

# The Advantage

Oct/Nov/Dec 2022

## Walk-In Clinics

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

**Effingham Walk-In Clinic**  
1303 West Evergreen Ave.  
217-540-6123

**Mattoon Walk-In Clinic**  
200 Dettro Drive  
217-238-3000

**Tuscola Walk-In Clinic**  
1100 Tuscola Blvd.  
217-253-4764

7 am – 7 pm  
Monday through Friday

8 am – 3 pm  
Saturday and Sunday

## COVID-19 Testing

**Mattoon Walk-In Clinic**  
8 am – 4 pm  
Monday through Friday

To make an appointment,  
please call **217-238-3000**.

## COVID-19 Vaccines

**Charleston, Mattoon and  
Effingham Walk-In Clinics**  
No appointment needed.

 Sarah Bush  
Lincoln  
AdvantAge 50

Contact us at:  
**217-258-2422**  
or email  
[advantage50@sblhs.org](mailto:advantage50@sblhs.org)

In this edition of *The Advantage*, we'll tell you more about advanced robotic technology in the operating room and a new test for diagnosing the cause of fainting. We'll introduce you to Spine Surgeon Jesse Butler, MD, and share some common questions and answers about the new COVID booster. Check out the back page for a fun holiday event coming in November.



## Take Care of Your Kidneys

Kidneys filter and remove several toxic materials from the body that are the products of food metabolism. The kidneys are two bean-shaped organs, located below the ribs toward the middle of the back. They remove liquid waste from the blood in the form of urine and keep a stable balance of chemicals, such as salts and other substances in the blood. Kidney disease progresses slowly and generally without any symptoms for years.

"Frequently people discover their kidneys are only working at 30 or 40 percent of their capacity and have no idea they have kidney disease," says SBL Internal Medicine/Nephrologist, Antonios Papadopoulos, MD.

"People should have their kidney function and urine tested every year, even if they feel fine. Those with high blood pressure and diabetes have a much higher incidence of kidney disease and should absolutely have an annual test. Uncontrolled diabetes and high blood pressure can lead to severe kidney disease and kidney failure, requiring weekly dialysis," Papadopoulos explained.

The vast majority of patients have no symptoms until the disease is advanced. These may include:

- Fatigue
- Itchiness all over the body
- Blood in the urine
- Loss of appetite
- Nausea and vomiting
- Puffiness around eyes, swelling of hands and feet
- Skin may darken
- Pain in small of back just below the ribs
- High blood pressure

To make an appointment with Dr. Papadopoulos,  
please call **217-234-7000** (phone option 3).

**SBL Family Medical Center**  
200 Richmond Ave. East, Suite 3 • Mattoon



# News and Updates

## SBL Hospice House



Construction has started on the Hospice House, located on the north side of the Health Center. The house will feature eight private suites. Completion is expected in fall of 2023.

## Keith Ballinger, PA-C

*Now Providing Urology Care*

Physician Assistant Keith Ballinger, PA-C, is now caring for people at the SBL Urology Clinic. Later this fall he will see urology patients at the SBL Bonutti Clinic in Effingham as a visiting physician.

For several years Keith was the primary care provider at the SBL Arthur Clinic. He now works with Urologist David DiDomenico, MD, DO, and Jodi Morrissey, ARPN.



To make an appointment with Keith call **217-258-4186**.

## SBL Inpatient Dialysis Services

Hospitalized patients with End Stage Renal Disease and those with Acute Kidney injury requiring hemodialysis can now receive this life-sustaining therapy at Sarah Bush Lincoln. Previously, patients requiring dialysis were transferred to another hospital for the same care.



## Tilt Table Test

*Testing for Fainting*

The Heart Center now has a special tilt table test to help determine why someone faints or becomes lightheaded. Cardiologist B. Lakshmi, MD, monitors the non-invasive test that takes about 60 minutes

to complete. The table slowly changes positions from standing up to lying down, while heart rate and blood pressure are monitored. Talk to your primary care provider to see if this test may help you.



## Jesse Butler, MD

Spine Surgeon

For Jesse Butler, MD, hard work is all he's ever known. Having grown up on a farm in Western Illinois, he worked long days along side his dad on land that has been in his family since the late 1800s.



After graduating high school in a class of 35 students, he went to college in Dallas, entered medical school at UHS/The Chicago Medical School and found that he really loved orthopedic surgery.

While he started his career at an orthopedic practice in Chicago, Dr. Butler moved to Monticello nearly 10 years ago to be near his son, who was a walk-on member of the Fighting Illini football team.

