

Sarah Bush Lincoln

# Health *styles*



## **TODD'S PURPOSE**

At the end of his life, Todd Morton was able to meet milestones with the aid of SBL Hospice.

## **GETTING A LEG UP**

After a serious fall, SBL rehab helps Mattoon woman get back on her feet.

## **MEET OUR BARIATRIC TEAM**

SBL Weight Management team of experts helps guide patients to success.



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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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## Providing Exceptional Orthopedic Care at the SBL Bonutti Clinic

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## Sarah Bush Lincoln Hospice



**Tuesday, September 20**  
5:30 pm ~ *Early-bird Binga* / 6 pm ~ *Binga*  
**MATTOON EAGLES CLUB**

To purchase tickets, call the SBL Health Foundation at **217-258-2511** or visit **www.sarahbush.org**  
**Admission \$10** (Seating is limited.)  
Doors open at 4:30 pm.  
Food and beverages are available for purchase.

*Net proceeds support the new SBL Hospice House*

# Our next President & CEO

When my husband and I were born, Sarah Bush Lincoln was under construction. This Health Center has been an important part of my family for more than four decades, as every single one of us has been cared for by numerous members of its exceptional staff. Our children were born here, and they've undergone surgeries here, as well. After my parents retired, my mom found fulfilling work as an SBL volunteer. Before that, my husband even played for Sarah Bush Lincoln during his Little League years in Mattoon. He still has the hat to prove it! (*What is it with men and hats?*)

I often say that I have grown up at Sarah Bush Lincoln, and by that I mean that I have spent nearly my entire healthcare career at this organization, fulfilling different roles over the last 24 years, learning from some of the very best and helping to shape the future of the organization. I am beyond blessed to be its newest President & CEO.

Healthcare is very personal. We all want access to our medical and service providers when we need them. When we are ill or worried about our health, we want to know that they will provide the answers we need.

My vision for our future is aligned with that of our board of directors. Our board, comprised of community members, recently adopted a three-year strategic plan. It includes developing new and needed services in the community, recruiting excellent medical staff to create greater access to care, continuing to be a community resource that offers care to all those who seek it, and more. Healthcare is constantly changing, and we must be nimble enough to meet changing demands. I can say with confidence that we are.

In the last several years, SBL has experienced tremendous growth and now employs nearly 3,000 people throughout the region. About 250 of our employees work for Sarah Bush Lincoln Fayette County Hospital in Vandalia. We tout the largest orthopedic practice in downstate Illinois, and we have some of the most

advanced technology to help us provide the absolute best care possible. We work in earnest to provide care in a trusted and compassionate manner, by striving to reduce and relieve stressors that naturally occur with health crises.

My family members are farmers who naturally worry about many things that are out of their control, yet they love what they do! In the coming months, the harvest will be brought in, and my husband and son will spend a great deal of time working in the field with my brother-in-law and nephew. Like farmers who find joy in the harvest and renewed hope with each planting season, healthcare offers us equal joy with modern technologies and hope with every innovation. My door is always open to community members. I hope to see you at an upcoming event.

Best Regards,  
Kim Uphoff





# Todd's

# Purpose

**At the end of his life, Todd Morton was able to meet milestones with the aid of SBL Hospice.**

Todd Morton's cancer diagnosis in October 2019 proved to have a silver lining for him. He went from working in a factory to finding his passion in working with kids at Williams Elementary School in Mattoon.

Todd wasn't feeling well and suspected he might have kidney stones, so he went to Sarah Bush Lincoln's Emergency Department for help. Not only did he learn he was born with one kidney, Todd learned he had stage 4

renal cell carcinoma. He lost his job at a Mattoon factory and underwent treatment. Thereafter, he took a job as a supervisor at the local elementary school.

Brooke, his wife of 22 years, said, "This was a blessing in disguise. Todd used chemotherapy and immunotherapy to reduce the cancer cells, and opted for alternative therapies for quality of life over quantity. He lived another two and a half years and was strong until the end."

"He loved the kids at school, and they loved him. On Fridays, he dressed up in costumes when he greeted the kids in the mornings. They all looked forward to 'Fun Fridays,' and the kids even suggested some characters for



'Fun Fridays' at Williams Elementary School, Mattoon.

him to be. He looked for ways to brighten their days. It is what helped him hang on for a while. It gave him purpose," Brooke explained.

