

VASCULAR SERVICES AT SBL:

Better Blood Flow, Better Health

Your body contains an amazing, intricate system of arteries and veins. Arteries bring oxygen-rich blood from the heart to every inch of the body; veins return the blood back to the heart and lungs for more oxygen.

Most people know that heart disease can occur when blood vessels become clogged with plaque and cholesterol, but many are unaware that the same problem, often called hardening of the arteries (or atherosclerosis), can occur in any artery of the body. Venous problems occur in the veins, often resulting in leg swelling, deep vein thrombosis (blood clots) and chronic leg problems. The vascular specialists at Sarah Bush Lincoln treat disorders and diseases that affect the vascular system, which includes the arteries, veins and other vessels that circulate blood throughout your body. Sarah Bush Lincoln provides comprehensive prevention, diagnosis and management of vascular disease. We focus on limb salvage to prevent unnecessary amputations, treat lower extremity wounds and diabetic foot ulcers and manage peripheral artery disease.

Conditions Treated:

- Abdominal Aortic Aneurysm
- Carotid Artery Disease
- Chronic Limb-Threatening Ischemia (CLTI)
- Claudication
- Diabetic Foot Ulcer (DFU)
- Dialysis Access
- Peripheral Artery Disease
- Varicose Veins
- Vascular Disease

SBL Vascular Services

SBL Heart Center
1000 Health Center Dr., Entrance H
Mattoon, IL 61938

217-258-4049



Dean Katsamakidis, DO
Interventional Cardiology



Adham Karim, MD
Interventional Cardiology



Curtis Green, DO
Vascular Surgeon



Ravishankar Hasanadka, MD
Vascular Surgeon

Heart²Heart

Screening and peace of mind about your heart health

HEART TO HEART is a program to increase awareness of heart health and wellness. It gives people an opportunity to have several cardiopulmonary screens performed that may reveal interrelated and potentially life-threatening diseases. Cardiovascular disease continues to be the number one killer of men and women in the United States. Why are so many suffering from a condition which in many ways could be prevented? Simply stated, symptoms are not investigated nor do the risk factors that contribute to cardiovascular disease get examined, so the disease is neither diagnosed nor treated until it is too late.

BASIC SCREENING

The basic program is \$95 and offers the following screenings:

- blood sugar
- cardiac CT-calcium scoring
- coronary risk profile (cholesterol)
- electrocardiogram (EKG)
- kidney function

For an additional \$95, the following screens are offered to detect peripheral vascular disease:

VASCULAR SCREENING

- abdominal aortic ultrasound
- ankle brachial index
- carotid ultrasound

You may schedule the Vascular Screening only without the Basic Screening package.

If you're interested in participating, please reach out to your primary care provider's office. Screenings take place at the SBL Heart Center, Mattoon and the SBL Bonutti Clinic, Effingham.



Sarah Bush Lincoln Regional Cancer Center

Sarah Bush Lincoln announced plans to expand its Regional Cancer Center to meet the growing demand for cancer care across Central Illinois. The

project will add approximately 15,000 square feet to the existing 22,000-square-foot facility.

When the SBL Regional Cancer Center opened in 2016, its 17 infusion bays and spacious design comfortably accommodated patient volumes. Nearly a decade later, the Center has become a destination for expert cancer treatment and compassionate care, serving almost twice as many patients as in its early years.

The expansion will include:

- Additional chemotherapy and specialized infusion bays
- Eight new exam rooms
- Larger waiting room
- Additional parking
- Dedicated space for non-oncology medical infusion

Construction is expected to begin this fall. Once complete, the facility will ensure that SBL continues to provide advanced, personalized cancer care close to home for patients throughout the region.



FINDING RELIEF:

How Interventional Pain Management Specialists Can Help

Chronic pain affects millions of adults especially as we age. Interventional pain management (IPM) focuses specifically on minimally invasive procedures such as injections, nerve treatments and stimulators that can reduce pain and help people stay active.

Sarah Bush Lincoln offers IPM at the main campus in Mattoon with Ragai Mitry, MD, and in Effingham with Anthony Guarino, MD. In a recent Health Styles Podcast (www.sarahbush.org/podcasts) Dr. Guarino discussed several options for treating chronic pain and improving daily function. For people with lower back and neck pain, nerve pain or chronic pain after surgery, IPM is an option. Dr. Guarino offers several effective procedures, including:

- Steroid injections to reduce inflammation
- Radiofrequency ablation
- Peripheral nerve stimulation to block pain signals
- Spinal cord stimulators for long-term pain relief
- Minimally invasive lumbar decompression



Most procedures take only a few minutes and are performed by Dr. Guarino at the SBL Effingham Surgery Center and by Ragai Mitry, MD, in Special Procedures in Mattoon. Narcotics are not used in these procedures, which eliminates the risk of addiction and other side effects associated with medications. Dr. Guarino says many of his patients are able to reduce or stop their pain medications after receiving treatment.

When should you see a pain management specialist?

- Pain has lasted more than three months
- Pain interferes with sleep, walking or daily activities
- Home remedies and basic treatments aren't helping

Not all pain needs medical intervention. Dr. Guarino recommends gentle stretching and over the counter medications when needed. It's also important to allow time for your body to recover and be mindful of your limits. Talk to your primary care provider about pain management options.



Anthony Guarino, MD

901 Medical Park Drive, Suite 201
Effingham

217-347-2332



Ragai Mitry, MD

1000 Health Center Drive, Suite 106
Mattoon

217-238-4495



1000 Health Center Drive
PO Box 372
Mattoon, IL 61938

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Mattoon

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217-238-3000

Effingham

1303 West Evergreen Ave.
217-540-6123

Tuscola

1100 Tuscola Blvd.
217-253-4764

7 am – 7 pm

Monday through Friday

8 am – 3 pm

Saturday and Sunday

Vandalia - *new location*

660 W. Taylor St.
618-283-0266

8 am – 7 pm

Monday through Friday

9 am – 4 pm

Saturday and Sunday



www.sarahbush.org

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