



Focus on Foot Health This April

Did you know that April is National Foot Health Awareness Month? Most Americans log an amazing 75,000 miles on their feet by the time they reach age 50, according to the American Podiatric Medical Association.

"The foot is a complex structure with an intricate interplay between 28 different bones and a plethora of joints, tendons, and ligaments," said Dr. Peter Highlander, board certified foot and ankle surgeon. "The intricate bony structure provides a stable foundation and sophisticated mechanics of the foot are essential for a normal gait and pain-free function."



Peter Highlander, DPM, MS
Board Certified Foot and Ankle Surgeon



Kimberly Cullen, PA-C
Certified Physician Assistant

It's easy to take foot health for granted when everything feels great, but the moment something is wrong, you realize the importance of your feet.

If you develop foot and ankle pain or have other issues, the providers at The Reconstruction Institute specialize in restoring function to the foot and ankle. Dr. Highlander and Kimberly Cullen, certified physician assistant, specialize in the diagnosis and treatment of lower limb conditions using both surgical and non-surgical techniques, including:

- Cartilage replacement
- 3D printed deformity corrections
- Diabetic foot care
- Lower limb salvage
- Sports injury treatment
- Total ankle replacements
- Trauma and fracture care



The Reconstruction Institute is located at 102 Commerce Park Drive, Suite D in Bellevue. **For more information, visit www.bellevuehospital.com/services/reconstruction-institute. To make an appointment, call 419.484.5430.**



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

Please enjoy our **HEALTHnews** 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. 4299 with any questions.



CALENDAR of Events

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below. Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, APRIL 3 Morning Health Break

8:00 a.m. – 10:00 a.m.
TBH Main Station Café

This event includes free blood pressure and fasting glucose checks, educational literature, a light breakfast and a registered nurse to answer health questions. Reservations are not required. Pre-registration is required if Direct Access Lab testing is wanted or needed. Direct Access Tests available include:

- A1C Screening (\$20)
- Complete Blood Count with Complete Metabolic and Lipid Panel (\$60)
- Complete Blood Count with Basic Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- Stool Occult Blood Screening (\$25)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

To pre-register for lab testing, call 419.483.4040, Ext. 0.

THURSDAY, APRIL 18 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.
Bellevue Society for the Arts
205 Maple St., Bellevue

Join us for an educational presentation about Seneca Caverns, one of the area's largest underground caverns and fascinating geological wonders. The public age 55 and older is invited to attend. A lunch fee of \$4 will be charged at the door. Reservations are requested. INFO: Ext. 6610.

SUPPORT GROUPS

TUESDAY, APRIL 16 M.O.M.S.

10:30 a.m. – 11:30 a.m.
TBH Burson Conference Room

All new mothers and their babies welcome. This free class is facilitated by a certified lactation consultant and discussions include breastfeeding topics, life adjustment challenges and sleeping habits. INFO: Ext. 4611.

TUESDAY, APRIL 16 Diabetes

12:30 p.m. – 1:30 p.m.
TBH East Conference Room

TBH's Diabetes Education Department provides specialized education to help adults and children with diabetes maintain a healthy lifestyle. The support group is free and open to the public. Topics of discussion include diet, exercise, medication and monitoring. INFO: Ext. 6610.

THURSDAYS, APRIL 18 – MAY 23 Serenity Seekers

5:30 p.m. – 7:00 p.m.
TBH Burson Conference Room

TBH, in association with Stein Hospice of the Western Reserve, is sponsoring a free six-week adult bereavement program for those who have lost an adult loved one. Meetings will begin on Thursday, April 18 and will continue every Thursday through May 23. To register, call 419.625.5269.

Want to Say Thank You to a Special Hospital Employee?

If a particular member of our hospital Family has made your experience at The Bellevue Hospital extra special, you can nominate that individual for a DAISY or BEE Award. The DAISY Award for Extraordinary Nurses® can be given to a nurse at TBH, and the BEE Award can be given to any staff member who supports patient care.

The DAISY Award for Extraordinary Nurses® is an international award supported by the DAISY Foundation, a nonprofit organization with a mission to recognize the extraordinary, compassionate care that nurses provide patients and families every day.



The DAISY Foundation was established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon autoimmune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick

and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses at TBH may be nominated by patients, families, visitors and colleagues. Awards are presented throughout the year at celebrations attended by the honoree's colleagues. Each honoree receives a certificate commending her or him as an "Extraordinary Nurse." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called "A Healer's Touch," hand-carved by artists of the Shona Tribe in Zimbabwe.

To nominate a TBH nurse for the DAISY Award, visit www.daisynomination.org/TBH. Paper nomination forms may also be found in various locations throughout the hospital.

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Welcome to The Bellevue Hospital Family

The Bellevue Hospital (TBH) welcomes four new physicians to the hospital's active medical staff.



K. Jordan Duckett, D.O. **General Surgery**

Dr. Duckett is board certified by the American Osteopathic Board of Surgery and is trained in robotic surgery. His specialties include appendectomy, colonoscopy and polypectomies, bariatric surgery, endoscopy, gallbladder surgery, laparoscopic colon surgery, minimally invasive gastrointestinal surgery, minimally invasive hernia surgery, surgical treatment for reflux disease and soft tissue surgery.

