

Health Styles



Sarah Bush Lincoln



From Pain to Pickleball

Harrisburg woman reclaims her mobility and gets back to the active life she loves with a double knee replacement.

MAGNET



August 2025
Southern Edition



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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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Come for the fun, play for the cause.

Tuesday, September 9, 2025

\$10 Admission (*Seating is limited*)

4:30 pm ~ Doors open

5:30 pm ~ Early-bird BINGA

6 pm ~ BINGA

Mattoon Eagles Club

1917 Oak Ave.

2025 Partner Blake's Shining Star,
The Durdel Family

Sarah Bush Lincoln Hospice

Net proceeds support the SBL Willow Breeze Hospice House Endowment.



TICKETS can be purchased online at www.sarahbush.org/binga or by calling the
SBL Health Foundation at 217-258-2511.



Sarah Bush Lincoln Earns National Awards

Excellence in Rural Stroke Care

Sarah Bush Lincoln Health Center has been honored with the American Heart Association's Get With The Guidelines® Stroke Rural Recognition Silver Award for its commitment to providing lifesaving stroke care in a rural setting.

This national recognition reflects Sarah Bush Lincoln's dedication to following the most up-to-date, evidence-based treatment guidelines to improve outcomes for stroke patients living in rural communities. Stroke remains a leading cause of death and disability in the U.S., and the risk is even greater in rural areas, where people are more likely to face barriers to timely and specialized care.

"Our team works diligently to ensure stroke patients receive expert, timely care from the moment they arrive—regardless of where they live," said Fatima Alao, MD, neurologist at Sarah Bush Lincoln. "This award underscores our commitment to improving stroke outcomes in the communities we serve."

The American Heart Association's Get With The Guidelines® initiative recognizes hospitals that demonstrate acute stroke care excellence through performance metrics such as the timely use of clot-busting medication, transfer processes and stroke-specific assessments.

"This award is a reflection of our team's expertise, dedication and relentless focus on quality care," said SBL President and CEO Kim Uphoff. "We're honored to be recognized nationally for the work we do every day to give our patients the best chance at recovery."

High Performing Award for Knee Replacement

Sarah Bush Lincoln has been recognized as High Performing for Knee Replacement in U.S. News & World Report's 2025-2026 Best Hospitals rankings. This is the highest distinction a hospital can earn for knee replacement surgery and reflects exceptional care and outcomes for patients undergoing this procedure.

U.S. News evaluates hospitals using a rigorous methodology that considers patient outcomes, complication rates, patient satisfaction and quality of nursing care. A High Performing rating indicates that Sarah Bush Lincoln's performance in knee replacement surgery is significantly above the national average.

"This recognition is a direct reflection of our exceptional orthopedic team and the high-quality, patient-centered care we strive to provide every day," SBL President & CEO Kim Uphoff said. "It's incredibly rewarding to know our patients can stay close to home for care that meets—and even exceeds—national benchmarks."





Restoring More Than Tractors

After a silent heart attack and life-saving care, Joe Gillins is back to fixing what he loves.

Following a trip to the SBL Emergency Department, Joe (Chuck) Gillins credits the cardiology staff for helping him recover from a heart attack and get back to doing what he loves.

Joe is not a “sitter.” Instead, he enjoys being active, especially with his hobby: restoring old tractors. “I have always been fascinated with tractors,” the 74-year-old Villa Grove native said. “I never was a farmer. I just love the way tractors look and sound. Restoring old tractors is a longtime hobby for me.”

He had to take a step back in November, though, to focus on his cardiac health.

He recalled working in his yard and needing to take a break because he started to feel strange. “I did not tell my wife, but the feeling went away,” he explained.

“I woke up the next day and felt weird again. I didn’t experience pain anywhere, but my molar teeth ached.”

As the strangeness worsened, his wife, Judy, told him to call his primary doctor, who immediately told him to go to an emergency room. Judy drove him to Sarah Bush Lincoln and, after examination, Cardiologist Michael LaMonto, DO, told Joe he was having a heart attack. "The heart can be a bad communicator. I did not experience any of the typical symptoms of a heart attack, so I was shocked," he said.

SBL Interventional Cardiologist Dean Katsamakidis, DO, put a stent in Joe's "widow maker" artery. A blockage in the left anterior descending artery cuts off blood supply to a large area of the heart, making it a particularly dangerous—and often fatal—type of heart attack. Joe stayed in the SBL Intensive Care Unit overnight, and after recovering at home, he enrolled in the SBL Monitored Exercise Testing Services (METS) cardiac rehabilitation program.

