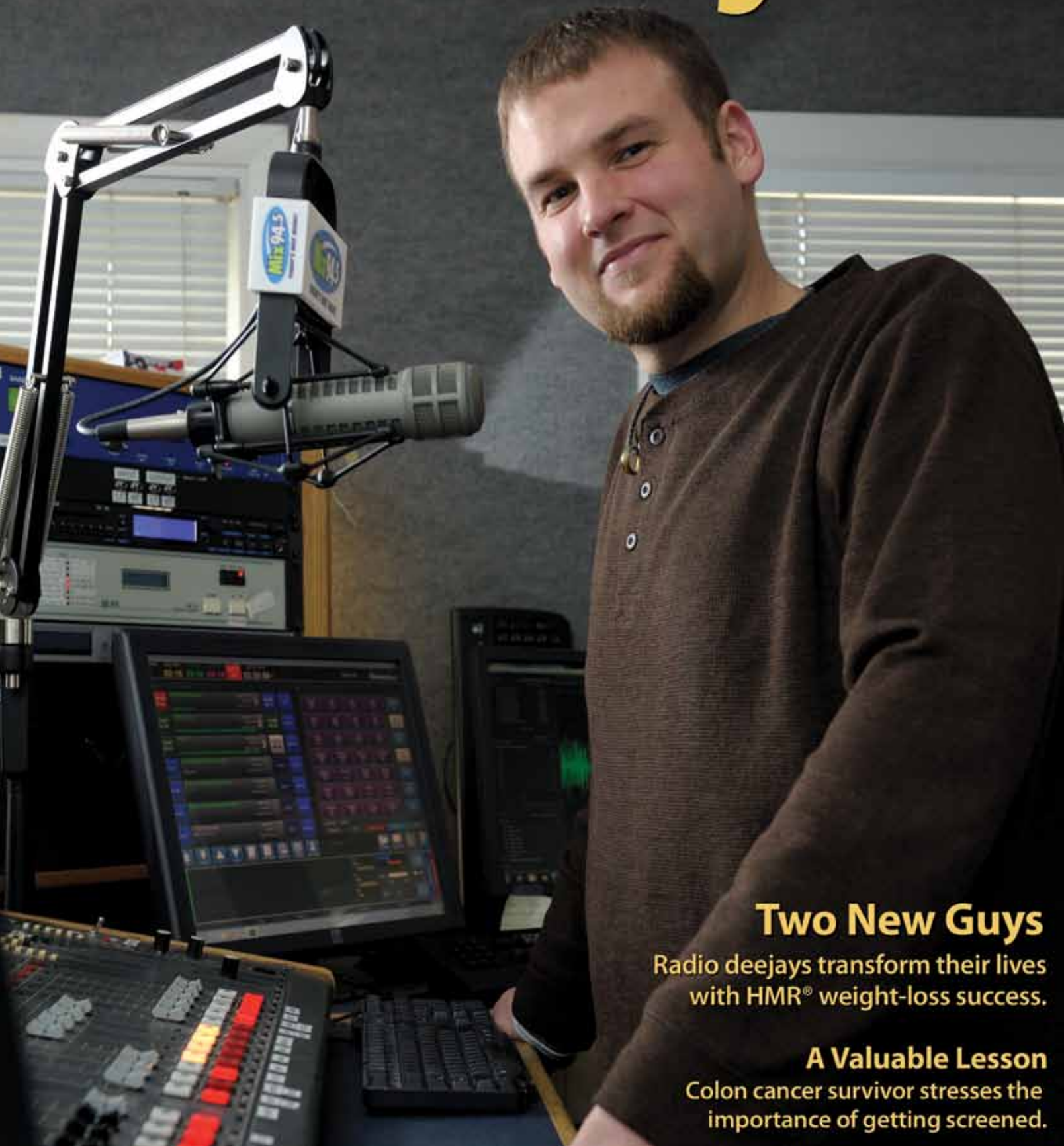


Sarah Bush Lincoln

healthstyles

January 2016



Two New Guys

Radio deejays transform their lives with HMR® weight-loss success.

A Valuable Lesson

Colon cancer survivor stresses the importance of getting screened.

health styles

volume 27 | number 1

**President and
Chief Executive Officer**

Timothy A. Ols

Public Relations Director

Patty Peterson

Graphic Designer

Stuart Bushur

Editor

Laura Glenn

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.

