

# Live Well

MAGAZINE

A publication of Memorial Health System  
*Improving the health of the people and communities we serve.*

## Frank Buraski

of Springfield:  
Kidney Transplant Recipient

## DANGERS of MP3s

Is your iPod causing hearing loss?

## 5 Most Common Ways to Land in the ER

And how you can prevent them

## Thanksgiving Meal Makeover

Eat healthier this holiday

## The New Flu

What everyone should know about this winter's flu virus



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## LETTER OF INTRODUCTION

Dear Friends,

As someone born and raised in Springfield, I care deeply for our community and am proud of Memorial Health System's strong history of providing high-quality, patient-centered care.

In the spirit of Memorial's mission to improve the health of the people and communities we serve, we've created *Live Well* magazine to share with you the commitment and compassion of our nearly 5,400 employees, the medical expertise of our physician partners and updates on our state-of-the-art technology.

I invite you to spend some time with this first issue. Perhaps you will recognize the names of friends or neighbors in the

stories; regardless, you're sure to find information, advice, inspiration and motivation to help you live a healthier life. You'll find the story of Frank Buraski, a Springfield resident and business owner, who reflects on his experience with organ donation through the Memorial Transplant Services program. In "Walking the Walk," we highlight nurse navigator Mindy Pearse, who offers a new, meaningful service to breast cancer patients by accompanying them during what can be a frightening, stressful journey. And we've included timely information on health and wellness topics such as managing stress, eating healthier and being prepared for this year's flu season.

I hope you find value in this magazine and welcome your feedback so we can best meet your needs for reliable health and wellness information in future issues.

Thank you for choosing Memorial,

Edgar J. Curtis  
President and CEO  
Memorial Health System



### We want to hear from you!

*Live Well* is published three times annually by Memorial Health System. We want to hear from you — do you have a topic you'd like to see addressed in this publication or have other feedback? To contact the *Live Well* editor, email [LiveWell@mhsil.com](mailto:LiveWell@mhsil.com) or call 788-0215.

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[ChooseMemorial.org](http://ChooseMemorial.org)

*NEW!* Look for us on  
Facebook at [www.facebook.com/MemorialHealthSystem](http://www.facebook.com/MemorialHealthSystem).

## 5 Most Common Ways to Land in the ER:

1. Lacerations
2. Fractures
3. Head injuries
4. Motor vehicle accidents
5. Sprains

**WHEN AN ACCIDENT REQUIRES EMERGENCY ATTENTION,** the Memorial hospitals in Springfield, Lincoln and Taylorville are open 24/7/365. For non-emergent illness and injury, visit ExpressCare in Springfield. The three locations (Koke Mill, North Dirksen and South Sixth) are open 9 a.m. to 8 p.m. seven days a week with access to physicians, laboratory and X-ray onsite. Wait times for each location are available at [MemorialExpressCare.com](http://MemorialExpressCare.com).

## PLAY WITH CAUTION: COMMON INJURIES CAN BE EASILY PREVENTED

By Lori Harlan

**W**ith four kids and nearly three decades in nursing, Tracy Seaton knows all about accidents that result in trips to the hospital.

Her advice for avoiding an emergency is as simple as it is profound: Slow down and be careful.

"Use caution. It sounds so obvious, but almost all trips to the emergency department could be prevented," said Seaton, RN, BSN, director of nursing at Taylorville Memorial Hospital. "In the hustle and bustle of our busy lives, we just need to slow down and pay attention to safety."

Lacerations are the most common injuries for all age groups treated in Taylorville's emergency department. Fractures, head injuries, motor vehicle accidents and sprains round out the top five.

The majority of injuries in Taylorville's emergency department are the result of falls, including incidents involving children. That's in line with statistics from the Centers for Disease Control and Prevention, which identifies falls as the leading cause of injuries for children nationwide – approximately 8,000 a day or 2.8 million each year.

Common injuries at the emergency department in Springfield are similar, according to Timothy Harvey, MD, medical director of emergency medical services at Memorial Medical Center.

"We see lacerations when kids play outside in bare feet. Fractures result when kids fall off playground equipment or take a tumble from a shopping cart," Harvey said.