Before he started the program, though, he had to endure 30 days of rest. "It was awful," Joe said. "I don't like sitting and doing nothing, but I had to, so I could recover. I was happy to start the program and get back on my feet."

Between January and February, Joe participated in the METS program and received advice on how to keep his heart healthy. "They helped me understand what type of exercise I needed to do regularly and what sort of diet I needed," Joe said.



Michael LaMonto, DO

SBL Cardiologist



Heart Attack Symptoms

“Typical heart attack symptoms are chest pressure or pain, usually worsening with exertion. Also, shortness of breath, sweatiness and nausea accompanying the symptoms are common.

However, people need to pay attention to their bodies. Everybody's symptoms are different. Unusual symptoms or concerns should not be ignored. People should always seek medical attention.”

"I learned more in those classes than I ever had in my life. I'm eating healthier foods and exercising most days." Joe has lost 50 pounds since starting METS.

Thinking back on the experience reminds Joe of the surprise of it all. "I never felt the typical pain in my arm or chest," Joe said. "I never felt like I was dying, but I am blessed to still be here."

Joe owns two full-size tractors and five gardening tractors, all of which he restored himself. His prized 1955 John Deere serves as his motivation to stay healthy and continue the hobby he loves.





From Pain to Pickleball

Tonya Collins reclaimed her mobility and gets back to the active life she loves with a double knee replacement.

Walking into church had never meant more to Harrisburg resident Tonya Collins than it did a year ago.

She had a new lease on life that week. Though Tonya had to use a walker, she was able to walk into a Sunday service pain-free for the first time in years. Just four days earlier, she had both knees replaced.

"It was such an uplifting feeling," Tonya said. "My goal was to be able to walk into church that day, and I did just that." At 49 years old, Tonya was perplexed by the idea of getting both knees replaced. While she needed relief from six years of constant pain, a double knee replacement at her age seemed unusual. "One doctor I consulted



wanted me to wait until I was 60,” Tonya said. “That was 11 years away, and I needed a solution now. The pain relievers I had tried only provided temporary relief.”

While working full-time as a court reporter in the Second Judicial Circuit, Tonya also owned and operated a cupcake bakery from 2013 to 2019, but she was forced to close the bakery because her knee pain was too great to continue.

Tonya used CrossFit training to keep a 67-pound weight loss at bay, but when working out also became too painful to endure, she decided surgery was necessary.

“All the staff I encountered at Sarah Bush Lincoln were wonderful,” Tonya said. “Being three hours from home was a bit nerve-racking, but they all gave me confidence that the procedure would go well. I completely trusted them.”

Members of her church told her about Sarah Bush Lincoln Orthopedic Surgeon Peter Bonutti, MD. After her initial appointment, she knew she had made the right decision.

Tonya went into surgery relaxed and confident in Dr. Bonutti, and everything went as planned. Tonya used a walker for a week-and-a-half, and by day 11 she didn’t need any support. By Tonya’s two-week follow-up appointment with Nick Williams, PA-C, she was doing better than expected. “Nick said it’s difficult for people to



recover from a double-knee replacement that quickly, but I proved him wrong,” she said. “He told me I didn’t need any restrictions because I was doing so well.”

Just weeks after the surgery, Tonya could easily handle a four-mile walk, and she now plays pickleball two or three times a week. “I’m so grateful to Dr. Bonutti and the Sarah Bush Lincoln staff for helping me,” Tonya said. “They cared so much to make sure that I was better, and I feel better than ever.”

Knee Replacement What To Expect

“After knee replacement surgery, most people are up and walking—with a walker or crutches—the day after surgery. Some go home the same day; others stay in the hospital a night or two.

You can usually handle basic daily activities within a few weeks, return to driving in four to six weeks, and go back to desk work around ten to 12 weeks. More physically demanding jobs may take longer.

Full recovery—including building strength and endurance—can take six to 12 months, but most people enjoy better mobility, less pain and a better quality of life long before that.

I tell my patients it will be tough, but I ask them to prove me wrong. With hard work and persistence, they often do.”



Nick Williams, PA-C

SBL Orthopedics and Sports Medicine





Is that lasting cough just a cold, or something worse? If a provider is dismissing your feelings, how can you stand up for yourself?

Many people may face these and other dilemmas on a daily basis, and SBL Family Practice Physician Katie Klosterman, MD, wants you to know that there are solutions.