For more information or to request a change of address, contact:

Sarah Bush Lincoln
1000 Health Center Drive
Mattoon, IL 61938
217-258-2420
www.sarahbush.org

© 2016 Sarah Bush Lincoln
Health System

- 2 | Two New Guys**
Radio deejays transform their lives with HMR® weight-loss success.
- 4 | A Valuable Lesson**
Colon cancer survivor stresses the importance of getting screened.
- 6 | A Clear Picture**
Lerna man takes charge of his health with Heart to Heart.
- 8 | Lifting the Darkness**
Depression can be an isolating illness, but there are things you can do to feel better.
- 10 | The Wake-up Call**
Making the most of each day after cancer treatment.
- 12 | Optune Treatment Available at SBL**
A new treatment for brain tumors.
- 13 | Courses, Classes and Support Groups**

Did you miss your chance to enroll
in health insurance last year?

We can help!

For more information, call the
SBL Navigators Counselor Program at

217-238-4994



Counselors are available to help people
enroll throughout Sarah Bush Lincoln's
seven-county service area, including:

Clark	Edgar
Coles	Jasper
Cumberland	Moultrie
Douglas	Shelby

Community members can request help at
any Sarah Bush Lincoln clinic located in:

Arcola	Mattoon
Arthur	Neoga
Casey	Newton
Charleston	Sullivan
Martinsville	Toledo



Center for Healthy Living

This 120-day Healthy Living Medical Exercise program is
a custom-designed exercise and lifestyle program to help
participants achieve their goals and manage chronic illnesses.

People with the following conditions can benefit:

- High blood pressure
- High cholesterol
- Chronic pain
- Depression
- Cancer
- Osteoporosis
- Postpartum
- Arthritis
- People working on:
 - Rehabilitation from injury or surgery
 - Weight reduction

A provider-signed referral is needed to begin the program.

Center for Healthy Living

1004 Health Center Drive, Suite 110
Mattoon, IL 61938

217-238-3488



Tim
260 pounds lighter

“All you have to do is take that first step and show up; I sure am glad that I showed up. I feel like a new person.”

Kurtis Allen

Two New Guys

Radio deejays transform their lives with HMR® weight-loss success.

Tim Stolz and Kurtis Allen are living richer, healthier and more active lives at half their previous weights.

The two radio deejays worked hard to earn the jaw-dropping reactions that come with significant weight loss. Each has had amazing weight-loss success on Sarah Bush Lincoln’s HMR® Decision Free medically supervised weight-loss program. Tim lost a staggering 260 pounds, and Kurtis lost 130 pounds – a feat that neither one thought possible a year ago.

Tim and Kurtis started their weight-loss journeys in late January 2015 by agreeing to partner with Sarah Bush Lincoln and to share their experiences in a blog and on the air at WMCI radio station. Having struggled with weight his entire life, Tim said, “I was the heaviest I had ever been. I was 465 pounds and my back, legs and knees hurt whenever I walked.” Tim had resigned himself to always being ‘the big guy.’ His expectations of himself – and his ability to lose weight – were low. “I had never lost any significant amount of weight before in my life,” he said.

Kurtis decided to “give it the old college try,” after packing on excess weight from a decade of poor eating, following two major back surgeries and a hip surgery in high school. Once active in sports, “all of a sudden, I couldn’t lift weights or run anymore, yet I was still eating the way I always did,” he said.

While Tim and Kurtis had to muster a little willpower to stay on the diet at first, they were hooked after dropping 15 pounds each the first week. “It was certainly a shock to my system,” Tim said, noting that he went from “eating whatever I wanted, whenever I wanted it” to HMR’s plan of nutritionally complete weight-loss shakes and entrées. After adding fruits and vegetables to the diet plan, their routine was set.

Tim and Kurtis followed the program with unwavering dedication not only to lose weight, but to keep it off and be healthier. They received ongoing medical supervision and attended weekly weigh-ins and meetings. “It has changed my life,” Kurtis said.

“I feel like a new person,” Tim added. He marvels at things most people take for granted, like fitting into movie theater seats and restaurant booths, and shopping for clothing from department stores racks. “It’s the small things like those that I’m excited about,” he said.

“One of my biggest victories was going to Six Flags and riding a roller coaster for the first time in 15 years,” Tim said. The humiliation of being kicked off the ride in front of his friends in high school stuck with him, so he was thrilled to gain closure on that memory. To make up for lost time, Tim returned to Six Flags eight times this year and rode all the rides over and over!