Keeping kids safe means evaluating their activities. Make sure trampolines and other pieces of playground equipment are used properly and well-maintained. Parents should also insist that kids use protective devices such as helmets and knee and elbow pads for sports and other outdoor activities.

"In the blink of an eye, something can happen," Seaton says. "There's no substitute for direct supervision. You have to keep an eye on kids." 🐾

## The New Flu

By Michael Leathers

With a new flu strain on the loose, prevention this winter is more important than ever. Why not get the shot?

As winter weather nears, it's time to consider a few precautions to help keep you from becoming one of about 200,000 people who contract the flu every year.

Karen Trimberger, registered nurse and director of infection control at Memorial Medical Center, suggests the following:

- **Get a flu shot.** It's the first and most important step to prevent influenza, according to the Centers for Disease Control and Prevention.
- **Wash your hands regularly.** Use soap and water and scrub thoroughly for 15 seconds, especially after coughing or sneezing.
- **Avoid crowds.** One way the flu virus spreads is when droplets from

an infected person's cough or sneeze touch the mouth or nose of someone nearby. Limiting activity in crowded venues during flu season reduces exposure.

**The CDC anticipates that the H1N1 flu (swine flu) virus may cause a severe flu season this year.**

Because the seasonal flu vaccine is unlikely to protect against H1N1, a vaccine for the H1N1 strain is expected to be available this fall, but supplies will be limited. The vaccine can be used in addition to the seasonal flu vaccine.

If you become sick with mild flu symptoms, Trimberger says stay home, get plenty of rest and drink lots of liquids. She recommends that people with the flu should stay home for seven days after symptoms begin or until they've been symptom-free for 24 hours, whichever's longer. For severe symptoms, call your physician. ↩

*For more information on the flu vaccine, talk to your primary care physician or check with your county's health department. The health department also is a good resource for finding locations offering flu shots this season.*

## Who Should Get A Flu Or H1N1 Vaccine?

### Seasonal flu vaccine

- Healthcare workers
- People 50 or older or with chronic illnesses
- Children 6 months to 18 years old
- Pregnant women
- Residents of nursing homes and other long-term care facilities
- People living with or caring for others at high risk for flu complications

### H1N1 vaccine

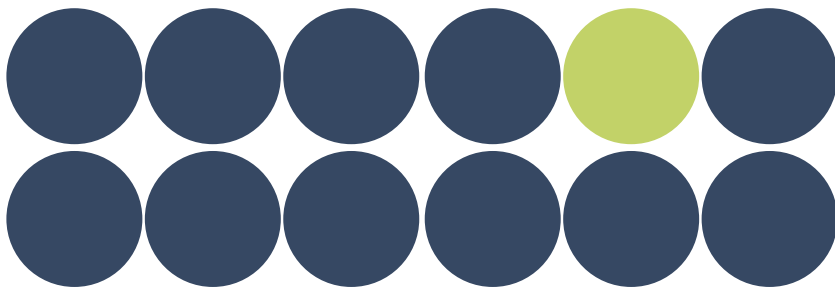
- Pregnant women
- Caregivers to children younger than 6 months old
- Healthcare workers
- People age 6 months to 24 years old
- People 25 to 64 years old with health conditions putting them at risk for flu complications



Memorial's first nurse navigator helps rural women face breast cancer

## WALKING THE WALK

Written by Kelsea Gurski  
Photographed by Chad Jeffers



When Mindy Pearse was diagnosed with breast cancer four years ago at age 30, it was hard for her to believe that a greater purpose existed for enduring the surgeries, chemotherapy, radiation and fear she experienced.

Today, the married mother of three children understands why: So she can help the rural women who travel to Springfield's Memorial Medical Center for biopsies after receiving word their mammogram results were abnormal. From the instant a patient's mammogram images show something questionable, Pearse, Memorial's first breast-health nurse navigator, joins them in their journey – wherever it may lead.

Nurse navigators are a somewhat new service hospitals are providing for patients. Pearse has held the position at Memorial for a year. In that time, she has helped about 100 women.

Her job begins once a radiologist requests a biopsy. Pearse makes contact with the patient and becomes

the constant voice the patient can rely on throughout however many procedures she requires. When the patient arrives in Springfield at the Baylis Medical Building, Pearse meets her there and walks her through the biopsy process. When it's time to deliver the results, it's Pearse who makes that phone call. If the patient requires surgery, chemotherapy or

"She's been through all that so she knows what is going on and can help you through it," Hopper said. "It means a lot, especially when you're going through something blind and you don't know anything about it."

