



Belleville, IL 62220
618/234/2120 Ext. 1270
Fax: 618/222/4748

*From: Kelly Barbeau
Marketing Support Specialist*

FOR IMMEDIATE RELEASE

July 9, 2007

**Re: Open House at newly completed Sleep Center in St. Elizabeth's
Hospital Monroe County Medical Building
Columbia, IL**

St. Elizabeth's Hospital is pleased to announce the opening of our Sleep Disorders Center and a new outpatient clinic location at our Monroe County Medical Building in Columbia, IL.

**The public is invited to the Open House event on Monday, July 16,
from 5 to 7 p.m.**

Sleep Center employees will be leading tours of the comfortably equipped suites, physicians from Southern Illinois Pulmonary Consultants, Ltd. will be meeting the public, and light refreshments will be served.

The Monroe Sleep Disorders Center is the second location of the Southern Illinois Sleep Disorders Center at St. Elizabeth's Hospital. It is dedicated to the diagnosis and treatment of sleep disorders, with specialized equipment and credentialed technicians.

The Center is unique in the fact that all of the staff physicians are board certified in sleep medicine. Their combined experience and knowledge in sleep medicine offers patients a significant advantage in the diagnosis and treatment of sleep disorders.

Sleep disorders affect millions of Americans, but too often they go unrecognized by both patients and physicians. As many as one third of all adults experience insomnia, and two to four percent of middle-aged adults may have significant breathing disorders during sleep. Other less common sleep disorders include

narcolepsy, nocturnal movement disorders, and sleep-walking or other unusual behaviors.

A number of different symptoms may suggest a sleep disorder, including:

- Excessive daytime sleeping
- Involuntary dozing during the day
- Difficulty falling or staying asleep
- Unusually loud snoring
- Kicking movements of the legs during sleep
- Decreased memory or concentration
- Depression
- Sensation of leg restlessness

Untreated sleep disorders can have significant medical and social consequences. Excessive sleepiness may impair work efficiency, affect mood and increase the risk of injury on the job or while driving. Sleep-related breathing disorders are associated with high blood pressure, heart disease and stroke.

The three physicians - Dr. Ventrapragada Mohan, Dr. Barbara Sudholt, and Dr. Syed A. Rizvi, of Southern Illinois Pulmonary Consultants are board certified in Pulmonary Medicine, Critical Care Medicine, and Sleep Medicine. They are available to receive outpatient referrals for pulmonary and sleep evaluations during specialty clinic hours at the Monroe County facility. All referrals can be directed to our main office at 618-235-4883.

St. Elizabeth's Hospital looks forward to serving the Monroe County community with our professional care and convenient location.

The St. Elizabeth's Hospital Monroe County Medical Building opened for business in September of 2006 and has brought accessible healthcare to the citizens of Monroe County. The available services include an UrgiCare Center, Laboratory and Imaging Services, Physical Therapy and Monroe Family and Sports Medicine. An accredited Sleep Lab will also be opening at the facility in July of 2007. Additional specialty clinic hours have been added to better serve the needs of the local communities, including urology, vascular surgery, and ear, nose and throat specialists.

St. Elizabeth's Hospital, in Belleville, IL, is an accredited Chest Pain Center and a 506-bed acute care medical facility featuring a newly renovated 16-suite surgery center including open-heart suites and an outpatient surgery center featuring 26 private rooms. The hospital was founded by the Hospital Sisters of the Third Order of St. Francis. Today, we continue the mission of our founding sisters: to provide care for the sick and needy with a spirit of respect, care, competence and joy. We maintain a Gold Seal of approval from the Joint Commission on the Accreditation of Healthcare Organizations. For more information please contact Kelly Barbeau at 618.234.2120, extension 1270.

###