

DREAMING OF BETTER SLEEP

Is Inspire® Right for You?

The Tiny Implant Making a Big Difference

If you've been diagnosed with obstructive sleep apnea (OSA) and struggle to use a CPAP machine, you're not alone. Sarah Bush Lincoln is excited to offer an option called Inspire. Unlike CPAP therapy, Inspire patients use a small handheld remote to turn the device on before bedtime and off when they wake up. An app tracks your sleep data that can be shared with your provider. For eligible patients, Inspire therapy offers an innovative alternative that works comfortably inside the body to help keep the airway open during sleep.



What Is Inspire Therapy?

Inspire therapy is an FDA-approved implantable device designed to treat moderate to severe obstructive sleep apnea. Often described as a “pacemaker for the throat,” the device works by delivering gentle stimulation to the nerve that controls tongue movement. This helps keep the airway open while you sleep, allowing you to breathe more naturally throughout the night.



How is the implant placed?

The implant is placed during an outpatient procedure performed under general anesthesia with the surgery typically lasting two to three hours. During the procedure, two small incisions are made, one near the collarbone where the device is placed beneath the skin and one under the jawline where the device is connected to the nerve that controls your tongue. After the procedure, most patients require only over-the-counter pain medication and are able to resume non-strenuous activities within a few days. According to Inspire, 99.6% of implant procedures are completed successfully without major complications.



Is Inspire Therapy Right for Me?

If CPAP therapy hasn't worked for you, Inspire therapy may provide another path to better sleep. Because this treatment is not for every patient, the first step is to talk with your primary care provider. They can evaluate your symptoms and, if appropriate, refer you a Sarah Bush Lincoln Inspire-trained specialist to determine whether you're a candidate.



To learn more about Inspire therapy, visit inspiresleep.com.

WELCOME NEW PROVIDERS

Alex Brewer, DO Orthopedics

Dr. Brewer joins our highly skilled orthopedic team, specializing in general orthopedics. He sees people in Mattoon at SBL Orthopedics, Sports Medicine and Podiatry. His older brother is Orthopedic Surgeon Eric Brewer, DO.



Kevin Black, MD Orthopedics

Dr. Black joins the orthopedic team at the SBL Bonutti Clinic in Effingham. He specializes in spine surgery and also provides comprehensive general orthopedic care.

Amber Sowers, APRN Cardiology

Amber Sowers, APRN, provides care for patients before and after interventional cardiac catheterization procedures and works alongside Dean Katsamakidis, DO, and Adham Karim, MD, at The SBL Heart Center.



Thomas Rutherford, DO, Primary Care

Dr. Rutherford joins the Medical Clinic at the Center for Healthy Living, where he will provide primary care services to patients in our community.

Thank you for being a valued Advantage 50 member! As a small token of our appreciation, please enjoy this complimentary magnet. We're grateful for your continued support and are proud to have you as part of the Advantage 50 community.

STAYING STRONG & ACTIVE



Staying active is one of the best ways to support our health, independence and quality of life. Knowing where to start or which types of exercise provide the greatest benefits can sometimes feel overwhelming. Alex

Winn, Exercise Specialist at SBL's Center for Healthy Living, shares practical advice on staying active, building strength and improving balance and mobility.

What types of exercise are the most beneficial as we age?

It's important to keep our bodies moving regularly. The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity and two days of strength training per week. Aerobic exercise (cardio) is great for heart health. Exercises like walking, biking and swimming are great options. Strength training will help bone and muscle health, as well as improving balance and mobility. Functional strength training, like sit-to-stands, wall push-ups, marching in place and weight machines are great exercises for building strength.

What are some of the benefits to exercising regularly?

Physically, exercise can improve heart and bone health as well as build muscular strength and endurance. Mentally, exercise can improve mood, reduce stress, support better sleep and increase quality of life. Being active can also preserve the longevity of independence as we age.

Interested in getting more physically active? Reach out to your primary care provider and ask for a referral for the **Medical Exercise Program** at the Center for Healthy Living. This 3-month program includes one-on-one sessions with an exercise specialist twice a week. You will learn how to use the equipment and which movements to do to meet your goals. The CFHL also offers a **Basic Strength and Balance** class that is beneficial to all. Scholarships are available to help pay for the program for those who qualify.