For any of these healthcare uncertainties you may face, read the advice Dr. Klosterman has to offer to help you take control over your health.



A conversation with **Dr. Katie Klosterman**

Your body's red flags—what not to ignore.

Q *What are a few symptoms people should never ignore, no matter how minor they seem?*

A There is no "one thing." I tell people to trust your gut. If it feels wrong, get it checked out. If you think something will go away on its own and it does not in a few weeks, then it is time to see your provider.

Q *Give us three situations where you would say, 'Skip the phone call and go straight to the Emergency Department.'*

A If you experience crushing chest pain, stroke symptoms or significant shortness of breath, do not hesitate to seek immediate medical attention.

Q *What is an issue that you see continually see more of and want to help people address?*

A Screen time. We are attached to technology. Children and adults alike spend so many hours on their phones, tablets and other devices. It affects us both mentally and physically. We are seeing kids scroll more and play less, and that can have long-term effects.

Q *What is one myth or misconception about healthcare that you would love to bust?*

A One that I hear is that providers want to give you a medicine as a "quick fix." If someone is motivated to change their habits or lifestyle to avoid long term

medication use I will wholeheartedly support that. So often today, people do not see the changes happen. It is a great day when someone can come back and say they lost weight and changed their diet and ask if we can adjust their medication usage.

Q *How can people advocate for themselves in the exam room if they feel dismissed or confused?*

A They should always feel comfortable asking for clarification. I avoid medical jargon to help patients understand something and make what I am saying as clear as possible. People should never feel bad asking for an explanation. If you do not feel that a provider understands how important an issue is for you, stand up for yourself. "This is important to me. This is affecting my life significantly." Make sure your concerns are heard.



To schedule an appointment with Katie Klosterman, MD
SBL Bonutti Clinic | 217-238-4634



A Life with Fewer Interruptions

A new minimally-invasive procedure at SBL Urology helped Robert Austin sleep through the night.

After years of battling an enlarged prostate, Robert Austin found the help he needed at the Sarah Bush Lincoln Urology Clinic.

Robert is the first person at Sarah Bush Lincoln to benefit from a new procedure performed by SBL Urologist Julia Fiuk, MD, which helped relieve him of his enlarged prostate and urinary problems.

Urination troubles are no stranger to Robert. Not only had he struggled with them for a few years, but his father also had an enlarged prostate.

It was common for Robert to wake up multiple times during the night to use the restroom. He also didn't have a strong stream when he urinated.

He was already diagnosed with an enlarged prostate, but he couldn't find the right help. "I underwent two biopsies and other tests, and they diagnosed my prostate as the issue," Robert said. "The provider I visited never presented me with a concrete solution for it though."

For someone who harvests crops and raises cattle, frequent urination can be an aggravating interruption in the work day too. Robert wanted to find a solution that would keep him working efficiently and sleeping longer, and Dr. Fiuk's arrival at Sarah Bush Lincoln was just what he needed.

In November, he visited the SBL Urology Clinic, and after some tests, Dr. Fiuk told him he was a candidate for the HoLEP procedure she performs.

Holmium Laser Enucleation of the Prostate (HoLEP) is a minimally invasive procedure that uses a laser to remove excess prostate tissue, creating a larger channel for urine flow.

From November to March, Robert had a catheter in preparation for the procedure, and in March, his relief finally came. "I was sedated for the procedure, so it wasn't bad at all," he said.

"The staff made my experience even better. The nurses kept checking on me, and Dr. Fiuk was fabulous."

Post-procedure, Robert had a three-week recovery period where he rested throughout the days. After that, he still had to work in lighter loads, but he's now back to full strength. "I'm able to work without as many interruptions, and I get to sleep through the night," he said.

Robert is grateful to Dr. Fiuk for her care and offering a solution for his years-long problem. "Dr. Fiuk is a terrific provider, and she was always so upbeat and happy to see me," he said.

Symptoms Enlarged Prostate

- **Increased Frequency**

Needing to urinate more often than usual, both during the day and at night.

- **Urgency**

A sudden, strong urge to urinate, sometimes so intense that it's difficult to hold it.

- **Hesitancy**

Difficulty initiating the urinary stream.

- **Weak or Interrupted Stream**

The urine stream may be weak, slow, or may stop and start.

- **Incomplete Emptying**

Feeling like the bladder is not fully emptied after urination.

- **Dribbling**

Leakage or dribbling of urine after urination.