The kids at school weren't the only ones who gave Todd purpose. In his last several months of his life, Todd's goals were to watch his youngest son, Dallas, play baseball at Busch Stadium with the Mattoon High School baseball team, and then watch his oldest son, Adrian, graduate from high school.

As his health deteriorated in the spring, he spoke with a friend who encouraged him to seek help through hospice. "I went and talked with a friend at SBL Hospice and brought home the information," Brooke explained. Todd was ready to accept the help in late April. "It was amazing. Todd told them he could use a bed, oxygen and a wheelchair since he was struggling to walk. He was so pleased that all the equipment was delivered that same day. He was suffering a long time, but wasn't ready for Hospice until then."

Brooke is grateful to the SBL Hospice nurses Taylor Shores, RN, and Jamie Dickerson, RN., for their care. "They treated Todd with such respect. He's a jokester and once they knew him, they began joking around with him and that made him smile," she explained.

Brooke added, "They also helped me and the boys too. They supported me through the chaplain and social worker, and the kids talked with Dakota Jones, a bereavement counselor. They all answered the questions we had, so we could understand what was going on and what to expect. That was very helpful."

A friend from their church built a wheelchair ramp to improve Todd's mobility and enable him to fulfill his last two goals. He was able to watch Dallas play baseball with his team in Busch Stadium. "Todd was such a

trooper. It took a lot out of him, as sick as he was, but it meant a lot to Dallas and Todd that he was there. Todd was also able to participate in Adrian's graduation in a private ceremony arranged by SBL Hospice.

"We went to the MHS gym, and Todd was able to hand Adrian his diploma. It meant a great deal to Todd and Adrian. Our Hospice team came along, but stayed in the background just in case we needed them, and they even provided cupcakes for the celebration at home," Brooke said.

Throughout his illness, Todd told his family that just because he's sick they shouldn't put their lives on hold. "The boys carried on with their activities, and I was fortunate enough to work at home through Credit Union 1," Brooke explained.

Todd passed peacefully with Brooke and his mother by his side at 7:35 am on May 23. "Hospice took care of everything for us," she added. "I have been blessed a lot during all of this. I try to find something positive to pull out of the day and remind myself of all the good. I am grateful for the care Todd received. These Hospice staff members are angels on earth!" Brooke exclaimed.



Todd attended his son, Dallas', game at Busch Stadium with family, and a special graduation ceremony for his son, Adrian.



For more information, call Sarah Bush Lincoln Hospice at **1-800-454-4055**.



# Getting a *Leg Up*

## After a serious fall, SBL rehab helps Mattoon woman get back on her feet.

A broken wrist in Spring 2021 led Laura Grubbs to get the medical intervention she needed for another medical diagnosis and also set her on a solid path to healthier living.

While the break was successfully repaired with plates and screws, Laura's aunt was a little suspicious of the injury and warned her about the osteoporosis that is prevalent among women in their family. A subsequent scan confirmed her aunt's suspicions and revealed degenerative joint disease.

"I've been anemic my entire life. When I broke my wrist, I was having a dizzy spell due to the anemia," the 58-year-old Mattoon woman explained. She took a leave of absence from her role as the manager of Subway to get a better handle on her health.

A subsequent dizzy spell in August 2021 led to a fall that shattered Laura's right leg. SBL Orthopedic Surgeon Don Sandercock, DO, put it back together with rods and screws. He also warned her about putting any weight on her leg until she healed because of the fragile condition of her bones. From August 30 until mid-November 2021, Laura was bed-bound.

“In the beginning, I really didn’t want to do the work, but Molly [occupational therapist] and Ashli [physical therapy assistant] were really encouraging.”

—Laura Grubbs

Not only did Laura lose muscle mass during those months, but she also lost nearly 40 pounds, and, at times, the will to go on. Laura credits Sarah Bush Lincoln Physical Therapy Assistant Ashli Overton and Occupational Therapist Molly Bailey with getting her life back on track.

“I was used to taking care of myself and my family, and now I had to depend on my kids for nearly everything,” Laura explained. She is the mother to adult twin sons, Ethan and Melvin, and a daughter Taylor. “Molly went through my house and made suggestions to make it safer and more accessible for me. We got rid of the throw rugs because of the slipping hazard, and we replaced the shower doors with a shower curtain to allow more room for me to get in and sit in a chair to bathe.”

