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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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Sarah Bush Lincoln Electrophysiologists Mohamed Labedi, MD, and Abraham Kocheril, MD, recently performed the first pulse field ablations as part of SBL's new electrophysiology service line.

"It is very exciting for the staff to perform the first pulse field ablations at Sarah Bush Lincoln," SBL Cath Lab Supervisor Connie Hoel, MSN, RN, said. "This is a cutting-edge treatment that only a select number of hospitals are currently able to provide, and it allows us to improve care for community members with safer and more effective options."

"The goal is to eliminate or reduce abnormal heart rhythms which can improve symptoms like palpitations, fatigue, shortness of breath, and lower the risk of complications, like strokes from atrial fibrillation," Hoel said.

Hoel said SBL's ability to offer pulse field ablations is a huge benefit for the community. "Patients no longer need to travel long distances to larger centers to receive advanced ablation therapy," she said. "They can now access that state-of-the-art care close to home, with the comfort of being treated by the same physicians and nurses they already know and trust."



PULSE FIELD ABLATION

is a treatment for irregular heart rhythms, such as atrial fibrillation.

During the procedure, a physician guides a thin tube (catheter) through a vein into the heart, where the machine delivers rapid, targeted electrical pulses to the small areas of heart tissue responsible for causing abnormal rhythm.

Atrial fibrillation usually starts in the pulmonary veins, where stray electrical signals fire into the upper chambers of the heart (the atria). The ablation creates a ring of treated tissue around the pulmonary veins, stopping those signals from spreading and thereby triggering atrial fibrillation.



Mohamed Labedi, MD



Abraham Kocheril, MD



In May, the Sarah Bush Lincoln cardiology staff gave Effingham resident Barb Quick her stride back after suffering with vascular pain in her legs for nearly 40 years and undergoing nearly a dozen procedures to relieve it.

"The pain came out of nowhere [again] a few years ago, and it got increasingly worse last year," Barb explained. In November of 2024, Barb saw SBL Advanced Practice Provider Cory Hess, APRN, who recommended that she see SBL Cardiologist Dean Katsamakis, DO, for intervention.

"I really wanted to find a solution, but I was a bit doubtful because almost 40 years of various treatments had not completely resolved my issues," Barb said. "After the new year, the pain had worsened even more, so I knew I needed help."

Dr. Katsamakis performed a venogram and diagnosed Barb in May with peripheral vascular disease (PVD) and deep vein thrombosis. Peripheral vascular disease is a progressive circulation disorder caused by narrowing, spasming or blocked blood vessels. Deep vein thrombosis is a condition in which a blood clot forms in a deep vein, typically in the lower legs.

Dr. Katsamakis placed four stents in Barb's legs and removed a clot she had not known about. "He told me I was lucky because my veins were very flat," Barb said. "If I had waited, who knows if that clot could have progressed to something worse."

While her recent issues are not necessarily related to past ones, Barb's vascular problems have been a consistent source of pain and worry, and they have required many medical interventions.

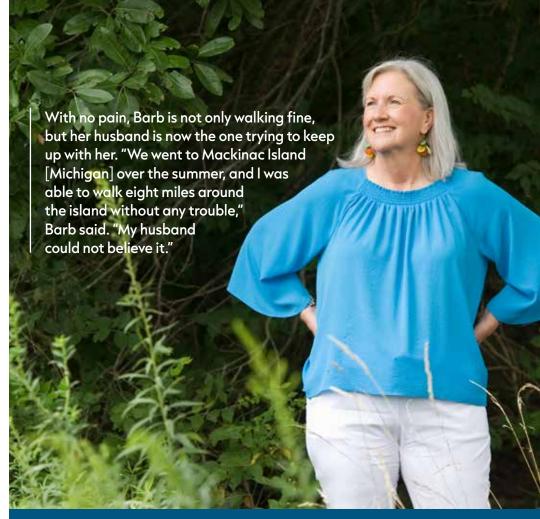
"I have been through so much with my legs that I am extremely happy that Sarah Bush Lincoln was able to finally give me some reprieve," Barb said. "I truly believe Dr. Katsamakis saved my life, and I am grateful to Cory Hess for helping me too."

About PVD

Peripheral Vascular Disease (PVD) occurs in the arteries and veins that carries blood to the arms and legs. In PVD, the arteries and veins slowly become narrowed or blocked when plaque gradually forms inside the walls. While PVD can build up over a lifetime, the symptoms may not become obvious until later in life as the arteries and veins become more narrow.

