

Sarah Bush Lincoln

# Health

# styles

## In this edition:

### SOWING COMFORT

New knees release St. Elmo man from excruciating pain.

### SILENCING THE PAIN

Hyperbaric Oxygen Therapy is the final step in healing tongue cancer.

### FINDING HOPE NEARBY

SBL Infusion Services saves couple from long-distance move.







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*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.

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# Health *styles*

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**June 14, 2024**



**Mattoon Golf & Country Club**

35<sup>th</sup> Annual  
**Sarah Bush Lincoln**

**GOLF BENEFIT**

*Net proceeds support SBL's Greatest Needs.*

For more information, contact the SBL Health Foundation at

**217 258-2511** or **klockart@sblhs.org**.

# ION

## Robotic Bronchoscopy

### Sarah Bush Lincoln uses robotic technology for earlier diagnosis of lung nodules.

The Ion robotic system is used to perform robotic-assisted bronchoscopy. When a small mass or nodule is found, doctors may recommend having it checked out. The Ion is able to reach all areas of the lungs to obtain a biopsy of a suspicious nodule.

Interventional Pulmonologist Preeti Patel, MD, is excited to bring this advancement in diagnostics to SBL. “Lung cancer is prevalent in this region, and unfortunately it is often found after it has spread. Using the Ion, I can help people get a diagnosis at an early stage—when lung cancer is curable,” she said. “This tool allows me to plan a path through the lung to the area of the nodule, using the patient’s CT image to navigate,” explained Dr. Patel. “Now we have a way to safely get any nodule in any part of the lung. In one procedure, we can diagnose the nodule and also check the lymph nodes to stage the disease all at one time.”

Previously, a needle biopsy could be performed only on some nodules, depending on the location. For others, follow-up scans to check for change or growth and a “wait-and-see approach” was the best option. “Before SBL purchased the Ion, a person from our area would travel hours to a major city to have this procedure for a diagnosis,” Jessi Bergfeld, administrative director of Practice Management, explained.

“There are so many advancements in the treatment of lung cancer. There is so much we can do for it, and early detection and diagnosis is key,” Dr. Patel stated. “I’m excited to bring this tool to the community.”



For more information about Interventional Pulmonologist Preeti Patel, MD, and lung cancer screening, please see pages 10-11.





# Sowing

# Comfort

New knees release St. Elmo man from excruciating pain.

**A**fter years of working on his feet, David Koontz was nearly crippled by joint pain. Yet, necessity and a strong work ethic kept him moving.

As David neared retirement, work and other everyday activities became very difficult, as both of his knees were in staggering amounts of pain. “For the last two years I worked, my knees were killing me,” he explained. “I’d work 11 hours, and when I got home, even walking into my house was difficult.”

In addition to having a full-time job, the 67-year-old St. Elmo resident also farmed corn and soybeans. Once his knees started hurting, his farming responsibilities were also more difficult to complete. “I couldn’t carry bags of seeds or do any of the other main tasks that were needed,” he said. “In general, I couldn’t walk more than a quarter of a mile because of the pain.”

Once he retired, David decided to visit his primary care provider, John Opilka, DO, at the SBL Altamont





“I’m very pleased with how Dr. Omiyi approached everything and how it all went.”

—David Koontz

Medical Center. Dr. Opilka ordered X-rays for David’s knees and referred him to Jennifer Hess, APRN, at the SBL Bonutti Clinic. Hess saw immediately the cause of David’s pain. “She told me that my knees were shot and that I needed to get surgery as soon as possible,” David explained. “In fact, she preferred that I get them replaced that same day!”

It was August though, and David needed to tend to his farm. He pushed through the pain to finish harvest, and then he began meeting with Orthopedic Surgeon

Didi Omiyi, MD, at the SBL Bonutti Clinic. David appreciated that Dr. Omiyi was straightforward with the treatment plan.