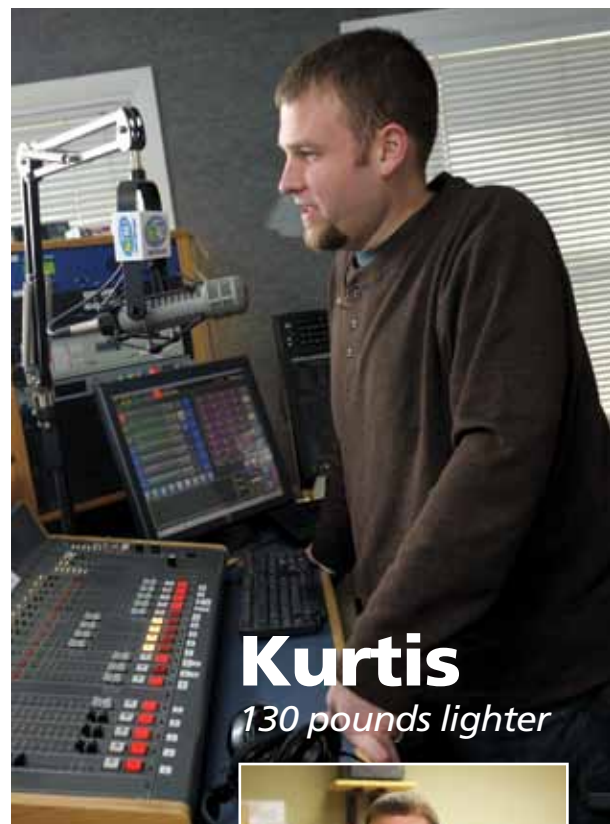
Kurtis renewed his tradition of attending a Chicago Bears preseason football game with his wife. “I hadn’t gone to a game in three years because I wasn’t comfortable,” he said. “I hated being the fat guy in the row. I always felt like I was in the way.” This year was different. “It was the first time I felt comfortable in my seat at a sporting event. I know a lot of people can’t relate to that, but for me that was a huge deal,” he said. Last fall, Kurtis also went to a second football game with his Dad.

Tim and Kurtis learned to make exercise part of their lives; as the weight came off, physical activity became easier. “At first, I was wiped out after five minutes on the elliptical,” Tim said. Yet, by challenging himself to exercise a little longer each time, he gradually built up his endurance. Now Tim runs on the elliptical for an hour before tiring. “I didn’t used to be able to run at all. It’s not that I didn’t like it. I physically couldn’t do it. I’m jazzed about the fact that I can do it,” he said. “It’s a novelty that I don’t think will ever wear off.”

Kurtis started walking in his neighborhood and, before long, he had progressed to jogging. “It was a big deal to not get winded or be in pain,” he said. At his peak, he was running six-and-a-half miles every morning. “That’s the most running I’ve done since high school,” he said.

Weighing less than he did as a freshman in high school, Kurtis is now working to maintain his weight loss, and he welcomes the challenge. Tim plans to enter the maintenance phase on January 28, his one-year anniversary. Having lost more than half his body weight, “there’s nothing – aside from maybe my old socks – that I can still wear,” he laughed! Tim’s belt is a trophy that marks his progress; the tip now wraps around to his back. “Every time I have to put a new hole in it, it’s like another little victory,” he said. Knowing there will be challenges ahead as he learns to manage a full diet of food, he is determined to never go back.

Neither Tim nor Kurtis thinks there’s anything unique about their achievements. “It’s all a mental thing. You just have to be at a point where you are ready to make a change,” Tim said. Kurtis agrees, “All you have to do is take that first step and show up; I sure am glad that I showed up.”



Kurtis
130 pounds lighter



For more information about Sarah Bush Lincoln’s Medical Weight Management program, call **217-238-4774** or go to www.sarahbush.org.

Follow Tim and Kurtis as they chronicle their triumphs and challenges on the “Deejays Take On HMR” blog, posted on Sarah Bush Lincoln’s website.





A Valuable Lesson

Colon cancer survivor stresses the importance of getting screened.

David Trigg often bragged about his good health. He worked as a tile setter and carpet layer and was proud of the fact that he never went to a doctor. Sadly, his approach caught up with him.