Hopper required a mastectomy and 28 days of radiation in Springfield. Pearse was with her on the day of her

surgery, visited her during radiation and still calls to check on her about every week.

"Sometimes, you have to talk to somebody," Hopper said. "It gives you a lot of well-being to know there's somebody to talk to. If you think you have a stupid question, she's going to tell you it's not a stupid question and that all your questions are valuable.

"I don't want anybody to have to have her, but if they do, I'm glad she's there." 📍

Early detection for breast cancer can never be underestimated. The American Cancer Society recommends women have a certified breast exam by their physician yearly, perform monthly self exams and receive annual mammograms after age 40.

radiation, Pearse is there to check on her, walk along her gurney to the OR and find the right words of encouragement.

"What I like to say is that I help women walk the walk through breast cancer," Pearse said. "I'm a support person. I'm that constant who's there so they have that support they need ... so they don't feel like they're falling through the cracks."

Pearse remains in contact with her patients beyond their treatment. She still speaks frequently with her first patient, Janet Hopper of Mason City, who was diagnosed with breast cancer in August 2008.

Hopper, who has been married to her husband, Jim, for 47 years and has two children and three grandchildren, said she found it especially helpful to know Pearse had been through a similar experience. Though Pearse does not tell every patient that she is a breast cancer survivor, she does tell those whom she thinks would get a boost in self-confidence from knowing they have a shared experience and that Pearse came out a winner.



**Memorial Medical Center** is a designated Breast Imaging Center of Excellence and provides care to nearly 20,000 women annually at the hospital's Baylis Medical Building and Koke Mill Medical Center in Springfield. About 17,000 mammograms, 800 biopsies and 250 breast MRIs are performed annually. Memorial offers digital breast imaging, meaning quicker and more accurate results for patients. For more information, call 788-7015 (Baylis) or 862-0200 (Koke Mill). Digital breast imaging also is available at Abraham Lincoln Memorial Hospital in Lincoln; Taylorville Memorial Hospital; and Memorial Physician Services' Family Medical Center clinic in Lincoln.

# The DANGERS of MP3s

by Lori Harlan

**Z**ach Norris, a 17-year-old from Springfield, spends a lot of time plugged in – text messaging friends, scrolling through Facebook and listening to his iPod. His mom has gotten used to his constant connectedness, but she worries about the effects of the ever-present ear buds.

Does she have cause for concern? “Absolutely,” says Lori Faber, senior audiologist at Memorial’s Hearing Center in Springfield. Unlike traditional headphones, ear buds deliver sound directly into the ear canal, which boosts the sound by six to nine decibels. That’s a significant increase, especially if the music is already loud, Faber says.

“I tell Zach to turn his music down all the time,” says his mom, Staci Roseberry. “He always says it’s not that loud, but I can hear it.” When using ear buds, the music is too loud if someone else can hear it or if you can’t understand what someone is saying while you’re listening. Instead of ear buds, Faber recommends noise-cancelling headphones, which reduce other noise so music doesn’t have to be as loud. Faber also suggests following the 60/60 rule because length of time and level of exposure are critical variables. Listen to portable music devices for no more than 60 minutes a day at less than 60 percent of the maximum volume.

Hearing damage occurs when tiny, fragile hair cells in the inner ear are exposed to loud noise, Faber says. There’s research underway on regenerating hair cells, but for now, damaged cells don’t ever repair themselves or grow back. The only solutions are amplification and assistive hearing devices. Symptoms of hearing damage include tinnitus or ringing in the ears and difficulty understanding speech. “Any decreased hearing after an event means it was too loud,” Faber says. “Damage may not occur at that moment, but the damage will catch up with you.” Onset of symptoms varies widely. Some people experience permanent loss after one exposure, while others may not notice a change until after several exposures.

If you believe you have experienced hearing damage, Faber suggests contacting an audiologist for a diagnostic hearing test. If the test shows permanent hearing loss, the audiologist can suggest amplification options. ↵

CAN  
YOU  
HEAR  
ME  
NOW?