David had his first knee replacement surgery in December of 2022 and the second two months later. Following the procedures, David completed physical

therapy at SBL Altamont Physical Therapy. He said that the staff was very helpful and that they helped him recover quickly. “They answered all of my questions and took great care of me,” he explained.

Following the knee replacements, David didn’t feel the much-anticipated pain. In fact, after only a few days, he stopped taking the pain medication. “Both knee surgeries went well,” he said. “I’m very pleased with how Dr. Omiyi approached everything and how it all went.”

David is grateful to Dr. Omiyi for providing excellent overall care, and for performing the procedures so well that he recovered rapidly. He is also thankful for Hess for her guidance and care before the procedures, and for Dr. Opilka for ordering the initial X-rays.

A year after the second knee replacement, life on the farm is much easier for David.

Those 50-pound bags of seed corn are no longer impossible to carry, and walking a quarter of a mile is a comfortable stroll. David’s healthy knees mean he is also able to enjoy special moments with his family, including hunting with his grandson. “I’m as happy as can be,” he said. “I recommend SBL’s services to anyone. I’m going to go to SBL forever for any medical help that I need.”



For more information or to make an appointment at the SBL Bonutti Orthopedic Clinic in Effingham, call **217 342-3400**. For SBL Orthopedics & Sports Medicine in Mattoon, call **217 238-3435**.





# Silencing the Pain

## Hyperbaric Oxygen Therapy is the final step in healing tongue cancer.

**I**n January of 2022, Alison Henry experienced jaw pain so intense that she could not open her mouth to express its intensity. She could not speak, and eventually her ability to eat became so compromised that a feeding tube was placed.

Several doctors failed to pinpoint the source of her pain, and neither medications nor Botox injections helped. Later that year, Alison visited Radiation Oncologist Seong Cho, MD, and SBL Medical Oncologist Abdur Shakir, MD, who diagnosed her with tongue cancer.

Having undergone chemotherapy and radiation treatments for breast cancer in 2019, Alison knew what to expect from the treatments. Her treatment for tongue cancer only lasted two months and at the end—one year after the ordeal started—Alison was cancer-free. Yet, she was still in pain. Biopsies a couple months later showed she was still cancer-free.

Alison was referred for oxygen therapy at the SBL Advanced Wound Center to treat the open wound on her tongue. This is what Alison refers to as “the final chapter” of her journey with tongue cancer.

Alison was impressed by the staff. “Everybody was very professional and compassionate,” Alison said. “Some of the staff were from Oakland, Kansas and Teutopolis, and we became a small family during my treatments.”

Alison underwent 29 sessions of hyperbaric oxygen therapy, during which the body is exposed to 100 percent oxygen at higher than typical pressures. The increased oxygen helps the wound heal correctly, and, at times, at a faster rate. Each session was a pleasant experience for Alison. “The staff members were right there with me the entire time,” Alison explained. “They never left me.”

She is grateful for Advanced Wound Center staff Robert Biggs, MD, Nicole Heltsley, APRN, and Debra



“The staff members were right there with me the entire time. They never left me.”

—Alison Henry

Wendt, RN, who oversaw her care. After only a few weeks, Alison was able to open her mouth more and even speak. Recalling the progress she made brings back emotional memories. “After four weeks, Debra asked me what my pain level was, and I told her I didn’t have any pain,” Alison explained. “I had been in pain for so long, and I felt such relief!”

Alison finished treatment at the SBL Advanced Wound Center in September 2023. Her wound was completely healed, and Alison was pain-free. Shortly thereafter, the feeding tube was removed, too. “I am so grateful to have my health back,” Alison said. “For so long, I couldn’t speak, and it was difficult to communicate. I was never alone though, because I had my friends and family to help me, and I have my faith in Jesus.”

Although the cancer and pain are gone, Alison still has some residual side effects. Her speech articulation has not yet returned to its previous state, and foods she used to love now taste different. Both are things she can deal with.