For more information call the Center for Healthy Living at 217-238-3488.

DEMENTIA:

Going Down Memory Lane

When SBL Neurologist Alao, MD, talks about Alzheimer's disease, it is with a passion that is deeply personal. One of her aunts began showing symptoms in her 70s. She started writing songs and singing hymns, but soon became lost on her way to church, lost her thoughts and forgot familiar faces. Dr. Alao also had two uncles who suffered from Alzheimer's. One became increasingly forgetful and paranoid before becoming completely disabled. Another developed behavioral changes so severe that he became dangerous to his wife, who cared for him.

"These stories are part of my life. They are my aunt and uncles. When I talk about Alzheimer's disease, it is personal. It is personal because of how it takes away my family and my patients and because I don't know if I'm going to get it in the future. I want to do whatever can be done for my patients and for myself, in treatment and overall care." - Fatima Alao, MD



What Can You Do to Protect Brain Health?

- **Take care of your overall health.** Manage blood pressure, cholesterol, diabetes and weight. Avoid smoking and excessive alcohol use and stay physically active.
- **Protect your senses.** Have your hearing and vision checked regularly. Untreated hearing and vision loss can contribute to cognitive decline.
- **Keep your brain engaged.** Read, learn something new, play games or learn a new skill.
- **Stay connected.** Call a friend, play cards, take a walk with someone or participate in community activities.
- **Prioritize sleep.** Poor sleep and untreated sleep apnea may affect brain health and memory. Talk with your provider if you experience disrupted sleep.
- **Choose healthy foods.** Focus on nutritious, minimally processed foods and limit ultra-processed foods and sugary beverages.

Advances in Alzheimer's treatment also offer hope. Medications such as donepezil, memantine, galantamine and rivastigmine can help manage symptoms. Newer medications, including lecanemab and donanemab can slow disease progression in certain people with early dementia and require careful evaluation and monitoring.

You can start protecting your brain today. You don't have to make every change at once, take one step at a time. "If you are crossing a busy street, wouldn't you look both ways to prevent an accident? It's the same with your brain, by making simple changes in your life, you can prevent dementia," Alao said.

If you have concerns about your brain health, talk to your primary care provider to discuss treatment options.

DINING AT SARAH BUSH LINCOLN

The Basement Bistro - located on the ground floor

Breakfast: 6:30 – 9:30 am

Lunch: 11 am – 1:30 pm

Dinner: 4:30 – 7 pm

Snacks and beverages available 6:30 am – 7 pm

Bistro Brew - located in the main lobby at Entrance A

Monday – Friday: 6:30 am – 4 pm



Show your Advantage 50 card and enjoy 20% off your meal.



1000 Health Center Drive
PO Box 372
Mattoon, IL 61938

Non-profit
Organization
U.S. Postage
PAID
Permit #109
Mattoon, IL

RETURN SERVICE
REQUESTED

WALK-IN CLINICS

Charleston

2040 Lincoln Ave.
217-345-2030

Effingham

1303 West Evergreen Ave.
217-540-6123

7 am – 7 pm

Monday through Friday

Vandalia

660 W. Taylor St.
618-283-0266

8 am – 7 pm

Monday through Friday

Mattoon

1201 Wooddell Way
217-238-3000

Tuscola

1100 Tuscola Blvd.
217-253-4764

8 am – 3 pm

Saturday and Sunday

9 am – 4 pm

Saturday and Sunday

HOLIDAY EVENTS

Mark your calendar for holiday events at Sarah Bush Lincoln.

Holiday Festival

View beautiful holiday displays and shop the Pop-Up Boutique from 11 am - 6 pm, November 13 at the Lumpkin Education Center. Bid on many wonderful items during the online auction November 12 - 16 www.sarahbush.org/holidayfestival



Night of Lights

Stop by the Heart Center lobby from 5 to 7 pm, November 19 for opening of the holiday light displays at SBL. View the light displays, take photos and then stop in the Heart Center lobby for a visit with Santa, cookies, hot chocolate and more. The SBL therapy dogs will be there and the Gift Shop will be open until 11 pm.