Four years ago, at the age of 58, David became short of breath when he exerted himself and he had trouble recovering. “That wasn’t like me. I’ve always been in good shape,” he said. He knew something was wrong when he nearly fainted after carrying tile up a flight of stairs.

David decided to call Prairie Family Practice Physician Lucas Catt, MD, for an appointment. Dr. Catt immediately recognized that something was wrong and recommended an array of tests, including a colonoscopy. David scheduled the procedure without hesitation and was devastated – though not surprised – to learn that he had colon cancer.



“Cancer is what killed my mom, my mom’s sisters and my sister. I accepted it immediately, but I thought ‘that’s it: I’m done. I need to get my wife situated and figure out who gets my bird dogs,’” he remembered.

David said that he didn’t believe he would get cancer, since it had been the women in his family who had been afflicted with breast, ovarian and colon cancers. While his mother had survived colon cancer, she later succumbed to breast cancer. “I know it’s silly and naïve, but I just thought nothing would ever happen to me. I’ve

always been in super good shape and I was the most active member of our family,” he said.

Contemplating what to do next, David and his wife, Karman, consulted with Sarah Bush Lincoln Regional Cancer Center Oncologists Abdur Shakir, MD, and Kuppuswamy Jagarlamudi, MD. “Dr. Jagarlamudi was abrupt at first, only because he wanted to get my attention. After that, he said, ‘If you do everything we say, you should live a normal lifespan.’ I knew then that I would do anything they told me to do,” David said.

He first underwent surgery to remove the cancerous section of his colon. “That was a breeze,” David said. Immediately thereafter, he started chemotherapy every other week, and that took a great toll on him. David lost a tremendous amount of weight during his treatment from April to September 2012, but he continued to lay flooring when he was able. He also participated in bird dog competitions, learning to shoot a shotgun left handed in order to avoid the chemo port that had been placed on his right side. David championed one of his four dogs that way.

After battling tingling fingers and toes and a bout of pneumonia, David learned that he was cancer-free following his final treatment. He and his wife were elated! The couple can’t say enough good things about the care provided by Drs. Shakir and Jagarlamudi. “They are both brilliant, and the nurses are angels. They make you feel like you’re their only patient,” David said.

Having had precancerous polyps removed during two colonoscopies in subsequent years at the SBL Gastroenterology Clinic, David is passionate about encouraging others to get screened. “If you catch the cancer before it starts or when it’s early, then it’s an easy win for you,” he said, “But if you wait like I did, then it’s a battle.”

“People worry more about their vehicles and their homes than they do their own bodies,” David said. “I have been preaching to my nieces and nephews not to make the same mistake I did. I was so cocky that I never had a doctor, but I sure paid for it. I tell the kids to be a little more humble because no one is Superman.”

FREE Colon Cancer Screen

Colon cancer is treatable in its earliest stages, and periodic screenings are needed for early detection.

A limited number of **free** Hemosure colon cancer screening kits are available on a first-come first-served basis. This easy-to-do screen is non-invasive and has a **97 percent accuracy rate!**

What is involved with the screen?

The kit you receive allows you to easily collect a stool sample in a plastic container. You return it discreetly in a brown bag to any

Sarah Bush Lincoln clinics or the hospital outpatient lab. Tests should be returned to Sarah Bush Lincoln by March 31.

How will I receive the result?

If your test result is negative, you will receive a letter in the mail from the Sarah Bush Lincoln Gastroenterology Clinic.

If your test result is positive, you will receive a phone call from the SBL Gastroenterology Clinic, and a certified letter alerting you to the results and the actions you should take for further investigation.

Who Should be Screened

- People between 50 and 75 years old
- People with a strong family history of colon cancer
- People who have never had a colonoscopy
- People with the following symptoms:
 - Diarrhea / Constipation
 - Rectal bleeding
 - Black or tarry stools
 - Weight loss / Bloating
 - Change in bowel habits

Where and when can I get a kit?

Available while supplies last.

Casey Senior Center

2 SW 2nd St.

Thursday, March 24

11 am to 1 pm

Jasper County Health Department

106 East Edwards, Newton

Friday, March 11

2 to 4 pm

Shelbyville Senior Center

325 E. North 9th St.

Thursday, March 17

11 am to 1 pm

For more information, call the SBL Gastroenterology Clinic at **217-258-4155**.



A Clear Picture

Lerna man takes charge of his health with Heart to Heart.