Symptoms include:

- leg discomfort
- pain or cramping that develops with activity and is relieved with rest
- numbness and weakness
- heaviness or fatigue in the leg muscles when walking
- burning or aching pain in the feet and toes when resting
- cool skin in the feet
- redness or other color changes of the skin
- increased occurrence of infection
- toe and foot sores that do not heal



Expert Caring

Barb was very hesitant to seek more treatment, as her past experiences had just left her with false hope. After a couple of visits and gentle suggestions, she finally agreed to start with a painless and harmless ultrasound to get a better idea as to the severity of the problem. After her testing came back with severe PVD, I was confident that Dr. Katsamakis could provide her some relief, as I have seen other patients he has treated, and he does amazing work.

SBL Cardiovascular Services





pain or who says they have pain, I tell them they need to go see Dr. Malik," Christine said.

"She really does," added Arletta Brumis, Christine's mother. "It doesn't matter where we are. She tells them about Dr. Malik."

everything looked fine, but she started getting worse after that," Arletta said.

X-rays showed that Christine had a spinal fracture. Though it was unclear whether the fall or a past injury had caused the fracture, the fall aggravated it. "Essentially, half of her body didn't work, almost like she was paralyzed," Arletta said.

Arletta, Christine's mom, Christine and Scout

Christine was referred to Dr. Malik, who specializes in spinal procedures. Her injury caused compression of her spinal cord, which led to decreased function in her legs. "It was to the point where she couldn't even bend down to get things out of the dishwasher." Arletta said.

In October 2024, Dr. Malik performed a spinal fusion on Christine's back. During the procedure, surgeons insert screws and rods into the spine to ensure segments of the spine that are causing trouble stay in place so the spine is not compressed and painful.

"Dr. Malik was wonderful.
I enjoyed how much he
explained everything in great
depth," Christine said. "Even
when I showed a tad bit of
confusion, he made sure to
help me understand it."

Prior to the surgery a year ago, Christine needed considerable help to get around. One year post-operation, she has recovered tremendously and only needs occasional help when walking. "Dr. Malik said I have recovered quicker than most people usually do after this surgery," Christine said. "Pretty soon I'll be running circles around my mom."

Christine and Arletta are grateful for Dr. Malik's care, and they are also grateful for how he and the other orthopedic staff treated her service dog Scout. "Scout was the real celebrity at all my appointments," Christine said.



Relief For Back Pain

If moving your back causes pain, spinal fusion surgery may help.
The procedure joins two or more bones in the spine into a single, solid piece, which can reduce pain and give the spine more stability.

I usually recommend the surgery when patients have ongoing back problems that haven't improved with months of treatments like physical therapy, medications or injections. It can help with issues like worn-down or slipped discs, narrowing of the spine, curved spines, broken bones, infections or tumors.

Spinal fusion stops movement between the affected bones, which protects the nerves and muscles. While it may slightly reduce flexibility,

most patients notice very little difference in overall movement. I always talk with my patients about what to expect before surgery.

If you're dealing with persistent back pain or other spine issues, I encourage you to reach out to our clinic. We can talk about your options and see if spinal fusion might be right for you."



SBL Orthopedic Surgeon



Robot-Assisted Spine Surgery

Sarah Bush Lincoln Orthopedic Surgeon M. Saad Malik, MD, is advancing his spine surgery capabilities with the Globus Excelsius GPS robotic surgical system.

What is the Globus Excelsius GPS?

It is a top-of-the-market surgical robotic system that offers minimally-invasive capabilities for spinal surgeries. The Excelsius GPS features a robotic arm and a navigation system that help me be as accurate as I possibly can be during the surgery. Overall, the robot makes surgeries even safer and more efficient, allowing people to leave the hospital sooner and with less pain. Sarah Bush Lincoln is one of the few hospitals in Central Illinois to utilize the Excelsius GPS, and it is the best system of its kind, in my opinion.

What type of procedures can you use the robot for?

It can be used for any procedure that needs only a small incision. This includes surgeries for minor fractures, spinal arthritis, slipped vertebrae and pinched nerves. For more invasive procedures, such as a multi-level spinal fusion for scoliosis, we would not use the Excelsius GPS.

How exactly does the robot assist you during a procedure?

The system merges data from CT scans and other operating room imaging to give the surgeon

all the information needed to map out starting points and other key parts of a procedure. For example, it helps me better triangulate points where a screw or a cage may need to be inserted.

Some people may get nervous when they hear the term "surgical robot." What can you say to assure people that surgical robots are safe?

