

Sarah Bush Lincoln

Health

styles

In this edition:

BACK IN THE GAME

Effingham man is happy to return to recreation after hip replacement.

HEALING THROUGH HARMONY

SBL Team helps Shelbyville woman reclaim her voice.

RETIRED BUT NOT RESTING

Effingham resident is aided by physical therapy in his battle with neuropathy.





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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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Friends and Families of SBLFCH



Tuesday, October 8

5:30 pm ~ *Early-bird Binga* / 6 pm ~ *Binga*

Vandalia Moose Lodge
328 South 3rd Street, Vandalia

To purchase tickets, call SBLFCH at 618-283-5401 or 618-283-5446 or visit www.sarabhush.org

Admission \$10 (Seating is limited.)

Doors open at 4:30 pm.

Food and beverages are available for purchase.

Net proceeds support SBL Fayette County Hospital initiatives.



Sarah Bush Lincoln

HIGH PERFORMING HOSPITALS

U.S. News & World Report

2024-2025

HEART FAILURE

HIGH PERFORMING HOSPITALS

U.S. News & World Report

2024-2025

SPINAL FUSION

HIGH PERFORMING HOSPITALS

U.S. News & World Report

2024-2025

PNEUMONIA

HIGH PERFORMING HOSPITALS

U.S. News & World Report

2024-2025

HIP FRACTURE

HIGH PERFORMING HOSPITALS

U.S. News & World Report

2024-2025

COPD

Sarah Bush Lincoln recognized as High Performing Hospital

Sarah Bush Lincoln was named a High Performing Hospital by the U.S. News and World Report for five areas of care - heart failure, Chronic Obstructive Pulmonary Disease (COPD), pneumonia, hip fracture and back surgery (spinal fusion).

For most types of care, the US News and World Report's 'high performing' designation is the highest possible rating, typically achieved by less than 25 percent of the 6,000 hospitals evaluated.

Sarah Bush Lincoln President & CEO Kim Uphoff said, "We are honored to receive this level of recognition from U.S. News & World Report. It further validates the excellent quality care that our patients receive. We use evidence-based medicine to provide the gold standard of care and we are continually learning and evolving as medicine advances, using established best practices."

Heart Failure – Evaluated on patient outcomes, volume, and advanced programs, SBL ranked in the top 18 percent. Megan Winchester, SBL Congestive Heart Failure Care Coordinator, explained that SBL's success rate is tied to the additional education provided to the patients while in the hospital and after they return home. She calls each patient a day or two after they go home to ensure they have their medications and understand how to take them, as well as reviews symptoms. She follows up with weekly calls for a month to help ensure their diet is appropriate and to answer any questions or concerns they may have.

Hip Fracture – A hospital's hip fracture score is based on patient outcomes, prevention of readmission and more. SBL ranked in the top 3 percent based on patient outcomes and nurse staffing ratios. It received high marks due to all SBL orthopedists being board certified, and that the nursing staff-to-patient ratios on the medical-surgical units are better than expected, which is associated with better outcomes and better patient experience. SBL 3-East Nursing Director Nicole Jahraus, RN, said, "The value of having low nursing staff-to-patient ratios is evidenced in our patients' outcomes. We work hard to ensure they consistently remain low, even when we have a high volume of patients."

Back Surgery (Spinal Fusion) – A hospital's back surgery (spinal fusion) score is based on patient outcomes, volume of back surgery cases and more. SBL ranked in the top 3 percent, with high marks for nurse staffing and patient experience. "Dr. (Emilio) Nardone, who does these procedures, is excellent. He rounds on his own patients and ensure their pain is under control, which helps them have a better recovery," Jahraus added.

