

The Advantage

COVID-19 Vaccines

Sarah Bush Lincoln is administering COVID-19 vaccines for residents of Coles County. Clinic days and appointments are based upon the number of vaccines the Coles County Health Department receives.

Vaccinations are administered in the Lumpkin Family Center for Health Education, Entrance C. Reserved parking near the entrance is available along with wheelchairs.

Those interested in a vaccine must have an appointment and meet the current phase criteria.

Vaccine clinic information is updated at www.sarahbush.org.

COVID-19 Testing

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**.

Tests are administered in walk-through style and take about three minutes to complete.



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

Hello AdvantAge 50 members! We hope you all doing well and looking forward to spring weather. It has been a busy winter at Sarah Bush Lincoln. We started COVID-19 vaccinations on January 20 to community members and since then we have administered more than 10,000 to Coles County residents. In the interest of everyone's health and safety, we have decided to cancel our 2021 travel season.

In this edition of *The Advantage* we'll take a look at ways to get a better night's sleep and simple steps you can take to prevent falls in your home. We'll also introduce two new providers at SBL, Internist and Nephrologist (kidney disease) Antonios Papadopoulos, MD, and Gastroenterologist Stephen Steiner, MD.

March is Colorectal Cancer Awareness Month

Did you miss your colon cancer screening in 2020? Now is the time to get back on track. Colorectal cancer is highly treatable when detected early. Colorectal cancer is the third most common cancer in the US, and the second leading cause of cancer death. It affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. However incidence in those younger than 50 is on the rise.

The American Cancer Society recently recommended that adults without a family history should begin colorectal cancer screening at age 45. Screening tests help your doctor find polyps or cancer before you even have symptoms. This early detection may prevent polyps from becoming cancer and could jumpstart treatment earlier, when it is most effective. Colorectal cancer first develops with few, if any, symptoms. Do any of the following scenarios apply to you?

- Have you seen a change in your bowel habits?
- Do you have persistent abdominal discomfort?
- Do you have rectal bleeding?
- Do you feel weak or fatigued?
- Do you have unexplained weight loss?



Be proactive and talk to your doctor. Sarah Bush Lincoln has three gastroenterologists to serve the community. SBL Surgeons also perform colonoscopies. Learn more about our latest addition to the medical staff, Dr. Stephen Steiner, on page 3.

Learn more about colon health by joining **Health Styles House Calls**, a live, online Zoom presentation with Nora Porter, APRN, from SBL Gastroenterology, from noon to 1 pm, March 25. See page 3 for all the details.

Getting your Z's



According to the Centers for Disease Control, adults need **seven to nine hours** of sleep nightly. Lack of sleep can put you at higher risk for diabetes, heart disease, high blood pressure and stroke. To get a better night's sleep, the **SBL Sleep Disorders Center** recommends the following:

- Maintain a regular bed and wake time schedule including weekends.
- Establish a regular, relaxing bedtime routine.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly and complete your workout at least a few hours before bedtime.
- Avoid caffeine, nicotine and alcohol close to bedtime.

Snoring, restless sleep, gasping during sleep, and daytime fatigue are just a few symptoms that may indicate a sleep disorder. The SBL Sleep Disorders Center provides in-home and in-lab sleep studies. The Center also provides CPAP mask fitting services for those who have completed their sleep study at the lab.



If you have questions, or would like a tour of the sleep center, call **217-238-4908**.

SBL Sleep Disorder Center
Prairie Pavilion 1 • 1005 Health Center Drive, Suite 106
Mattoon

SBL Audiology & Hearing Services

Hear what you are missing.

Hearing is an important part of enjoying life. One in 10 Americans experience some degree of hearing loss. Hearing loss is not limited to older people. In fact, 65 percent of people with hearing loss are under the age of 65. Let SBL Audiology and Hearing Services help you hear what you are missing.