Doug Robison knows that family history plays a big role in the health of your heart.

That's why he didn't hesitate when his wife, Carla, urged him to have a second Heart to Heart screen at Sarah Bush Lincoln. He lost two brothers to heart attacks at ages 58 and 61, and his parents also died from cardiovascular diseases. While the 59-year-old Lerna man gained peace of mind when he went through the program five years ago, he knew he was overdue for a check up. This time he asked his wife to go with him.

Heart to Heart offers men and women an opportunity to have performed several cardiopulmonary screens that may reveal potentially life-threatening diseases. The program is designed to increase participants' awareness of their health risks and to teach them techniques that can help them to avoid heart disease from becoming a part of their lives.

While Doug has always been mindful of his health, he has seen how heart disease can sneak up on a person. "They said my brother, Ronnie, was dead before he hit the floor," having suffered a massive heart attack while getting out of bed one morning, Doug said.

While most of Doug's test results were within normal ranges, he wasn't surprised to learn that his calcium CT score was high. He was strongly urged to seek follow-up care, so Doug immediately made an appointment with Prairie Heart Institute Cardiologist Amit Dande, MD, who practices at Sarah Bush Lincoln. He also had a stress test, after which Doug learned that he has some blockage in his left descending ventricle but that it's not yet serious.

Encouraged to control his health through diet and exercise, Doug was already enrolled in the medical exercise program at Sarah Bush Lincoln's Center for Healthy Living. His trainers had insisted that he undergo a stress test before beginning an exercise program to manage his back pain.

Doug started the program as soon as he learned that his heart was healthy enough. He began exercising three days a week with his wife, who received a medical referral to manage her arthritis. The couple was immediately impressed with the trainers who helped them to develop individualized exercise plans. "They are very knowledgeable and they gave us encouragement. I enjoyed being around them," he said. Doug usually began his routine by walking or jogging on the treadmill, followed by circuit training exercises or weight lifting. He cooled down with his wife by walking on the track. "That was always the best part of my day, and I miss it," he said. "I can't say enough good things about the program."

"It's an excellent program. It doesn't take that much time or cost that much money so why not? What value do you put on your life?"

Doug Robison

By integrating regular exercise with healthier eating, Doug lost 25 pounds and improved his heart health numbers enough that Dr. Dande was able to reduce by half Doug's blood pressure and cholesterol medication. After completing the four-month program, Doug joined the Mattoon Area Family YMCA – though he admits he hasn't been attending as faithfully! He says that he stays active by working on his small farm in rural Lerna, where he tends to 12 cattle, bales hay and manages 125 acres.

Doug is thankful to have gained a clear picture of his cardiac status through Heart to Heart. "It's an excellent program. I've recommended it to everyone I've talked to," he said. "It doesn't take that much time or cost that much money, so why not? What value do you put on your life? Your health is pretty much up to you," he said.

Close to his son and daughter and four grandchildren who live nearby, "We have a lot of reasons to try to take care of ourselves," he said.

Heart to Heart

Heart to Heart offers men and women an opportunity to have several cardiopulmonary screens performed that may reveal interrelated and potentially life-threatening diseases.

The cost of the basic program is \$95.

- blood sugar
- blood pressure
- body mass index
- cardiac CT-calcium scoring
- coronary risk profile (cholesterol)
- electrocardiogram (EKG)
- kidney function
- prostate specific antigen (PSA)

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

- abdominal aortic ultrasound
- ankle brachial index
- carotid ultrasound

If you are interested in participating in Heart to Heart, contact The Heart Center at Sarah Bush Lincoln at

217-258-2238



Schedule your Heart to Heart appointment in February or March and be entered in a drawing to receive a fitness tracker. Two Fitbit wireless activity and sleep trackers will be given away each month.



Lifting the Darkness

Depression can be an isolating illness, but there are things you can do to feel better.

Debi Heuerman describes depression as a dark, inescapable place. “I find that everyone has his or her own name for it,” she said. “A friend of mine calls it ‘The Monster.’ I call it ‘The Darkness.’”

Debi experienced deep depression for the first time 11 years ago, following the death of her father. “That was my first experience with death,” she said, and it hit her hard. Tragically, a year later, Debi’s brother died by suicide. She was still grieving the loss of her Dad when her brother died. Struggling both to eat and to sleep, “I knew I needed help,” Debi said. That’s when she went to see her family doctor and began taking antidepressants.

