



St. Mary's Good Samaritan
 Incorporated
Fast Facts
 FOR PHYSICIANS SUMMER 2009

This piece is designed for you, the clinician, to keep you abreast of the latest technology, services, and specialists available at St. Mary's Good Samaritan.

Turning Point Intensive Therapy for Patients

If you have patients who struggle

with depression, bipolar disorder, or other mental health issues, it can be difficult to find the treatment that suits their needs. If once a week therapy sessions aren't enough, you might consider the partial hospitalization option.

St. Mary's Good Samaritan's Partial Hospitalization Services, called "Turning Point," consists of a range of intensive therapies in groups and as individuals, meetings with psychiatrists, and less-structured socialization with others in the program. After meeting Monday through Friday, from 8 am until 12 noon (an abbreviated version of Turning Point is also available), patients return to work, home and family, to apply what they've learned.

Each patient receives an individualized treatment plan that reflects his or her goals and objectives, and we encourage you to participate in the treatment planning if you wish to. Typically, symptoms are improved in two to four weeks' time.



Turning Point

Offered in two locations:

444 N. Pleasant • Centralia
618-436-5665

35 Albany Rd., Ste. E
618-549-4688

New Specialists Join Medical Staff at SMGSI

Welcome - Vikram Agrawal, MD



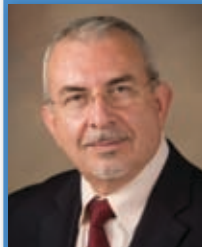
Pediatrics

St. Mary's Good Samaritan welcomes Dr. Vikram Agrawal to the community.

- Medical Degree from Mount Sinai Services, Elmhurst Hospital Center in New York
- Certified in Advanced Cardiac Life Support, Basic Life Support, and Pediatric Life Support
- Practice contains a full spectrum of pediatric concerns

1441 W. Broadway
 Centralia
618-532-9050

Welcome - Abel Garibaldi, MD



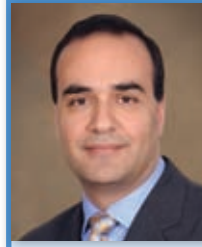
General, Vascular and Thoracic Surgery

St. Mary's Good Samaritan is pleased to welcome Dr. Abel Garibaldi.

- Board Certified in General and Thoracic Surgery.
- Completed Fellowships in Minimal Access Surgery, Thoracic-Vascular Surgery and Cardiothoracic Surgery.
- Practice includes a range of general, vascular and thoracic surgery techniques.

432 N. Pleasant
 Centralia
618-436-5200

Welcome - Fadi Shamsham, MD



Interventional Cardiology, Vascular and Endovascular Medicine

St. Mary's Good Samaritan welcomes Dr. Fadi Shamsham to the community.

- Board Certified in Internal Medicine, Cardiovascular Disease, Interventional Cardiology, Vascular and Endovascular Medicine and Nuclear Cardiology
- Completed Fellowships in Cardiovascular Medicine, Interventional Cardiology, and Endovascular Interventions-Vascular Medicine
- Practice includes a full range of Diagnostic and Interventional Cardiology and Vascular Medicine

4115 South Water Tower Place
 Mt. Vernon
618-204-5462



Another option for women with heavy bleeding

One out of five women experiences excessive menstrual bleeding. That's millions of women who, year after year, "just deal with it." If your patient should mention a change in her menstrual cycle, it's good to know that there's another answer to heavy bleeding and long periods.

Endometrial Ablation is a minimally invasive, outpatient procedure that only takes 90 seconds to complete. Recovery time is also quick—most women are back at work the very next day.

During this procedure, the lining of the uterus is removed, resulting in periods that are much lighter, if not completely stopped.

For women who are done with childbearing, there's no need to suffer in silence due to

Endometrial Ablation

- Requires no incisions
- Has none of the potential side effects and long-term risks of hysterectomy
- Means no hormone treatment is necessary
- Involves minimal discomfort and cramping after the procedure
- Gets women back to "normal" life quickly—usually within one day

heavy periods. All of the OB/Gyns on staff at St. Mary's Good Samaritan perform this procedure. Please see the SMGS Referral Guide for contact information, or contact Melody King, Physician Relations, at **618-237-2400**.

ExpressCare at Good Samaritan Regional Health Center Designed to reduce wait times for patients

Anyone who's been to an emergency room recently knows how crowded it can be, and how long the wait can seem, especially for patients with non-critical ailments.

ExpressCare, a new service of the Emergency Department at GSRHC, allows non-critical patients to more quickly receive the care they need, while also enabling the emergency staff to properly concentrate on patients who are acutely ill or have traumatic injuries.

Patients are candidates for ExpressCare based on specific criteria. Likely ailments of an ExpressCare patient include insect bites, sprains, strains, ear aches, sore throats, cuts, respiratory infections, etc.

Brian Hughes, MD, emergency medicine physician at GSRHC, says, "ExpressCare is not only a service, it's a mind-set. Our philosophy is that it's better when people with life's non-critical emergencies are seen quickly and efficiently."

ExpressCare

Hours of Operation: 10 am - 10 pm
Emergency Department
Good Samaritan Regional Health Center

Although the service allows non-critical patients to be seen more quickly, there is no compromise in quality of care. The providers staffing ExpressCare have extensive training in emergency medicine, and patients will be pleased to know that our same nursing staff will work with them in ExpressCare.



ExpressCare

early results are impressive!
Door to physician time has
declined from **51 to 37 minutes!**

Have questions or comments about our service?

Our goal is to provide our referring physicians with the highest level of respect and service. If you have any questions or comments about our service, please let us know. Melody King is our Physician Relations Representative. She is available to answer your questions, help resolve any issues, or facilitate referrals.

Melody King

Physician Relations

618-241-2610 (office)

618-237-2400 (cell)



St. Mary's Good Samaritan
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Centralia, Illinois 62801

605 North 12th Street
Mt. Vernon, Illinois 62864