Dr. Fiuk on HoLEP

“There are several surgical options for treating an enlarged prostate, but what sets HoLEP apart is that it can treat any size prostate and it lasts. Less than one percent of men need another procedure within 10 years, so for most men, this is most likely the last prostate surgery they'll ever need.

Since bringing the HoLEP procedure to Sarah Bush Lincoln, I've performed nine of these procedures, and I'm excited to be able to offer this option to our patients. We're also working toward offering HoLEP on an outpatient basis in the future, which would mean no overnight stay and an even quicker return to normal life.

If you're experiencing urinary problems, I encourage you to reach out. I'm happy to walk through all the surgical and non-surgical options and help decide what's right for you.”



**Julia
Fiuk, MD**

SBL Urologist

Welcoming our newest providers to the SBL team.



New Faces

Same Compassionate Care



Taylor Cook, APRN
Family Medicine



SBL Sullivan Clinic
217-728-8441

As the only healthcare worker in her family, Taylor Cook, APRN, is used to fielding questions from her immediate and extended relatives.

"I get calls and texts all the time from family members looking for advice," the Findlay native said. "Sometimes my husband even asks me what I would do at the clinic."

After attaining her master's degree and practicing for three-and-a-half years in

Moweaqua, Cook is honored to care for families in the same town her family calls home: Sullivan.

As the Family Practice Provider at the SBL Sullivan Clinic, Cook is a point-of-contact for families in Moultrie County seeking quality care. "Family medicine allows me to care for people of all different ages, including people in the same family at times," she said. "It's humbling to help family members achieve their health goals over time."

Cook earned her nursing degree from Southern Illinois University Edwardsville in 2016 and worked

as a nurse for five years in Urbana, which included time on a cardiovascular intensive care unit.

While working as a nurse, she enrolled at Illinois State University for her master's degree in nursing, which she earned in 2021. During that time, she shadowed at the SBL Sullivan Clinic.

After practicing in Moweaqua for the last few years, Cook was excited at the idea of joining SBL. "As my children grow, we want to be involved in the community, and I thought it would be great to work in the town where we live," she explained. "When I shadowed at the clinic as a student, I saw people I knew in the community. Even now, some staff at the clinic worked there when I was a student, and they are very welcoming."

Cook offers her expertise to community members who are experiencing a range of medical problems, including minor care like performing physicals to helping people manage diabetes or hypertension, among other things.

As someone who grew up in a small town, she is proud to be a guiding hand for community members seeking medical care. "Rural healthcare is really important, so I am happy to be a resource for people in the area," she said. "To offer a close-to-home option and save people from longer trips for care is fulfilling."

Cook lives in Sullivan with her husband, their three-year-old daughter and one-and-a-half-year-old son.



Jessica Lee, APRN

Family Medicine



SBL Martinsville Clinic
217-382-4191

Casey native Jessica Lee, APRN, is the newest family practice provider at the SBL Martinsville Clinic. She offers trusted, compassionate care for families in the tight-knit community, some of whom she has known for years.

"Family medicine is special to me because the family dynamic is so important to people in the community, and I want to be able to help every member of a family meet their health goals," Lee said.

Beginning in 2019, Lee worked as a perioperative (surgical) nurse at SBL, coordinating care for people who underwent operations. During that time, she realized she wanted to be more involved in people's long-term health journeys. "In the Surgery Center, I only saw people for a short amount of time, and I wanted to be able to help people and impact their quality of life over longer periods of time," she said.

To achieve her goal, Lee earned a Master of Science in Nursing, Family Nurse Practitioner degree from Indiana Wesleyan University in 2024. She can provide primary care to entire families—from newborns to grandparents—including

helping patients manage chronic conditions like diabetes and heart disease.

"We all kind of know each other in rural communities. Sometimes appointments can turn into conversations, and getting to know people helps me care for them even more," Lee said. "I want them to know that I'm there for them and that I'm going to provide them with quality care."

The Casey native's journey to the SBL Martinsville Clinic began when she was 10 years old. "My dad was involved in a very serious accident in 2001," Lee explained. "He was essentially paralyzed from the waist down, and for years he was in and out of the hospital for infections and other problems related to the accident."

"I saw the nurses caring for him—bringing him back to better health—and I had the utmost respect for his nurses and caretakers. It made me think that I wanted to do that when I was older."

When Lee was old enough to work, she began serving as a certified nurse assistant at an assisted living facility. She then earned her nursing degree from Lakeview College of Nursing and began working at SBL as a medical-surgical nurse. Her commitment to area patients has been steadfast and her ascension seamless.

