

Culbertson CONNECTION

Your Health. Your Hospital.

New Providers. *Better Solutions.*



Dr. Matthew Knudson
Urologist



Dr. Elie Chbier
Pulmonary Specialist



Dr. Peter Peril, FACS
General Surgeon

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- P4: Bringing Effective Outpatient Care to You, Welcome Dr. Chbier
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Welcoming Surgeons Dr. Peter Perll and Dr. Matthew Knudson

We're always striving for more. By bringing you the best providers, Culbertson Memorial Hospital can offer more specialized services—close to home. Dr. Peter Perll, FACS and Dr. Matthew Knudson of Quincy Medical Group are now offering General and Urological Surgery, respectively.

What sets the Culbertson Surgery team apart from the competition?

Cheryl Howard, Surgical Services Manager, highlights the incredible surgical services provided at Culbertson, “We have a small team that works well together. We are in constant communication with our patients pre-operatively

to ensure they have all their needs met.”

What are the specializations of Dr. Perll and Dr. Knudson?

Dr. Perll has served his patients for over 25 years with an incredible bedside manner and professionalism. As a board-certified surgeon in General Surgery, he brings a high level of experience and expertise. He achieved his undergraduate and medical degree from Creighton University in Nebraska and looks forward to providing outstanding surgical care to patients at Culbertson.

Dr. Knudson strives to provide the highest quality of care by

listening to the needs of his patients. As a Urologist, he gets the chance to use his skills in surgery, medicine, and in-building patient relationships to bring much needed relief. He achieved his undergraduate and medical degree from University of Iowa, Iowa City and welcomes the opportunity to be a part of the ever expanding services offered at Culbertson.

How does Culbertson improve healthcare services for its patients?

Dr. Knudson explains, “Facing a surgical procedure can be daunting anywhere, but because Culbertson provides surgery services close to home, patients

get the benefit of being able to recover close to family and friends.”

We offer a complete staff of highly experienced CNAs, RNs, and Surgical Scrub Technicians so that patients can expect start to finish care from friendly faces. Cheryl continues, “We go the extra mile, above and beyond what is required to ensure a safe and pleasant experience for our surgical patients.”

“By consistently bringing new specialists to the hospital, Culbertson is showing its community that they truly care for its wellbeing.”

- Dr. Peter Perll, FACS

What procedures can be scheduled with Dr. Perll?

- Hernia repair
- Endoscopies
- Gallbladder removal
- Skin lesion/cancer removal
- Diagnostic breast procedures
- Surgical cancer treatment

What procedures can be scheduled with Dr. Knudson?

- Bladder Botox
- Bladder nerve stimulation
- Kidney stones
- General surgery
- Laser surgery for BPH
- Minimally invasive surgery (including laparoscopic)
- Urolift
- Vasectomies

Dr. Knudson states, “Many patients are looking for a connection to their physician, and I know Culbertson patients are looking for that too. I pride myself on being there for my patients and I want to be a partner to help them treat their individual conditions and concerns.”

What can I expect at my appointment with Dr. Perll or Dr. Knudson?

Currently, Dr. Perll and Dr. Knudson will be available once a week for in-office consultations and surgical procedures—splitting their days between both services. Overall, the combination of local physicians and outsourced providers create a well-staffed and versatile provider network for Culbertson patients to rely on as needed.

Dr. Perll explains, “By consistently bringing new specialists to the hospital, Culbertson is showing its community that they truly care for its wellbeing.”

To schedule your consultation with either provider, contact the Registration Department at (217) 322-5271. 📞



Dr. Peter Perll, FACS

- Creighton University
- Board-certified in General Surgery
- 25+ years of experience



Dr. Matthew Knudson

- University of Iowa
- Urologist
- Joined Quincy Medical Group in 2020

Bringing Effective Outpatient Care to You, Welcome Dr. Chbier

Caring for our community starts with providing access to the best possible medical professionals.

Our Brand Promise is simple. We know you well to keep you well – one person at a time, in each neighborhood we serve. We provide compassionate healthcare that addresses with dignity the physical, social and psychological needs of patients. From the smiling faces of our dedicated specialists and capable primary care clinic providers to 24/7 emergency services and cutting-edge technology - we empower your health and healing.


At Culbertson, you'll find a community of people you know caring for you and your family - providing excellent service close to home. We live and breathe this community, just like you - where healthcare and community come together.

To keep providing better care, we continue to expand our network of outpatient providers that partner with Culbertson Memorial Hospital. We're excited to introduce Dr. Elie Chbier, Pulmonary Specialist, to our growing team of outpatient providers.

Dr. Chbier performs a variety of procedures to help patients breathe better, "As a lung doctor, my patients are typically struggling to breathe just completing daily tasks, so being able to improve their overall quality of life is important to me."

Currently, he will split his days with patient in-office consultations by morning and procedures in our hospital by afternoon.

