

CULBERTSON CONNECTION

Your Health. Your Hospital.



Who is the best provider for your child?

If you are expecting a baby — or have children and are looking for a new provider — you have a lot of choices at Culbertson Clinics! Will you choose a pediatric or family practice provider?

Both a pediatric or a family practice provider can care for your child, however, many parents choose a pediatric provider. Pediatricians are physicians who specialize in the care of infants, children, teens and young adults up to age 21. Family medicine physicians have a specialty education in the comprehensive health care for individuals of all ages from infancy to geriatrics.

Courtney Elliott is a pediatric nurse practitioner at the Elmer Hugh Taylor Clinic in Beardstown, and treats patients from birth to age 21. She works with one internal medicine physician, one family practice physician, two family practice physician assistants and three family practice nurse practitioners. They all work together to provide care to people of all ages.

(Continued on page 2) >>>>

FIND A PROVIDER WHO WORKS WITH PATIENTS YOUR CHILD'S AGE

"Many of the family practice providers I work with do not see patients under a specific age, which varies by provider. They all prefer to focus mainly on the adult and elderly population, which I have chosen to stay away from. It works well as I often am able to start seeing the patient as a child and as they mature into adulthood, it is an easy transition for them to change over to one of our great family practice providers once they have become adults," Elliott said.

Working with children was always part of Elliott's plan.

"While I was in nursing school working on my bachelor's in nursing, I knew I wanted to only work in pediatrics. I knew helping children and their families navigate the child's growth and development, along with their health, was the path I wanted to be on." She worked for six years as a pediatric nurse in many areas, before deciding to start graduate school to earn her pediatric nurse practitioner degree. She also continued to work as a pediatric nurse at a level one pediatric trauma center while in graduate school. "I had many excellent mentors between the nurse practitioners and pediatricians I worked with over the years," she said.

Both family practice and pediatric providers are trained to diagnose and treat illnesses.

"The main difference I feel exists between pediatrics and family practice is being specialized in pediatrics requires a large area of my education to also focus on the growth and development of the pediatric

patient at all stages from newborn through adolescence," Elliott said.

What does a pediatric nurse practitioner handle?

What's a typical day for Elliott at the Taylor Clinic? It's a mixture of well-baby or well-child visits, medication management check-ups for chronically ill children and children with mental health needs and visits for children who have an acute illness or injury.

Some sick visits are seen year-round, while others change with the seasons: In the spring and summer she sees things like rashes, bug bites, abscesses and allergies, while in the fall and winter she sees influenza, RSV, bronchiolitis, gastroenteritis, strep throat, URIs and pneumonia.

How to choose a provider?

"I advise parents to seek out someone they feel comfortable with. If they are not comfortable with the provider they pick for their child, the child won't be either," Elliott said.

"The No. 1 question I feel is important to ask is the provider's policy on vaccinations. Make sure it is in alignment with yours as the parents. Personally, I do not accept patients whose parents refuse to vaccinate their children with the school-required vaccinations. I have a few patients who cannot receive some of the required vaccines due to conditions they have and I will not knowingly place those children at risk. However, I do leave it up to the parents whether to vaccinate with the recommended but not required ones."

"Second, I would ask what their scheduling procedure is. Having a baby can be a scary thing, especially when they are ill. My staff and I try very hard to accommodate patients who have a valid concern going on with a same-day

CULBERTSON CLINICS HAVE YOU COVERED.

Primary care is available at four convenient locations:


**Community Medical Clinic
Astoria** 135 Broadway,
309-329-2926

**Community Medical Clinic
Table Grove** 130 N. Broadway
309-758-5070

**Elmer Hugh Taylor Clinic
Beardstown** 100 W. 15th St.
217-323-2245

**Rushville Family Practice
Rushville** 233 S. Congress St.
217-322-3345

appointment. However, there are times parents may feel it is emergent, though we may feel it can wait until the next day. If this is the case, my nurses are very open to talking to the parents to explain or recommend things to try at home prior to their appointment."

"Children are a growing part of the patients we serve and we are excited to see how we will continue to grow in the future," said Mallory Moore, clinic operations manager at the Elmer Hugh Taylor Clinic, Rushville Family Practice & Community Medical Clinics. 

Is your child fully immunized?

If you have school-aged children, school physicals and vaccines are probably on your radar.