Welcoming our newest providers to the SBL team.



Anthony Guarino, MD Interventional Pain



SBL Interventional Pain Management, Bonutti Clinic
217-347-2332

Having joined Sarah Bush Lincoln in the spring, Anesthesiologist and Pain Management Specialist Anthony Guarino, MD, is helping community members who experience acute or long-lasting pain.

Dr. Guarino treats pain throughout the body, offering steroid and epidural steroid injections, minimally invasive lumbar decompression (MILD) and other procedures.

He is honored to provide care to the community. "It has been great working with the staff at Sarah Bush Lincoln, and I want to meet more community members and provide them with relief from pain," he said.

"At some point, everyone experiences pain, but some people have chronic pain that can't be solved with simple solutions," Dr. Guarino said. "I want to help people manage that pain to improve their quality of life."

"I measure pain by how significant it is to someone, and if it's disrupting their life. If that's the case, they should consider visiting SBL Interventional Pain Management, so we can help them get back to normal," he explained.

"A person may experience neck pain, pain that goes down their arm, pain just in their arm or pain in their back," he said. "If it's a pain that hasn't gone away or, especially, has gotten worse over time, I want to take care of the problem."

Before graduating from the University of Maryland School of Medicine, Dr. Guarino earned his bachelor's degree from Yale University and his master's degree from Yale Divinity School. He completed a pain management fellowship at Johns Hopkins Hospital following a three-year anesthesiology residency there. Dr. Guarino has practiced at healthcare organizations in Maryland, Virginia, Florida, Missouri and Illinois.

SBL Interventional Pain Management will move later this fall to SBL Medical Park Plaza, located at 901 Medical Park Dr. in Effingham.



Bryce Yantis, APRN Cardiology



SBL Heart Center
217-238-4960

New to the SBL cardiovascular services team, Bryce Yantis, APRN, is providing electrophysiology, a sub-specialty of cardiology that diagnoses and treats problems related to electrical properties in the heart. Yantis will work closely with incoming Electrophysiologists Mohamed Labedi, MD, and Abraham Kocheril, MD, to provide this service on a full-time basis at SBL.

many people specifically require electrophysiology care," he said. "In this [geographic] area, there is a need for this care, and I felt like I could make the biggest impact for my community in this field" by joining the SBL staff.

Yantis can help people who have atrial fibrillation, other types of abnormal heart rhythms and illnesses, and he can monitor pacemakers.

Yantis received his nursing degree from Southern Illinois Edwardsville in 2014. While working as a cardiac medical/surgical nurse, he earned his master's degree in nursing from Olivet-Nazarene University (located in the Chicago suburb of Bourbonnais). Since 2018, he has practiced as an electrophysiology nurse practitioner.

While working as a nurse, Yantis's peers encouraged him to continue his education. "I became invested in the education part of healthcare, and as a nurse practitioner I'd have the chance to educate people more one-on-one," he said. "I also wanted to help the people in my community."

"I'm honored to provide a needed service in a specialty like electrophysiology," the Arthur native said. "In the past, people who needed this type of care may have had to drive a few hours for it, but we can offer it right here at Sarah Bush."

Yantis chose the electrophysiology specialty due to the number of people who require it. "Cardiac disease affects a lot of people, and



Pieces of the Pulse

Heart Health Blog | www.sarahbush.org

Designed to support your heart wellness journey, this blog features expert insights from our cardiologists plus heart-healthy recipes, fitness tips and patient stories.

New blog posts are added once a week on our website, offering reliable, practical information to help you manage your heart health and live a healthier lifestyle. Stay connected and never miss an update by following us on social media for the latest blog posts and wellness tips.

Heart Healthy Blueberry Power Smoothie

- 2 tablespoons creamy peanut butter
- 1 tablespoon chia, flax, and hulled hemp seed mix
- 1 scoop vanilla protein powder
- 1 cup fresh blueberries
- 1 serving vanilla Greek yogurt
- 1 heaping handful of fresh spinach
- 1 cup ice
- Splash of water as needed for blending

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy!



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

● 217-258-7402

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 underinsured 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
Prairie Pavilion 2 on SBL main campus

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



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

www.sarahbush.org

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EFFINGHAM

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SBL Bonutti Clinic
1303 West Evergreen Ave., Suite 102 • Entrance B



MATTOON

SBL Women's Imaging Center
1000 Health Center Dr.



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(call for locations)

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