PROTECT YOUR  
HEARING WITH  
CUSTOM-FIT  
PRODUCTS.

Memorial’s Hearing Center, 644 N. Second St. in Springfield, offers custom hearing protection such as ear muffs and ear plugs, as well as custom ear pieces for portable music players. Custom products fit better and are more comfortable than off-the-shelf options.

For more information, call 788-3767.

# THANKSGIVING MEAL Makeover

by Christina Rollins, MS, RD, LDN

**T**hanksgiving is a holiday famous for over-indulgence. The typical holiday meal usually spans several hours and can easily exceed a day's worth of calories. By making a few simple substitutions, you can reduce calorie and fat intake while still enjoying traditional favorites.

**Appetizers:** Try pairing raw vegetables with salsa, or lighten up dip mixes with fat-free sour cream instead of cream cheese. Serve this with a fresh fruit assortment and light vanilla yogurt for dipping to hold off even the hungriest of guests.

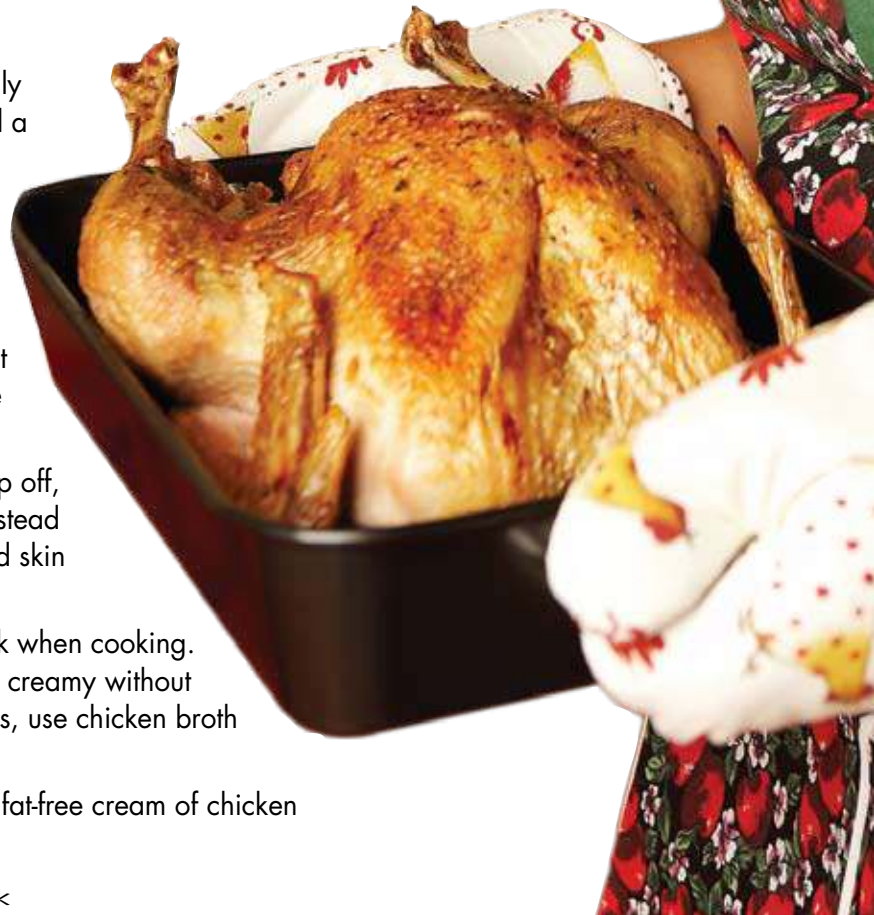
**Meats:** Roast meats on a rack to allow excess fat to drip off, and try basting with fat-free Italian dressing or broth instead of oil-based rubs. Also, remember to trim excess fat and skin before serving.

**Side Dishes:** Always use skim milk instead of whole milk when cooking. Mashed potatoes and other casseroles will taste just as creamy without the extra fat. To lighten up stuffing and vegetable dishes, use chicken broth instead of water and skip the butter.

**Gravy and Sauces:** Top your meat and sides with 98% fat-free cream of chicken or mushroom soup instead of gravy made with meat drippings.

