



ROBOTIC SURGERY: MINIMIZING RISK, MAXIMIZING OUTCOME

Robotic-assisted surgery has many advantages for people undergoing an operation, including smaller incisions, reduced recovery time, minimal scarring, and reduced pain and discomfort. Robots do not replace the surgeon, rather they serve as another tool to provide better outcomes. Sarah Bush Lincoln is committed to providing our community with the newest robotic technologies for general surgery, joint replacement, and bronchoscopy.

In 2019, Sarah Bush Lincoln kicked off its robotics program with the **Mako** robotic-arm system for partial knee replacements and total knee and hip replacements. Using a virtual 3D model, **Mako** allows surgeons to create each patient's surgical plan before entering the operating room. Joint replacement surgery requires the cutting away of bone to make way for the new joint. The robotic technology allows the surgeon to remove a precise amount of bone, while protecting the remaining healthy bone.

Getting a precise fit for a new hip or knee implant is key to comfort and overall experience following joint replacement surgery. The **ROSA** system uses data collected before and during surgery to inform the surgeon of the many details related to the person's unique anatomy, which may affect the implant fit.

The **da Vinci** surgical system is used for a range of surgeries such as gynecologic, bariatric, and digestive system. The system translates the surgeon's hand movements into smaller, more precise movements using tiny instruments inside the patient's body. The surgeon has a highly magnified view (up to 10X), that virtually extends their eyes and hands. The **da Vinci** has proven to be so effective that Sarah Bush Lincoln will soon have two systems.

The newest robotic system at Sarah Bush Lincoln is called **ION**. This advanced technology is used during robotic-assisted bronchoscopies. This allows for precise navigation within the lungs to obtain biopsies of suspicious nodules, which may be cancerous. Previously, a needle biopsy would be performed, but only on some nodules, depending on the location. For others, follow-up scans to check for change or growth and a "wait and see approach" was the best option. During the procedure, the nodules are tested and if found to be cancerous, are removed.

Using robotic-assisted technology depends on each person's medical history, the surgeon, and the type of surgery being performed. Not all surgeries need or require robotics. Be sure to talk to your physician about robotic options at Sarah Bush Lincoln.

Food-Medicine Interactions



A food-medicine interaction is when a food or drink changes how a medicine works. This can happen with both prescription and over-the-counter medicines. Some food

and drinks can affect the way you absorb certain medicines by binding with the medicine's ingredients.

- *The acidity of fruit juice may lessen how well antibiotics, such as penicillin, work.*
- *Dairy foods and drinks may lower how well tetracycline fights infection.*
- *Some green leafy vegetables can stop the effects of blood thinners like warfarin.*
- *MAO inhibitors are not safe when mixed with foods or drinks that have tyramine. These include beer, red wine, chocolate, processed meat, avocados, and some cheeses.*
- *Grapefruit juice can interfere with some blood pressure medicines, organ transplant medicines, and some cholesterol-lowering medicines.*
- *Some medicines are only absorbed if they are taken with a full meal, a meal high in fat, or on an empty stomach.*

Not all medicines are affected by food, but many can be affected by what you eat and when you eat it. In some cases, taking medicines at the same time you eat may change the way your stomach and intestines absorb medicine. Other medicines should be taken with food. Talk with your healthcare provider or pharmacist. Ask for advice about how to take your medicine.

WELCOME New Providers

Neurologist **Manas Upadhyaya, MD**, joins the SBL Neurology Clinic, seeing hospitalized patients requiring neurological care. The staff includes, Fatima Alao, MD, Anthony Collins, MD, Jill Thompson, APRN, Taylee Eldridge, APRN, Leah Teichmiller, PA-C, and Megan Murphy-Gass, PA-C.

1000 Health Center Dr. Suite 107, Mattoon
217-258-4096

Jeffrey Powell, DO, joins SBL Family Medical Center. Dr. Powell specializes in Internal Medicine and cares for adults ages 16 and older. He is welcoming new patients and works in Suite 1 with Marisa Friscia, MD, and Lori Nottmeyer, APRN.

200 Richmond Avenue East, Mattoon
217-234-7000

Our surgical team is growing with the addition of surgeons **Nicole Hammond, MD**, and **Julie Kim, DO**, who will join SBL this summer and fall.

Your Medicare Annual Wellness Visit



Getting preventive care saves you the time, money, and the worry that comes with medical problems. Medicare pays for the entire cost of this visit if:

- **You have had Medicare Part B coverage for more than 12 months, AND**
- **You have not had a Medicare initial preventive physical examination or an annual wellness visit in the last 12 months.**

UNDERSTANDING RESPITE CARE

Caregiving is both rewarding and demanding. Providing constant care for a loved one can challenge even the most resilient person. That's why it's critical for caregivers to ask for help and take a break when they need it. Respite care provides short-term relief for caregivers, giving them time to rest, travel, or engage in any other individual needs they might have. The care may last anywhere from a few hours to several weeks at a time.



Meagan Schaefer is a licensed social worker with Sarah Bush Lincoln Hospice. In her experience working with caregivers, she finds that many do not realize they need respite care until there is an emergent situation or they feel they can no longer provide care. Some signs a caregiver may need to access respite care include:

- Not sleeping
- Not eating
- Very agitated
- Easily frustrated
- Withdrawing from other people
- Crying more than usual
- Not engaging in self-care activities
- Finding it hard to do things for themselves



Meagan Schaefer, LCSW

Schaefer noted, "Some caregivers feel guilty, mainly because they have bestowed the caregiver role upon themselves and feel it's their responsibility to take care their loved one with no breaks in care. I remind caregivers they are still human, and they have to take care of themselves. The caregiver's physical and emotional health matters too. If you neglect your own needs, how are you going to take care of someone else?"

Sources of respite care can include family and friends for shorter periods of time or through some private pay agencies. For longer stays, long-term care facilities are an option. Respite care for people in hospice is a covered benefit by Medicare/Medicaid and some private insurances. Respite care in a long-term care facility for people not in hospice care, is paid out-of-pocket and coordinated directly with the facility.

Sarah Bush Lincoln Hospice offers respite care for people who have Medicare or Medicaid. Care is provided at the Willow Breeze Hospice House for up to five days with insurance paying 100 percent of the stay. Social workers with SBL Hospice coordinate the patient's stay and family and friends are welcome to visit at any time during those five days. Call SBL Hospice for more information at **1-800-454-4055**. Listen to a free podcast with Meagan Schaefer about hospice care at **www.sarabush.org/podcasts**.

The Coles County Council on Aging provides information, assistance, and referrals for all types of respite care. Call **217 639-5150** for more information. Additional resources include:

- **The Illinois Respite Coalition, 1-866-455-7377**
- **Visiting Angels, 217 690-4564**
- **Care Horizon, 217 348-3011**



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WALK-IN CLINICS

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217-345-2030

Effingham

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

Mattoon

200 Dettro Drive
217-238-3000

Tuscola

1100 Tuscola Blvd.
217-253-4764

7 am - 7 pm

Monday through Friday

8 am - 3 pm

Saturday and Sunday



INFORMATIVE VIDEOS



ENT Physician/Surgeon Sandra Ettema, MD, has created three videos to help you better understand acid reflux and medications, the benefits of nasal sinus irrigation and smoking cessation tips.

www.sarahbush.org/ENT-videos

SBL ENT Clinic | 217-258-2409

Sarah Bush Lincoln Hospice



Save the date!

September 3 - Mattoon Eagles Club

www.sarahbush.org/binga