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HEALTHnews
THE BELLEVUE HOSPITAL

January 2018



Cervical Cancer And What You Need To Know

Did you know January is Cervical Cancer Recognition month? According to The American Congress of Obstetricians and Gynecologists (ACOG), women ages 21-29 should have a Pap test every three years. Women ages 30-65 should have a Pap test and Human Papilloma Virus (HPV) co-testing every five years.

Cervical cancer screenings are used to find changes in the cells of the cervix possibly leading to cancer. Most cases of cervical cancers are caused by HPV. Most women who have HPV have no symptoms and most HPV infections go away on their own. The short-term HPV infections usually cause only mild changes in the cervical cells. However, in some women HPV does not go away. If the infection lasts for a long time, it can cause more severe changes in the cervical cells, and are more likely to lead to cancer.

Other risk factors besides HPV, increasing your chances of getting cervical cancer include:

- smoking
- having HIV or another condition to weaken your immune system
- using birth control pills for five or more years
- giving birth to three or more children



The good news is that cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-ups. It is also highly curable when found and treated early.

We encourage you to talk to your physician or obstetrics/gynecology provider to determine if it is time to schedule a routine Pap test.

If you are looking for an OB/GYN, call 419.483.4040, Ext. 4405, or visit www.bellevuehospital.com.



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.



Make 2018 Your Healthiest Year Yet!



The new year means the holiday season has come to a close, and it's usually a time when individuals start thinking about goals for the year ahead. Follow these tips from the Center for Disease Control (CDC) to boost your health and well-being in 2018:

- ✓ **Make an appointment with your family physician** for a routine check-up, vaccination or health screening. Regular health exams and tests may help you find problems before they start.
- ✓ **Stay active.** You can incorporate additional movement into your day by making small changes. Park in a parking spot farther away; take the stairs rather than the elevator; try a seasonal activity with your family such as ice skating.
- ✓ **Eat healthier.** Eating healthy is all about balance. Pack healthy snacks like fruit or nuts to avoid the temptation of convenience foods; make half your plate fruits and vegetables and try to choose high fiber, whole-grain foods more often than refined grains.
- ✓ **Get enough sleep.** Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes and cardiovascular disease.
- ✓ **Be smoke free.** If you are ready to quit, contact The Bellevue Hospital at 419.483.4040, Ext. 4244 and ask about our smoking cessation program.



Wishing you a Happy and Healthy New Year!



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

GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in January.
INFO: Ext. 6610

January 9

9:00 am-11:00 am
Bassett's Market, Bellevue

January 16

9:00 am-11:00 am
Hogue's IGA, Bellevue

January 17

9:00 am-11:00 am
Miller's SuperValu, Clyde

January 22

8:00 am-10:00 am
Rec Center, Bellevue

January 25

10:30 am-11:30 am
Senior Center, Clyde

January 30

Noon-1:00 pm
Senior Center, Bellevue

January 8

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 health questions.
INFO: Ext. 6610

January 6 & 13

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 will tour the Family Birthing Center. The class is held in a series of two sessions. The second session will be on Saturday, Jan. 13 from 8:30 am -12:30 pm. Fee of \$30.
INFO: Ext. 3067

January 18

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am - 1:00 pm

Pulmonary disease physician Nathan Samsa, D.O., Pharm. D will be presenting. The public is invited to attend. A lunch fee of \$3 or two non-perishable food items to donate to Fish & Loaves Food Pantry. Reservations are requested.
INFO: Ext. 4899

January 18

BREASTFEEDING BASICS

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

Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered. Fee of \$10.
INFO: Ext. 3067

SUPPORT GROUPS

January 1

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor
7:00 pm - 8:00 pm

Support group provides resources, compassion, and understanding for individuals and families who have lost a loved one as a result of substance use or addiction. Meetings are free and open to anyone who has lost a loved one to substance use.
INFO: Contact a GRASP Support Group Facilitator:

Dawn Bova at
dawnrb45@gmail.com
Lavin Schwan at
lschwan@live.com

January 2

M.O.M.S.

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

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

January 2

REIKI & NATURAL HEALING

TBH Conference Rooms A&B
6:00 pm - 8:00 pm

The Reiki and Natural Healing group is free and open to the public. January's topic will be "Spirituality," presented by Patricia Zilles, Reiki Practitioner.
INFO: contact Patricia Zilles at 419.355.1283.

January 9

DIABETES

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

Topics will vary monthly based on group discussion. The support group is free and open to the public.
INFO: Ext. 4303



For information on TBH screenings, programs and events visit www.bellevuehospital.com and The Bellevue Hospital Facebook page.



The Bellevue Hospital Foundation Invites You To Join

Club 1917 and/or Harkness Legacy Fund

Club 1917 ~ The Bellevue Hospital Foundation established Club 1917 as an annual renewable membership group in 2007. Club 1917 assists in the ongoing development of healthcare programs, purchasing of specialized equipment and keeping "Quality Care, Close to Home." Individuals, organizations and/or businesses may become members of Club 1917 with a minimum annual contribution of \$100. Benefits include:

- Acknowledgement on The Bellevue Hospital Foundation's website
- Invitations to special programs and events for members only
- Contributions applied toward our "Recognition Tree" plaque
- Ability to donate to a specific program or project

Harkness Legacy Fund ~ William L. Harkness (1858-1919), Bellevue native, business investor and Standard Oil heir, donated \$20,000 to build The Bellevue Hospital, challenging local citizens to match his gift and furnish and equip the building. With his vision and financial assistance, The Bellevue Hospital was incorporated in 1914 and opened its doors for our first patients on March 6, 1917.

In his honor, we invite you to become an elite member of the Harkness Legacy Fund. Only 100 memberships will be granted to individuals, groups or organizations wanting to invest in the next century of caring. **There are currently only 15 opportunities available.** The one-time, tax-deductible gift of \$1,000 will have many benefits:

- All benefits and privileges of the Club 1917 membership
- A maple tree and commemorative plaque on the grounds of The Bellevue Hospital
- Name on Harkness Legacy Plaque to be permanently displayed at the hospital
- All Harkness Legacy Fund members are automatically members of Club 1917 for the 2018 Calendar Year

~ Contributor Information ~

Harkness Legacy Fund - Become a Member

Amount of Contribution: Membership: _____ @ \$1,000\$ _____

Club 1917 Fund - Become a Centennial Member (with annual renewable contribution)

Amount of Contribution: Membership: _____ @ \$100\$ _____

Additional Contributions:

- Health & Wellness Trail\$ _____ Hope for a Future - Free of Addiction.....\$ _____
 Heart and Cardiac Care\$ _____ Women's Health & Wellness.....\$ _____

TOTAL\$ _____

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

Enclosed: Check - payable to The Bellevue Hospital Foundation Credit Card #: _____ Exp.: _____ 3 Digit Code: _____

Return payment to: The Bellevue Hospital Foundation, 1400 W. Main St., Bellevue, OH 44811 ~ 419.483.4040, Ext. 4319