Several small changes in the guidelines for the vaccines recommended and/or required for school children were made last year, with most of the changes being minor. One vaccine has been removed from the recommendations and the number of doses of another vaccine for children with certain medical conditions has been changed.


Because the number of recommended vaccines and the recommended timing can appear complicated, a detailed chart can be helpful. Charts designed for infants, school-aged children, adults and special populations are available from the Centers for Disease Control website. In addition, charts are available in Spanish. Visit cdc.gov/vaccines to access detailed information, including downloadable charts. Of course, if you have any questions about your child's immunizations, ask your doctor or other health care provider.

The new guidelines are approved by the Centers for Disease Control and Prevention, the American Academy of Pediatrics, the American Academy of Family Physicians and the American College of Obstetricians and Gynecologists.

According to the Illinois Department of Public Health website: "students entering, transferring, or advancing into kindergarten through 12th grades will be required to show proof of receipt of two doses of mumps and two doses of rubella vaccine. In addition, students entering, transferring, or advancing into kindergarten, 6th, or 9th grades are required to show proof of receipt of two doses of varicella vaccine."

Immunizations are available from all the Culbertson Clinics. Call the Culbertson Clinic of your choice to make an appointment.

The Schuyler County Health Department, 233 N. Congress, Rushville, is another place to get immunizations.

Call 217-322-6775 for more information. 

The diseases immunizations protect children from include:

- Chickenpox
- Diphtheria
- Hepatitis B
- Human Papillomavirus (HPV)
- Influenza
- Measles
- Meningitis
- Mumps
- Pertussis (whooping cough)
- Polio
- Pneumococcal Disease
- Rotavirus
- Rubella (German measles)
- Tetanus (lockjaw)



A man wearing a red and white plaid shirt is shown from the chest down, holding a pair of brown leather shoes. He is looking down at the shoes. The background is a plain, light-colored wall.

Get to the bottom of foot pain!

Occasionally we all deal with painful feet, especially after wearing a new pair of shoes or engaging in activities we're not used to. But you don't have to be wearing high heels or other fancy shoes to suffer pain, especially if you have diabetes or circulation problems.

Rod Schoonover learned that the hard way.

"I never realized the importance of wearing properly fitting shoes. Just wearing shoes that fit my feet has made all the difference in my pain," he said.

Lisa Downs, DNP, RN, Wound Clinic Supervisor at Culbertson Memorial Hospital, said Schoonover had a non-healing wound on the bottom of his foot.

"In the midst of treating his wound, we discovered he had ill-fitting shoes. His foot was sliding and wouldn't allow for the wound to heal. Once we discovered the issue we had him go to a specialty shoe store and have his feet properly fitted. Rod said his feet felt so much better and his wound ultimately healed," Downs said.

"The staff at Culbertson has gone to great lengths to help me walk pain-free," Schoonover said.

The Wound Care Clinic at Culbertson

Downs is in charge of the Wound Clinic at Culbertson and also serves as the clinic nurse for Dr. Jeff Fleischli, the hospital's visiting podiatrist. Downs recently completed a wound certification course, which allows her to give better care and expands her knowledge of wound care, including foot wounds.

The most common foot problems

Dr. Fleischli, of Foot and Ankle Associates, said the most common foot problem he sees is plantar fasciitis, a condition many people refer to simply as heel pain. The pain is commonly much worse the first few steps of the day and is caused by tiny tears in the fascia that supports the bottom of the foot.

"It absolutely has something to do with the shoes worn. It's a combination of genetics, foot wear and the activities we do," Dr. Fleischli said. "Make sure you are wearing

"The staff at Culbertson has gone to great lengths to help me walk pain-free,"
— Rod Schoonover

the proper shoe for the activity you are performing." After an evaluation and ruling out other conditions, he commonly treats plantar fasciitis with nonsteroidal anti-inflammatory medications, stretching exercises, shoe inserts and more appropriate footwear, he said.

Prescription shoes

Sometimes, just choosing comfortable shoes isn't quite enough, and prescription shoes are needed. Most private insurance and Medicare will pay for diabetic shoes and insoles, if the patient meets certain criteria. Neuropathy, certain foot deformities, or a previous amputation or ulceration all call for prescription shoes.

"Diabetic shoes have a toe box that is bigger," Downs said. "Dr. Fleischli refers a lot of patients for shoes."

When do you need a doctor?