"I am excited to be able to provide services to patients closer to their home, instead of requiring them to always drive to an inconvenient area to receive necessary medical treatment."

To schedule your consultation with Dr. Chbier and get on your way to a better quality of life, contact the Registration Department at (217) 322-5271. 

Other Outpatient Specialty Clinics:

- Cardiology
- Colorectal & General Surgery
- Endocrinology
- Gastroenterology
- Hematology – Oncology
- Neurology
- Obstetrics & Gynecology
- Orthopedics
- Podiatry
- Urology
- Wound Care



"I am excited to be able to provide services to patients closer to their home, instead of requiring them to always drive to an inconvenient area to receive necessary medical treatment."

- Dr. Elie Chbier, Pulmonary Specialist



Heart Care- Patient-Focused

Culbertson brings state-of-the-art heart monitoring technology home to you.

The heart of our hospital has always been you—our incredible patients. That's why we bring reliable, state-of-the-art technology to provide more accurate care.

Our Cardiopulmonary Rehabilitation Department is proud to announce that BioTel Cardiac Event Monitors have been added to our growing list of advanced, yet affordable diagnostic options. The new, BioTel Heart™ Mobile Cardiac Outpatient Telemetry Patch Event Monitors can be placed on a patient for up to 30 days. BioTel Heart™ will work with the patient's insurance company for approval of coverage.

A cardiac event monitor is a device that records the electrical activity of your heart (ECG). This device is about the size of a pager. It records your heart rate and rhythm. Cardiac event monitors are used when you need long-term monitoring of symptoms that occur less than daily. If you or a loved one has heart rate and rhythm issues, your cardiologist will be able to gather information about your current heart health during daily activities—even capturing irregular heartbeats that can be very subtle to detect.

Heidi Greer, BSN-RN wants patients to feel comfortable while participating in heart monitoring treatment, "Our old monitors were large and required many wire leads, but the new ones are small and placed across the chest. These give a clearer picture and are more comfortable to wear. Patients can even shower with them on!"

New 24-48-Hour Holter Monitors also here at Culbertson

Cardiopulmonary Rehabilitation now offers the new ePatch® BioTel Heart™ 24-48-hour monitors. Older models were large and required five wire leads. The new 24-48-hour monitor is a smaller, one-piece monitor that lays across the chest, providing a clearer picture while being more comfortable to wear. “Previously, patients requiring 48-hour monitoring were required to return after 24 hours for an upload, which is no longer necessary. The monitor is placed on the patient and the patient removes it on their own, returning 24 or 48 hours later, depending on the time frame requested by the doctor,” said Greer.

The first lightweight, telemetric heart rate monitors, equipped with conventional electrodes and designed for remote use, were introduced in 1983. These remote monitors have been shown to be accurate and valid tools for remote heart rate monitoring and registering. Culbertson selected BioTel Heart™ Mobile Cardiac Telemetry products for their proven, beat-by-beat analysis and automatic event detection, with wireless transmission. BioTel Heart™, a pioneer in remote patient monitoring, revolutionized health care with the first Mobile Cardiac Outpatient Telemetry™ system, monitoring more than one million patients each year.

We’re here from start to finish

Culbertson Memorial Hospital hopes our cardiac care patients find the new monitors helpful and less intrusive. Beyond giving a clearer picture to physicians, we’re here to make sure the process is simple and easy. For patients with irregular heartbeats, rapid heartbeats, or increased risk of heart attack or stroke, your doctor may request that you wear a heart monitor to better evaluate your symptoms and the warning signs for potential cardiac events.

From start to finish, we will be there to help. First, we’ll make sure to place the monitor correctly on the body and even schedule a follow up appointment between 24 - 48 hours depending on your specific doctor recommendation. Then, we will set you up with instructions, literature, and support phone numbers in case problems occur before you head home.


Your comfort and convenience always

Now there is no need for patients to travel a considerable distance. We place and maintain cardiac event monitors right here!

Heidi Greer explains, “I’ve heard of instances where patients have been mailed a device

and they are totally responsible for placing it on themselves. At Culbertson, we eliminate this worry by placing it on the patient and sending them home with clear instructions for safe usage.”

We’re always proud to serve you! Your trusted Culbertson Memorial Hospital Team is proud to offer remote cardiac monitors with patient friendly design and clinical accuracy.

For more information or to schedule an appointment, contact the Cardiopulmonary Department at (217) 322-4321. 



Memorial DONATIONS

Ellen Browning Scripps Foundation

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Honorable and Mrs. Scott Butler

In Memory of Janet Sue Wise Cokenour

RHS Class of 1960

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RHS Class of 1976

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In Honor of Daphne Ingles

Dot Foods, Inc.

Dr. Russell Dohner Memorial Golf Outing

Dr. Sembu Kanthilal
Culbertson Employees

Kitchen Therapy

Monster Cookies

As the holiday's approach, we hope you are finding plenty of reasons to be Thankful. With all the unique challenges facing us in our daily lives, baking may be just what the doctor ordered. Check out this fun, and easy recipe.