While bed-bound for almost 10 weeks, Laura lost nearly all her strength. “I could barely lift my left leg off of the bed. Molly and Ashli helped me with leg lifts to improve my hip strength and arm exercises so I could push myself up and maintain my body weight so I could get around,” she explained. Laura was heavily dependent on her children to help her with what were once simple, everyday tasks.

“In the beginning, I really didn’t want to do the work, but Molly and Ashli were really encouraging. It wasn’t until January that I felt comfortable walking in the house with a walker or cane,” Laura recalled. “But each day, I improved a little more. If I go outside, I use the walker or cane because I am unsure of myself. I am so afraid of falling again.”

While Laura has recovered from her shattered leg, she has also gotten to the root of her anemia. Initially, she received iron injections weekly and then monthly in the SBL Regional Cancer Center. Now she receives them as needed. “The injections have made a world of difference in how I feel and how I am doing. I have so much more energy. I can’t go like I did in my 20s, but I am much more energetic than I was, and I feel like doing more things,” she said.

Laura reminds others to be in tune with their bodies. “Know what’s going on with your body. I once worked in the medical field as a surgical tech, so I understood what the doctors were saying to me, but if you don’t know, then ask for more information so you know what’s going on,” she said.

Laura is particularly grateful to her internist David Winograd, DO, plus Dr. Sandercock, Molly and Ashli and the nursing team at SBL who cared for her.

While Laura once travelled with her husband who passed in 2013, she longs for the day when she can return to the places that make her the happiest: Key West and the Blue Ridge Mountains. In the meantime, Laura gets great joy from having her children and their families around her.



For more information about SBL Physical or Occupational Therapy, call **217 258-2530**.  
For more information or to make an appointment with any of the Sarah Bush Lincoln orthopedists at SBL Orthopedics & Sports Medicine, call **217 238-3435** or call **217 342-3400** for the SBL Bonutti Clinic in Effingham.



Meet our

# Bariatric Team

- A **surgeon** specially trained in laparoscopic sleeve gastrectomy
- **Medical providers** who specialize in obesity and weight loss
- A **registered dietitian** to provide nutritional counseling
- A **physical therapist** to improve mobility
- A **mental health counselor** to help overcome emotional hurdles and roadblocks
- A **nurse navigator** to help provide guidance before, during and after your surgery

- Pictured above: left to right*
- Nurse Navigator*  
**Mindi O'Rourke, RN**
- Registered Dietitian*  
**Michelle Schultz, RD**
- Medical Provider*  
**Andrew McDevitt, APRN**
- Physical Therapist*  
**Beth Jensen, PT**
- Surgeon*  
**Todd Bierman, MD**
- Mental Health Counselor*  
**Kendra Cole, LCSW**
- Medical Provider*  
**Joan Alvarado, MD**

## Building a Better You

If you have struggled with weight loss throughout your life, you know how easy it is to feel powerless. But you are strong, and now is the time to prove it.

Obesity is a chronic and progressive disease that can affect multiple organs in the body. People with clinically severe obesity are at a greater medical risk for serious health conditions and premature death. The good news is that significant weight loss through gastrectomy can improve these conditions and even reverse them.



## SBL Bariatric Program

Our comprehensive weight-loss program offers options based on individual needs, combined with local, ongoing support. They include:

- medically supervised exercise and nutrition counseling
- prescribed medication that encourages weight loss
- bariatric surgery (sleeve gastrectomy)

## Surgical Option

The SBL Bariatric Program offers the laparoscopic sleeve gastrectomy, through which the stomach is restricted by dividing it vertically and stapling it. The portion of the stomach that receives food is shaped like a very thin banana, or sleeve.

Criteria for people considering surgery for obesity or bariatric surgery often includes having a body mass index, or BMI, of 40 or greater. A BMI of 40 translates to about 100 pounds over ideal body weight for men or 80 pounds over ideal weight for women.

Weight loss surgery may also be an option for people with a BMI of 35 or greater who suffer from progressive life-threatening obesity-related health problems such as diabetes, heart disease and other illnesses.

## Continued Success After Surgery

Like with many treatments, success depends greatly on knowledge, personal motivation and behavior.

When committed to eating a healthy diet and exercising regularly, people have the best long-term results. Surgery provides the tools to assist with weight loss, but people must be committed to making the necessary emotional and physical changes for long-term weight maintenance.

