



Donate Blood and Save a Life
Find an Upcoming Bloodmobile

The American Red Cross is facing a national blood crisis – reporting the worst blood shortage in over a decade. The Red Cross is asking individuals to consider donating blood to help ensure patients who depend on blood transfusions receive the care they need.

An estimated 38 percent of Americans are eligible to give blood or platelets, but of those, less than 10 percent actually donate each year. Currently, all types of blood are needed, especially types O positive and O negative, as well as platelet donations, to help reverse this national blood crisis.

The Bellevue Hospital will be sponsoring a blood mobile on Wednesday, Feb. 9 from 10 a.m. - 3 p.m.

**Location: Bellevue VFW
6104 US Route 20
Bellevue, OH 44811**

Individuals must be at least 17 years old to donate. Appointments for the blood drive are required. To schedule an appointment, please call 1-800-RED-CROSS or visit www.redcrossblood.org and enter sponsor code BELLEVUEHOSP.

If you are unable to attend the Feb. 9 event, TBH encourages you to search for other local Red Cross blood mobiles by visiting www.redcrossblood.org.



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

Please enjoy our **HEALTH***e*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.



Accessing your TBH COVID-19 Test Results

At The Bellevue Hospital (TBH), we are committed to keeping our patients healthy and providing the best care available. Due to the coronavirus (COVID-19) pandemic, TBH's Health Information Management (Medical Records) Department is closed to the public. TBH realizes it is important to know your test results. Below are some options for accessing your COVID-19 test results. **Please note: COVID-19 test results will be available within 48-72 hours in most instances. TBH will not provide results over the phone.**

How to access your results:

- Wait for your primary care provider to contact you with your results.
- Utilize the Patient Portal **FollowMyHealth**

To request a paper or electronic copy of your test result be mailed or emailed to you:

- Email your request to records@bellevuehospital.com. You will be required to sign an authorization for release of information.
- Contact the Health Information Management Department at **419.483.4040, Ext. 4212** between the hours of 8:00 a.m. to 4:00 p.m. Monday through Friday.

To access the Patient Portal FollowMyHealth:

- If you provided TBH an email address during your testing registration process and you are at least 18 years old, you

will receive an email from noreply@followmyhealth.com within 24-hours with a link to join the patient portal.

- Follow the instructions in the email to create your portal login using a unique username and password.
- If you did not provide TBH an email address, you can still create a portal account. Visit **bellevuehospital.followmyhealth.com** and click on "I need to sign up." Follow the instructions to set up your account.

Already have a FollowMyHealth account?

- Log in to your existing account at bellevuehospital.followmyhealth.com. This will keep all your important health information in one place.

Thank you for choosing The Bellevue Hospital for your healthcare needs.



What You Need to Know about Silent Heart Attacks

Information provided by the American Heart Association

February is American Heart Month, a time to educate yourself and your loved ones about heart health and the prevention of heart attacks, hypertension and stroke. Believe it or not, silent heart attacks can happen and are more common than what you realize. A silent heart attack, also called a silent Ischemia, is a heart attack that has either no symptoms, minimal symptoms or unrecognized symptoms. A heart attack is not always as obvious as pain in your chest, shortness of breath or cold sweats.

However, like any other heart attacks, a silent heart attack occurs because blood flow to a section of the heart is temporarily blocked due to a buildup of plaque and can cause damage and scarring to the heart muscle. Individuals who have silent heart attacks are more likely to have non-specific symptoms such as:

- Indigestion
- Flu-like symptoms
- The feeling of a strained muscle in the chest or upper back
- Discomfort in the jaw, upper back or arms
- Unexplained prolonged and excessive fatigue

The risk factors for a silent heart attack are the same as those for a recognized heart attack and include:

- High blood pressure
- Smoking
- Obesity
- High cholesterol
- Family history of heart disease
- Age

Silent heart attacks are just as dangerous as recognized heart attacks. The event often leaves scarring and damage to the heart and puts an individual at greater risk of other heart problems because the event went unnoticed, undiagnosed and untreated. But knowing the risk factors for silent heart attacks may help individuals become more aware of their bodies and heart health.

To help prevent a silent heart attack:

- Monitor blood pressure and cholesterol and "know your numbers"
- Exercise regularly
- Avoid smoking
- Know your family's history of heart disease

If you do notice symptoms of a silent heart attack, call 911 immediately. For more information about silent heart attacks, visit www.heart.org. For more information about The Bellevue Hospital's Cardiac Rehabilitation Department, call 419.483.4040, Ext. 4303.

Physical Therapy for Post COVID-19 Recovery

Although many people with COVID-19 get better within weeks of illness, some people experience post-COVID complications. Research shows there can be long-term impacts of COVID-19 on the body that can persist for months or even years. Physical complications post-COVID can include impairments in muscle strength, heart and lung capacity, pain, balance, endurance and walking ability, leading to a loss of function and independence.

The Rehabilitation Services Department at The Bellevue Hospital (TBH) offers physical, occupational and speech therapy to help individuals dealing with post-COVID complications get back on track to leading a normal life again.

Physical therapy can improve conditioning, strengthening, breathing, balance, and functional mobility to help increase stamina so individuals can tolerate increased amounts of activity throughout the day and better manage fatigue.