Ingredients

- 1 box vanilla cake mix
- 6 tbsp. melted butter
- 2 large eggs
- 1/3 cup powdered sugar
- 1 tsp. pure vanilla extract
- Food dye in 3 colors (like green, blue, & pink)
- 1/2 cup granulated sugar
- Candy eyeballs

Directions

- 1** Preheat oven to 325°. Line two large baking sheets with parchment paper. In a large bowl, combine cake mix, melted butter, eggs, powdered sugar and vanilla and stir until combined.
- 2** Divide dough between 3 bowls and dye each bowl a different color. (We used green, blue and pink.) Roll dough into tablespoon-sized balls then roll balls in the sugar.
- 3** Place about 2" apart on the baking sheet and bake until tops have cracked and the tops look set, 8 to 10 minutes.
- 4** Immediately, while the cookies are still warm, stick candy eyeballs all over the cookies. Let cool completely before serving.

Yields: 15 cookies
Prep Time: 15 minutes
Total Time: 25 minutes

recipe from delish.com

*We're always here for you. To provide the best care, Culbertson Memorial Hospital is excited to introduce our **NEW WEBSITE** that will help us serve our incredible community even better. Check it out!*

cmhospital.com





Body, Mind & Soul

Nurturing Your Child's Mental & Emotional Health

Health and wellness look different for each person—especially across various demographics like age, gender, and family history. For our children, it's important to teach them how to properly express any concerns and questions about their changing bodies—mentally, physically, and emotionally.



Signs & Symptoms of Anxiety & Depression

Some children may not talk about their anxious or depressing thoughts and may not appear sad. Depression could even lead a child to become a troublemaker or act unmotivated, causing the mental health condition to go unnoticed as its incorrectly labeled.

To know when it may be time to talk with your child (and healthcare provider), look out for these signs and symptoms.

Anxiety:

- Irritability and anger
- Fatigue
- Headaches
- Stomachaches
- May present as fear or worry

Depression:

- Feeling sad, hopeless or irritable more than normal
- Dissociation from fun activities
- Changes in eating pattern (eating more or less)
- Changes in sleep patterns (sleeping more or less)
- Changes in energy (tired, sluggish, tense & restless more than normal)
- Inability to pay attention
- Feeling worthless, useless or guilty
- Signs of self-injury and self-destructive behavior

Start with Awareness

COVID-19 has drastically changed our daily routines to help combat the spread of the virus, causing insecurities and instability for children of all ages. When children feel safe and protected, they are able to explore their passions and thrive in other aspects of their lives.

It's important to be aware of your child's normal behaviors and patterns, so you can stay ahead of any issues that may present themselves later. Mental health in its early and late stages of childhood involve successfully achieving developmental and emotional milestones. This includes learning healthy social and coping skills in times when there are challenges.

Learning about the proper ways to identify symptoms and how to approach them in a healthy way will always be a good start to helping your child receive the medical care and attention they deserve. Some worries and fears are typical in young children, however, more intense forms of sadness and fears, especially if constant, could be signs of anxiety or depression that may require professional care.

Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is among the leading causes of death.

Helping Children Cope During COVID-19

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children.


- Talk with your child about the COVID-19 outbreak
- Answer questions and share facts about COVID-19
- Reassure your child that they are safe
- Limit your family's exposure to news (including social media)
- Maintain a regular routine
- Be a role model
- Spend time with your child

Culbertson—Here for you

If you have noticed changes in your child's behavior, the first step is to schedule an appointment with a healthcare provider, like your child's primary care or a mental health specialist, to receive an evaluation. A mental health professional will work with you and your child to develop a plan that works best for your family. Treatment plans may include behavior therapy (family, child or both) to involve family members and even the school.

Consultation with a healthcare provider can help determine if medication should be part of the treatment as well.

Elmer Hugh Taylor Clinic of Culbertson Memorial Hospital offers counseling services for individuals, families, and children to provide guidance and support. Schedule your appointment with Cathy Riggs, LSCW to begin your journey to peace and well-being.

Contact us at (217) 323-2245 to learn more options or to schedule a consultation. 

Hours of Operation:
Pediatric Counseling
Thursday and Friday:
8:00 a.m. – 4:00 p.m.



Cathy Rigg, LSCW
Counseling Services
100 West 15th Street
Beardstown, IL 62618
Call (217) 323-2245





HOMETOWN HEALTHCARE HEROES

Culbertson Team: Accept Our Heartfelt Gratitude...

For putting others before yourselves.

You were committed to keeping each other and our patients safe, while conquering your own fears of COVID-19. You worked tirelessly around the clock, without complaint, while staying on top of a constantly evolving environment. Your familiar faces made this scary time easier for our patients as they were fearful to leave their own homes. You have worked side-by-side, always doing what needed to be done for our community who trust us to take care of them. It was and is truly inspiring.



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