Alison is grateful to the SBL Advanced Wound Center staff for its care. She is also thankful for Drs. Cho and Shakir, as well as Nurse Navigator Jane Weaver, RN, and Palliative Care Specialist Michelle DelRossi, RN, CHPN, who helped her during treatment at the SBL Regional Cancer Center. Alison

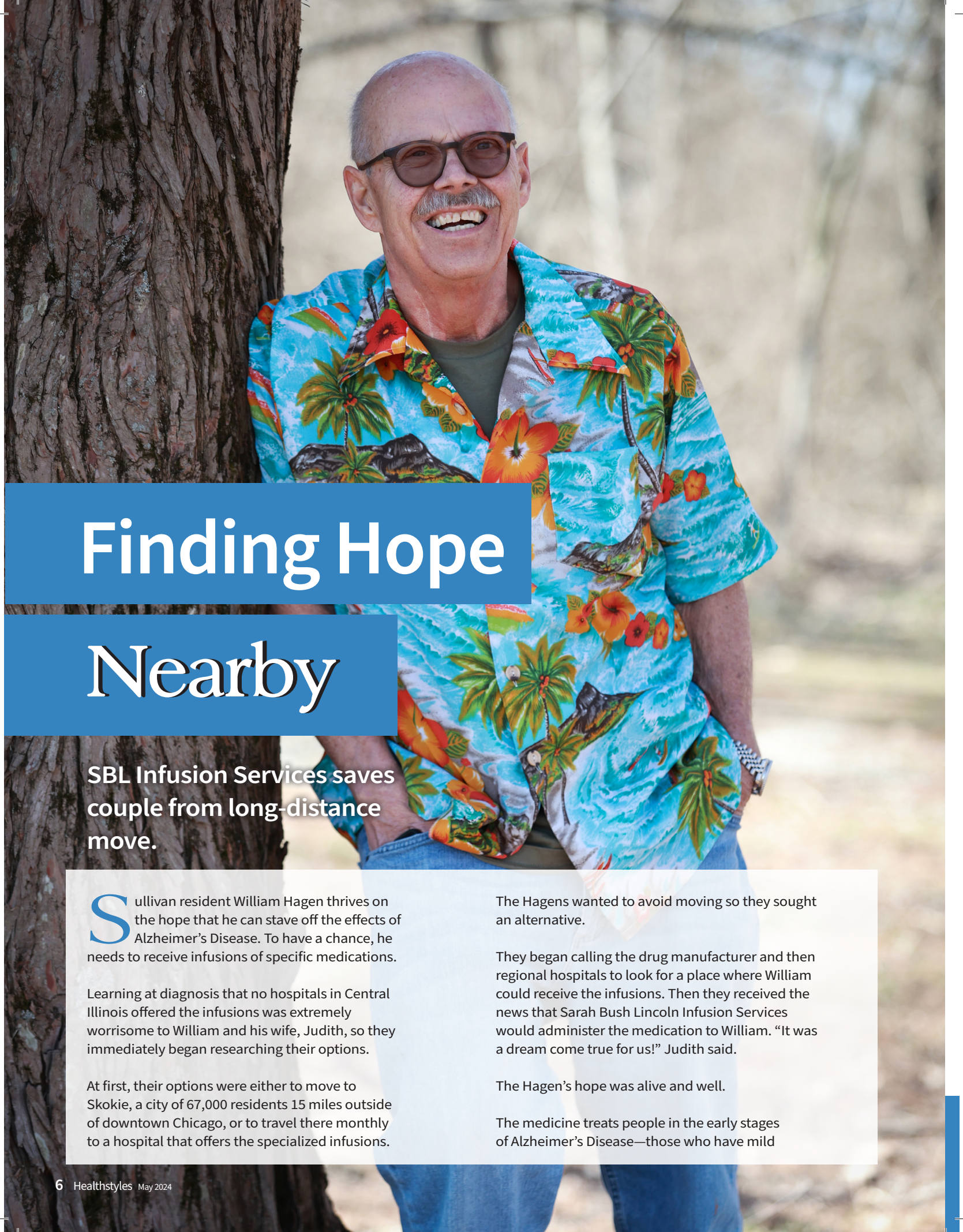
is appreciative of the SBL speech therapy staff who helped her following her completion of oxygen therapy.