Lack of exercise, poorly balanced meals, frequent “grazing,” eating processed carbohydrates and drinking carbonated beverages are some of the common reasons for weight regain. Good habits take time to develop, and that’s why this program includes access to a registered dietitian, fitness coach, physical therapist and mental health counselor. All are key partners in the SBL Bariatric Program. Support groups help connect people who want to learn from one another.



Use your cell phone camera to scan this code to learn more about our new bariatric program or visit [sarahbush.org/bariatricservices/](http://sarahbush.org/bariatricservices/).



A da Vinci Robot will soon be used in some surgical procedures, including bariatric surgery at the Health Center.

“We’re committed to providing the best possible care and helping the community stay healthy and heal faster through minimally invasive robotic surgery. Behind the advanced surgical robot is a team of highly trained surgeons and dedicated healthcare professionals,” explained President and CEO Kim Uphoff.

Robotic surgery has many advantages for appropriate patients, including smaller incisions and reduced recovery times. At Sarah Bush Lincoln, the da Vinci surgical system gives the surgeon 100 percent control of the robotic-assisted system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient’s body. The system’s 3D-HD vision system provides surgeons a highly magnified view (up to 10X), virtually extending their eyes and hands.

When recommended by your surgeon, the da Vinci surgical system can be used for these procedures: colorectal (colon resection, colorectal surgery), general surgery (hernia repair, gallbladder surgery), gynecology (hysterectomy for endometriosis, cancer, fibroid resection, and ovarian cystectomy), thoracic (lung resection for cancer), and urology (kidney surgery/nephrectomy and prostatectomy for cancer).

Patients will experience little-to-no visible scarring, less pain and faster recovery. These advancements in innovative surgical care are now available close to home for Sarah Bush Lincoln patients.



For more information about the Sarah Bush Lincoln Weight Management Program, call **217-238-4961**.

# Providing Exceptional Orthopedic Care at the SBL Bonutti

# Clinic



Growing up, Jennifer Hess, FNP-BC, served others through volunteering at her church, but she wondered how to turn her zest for service to a career. Her family encouraged her to pursue medicine, so she could heal those in need.

“My parents hold such a passion for helping others. That was such a big part of our lives growing up, and I

“It’s funny how life works out, because I grew up hearing about Dr. Bonutti and the phenomenal care he provides. Now, here I am working for this top-tier clinic. I feel so lucky. In a lot of cases, rural residents have to go to larger cities to get the cutting-edge treatment that we provide,” Hess emphasized.

Hess prefers to discuss potential treatment plans in detail with patients so they can work together to reach patients’ goals. She explained that there are several ways to treat the same disease process, so patients can decide which one will be best for them.

“Education is the key to helping people understand the process they are about to go through. If they understand, then they often feel better about their upcoming treatment or procedure. I didn’t foresee this, but people really help me too. I learn so much about life every day from my patients,” Hess said.

The SBL Bonutti Clinic provides physical and occupational therapy within the same building, for those who need rehabilitation services.

## Jennifer Hess, FNP-BC Orthopedics

knew if I could find a job where I could change people’s lives, then I would be happy,” Hess remarked.

She found meaningful work in nursing after graduating with a bachelor of science in nursing from St. Louis University. Hess worked in a neonatal unit at St. Louis Children’s Hospital while receiving her master’s in Nursing Practice at the University of Pennsylvania and a certification in Family Nurse Practice at St. Joseph’s College of Maine. As an advocate for education, she served as a clinical nursing educator for both patients and colleagues.

However, as her young family grew larger, she and her husband decided to move back to Effingham, where they were raised. She now works alongside Orthopedic Surgeon Didi Omiyi, MD, who specializes in hip and knee treatment, with nearly 15 years of medical experience. Together, they treat a wide range of orthopedic issues.

“We allow the patients to decide which of us to see, but we treat the patients similarly. Dr. Omiyi has a fantastic bedside manner to match his phenomenal abilities as a surgeon. He’s a wonderful mentor, and that’s why I enjoy working with him. I have learned so much from his calm nature,” Hess stated.

Hess has worked with Dr. Omiyi for seven years. She is Dr. Omiyi’s first assistant in surgery three to four days a week.

“I really enjoy the process of following the patients from first visit through surgery and then rehabilitation. We usually see patients for a year to two years. Building those relationships is wonderful and important,” Hess explained.

The most common reasons people seek orthopedic care are osteoarthritis and injuries caused by sports, occupations and falls. Outside of surgery, Hess offers injections and oral anti-inflammatories.