Occupational therapy can provide upper limb and hand strengthening, cognitive skills retraining and help individuals participate in daily home and work life activities.

Speech therapy can aid with improving memory, concentration, swallowing, and a variety of other effective strategies to increase function and resumption of daily routines.

If you have had COVID-19 and are still dealing with long-term effects of the illness, ask your primary care provider if a referral to the Rehabilitation Services Department at TBH is right for you.



For more information about Rehabilitation Services, call 419.483.4040, Ext. 4279.



What's the Difference Between Varicose and Spider Veins?



While vein treatments can be performed throughout the year, many patients opt to have treatment during the winter months. Treating your varicose or spider veins in the winter will ensure that come summertime you'll be ready for shorts season. However, varicose and spider veins are much more than just a cosmetic issue.

Diseased and damaged veins can lead to many uncomfortable symptoms like swelling, fatigue, or more serious medical conditions. While most people think varicose veins and spider veins are the same thing, there are important differences between the two that are necessary to understand before seeking treatment for either.

What's the Difference?

Both varicose veins and spider veins differ in their symptoms and disease development. Spider veins are small, spindly blue and red veins that lie close to the skin's surface. In contrast, varicose veins are much larger and tend to bulge above the skin's surface, resulting in a more uneven appearance. Varicose veins are generally more serious and can cause symptoms such as swelling, discoloration, pain, cramps, and ulcers. Left untreated, venous ulcers may leave open wounds on the skin that bleed easily and cause severe inflammation.

Causes of Varicose Veins and Spider Veins

For most people, varicose vein disease can be linked back to

family medical history, however, other conditions that damage vein valves in the leg and cause them to work improperly may also contribute. Having a career that requires standing or sitting for extended periods, multiple pregnancies, and obesity have all been linked to varicose vein development. Damaged valves do not close properly, so blood flows backward down the leg with the pull of gravity, leading to the development of diseased veins. Spider veins are entirely caused by genetic factors and arise more often in women than in men, although both genders may be affected.

Treatment Options Available

Spider veins are usually treated using sclerotherapy and laser. Sclerotherapy is a foam or non-foam solution that is injected into diseased veins to collapse vein walls. Eventually, these thin, spindly veins will disappear, rerouting the blood to healthier veins deeper within the leg. Varicose veins are most often treated with a laser ablation treatment, a procedure that uses a small catheter inserted through the diseased vein and ablated with heat. After a few weeks, the vein collapses and blood is rerouted to healthier veins deeper within the leg. Laser ablation treatment is pain-free and extremely effective with no downtime. Patients typically return to normal activities within two-three days after treatment.

If you are dealing with complications related to vein disease, contact the Vein and Body Specialists at The Bellevue Hospital for a free consultation. A physician referral is not required. For more information, call 419.484.5960 or visit veinandbody.com.



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POSTAL CUSTOMER

The Bellevue Hospital Earns National Recognition for Safety in Surgery

The Bellevue Hospital (TBH) recently announced that it has earned the Go Clear Award™ for its achievement in eliminating hazardous smoke from its surgical procedures. The Go Clear Award is presented by the Association of periOperative Registered Nurses (AORN) to recognize health care facilities that have committed to providing increased surgical patient and health care worker safety by implementing practices that eliminate smoke caused by the use of lasers and electrosurgery devices during surgery. TBH earned its award by undergoing comprehensive surgical smoke education and testing and for providing the medical devices and resources necessary to evacuate surgical smoke during all smoke-generating procedures.

“At TBH, we consistently strive to demonstrate our core values, including safety and quality, in every aspect of patient care,” said Sara Brokaw, chief operating officer and chief nursing officer of TBH. “Ridding our surgery department of hazardous smoke is in keeping with our mission to serve and improve ourselves as an organization to provide compassionate care for all, including our employees. I congratulate our perioperative department team for their hard work in achieving this recognition.”

Surgical smoke is the unwanted by-product of energy-generating devices that are used in 90 percent of all surgeries. Its contents include toxic chemicals such as benzene, formaldehyde, hydrogen cyanide and carbon monoxide, viruses, bacteria, blood and cancer cells. Inhalation and absorption of surgical smoke pose serious health risks to patients and surgical staff. Studies compare the inhalation of smoke from vaporized human tissue to the smoke created by cigarettes; the average daily impact of surgical smoke to the surgical team is equivalent to inhaling 27-30 unfiltered

cigarettes. By implementing a smoke filtration and evacuation system and increasing smoke evacuation compliance on all surgical smoke-generating procedures, TBH has been able to greatly minimize the inhalation of these chemicals.

“The Bellevue Hospital is committed to finding new ways to improve patient, staff and physician safety in the surgery department and the Go Clear Award™ is an example of our dedication to provide quality care,” said Chasity Baptista, RN, senior director of nursing at TBH. “I am proud of our perioperative services team for taking the steps necessary to achieve this recognition and for implementing a safer surgical environment at TBH.”

“Total evacuation needs to become the standard for all procedures that generate surgical smoke,” said Linda Groah, MSN, RN, CNOR, NEA-BC, FAAN, CEO/Executive Director of AORN. “With this award, TBH is demonstrating its deep commitment to the health and safety of its staff and community.”

