



CULBERTSON CONNECTION



Your Health. Your Hospital.

Get to Know Your Physician Dr. Bibi Omar, Taylor Clinic



**Bibi Omar,
MD, MHSA**

Dr. Bibi Omar, family practitioner, recently joined the Culbertson team. We got to know her better through this interview and hope you will too!

What do you hope to bring to your new position?

I hope to bring a greater emphasis on prevention through routine follow-ups and screening tests. Some

of the routine lab work might include evaluating for diabetes, high cholesterol, kidney disease and liver disease. In addition, screenings to check for cancer are important, e.g., mammograms for breast cancer and colonoscopies for colon cancer. These are just a few of the preventative tests that can catch the disease process early to improve – and even save – people’s lives.

What are your medical interests?

As a family doctor, my medical interests are broad. I enjoy taking care of every patient no matter why they are coming in. I especially enjoy keeping my patients on track with age-appropriate preventative care evaluations. Diabetes and wound care are also big areas of interest for me.

What is your medical philosophy?

I feel the doctor/patient relationship is a very important

partnership that develops over the first few visits. I make every effort to help my patients feel comfortable in voicing their questions and concerns. I also feel patients need to be fully aware of what their test results mean even if they are just routine labs. The best outcomes are achieved when patients are able to make informed decisions and become partners in their care.


What is your career background?

I completed my Family Medicine residency at SIU in Springfield, IL and have a Master’s in Health Service Administration. Patients may also appreciate knowing that I am certified in hyperbaric oxygen treatment and wound care.

Tell us a little about your personal life.

I love to travel, cook and do things outdoors with my husband and baby. My favorite movie is “Wizard of Oz.”

What can patients expect when they meet with you?

Patients can expect to meet an easygoing, informative doctor who will make them feel at ease to express their concerns. They can also expect that all of their concerns are addressed at the time of their visit. In addition, they can expect results in a timely fashion along with a reasonable follow-up plan. 

**Dr. Omar is accepting patients at the Elmer Hugh Taylor Clinic.
Make an appointment at 217-322-3345.**



Sarah D.
CULBERTSON
Memorial Hospital

238 S. Congress, Rushville, IL 62681
217-322-4321 • cmhospital.com

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Checking In With: Senior Life Solutions

Clinical depression in the elderly is common, but it shouldn't be normal. Depression affects about 6 million Americans age 65 and older. With the stress and anxiety caused through the loss of loved ones or a spouse, leaving their home and just getting older, seniors have a uniquely difficult time that often leads to depression and anxiety. Senior Life Solutions is a program through Culbertson Memorial Hospital that provides outpatient treatment for mental and emotional health in a positive, caring environment while promoting hope and independence.

The voluntary intensive outpatient program lasts for 8 to 12 weeks, with patients attending group therapy sessions up to four days a week. Veronica Williams, R.N., says patients who come more frequently “graduate” sooner. After the program is over, the staff checks in with patients routinely. They even provide alumni luncheons for those who have formed friendships through the program.

“We get them to recognize symptoms of depression then give them the coping mechanisms to help get their life back,” said Cathy Rigg, the full-time therapist with the program.

Anyone can refer a patient to the program – it doesn't have to be a doctor referral. However, Dr. Philip Woerner, the psychiatrist with Senior Life Solutions, evaluates patients before they go to group therapy and keeps their primary care provider informed of their progress. 🏥



Veronica Williams, R.N.
Cathy Rigg, LCSW/Therapist
Sara Barrientos, Unit Clerk/CNA
Philip I. Woerner, M.D.



According to the U.S. National Institute of Mental Health, the main symptoms and signs of depression:

- Persistent sad, anxious or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain

If you or a loved one is suffering from any of these symptoms, take a preliminary screening by visiting “Senior Life Solutions” on our website – cmhospital.com – and click on “Mental Health Screening” in the menu on the left-hand side of the page.

The 2013 Pampered Pink Event was a Big Hit!



Nurse Practitioner Kellie Stocker from Elmer Hugh Taylor Clinic addressed the guests on “Cancer Screenings: Know The Tests To Get – And Those To Skip.”



Massage Therapist Emily Machate from The 220 in Beardstown offered chair massages for the head, shoulders and back.

More than 70 women attended the events on both nights that included health information and giveaways. During the Pampered Pink events, two digital mammograms and 15 discounted well woman visits were donated, and nearly \$700 was raised for Hope Blooms!

A variety of presentations designed to help women get – and stay – healthy were offered on two evenings. There were presentations on preventative cancer screenings, nutrition and exercise and more during both events. On Oct. 15th at Elmer Hugh Taylor Clinic, some of the topics and speakers included: “Cancer Screenings: Know the Tests to Get – And Those to Skip” by Kellie Stocker, FNP, BC; “Hormone Replacement Therapy” by Dr. Bibi Omar; and “The Importance of Screening for Breast and Cervical Cancer” by Dr. Marguerite Taillefer.