**Dessert:** Slim down baked goods with unsweetened applesauce instead of oil (equal portions) and egg whites instead of eggs (1 whole egg = 2 egg whites). Also, you can lighten up creamy desserts by serving them 'naked' — without the crust, that is! Portion your favorite pie filling into individual custard dishes and top with fat-free whipped topping for a sweet finish to a delicious day. 🍴

*Christina Rollins is a Clinical Dietitian III at Memorial Medical Center. For more information on better dietary health, call 788-3333 to set up an appointment with one of Memorial's registered dietitians.*



cut here ✂

recipe: Not-So-Sinful Sweet Potato Casserole

serves: 6

prep time: 30 minutes

**Potato Mixture**

3 cups sweet potatoes (cooked, peeled and cubed)  
4 egg whites  
¼ cup sugar  
1 tsp. vanilla  
2 Tbsp. all-purpose flour

Preheat oven to 350 degrees F. Spray 1 ¼-quart casserole dish with nonstick spray. Set aside. Using a food processor or electric mixer, mix the sweet potatoes, egg whites, sugar, vanilla and flour until smooth. Transfer the mixture into the prepared casserole dish. Set aside. In a small bowl, use your fingers to rub together the brown sugar, flour, and butter until crumbly. Stir in the pecans. Sprinkle the mixture over the top of the potatoes. Bake for 30 minutes or until golden brown.

**Nutrition facts:** *Calories 296, Fat 6g, Cholesterol 10mg.*

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**Pecan Topping**

½ cup packed brown sugar  
3 Tbsp all-purpose flour  
2 Tbsp margarine  
⅓ cup chopped pecans

A  
better  
future

ORGAN  
BUILDERS

A photograph of an older man, Frank Buraski, wearing a dark blue polo shirt, leaning over a wooden coffee table. He is looking down at a book or paper on the table. A young girl, Hailey, with blonde hair in pigtails, wearing a pink shirt and white shorts, is sitting on the floor next to the table, also looking at the book. A blue balloon with Mickey Mouse and the name 'WANDY' is on the table. In the background, there is a grey ottoman, a wooden chair, and a window with blinds.

Springfield businessman  
Frank Buraski's quality of life is  
restored by an organ donation

Written by Kelsea Gurski  
Photographed by Chad Jeffers

*Frank Buraski plays with his granddaughter, Hailey, 2, at his Springfield home.*

**A**n enlarged vein on the inside of Frank Buraski's left arm is the only outward sign that suggests he had been nearing kidney failure three years ago. Thanks to the gift of organ donation, Buraski never needed the surgically enhanced vein for dialysis, as was intended; it's now just a silly bump his 2-year-old granddaughter, Hailey, likes to push on for a giggle.

Because of his kidney transplant in April 2006, Buraski, who works alongside his wife and two grown children as president of Buraski Builders in Springfield, is able to play and run with Hailey without fearing he'll become too fatigued. It's one of the many benefits of organ donation that he's most grateful for.

"That is what really made me realize how lucky I was to get it," he said. "Now I can do whatever I want with her and watch her grow. ... It gave me a future I can count on."

Buraski is part of a growing list of transplant recipients in his family. The Buraskis are prone to polycystic kidney disease, a genetic condition that occurs when cysts form on the kidney and cause them to become enlarged, resulting in reduced function. It is the fourth leading cause of kidney failure in the United States. Buraski's brother, father and an uncle also have received kidney transplants, and his sister is likely to need one in the near future.

In early 2006, Buraski's deteriorating kidney function put him within weeks of needing dialysis; after his wife learned she was not a good candidate to be a donor, he was put on the United Network for Organ Sharing (UNOS) waiting list and wasn't sure how long he'd be on it. That changed in February 2006, when a good friend offered him the gift of a lifetime.

Barb Tripp and her husband, Mark, have known the Buraskis since the late 1970s, when both

couples were getting their businesses — Buraski Builders and Tripp Landscaping — off the ground. The foursome has raised their children together, has a standing dinner date on Fridays and occasionally takes short trips together.

"It's a true friendship, where they would do anything for us and we would do the same for them as well," Barb Tripp said. "It's kind of nice to have a friendship like that come along once in your life."

