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healthnews
THE BELLEVUE HOSPITAL

April 2017



Get Ready for Summer

Get Rid of Varicose Veins!

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

Located in Building 1, Suite D behind TBH at 1400 W. Main Street, the Vein and Body Specialists offer affordable outpatient based procedures that can be done under local anesthesia.

- **Endovenous Laser Treatment (EVL)** - a small laser fiber is inserted into the vein to damage the vein using applied heat, allowing the vein to close safely.
- **Sclerotherapy** - saline solution is injected into the affected vein.
- **Microphlebectomy** - tiny incisions (so small that 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**.



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

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.



National Donate Life Month



National Donate Life Month (NDLM) is celebrated in April each year. Started in 2003, NDLM features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those who have saved lives through the gift of donation. Consider becoming an organ, eye and tissue donor – and help give the gift of life. Register today at www.registerme.org.

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 & Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

FASTING GLUCOSE TESTS AND BLOOD PRESSURE CHECKS

Free community health screenings offered in April.
INFO: Ext. 6610

April 11

9:00 am-11:00 am

Bassett's Market, Bellevue

April 18

9:00 am-11:00 am

Hogue's IGA, Bellevue

April 24

8:00 am-10:00 am

Rec Center, Bellevue

April 25

Noon-1:00 pm

Senior Center, Bellevue

April 27

10:30 am-11:30 am

Senior Center, Clyde

April 1 & 8

CHILDBIRTH PREPAREDNESS LAMAZE CLASSES

TBH Conference Rooms 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 will tour the Family Birthing Center. Must attend both Saturday sessions. A fee of \$30.

INFO: Ext. 3067

April 3

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

April 4

YOGA FITNESS CLASSES

Knights of Columbus Hall

816 Monroe St., Bellevue

5:30 pm - 6:30 pm

Co-sponsored by the Bellevue Recreation Center. Classes are offered on Tues. and Wed. from April 4 - May 10. \$20 for six sessions.

INFO: Ext. 4206

April 14

EASTER BUNNY VISITS TBH

TBH Atrium

10:30 am - Noon

Co-sponsored by The Willows of Bellevue. Bring your own cameras to capture the moment with your kids or grandkids. Light refreshments and treats for the children will be available. Free and open to the public.

INFO: Ext. 4319



April 18

EVENING HEALTH BREAK

TBH East Conference Room

5:00 pm - 7:00 pm

Free blood pressure and fasting glucose checks; thyroid testing (\$20); prostate screening (\$25). Educational literature, light snacks and a registered nurse to answer questions about health.

INFO: Ext. 6610

April 20

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

11:30 am - 1:00 pm

The Bellevue Hospital Substance Use Disorder Committee will be presenting. The public is invited to attend. A lunch fee of \$3. Reservations are requested.

INFO: Ext. 4899

SUPPORT GROUP

April 4

M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am - 11:30 am

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

INFO: Ext. 4363



April 11

REIKI

TBH Conference Rooms A&B

6:00 pm - 8:00 pm

Reiki Healing Touch Group Circle classes, presented by Patricia Zilles, Reiki master practitioner. Topic will be "The Spirit of Reiki." Reiki sessions are free and open to the public.

INFO: Contact Patricia Zilles at 419.355.1283

April 11

DIABETES

TBH East Conference Room

12:30 pm - 1:30 pm

"Medications and Emergency Preparedness," presented by Kathryn Didelot, RN. The support group is free and open to the public.

INFO: Ext. 4303



*Energize &
Invigorate!*



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.

Stay Safe During Your

SPRING Cleaning



Spring is officially here and that means it's time to start that dreaded spring cleaning list. Whether it's dusting off the tops of your shelves, or scrubbing those hard to reach places under the furniture, everything needs to be done with safety in mind. Here are some cleaning safety tips from TBH's Rehabilitation Department:

- Start off slow and make sure to take breaks to stretch, rehydrate, and let your body rest.
- Always bend and lift at the hips and knees using your legs rather than your back. Keep abdominal muscles engaged when pushing, pulling, or lifting to help decrease the strain on your back.
- Avoid twisting; take steps with your feet vs. twisting at your waist. Keep items close to your body when carrying. Use a secure ladder or step stool vs. climbing on chairs or counters.
- Use equipment to make life easier. Long handled dusters and scrub brushes can help avoid bending over

and putting stress on your back, neck, and knees. Sliders can be used to go under heavy furniture so that you do not have to lift it; this will avoid the stress on your shoulders, back, and legs.

If you do injure yourself, use cold instead of heat to help treat the injury. Make sure to rest, and avoid any activity that increases your pain. Remember the abbreviation **RICE** – Rest, Ice, Compression, Elevation.

If pain persists, call your family physician. Physical therapy may be recommended at this time to alleviate symptoms. Physical therapy can help manage pain, increase strength, improve balance, address dizziness issues, and improve your overall function. TBH offers land and aquatic based Physical Therapy, Occupational Therapy, and Speech Therapy. Contact TBH's Rehabilitation Department at 419.483.4040, Ext. 4279.

TBH Bringing Awareness to Substance Use Disorder

The Substance Use Disorder Committee at The Bellevue Hospital is working to bring awareness of Substance Use Disorder to the community. In an effort to help combat substance abuse, the Committee offers resources that community members can utilize.

The Committee has designed an informative presentation titled "Substance Use Disorder Awareness." The purpose of this presentation is to educate community members and local civic groups on the local substance abuse statistics, the brain chemistry of addiction, medically assisted treatments, the stigma associated with substance use, and how to respond to someone with a substance use disorder.

With the help of TBH's Substance Use Disorder Committee, The Bellevue Hospital now serves as a donation drop-off point and pick-up location for OhioCAN's Blessing Bag project. OhioCAN stands for Ohio – Change Addiction Now. The organization's goal is to educate, embrace and empower those affected with, or by, Substance Use Disorder. Often times family members, and those affected by substance abuse, struggle to obtain valuable resource and recovery information.

"Steps of Change" 5K Run and Memorial Walk

May 20, 2017 at 10:00 am

Connor Park, Fremont

Cost: \$20 includes T-shirt & lunch for pre-registers. Memorial Walk is FREE and begins at 11 am.

OhioCAN created the Blessing Bag Project, where food, toiletries, and clothing are collected and distributed, along with recovery information, to individuals in need.

On May 20, 2017, OhioCAN will be holding a "Steps of Change" 5K Run and Memorial Walk to honor and remember lost loved ones, bring awareness to Substance Use Disorder and reduce the stigma of overdose. The race will be held at Connor Park in Fremont at 10:00 a.m. The cost of the 5K race is \$20.00 and includes a t-shirt and lunch for those who pre-register. The Memory Walk is free and begins at 11:00 a.m. Register online at www.signmeup.com/118777.

If you are interested in more information on the Blessing Bag Project or would like to schedule a presentation by TBH's Substance Use Disorder Committee, please call The Bellevue Hospital at 419.483.4040 and contact either Mandi Artino at Ext. 4625, or Julie Jones at Ext. 4678.