effingham will be closed.

Most SBL clinics and business offices will be closed on July 5 in recognition of the holiday.

COVID-19 Testing

Pre-surgical/procedure testing by appointment only at the Surgery Center.

Community testing is available at the SBL Mattoon Walk-In Clinic.

Tests times are:

8 am - 4 pm • Monday to Friday

To make an appointment call **217-258-7490**.

Valet Parking

Monday through Friday

8 am – 4 pm

Entrance A

 Sarah Bush
Lincoln
AdvantAge 50

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

Hello AdvantAge 50 members!

Summer is here and we hope you are all doing well and enjoying the season. Hopefully you are back to enjoying the things you missed in 2020. In this edition of *The Advantage* we'll talk with Angelia Stewart, APRN/Certified Dementia Specialist, about caring for a loved one with dementia. We'll also introduce you to Endocrinologist Sathya Subbiah, MD, and welcome our newest clinic, the SBL Altamont Medical Center.



Time is critical when it comes to stroke

When people experience stroke-like symptoms, time is of the essence. Strokes can damage the body quickly when people do not seek immediate medical care. However, hospitals can help reduce stroke patients' long-lasting effects by enacting a fast-acting treatment plan. In 2019, Sarah Bush Lincoln earned the designation of Acute Stroke-Ready Hospital. "This means we are ready for any stroke patients that come our way. We want patients to come in as soon as they have neurological deficits or symptoms to reduce chances of long-term effects," SBL Neurologist Fatima Alao, MD, explained.

To determine if it is a stroke, a CT scan of the brain and lab work must be done quickly. The results are provided within 45 minutes of the tests. In the event it is a stroke, medical staff may administer tPA, a drug that dissolves blood clots, within 60 minutes of the beginning of stroke symptoms to minimize any lasting effects.

"The most common thing I hear from my stroke patients is 'I am going to wait until my symptoms get worse to go to the hospital.' You should absolutely not wait once symptoms occur," Dr. Alao warns.

Stroke symptom awareness is key in proactive medical care. Once people know what could constitute a stroke, they can seek medical attention more quickly. See page two for more details on how to BE FAST when it comes to stroke.

Fatima, Alao, MD
SBL Neurology

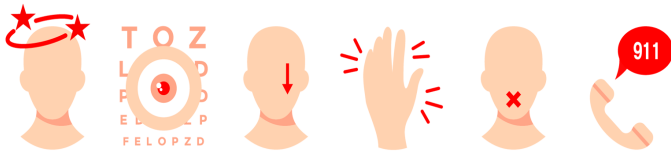


Did you know that stroke is the leading cause of serious long-term disability in the U.S.? Call **911 right away** if you experience any stroke-like symptoms.

THE SIGNS OF A STROKE

B E F A S T

BALANCE EYES FACE ARM SPEECH TIME



Are you on the fence about getting the COVID-19 Vaccine?

If you want a vaccine or have questions, talk to your primary care provider.

News & Updates



Pre-anesthesia Testing has moved from the main campus near Entrance B to a new location just east of the Health Center at 200 Professional Plaza, Mattoon. Call **217-238-3425** for more information.

The **chapel** on the main campus is undergoing a face-lift thanks to the generous support from donors. The chapel is located on the main floor near the Critical Care Unit.

The new **SBL Newton Clinic** opened in June. The clinic is located at **807 W. Jourdan Street** and is home to Advanced Practice Providers Michelle Fulton and Michele Kinder.

Progress continues on the **SBL Bonutti Clinic** in Effingham. The clinic will be home to our orthopedic practice with 10 providers. There will also be an internal medicine/pediatric clinic, walk-in clinic, physical and occupational therapy and interventional pain management clinic. Expected opening is Spring of 2022.

Sathya Subbiah, MD Endocrinologist



Endocrinologist Sathya Subbiah, MD, has come to know her patients more like good friends and extended family members. "I like to understand them as a person. I like to know their family background, where they work, and what they like to do," Dr. Subbiah said.