After deciding to see if she could be Buraski's donor, Tripp met with Dr. Timothy O'Connor, then-director of Memorial Medical Center's transplant program, unbeknownst to her family or the Buraskis. She then went to Memorial's Transplant Services office and filled out the necessary paperwork right there at the hospital before heading home.

"Once you make the decision, it can't happen fast enough," she said.

Once she had cleared every required physical and psychological test, she penciled in a date for the surgeries. Then she went home and told her husband.

The couple took the Buraskis out to dinner and gave them a card that indicated Tripp could be Buraski's donor. Though the Buraskis felt unsure of putting a good friend through the procedure, Tripp was insistent.

"I kept saying, 'I can't believe God would lead me to this decision and something would go wrong,'" she said. "I felt like if I don't do anything ever in my life, this is the one thing I did right."

On April 16, 2006, Tripp and Buraski were rolled into their respective operating rooms at Memorial. Performing the surgeries were Drs. O'Connor and Edward Alfrey, a transplant surgeon from Southern Illinois University School of Medicine. Buraski said the procedure "couldn't have gone better," and the two were at home recuperating within two days.

Buraski is the first in his family to receive a kidney from a live donor, which is the best scenario for recipients, particularly those who have not yet begun dialysis. His wife, Barb, said it's a gift they know they never can repay — though they've tried, and Tripp has adamantly declined.

"It's one of the neatest things I could have done in my lifetime for someone else," Tripp, a mother of three grown boys, said. "I've had a good life and I just think it's one of the neatest things I've ever done, and so personally enriching." ✦



*Mark and Barb Tripp are longtime friends of Frank and Barb Buraski. The couples enjoy dinner together regularly each week.*

At Memorial Medical Center, 740 kidney and/or pancreas transplants (from live and deceased donors) have been performed since 1973.

A support group for patients who are waiting for a kidney transplant, those who have had a transplant, and their family and friends meets from 6 to 8 p.m. the third Tuesday of every other month. The next meeting will be in November in room E73A at Memorial Medical Center.

For more information on Memorial's transplant program or to learn about becoming a donor, call 788-3441.



**Memorial welcomes Dr. Bradford West** of Springfield Clinic to its Transplant Services Program. West will serve as a primary physician and medical director for the transplant program and will oversee all aspects of medical care delivery during the pre- and post-operative phases of kidney and pancreas transplantation at Memorial Medical Center.

West is part of Springfield Clinic, General Nephrology. His practice location is with Drs. Sabrina Bessette and Merry Downer on the third floor of St. John's Pavilion, 301 N. Eighth St. in Springfield. His office can be reached at 528-7541.

## DON'T FLAKE This Winter

By Chris Ward

*Sorry, Santa:*  
Winter isn't "the most wonderful time of the year" for most exercise enthusiasts.

"Exercising outdoors is tough when it gets cold," says Dan Adair, MD, an orthopaedic surgeon affiliated with Springfield Clinic and founder of Memorial's SportsCare. "It's not typically good for your respiratory system to be sucking in all that cold air."

And yet continuing your exercise routine is a must, both to maintain your healthy lifestyle and to justify that extra piece of pumpkin pie in November.

During the switch from outdoor to indoor exercise, be aware of the impact on your body. Here are some tips from Adair:

- **Give yourself time to adjust to an indoor environment.**

"It takes about two weeks to acclimatize to a different temperature—give your body a chance to adapt, and it will do well," he said. "You can't go 100 miles per hour all the time."

- **Stay motivated.**

Interest in exercise drops precipitously during winter months. Find a pal to stay active with. "When it's cold, a lot of people don't want to run and it's

almost impossible to bicycle outside. So most people go to the gym; it's a controlled environment, 72 degrees, and everything's perfect."

- **Be mindful of going from track to treadmill.**

"If people aren't used to running on the treadmill, there is a little different energy expenditure — you're not quite as efficient running outside as you are running inside on a treadmill. So, if you're thinking you're going to run a 10-minute mile pace (on a treadmill), it doesn't exactly translate to the same thing as running outdoors. So you've got to be just a wee bit careful there."

