



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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BELLEVUE, OH 44811
PERMIT NO. 50



September 2016



Medication Management Clinic at TBH

The Bellevue Hospital's Medication Management Clinic is located in the Medical Building behind the hospital and specializes in patients taking anticoagulant medications.

Some examples of anticoagulant medications are Coumadin (warfarin), Heparin, Xarelto, Pradaxa, Eliquis, and Lovenox. They are taken to prevent and control the development of blood clots.

Patients may need to take anticoagulants because of deep vein thrombosis, pulmonary embolism, heart attack follow up, atrial fibrillation, heart valve disease or replacement, and stroke, to name a few.

"Before seeing us for the first time, patients will talk with their physician, the physician's office staff will fill out a referral form, and we'll contact the patient for their appointment. The first appointment will take about an hour and follow-up appointments will take approximately 15 minutes," said Carla Williams, a Registered Pharmacist with TBH. Williams and Shari Love, R.Ph., are Certified Anticoagulation Pharmacists with the clinic.

"Some advantages of our clinic for the patient include a personalized treatment plan, convenience, a quick assessment of their numbers to see if they are in target ranges, communication between the clinic staff and the patient's primary care physician and/or cardiologist, appointment availability, friendly service, and plenty of parking," added Williams.

TBH's Medication Management Clinic is open on Tuesdays, Wednesdays, and Thursdays from 8 a.m. until 4:30 p.m., by appointment.

Patients will need a referral from their family physician and should also check with their primary insurance carrier to see if visits to the clinic are covered. For additional information, call 419.484.5970.



Shari Love, R.Ph. (left) and
Carla Williams, R.Ph. (right)



The Bellevue Hospital offers ongoing programs, events and services.

Please enjoy our **HEALTHnews** to help keep you informed.



We welcome you to join us on our Facebook page and visit our website at www.bellevuehospital.com. Inside we offer you our upcoming events and programs. Please contact the Marketing department at 419.483.4040, Ext. 4899 with any questions.

Model of The Bellevue Hospital Donated

No detail was overlooked by Oscar Bannister of Bellevue, as he built a replica of The Bellevue Hospital he recently donated to the hospital. The three-by-four foot model represents one and a half years of work Bannister dedicated to the project. The building is made from plastic and all pieces were measured, cut, and glued by hand. "The most time-consuming part of the project was having to replicate the hospital's five entrances. Other models I created had only one or maybe two entrances," stated Bannister. And the round shape of the hospital's Main Station Café also proved to be difficult. Starting this hobby 10 years ago, Bannister has built several replicas of area buildings including Croghan Colonial Bank, the Tremont House, and the Bellevue High School football stadium. The model of The Bellevue Hospital is displayed in our atrium lobby in honor and recognition of our 100th Anniversary.



Tim Buit, Executive Vice President and CFO of TBH (left) stands with Oscar Bannister (right).

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

Reference the Extension numbers below:

COMMUNITY HEALTH PROGRAMS

GLUCOSE, BLOOD PRESSURE CHECKS

Community health screenings offered in September. Blood Pressure (free) and Cholesterol (\$10).

INFO: Ext. 6610

September 7

9:30 am-11:00 am

The Medicine Shoppe, Bellevue

September 13

9:00 am-11:00 am

Bassett's Market, Bellevue

September 20

9:00 am-11:00 am

Hogue's IGA, Bellevue

September 21

9:00 am-11:00 am

Miller's SuperValu, Clyde

September 22

10:30 am-11:30 am

Senior Center, Clyde

September 26

8:00 am-10:00 am

Rec Center, Bellevue

September 27

Noon-1:00 pm

Senior Center, Bellevue

Healthy Mind

September 12

MORNING HEALTH BREAK

TBH Conference Rooms A&B

8:00 am - 11:00 am

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, a light breakfast and a registered nurse to answer questions about health.

INFO: Ext. 6610

September 13

YOGA FITNESS CLASSES

Knights of Columbus Hall

816 Monroe St., Bellevue

5:30 pm - 6:30 pm

Classes are a series of six sessions on Tuesdays and Wednesdays. Fee is \$20 for six classes from Sept. 13 through Oct. 19.

Co-sponsored by the Bellevue Recreation Department.