Nick Williams, PA-C, aspired to work in family medicine after being raised in a tiny Wisconsin town. He saw the direct impact that healthcare providers can have in rural areas. However, he changed his mind during his physician assistant program clinical rotation in orthopedic care.

“Orthopedics is carpentry 101, and I love carpentry. When something is broken, you fix it. That’s the general expression in orthopedic care,” Williams remarked.

## Nick Williams, PA-C Orthopedics

Now, Williams helps bring transformative care to

people who would otherwise have to travel far for orthopedic treatment. He works with Orthopedic Surgeon Peter Bonutti, MD, FACS, FAAOS, FAANA, a world-renown physician with more than 30 years of medical and surgical experience. Together, they treat hip, knee and other orthopedic problems.



## Nick Watkins, PA-C

### Orthopedics

school for that first-hand knowledge,” Watkins explained.

Armed with his background in physical therapy and biology, Watkins went to South College in Knoxville, Tennessee for his graduate degree in physician assistant studies. The program allowed him to hone direct patient care and physician collaboration skills. After graduating, he returned to his hometown, Toledo, where he worked for two years at the SBL Toledo Clinic.

In October 2021, he partnered with Orthopedic Surgeon Joseph Ajdinovich, MD, who has more than 10 years of surgical experience, to support patients with shoulder, knee and other sports-related orthopedic problems. Watkins is also Dr. Ajdinovich’s first assistant in surgery.

The human body has always interested Nick Watkins, PA-C. He gravitated toward anatomy classes in school, which led him to pursue physical therapy. However, after two years of working as a physical therapy assistant, he wanted more.

“I love physical therapy, but I kept wondering about the intricacies of each patient’s surgery and why certain patients had different post-surgery recoveries. I ultimately went back to

“There isn’t a day that goes by without Dr. Ajdinovich and I discussing a patient’s treatment. Strong communication is big part of our relationship,” Watkins remarked.

Outside of surgery, Watkins offers injections, medications and many other conservative treatment options. The SBL Bonutti Clinic provides physical and occupational therapy within the same building for those who need rehabilitation services.

“I feel fortunate to be so deeply involved in my patients’ care. I meet with them for their initial appointments, join them in surgery and assist them through rehabilitation. It’s a seamless transition because I can inform them directly about the surgery details. It’s great for patients to have that continuity of care,” Watkins stated.

Explaining diagnoses to patients can be challenging since all people don’t have the same background knowledge, but Watkins takes the time to make sure his patients completely understand their treatments.

“I think having a full understanding puts people’s minds at ease. Before I leave patients’ rooms, I ask if they need further clarification, which some people greatly appreciate,” Watkins said.

Watkins appreciates the ability to make an impact on a person’s life. From physical therapy to family medicine to orthopedic medicine, he has found healthcare deeply rewarding.

“We may take for granted being able to reach up and grab a coffee cup or go for a walk. Some people can’t do those things. It’s important to appreciate the little things and draw from that gratitude,” Watkins emphasized.

“Dr. Bonutti and I have a great relationship. Physician assistants need a great collaborating physician. He loves to teach, his patience is incredible, and he really took me under his wing,” Williams explained.

The pair has developed mutual trust as a result of more than 10 years of working together. Williams views himself as an extension of Dr. Bonutti’s services. Many patients they treat have arthritis, meniscus tears and sports or occupational injuries.

“He has given me the reins to be an extension of him. I see the same type of patients he sees. Our combined experience tells patients that we are experts and have it under control,” Williams stated. He is also Dr. Bonutti’s first assistant in surgery.

Outside of surgery, Williams offers injections, medications and many other conservative treatment options. The SBL Bonutti Clinic provides physical and occupational therapy within the same building for those who need rehabilitation services. Staying mobile is key for rehabilitation because otherwise the joint becomes stiff, Williams explained.

Williams’ passion for medicine began as a teenager and has only grown stronger. During his undergraduate schooling, he worked as a CNA in the intensive care unit every weekend for two years. His hard work paid off when he was accepted into a physician assistant program. He finds orthopedic medicine especially rewarding when he observes people limp into the clinic and then walk normally a couple of months later.

“People can develop a really poor quality of life from arthritis. The pain is in their eyes. Sometimes people don’t want to admit that they are in pain. But then I treat them, and they tell me the outcome changed their lives,” Williams said.

Surgery or other treatments can be unnerving for people, but Williams puts himself in their shoes to help alleviate worries.