- **Plan things through if you head outdoors.**

Still snubbing your nose at an indoor workout? "Dress appropriately with a lot of layers, figure out your water stops or carry your water, and remember it's going to be darker outside so you can't see what you're doing. And, as you get older, there's more planning. When your body gets up in age, it doesn't adapt as well and you're not as flexible." 🐾



M.D. PROFILE



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Memorial SportsCare: 862-0444

## Just Stressed ...

When life seems to be buzzing by you in fast-forward, it's easy to find yourself in a juggling act, trying to balance family, relationships, finances and work all in the midst of a global recession. These are things most adults have to worry about to some extent. At what point, though, does worry and stress turn into something more serious?

Depression might seem like a scary word, but in reality, it's one of the most common mental illnesses people suffer from, affecting more than 19 million Americans each year, according to the American Counseling Association.

"We can often handle one or two stressful things on our minds, but the more we get, the harder it is," said Vern Reinert, MS, LCPC, CADC, of Memorial Counseling Associates in Springfield.

When you begin to feel as if things are starting to become overwhelming, Reinert said there are a few steps you can take. "First and foremost," he said, "remember that your mind and body go hand in hand. Often when we get too busy, we can neglect our body's basic needs, thus lessening our ability to handle mental stress. Taking the time to simply eat healthfully, exercise and get enough sleep are the crucial first steps you need to take — even if it means rearranging your schedule to put YOU first for the time being."

**Next, reflect on how many of the following symptoms you're experiencing:**

- **Changes in sleeping/eating patterns**
- **Trouble concentrating or making decisions**

- **Strong feelings of sadness, guilt, hopelessness or worthlessness**
- **Lack of energy for no real reason**
- **Loss of interest in activities you used to enjoy**
- **Negative thoughts, such as "I'm not good enough" or "I can't do anything right"**
- **Thoughts of suicide or death, such as "It would be OK if I didn't wake up tomorrow"**

"Everyone can experience these thoughts at some point in their lives," Reinert said, "but if you are experiencing more than

it may simply mean that you are overwhelmed or at a difficult place in your life. Fortunately, there are a wide variety of professionals willing to help you understand and treat this common illness. ↵

## ... or Depressed?

By Andrea Bartels

one of these over a period of two weeks or more, it's a good sign that you need to seek professional help."

If you think you need help, Reinert recommends talking to your primary care physician or a counselor in your community. Most insurance programs cover treatment for depression and can give you a list of eligible providers. However, if you are feeling suicidal you should immediately contact an emergency crisis hotline for support (525-1789) or go to the nearest hospital's emergency department.

Most people agree it would be foolish to simply ignore a chronic pain in our bodies, yet it is easy to overlook our thoughts and feelings, Reinert said. Seeking help for depression does not mean you are "weak" or "abnormal;"

**Memorial Counseling Associates (MCA)** in Springfield is a part of Memorial Health System's Mental Health Centers of Central Illinois, the largest comprehensive provider of behavioral health services in central Illinois.

MCA currently offers an eight-week group program called Stress Reduction for Depression, which combines traditional cognitive therapy exercises with a variety of mindfulness meditation and yoga practices. Participants learn skills that significantly reduce the likelihood that depression will return. The group leader is Ruta Kulyš, LCSW, CYT, who has been a psychotherapist for more than 19 years and is currently a therapist at MCA.

For more information, call MCA at 788-4065 or visit [MemorialCounselingAssociates.org](http://MemorialCounselingAssociates.org).

## FOR THE BENEFIT OF OUR COMMUNITY

The H.O.P.E. mobile provides services to patients Monday through Friday. It rolls into two rural communities daily about three days a week. All other days it is parked by the Kickapoo Street Garage, corner of Kickapoo and Delavan streets, in Lincoln. For more information about the H.O.P.E. mobile or for an updated site schedule, visit [www.HealthyCommunitiesPartnership.org](http://www.HealthyCommunitiesPartnership.org) or call 732-5066.

# Restoring Hope

by Stephanie Lahnum



Six years had gone by since Casey Russo's last teeth cleaning. The Lincoln resident, who doesn't have insurance, couldn't afford regular checkups or the filling she had needed for the past several months.

When a friend told the mother-to-be about the traveling H.O.P.E. mobile, however, Russo quickly made an appointment to see the dental hygienist.

"I had seen the H.O.P.E. mobile, but I didn't know it offered dental services," Russo said. "My last dentist wanted \$1,500 to just numb my mouth. So I had decided to just not go to the dentist."