The second Pampered Pink event took place at Rushville Family Practice, where Dr. Kathryn Arrambide talked about precursor testing and the role of heredity on breast and cervical cancer. Dr. Arrambide is one of three Quincy Medical Group oncologists who provide an oncology clinic at Culbertson each Thursday. In addition, Dr. Daniel Di Lorio addressed the importance of overall health in prevention of cancer, and Chelsie Carlton, PA-C, discussed osteoporosis. 🍀



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Worried About a Mole or Cyst?

Some moles, cysts and skin lesions may indicate skin cancer, but that isn't always the case. Still, when many patients notice a problem with a mole, large bump or lesion, they automatically assume a dermatologist is the best recourse. Unfortunately, if you're not already an established patient, you may have to wait weeks or even months to get an appointment. And if you're concerned, that can seem like forever.

But there's no need to wait – Dr. S.K. Kanthilal, a surgeon and family practice physician, can help! He can perform a variety of dermatologic procedures right here at Culbertson. Dr. Kanthilal can even remove some of those pesky moles and cysts! What's more, the zero infection rate in Culbertson's surgical services makes seeing Dr. Kanthilal even better and – if additional follow-up by a dermatologist is required – his diagnosis can make it easier to get in more quickly. 🟩



To schedule an appointment with Dr. Kanthilal, please call the Elmer Hugh Taylor Clinic at 217-323-2245.

A Closer Look at Holistic Medicine

Holistic medicine is a form of healing that considers the whole person – body, mind, spirit and emotions – in the quest for optimal health and wellness. Healthcare professionals who practice holistic medicine believe that the whole person is made of interdependent parts. If one part is not working properly, all the other parts will be affected.

For example, if a person suffering from chronic pain pays a visit to a doctor with a holistic view, the doctor tries to look at all potential factors that may be *causing* the person's headaches instead of solely treating the headaches. Health problems, diet and sleep habits, or stress and personal problems could be contributing factors.

Dr. Daniel Di Iorio brings a holistic medicine approach to Rushville Family Practice. Want to learn more? Call 217-322-3345. 🟩



ICD-10 Implementation is Coming

ICD-10 sounds like code speak because it is. ICD-10 is the 10th version of the International Statistical Classification of Diseases and Related Health Problems (or, for the rest of us, simply “ICD”). It’s a medical classification list created by the World Health Organization. This provides codes for diseases, signs and symptoms, abnormal findings and causes of injury or disease. The code set allows for thousands of different codes and permits the tracking of new diagnoses.

Many people feel that its importance is limited to the coding world only, but that’s not the case. Physician/provider documentation must include specific terminology and greater detail to meet the new requirements. Hospitals, healthcare payers and clearinghouses are paying millions to prepare. Susan Lux, Culbertson’s Health Information Director & Compliance Officer, is being proactive to help Culbertson be ready when October 1, 2014 rolls around and the changes have to be in place. “It’s on our department to get the ball rolling,” she said.

Lux and her department have already started to work with the providers on changes to come because documentation will be the first step in the diagnosis code process. She said providers can currently diagnose someone with “Spinal Stenosis,” but with ICD-10 in place, they will have to name the specific vertebrae or claims could be denied by health insurance companies.

“We are going from around 14,500 to more than 70,000 codes – with 500,000 multiple descriptions – so that’s a huge change... it’s pretty daunting, but we’ll get through it and be ready next October,” Lux said. 🏥



Help Us Remodel the Pharmacy!



The Culbertson pharmacy, which used to be the hospital's laboratory, is in need of serious repairs and remodeling. That's where the Annual Appeal comes in – this year, we are asking for donations to help the pharmacy move into the 21st century. +



Want to help?
Donations may be sent to:
CMH Foundation
238 S. Congress
Rushville, IL 62681



The Affordable Care Act & You

The Affordable Care Act (ACA) affects everyone – patients, providers, facilities – and navigating changes can be pretty overwhelming. So, what’s the first step?

If you have health insurance, you don’t necessarily need to change plans. However, the healthcare law provides new rights, consumer protections and benefits like free preventative care. Also, pre-existing conditions will be covered. Plans won’t be able to deny you coverage or charge you more due to pre-existing health conditions, including a pregnancy or disability.

If you don’t have health insurance, the Marketplace is the place to be! Having health insurance is important to your health and financial security. You can buy directly from an insurance company, with the assistance of a broker or agent, or use the online Marketplace to find the plan that fits your needs best. 🏠

For more information, visit www.healthcare.gov.