Endocrinology involves the endocrine system, its diseases, and its specific secretions known as hormones. Common medical problems that endocrinologists treat include diabetes,

hyperthyroidism, hypothyroidism, parathyroid, adrenal, and pituitary disorders. Dr. Subbiah grew up in south India and moved to the United States after she met her husband, who is a cardiologist in Champaign. Having parents that worked in the medical field influenced her decision to pursue medicine.

Dr. Subbiah has been familiar with SBL for many years from her practice in Champaign. Many of her patients also received care at Sarah Bush Lincoln. These patients always had wonderful comments about SBL. "When I decided to move, it was a natural decision to come here," Dr. Subbiah said.

Dr. Subbiah loves take long walks every day and play tennis with her son and daughter twice a week. She even takes lessons so she can keep up with her children's skill level. "Whatever I suggest to patients, I do for myself as well," Dr. Subbiah said of her active lifestyle.

To make an appointment with Dr. Subbiah, please call
SBL Family Medical Center
200 Richmond Avenue East, Suite 3 • Mattoon
217-234-7000





Angelia Stewart, APRN

Certified Dementia Specialist

Advanced Practice Provider Angelia Stewart, has first-hand experience with dementia. Not only as a medical professional, but as a daughter and granddaughter. As the sole caregiver to her 73-year-old mother who is suffering from Alzheimer's Disease, Angelia decided to expand her nursing training to become a certified dementia specialist.

In addition to seeing adult patients at SBL Family Medical Center in Mattoon, Angelia also helps dementia patients and family members navigate this challenging disease. She says that many times early signs of dementia are first noticed by family, which prompts a visit to a primary care provider. If warranted, additional tests are administered by a neurologist and/or a neuropsychologist.

"The patient can be confused and scared that their world is no longer the one they remember and can function in. They can feel judged by family and friends," explains Angelia. With these feeling in mind, Angelia ensures she makes time for the patients to express concerns. "I talk to them, not at them." To stem depression, which is common in dementia patients, she encourages them to continue to be involved in activities they enjoy whether it be at home or in an adult daycare setting. This is also the time to get medical and legal power of attorney paperwork in place.

She advises family members to seek support and to not go through this alone. "Talk to the primary care provider who can help facilitate access to care and don't be afraid to ask for help." Angelia sees people 18 and older.

"The patient can be confused and scared and their world is no longer the one they remember and can function in."

To make an appointment with Angelia Stewart, APRN, please call
SBL Family Medical Center
200 Richmond Avenue East, Suite 1 • Mattoon
217-234-7000

Welcome

SBL Altamont Medical Center

After 20 years in private practice, Dr. Opilka has joined Sarah Bush Lincoln. He and his team of four advanced practice providers are now caring for patients at the SBL Altamont Medical Center. The team is excited to unite their flourishing practice with an organization that is focused on excellence, so they can provide patients with an even higher level of care.



Accepting new patients!

Please call **618-483-6151** for an appointment • 8 North Third Steet, Altamont



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PO Box 372
Mattoon, IL 61938

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Lincolnland BINGA *RETURNS*

Save the date!

Mattoon Eagles Club
September 9

Doors open – 4:30 pm
Early-bird Binga – 5:30 pm
Regular Binga – 6 pm



Health *styles* House Calls

Join us for a live and online **Zoom** presentation about foot health with Podiatrist, Kimberly Eickmeier, DPM, **Noon to 1pm, Wednesday, June 23**

Nephrologist and Internal Medicine Physican, Antonios Papadopoulos, MD, will talk about kidney disease and health. Join us from **Noon to 1pm, Wednesday, July 28**

These online events are **FREE**.
Attend and be entered into a drawing for a \$25 gift card.

To receive your Zoom invite,
and send your questions in advance, email:
ckessler@sblhs.org

Chris Kessler
SBL Community Outreach Service Representative



www.sarahbush.org