INFO: Ext. 4206

September 14

DROWN'S GARDEN MARKET

TBH South Entrance

9:00 am - 2:00 pm

Support a healthy lifestyle and visit the Garden Market. Open to the public and offering a wide variety of seasonal fruits and vegetables. Cash, check or credit card accepted.

INFO: Ext. 4387

September 15

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

11:30 am - 1:00 pm

Snavely's Sugar Shack will be presenting. The public is invited to attend. A lunch fee of \$3. Reservations are requested.

INFO: Ext. 4899

September 17

LAMAZE PREPARED CHILDBIRTH COURSE

TBH Conference Room A&B

8:30 am - 12:30 pm

Prepares expectant parents for a positive birth experience. Topics include stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. The group also tours the Family Birthing Center. The class is held in a series of two sessions. The second session will be on Saturday, Sept. 24 from 8:30 am-12:30 pm. A fee of \$30 will be charged.

INFO: Ext. 3067

September 25

SMOKING CESSATION PROGRAM

TBH Conference Room A&B

2:30 pm

TBH and The Ohio State University at Lima are offering a free seven-week treatment and research program designed to help people stop smoking. Behavior modification therapy,

hypnosis and nicotine replacement therapy is involved. Classes will be held on Sundays including Sept. 25, Oct. 2 and Oct. 9, from 2:30-4:30 p.m. Two support sessions are scheduled for Sundays, Oct. 23 and Nov. 6, from 2:30-3:30 p.m.

INFO: Ext. 4244

September 28

RED CROSS BLOODMOBILE

TBH Conference Room 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.

SUPPORT GROUPS

September 6 M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am - 11:30 am

All new mothers and babies welcome. Discussion of topics such as feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.

INFO: Ext. 4363

Healthy Body



September 13 DIABETES

TBH East Conference Room

12:30 pm - 1:30 pm

"Diabetic Technology and Tools," presented by Denise Bullion, RN, CDE. The support group is free and open to the public.

INFO: Ext. 4303

September 13 CARDIAC

TBH Conference Rooms A&B

4:00 pm - 5:00 pm

"Cardiac Testing - What & Why," presented by Dan Kramer, RN. The support group is free and open to the public.

INFO: Ext. 4303

September 13 REIKI

TBH Conference Rooms A&B

6:00 pm - 8:00 pm

Topic will be "Beingness." Reiki sessions are free and open to the public.

INFO: Contact Patricia Zilles at 419.355.1283

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.

A Note From TBH Athletic Trainer Laura Manning



Back to school often means back to sports, and an increased risk of concussion. It is important to be able to recognize the signs and symptoms of a concussion, which may include:

- headache
- fatigue
- loss of balance
- memory loss
- feeling sluggish or foggy
- may or may not include loss of consciousness

An individual may experience only a few of these symptoms. Once symptoms are observed, the athlete should immediately be removed from play, the symptoms need to be reported to the athletic trainer, and the athlete should be seen by their health care provider for further evaluation.

A care team including the physician, the athletic trainer, the athlete, parents and coaches need to work together to develop a care plan that ensures the well-being of the athlete.

Following a concussion, it is imperative that a slow and progressive return to sport be performed to gradually get your athlete back in the game.

Visit <http://www.cdc.gov/HeadsUp/> for more information regarding prevention, recognition, and care of concussions.

September is Pain Awareness Month

Helpful Hints from the Pain Management Center at The Bellevue Hospital

More than 100 million people suffer from chronic pain lasting more than 3 to 6 months. And back pain is the leading cause of disability and most common type of pain in the U.S., affecting 8 out of every 10 adults.

Here are a few simple steps to help prevent and avoid back injuries:

- **Frequent position changes:** Avoid being in one position for long periods, it places increased stress on your back.
- **Pushing/pulling:** Stand up straight and push whenever possible. Pushing is easier on your back than pulling.
- **Footwear:** Wear well-supported shoes and buy new shoes frequently. Shoes with heels increase stress on your legs and back.
- **Proper posture:** Keep your back and shoulders upright and your body "stacked." Ears should be over your shoulders, over the middle of your pelvis and over your knees and feet.
- **Regular exercise:** Exercise 3-5 times per week to maintain physical fitness, good strength and flexibility.

If you do suffer from pain, the specialists at the Pain Management Center at The Bellevue Hospital may help you get back to your life.

Vimal S. Kumar, M.D. is our pain management intervention physician and he is board certified in both pain management and anesthesiology with over 20 years of pain management experience.

