



A REVOLUTIONARY APPROACH FOR MANAGING KNEE PAIN

Sports Medicine Physician Andy Bays, MD, is now offering *lovera*®, a treatment to help ease joint pain due to osteoarthritis. The injection harnesses the power of liquid nitrogen to precisely cool targeted nerves, temporarily stopping them from sending pain signals to the brain. Think of it like applying ice to a sprained ankle to reduce pain and inflammation, but with *lovera*®, the cooling is more focused and the relief lasts significantly longer.

lovera® is an exciting option for people who live with chronic knee pain but may not be a good candidate for joint replacement surgery due to underlying health conditions such as heart or lung issues. It can also be used to ease pain while waiting for knee replacement surgery. Instead of relying on frequent steroid injections, which provide only temporary relief, people can experience longer-lasting comfort through this innovative nerve-freezing approach. The injection works without the use of drugs, relying purely on the precision targeting of nerves to block pain signals naturally.

For people preparing for knee replacement surgery, *lovera*® can be performed two to four weeks prior to surgery. The treatment gives the targeted nerves time to degenerate slightly, reducing their ability to send pain signals during the critical early recovery period. "Patients are able to do their post-surgery rehabilitation with less pain, making their recover faster and easier," Dr. Bays said.

He notes that most people are seeing six, nine and even 12 months of relief, depending on how high up the nerve is targeted. The injection is done in the office and takes about 30 minutes. A numbing agent is applied to minimize discomfort during treatment. Then, a small probe is inserted into the skin. Under the skin, a precise cold zone forms, which temporarily freezes the targeted nerve. Dr. Bays repeats the process until the targeted nerve is blocked. Listen to a podcast about this treatment at www.sarahbush.org/podcasts. For more information about this treatment and Dr. Bays, call SBL Orthopedics and Sports Medicine at **217-258-4186**.



Andy Bays, MD, Sports Medicine

A new surgical option for women available at Sarah Bush Lincoln



Combining the latest in robotic-assisted technology with years of experience, Carlos Sierra, MD, offers a surgical option for pelvic organ prolapse. A sacrocolpopexy corrects uterine prolapse

or vaginal vault prolapse in women who have had a hysterectomy. This surgery offers long-term treatment of apical prolapse with success rates greater than 80 percent.

The operation is performed through a larger incision on the abdomen or laparoscopically through small incisions. Laparoscopic surgery is performed with the use of the da Vinci surgical robot.

Dr. Sierra attaches a Y-shaped piece of permanent mesh to both the front and back walls of the vagina as well as the top of the vagina (or cervix if it is still present). The mesh is then suspended to a ligament running down the front of the sacrum, which is the base of the spine near the tailbone. The mesh is firmly sutured in place, restoring the vagina to its normal position. This also supports the bladder and bowels. The mesh material used in this surgery is permanent and will not dissolve over time.

Other operations to correct pelvic floor disorders may be done at the same time, such as procedures to address urinary incontinence. "I had a patient in her 60's who was an avid golfer. After the surgery, she said she felt like she was in her twenties again," Dr. Sierra explained.

For more information call
SBL Women's Healthcare at **217 258-4030**.

Missing or lost your discount card or parking tag?
Call **217 258-2422** or email advantage50@sblhs.org
for a replacement.

WELCOME NEW PROVIDERS

Sarah Bush Lincoln continues to grow to meet the healthcare needs of the community. Help us welcome four new providers.



Tamara Gorman, APRN, is passionate about the field of endocrinology and helps patients with issues related to hormones-producing glands. Diabetes, thyroid and adrenal disorders are just a few areas she treats.



Hannah Burich, APRN, enjoys the variety of family medicine and caring for people of all ages and stages of life. Her goal is to ensure patients needs are heard and understood.



Shemariah Israel, MD, Internal Medicine, likes to build long-term relationships with his patients, helping them maintain good health or see them through health challenges such as heart disease, diabetes and other conditions.

*Tamara, Hannah and Dr. Israel are welcoming new patients at SBL Family Medical Center, Mattoon. Call **217-234-7000** to make an appointment.*



Taylor Johnson, APRN, worked in Special Procedures which helped her prepare to care for people with gastrointestinal ailments, such as IBS, reflux, cirrhosis of the liver and others. To make an appointment, call SBL Gastroenterology at **217-258-4155**

EATING RIGHT WITH DIABETES



Managing diabetes can feel overwhelming, especially when it comes to food choices. Carbohydrates are hidden in many unexpected places, so it's easy to feel frustrated.

With a little knowledge and planning, you can create a balanced, sustainable diet that keeps your blood sugar stable while still allowing you to enjoy your meals. Tamara Gorman, APRN, from the SBL Endocrinology Clinic offers these tips for eating right.

Focus on High Protein, Low Carbohydrate

A good rule of thumb for managing diabetes is to focus on high-protein, low carbohydrate meals. Protein helps keep your blood sugar stable, while carbohydrates cause it to spike. Ideally, aim for 40 to 60 grams of carbs per meal and 15 grams per snack, but try to limit snacks if possible.

Hidden Sources of Carbohydrates

When we think of carbohydrates, bread and pasta come to mind, but there are other hidden sources to be aware of:

- **Fruits:** While fruits are healthy, some are high in sugar. Stick to strawberries, blackberries and blueberries, which have a lower sugar content. Avoid bananas, pineapples and oranges, as they contain higher amounts of carbohydrates.
- **Vegetables:** The general rule is that vegetables that grow above the ground like leafy greens, peppers and zucchini are better than root vegetables like potatoes which have higher carb content.

Alcohol and Caffeine: Many people don't realize that alcohol and even caffeine can cause blood sugar spikes. If you drink coffee regularly, monitor your blood sugar levels to see how it affects you.

Meal Planning Tips for Diabetes

- **Prioritize Protein:** Lean meats, fish, eggs, tofu and beans are great choices.
- **Be Carb-Smart:** Choose whole grains over refined carbohydrates and opt for smaller portions.
- **Read Labels:** Pay attention to total carbohydrates in packaged foods.
- **Consider Sugar-Free Alternatives:** Artificial sweeteners like aspartame or stevia may help reduce sugar intake, but monitor how they affect you individually.
- **Watch for High-Fat Foods:** Cutting carbohydrates can sometimes mean eating more fats, which may affect cholesterol levels.

Adapting on a Budget

Not everyone has access to fresh, whole foods. If you rely on food banks or shelf-stable options, consider portion control. Canned tuna, beans and protein shakes can be good alternatives when fresh options aren't available. If pasta and bread are your only options, focus on smaller servings and balance them with protein and fiber.

Managing diabetes doesn't mean eliminating all your favorite foods, it's about making smart choices and finding a balance that works for your lifestyle. Pay attention to how different foods affect your blood sugar and adjust accordingly. Small changes can make a big impact on your health over time.





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1220 Wooddell Way, Suite B
217-238-3000

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217-253-4764

7 am – 7 pm

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Join us for our 17th annual

Races for all Paces

June 7, 2025

The races will begin and end on EIU's O'Brien Field track

www.sarahbush.org/races



**Proceeds from this family friendly event
benefit the SBL Dental Program**