



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. 4899 with any questions.



Give the Gift of Life

Register as an Organ, Eye and Tissue Donor Today!

April is National Donate Life month and The Bellevue Hospital encourages you to make a difference and register as an organ, eye, and tissue donor.

Did you know?

- One American dies nearly every hour waiting for an organ transplant.
- More than 113,000 people are currently waiting for life-saving organ transplants.
- A single organ donor can save as many as eight lives.
- One organ, eye and tissue donor can save and heal more than 125 lives.

Already an organ donor?

Start a conversation with your friends and family members and encourage them to register.

Register online at www.lifeconnection.org

For more information about organ donation, visit the Life Connection website at www.lifeconnection.org.

Life Connection



of Ohio



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 April.

INFO: Ext. 6610

Tuesday, April 9

9:00 am - 11:00 am

Bassett's Market, Bellevue

Tuesday, April 16

9:00 am - 11:00 am

Hogue's IGA, Bellevue

Monday, April 22

8:00 am - 10:00 am

Rec Center, Bellevue

Thursday, April 25

10:30 am - 11:30 am

Senior Center, Clyde

Tuesday, April 30

Noon - 1:00 pm

Senior Center, Bellevue

Monday, April 1

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



Friday, April 5

EASTER CANDY SALE

TBH Conference Rooms A&B

9:00 am – 4:00 pm

The Candy Depot will be hosting a candy ordering event at TBH for specialty and traditional Easter candy. Samples will be available to view and order forms must be filled out that day. Advanced payment for orders is required. Cash, check and credit cards accepted.

INFO: Ext. 4408

Mon. & Tues., April 15 - 16

TBH FOUNDATION

UNIFORM SALE

TBH Conference Rooms A&B

April 15:

1:00 pm – 5:00 pm

April 16:

7:00 am – 2:00 pm

The sale will feature a wide variety of scrubs and footwear for healthcare professionals, provided by Robert's Uniforms. A portion of the proceeds will benefit The Bellevue Hospital Foundation. The event is open to the public. Cash, check and credit cards accepted.

INFO: Ext. 4319

Tuesday, April 16

EVENING HEALTH BREAK

TBH Conference Rooms A&B

5:00 pm – 7:00 pm

Free blood pressure and glucose checks; thyroid testing (\$20); prostate screening (\$25). Educational literature, light snacks and a registered nurse to answer health questions.

INFO: Ext. 6610

Thursday, April 18

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

11:30 am – 1:00 pm

“Health Care & Living Will Decisions,” presented by Samuel Ross, M.D. The public is invited to attend. A lunch fee of \$3. Reservations are requested.

INFO: Ext. 4899

Friday, April 19

EASTER BUNNY VISIT

TBH Atrium

10:00 am – 11:30 am

Bring your kids to TBH for your chance to take pictures with everyone's favorite bunny. Co-sponsored by TBH and The Willows at Bellevue, attendees can enjoy cookies, punch and Easter treats. The event is free and open to the public.

INFO: Ext. 4319

SUPPORT GROUPS

Monday, April 1

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, April 2

M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am – 11:30 am

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

INFO: Ext. 4611



Tuesday, April 9

DIABETES

TBH East Conference Room

12:30 pm – 1:30 pm

Topics vary by month 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.

Get Ready For Summer – Look and Feel Your Best

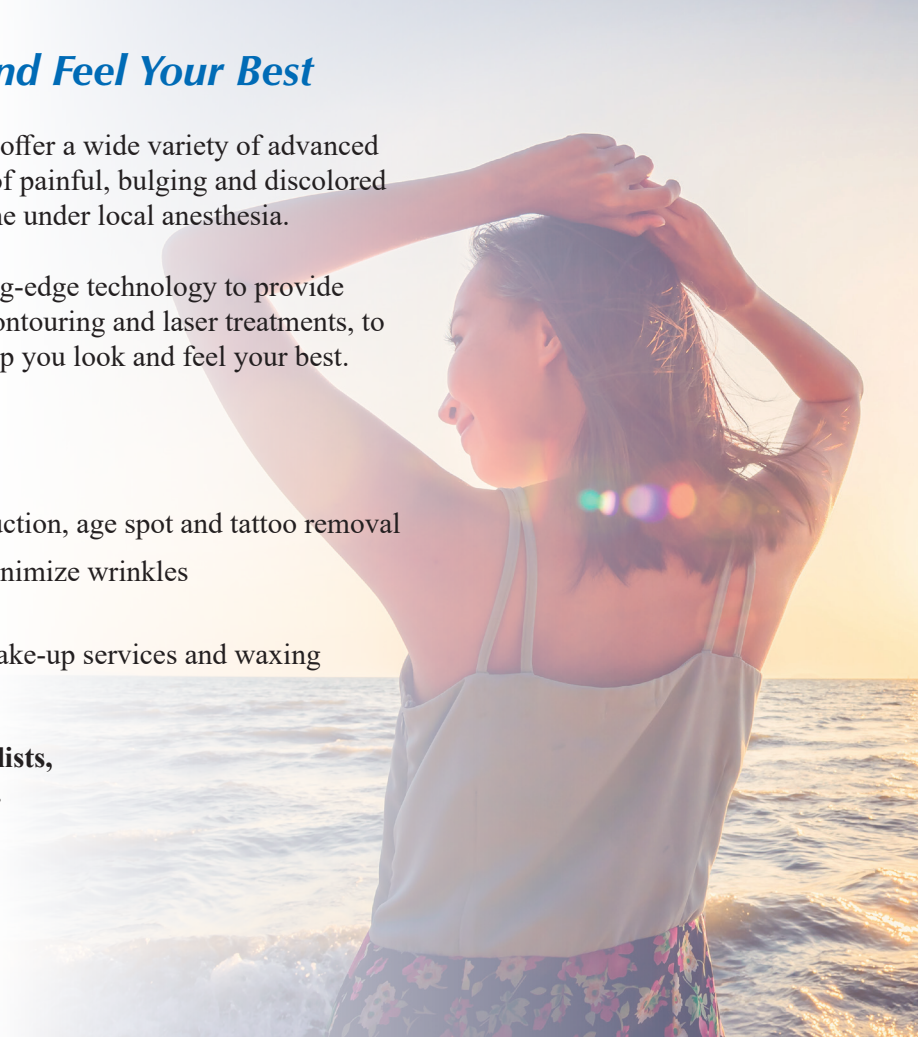
The Vein and Body Specialists at The Bellevue Hospital offer a wide variety of advanced treatment options designed to minimize the appearance of painful, bulging and discolored veins. Their outpatient-based vein procedures can be done under local anesthesia.