What We Provide

- Hearing testing
- Hearing aids
- Custom hearing protection
- Custom swimplugs
- Vestibular (balance) testing
- Auditory brainstem response testing

Locations

Mattoon

Sarah Bush Lincoln Health Center
1000 Health Center Drive, Suite 402
217-258-2568

Effingham

905 North Maple St.
217-347-7077

Robinson

1000 North Allen St.
217-258-2568

Paris

Paris Community Hospital
721 East Court St.
217-258-2568



Antonios Papadopoulos, MD

Internist, Nephrologist



While his medical training and practice have taken him across much of Europe and the U.S., Antonios Papadopoulos, MD, is excited to return to East Central Illinois where he remembers its warm, friendly patient population as his favorite. Dr. Papadopoulos practices nephrology (*kidney care*) and internal medicine.

Preventing kidney problems for many at-risk individuals, such as those with diabetes, high blood pressure or obesity, is of high

importance to him. As an internist, Dr. Papadopoulos focuses on preventive care, education and keeping people healthy. "Preventive care is important – taking care of weight, blood pressure and cholesterol, plus knowing about any health concerns; it helps patients live healthy lives," he said.

Dr. Papadopoulos finds nephrology especially rewarding because he has the ability, through science, to help his patients prevent or delay kidney problems. He finds that many of his patients are at risk for kidney complications.

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

Take action to prevent falls at home.

As we become older our risk for falling increases. Our reaction time slows, muscles and joints may get stiff, weak, or less flexible because of illness, medicines, or a physical condition. Injuries from a fall can be serious such as broken bones, dislocated joints, internal bleeding and cuts. Injuries like these can limit your independence.

Here are some ways to make your home safer:

- Put nonskid pads under area rugs.
- Remove small rugs.
- Replace worn floor coverings.
- Tack carpets firmly to each step on carpeted stairs.
- Put nonskid strips on the edges of uncarpeted stairs.
- Keep floors and stairs free of clutter and cords.
- Arrange furniture so there are clear pathways.
- Clean up any spills right away.

In the bathroom:

- Install grab bars in the tub or shower.
- Apply nonskid strips or put a nonskid rubber mat in the tub or shower.
- Sit on a bath chair to bathe.
- Use bathmats with nonskid backing.



Improve the lighting in your home:

- Keep a flashlight in each room or put a lamp next to the bed within easy reach.
- Put nightlights in bedrooms, hallways, kitchen, and bathrooms.
- Make sure all stairways have good lighting.

Looking for reliable health and medical information?
Visit the SBL Health Library at library.sarahbush.org.

Stephen Steiner, MD Gastroenterologist



Stephen Steiner, MD, joins Alexis Ayonote, MD, Michael Uzer, MD, and Nora Porter, APRN, in SBL Gastroenterology. Dr. Steiner performs upper endoscopies (EGDs) and colonoscopies. This includes taking biopsies, dilating strictures, placing feeding tubes, controlling bleeding and removing polyps.

Dr. Steiner grew up in a farm in southwest Iowa where his father and brother still farm together.

He went to college at the University of Nebraska in Lincoln, then to medical school at the University of Nebraska Medical Center in Omaha. He brings more than 30 years of patient care to Sarah Bush Lincoln.

To make an appointment with Dr. Steiner, please call
SBL Gastroenterology
1000 Health Center Drive, Suite 204 • Mattoon
217-258-4155

Health *styles* House Calls

Join us for a live and online **Zoom** presentation about colon health with Nora Porter, APRN, SBL Gastroenterology

Noon to 1 pm
Thursday, March 25

This event is **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



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PO Box 372
Mattoon, IL 61938

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Doctor's Day March 30

Recognize a hero and help someone in need.

Join the SBL Health Foundation in saying thank you to our medical staff members who have worked tirelessly to care for our community, particularly during the COVID-19 pandemic.

In honor of Doctors' Day, we are asking you to recognize your medical provider. We're providing an opportunity to make a donation to a fund that helps pay for medical care to the uninsured, or to a COVID-19 relief fund – all in the name of your favorite physician, physician assistant or nurse practitioner.

For a donation of \$50 or more, the medical staff member you honor will receive a gift of chocolates with a personal card, complete with your complimentary words.



For more information, call Amy Card, Foundation Director, at **217-258-2511** or email acard@sblhs.org.

Connect with Sarah Bush Lincoln



www.sarahbush.org