“If people don’t trust me, then I’m not doing my job. That’s why I try to be transparent and bring my own experiences into my patient education so they understand their treatment,” Williams emphasized.

In his free time, Williams spends time outdoors with his wife and two children. They are avid travelers.



For more information or to make an appointment with Jennifer Hess, FNP-BC, Nick Watkins, PA-C, or Nick Williams, PA-C, call the SBL Bonutti Clinic, Suite 200, Effingham, at **217 342-3400**. The newly constructed facility is located at 1303 W. Evergreen Ave., in Effingham.

# Sarah Bush Lincoln

# Welcomes

“I’m looking forward to building long-term relationships with the families and caring for them from birth and watching them grow up.”

—Abby Welsh, MD



**Abby Welsh, MD**  
Pediatrics

Abby Welsh, MD, always knew she wanted to work with kids in some fashion, perhaps as a teacher or as a social worker, but it wasn’t until her first year at the University of Illinois that she considered medicine as a career.

“My biology instructor loved teaching, and his passion for it made the class so interesting,” she said. “His excitement was contagious. I have always liked science, and that is what got me thinking about medicine.” Dr. Welsh stayed in touch with the professor, and when the time came for her to apply for medical school, he eagerly wrote a letter of recommendation. Fast forward seven years, and Dr. Welsh is working with kids as a pediatrician at the SBL Bonutti Clinic in Effingham.

Dr. Welsh attended medical school at the University of Iowa in Iowa City, while her husband, L.J. earned his master’s degree in counseling. The school’s excellent reputation, and proximity to her family who reside in her hometown of Charleston drew her in. She explained, “It is a large medical school in a smaller city. It was comfortable, and the people were nice.

I worked in various clinical areas and, for a while, I thought I would like to work in the neonatal unit. It was important work, but I knew ultimately that I wouldn’t have the sort of relationships with the kids that I wanted. Once I worked in a pediatric clinic, I knew that this is where I wanted stay. I was hooked!”

Following medical school, Dr. Welsh, and L.J. moved to Indianapolis for her residency at Riley Children’s Hospital. Only two hours from home, they could connect with family often. That is where they had their first child, Jack.

“My physician mentor at the pediatric clinic was awesome. She is an experienced doctor, and I learned a great deal from her. She is an excellent listener and addressed all the concerns of her patients’ parents. Parents often brought health and medical information that they had seen online to ask about during visits. It was our job to address those questions and talk with parents about what was concerning them, as well as to provide age-appropriate information to them,” she explained. “It still is.”

While it was difficult having a baby during her residency, Dr. Welsh said the experience of being a new parent changed her perspective, as she can better relate to the concerns of her patients’ parents.

Growing up in a tight-knit family in the Midwest was what brought Dr. Welsh back home. “I have tons of cousins in Effingham and T-Town, and I wanted our son to grow up near family. Being from the area enables me to better understand my patients’ circumstances and offer resources with confidence. I am happy to be home and excited to begin my career here,” Dr. Welsh said.

In the end, Dr. Welsh has already achieved her early goals of working with kids, in medicine and in her community. “I’m looking forward to building long-term relationships with the families and to caring for them from birth and watching them grow up,” she added.



To make an appointment with Dr. Welsh, call **217 540-6122**. Dr. Welsh works with Advanced Practice Provider Cari Fearday, PA-C, in the SBL Bonutti Clinic in Suite 203. The clinic is located at 1303 W. Evergreen Ave., Effingham.

# Biologics:

## Repairing joint damage non-surgically



### Regenerative therapies treat osteoarthritis instead of surgery.

An active lifestyle and longer life span are driving more people to seek care for their damaged joints. While joint replacements in the knee, hip and shoulder can remedy the pain often caused by arthritis, some are opting for biologic therapies, sometimes called regenerative medicine.

Minimally invasive, cutting-edge therapies known as “biologics” can now replace the scalpel in some cases—and the months of rehab that follow.

Orthopedic Surgeon Peter Bonutti, MD, FACS, oversees the Biologics Center at the Sarah Bush Lincoln Bonutti Clinic in Effingham, where his love of science and his desire to ease his patients’ pains fuels his passion for research and development. Internist Louis Schwing, MD, who oversees Occupational Medicine at the clinic, has an increasing number of people requesting the minimally invasive and non-invasive treatments.

