



1400 West Main Street
P.O. Box 8004
Bellevue, Ohio 44811
419.483.4040



ONLY 375 TICKETS LEFT!

\$100,000 or New Corvette
Stingray + \$40,000

Only 1,917 tickets to be sold. \$100 per ticket. Drawing **March 4, 2017**.

For more information or to purchase tickets, visit www.vetteraffle.com or 800.850.5528.

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health*e*news
THE BELLEVUE HOSPITAL

December 2016



Join us on Facebook and visit our website at www.bellevuehospital.com. Upcoming events and programs listed inside.
Please contact the Marketing department at 419.483.4040, Ext. 4899 with any questions.



*During the holiday season, our thoughts turn to those who
have made our progress possible.*

*In this spirit, The Bellevue Hospital Family
would like to say thank you and best wishes for a
happy, healthy and safe holiday season.*

Please enjoy our **health***e*news
to help keep you informed.



The Bellevue Hospital Foundation

31st Annual

Lights of Love

Each light is \$5

Proceeds will benefit the Foundation.

*Purchase Lights by
Friday, December 16, 2016.*

*For additional information call:
419.483.4040, Ext. 4319*

My Lights of Love 2016:

☐ Light In Honor Of OR ☐ Light In Memory Of
Name: _____

☐ Light In Honor Of OR ☐ Light In Memory Of
Name: _____

☐ Light In Honor Of OR ☐ Light In Memory Of
Name: _____

☐ Light In Honor Of OR ☐ Light In Memory Of
Name: _____

_____ Lights of Love @ \$5.00 each \$ _____

TOTAL ENCLOSED: \$ _____

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____

☐ Cash ☐ Check (payable to TBH Foundation)

☐ Credit Card: ☐ Visa ☐ Mastercard ☐ Discover

Credit Card Information: ACCT #: _____

Exp. Date: _____ 3-Digit Code: _____

Cardholder Name: _____

Signature: _____

Mail To: The Bellevue Hospital Foundation
1400 West Main Street • Bellevue, Ohio 44811

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CALENDAR *of Events*

For more information, or to register for the events listed:

Bellevue: 419.483.4040 ~ Clyde: 419.547.0074

Fremont, Old Fort, Green Springs and Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

December 1 RED CROSS BLOODMOBILE

TBH Conference Rooms A&B
9:30 am - 3:30 pm

Open to the public. To donate, you need to weigh between 110-350 pounds, be at least 17 years old, and be in good general health. A person can donate blood every 56 days. Walk-ins may be accepted. To schedule your appointment, call 1-800-Red-Cross, or visit www.redcrossblood.org and enter sponsor code BELLEVUEHOSP.

December 5 MORNING HEALTH BREAK

TBH Conference Rooms A&B
8:00 am - 11:00 am

Free blood pressure and fasting glucose checks; A1C (\$10). Literature, a light breakfast.
INFO: Ext. 6610

December 8 MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am - 1:00 pm

The Clyde High School Choir performing holiday songs. The public is invited to attend. Bring two non-perishable food items to

SUPPORT GROUPS

December 1 BREASTFEEDING BASICS

TBH Conference Room A
6:00 pm - 8:00 pm

Questions of the nutritional benefits and techniques of breastfeeding will be answered. A fee of \$10.

INFO: Ext. 3067

December 6 M.O.M.S.

TBH 2nd Floor Conference Room
10:30 am - 11:30 am

All mothers and babies welcome. Discussing feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.
INFO: Ext. 4363

December 13 DIABETES

TBH East Conference Room
12:30 pm - 1:30 pm

“Making Learning Fun” presented by Denise Bullion, RN, CDE. The support group is free and open to the public.
INFO: Ext. 4303

December 13 CARDIAC

TBH Conference Rooms A&B
4:00 pm - 5:00 pm

“Go Ahead and Ask The Nurse” presented by Denise Buillion, RN, CDE. The support group is free and open to the public.
INFO: Ext. 4303

Stay Safe this Winter

*A Note from
TBH Physical
Therapy
Department*



Winter can be a great time to get outdoors and enjoy some fresh air and exercise, but it can also be a time for inconvenient sprains and strains. Below are some tips to avoid common winter injuries.

SNOW REMOVAL

Bending and lifting can put you at risk for back and shoulder injuries and place stress on your heart. **Follow these tips:**

WARM UP: Warm up your muscles with light exercise for at least 10 minutes before starting.

TRY TO PUSH THE SNOW: Invest in an ergonomic shovel designed to push the snow rather than lifting the snow.

IF YOU MUST LIFT THE SNOW, DO IT PROPERLY: Properly means squatting with your legs shoulder-width apart, knees slightly bent and your back straight. Lift with your legs to reduce back sprain.

DO NOT TWIST: Do not throw snow over your shoulder or to the side.

KNOW YOUR LIMITATIONS: It may be time to invest in a snow blower and let the machine do the work. Avoid twisting and lifting.

