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# Healthcare & wellness

ADDRESSING THE HEALTH AND WELLNESS NEEDS OF OUR COMMUNITY AND PLANTING THE SEEDS FOR A HEALTHY FUTURE.

*The Southern Illinois Center for Health is the first featured article in our Healthcare & Wellness Newsletter. Read more about them below!*

## Feature Article

### Southern Illinois Center for Health

One of the most significant factors in determining quality-of-life for any community is the access it provides to quality healthcare. Monroe County, in general, and the City of Waterloo, in particular, have exceptional access to a host of top-notch health and wellness resources all located on one campus.

The Southern Illinois Center for Health (SICH) campus is a comprehensive outpatient medical facility conveniently located just east of downtown Waterloo. Most of us access our healthcare resources through our primary care providers. On the Waterloo campus, there are nine primary-care providers specializing in all aspects of family medicine, from pediatrics to geriatrics.



SOUTHERN ILLINOIS CENTER *for* HEALTH

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### Healthy Tip

Between exams, papers and maintaining an active social life, college students feel they can't find the time to keep up on their personal health and wellness until an illness stops them in their tracks. Below are some diet tips to help prevent health problems for students but remember...these are good habits for anyone to follow.

#### Diet Tips:

- |                                      |  |
|--------------------------------------|--|
| 1. Control Portion Sizes             | 6. Limit Sugar and Caffeinated Beverages |
| 2. Eat Breakfast                     | 7. Eat plenty of Fruits and Vegetables   |
| 3. Eat Healthy Snacks                | 8. Limit Junk Food                       |
| 4. Don't fight stress by eating      | 9. Don't skip meals                      |
| 5. Drink recommended amount of water | 10. Take vitamins                        |





## Featured Article Continued...

### *Feature Article continued...*

Our providers are a vital part of the community, generally living here and active in the communities they serve. Families face many health issues. As our healthcare “gatekeepers”, primary-care providers need additional tools and professionals in order to deliver the best care possible. Therein lies another great strength of the SICH Campus. Unlike other outpatient facilities, the SICH Campus is comprised of a wide-variety of complementary services.

The Southern Illinois Multi-Specialty Clinic provides access to specialties including OB/GYN services, allergy, cardiology, dermatology, ENT, gastroenterology, general surgery, nephrology, neurology, orthopedics/sports medicine, orthopedic spine, pain management, podiatry, pulmonology, urology and vascular surgery. Our physicians come from throughout the metropolitan St. Louis area and have privileges at some of the finest hospitals in the metropolitan area. In many cases our specialists can perform required surgery at Monroe County Surgical Center, another SICH tenant. Both the Multi-Specialty Clinic and Surgical Center provide exceptional convenience without sacrificing quality. Many patients require imaging services in order to diagnose their conditions. Southern Illinois Imaging Associates (SIIA) is a full-service imaging facility with digital mammography, x-ray, ultrasound, MRI and advanced CT services. Advanced imaging and timely reading and reporting of results distinguish SIIA.

Physical therapy (ATI) is also provided on campus with extended early morning and evening hours. Laboratory services are provided six-days a week by both Quest and LabCorp companies. Fresenius Medical Care-North America is our newest tenant, adding a brand-new In-Center Hemodialysis facility to complement their well-established Home Therapy Program. Look for them to open their doors in March 2015. Each of the members of the SICH Campus are proud to be able to provide our friends and neighbors with exceptional ambulatory care in a beautiful, easily accessible setting. Whether for routine care or more extensive medical treatments, our physicians and other professionals are here with solutions.

*For more information , please visit or contact us at:*

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*Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.*

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