How do you know when you need to seek a doctor's care for foot pain? "If it's not better in two to four weeks, or is worsening, seek treatment," Dr. Fleischli said.

Other common foot problems he treats include ingrown toenails, diabetic ulcers or problems requiring surgery. He performs

elective and reconstructive surgeries in Springfield and Jacksonville for conditions including bunions, tendon tears, hammer toes and ankle instability.

Diabetics have to be especially vigilant about foot care. Diabetic neuropathy, the loss of feeling or improper feeling in the feet, can even lead to amputation. "Diabetes is the leading cause of non-traumatic amputation in the U.S.," Dr. Fleischli said. About 5 percent of his surgical cases are amputations.



Dr. Fleischli is at Culbertson the first and third Monday mornings of the month and at the Elmer Hugh Taylor Clinic in Beardstown on the second and fourth Tuesdays of the month.

To schedule an appointment with Dr. Fleischli at Culbertson Memorial Hospital, call the Registration Department at 217-322-5271. For a Beardstown appointment, call the Taylor Clinic at 217-323-2245.



Specialized care, close to home

When you need advanced care, isn't it nice to be able to get it without a long drive? Culbertson's Outpatient Specialty Clinics are designed to bring medical specialists from Quincy, Springfield, Macomb and Jacksonville here to help our patients get the specialized care they need, close to home.

Many of our outpatient physicians require a referral from the patients care provider. If you would like more information about scheduling an appointment with one of these medical specialists, contact the Culbertson Memorial Hospital Registration Department at 217-322-4321, ext. 5271.



Cardiology

Prevention and treatment of cardiovascular disease and other heart problems.

Prairie Cardiovascular Consultants

619 East Mason St.
Springfield, IL 62701
217-788-0706

Physicians

Dr. Sachin Goel
Dr. Nilesh Goswami
Dr. Nasar Nallamothu
Dr. Holly Novak
Angela Lafrenz, NP

These Prairie Cardiovascular physicians are available to see patients on a rotating basis every Wednesday at Culbertson Memorial Hospital. To schedule an appointment to see Dr. Nallamothu, Dr. Goswami, or Dr. Goel, please call their Springfield office number and specify you would like to be seen at the Culbertson Memorial Hospital Clinic in Rushville.



Colorectal and General Surgery

For colonoscopies and colon and rectal conditions/surgery.

Blessing Physician Services

927 Broadway
Quincy, IL 62305
217-224-6423

Physician

Dr. Harsha Polavarupa

Dr. Harsha sees patients at Culbertson Memorial Hospital the first and third Wednesday at Culbertson Memorial Hospital. To schedule an appointment with Dr. Harsha, please call the Registration Department at 217-322-5271.



Endocrinology

Areas of treatment include diabetes, adrenal diseases and thyroid diseases.

Quincy Medical Group

1025 S. Main St.
Quincy, IL 62301
217-222-6550

Physician

Dr. Sharon Harris

Dr. Harris sees patients at Culbertson Memorial Hospital the second Tuesday of every month. To schedule an appointment with Dr. Harris, please call the Registration Department at 217-322-5271.

Specialized care (cont.)



Gastroenterology

Conditions treated include acid reflux, Crohn's Disease, Irritable Bowel Syndrome, peptic/gastric ulcer and other related problems.

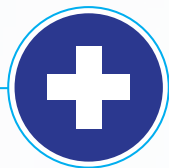
Quincy Medical Group

1118 Hampshire
Quincy, IL 62301
217-222-6550

Physician

Dr. John Bozdech

Dr. Bozdech sees patients at Culbertson Memorial Hospital every Friday. To schedule an appointment with Dr. Bozdech, please call the Registration Department at 217-322-5271.



General Surgery

Offers general surgical services for breast disease, abdominal surgery, acute care surgery, skin and soft tissue disorders, gallbladder and hernia operations.

Springfield Clinic

15 Founders Lane
Jacksonville, IL 62650
217-291-1041

Physicians

Dr. Michael Fenner

Surgical consultations and appointments are available in Outpatient Clinic II (West Wing). Call our Surgical Services Department, at 217-322-4321, ext. 5293, to schedule an appointment.



Hematology – Oncology

Treatment of cancer and diseases of the blood.