GENERAL PRECAUTIONS WHILE OUTDOORS

LAYER UP: Wear several layers of water and wind-resistant clothing for warmth and protection.

BE ON THE LOOKOUT FOR ICE: Be cautious on pavement and sidewalks. Assume any wet, dark area is slippery. If you have to walk on icy surfaces, bend knees slightly and walk flat-footed, making sure you do not bend forward or backward. Use your arms for balance if needed.

If you have already sustained an injury, or feel you're at risk of suffering an injury due to weakened muscles or balance issues, talk to your doctor and ask for a referral to The Bellevue Hospital's Physical Therapy department.

Call 419.483.4040, Ext. 4279 for your appointment.

Information on TBH screenings, programs and events may also be found on our website at www.bellevuehospital.com, and on The Bellevue Hospital Facebook page.

New State-Of-The Art CT Scanner At TBH

The Bellevue Hospital (TBH) has acquired a new Aquilion Prime™ 160 series Computed Tomography (CT) scanner from Toshiba. The new CT machine provides faster exams at low radiation doses, while producing high-quality images.

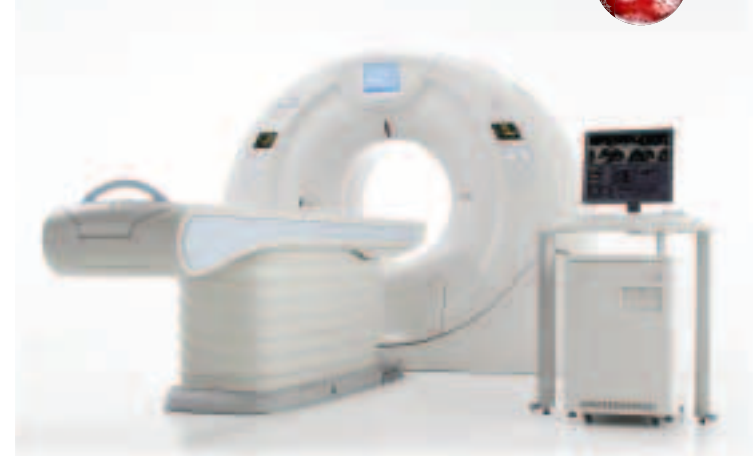
The hospital's CT scanner captures 160 unique slices or pictures during every rotation.

“The speed of the new CT scanner enables our physicians to obtain critical patient information for enhanced diagnoses faster than before,” explained Marc Schoen, TBH's Diagnostic Imaging Director.

“The design of the machine allows us to offer CT Scans from pediatric to bariatric patients. And it improves patient safety and comfort,” continued Schoen.

The new machine offers a 78 centimeter opening, the widest of any high-end CT, allowing physicians to see what they need to see, while still keeping patients as comfortable as possible during the procedure.

“Overall, with the larger opening, we can offer imaging for patients up to 650 pounds and it is a real benefit for patients who are claustrophobic. The machine also has the industry's widest couch or bed, so a comfortable experience is created for the patients,” said Schoen.



“Another advantage of our new CT scanner is radiation dose reduction. Rapid image reconstruction allows the exams to be performed and reconstructed faster than before, therefore the amount of radiation the patients are exposed to during a scan is reduced,” said David West, M.D., a board certified Radiologist with TBH's Diagnostic Imaging Department.

“The new CT machine also has dose check software that alerts users, so dose limits are not exceeded,” continued West.



Local Comprehensive Vein Treatment Offered

The Bellevue Hospital, in affiliation with Vein and Body Specialists located in Bellevue, offers treatment for various conditions, symptoms and diseases of veins.

According to Vein and Body Specialists, nearly 50 percent of the adult population suffers from often painful vein diseases. Problems associated with spider and varicose veins may often cause serious health problems.

Symptoms of vein disease can include leg tiredness, pain, leg heaviness, swelling, itching and skin discoloration.

Vein and Body Specialists offers affordable outpatient based procedures that can be done under local anesthesia and address pain, swelling, ulcerations and the cosmetic treatment of spider and bulging varicose veins. Treatment options include:

- Endovenous Laser Treatment (EVLT) - a small laser fiber inserted into the vein to damage the vein using applied heat, allowing the vein to close safely.



**David West,
MD**



**Jonathan Edwards,
RN, RVT**

- Sclerotherapy - saline solution is injected into the affected vein.
- Microphlebectomy - tiny incisions (so small, there will be no scar) are made in the treatment area and the targeted vein is removed.
- ClariVein® - a ClariVein® catheter is inserted into the targeted vein and a solution is released to safely seal the vein closed.

Patients do not need a physician referral to have a vein treatment performed. Treatments are performed by Dr. David West, Board Certified Radiologist with TBH's Diagnostic Imaging Department and Jonathan Edwards, RN, Certified Vascular Ultrasound Technologist.

For more information on Vein and Body Specialists, or to schedule a free evaluation, visit www.veinandbody.com, or call 419.484.5960.