While she lost 60 pounds in her grief, Debi said that the medication worked fine for several years until she lost her mother in January 2013. “That’s when I bit the dust big time,” she said. “I was the last surviving member of our family and I had to deal with her estate. I just felt like I couldn’t grieve because I was so busy dealing with legal matters. I knew I was hanging on by a thread, and one day that thread just snapped.”

Debi landed on the couch after returning home from work one evening, and she started crying uncontrollably. “I couldn’t deal with life anymore. I basically just laid on my couch and stared into space for six weeks,” she

said. “I couldn’t get out of bed. I couldn’t eat or sleep or even take a shower. I couldn’t do anything, and when you’re in that state of deep depression, it takes a lot of patience from your family.” She credits her husband, Bryan, for taking care of everything. “He was very patient and understanding,” she said.

Debi is also grateful for Sarah Bush Lincoln Psychiatrist Elbert Lee, MD, who urged her to come see him immediately. Dr. Lee changed her medication to find a more effective combination. “I tried many different kinds of anti-depressants before finding the ones that were right for me,” she said. “It’s no different than finding the right blood pressure medication.”

Debi knew the darkness was starting to lift the day she decided to get up and shower. Eventually, she returned to work and has been doing well ever since. To manage her health, she faithfully takes her medication and she continues to visit Dr. Lee every three months. “He’s part of ‘Team Debi’ just like my lawyer, my financial advisor, my dentist, my family doctor and my hairdresser,” she said.

Yet Debi is quick to recognize that what works for one person may not work for another. “I have found that medication is the best tool in the toolbox for dealing with depression,” she said. “It’s also important to talk to at least one other person, even if that person is a stranger,” she said. “It helps to know that one person is out there and that he or she is listening. I think that means a lot to people.”

Debi is passionate about generating greater awareness and helping others who struggle with depression, especially after losing three friends, a co-worker and her brother to suicide. She also rushed her best friend to the hospital after a suicide attempt, and she stayed by her side throughout the crisis.

Debi is quick to offer a listening ear, financial assistance and even housing to friends and acquaintances who need help. Devastated after losing yet another friend to suicide in 2014, she posted her phone number on her personal Facebook page and begged people who needed help to call her. Several responded. She continues to do everything in her power to convince others to take suicide off the table and to seek help.

Since Debi thinks depression is genetic in her family, she realizes that she could face another crisis some day. “I think, in the back of my head, I’ve always thought that I’m going to commit suicide too – just like my brother,” she said. To signify her struggle and to support others, she had a semicolon tattooed to her wrist. With that tattoo, she joined a growing movement of people who have adopted the semicolon as a symbol of mental health awareness and solidarity with people who struggle. “The semicolon just means that you’re going to pause. You’re not going to end your story today,” she said.

Sadly, one of the roadblocks to recovery for many is society’s tendency to stigmatize depression and other mental health disorders. “Having depression is no different than having diabetes or high blood pressure or anything else,” she said. “You do what you can for it. You go see your doctor and try to take care of it the best you can.”

Are you depressed?

Everyone feels sad or blue sometimes, but for some these feelings won’t go away.

Treatment for depression often involves talk therapy and may require medication. Outcome studies find that a combination works best for major depression. If you have some of the symptoms that have lasted longer than a few weeks, you should seek help. The best place to start is with your doctor.

- Feeling unhappy, sad, down, or miserable nearly every day.
- Feeling helpless, hopeless, or worthless.
- Loss of interest in hobbies, friends, and activities that used to be enjoyable.
- Not sleeping well, or sleeping too much.
- Gaining or losing weight.
- Having low energy or being constantly tired.
- Having a hard time concentrating or making decisions.
- Thoughts or talk about suicide.

Depression is not a sign of weakness or something to be ashamed of – it is a serious illness. The positive news is that even in serious cases, treatment is usually very successful. So don’t wait.

If you are in crisis, call for help today. LifeLink’s crisis counselors are available 24/7 at **1-866-567-2400**.



For more information, go to www.sarabhush.org.



The Wake-up Call

Making the most of each day after cancer treatment.

It had been 18 months since Kay Laake's last mammogram – long enough for her to realize that she was long past due and that it was time to get her exam scheduled. Thankfully, she didn't wait any longer.