Quincy Medical Group

11th & Broadway
Quincy, IL 62301
217-223-8400 ext. 7701

Physicians

Dr. Christian El-Khoury

Dr. Karthik Koduru

Dr. Vitor Pastorini

The Quincy Medical Group Oncologists alternately see patients at Culbertson Memorial Hospital every Thursday. To schedule an appointment, call the Registration Department at 217-322-5271.



Obstetrics & Gynecology

Prenatal care, childbirth, well-woman care and gynecology care.

McDonough District Hospital

Obstetrics and Gynecology

Health Services Building I
505 East Grant Street, Suite 102
Macomb, IL 61455
309-836-6937

Providers

Sharie Hardin, Certified Nurse Midwife

Mary Thompson, Certified Nurse Midwife

Sharie and Mary provide preventative women's healthcare, family planning, prenatal care and childbirth services. They can also diagnose, treat and help prevent diseases of women, particularly those affecting the reproductive system. They see patients on the 1st and 3rd Tuesday of every month.



Orthopedics

Care and surgery of problems and disease of the bones and joints.

Springfield Clinic

800 North 1st Street
Springfield, IL 62702
217-528-7541

Physician

Dr. William Payne

Dr. Payne is available on the 2nd Friday of every month in the morning. He specializes in back and neck surgery. To schedule an appointment, please call Springfield Clinic at 217-582-7541.



Podiatry

Care of foot and ankle problems.

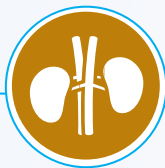
Foot and Ankle Associates

1515 W. Walnut St. #12
Jacksonville, IL 62650
217-546-5949

Physician

Dr. Jeffrey Fleischli

Dr. Fleischli sees patients in Rushville on the first and third Monday of each month. He also sees patients in Beardstown at Taylor Clinic on the 2nd and 4th Tuesday of each month. To schedule an appointment to see Dr. Fleischli at Culbertson Memorial Hospital, please call the Registration Department at 217-322-5271 or to be seen in Beardstown, please call Taylor Clinic at 217-323-2245.



Pulmonology

Care of allergies, respiratory problems, sleep problems and pulmonary disorders.

Central Illinois Allergy and Respiratory Service

543 W. Miller St.
Springfield, IL 62702
217-522-5596

Physician

Dr. Pradeep Kulkarni

Dr. Kulkarni sees patients at Culbertson Memorial Hospital on the first Wednesday of every month. To schedule an appointment to see Dr. Kulkarni, please call his Springfield office and request to be seen at the Rushville Clinic.



Urology

Treatment of prostate problems, incontinence, erectile dysfunction, kidney stones, low testosterone and related conditions.

Quincy Medical Group

1025 Maine Street
Quincy, IL 62301
217-222-6550, ext. 3421

Physician

Dr. Michael Ouwenga

Dr. Ouwenga sees patients at Culbertson Memorial Hospital on the first and third Tuesday of every month. To schedule an appointment to see Dr. Ouwenga, please call the Quincy office at 217-222-6550, ext. 3421 and ask to be seen in Rushville.



Wound Care

Treatment of non-healing wounds.

Passavant Wound Center

1600 West Walnut
Jacksonville, IL 62650
217-245-9541

Physician

Dr. Charles Sheaff
Dr. Eli Goodman

Dr. Sheaff sees wound patients at Culbertson Memorial Hospital every Monday or Thursday. To schedule an appointment with the Wound Care Clinic, please call the Registration Department at 217-322-5271.



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*Save
the
Date!*

GIRLS NIGHT OUT

Grab your mom, your daughter, your sister and your best friends and make sure you save the date of October 2 for our annual Pampered Pink Girls Night Out.

The fun takes place at the Old Homestead Barn, 21850 Beardstown Road, Rushville. It's an evening of health information, relaxation and female bonding. You'll enjoy massages, shopping, door prizes, chocolate, a silent auction and fun! Proceeds from the silent auction will benefit Hope Blooms, a local charity benefiting cancer patients.



Nominate a Special Lady

Do you know a female cancer patient or survivor who would enjoy a makeover? Nominate her! Simply tell us why you believe she deserves a makeover and we'll announce the winner the evening of Pampered Pink.

To nominate, call Molly Sorrell, Director of Community Relations and Marketing, at (217) 322-5269 or email her at msorrell@sdcmh.org.

More information about Pampered Pink is coming! Check our website to find out all the details as they're announced.