



## New Ambulatory Care Center at TBH

The Bellevue Hospital has a new dedicated area for a number of ambulatory care procedures. This on-site center provides patients convenient and high-quality infusion or injection therapy and wound care, in a private, outpatient setting.

For some patients, the best treatment option is to receive medication through an IV rather than orally. Infusion and injection therapy is used to treat medical conditions that cannot be treated at home, yet do not require hospitalization.

The Ambulatory Care Center at The Bellevue Hospital is staffed by skilled and compassionate registered nurses, specially trained to administer IV medications and perform wound care.

### Services Include:

- Administration of intravenous medications
- Administration of hydration and antiemetics (used to treat nausea)
- Blood transfusions
- Bladder instillations
- Care and maintenance of implanted chest ports and Peripherally Inserted Central Catheters (PICC)
- Intramuscular and subcutaneous injections
- Placement and maintenance of venous access devices such as extended dwell and midline catheters
- Therapeutic phlebotomy
- Wound dressing changes
- Vacuum-assisted wound treatment

Additional services may be provided upon request.

The Bellevue Hospital's new Ambulatory Care Center is conveniently located on the first floor of the hospital and consists of two infusion chairs and one bed, to keep patients comfortable and relaxed.

**For more information, visit [www.bellevuehospital.com/services/ambulatory-care-center](http://www.bellevuehospital.com/services/ambulatory-care-center) or call 419.483.4040, Ext. 8992**



**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](http://www.bellevuehospital.com). Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.





# 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

### Monday, December 2 MORNING HEALTH BREAK

TBH Conference Rooms A&B

8:00 am – 11:00 am

Free blood pressure and fasting glucose checks; A1C (\$10).

Educational literature, a light breakfast and a registered nurse to answer health questions.

INFO: Ext. 6610

### Friday, December 6 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](http://www.redcrossblood.org),

enter sponsor code

BELLEVUEHOSP

### Thursday, December 12 MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

11:30 am – 1:00 pm

The Bellevue High School choir will be performing holiday songs. The public is invited to attend. A lunch fee will not be charged, but attendees are asked to bring two non-perishable food items to donate to Fish & Loaves Food Pantry. Reservations are requested. INFO: Ext. 4899

### Saturday, December 14 DIABETES REVIEW

TBH Conference Rooms A&B

9:00 am – 11:00 am

9-10 am: "Tackling the Holidays," with instructor Denise Bullion, RN, CDE.  
10-11 am: "Holiday Traditions," with instructor Patti Keller, RD, LD, CDE. INFO: Ext. 4303

### Friday, December 20 SANTA CLAUS VISITS TBH

The Bellevue Hospital Atrium

10:00 am – 12:00 pm

Bring your children and grandchildren to visit with Santa and Mrs. Claus. Don't forget to bring your camera for the photo opportunity. Cookies and punch will be provided. Co-sponsored by The Bellevue Hospital Foundation and The Willows at Bellevue. The event is free and open to the public.

INFO: Ext. 4319

## SUPPORT GROUPS

### Monday, December 2

#### GRASP (Grief Recovery After a Substance Passing)

TBH 2nd Floor Chapel

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

[dawnr45@gmail.com](mailto:dawnr45@gmail.com)

### Tuesday, December 3 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 and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. INFO: Ext. 4611

### Tuesday, December 10 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](http://www.bellevuehospital.com) and The Bellevue Hospital Facebook page.

The Bellevue Hospital Family offers our best wishes for a happy, healthy and safe holiday season.

Santa is Coming To TBH

Where: TBH Atrium

When: December 20

Time: 10 am – Noon

Open to the public!  
Bring the kids!





34th Annual  
Lights of Love

Each light is \$5

Proceeds will benefit the Foundation

Purchase Lights by  
Friday, December 13, 2019

All contributors will be listed on the  
Hospital and Foundation websites

My Lights of Love 2019

- In Honor OR  In Memory • Name: \_\_\_\_\_
- In Honor OR  In Memory • Name: \_\_\_\_\_
- In Honor OR  In Memory • Name: \_\_\_\_\_
- In Honor OR  In Memory • Name: \_\_\_\_\_

\_\_\_\_\_ Lights of Love @ \$5.00 each \$ \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Cash  Check (payable to TBH Foundation)

Credit Card:  Visa  Mastercard  Discover

Credit Card Information: ACCT #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ 3-Digit Code: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Mail to: The Bellevue Hospital Foundation  
1400 West Main Street • Bellevue, Ohio 44811

Or buy online: [www.tbhfoundation.com](http://www.tbhfoundation.com)



'Tis the season for family, festivity, and food—lots of food

Tips for Sticking to your Diabetes Meal Plan During the Holidays

Temptations are everywhere this time of year, and parties and travel can easily disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are five tips from the Centers for Disease Control & Prevention (CDC) that can help:

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.

- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar levels.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year.

5. Get Your Zzz's

Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about — celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Visit [www.bellevuehospital.com/services/diabetes-education](http://www.bellevuehospital.com/services/diabetes-education) for information on diabetes support and education offered at The Bellevue Hospital.





Quality Care, Close To Home

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**Don't forget to keep blankets and a flashlight in your car during the winter months in case of an emergency.**

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*  
POSTAL CUSTOMER

## Managing Pain in the Winter Months

It's that time of year again when we dig our snow shovels out of storage and exchange our shorts for snow suits. While the holiday season is certainly one of the most magical times of the year, frigid temperatures and snow-filled driveways can also make this season one of the toughest on our backs and achy joints.

When shoveling those snowy driveways and sidewalks this winter, don't forget to wear well-supported shoes with good traction to reduce the risk of a fall. Also, when lifting heavy snow, don't forget to bend your knees and keep your back straight. If you must turn, pivot with your feet and do not twist your back.

If you do experience some extra aches and pains this season, here are a few tips from The Pain Management Group to help you find needed relief:

- 1. Apply cold.** Icing the area for 15 to 20 minutes every 3 to 4 hours can reduce pain and swelling.
- 2. Apply heat.** For chronic pain and stiffness, applying heat to the area can increase blood flow and relax the muscles. Apply heat to the area for 20 minutes and then let the site rest for 20 minutes. Alternating heat and cold can also be soothing and beneficial to areas of inflammation.
- 3. Compress.** Applying braces and elastic bandages can help add support and minimize swelling.

- 4. Elevate.** For pain in an extremity, positioning the injured area above the level of the heart when sitting or lying down can reduce inflammation.
- 5. Stretch and strengthen.** Gentle mobility can stimulate healing and, when tolerated, exercising can increase flexibility and muscle strength.
- 6. Medicate.** Taking an anti-inflammatory medication, after consulting with a physician, may also help reduce pain.

The Pain Management Center at The Bellevue Hospital is here to help if you do experience back and joint pain this season.

Speak to your physician about a referral to the Pain Management Center at The Bellevue Hospital. Vimal S. Kumar, M.D.

is our pain management intervention physician and creates a balanced treatment program for each patient. Dr. Kumar is board certified in both pain management and anesthesiology with over 20 years of pain management experience.



**For more information, visit  
[www.bellevuehospital.com](http://www.bellevuehospital.com) or call 419.484.5903.**