Chronic Obstructive Pulmonary Disease (COPD) – SBL ranks in the top 12 percent for COPD care, credited to having pulmonologists for inpatient and outpatient care. Jacob Moritz, RT, case manager, emphasizes the role of pulmonologists and patient education in achieving high performance. "The availability of inpatient and outpatient pulmonologists has greatly increased access to lung specialists for our patients," he said, adding that he works with the hospitalists to ensure patients have the appropriate inhaler and understand how to use it for optimal benefits. "I help bridge the gap from our physicians to what's real life for our patients," he explained.

Pneumonia – SBL ranked in the top 12 percent, with high marks for patient discharges to home and compliance with septic shock treatments. One of the factors that Moritz credits to the high ranking in pneumonia care is the implementation of respiratory patient-driven protocols, which allows the registered respiratory therapists to proactively provide the best care for the patient early in their hospitalization. "We are able to provide treatments quickly and offer another set of eyes for the doctor."



Back in the Game

Effingham man is happy to return to recreation after hip replacement.

Recreational sports have always been a significant part of Effingham native Bob Utz' life. Over the years, he's dabbled with a variety of sports, but softball and basketball have been constants. He's played in a 35 and over softball league for many years, and participating has been a great way for him to have fun and stay fit.

At 63 years old, hitting pitches, fielding ground balls and catching pop flies were always routine plays for him, but during a doubleheader last summer, a routine play came with a painful surprise. "I bent over to field

a ground ball, and it felt like someone was stabbing my left hip," he said. "I previously had some pain playing softball and basketball, but this sent me over the edge."

That pain, coupled with the difficulty Bob had experienced walking golf courses, led him to SBL Orthopedic Surgeon Didi Omiyi, MD, for help. While Bob had never been treated by Dr. Omiyi before, his father had. "I was very happy with how Dr. Omiyi had treated my father," Bob said. "When I found out that my hip was bad, I wanted to see Dr. Omiyi myself."

In September, X-rays showed that the cartilage around Bob's left hip was severely degraded. A month later, Dr. Omiyi performed a left hip replacement.



“I’m grateful to have regained my mobility and hit the course again pain-free.”

—Bob Utz

Bob is pleased with how Dr. Omiyi cared for him throughout the process. “He explained everything to me really well, and he was willing to answer any questions I had,” Bob said. “He even took the time to listen to some concerns I had with an ankle issue.”

After the surgery, Bob had three follow-up appointments, two of them with Advanced Practice Provider Jennifer Hess, APRN. “She took her time with me and was always happy to help me and answer any questions I had,” he said.

Bob expected to feel a great deal of pain following the procedure, but he was pleasantly surprised at how little pain he felt. “I needed very little pain medication following the surgery,” he recalled. “I only needed the medication for a couple days and haven’t had much pain at all since then.”

After all the follow-ups and rehabilitation, Bob is doing great and is excited to have greater mobility. “I’m grateful to have regained my mobility and hit the course again pain-free,” Bob said.



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**.



Healing

Through Harmony

SBL Team helps Shelbyville woman reclaim her voice.

Otolaryngologist Sandra Ettema, MD, with Valorie.

Singing defines Shelbyville resident Valorie Eversole. Music and singing have been important to her from a young age. By the time she turned 12, she was performing solos. For many years, Valorie sang on her church's worship team, using her passion to bolster her own and her fellow congregates' faiths.

Her voice is so important to her that Valorie couldn't imagine life without it, but in January, that dreadful possibility became a reality.

Valorie was diagnosed with Influenza B in January, and in just three days, her voice was completely gone. "I have asthma, so whenever I had a cold or the flu, I usually lost my voice," she said. "This time, it never got better."

She couldn't talk, let alone sing. At most, Valorie voiced some whispers, but even that was difficult. For two months, Valorie was silent. "I was worried that I'd never get my voice back," she recalls.

Losing the ability to speak was tough enough, but what really crushed Valorie's spirit was not being able to sing. "I was depressed, discouraged and frustrated that I couldn't sing," she explained. "Singing is the biggest part of who I am, and without that ability, I felt like I wasn't me."