“I knew I was in awesome hands in every department at Sarah Bush Lincoln,” Alison said. “We are so lucky to have them. Everyone treated me like I was special. They had so many other patients to care for, but I felt like I was the only one.”



For more information about the SBL Regional Cancer Center, call **217 258-2250**.  
For more information about the Advanced Wound Center, call **217 238-4850**.





# Finding Hope

## Nearby

**SBL Infusion Services saves couple from long-distance move.**

**S**ullivan resident William Hagen thrives on the hope that he can stave off the effects of Alzheimer's Disease. To have a chance, he needs to receive infusions of specific medications.

Learning at diagnosis that no hospitals in Central Illinois offered the infusions was extremely worrisome to William and his wife, Judith, so they immediately began researching their options.

At first, their options were either to move to Skokie, a city of 67,000 residents 15 miles outside of downtown Chicago, or to travel there monthly to a hospital that offers the specialized infusions.

The Hagens wanted to avoid moving so they sought an alternative.

They began calling the drug manufacturer and then regional hospitals to look for a place where William could receive the infusions. Then they received the news that Sarah Bush Lincoln Infusion Services would administer the medication to William. "It was a dream come true for us!" Judith said.

The Hagen's hope was alive and well.

The medicine treats people in the early stages of Alzheimer's Disease—those who have mild



“The best part is that I have this local option for my infusions. I don’t have to go more than 100 miles away.”

—William Hagen

cognitive impairment or mild dementia. Although it’s not a cure, it can slow the progression.

After suffering from a stroke two years ago, tests showed that William presented early signs of dementia. Having cared for his mother during her Alzheimer’s decline, William wanted to combat his own. “I didn’t want to go through the same thing,” he explained.

William started receiving infusions at Sarah Bush Lincoln in August 2023, and they have gone smoothly. He receives an infusion every 28 days. The process only takes a couple of hours, and it gives William hope that he can better battle dementia.

He’s grateful for the caring and compassionate nature of Infusion Services staff members. “They are all great, and they have been extremely helpful,” William said. “I cannot say enough great things about the staff.”

Judith explained the difficult decisions they faced before learning about Sarah Bush Lincoln Infusion Services. “We had to seriously consider moving to Skokie,” Judith said. Thinking that they would have to uproot their lives and move three hours away for William to have a fighting chance against the disease was scary.

“The best part is that I have this local option for my infusions,” William said. “I don’t have to go more than 100 miles away.”

William’s mother’s illness and his stroke weigh heavily on his and Judith’s minds.

The only thing they are guaranteed is hope, and their hope is strengthened because Sarah Bush Lincoln provides the infusions.

“I don’t want to become a burden to my wife and family,” William explained. “There’s a small chance I can better retain my cognitive abilities, and I’m taking it.”

“The day I found out that Sarah Bush Lincoln would offer this, I broke down in hysterical tears,” Judith explained. “I’ve not been more grateful for anything in my life than this hope that was given.”



For more information about Sarah Bush Lincoln Infusion Services offered in Mattoon and Effingham, call **217 258-4150**.





# Navigating Life's

# Sweet Spot

**Diabetes program helps man accept and embrace lifestyle changes.**

**F**or most of his life, Steve McComas indulged his sweet tooth with candies, ice cream and other sugary treats. An active job kept the ill effects at bay, but that changed with his retirement.

The 71-year-old Charleston resident was diagnosed with Type 2 Diabetes last year and came to learn through the SBL Living with Diabetes program how much he would have to change his eating habits.

The diagnosis came when Steve visited Family Medicine Physician Erica Perrino, MD, for a new patient exam. Blood was drawn to establish various baseline levels, and a few days later Dr. Perrino told Steve that he was diabetic.

