



SBL WELCOMES NEW UROLOGIST, JULIA FIUK, MD

“Joining Sarah Bush Lincoln is a welcome return home,” Urologist Julia Fiuk, MD, said of her new role as a member of the SBL urology team and as a physician who spent 13 years in Illinois for schooling and residency.

Dr. Fiuk’s passion is community-based urology, which allows her to really connect with people. “I want to serve as many people as I can, and I want to put as much time and effort into the community as I can,” she said. “I like the notion of knowing the people I care for, like going to the grocery store and recognizing someone.”

In the SBL Urology Clinic, Dr. Fiuk is available for disease management and surgeries, including two procedures new to SBL: Holmium laser enucleation of the prostate (HoLEP) and percutaneous nephrolithotomy (PCNL).

HoLEP is a minimally invasive procedure that uses a laser to carve out benign tissue growth of an enlarged prostate. HoLEP can help men who get up in the middle of the night to urinate frequently or who have a weak stream.

A PCNL is a minimally invasive procedure that removes kidney stones that are too big to pass on their own. During the procedure, the surgeon goes through the back of the kidney to remove the stones.

Dr. Fiuk is pleased to provide these procedures to people in the community. “Sometimes with specialized procedures, people have to travel to a metropolitan area, which can be inconvenient,” she said. “I’m happy to provide a local, close-to-home option.” Listen to a free podcast with Dr. Fiuk at www.sarahbush.org/podcasts

For more information about the SBL Urology Clinic and Dr. Fiuk’s services, call **217-258-4186**.



SBL Urologist, Julia Fiuk, MD

CONSERVING ENERGY AND MANAGING FATIGUE

Energy conservation and fatigue management are essential strategies to help you maintain your vitality while ensuring you can participate in the activities you need and love. Here are some simple, effective tips from Sarah Bush Lincoln Occupational Therapy to keep your energy levels optimized.

Plan Ahead

Planning is your best friend when it comes to conserving energy. By being mindful of your daily schedule and tasks, you can reduce unnecessary fatigue.

- Schedule strategically: Plan your outings and demanding activities around the times when you feel most energized.
- Avoid overload: Don't cram too many tasks into one day, spread them out across the week.
- Balance tasks: Alternate between heavy and light activities to avoid burnout.
- Take your time: Leave enough time to complete tasks, including planned breaks, so you don't feel rushed.

Avoid Exhaustion

The temptation to power through fatigue often leads to lower energy levels in the long run. Instead, adopt a proactive approach.

- Don't wait to rest. Avoid pushing past your limits and take short, planned breaks before you feel tired.
- Use a monitoring scale. The rate-of-perceived-exertion scale will help you track how hard your body is working and prevent overexertion.
- Plan rest breaks. Incorporate breaks into your activities rather than waiting until fatigue sets in.

Simplify Tasks

Making small adjustments to how you perform tasks can significantly reduce energy expenditure.

- Sit when you can. Sitting uses less energy than standing, easing the workload on your heart, lungs, and muscles. Tasks like showering, grooming, cooking, and cleaning can be done seated.
- Gather your essentials first. Have everything you need within reach before starting an activity.
- Ask for help. Don't hesitate to involve others for heavier or more strenuous portions of tasks.

Practice Proper Body Posture

Efficient body mechanics can minimize strain and help conserve energy.

- Work close to your task. Stand directly in front of the task you're performing.
- Push or pull, don't lift. Whenever possible, use pushing or pulling motions to reduce strain.
- Carry items smartly. Hold items close to your body to maximize control and minimize effort.
- Support your elbows. When working on a tabletop, support your elbows to reduce muscle fatigue.
- Avoid reaching overhead. Keep your movements ergonomic by minimizing overhead tasks.
- Use tools to assist your work. Carts and other equipment can make pushing or pulling tasks easier.

By integrating these strategies into your daily routine, you can take control of your energy levels and reduce fatigue. Small changes can lead to significant improvements in how you feel and function, allowing you to focus on the things that truly matter. For more information on SBL Occupational Therapy call **217 258-2530**.

RPE Scale	Rate-of-Perceived-Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a short amount of time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, slow walk, etc.



Sarah Bush Lincoln offering free colorectal cancer screening kits in March.

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 free screen is non-invasive and has a 97 percent accuracy rate!

The kit you receive allows you to easily collect a stool sample in a plastic container. Test return instructions will be included in kit.

Who Should be Screened?

- Ages 45 to 75 years
- 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

Kits will be distributed on select Fridays in March at SBL Clinics in Charleston, Effingham, Mattoon and Tuscola. The website listed below provides more information about locations, dates, and times.

For more information visit www.sarahbush.org/cancerscreens or call SBL Gastroenterology at **217 258-4155**.

Missing or lost your discount card or parking tag? Call **217 258-2422** or email advantage50@sblhs.org for a replacement.

WELCOME New General Surgeons



Nicole Hammond, MD



Julie Kim, DO



Mark Wolfe, MD

We are pleased to announce three additional general surgeons at Sarah Bush Lincoln. Drs. Hammond, Kim and Wolfe join our exceptional team of surgeons in Mattoon that includes Todd Bierman, MD, and Curtis Green, DO. These physicians provide a range of surgeries and procedures including hernia repairs, gallbladder and appendix surgeries, and treatments for cancers, such as colon and breast cancer.

Nicole Hammond, MD, hails from South Bend, Indiana. After spending several years on the East Coast completing her training, she is excited to return to the Midwest to be closer to family.

One of Dr. Hammond's primary areas of focus is breast surgery, where she is dedicated to providing compassionate care to women.

California native Julie Kim, DO, always wanted to serve a community and had the honor of doing that in residency in Nebraska and now in East Central Illinois. She is excited to provide surgical services, including bariatric surgery to people in the region.

Mark Wolfe, MD, comes to Sarah Bush Lincoln from Manhattan, Kansas. He brings eight years of experience in general surgery including upper and lower endoscopy and more. Like Drs. Bierman, Hammond and Kim, Dr. Wolfe is also trained in the use of robotic-assisted surgery.

SBL Surgery Clinic
1000 Health Center Drive, Suite 101
Mattoon
217-258-4020



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Mattoon, IL 61938

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SBL NOW OFFERING OPHTHAMOLOGY SERVICES



Advanced Ophthalmology is now part of Sarah Bush Lincoln. The SBL Pine Eye Center is located in Mattoon at 200 Dettro Drive, the former location of the Mattoon Walk-In Clinic.

SBL has worked closely with Dr. Pine and his staff for many years and is fortunate to have this caliber of eye care in the community with plans to recruit other eye specialists to complement Dr. Pine's practice. As an ophthalmologist, Dr. Pine's practice includes comprehensive eye care with a focus on cataract surgery, which he performs at the SBL Surgery Center, located on the main campus of Sarah Bush Lincoln.

For more information about the SBL Pine Eye Center, call **217-348-0221**.

WALK-IN CLINICS

Charleston
2040 Lincoln Ave., Suite 100
217-345-2030

Effingham
1303 West Evergreen Ave.
Entrance B, Suite 103
217-540-6123

Mattoon *note new location
Emerald Acres Sports Connection
1220 Wooddell Way, Suite B
217-238-3000

Tuscola
1100 Tuscola Blvd.
217-253-4764

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday