



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

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Help Your Children Start Back-to-School Safer and Healthier



Back-to-school season is here. It's time for parents to gather school supplies and back packs. It's also the perfect time for parents and children to review the 'Back to School Health & Safety Checklist' from the Center for Disease Control:

- Schedule a medical, eye and ear exam for your child.
- Get kids up-to-date on recommended vaccines – Vaccines protect against a number of serious and potentially life-threatening diseases. Talk to your child's doctor to find out which vaccines are recommended.
- Help kids eat healthy and stay active – Helping students learn the importance of eating healthier and being more physically active may lower the risk of becoming obese and developing related diseases.
- Learn special tips on getting kids to school safely – Whether your child walks, rides, or drives to school, educate yourself and your child on risks and strategies to stay safe during the commute to and from school.

- Get the facts on school and youth violence prevention – Increasing awareness on bullying can reduce youth violence.
- Are your kids playing sports at school? Know your Concussion ABC's – Concussions can occur outside of sports or during any sport or recreation activity, so learn the signs and know what to do if a concussion occurs.

Assess the situation,

Be alert for signs and symptoms, and

Contact a healthcare professional.



Learn more tips and information for a safer and healthier start to the school year at www.cdc.gov.

HEALTHnews
THE BELLEVUE HOSPITAL

September 2017



The Bellevue Hospital Launches New Website



Please enjoy our **HEALTH**news!

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.

We are pleased to announce the launch of our brand new website, www.bellevuehospital.com.

Our new website goal is to provide community members and website visitors an easier way to learn about The Bellevue Hospital; read about hospital projects and highlights; view upcoming events; find physicians and services; and learn about programs and support groups.

The site has also been redesigned to offer individuals online bill pay. Also, for convenience, it is easy to access on a tablet, phone or computer. Try it and let us know what you think.



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

COMMUNITY HEALTH PROGRAMS

FASTING GLUCOSE TESTS AND BLOOD PRESSURE CHECKS

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

September 12
9:00 am - 11:00 am
Bassett's Market, Bellevue

September 19
9:00 am - 11:00 am
Hogue's IGA, Bellevue

September 20
9:00 am - 11:00 am
Miller's SuperValu, Clyde

September 25
8:00 am - 10:00 am
Rec Center, Bellevue

September 26
Noon - 1:00 pm
Senior Center, Bellevue

September 28
10:30 am - 11:30 am
Senior Center, Clyde

*Be Kind.
Be Courteous.*



Be at Ease.

September 7, 14 & 21
LAMAZE PREPARED CHILDBIRTH CLASS
TBH Conference Rooms A&B
6:00 pm - 9:00 pm

Prepares expectant parents for a positive birth experience. Topics: stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. Tour of the Family Birthing Center. Must attend all three sessions. A fee of \$30.

INFO: Ext. 3067

September 11
MORNING HEALTH BREAK
TBH Conference Rooms A&B
8:00 am - 11:00 am

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

INFO: Ext. 6610

September 13
DROWN'S GARDEN MARKET
TBH South Entrance
9:00 am - 2:00 pm

Drown's Market of Green Springs supporting the hospital's effort for a healthy lifestyle. The Garden Market is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit card will be accepted.

INFO: Ext. 4387

September 21
MATURE AUDIENCE LUNCHEON
Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am - 1:00 pm

"Home Safety", presented by TBH's Rehabilitation Services Department. The public is invited to attend. A lunch fee of \$3. *Reservations are requested.*

INFO: Ext. 4899

September 27
RED CROSS BLOODMOBILE
TBH Conference Rooms A&B
9:30 am - 3:30 pm

Open to the public. To donate, you need to weigh between 110-350 pounds and be at least 17 years old. Walk-ins may be accepted. Schedule appointment at 1-800-Red-Cross, or visit www.redcrossblood.org, enter sponsor code BELLEVUEHOSP.

SUPPORT GROUPS

September 5
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

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

"Vaccinations," presented by Sue Kistler, RN. The support group is free and open to the public.

INFO: Ext. 4303

September 12
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: "Variations of Reiki." 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.

The Bellevue Hospital, The Hospital Council of N.W. Ohio and Susan G. Komen Northwest Ohio are pleased to offer...



20 Free Mammogram Screenings

for patients needing financial assistance (under-insured, uninsured, or difficulty meeting high deductibles).



Appointments are required.

419.483.4040
Ext. 4326

Physician order appreciated - but not required.



September 26, 2017
1:00 pm - 5:30 pm

The Fultz Medical Center for Women's Health
1005 W. McPherson Hwy., Clyde

October 20, 2017
7:00 am - 11:30 am

The Bellevue Hospital
1400 West Main Street, Bellevue

Now Accepting New Patients

The Bellevue Hospital Wound Reconstruction Center

The **Wound Reconstruction Center** offers comprehensive wound treatment options including both surgical and nonsurgical treatment for chronic, non-healing wounds related to:

- Diabetes
- Vascular disease
- Pressure ulcers
- Bone infections
- Surgery
- Venous insufficiency

Peter Highlander, DPM, MS serves as the Medical Director for the Wound Reconstruction Center. Dr. Highlander received his Doctor of Podiatric Medicine from Barry University in Miami Shores, Florida. He offers advanced treatment and prevention options for lower extremity wounds with a special interest in deformity correction and soft tissue coverage for non-healing wounds.

1400 West Main Street
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Wound Reconstruction Center



Peter Highlander, DPM, MS
Medical Director