A week prior, Steve had experienced a symptom that he did not know was related: an adverse reaction to alcohol. "I took the first sip of the drink and the whole room started spinning," he said. "I've never drunk much alcohol anyway, but that reaction after one sip was unusual."

The A1C diabetes screening test run by Dr. Perrino measured 6.5, putting Steve in the diabetic range. Previously he had been screened by other physicians and measured 6.4, a pre-diabetes level. Steve had not known one-tenth of a difference between two numbers could have such a big impact on his life. "I could always eat any type of food





“I could always eat any type of food and never have any problems, so I was in denial at first.”

—Steve McComas

and never have any problems, so I was in denial at first,” Steve explained. “After talking with Dr. Perrino and thinking about the reaction to the alcohol, it made more sense.”

Dr. Perrino referred Steve to the SBL Living with Diabetes program. The program, which incorporates education and exercise, gave him the tools he needed to adjust to a new lifestyle to keep his blood sugar level in a safe range.

Over the course of a few months, Certified Diabetic Educators Paula Enstrom, RN, and Cindy Foster, CDCES, RDN, walked Steve through the lifestyle changes he needed to make. He cut back on the chocolates and ice cream he enjoyed; he learned which foods to eat to keep his blood sugar balanced; and he learned how much

he needed to exercise, among other things. “The knowledge that Paula and Cindy shared with me is invaluable,” Steve said.

Steve now tracks his nutrient intake, such as how many carbohydrates are in certain foods, and how much starch, dairy and protein he eats. The program also educates

people on how much and what kind of exercise they need. Steve either walks or rides a stationary bicycle for 25 minutes five days a week. He also measures his blood sugar once a day to make sure it is within a safe range.

Since graduating from Living with Diabetes in February, Steve has adjusted well to the lifestyle changes he has made, and he says he feels great. He has taken control of his diet to prevent his blood sugar from spiking or dropping. “I can’t say enough good things about the staff and the program for how they helped me,” Steve said. “They helped me accept these lifestyle changes and adhere to them.”



Certified Diabetic Educators Cindy Foster, CDCES, RDN, and Paula Enstrom, RN



For more information on Living with Diabetes, call Paula Enstrom, RN, at **217 238-4808**.



# Sarah Bush Lincoln

## Welcomes

### Preeti Patel, MD

#### Pulmonology

Interventional Pulmonologist Preeti Patel, MD, wants to bury the myth that there aren't quality treatments available for chronic lung conditions and lung cancer.

Many people who either smoke or were smokers believe they may have a chronic lung condition such as COPD or they could have lung cancer, but they are too afraid to find out. Dr. Patel is passionate about helping people understand that there are new and better ways to treat those issues.

"A lot of my patients have said, 'I used to smoke, and this is just how life is,' but it doesn't have to be that way," she said.

As the newest pulmonologist at Sarah Bush Lincoln, Dr. Patel provides life-altering services not offered previously in the area.

In Illinois, lung cancer is the leading cause of cancer death and, nationally, Illinois is in the top half of states for prevalence of COPD. "When I was looking to relocate, I noticed that there were vast areas of small communities that don't have access to this critical care," Dr. Patel explained. "People have been traveling long distances to get this specialized care in Chicago, St. Louis or Indianapolis. These treatments shouldn't be specialized to large, metropolitan areas, so it is rewarding to me to be able to bring these treatments to a community in need."

To battle lung cancer, Dr. Patel advises people who smoke or who have quit within the last 15 years to get a lung screening. Lung cancer is not only treatable, but very beatable. "If lung cancer is caught early enough, there's an almost 100 percent success rate of getting rid of it or removing it entirely," Dr. Patel explained. "That's why screening is so important—and why I'm so passionate about it."