Valorie's situation weighed on her so heavily that one Sunday, she just broke down and cried.

She needed her voice back. To start, Valorie visited Family Practice Provider Gary Hayden, PA-C, at the SBL

“Singing is the biggest part of who I am, and without that ability, I felt like I wasn’t me.”

—Valorie Eversole

Shelbyville Clinic. He referred her to SBL Otolaryngologist Sandra Ettema, MD, who specializes in voice disorders and initiated Valorie’s recovery.

Dr. Ettema used a stroboscopy tower to inspect Valorie’s vocal cords and saw the issue right away. “The tissue around my vocal cords was very swollen. I had asymptomatic acid reflux that had been exacerbated by the influenza and the coughing,” she explained. Dr. Ettema prescribed antacid medication and ordered voice therapy for her.

“I was really impressed with the way Dr. Ettema understood my feelings, and she truly wanted to help me as best she could,” Valorie added.

Over the next few months, Valorie visited SBL Speech Language Pathologist Becky Walk, who guided her through exercises that strengthened and rehabilitated her vocal cords. “She had me doing some great exercises, and I started seeing the fruit of that work,” Valorie said.

After taking the medication and undergoing speech therapy for a few months, Valorie followed up with Dr. Ettema in early June. “Dr. Ettema said she saw a night-and-day difference,” Valorie said. “The tissue around my vocal cords looked healthy, and the inflammation was gone.”

All of the treatment paid off. Valorie’s speaking voice is back, and her singing voice is only a few notes behind.

Valorie recently practiced with her worship team, and even though her voice waned after awhile, practice was progress! “I’m very hopeful that I’ll get my singing voice back. Even if it’s not fully back, 90 to 95 percent would be great,” Valorie said. “I’m very pleased and thankful with my treatment at Sarah Bush Lincoln.”



SBL Speech Language Pathologist Becky Walk with Valorie.



For more information about Dr. Ettema and the services she provides, contact the SBL ENT Clinic at **217 258-2409**. For more information about Speech-Language Pathology, call **217 258-2568**.



Retired but not

Resting

Effingham resident is aided by physical therapy in his battle with neuropathy.

When he retired, Effingham resident Earl “Evan” Dunlap wasn’t sure what to do with himself. For 50 years, he had worked in criminal and juvenile justice, including child victimization. Much of this work was done through the US Department of Justice and the US Federal Courts. Evan worked long days, often on the road.

“After doing physical therapy, I have better balance and feel more assured of myself when I move.”

—Evan Dunlap

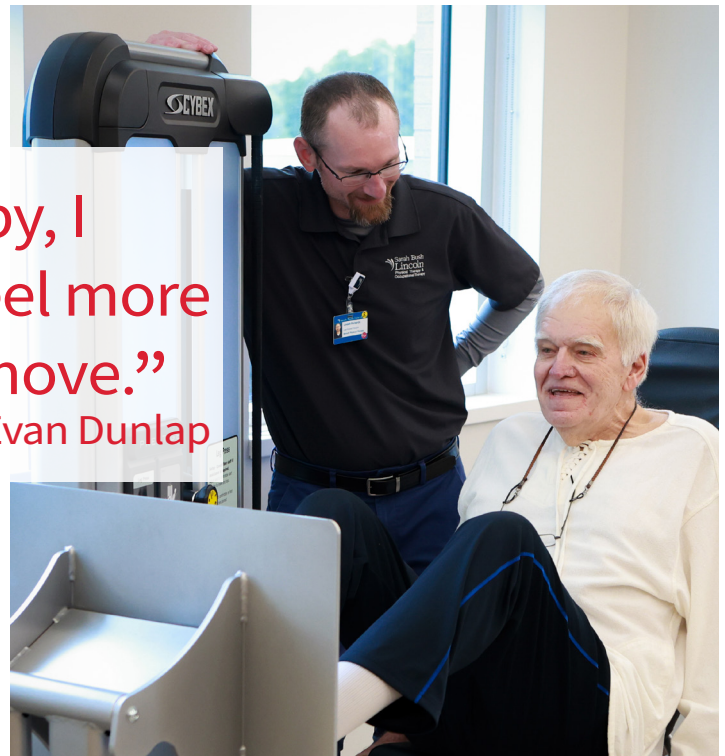
While still figuring out retirement, Evan knows that being mobile and self-sufficient are crucial to his health and happiness. That’s why he sought physical therapy at the SBL Bonutti Clinic to combat the peripheral neuropathy that ails his legs. Peripheral neuropathy is weakness, numbness and pain caused by damage to the nerves.