Kay was diagnosed with stage one invasive breast cancer and was immediately scheduled for a lumpectomy at

Sarah Bush Lincoln. Kay – who with her husband, Jim, raises horses in rural Charleston – said, “It's one of those things where you think ‘This won't happen to me.’ Well, it did. It really caught me off guard.”

An active participant in determining her course of treatment, Kay did her research, sought a second opinion



and decided to receive her care at Sarah Bush Lincoln. Following surgery, Kay received daily radiation treatments for eight weeks in the Regional Cancer Center. “The Cancer Center saved my life,” she explained. “I always felt like the staff was there for me. They would even call to check on me, and they always involved me when decisions were made regarding my care,” she said.

Kay said the Regional Cancer Center is an asset to the area and the need is definitely there for a new facility. “It is always so crowded. The waiting room was always full and the entire center was just so busy. It’ll be a breath of fresh air to have so much space and especially an outdoor area for patients and their families to enjoy.”

Kay said that having cancer was a wake-up call to her – a reminder to enjoy life and to make the most of it with her husband on their beautiful farm, surrounded by their horses. She also realized that it was time for her to take care of herself and to do the things that mattered. She also learned how much her illness affected her husband, Jim. “You don’t ever have cancer by yourself,” she said. “Everyone around you is impacted.”

Kay said that a quote on her wall sums it up: Everything changed the day she figured out there was exactly enough time for the important things in her life. “Fighting cancer has all been part of the journey, my journey,” Kay said. “You just have to enjoy each day.”



The New SBL Regional Cancer Center

Construction is underway on Sarah Bush Lincoln’s new Regional Cancer Center, which is designed to offer its patients greater comfort, privacy and space. The building is expected to be complete in the fall.

The new facility, located on the front lawn of the SBL campus, will span 21,000 square feet and will feature 17 individual chemotherapy areas where people can receive their care in comfortable spaces that allow companionship during the treatment. The center will also provide a large reception area, additional exam rooms and healing gardens.

Regional Cancer Center Medical Director Abdur Shakir, MD, explained the need for more than doubling the space needed to treat cancer. “In the last two years, the number of people seeking

care in the Regional Cancer Center has increased by 26 percent. Sadly, that’s expected to increase by about 40 percent over the next 10 years.”

In addition, the new center will provide a more healing environment with space for people to relax and enjoy companionship during treatments. Windows will span the south side of the building to allow natural light to flood the infusion area and will provide a wonderful view of the healing gardens. The gardens are being designed to be enjoyed, and experienced, by patients and loved ones alike.

The Sarah Bush Lincoln Health Foundation Board is currently conducting a Capital Campaign called “Building Hope” to raise \$3.5 million in philanthropic funds to support the construction.



For more information about the SBL Regional Cancer Center, call **217-258-2250** or go to www.sarahbush.org. If you wish to make a donation, call **217-258-2511**.



Optune Treatment Available at SBL

A new treatment for brain tumors.



Treatment is delivered through a white mesh patch worn on the head as illustrated above.

A promising new treatment for brain tumors was approved by the FDA in October and is now available at the Sarah Bush Lincoln Regional Cancer Center. Previously, the treatment was only available in St. Louis, Chicago and Indianapolis.

Optune is the first FDA-approved therapy in more than a decade to significantly extend survival in newly diagnosed glioblastoma (GBM) patients. GBM is the most common and aggressive form of primary brain cancer. Optune works in conjunction with the standard treatments of surgery, chemotherapy and radiation to not only slow but to reverse tumor growth by inhibiting the process by which cells divide and replicate.

Sarah Bush Lincoln Medical Oncologist Abdur Shakir, MD, explained that Optune uses electrodes, embedded in a mesh patch that fits on the scalp, to deliver low-intensity, intermediate frequency, alternating electric fields, referred to as Tumor Treating Fields (TTFields). Through the use of imaging technology, Regional Cancer Center team members place the electrodes strategically to focus the electrical current directly at the tumor for attack. The device and the treatment are non-invasive.

For optimal results, patients wear the patch, which is attached to a battery pack, for 18 to 19 hours a day. “Studies have shown that people who use Optune have an improved quality of life, especially patients who are diagnosed with GBM,” Dr. Shakir said. “This is an exciting advancement in the treatment of brain tumors.” This technology has been used in other countries for 10 years. Dr. Shakir has extensive experience with this new therapy as he has treated patients at the University of Illinois at Chicago while patients were on clinical trial.

