



Make sure the smoke alarms and carbon monoxide detectors in your home are working properly.

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 POSTAL CUSTOMER



The Bellevue Hospital Now Offers PET/CT Services

The Bellevue Hospital's Diagnostic Imaging Department is now offering mobile PET/CT services to the community.

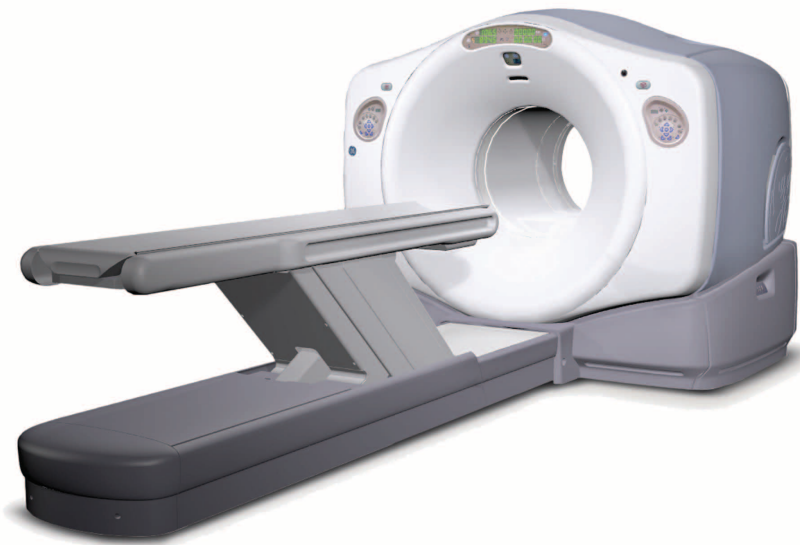
"We are happy to be able to provide this service through a partnership with the company Shared Medical Services," said Marc Schoen, Director of Diagnostic Imaging at The Bellevue Hospital. "The combination PET/CT scanner is a major advance in imaging technology and patient care."

As the name implies, it combines two scanners - the PET (Positron Emission Tomography), which shows metabolism and the function of cells, and the CT (Computed Tomography), which shows detailed anatomy - into one.

The result is that doctors are now able to get highly defined, 3-D images inside the human body in one system. This provides important information about a patient's condition, and allows doctors to make the best choices about treatment of conditions such as cancer and heart disease.

An added patient benefit of the PET/CT scanner is its open design. This reduces the chances patients will feel claustrophobic, a complaint many patients have had with scanners that have long tunnels.

A physician order is required for mobile PET/CT services.



*For additional information, call:
 419.483.4040, Ext. 4338*



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.



Go Red for Women

February 1, 2019 is the American Heart Association's Go Red for Women day, an initiative that increases awareness for women's heart health and reminds women to discuss heart health facts with their healthcare provider.

And, the fact is that while there are many similarities in the symptoms of heart disease between men and women, there are also many differences.

According to the American Heart Association, the following are signs and symptoms of a heart attack in women:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you experience any of these signs, call 9-1-1 and get medical attention right away.

For more information about heart health and the Go Red initiative, visit www.heart.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 and

Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in February.

INFO: Ext. 6610

Tuesday, February 12

9:00 am - 11:00 am

Bassett's Market, Bellevue

Tuesday, February 19

9:00 am - 11:00 am

Hogue's IGA, Bellevue

Monday, February 25

8:00 am - 10:00 am

Rec Center, Bellevue

Tuesday, February 26

Noon - 1:00 pm

Senior Center, Bellevue

Thursday, February 28

10:30 am - 11:30 am

Senior Center, Clyde

Monday, February 4

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

February is American Heart Month



Thursday, February 7, 14 & 21

LAMAZE PREPARED CHILDBIRTH CLASS

TBH Conference Room A&B

6:00 pm - 9:00 pm

Prepares expectant parents for a positive birth experience. Topics include stages of labor, progressive relaxation, medication uses, nutrition, weight gain and anatomy. Tour the Family Birthing Center. The class is held in a series of three sessions. Must attend all three. Fee of \$30.

INFO: Ext. 3067

Thursday, February 21

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

11:30 am - 1:00 pm

"Cooking for One or Two," presented by The Ohio State University's Ottawa and Sandusky County Extension. The public is invited to attend. A lunch fee of \$3.

Reservations are requested.

