



ELECTROPHYSIOLOGY AT SBL: *Keeping your heart in rhythm*

As we get older, heart health becomes even more important. Many people are familiar with conditions like high blood pressure, coronary artery disease or heart failure, but fewer know about the specialized field of electrophysiology (EP). This branch of cardiology focuses on the heart's electrical system, the signals that keep our heartbeat steady and strong. Sarah Bush Lincoln now offers a range of EP services and treatment options at the Heart Center with Electrophysiologists Mohamed Labedi, MD and Abraham Kocheril, MD, and Advanced Practice Provider Bryce Yantis, ARPN.

Common heart rhythm conditions include **Atrial fibrillation (Afib)** which is the most common type of arrhythmia. Afib is an irregular and rapid heartbeat that occurs when the heart's upper chambers quiver instead of beating effectively. **Bradycardia** is a heart rate that is too slow. It can be caused by problems with the heart's electrical system, aging, or certain medications. **Tachycardia** is a faster-than-normal heart rate. Two common types **Supraventricular tachycardia (SVT)** which is a rapid heart rhythm caused by abnormal electrical activity in the heart's upper chambers. **Ventricular tachycardia (VT)** is a fast heart rhythm that originates in the lower chambers of the heart.

Treatment Options

The team uses a combination of EKGs, patient history and advanced procedures to pinpoint the source of rhythm problems. Depending on the condition, treatment may include:

- Medications
- Pacemakers
- Defibrillators
- Ablation

The ablation for EP issues is a minimally invasive procedure now available at SBL where thin wires are guided into the heart through a vein in the groin. Using heat, freezing, or newer technologies such as pulsed field ablation, small areas of tissue that trigger abnormal rhythms are destroyed.

If you experience symptoms such as palpitations, dizziness, unexplained fatigue or fainting, it's important to talk with your healthcare provider. Sometimes, your smartwatch or fitness tracker may even alert you to an irregular rhythm. Don't ignore these signs, early evaluation can make a big difference. To learn more, call the SBL Heart Center at **217-238-4960**. Learn more about EP by listening to a Health Styles podcast with Bryce Yantis, APRN, www.sarahbush.org/podcasts.

ON THE MOVE

SBL Infusion Services, Mattoon, has moved to Suite 101 within the SBL Pulmonology Clinic. Use Entrance A for easiest access.

Orthopedics, Sports Medicine and Podiatry has expanded to the second floor of Prairie Pavilion 2. The following providers are seeing patients on the second floor:

- Eric Brewer, DO
- Quinn Camfield, PA-C
- Charles Kind, DPM
- Lauren Kind, DPM
- Jeremy Stevens, MD

Pediatric Physical and Occupational Therapy and Speech Language Pathology is now located on the second floor of Prairie Pavilion 2.

Effingham Interventional Pain Management is now located at 901 Medical Park Plaza, Suite 202.



Construction has started on the new **Effingham Speciality Pavilion**, located on Maple Avenue. The building will house cardiology services, stress testing, nuclear medicine, echo cardiology, pulmonology clinic, device clinic and a cardiac rehab gym. A full-service retail pharmacy with drive-up convenience is also planned on the first floor.



PODIATRY

now available at SBL



Podiatrists Charles and Lauren Kind have joined Sarah Bush Lincoln. Both providers see people at SBL Orthopedics, Sports Medicine and Podiatry in Mattoon and at the SBL Bonutti Clinic in Effingham.

The couple met in medical school and after completing their residencies, were looking for location in the Midwest to begin their practices. "We had a couple connections down here and we wanted to go someplace rural and we found Sarah Bush Lincoln," said Dr. Charles Kind.

Podiatrists are experts in foot and ankle issues, from treating ingrown toenails and bunions to more complex surgical procedures. In addition to seeing patients in the clinic, the Kinds are also skilled surgeons who can repair ankle fractures and Achilles tendon ruptures, and perform ankle fusions and joint replacements.

SBL is pleased to offer this specialty service to the region. To make an appointment with either provider, call **217 238-3435**.

MEET THE ELECTROPHYSIOLOGY TEAM

Electrophysiologists conduct specialized tests and procedures such as ablations, pacemaker placement and implantable defibrillators to treat heart rhythm conditions. EP is located within the SBL Heart Center



Mohamed Labedi, MD



Abraham Kocheril, MD



Bryce Yantis, APRN

ADVANCED DIRECTIVES:

Plan today. Peace of mind tomorrow.

Learning about the decisions that might need to be made if you are critically ill, considering those decisions ahead of time and communicating those wishes to your loved ones are all a part of advance directive planning. Having these conversations before those critical moments allows families to really discuss these issues in a non-stress manner where they can have thoughtful conversations.

Decisions might include use of:

- CPR (cardiopulmonary resuscitation)
- Ventilator
- Artificial nutrition (tube feeding)
- Artificial hydrations (IV fluids)
- Comfort care measures

Important documents:

- Living Will
- Power of Attorney for Health Care



Who will make decisions concerning your healthcare if you are no longer able to? Your spouse, your child, a close friend, a court-appointed guardian? When these decisions are made, how can you be sure that your wishes will be known and followed? Life comes at us fast. You need to be ready. Documents known as advance directives allow you to answer these questions. Illinois law recognizes two types of advance directives, the **Power of Attorney for Health Care**, and the **Living Will**. A Power of Attorney for Health Care permits you to name someone to make healthcare decisions for you if you are unable to do so. By designating someone you trust to act on your behalf, you are able to influence decisions concerning your medical care and treatment. It gives your wishes a voice. A Living Will allows you to state in advance what types of medical treatment you do or do not desire in case you are unable to communicate them. It is a good reference document but does not give your wishes a voice. Sarah Bush Lincoln has a free, online booklet to help to answer frequently asked questions. Any questions regarding the material covered in this booklet can be answered by a member of Sarah Bush Lincoln's Risk Management Department at **217-258-2548 or 217-258-2491**.

These documents are available at
www.sarahbush.org/advancedirective



Nov. 12 - 17 Online Auction
Nov. 13 Friends' Night Out, 5 - 7 pm
Nov. 14 Open to the Public, 10 am - 8 pm

DID YOU KNOW

You have options for pulmonary function testing?

- SBL Pulmonolgy Clinic, Mattoon Suite 101, Entrance A
- SBL Bonutti Clinic, Effingham Suite 102, Entrance B

When scheduling your test, the receptionist will ask about your preferred location.

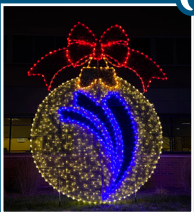


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RETURN SERVICE
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Night of Lights



is happening from 5 to 7 pm, Thursday, November 20. View the light displays, take a photo and then stop in the Heart Center lobby at Entrance H for a visit with Santa, cookies, hot chocolate and more. The SBL therapy dogs will be

there and the Gift Shop will be open late. This free event is a great way for the entire family to get in the holiday spirit. The light displays will be on throughout the holiday season. SBL welcomes everyone to come out and take photos or just drive through and enjoy the lighted displays.



WALK-IN CLINICS

Charleston
2040 Lincoln Ave.
217-345-2030

Mattoon
1201 Wooddell Way
217-238-3000

Effingham
1303 West Evergreen Ave.
217-540-6123

Tuscola
1100 Tuscola Blvd.
217-253-4764

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday

Vandalia
1442 N. 8th St
618-283-0266

8 am – 7 pm
Monday through Friday

9 am – 4 pm
Saturday and Sunday