GBM tumors occur in the cerebral hemisphere on the left and right sides of the brain – an area that controls reading, thinking, speech, muscle movements and emotions. GBM tumors are difficult to treat because they can be hard to reach, making surgery ineffective. About 23,000 people a year are diagnosed with brain tumors of which GBM is the most common type.

Because Optune doesn’t enter the bloodstream, it has not been shown to affect cells in other parts of the body. Optune’s portability makes it possible for patients to continue their daily activities while receiving treatment.

Dr. Shakir and Medical Oncologist Kuppuswamy Jagarlamudi, MD, are happy to work with other oncologists to provide this life-prolonging treatment to patients. Once the patch is created, people visit the SBL Regional Cancer Center monthly to have the patch checked. Additionally, Cancer Center staff monitor the patch remotely through computer software.



“This is an exciting advancement in the treatment of brain tumors.”

Abdur Shakir, MD



For more information about Optune, please call the SBL Regional Cancer Center at **217-258-2250**.



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, Crawford Memorial Hospital in Robinson and the Paris Community Hospital.

■ 217-258-2568

Heart to Heart

A program designed to increase awareness of heart health and wellness, offering education and several cardiopulmonary screens.

■ 217-258-2238

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 • 217-238-4973

Tobacco Cessation Services

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

■ Noel Copper, RN, CTTS

217-238-4691

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

Cancer Support Group

Open to anyone dealing with any form of cancer. Family members welcome.

■ 10 am, second Monday of the month

■ Lumpkin Family Center for Health

Education at SBL

■ Bob Clapp • 217-232-2537

Diabetic Support Group

■ 7 pm, second Tuesday of the month in March, June and September at SBL

■ Cindy Foster, RD, certified diabetic educator • 217-258-2199

For Quitters Only

A free support group for people who have successfully quit tobacco.

■ 6 pm, first Wednesday of the month

■ Center for Healthy Living at SBL

■ Noel Copper, RN, CTTS

217-238-4691

Hopeful Horizons

A grief and education support group open to anyone seeking support about the bereavement process.

■ 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.

■ Ramona Tomshack, RN

217-258-4112

Pathways Through Grief

A support group open to anyone who has lost a loved one.

■ 7 to 9 pm, first Wednesday of each month

■ Lumpkin Family Center for Health

Education at SBL

■ Lincolnland Hospice • 1-800-454-4055

Polio Survivors & Friends

■ 1 to 3 pm, first Saturday of each month (no meetings in Jan. or Feb.),

teleconferencing is available for those unable to attend

■ Glee Helms • 217-508-4406

prepared childbirth

Oh, Baby!

Preregistration fee: \$60 per couple. Financial assistance available.

■ Pamela Hood, RN, FACCE

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

■ Pamela Hood, RN, FACCE

217-258-2229

Birth Companions

A service for expectant mothers to have a specially trained nursing student serve as a professional labor assistant.

■ Pamela Hood, RN, FACCE

217-258-2229

financial assistance

Affordable Care Act

Navigators are available to help people in the seven-county area (Coles, Clark, Cumberland, Douglas, Edgar, Moultrie, Shelby) to enroll in health insurance. The healthcare insurance marketplace is open from Nov. 1 to Jan. 31.

■ 217-238-4994

Sarah Bush Lincoln

1000 Health Center Drive
P.O. Box 372
Mattoon, Illinois 61938-0372
www.sarahbush.org



Printed on recycled paper.

*Fire Ice
& Ice*


*La Grande
Soirée*
32nd
ANNUAL


Raising funds for scholarships
to support healthcare education

Saturday, February 27

Keller Convention Center, Effingham

- | | |
|--------------|-----------------------|
| 5:30-6:45 pm | Social Hour |
| 7 pm | Dinner |
| 8 pm | Dance |
| 9 pm | Champagne & Ice Event |
| 11 pm | Close |

Entertainment by Downtime from St. Louis

Tickets

\$75 donation per person

Net proceeds will benefit the Guild Scholarship Program. To order tickets, call the SBL Health Foundation at (217) 238-4765 by February 14. Invitations are open to the public. Reservations are required.

Hotel Information

Reservations can be made directly with the Effingham Holiday Inn at (217) 540-7777. Rooms will be held under La Grande Soirée (group code SBB) until February 14. Rates are \$109 or \$119 (includes \$20 brunch voucher, brunch hours 7 am to 2 pm).