The SBL Bonutti Clinic in Effingham and SBL Orthopedics & Sports Medicine in Mattoon offer this cutting-edge treatment. The goal of the treatment is to restore patients’ natural joint surfaces (rather than to replace them with metal and plastic), so patients enjoy higher functioning and more normal activity. Biologic resurfacing is a spectrum of interventions that helps to heal diseased joints.

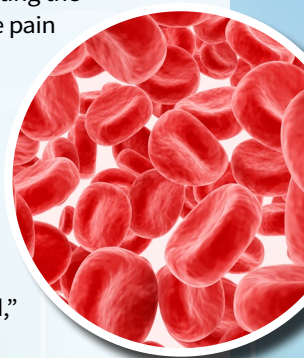


Biologic resurfacing can enhance the body’s natural ability to heal, reduce inflammation in arthritic joints, and accelerate the repair of damaged tendons and ligaments. Cartilage that is worn, torn or cracked can heal. “The challenge is discovering these deficiencies early enough to make a lasting impact. Our goal is cartilage restoration,” Dr. Schwing said, “rather than cartilage replacement.”

In the early stages of joint deterioration, the physicians can 1) inject joint lubricant (called hyaluronic acid) 2) inject into the joint blood platelets concentrated with enzyme cofactors to speed healing.

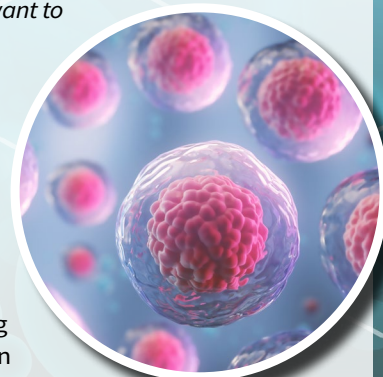
In addition to biologic resurfacing, the physicians provide platelet therapy (platelet-rich plasma or PRP) and provides stem cell therapy (undifferentiated cells to replace injured cells), which is a modality that’s been used for decades to speed tissue and cartilage healing by using the nutrients in patients’ own blood supplies. It works by pulling platelets out of a patient’s blood, concentrating them and then injecting the platelets into the affected joint to decrease pain and inflammation.

At SBL Orthopedics & Sports Medicine in Mattoon, Eric Brewer, DO, uses biologic treatments for arthritic joints as well as tendon and muscle injuries, providing a faster recovery. “These injections can be repeated as often as possible depending on which joint, muscle or tendon is injured,” Dr. Brewer said. He has seen great results using biologics for treating athletic injuries such as tendon and rotator cuff injuries, or painful tissues that have not responded to steroid injections. “They are an excellent option for patients that are not candidates for steroids or other anti-inflammatories,” Dr. Brewer explained.



Biologic therapy uses substances made from living organisms to treat disease including orthopedics. (*Biologics is not yet covered by insurance since many insurance plans are still gathering data, but patients who are looking for new approaches to healing may want to pursue biologics anyway.*)

Dr. Bonutti said, “Depending on the severity of the disease, if it’s early, you may be able to potentially slow disease progress, decrease pain, and improve activity. In more advanced disease, it may be a more temporizing procedure. But if you can gain people months or years of life out of their existing joint, that adds substantial value.”



For more information about Biologics, call the SBL Bonutti Clinic in Effingham at **217 343-3400** or for SBL Orthopedics & Sports Medicine in Mattoon call **217 238-3435**.



RenalCare President and Medical Director Timothy Pflederer, MD, and SBL Nephrology Services Supervisor Alex Boyer, RN, pose with a dialysis machine at the SBL Heart Center.

## Vital Nephrology Services at Sarah Bush Lincoln

Through a partnership with RenalCare Associates, area residents with kidney disease who are in need of medical care can receive the vital care at Sarah Bush Lincoln.

RenalCare nephrologists, who use advanced telehealth technology, are collaborating with Sarah Bush Lincoln physicians to provide full-service care to hospitalized patients requiring nephrology care. A nephrologist is available daily to provide inpatient consultations and follow-up care, so patients can receive life-preserving care close to home.

RenalCare President and Medical Director Timothy Pflederer, MD, and Nephrologist Robert Bruha, MD, are caring for patients in the SBL Heart Center, where they evaluate and treat kidney disease with the goal of preventing kidney failure. Patients who need dialysis receive it at an outpatient center, at home or bedside when they are already hospitalized.

People in kidney failure typically have four-hour dialysis treatments three times a week. In the hospital setting,

patients may have dialysis several days in a row due to the extent of their illness. Dialysis removes waste products and excess fluid from the blood.