Symptoms started appearing 10 years ago. “The neuropathy started around that time, and its impact on me has gradually increased,” Evan explained. “It feels like my legs are being stuck with a hundred pins, and I don’t have feeling from my knees down to my feet. I also have a hard time with balance.”

Evan is still mobile and can even do minor yard work with the assistance of a walker or cane. The peripheral neuropathy has affected not only his physical abilities, but also his mental health at times. “I’m not scared, but there is anxiety that comes with feeling unsteady,” he said. “There’s some embarrassment in some ways, when I feel wobbly, but this is something I have to learn to live with.”

Earlier this year, SBL Bonutti Clinic Physical Therapist Lindell Richards and Physical Therapist Assistant Grace Schuler worked with Evan to improve Evan’s mobility. “Lindell is a genuine human being and consummate professional,” he said. “He was thorough in identifying the problems, setting forth the plan to focus on my physical problems and explaining the significance of the goals.”

He continued: “Grace is truly a remarkable young professional and, in my opinion, a real ambassador to her profession. While she made the therapy fun, she also would not allow me to slack off.”



Lindell Richards, PT, with Evan.

Sessions between Evan, Grace and Lindell were filled with conversations that sounded like three old friends catching up, which is exactly what Evan enjoyed. Because Evan traveled so much for work, he hadn’t made many local connections over the years. “[After retiring] I found myself in a situation where I was pretty isolated,” he explained. “I would go to my physical therapy sessions though, and while getting help for my neuropathy I also had great interactions. It was a very friendly place.”

In physical therapy, Evan was given the tools he needs to work on his strength and balance at home, such as using resistance bands and doing simple exercises.

Evan knows the neuropathy won’t go away, but he has the confidence to manage it. The SBL Bonutti Clinic provided him with a place to be active and make connections in the community. “I always felt better when I left the clinic,” he said. “After doing physical therapy, I have better balance and feel more assured of myself when I move.”



For more information or to schedule an appointment with SBL Bonutti Clinic Physical Therapy in Effingham, call **217 342-3444**. SBL also has physical therapy offices in Altamont, Arthur, Casey, Mattoon and Sullivan, which can be contacted at **217 258-2530**.



Healthier choices,

Healthier life

A man recommits to healthy habits with SBL's Living with Diabetes Program.


When Chris Harper was diagnosed with diabetes 15 years ago, he took the diagnosis seriously and changed his lifestyle to improve his health. The changes made a big difference. After just one year, he had lost weight, and his blood sugar was at a good level.

“When I was diagnosed, I took it very seriously,” he said. “After a while, I started cheating a little here and there. I lied to myself and said I’d be fine because I was still taking my medication, but I wasn’t fine. I just thought I

was. In reality, I was eating more than one serving size, and I ate things I shouldn’t have.”

Chris then saw signs that told him he needed to change. “I started having more and more issues than I had previously,” Chris explained. “For example, foods that didn’t used to bother me began spiking my blood sugar more.”

Beverages like diet soda and sports drinks suddenly gave Chris problems. With those issues arising, he



“I’m making better decisions, and I’m keeping better track of my health.”

—Chris Harper

enrolled in Sarah Bush Lincoln’s Living with Diabetes Program. “I realized that there was a point where I had to get back on track,” Chris said.