Dr. Patel treats a wide range of chronic breathing and lung conditions, including COPD, asthma and shortness of breath. She implants endobronchial valves to help people manage COPD. New to SBL, the treatment is considered an improvement over traditional interventions.

Dr. Patel is eager to meet people in the community and to become part of it. Her husband, SBL Gastroenterologist Jaymon Patel, MD, and their two children look forward to being involved with community events and exploring the area. "The people in the area who I've met are amazing," Dr. Patel said. "I want my kids to grow up in a good community, and I think we're in the right place."



Dr. Patel practices in The SBL Heart Center. For more information on the services she provides, call **217 238-4960**.



# Lung Cancer Screening

Annual lung screening is used to detect cancer in people who are in a high-risk group.

## GET A LUNG CANCER SCREENING if you are:

**50-80**  
years old

**CURRENTLY**  
Smoke **OR** **QUIT**  
in the last **15 YEARS**

Have at least a  
**20-PACK-YEAR**  
smoking history

**1 pack per day for 20 years**  
**OR 1/2 pack a day for 40 years**

Tobacco smoking is the biggest risk factor for lung cancer. It accounts for 85 percent of deaths from lung cancer.

## How is the lung screening done?

The test is a quick and painless CT scan that uses a low dose of radiation to make detailed images of the lungs.

**Performing the scan before symptoms are present can identify lung cancer early—when it is easier to treat and more likely to be cured.** The scan might also show other conditions or diseases (such as early-stage heart disease or chronic obstructive pulmonary disease, that need to be treated.

## Why get a lung screen?

Lung cancer is:

- By far the leading cause of cancer death.
- The third most common cancer in the US.
- “Quiet” until it is relatively big or it has spread to other parts of the body (called “late stage”).

Unfortunately, most people are diagnosed with late-stage lung cancer.

Preventive lung screenings:

- Show early-stage lung cancer.
- Use new technology to diagnose cancer sooner.
- Enable early-stage lung cancers to be cured with surgery.

## How to schedule a lung screen

Ask your doctor for a referral.

Medicare and most insurance carriers cover annual screenings for eligible patients. Your healthcare provider can check with your insurance to learn if you have coverage.

Screening should be discontinued once a person has not smoked for 15 years.





# Sarah Bush Lincoln

## Welcomes



### Jaymon Patel, MD Gastroenterology

Born in Zambia, Gastroenterologist Jaymon Patel, MD, grew up watching his father practice internal medicine. For years, he accompanied his father and saw the impact he had on his patients. “I saw the improvements and all the good he did for the people in the community,” Dr. Patel explained. “I also saw how grateful everyone was for his care, and that stuck with me.” Dr. Patel yearned for a similar life.

Experiencing his father’s work first inspired Dr. Patel to pursue a career in medicine. More recently, it inspired Dr. Patel and his wife to join the staff at Sarah Bush Lincoln since serving a community that you are an integral part of feels like “home” to him.

“The medical field is one of the fields that allows someone to do as much good as possible for so many people,” Dr. Patel said. He believes gastroenterology is a specialty where he is able to achieve this goal. “So many people have different gastrointestinal ailments of different severities, and helping people can mean improving their quality of life, or literally saving their life,” he explained.

Because Dr. Patel treats a wide variety of issues, his goal is to educate people on what their ailment is and to develop a treatment plan together. “When people become ill, there’s anxiety that comes with it: the illness itself, the loss of control of the issue, the unknown and the uncertainty,” he said. “They should have a say in their care—and a good understanding of why we’re doing what we’re doing. That helps them improve, but also alleviates a lot of that fear and anxiety.”

Dr. Patel primarily treats people who are hospitalized for severe gastrointestinal ailments, such as intestinal bleeding, liver failure or ulcerative colitis. He also performs colonoscopies and screenings, and he provides other general gastrointestinal care.

Dr. Patel is excited to provide a service not previously offered at SBL: halo ablation, which treats Barrett’s esophagus. Barrett’s esophagus is caused by acid reflux, and while it starts as a benign condition, it can become malignant. The procedure uses heat energy to remove the pre-cancerous tissue and allow the esophagus to return to normal.