I understand people's hesitation when they hear that, but I put people at ease by letting them know that I am in control the entire time. I program it to do what we need it to, and I am still putting the screws in myself. The robot has sensors to alert me if, say the person's body moves slightly, so I know to be careful. Even then, I still make sure the robot's arm is aligned correctly.

Q: You also offer endoscopies to the community. What does that procedure entail?

It is a minimally invasive procedure that can help alleviate back and leg pain. When someone does not require a bigger procedure, such as a spinal fusion, we can use an endoscope to remove the nerve that is signaling the pain. I also decompress the spine in that area to get rid of the bone spurs that pinch the nerve.



The joy CJ and McKayla Tippit felt during the birth of their daughter, Iveigh, quickly turned to fear and uncertainty when Iveigh presented with breathing and swallowing issues just days after delivery. More than a year later though, Iveigh is happy, healthy and developing well, thanks to help from Sarah Bush Lincoln Speech-Language Pathology Services.

Iveigh's smile lights up the room, and the high-pitched squeals she lets out when playing are a pleasant contrast to the high-pitched sounds she released when breathing as a newborn. Her parents remember that noise like it was yesterday, even

though more than a year has passed since they have heard it. "She sounded awful when she breathed; there was just a terrible wheezing sound," CJ said.

"We fed her breastmilk the first few weeks, but she was having issues swallowing and breathing," McKayla explained. "She threw up a lot and sometimes choked on her vomit."

Because Iveigh could not consistently keep food down, Iveigh had a feeding placed tube to receive nutrients directly into her stomach. Doctors initially believed Iveigh had a milk allergy and recommended alternatives, but those did not help either.

Iveigh was diagnosed with laryngomalacia, a voice box disorder in newborns in which tissues above the voice box fall over the airway, causing noisy breathing. Just weeks after birth, Iveigh underwent surgery to remove the tissues that were causing the issues.

In July of 2024, McKayla and CJ began taking Iveigh to SBL Speech Therapy, where Speech Language Supervisor Michelle Meyer, M.S., CCC/SLP, worked to strengthen Iveigh's throat muscles and motor skills. She later worked to find the right bottle and introduce food by mouth. By April, Iveigh was fully cleared to eat by mouth, and her feeding tube was removed shortly thereafter.

"Michelle was fantastic throughout the entire process," McKayla said. "She also took time to play with Iveigh and make her feel comfortable."

"All the advice Michelle gave us was terrific, and it helped make us more informed," CJ said.

Iveigh smiles widely every time she sees Michelle, and her parents feel the same way. "This is our first child, and we went through so much those first few weeks that I was very sad and emotional," McKayla said. "We are grateful to everyone at Sarah Bush Lincoln, including the ENT Clinic staff, who have helped Iveigh."

The Domino Effect

Feeding and swallowing issues in infants are not limited to those with a medical diagnosis such as laryngomalacia. In fact, it's not uncommon for an infant to have an underdeveloped oral motor system at birth. When an infant feeds by bottle or breast, they use the tongue and jaw muscles to suck, which is coordinated with swallowing and breathing. The speechlanguage pathologist can identify any weakness or incoordination with the muscles of the mouth or throat. Infant swallowing is like a series of dominoes in that if one aspect doesn't function as it should it can prevent the entire system from working effectively."

Symptoms of Feeding and Swallowing Issues

An infant may benefit from an evaluation with a Speech Language Pathologist if he or she has any of these symptoms.

- Liquids leaking from the mouth
- Pulling away from the nipple
- Tongue clicking
- · Loss of latch or frequent relatching
- Gulpy swallows that persist during the feeding
- High pitched squeal during feedings
- Sounds congested when feeding
- Coughing/choking during the feeding
- Frequent reflux/spitting up after feeding
- Prolonged feeding times
- Poor weight gain



Michelle Meyer SBL Speech Language Pathologist

Welcoming our newest providers to the SBL team.





Charles Kind, DPM Podiatry



SBL Orthopedics, Sports Medicine and Podiatry 217-238-3435

SBL Bonutti Clinic Podiatry 217-342-3400

Having grown up on a farm in rural Wisconsin, Podiatrist Charles Kind, DPM, wanted to stay in the midwest to grow his family and his career. He found the place to do that in Sarah Bush Lincoln Health Center.