The Living with Diabetes Program staff helped him do just that. Living with Diabetes is a multidisciplinary program designed for those who have just been diagnosed and also for those who have been living with diabetes and want to be healthier and feel better.

Though he received some education and guidance 15 years ago, participating in the Living with Diabetes Program gave Chris an entirely new understanding of diabetes, plus more tools to successfully manage his life. “The staff members are very knowledgeable, and they explain everything in a way that’s easy to understand,” he said. “They also held me accountable. They made me take it seriously.”

Chris now carefully checks food labels, consistently checks his blood sugar levels, follows a better diet and exercises. The biggest change for Chris has been that he more strictly follows serving sizes. “I used to be a big eater,” he explained. “I learned that you don’t have to stuff yourself. Now I can eat a smaller portion size and be full.”

Chris walks one or two miles every day with his wife, Rita, and he monitors his diet and blood sugar more often, also with her help. Whereas he used to eat a 14- or 16-ounce steak, he now eats a 6-ounce steak and follows healthier serving sizes with other foods. He admits that every now and then, he is tempted to cheat with food, such as cinnamon rolls—his Achilles’ heel—but, generally, he is doing great. “I am taking things a lot more seriously than I used to, and I’m trying harder,” he said. “I’m making better decisions, and I’m keeping better track of my health.”



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

Sarah Bush Lincoln



Manas Upadhyaya, MD

Neurology

Vascular Neurologist Manas Upadhyaya, MD, is the newest member of the SBL Neurology staff. His practice philosophy is to use his communication skills to better care for and educate people who suffer from neurological issues.

Vascular neurologists diagnose, treat and manage conditions that affect the blood vessels in the brain and spinal cord. As a neurohospitalist, Dr. Upadhyaya treats those hospitalized who need immediate medical attention for seizures, brain infections and strokes, among other illnesses.

Because Dr. Upadhyaya is especially passionate about stroke education and care, he is pleased that Sarah Bush

Lincoln is an accredited stroke-ready hospital. The accreditation means not only that SBL staff members are well educated and trained to treat people with strokes, but that SBL has the resources necessary to provide the best care possible. “We are invested in maintaining and growing the stroke program,” Dr. Upadhyaya said. “Strokes are such a common issue people face, and we want to be at the forefront of stroke care.”

Dr. Upadhyaya grew up in Pennsylvania, after moving from India at age six. He earned his undergraduate degree from Penn State University in 2000 and later earned his medical degree from the University of Sint Eustatius School of Medicine in the Caribbean in 2011. From 2012 to 2017, Dr. Upadhyaya completed a neurology residency and a vascular neurology fellowship at University of Illinois College of Medicine, Peoria.

In the years between earning his undergraduate degree and starting his doctorate, Dr. Upadhyaya traveled Europe. “My dad traveled quite a bit for work, and he would take us on trips with him,” he said. “I caught the travel bug and wanted to explore Europe before starting medical school. I love learning about different people, cultures and cuisines.”

Dr. Upadhyaya traveled to Romania, Greece and other countries, and he eventually stopped in Hungary to take some medical classes. Along the way, he picked up some cultural and language basics, yet he said, “One of the most important things I learned from getting to know people from different parts of the world is the value of communication.”

It was from that learning that his practice philosophy developed. Neurological diseases and disorders are life-altering, and even fatal, so Dr. Upadhyaya makes sure that he not only treats people to the best of his ability but that he educates them, so they understand what’s happening to them.

“Neurology can be difficult because you can’t always prevent harm from happening, so what we strive to do is limit the amount of harm done to a person,” he said. “We also equip people with the knowledge to manage what they’re suffering from because their lives can change drastically.”



For more information about Dr. Upadhyaya and his practice, call the SBL Neurology Clinic at **217 258-4096**.