Dr. Patel and his wife, Interventional Pulmonologist Preeti Patel, MD, have two children, so finding a wholesome, family-oriented community was a priority for them. “Previously, we’ve lived in big cities, and they’re not always a great environment,” he explained. “Everyone here has been wonderful, and we’re grateful to be part of this tight-knit community.”



For more information on the services Dr. Patel provides, call SBL Gastroenterology at **217 258-4155**.



# 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

This program is funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.

### First Aid for Emergencies; Adult and Pediatric CPR

Instructors certified by the American Heart Association. Scheduled periodically, \$50 fee for each class.

■ 217 258-2403

### Hearing Aid Services

Offered at Sarah Bush Lincoln and SBL Effingham Clinic. 217 258-2568

### 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

### Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

■ 11 am, 12:30 pm, 2 pm every Tues. and Thurs. in the METS department.  
■ Cathy Matheny, RTT, 217 238-4973

## Financial Assistance

### Affordable Care Act

Certified Application Counselors are available to help with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby.

■ 217 238-4994

### Financial Assistance

If you have any questions about the SBL Financial Assistance Program, please call Patient Financial Services between 8 am and 4:30 pm, Mon. through Fri.

■ 1-800-381-0040

■ Forms may be downloaded from [www.sarahbush.org](http://www.sarahbush.org)

## Prepared Childbirth

### Oh, Baby! Prenatal Education

Oh, Baby! offers a variety of comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies get off to a great start. Preregistration is required. Please check the website for the most current class schedule. Some classes have a fee.

Financial assistance is available.

■ Allison Masse, RN, IBCLC, ICCE, 217 258-2229  
■ [sarahbush.org/ohbaby](http://sarahbush.org/ohbaby)

## Support Groups

### Bariatric Support Group

■ 6 to 7 pm, third Tues. of the month  
■ SBL Center for Healthy Living Meeting Room  
■ 217 238-4961  
■ Zoom option available

### Diabetic Support Group

■ 7 pm, second Tues. of the month in March, June, Sept. and Dec. at SBL  
■ Cindy Foster, RD, certified diabetic educator, 217 258-2135

### Ostomy Support Group

■ Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.  
■ Jenna Vogel, APRN, CWOCN, 217 238-4804

### Grief Support Group

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

■ 6:30 to 8 pm, first Wed. of each month  
■ Prairie Pavilion 2  
■ SBL Hospice, 1-800-454-4055

# Sarah Bush Lincoln Walk-In Clinics

We're here when you need us.

No appointments.

7 am – 7 pm / Monday through Friday

8 am – 3 pm / Saturday and Sunday\*



### MATTOON

200 Dettro Drive  
217-238-3000



### CHARLESTON

2040 Lincoln Ave.  
just east of IL Route 130  
217-345-2030



### EFFINGHAM

1303 West Evergreen  
SBL Bonutti Clinic, Entrance B  
217-540-6123



### TUSCOLA

1100 Tuscola Blvd.  
217-253-4764



### VANDALIA

1442 N. 8th St., Suite C  
618 283-0266

\*Open 9 am to 4 pm on Saturday and Sunday.

\*\*Wait time feature not available for this location.



Use your cell phone camera to scan this code to visit

[sarahbush.org](http://sarahbush.org).

Use the "Walk-In Clinic Wait Time" feature at the top of the webpage for current wait estimates at each of the walk-in clinic locations.\*\*



# Sarah Bush Lincoln

1000 Health Center Drive  
PO Box 372  
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## 2024 Races for all Paces



# SATURDAY, JUNE 1 • EIU

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

## 1 Mile Walk/Run | 5K | 10K Toddler Trot & Diaper Dash

Register at:  
[sarahbush.org/races](https://sarahbush.org/races)  
or scan code.



For more information, call  
**217 345-6828.**