Dr. Kind and his wife, Podiatrist Lauren Kind, DPM, recently began providing podiatry care at SBL,

thereby opening a new service line. Dr. Kind treats everything from ingrown toenails and bunions to more serious issues such as ankle fractures, ruptured Achilles tendons and total ankle replacements. He also treats non-orthopedic podiatry issues, such as complications of diabetes, wounds, arterial disease and gangrene.

"My mother is a physical therapist, and my father is a podiatrist. In middle [school] and high school, I would help out at the clinic over the summers," Dr. Kind explained. "I got to see how much treating someone could impact their lives and the community as a whole. You could say I followed in my dad's footsteps."

Dr. Kind's rural upbringing and father's career also influenced Dr. Kind's vision for his own family and career. "My wife and I wanted to settle in a rural area in the midwest, but we also wanted to go to a community that needed podiatry care," Dr. Kind said. "To help people in a community get back on their feet and back to their normal lives is very rewarding."

Dr. Kind graduated from the University of Wisconsin in 2018. He then attended the Rosalind Franklin University of Medicine and Science in North Chicago where he met his wife and later graduated in 2022. Dr. Kind completed a three-year podiatry residency at Franciscan Health in Dyer, Indiana.

He is looking forward to getting involved in the community. "Lauren, our infant son and I have been familiarizing ourselves with the area and are happy to be here," he said.

Drs. Charles and Lauren Kind practice in the SBL Orthopedic, Sports Medicine and Podiatry Clinic located on the second floor of Prairie Pavilion 2 on the Health Center's main campus. They also practice in the SBL Bonutti Clinic located at 1303 West Evergreen Avenue in Effingham.



Mohamed Labedi, MD

Electrophysiology



a procedure used to treat arrhythmias.

The Heart Center

Electrophysiology is a branch of cardiology that focuses on the electrical properties of the heart, specifically heart rhythms and rhythm disorders, including irregular rhythms (arrhythmias). Hospitals in metropolitan areas typically offer electrophysiology services but Electrophysiologist Mohamed Labedi, MD, is happy to change that by offering them at Sarah Bush Lincoln.

Dr. Labedi completed a three-year residency at the University of Buffalo in 2011 after graduating from Benghazi University School of Medicine, Libya, in 2003.

At SBL, Dr. Labedi offers a full spectrum of services, including ablations—

"In my experience, I have seen people from rural communities who have trouble traveling long distances, and when they do, they receive care from people they do not know," he said. "That can build a barrier for someone against seeking care at the right time."

It was during his residency that Dr. Labedi discovered electrophysiology. "A very good electrophysiologist joined the university during that time; I liked what he did and it interested me in that specialty," Dr. Labedi explained. "I had some very good mentors, and I knew I wanted to pursue electrophysiology."

Dr. Labedi is helping establish electrophysiology services at The Heart Center at SBL, and by doing so, Sarah Bush Lincoln will offer a local, trusted option for the community. "In the past, I cared for a lot of people at a late stage who had not received much, if any, electrophysiology care," he said. "The earlier we can treat people, the better their quality of life can be."

Between 2011 and 2017, he completed the following fellowships at the University of Utah School of Medicine: heart failure and heart transplant; advanced cardiac imaging; cardiovascular medicine; and cardiac electrophysiology. Before joining SBL, Dr. Labedi practiced at the Southern Illinois University School of Medicine, Springfield, where he also taught as an assistant professor.

"The community needs this care, and we are here to help with all aspects of it," he said. "We want to grow this service to meet needs and offer the best care possible."



Abraham Kocheril, MD Electrophysiology

SBL Tuscola Clinic 217-238-4960

After seeing patients at Sarah Bush Lincoln once a month for the past three years, Electrophysiologist Abraham Kocheril, MD, is now practicing full-time at SBL.

"I am excited to help grow the new electrophysiology service here at Sarah Bush Lincoln and help provide this line of vital care to the

community," he said. "I have already met and cared for many people in the community, so I am pleased to be available to them more often now."

Dr. Kocheril provides the full spectrum of electrophysiology care, including pacemaker/defibrillator implantations and maintenance, the laser extraction of pacemaker/ defibrillator leads (which can cause complications over time in certain situations), catheter ablation of a variety of arrhythmias, left atrial appendage closure and other services.

When he first pursued medicine, Dr. Kocheril did not expect electrophysiology to be his specialty. "When I started medical school,

I thought about being a general practitioner to care for people of all ages," he said. "I realized that I needed to do something that was hands-on. At Yale, I did an electrophysiology rotation as part of my cardiology fellowship and loved it."