INFO: Ext. 4899

Monday, February 18

BABYSITTING BASICS CLASS

TBH Conference Rooms A&B

9:00 am - 3:00 pm

For children 11 years and older. Course teaches how to handle emergencies & illness. Students learn basics of bathing, diapering, and feeding infants and playtime suggestions for older children. Students also learn about safety and nutrition. Lunch will be served. A class fee of \$25.

Reservations are requested.

INFO: Ext. 4326

Tuesday, February 19

EVENING HEALTH BREAK

TBH Conference Rooms A&B

5:00 pm - 7:00 pm

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, light snacks and a registered nurse to answer health questions.

INFO: Ext. 6610

Friday, February 22

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, be at least 17 years old, and be in good general health. Walk-ins may be accepted. To schedule your appointment, call 1-800-Red-Cross, or visit www.redcrossblood.org and enter sponsor code BELLEVUEHOSP.

Thursday, February 28

BREASTFEEDING BASICS CLASS

TBH Conference Room A

6:00 pm - 9:00 pm

Expectant mothers welcome. Discussion includes information on basic anatomy, milk production, benefits, best practices and going back to work. Fee of \$10.

INFO: Ext. 3067



Be Heart Healthy!

SUPPORT GROUPS

Monday, February 4

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor

6:00 pm - 7:00 pm

Offers resources, compassion and understanding for individuals and families who have lost a loved one to substance use or addiction. Meetings are free.

INFO: Contact GRASP Support Group Facilitator:

Dawn Bova at dawnrb45@gmail.com

Tuesday, February 5

M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am - 11:30 am

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

INFO: Ext. 4611

Tuesday, February 12

DIABETES

TBH East Conference Room

12:30 pm - 1:30 pm

Topics 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.

Care You Can Count On ~

The Bellevue Hospital Receives Women's Choice Awards



TBH's Emergency Department (ED) was renovated during 2018 to better serve patients and their family members.

Prior to the renovation, the ED shared space with the hospital's Occupational Health Department. Recent construction included moving Occupational Health to a new location within the hospital so additional space could be utilized in the ED. The ED now has ten full-time triage rooms dedicated to patient care. Along with the additional treatment rooms, other features of the updated ED include:

- Better access to wheelchair availability/storage
- A canopy added over the walk-in entrance to help protect patients from inclement weather
- Larger lobby area with coffee and vending stations
- Improved medical/preparation area
- Enclosed nurse's station for increased security and patient confidentiality

In addition to the Women's Choice Award for Emergency Care, TBH has been named one of America's Best Hospitals for Patient Safety for 2019.

"The recipients of the America's Best Hospitals for Patient Safety award have led the country by implementing safe practices that have ultimately saved lives," continued Delia Passi. "It is the only award recognizing excellence in patient safety based on robust criteria that consider patient satisfaction and clinical excellence."

TBH is one of 399 award recipients representing the hospitals that have met the highest standards for patient safety in the U.S. by the Women's Choice Award.

"We are exceptionally proud of our hospital for being selected for these two prestigious awards," Michael K. Winthrop, President and CEO of TBH, said. "They recognize the effort our staff has given to provide the quality care our patients expect from us. We take pride in the combined effort and dedication of our physicians, employees and volunteers to help create the positive patient experience that has helped us achieve these honors."

For more information about the America's Best Hospitals, please visit: <https://www.womenschoiceaward.com/awarded/healthcare/>

The Bellevue Hospital (TBH) has been named one of America's Best Hospitals for Emergency Care by the Women's Choice Award® for 2019. TBH is one of 313 award recipients representing hospitals that have met the highest standards for emergency care in the U.S. by the Women's Choice Award.

The methodology for America's Best Hospitals for Emergency Care award is unique in that it combines Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results with primary research about women's healthcare preferences. The award recognizes excellence in emergency care-based measures focused on time patients spent in the emergency department, including:

- Time to admission
- Time from admission to room
- Door to diagnosis

Criteria for selecting TBH as one of America's best also included the average time before outpatients with chest pain or a possible heart attack received an ECG, and the average time patients with broken bones had to wait before getting pain medication. Hospitals selected represent those with emergency departments with average measure times in the highest 25th to 50th percentile in the country.

"Emergency departments can be very stressful environments, particularly for the elderly or a mother with a sick or injured child," said Delia Passi, founder and CEO of the Women's Choice Award. "Women make over 80% of healthcare decisions and want to be confident that they know which emergency departments in their communities will take care of their loved ones quickly and with the best possible care."