SBL Nephrology Services Supervisor Alex Boyer, RN, explained that SBL has a portable unit to provide this life-saving care in the patient's room. "Local inpatient dialysis services have been a needed addition to our community for some time. We are excited to partner with RenalCare Associates to provide this service."

"Our partnership's goal is to ensure the community has long-term, locally based comprehensive kidney care services. To that end, RenalCare has hired two nephrologists who will live and work in the Mattoon-Charleston region beginning in about a year," Dr. Pflederer explained.

RenalCare Associates is a growing practice of 25 nephrologists who serve a large portion of Central Illinois. It provides comprehensive inpatient and outpatient services for all kidney-related disorders, dialysis and kidney transplants.

Dr. Pflederer commented that the physicians of RenalCare Associates are excited to partner with Sarah Bush Lincoln. "Chronic Kidney Disease affects 15 percent of Americans (more than 37 million people) and is often not discovered until kidney damage is so severe that dialysis or artificial kidney treatments are necessary. Through this partnership, life-saving nephrology care is available in Sarah Bush Lincoln so that patients can be hospitalized close to home," he said. "Additionally, nephrologists are readily available in the outpatient office to evaluate and treat kidney disease with the goal of preventing kidney failure. This shared vision to expand locally based kidney care will be a great benefit to the area."



For more information, contact SBL Nephrology Clinic in the Heart Center at **217 238-4960**.

# 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.

■ Shirley Sherwood, RN, 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

### Tobacco Cessation Services

A program to help people quit smoking or using smokeless tobacco.

■ SBL Wellness Services, 217 258-2140

## 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

### 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

### Hopeful Horizons

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

- 1 to 2:30 pm, third Thurs. of each month, Prairie Pavilion 2, at SBL Hospice
- 1-800-454-4055

### Ostomy Support Group

- Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.
- Jenna Kreke, RN, 217 238-4804

### Pathways Through Grief

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

- 7 to 8:30 pm, first Wed. of each month
- Lumpkin Education Center at SBL
- SBL Hospice, 1-800-454-4055

## Community Service Lunch and Learn

11 am to 1 pm • Wednesday, September 7

Life Span Center | 11021 East County Rd. 800 North, Charleston

Hosted by Hilltop Skilled Nursing & Rehabilitation and SBL Home Care & Hospice.

Topics discussed:

Advanced directives | Home medical services and education |

Medicare Advantage vs traditional Medicare | Medicare Part D | Home health and hospice

RSVP by calling SBL Hospice at 1-800-454-4055.

## Powerful Tools for Caregivers

Caring for a loved one with chronic conditions can be physically, emotionally and financially draining. This self-care educational program helps participants build the skills caregivers need to take better care of themselves as they provide care to others.

A free six-week educational course helps family caregivers find ways to take care of themselves. The course is interactive and discussion-based to help participants develop and activate specific plans.

10 to 11:30 a.m.

Thursdays beginning Oct. 6 - Nov. 10

Effingham Public Library

Class size is limited.

Call Stacia Goings at 217 238-4524 to reserve your seat.

The class is made possible by a grant from the SBL Health Foundation & Women Connected.



## Are you looking for a new doctor?

Take picture of this code and follow the link, or go to [sarahbush.org](http://sarahbush.org) and click "Make Appointment" at the top right of the page to view the providers currently accepting new patients.

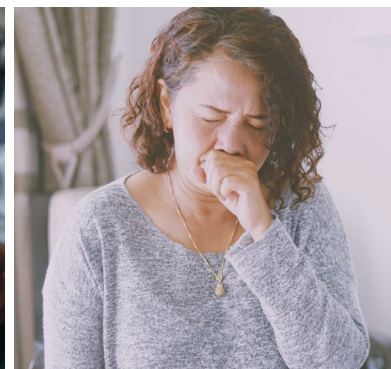
# Sarah Bush Lincoln

1000 Health Center Drive  
PO Box 372  
Mattoon, Illinois 61938-0372



Printed on recycled paper.

## 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  
*Now in the new Bonutti Clinic  
building with extended hours!*  
217-540-6123



#### TUSCOLA

1100 Tuscola Blvd.  
217-253-4764



#### VANDALIA

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

*\*This location is 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 our "Walk-In Clinic Wait Time" feature at the top of the page for current wait estimates at each of our walk-in clinic locations.\*\*