Dr. Kocheril brings a wealth of experience with him to his full-time practice at SBL. He has practiced at Illinois-based health systems in Bloomington-Normal, Urbana-Champaign and Chicago. He has held teaching positions at the Medical College of Georgia, the University of Illinois Urbana-Champaign, University of Illinois at Chicago and Northwestern.

After earning his medical degree from the New York School of Medicine in 1986, Dr. Kocheril was an intern, resident and chief medical resident at Brown University in Providence, Rl. Thereafter, he completed cardiology and electrophysiology fellowships at Yale University.

Dr. Kocheril is using his 32 years of experience to be a local option for community members who need electrophysiology care.

"It's incredibly important that Sarah Bush Lincoln is offering this service because, in the past, people in the area had to travel hours for care," he said. "Instead of telling people they will have to go elsewhere, we can tell them that we can do a procedure right here."



Saturday, November 8

SBL Bonutti Clinic - Diagnostic Imaging 1303 West Evergreen Ave., Entrance B • Effingham

Please call for an appointment.

217-238-4490

WHO SHOULD BE SCREENED

People age 50 to 80 who:

- are current smokers or former smokers who have quit within the past 15 years or
- have a "20 pack" history (smoking one pack per day for 20 years or two packs per day for 10 years).

HOW IS THE SCREEN DONE

The screen is a quick and painless CT scan that uses a low dose of radiation to make detailed images of the lungs.

WHY GET A LUNG SCREEN

Lung cancer is the leading cause of cancer death. Lung cancer often has no symptoms in the early stages, and early detection significantly improves the chances of successful treatment and cure.

The scan might also show other conditions or diseases, such as early-stage heart disease or chronic obstructive pulmonary disease that need to be treated.

You can also ask your primary care provider for a lung cancer screening anytime.





Inside a giant set of lungs, SBL Pulmonologists Maamoun Zane, MD, Preeti Patel, MD, and Ali Warda, MD.



Walk-In Clinics

- Urgent healthcare near you
- Convenient, appointment-free
- ► Fast treatment for minor illnesses and injuries
- Accepting most insurance plans

7 am — 7 pm Monday to Friday

8 am — 3 pm Saturday and Sunday

www.sarahbush.org



EFFINGHAM

SBL Bonutti Clinic 1303 West Evergreen Ave., Entrance B 217-540-6123



CHARLESTON

SBL Charleston Clinic East 2040 Lincoln Ave. 217-345-2030



MATTOON

SBL Mattoon Walk-In Clinic Emerald Acres Sports Connection 1201 Wooddell Ln., Suite B 217-238-3000



TUSCOLA

SBL Tuscola Clinic 1100 Tuscola Blvd. 217-253-4764



VANDALIA

SBL Fayette County Hospital Medical Center 660 West Taylor St., Suite 101 618-283-0266 Open 9 am to 4 pm Saturday & Sunday



Courses, Classes, Support Groups

WELLNESS

Center for Healthy Living

Participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.

217-238-3488

First Aid for Emergencies; Adult and Pediatric CPR

Scheduled periodically, \$50 fee for each class.

217-258-2403

Hearing Aid Services

Offered at SBL Health Center in Mattoon, SBL Effingham Clinic and SBL Fayette County Hospital.

• 217-258-2568

Living with Diabetes

This program is for people with diabetes and who manage it through nutrition and exercise.

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.
The SBL Heart Center, METS program

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

SBL offers financial assistance to help uninsured and t patients with bills for medically necessary services. Call for more information. Applications may be downloaded

at www.sarahbush.org.

800-381-0040

PREPARED CHILDBIRTH

Oh, Baby! Prenatal Education

A variety of comprehensive prenatal and infant care educational classes help new parents and their babies get off to a great start. Preregistration is required. Check our website for the most current class schedule. Some classes have a fee. Financial assistance is available.

• 217-258-2229 | www.sarahbush.org/ohbaby

SUPPORT GROUPS

Diabetic Support Group

7 pm | Second Tues. of the month in March, June, Sept., Dec. | SBL Health Center

• 217-258-2135

Ostomy Support Group

Evening meetings occur four times a year in Mattoon and Effingham. Call for dates, times and locations.

• 217-238-4804

Grief Support Groups

Open to anyone who has lost a loved one.

- 6:30 to 8 pm | First Wed. of each month Lumpkin Education Center, Harvey Room

AND

- 1 to 2:30 pm | Third Wed. of each month SBL Lincoln Avenue Building 700 W. Lincoln Ave., Charleston
- **800-454-4055** SBL Hospice

217-258-7402



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

www.sarahbush.org