Along with vein treatments, our Medical Spa uses leading-edge technology to provide you with effective and long-lasting results. From body contouring and laser treatments, to luxury spa services, the Vein & Body Specialists will help you look and feel your best.

Treatment options include:

- Coolsculpting®
- Laser services for hair removal, acne and scar reduction, age spot and tattoo removal
- Botox®, Juvederm® and Kybella™ injectables to minimize wrinkles and sagging skin
- Spa services including facials, eyelash services, make-up services and waxing
- Much more!!

For more information about the Vein & Body Specialists, visit www.veinandbody.com or call 419.484.5960.



Order Your Easter Candy at TBH!

The Candy Depot will be hosting a candy ordering event for specialty and traditional Easter Candy.

Friday, April 5, 2019
9:00 a.m. – 4:00 p.m.

TBH Conference Rooms A & B

- Samples available to view
- Order forms must be completed the day of the event
- Advanced payment for orders is required

Orders will be available for pick-up on April 19 from 8:30 a.m. until 5:00 p.m. in the TBH Gift Shop. Cash, check and credit cards accepted.

For more information, contact
Nancy Nickoli, TBH Gift Shop Manager
at 419.483.4040, Ext. 4408.

The Easter Bunny is hopping into TBH!

Bring your children and grandchildren over for a chance to meet and take pictures with everyone's favorite bunny!

Friday, April 19, 2019
10:00 a.m. – 11:30 a.m.
TBH Atrium

Co-sponsored by TBH and The Willows at Bellevue, attendees can enjoy cookies, punch and other Easter treats. The event is free.

Call 419.483.4040, Ext. 4319
for more information.





Quality Care, Close To Home

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

Advanced Care Planning

What type of health care would you want if you became too sick to tell the doctor yourself? Plan ahead and have those conversations with your loved ones to make sure you get the medical care you want.

Visit www.nhdd.org for resources available to help make, discuss and document your future healthcare wishes and decisions.

Don't Let Arthritis Pain Hold You Back

Our Pain Management Center can help you SPRING into action



According to the American Osteopathic Association, an estimated 27 million Americans suffer from osteoarthritis. Osteoarthritis, known as degenerative joint disease, is most common in individuals over the age of 45, but it can affect many people.

Osteoarthritis commonly impacts the weight bearing joints within your body such as the knees, hips and ankles. Although many Americans suffer from osteoarthritis, many may not realize the cause of their pain.

Here are some common warning signs to watch for:

- Early morning stiffness
- Frequent pain or tenderness in any joint
- Inability to move a joint normally
- Grating, grinding and cracking in joints
- Back or neck pain

If you are suffering from long-term pain that you suspect is related to osteoarthritis, ask your primary physician about a referral to The Bellevue Hospital's Pain Management Center.

Vimal Kumar, M.D. and Erica Clinker, CNP practice a balanced approach to pain management. Dr. Kumar is board certified in anesthesiology and pain medicine and has over 20 years of pain management experience. Erica has her nurse practitioner certification with over 18 years of quality patient care experience.

This spring, we may not be able to take your kids or grandkids to the park, but we can help YOU get there. For more information about the Pain Management Center, call **419.484.5903**.



Vimal Kumar, M.D.
Board Certified in Pain Management/Anesthesiology



Erica Clinker, CNP
Certified Nurse Practitioner