



## PROVIDING LIFE-ALTERING SERVICES

Pulmonologist Preeti Patel, MD, wants to bury the myths that there aren't quality solutions for lung cancer and other chronic lung conditions. Many people who do smoke, or who were smokers, accept the fact that they may have lung cancer or other chronic conditions, such as COPD, but don't want to find out for sure. Dr. Patel is passionate about helping people understand that there are new and better ways to treat these issues.

"A lot of my patients have said, 'I used to smoke, and this is just how life is,' but it doesn't have to be that way," she said.

As the newest pulmonologist at Sarah Bush Lincoln, Dr. Patel provides life-altering services previously not offered in the area.

In Illinois, lung cancer is the leading cause of cancer death, and nationally, Illinois is in the top half of states for prevalence of COPD. Because lung issues are prevalent across the state, Dr. Patel wants to address them in areas that didn't have local options.

To battle lung cancer, Dr. Patel advises people who currently smoke, or who have quit in the last 15 years, to get a lung screen. Lung cancer is not only treatable, but very beatable. "If lung cancer is caught early enough, there's almost a 100 percent success rate of getting rid of it or removing it entirely," Dr. Patel explained.

Dr. Patel also treats other chronic breathing and lung conditions, such as COPD, asthma or shortness of breath. Another previously not offered service that Dr. Patel provides is implanting endobronchial valves, which is a better alternative to traditional treatments, to help people manage COPD.

Dr. Patel practices in the Heart Center at SBL. For more information on the services she provides, **call 217 238-4960.**



Preeti Patel, MD, SBL Pulmonologist

# HALO ABLATION

Stopping esophageal cancer before it starts.



SBL Gastroenterologist, Jaymon Patel, MD, primarily treats people who are hospitalized for severe gastrointestinal ailments, such as intestinal bleeding, liver failure or ulcerative colitis. He's excited to

provide a service not previously offered at SBL: Halo ablation, which treats Barrett's esophagus (BE). Barrett's esophagus is caused by chronic acid reflux, and while it starts as a benign condition, it can lead to esophageal cancer. This change in tissue is caused by chronic gastroesophageal reflux disease (GERD).

The procedure uses heat energy to remove the pre-cancerous tissue and allows the esophagus tissue to return to normal. This minimally invasive, outpatient procedure takes about 30 minutes and is preformed in Special Procedures at Sarah Bush Lincoln.

Those meeting three or more of the following criteria would be considered a candidate for screening for Barrett's esophagus:

- Age 50 and above
- History of reflux for five years or more
- History of obesity
- Smoker

Talk to your primary care provider about screening for Barrett's esophagus and if you are a potential candidate for the procedure.

For more information on the services provided by Dr. Patel, call the SBL Gastroenterology Clinic at **217 258-4155**.

# WELCOME KIM PRUEMER, FNP



Advanced Practice Provider Kim Pruemer, FNP, joined Sarah Bush Lincoln. Kim cares for people ages 16 and older and is welcoming new patients at the SBL Medical Clinic at the Center for Healthy Living, 1004 Health Center Dr., Suite 210. Call **217 238-4961** to make an appointment.

*"It's rewarding to work on a plan of care with my patients, see them get better and to know I made a difference in their lives." Kim Pruemer, FNP*

## NON-SURGICAL ORTHOPEDIC CARE

A person does not need to be a high-level athlete to benefit from the expertise and services of a sports medicine specialist. Sports Medicine Physician C. Andrew Bays II, MD, cares for people of all ages and fitness levels looking to relieve joint pain without surgery or for those not ready for joint replacement surgery.

Dr. Bays provides non-operative orthopedic care. This includes giving injections under guided ultrasound for carpal tunnel syndrome, nerve and joint issues including arthritis. The ultrasound allows for greater precision of the injection in the affected area without the use of radiation. He also treats broken bones and concussions.

Dr. Bays sees people at SBL Orthopedics and Sports Medicine in Mattoon and at the SBL Bonutti Clinic in Effingham. To schedule an appointment with Dr. Bays at either location, call **217 238-3435**.



*"My goal is to built a rapport and develop a relationship where patients know that they can trust me and I have their best interest at heart." C. Andrew Bays II, MD*

# LUNG CANCER SCREENING



Sadly, more people die from lung cancer than colon, breast and prostate cancer combined, because lung cancer is often found after it has spread. Cancer screening can help find lung cancer at an early stage when it can be cured. The lung screen is a low dose CT (LDCT) scan that only takes a few minutes and is not painful. During the

scan, you lie on a table and an CT machine uses a low dose of radiation to make detailed images of your lungs.

Performing the scan before symptoms are present can find lung cancer early when it is easier to treat and more likely to be cured. Lung cancer screening might also show if you have other conditions or diseases (such as early stage heart disease or COPD) that need to be treated.

You may be asked to stop eating or drinking a few hours prior to the test and remove any metal items on your body. The computer combines all the images into one detailed picture and a radiologist will interpret your results. Your test results will be forwarded to your primary care provider.

For most individuals who meet the high-risk criteria, low dose CT screening for lung cancer is covered every year by Medicare and most private insurance plans at 100 percent with no out-of-pocket cost, just like other important screening tests.

Please ask your provider for a referral for a lung cancer screening.

## GET A LUNG CANCER SCREENING if you are:

**50-80**  
years old



**CURRENTLY**  
Smoke

OR

**QUIT**  
in the last  
**15 YEARS**



Have at least a  
**20-PACK-YEAR**  
smoking history



X



= **20**  
pack-year  
history

1 pack per day for **20** years  
OR 1/2 pack a day for **40** years

## Preparing For Your Surgery

Pre-Surgical Clearance Clinic (PSCC) is located at the main campus of Sarah Bush Lincoln in Suite 104. The PSCC clinic is responsible for gathering all available medical information for anyone scheduled for surgery at Sarah Bush Lincoln. This is a very important step in preparing you for surgery. For some, this may include a phone evaluation and chart review. For others, a pre-surgical evaluation, specific testing and/or blood work, and/or face-to-face evaluation by a nurse practitioner may be required. The PSCC's goal is to prepare you for surgery, and make you feel comfortable enough to ask questions and be involved in your care. PSCC identifies any special needs and works with anesthesia to ensure you receive the safest care possible. For more information, call **217 239-3425**.





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## WALK-IN CLINICS

**Charleston**  
2040 Lincoln Ave., Suite 100  
217-345-2030

**Effingham**  
1303 West Evergreen Ave.  
Entrance B  
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**



The races will begin and end on the track  
at EIU's O'Brien stadium. [www.sarahbush.org/races](http://www.sarahbush.org/races)