Today, Dr. Butler focuses his busy practice on spine surgery. "My niche in spine surgery is in failed surgeries. I've taken care of many, many people who have had disappointing outcomes somewhere else, and I've been able to help them," Dr. Butler said.

Dr. Butler, along with one of his associates, Neurosurgeon Pradeep Narotam, MD, are providing spine care at SBL Orthopedic and Sports Medicine.

Dr. Butler relates easily to his patient population because he understands the physical demands on their bodies. "I know the physical work that people around here do, since that's how I grew up, and there's still a lot of manufacturing in the area. They have rough and tumble lives, and they have a certain level of function that is mandated by their work," he said.

Dr. Butler understands that some procedures won't work for everyone. He won't recommend a procedure if it means they won't be able to put food on the table for their families.

To make an appointment with Dr. Butler or Dr. Narotam, please call **217-238-3435**.

**SBL Orthopedics and Sports Medicine**

1004 Health Center Drive, Suite 100 • Mattoon



## Pfizer Bivalent vaccine COVID Booster FAQ

### **Who can get the COVID booster?**

The Pfizer Bivalent vaccine is available to those 12 years and older.

### **When can I get the new COVID booster?**

It can be administered two months after the last booster or series of vaccines.

### **My previous vaccines were not Pfizer, can I get this booster?**

Yes. This booster can be given to those who had Moderna or Johnson & Johnson vaccines or boosters.

### **Should I get boosted if I've already had COVID-19?**

Yes. People with a prior COVID-19 infection are eligible, but should wait until they've fully recovered from acute illness and are out of isolation.

### **Where can I get the booster at Sarah Bush Lincoln?**

The booster is available at the Charleston, Effingham or Mattoon Walk-In clinics. No appointment is needed. See the front page for clinic hours.



### **SILENT AUCTION**

8 am, **Thursday, Nov. 10**  
through  
8 pm, **Monday, Nov. 14**

### **GALA AND LIVE AUCTION**

**Saturday, Nov. 12, Unique Suites, Charleston**

6 pm – Cocktail hour  
7 pm – Dinner and Live Auction

### **FOR MORE INFORMATION**

Visit [www.sarahbush.org/holiday-festival](http://www.sarahbush.org/holiday-festival) or call the SBL Health Foundation at **217-258-2511**.



## New Technology in the Operating Room

# Da Vinci Robot Surgery



Sarah Bush Lincoln has recently introduced the use of a da Vinci robot. Robotic surgery has many advantages for 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 can be used for colorectal procedures, hernia repair, gallbladder surgery, gynecology and bariatric surgery. Currently General Surgeon Todd Bierman, MD, and OB-GYNs Scott Meyer, MD, and Ashton Ballinger, MD, are using the da Vinci system.

In orthopedics, the Mako Robotic Arm is used for partial and total hip and knee replacement surgeries.

The robotic-assisted surgery is so successful because the CT scan and the Mako work in concert to effectively limit bone and soft tissue trauma. It has proven to be less painful and to provide a faster recovery than other manual replacement procedures.



Spine surgery has become more precise with the use of a CT-guided spinal navigation system. Sarah Bush Lincoln Neurosurgeons Emilo Nardone, MD, and Pradeep Narotam, MD and Orthopedic Spine Surgeon Jesse Butler, MD, use this technology.

The CT is used in the operating room to align the patient, giving surgeons a precise 3-D view of the spine. It makes recommendations on screw size and placement and helps guide the planning and placement of the screws. It calculates the length and width of the screw to fit exact or the next smallest screw size. In fact, it allows the surgeon to place the screws virtually prior to the actual insertion to help the surgeon validate the placement.



1000 Health Center Drive  
PO Box 372  
Mattoon, IL 61938



## Holiday Light Display

**5 to 7 pm**  
**Thursday, November 17**

1000 Health Center Drive, Mattoon

Everyone is invited to the Health Center for the kick-off of our holiday light display. After seeing the lights and getting a photo in the Christmas ornament, stop in the lobby at Entrance A for some free hot chocolate or cider, meet Santa and Mrs. Claus, say hello to some of our therapy dogs and browse The Gift Shop.

We also encourage to you to visit Mattoon Lightworks. This venue will also be open on the 17th for a one-night-only opportunity to walk through the light display.

The lights at the Health Center and Mattoon Lightworks will be on through the holiday season. We encourage you to stop by and enjoy them as much as we do.