Dr. Duckett earned his medical degree from Ohio University Heritage College of Osteopathic Medicine and completed his general surgery residency at Mercy Health St. Vincent Medical Center in Toledo. He also completed a fellowship in bariatric/minimally invasive surgery from University of Toledo Medical Center. Dr. Duckett will temporarily be seeing patients at 112 Independence Way, Suite 110 in Clyde, but has plans to move to an office on the hospital campus in the near future. **To make an appointment: Call 567.228.0302.**



Dylan Mathews, D.O. **Orthopedic Surgery**

Dr. Mathews provides comprehensive orthopedic care and is experienced in treating orthopedic trauma. His interests include primary shoulder, hip and knee replacement, as well as rotator cuff repair, ACL reconstruction and general adult and pediatric fracture care.

Dr. Mathews earned his medical degree from Ohio University and completed his orthopedic surgery residency at Mercy Health St. Vincent Medical Center in Toledo. He is a member of the American Academy of Orthopedic Surgeons and the Ohio Orthopaedic Society. Dr. Mathews will be seeing patients in The Reconstruction Institute, 102 Commerce Park Drive, Suite D, Bellevue. **To make an appointment: Call 419.222.6622 or visit www.orthoohio.com.**



Mohamed F. Osman, M.D. **Vascular Surgery**

Dr. Osman is board certified in vascular surgery, general surgery, and surgical critical care by the American Board of Surgery. He is a member of ProMedica Physician Group and also practices at ProMedica Physicians Jobst Vascular in Toledo. Dr. Osman specializes in vascular surgery, surgical critical care, general surgery, wound medicine and surgery. He will be working closely with the team at TBH's Wound Reconstruction Center.

Dr. Osman completed a vascular and endovascular surgery fellowship with the Cleveland Clinic Foundation, a general surgery residency with the University of Toledo, and a surgical critical care fellowship at Brigham and Women's Hospital, Harvard Medical School in Boston, MA.

Dr. Osman currently sees patients in The Bellevue Hospital's Specialty Physician Clinic, 1400 W. Main St., Bellevue. **To make an appointment: Call 419.291.2003.**



Selvon St. Clair, M.D. **Orthopedic Spine Surgery**

Dr. St. Clair is a board certified orthopedic and spinal surgeon and specializes in the surgical treatment of spinal disorders. His clinical interests include degenerative disorders of the cervical, thoracic and lumbar spine with a focus on spinal surgery for stenosis and herniated discs, scoliosis deformity surgery, spinal tumors, infections and trauma.

Dr. St. Clair earned his medical degree and doctorate in philosophy in Molecular Biology/Oncology at New York University School of Medicine. He completed his orthopedic surgery residency at Cleveland Clinic. Dr. St. Clair will be seeing patients in The Reconstruction Institute, 102 Commerce Park Drive, Suite D, Bellevue. **To make an appointment: Call 419.222.6622 or visit www.orthoohio.com.**

For a full list of TBH providers, please visit www.bellevuehospital.com/medical-providers.

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Just like a DAISY would not be able to grow without the help of the BEE, our nurses could not do what they do for our patients without the outstanding teamwork of other health care professionals.

That's why TBH recognizes support personnel alongside nurses through a similar honor called the BEE Award. The BEE

Award celebrates and honors the exceptional skills and dedication given by our non-nursing staff every day. It stands for Being Excellent Every Day and acknowledges the strength behind teamwork.



Anyone at TBH who supports patient care can be nominated for the BEE Award. Nominations can be submitted by patients, families, visitors and colleagues.

Each honoree receives a BEE Award pin, a certificate recognizing her or him as an extraordinary team member, and meaningful hand-carved sculpture.

To nominate a non-nursing staff member at TBH for the BEE Award, visit www.bellevuehospital.com/bee-award-nomination. Paper nomination forms may also be found in various locations throughout the hospital.

For more information or questions about either award, call 419.483.4040, Ext. 4203.



Quality Care, Close To Home

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Eclipse Quick Tip

Are you ready for the Ohio Total Solar Eclipse on Monday, April 8? In order to view the eclipse safely and avoid permanent eye damage, onlookers must obtain ISO certified viewing glasses prior to the event and wear them throughout. For more tips on eclipse eye safety and other topics, visit eclipse.ohio.gov.

Family Birthing Center Team Members Learn Spinning Babies® Techniques



Thanks to the generous support of The Bellevue Hospital Foundation, The Bellevue Hospital's Family Birthing Center recently sent eight nurses and one provider to a Spinning Babies® workshop hosted at Firelands Health in Sandusky.

"The Bellevue Hospital Foundation was happy to assist our Family Birthing Center staff in furthering their education and enhance the care they are able to provide our patients," said Dennis Sabo, director of The Bellevue Hospital Foundation.

Spinning Babies® is a physiological approach that teaches techniques to help pregnant women experience more comfort and ease during pregnancy and childbirth. This course assists birth providers in identifying and learning how to help

pregnant women with comfort, pain relief, fetal positioning and labor progress.

"Our FBC team takes pride in empowering women during their pregnancy and childbirth journey and strives to remain up-to-date on trainings that will benefit the patient experience," said Holly Bollenbacher, director of TBH's Family Birthing Center.

To learn more about the Family Birthing Center, visit bellevuehospital.com. If you are interested in learning more about giving opportunities at The Bellevue Hospital, contact Dennis Sabo, director of The Bellevue Hospital Foundation at 419.483.4040, Ext. 4319, or visit www.tbhfoundation.com.