Welcomes

Jeffrey Powell, DO Internal Medicine

New to the SBL Family Medical Center in Mattoon, is Internist Jeffrey Powell, DO, who has known since ninth grade that he wanted to pursue a career in medicine.

“My grandfather had a blood clot in his lung, he coded and was admitted to the ICU,” Dr. Powell said. “I recall very vividly watching the physicians work to essentially bring him back to life. That was an inspiring moment for me.”

Dr. Powell takes a holistic approach to patient care. He builds trust with people over time and guides them through their personal health journeys based on their individual needs. “Getting to know each person, their families and any social or psychological factors that affect them is important,” he said. “Ultimately, that helps me develop a plan for not only that day, but for the future.”

While growing up in rural Pennsylvania, Dr. Powell spent a lot of time at a hospital at the start and end of his parents’ shifts; his mother works as a nurse and his father works in a lab. This influenced his decision to pursue medicine. Dr. Powell received his medical degree from the Lake Erie College of Osteopathic Medicine in 2013 and completed residencies in New Jersey and Boston. In the years following, he practiced in New Jersey, Alabama, Iowa and Pennsylvania.



“I’m excited to become part of this community,” he said. “I’ve never practiced in Illinois, but my previous experience in rural Iowa was fantastic. I also grew up in a town of 2,000 people, so rural areas feel like home and are very comfortable to me.”

“Everyone that I previously encountered in the Midwest was great,” Dr. Powell said. “In a rural setting, it’s very easy to build relationships in the community because people are more open and welcoming.”

He added, “It’s very rewarding to see people who may become chronically ill and watch them improve. Being able to help them along their health journey and witness their progression is amazing.”



To schedule an appointment with Dr. Powell, call the SBL Family Medical Center, Suite 1, at **217 234-7000**.

Sarah Bush Lincoln

Welcomes



Chelsea Pugh, FNP-C Women's Healthcare

As the newest Sarah Bush Lincoln Women's Healthcare provider, Certified Family Nurse Practitioner Chelsea Pugh, FNP-C, wants to leverage her experiences as a nurse and as a mother to help women.

Before becoming a nurse practitioner, Pugh worked for eight years as an SBL nurse, seven of them in the Women and Children's Center. "When the opportunity arose for me to take a position in labor and delivery, I jumped on it because I knew that was always where I wanted to be," she explained. Pugh earned a Master of Science in Nursing degree from Chamberlain University in 2022.

Pugh's passion is helping women, mothers, expectant mothers. Her foray into healthcare began when she took a health occupations class in high school. As Pugh began her nursing education, it became clear that she wanted to pursue women's healthcare. "I always thought that women's health, pregnancy and childbirth were really intriguing," she said. "It was something I never got tired of learning about in school."

Using her professional and personal experience, Pugh believes she can uplift, empower and connect with women along their health journeys. "There are many health factors that women and girls of all ages can experience, and I want them to know that I'm here for them," she explained. "I want them to know that they are heard and that I am going to help them."

Despite her career and academic accomplishments, the Arcola resident considers being a mother the greatest achievement of her life. "Even considering all the other accomplishments I've had, I still think being a mother is at the top of that list," she said.

Pugh's free time is dedicated to her family. She and her husband, Jarod, watch their daughter, Finley, play sports, and they spend time with their son, Calvin, as he moves through the toddler years.



Pugh practices in SBL Women's Healthcare. To schedule an appointment with her, call **217 258-4030**.

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

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

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

Relocating to Emerald Acres Sports Connection
 1201 Woodell Lane, Suite B
 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.

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

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PLAN YOUR SCAN

Make your appointment for a mammogram and/or a dexa scan now at SBL, at the SBL Bonutti Clinic in Effingham or in the mobile mammography van. Call 217 258-2588.

Regular health screenings are a crucial part of maintaining your well-being. Mammograms can detect breast cancer early, increasing the chances of successful treatment. Don't wait—schedule your mammogram today and take control of your health. SBL has the latest equipment at all three locations.