The H.O.P.E. mobile – Healthcare, Oral health, Prevention and Education – improves access to healthcare in Logan County where it's most needed: outlying communities. Supported through a partnership between Logan County Department of Public Health,

the Lincoln and Logan County Chamber of Commerce and Memorial Health System, the three-room, 40-foot-long mobile unit increases access to high-quality healthcare for more than 1,000 patients a year.

Those in need of routine physicals or experiencing minor ailments can stop in to see the nurse practitioner without an appointment. Dental appointments are scheduled in advance and are available to children and pregnant women who are without insurance or on public aid. Though the H.O.P.E. mobile travels only within Logan County, it is open to anyone.

"For many people this is their one healthcare stop because they don't have any other options," said Kathleen Yong, nurse practitioner for the H.O.P.E. mobile. "If we can provide quality treatment while educating them on preventive measures they can take to keep themselves healthy, then we are doing our job well." ↵

## Memorial Support Group Meetings and Classes At A Glance

Support Groups	For More Info
Kidney and Pancreas Transplant	757.7178
Breast Cancer	757.7684
"Us Too" Prostate Cancer	757.7684
Heart Failure	757.4259
Stroke	788.3461
"Always In Our Heart" Bereavement	788.4663 / 800.582.8667
Paralysis	788.3665
Bariatric Surgery, LAP-BAND and Gastric Bypass	788.3948
Classes	For More Info
Expectant Parents	788.3333 or visit memorialmedical.com
Lamaze	"
Infant Safety Care	"
Return to Work	"
Cesarean Section	"
The Whys of Cries	"
Super-Dads	"
Mom Baby Group	"
Breastfeeding	"
Grandparent's Class	"
Teen Pregnancy	788.3378
Infant Massage	788.3378
Lactation Consultation	788.3378
Adoptive Families	788.3378
Sibling Preparation	788.3352
Corrective Handwriting Group	862.0420
Pediatric Yoga	862.0400

## Mark Your Calendars!

Memorial's 20th annual Festival of Trees will take place Nov. 21-29 at the Orr Building on the Illinois State Fairgrounds. To volunteer, or for times, prices and event details, visit [MemorialsFestivalofTrees.com](http://MemorialsFestivalofTrees.com).

## Memorial Launches Robotic Surgery System

A robotic surgery system at Memorial Medical Center offers breakthrough surgical technology for patients requiring urologic, gynecologic, cardiothoracic and general surgery procedures.

The da Vinci Surgical System offers one of the most effective, least invasive surgical treatment options available today. The robotic system is the latest version, which became available in April.

Trained surgeons manipulate the robotic system's four arms. One arm holds a tiny camera in place, another holds surgical instruments, and the other two perform the surgery. Everything the surgeon does while holding onto a control system is exactly replicated by the robot in real time. The da Vinci also comes with 3-D imaging equipment to provide the best view possible.

Dr. David Lieber, a Springfield Clinic urologist, has performed more than 100 procedures using robotic surgery since 2005.

"Robotic surgery allows surgeons to conduct complex operations in a minimally invasive fashion,"

he said. "For patients, that means the potential for significantly less post-operative pain, shorter hospital stays and a faster return to normal daily activities."

## Memorial Installs World's First 128-Slice Molecular CT

Memorial Medical Center is the first hospital in the world to install a 128-slice molecular CT for clinical use.

The molecular CT will be particularly helpful in planning the treatment that cancer patients receive. Combining the most advanced PET (positron emission tomography) and CT (computerized tomography) imaging technology available, the 128-slice Siemens Biograph mCT produces detailed pictures of the body's anatomic structures while pinpointing the precise location of cancerous cells. In addition, the scan time required to obtain a combined PET-CT image has been greatly reduced.

"Cancer patients will benefit greatly from the Biograph mCT," Dr. Charles Neal, a radiologist with Clinical Radiologists, S.C., said. "The new machine allows physician specialists to identify and diagnose cancer earlier, and to design treatment plans specific to the patient's type, stage and location of cancer better than we ever have been able to do before."

The new unit is installed in the hospital's outpatient imaging center in the Baylis Medical Building, at the corner of Rutledge and Miller streets in Springfield.

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