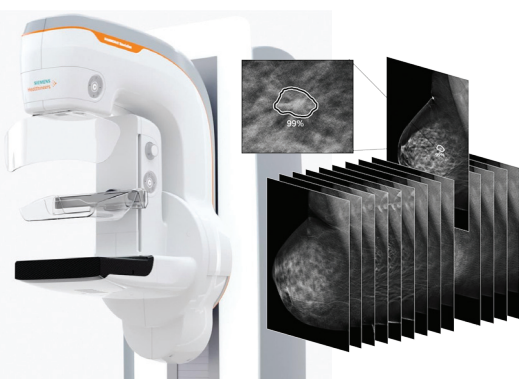




New Breast Imaging System at The Bellevue Hospital Delivers Mammograms in 3D



The Bellevue Hospital (TBH) is advancing the fight against breast cancer with the purchase and installation of MAMMOMAT Revelation, an innovative mammography system designed to overcome barriers to breast cancer detection and compliance.

“We chose MAMMOMAT Revelation because the wide-angle technology makes it easier to find smaller lesions earlier than with 2D mammography, and with greater accuracy,” said Marc Schoen, director of Diagnostic Imaging at TBH.

“We also see the system’s personalized compression as a tool that helps women overcome the fear of pain and discomfort that is so common with mammograms by delivering a more comfortable examination.”

The advantage of wide-angle, next-generation 3D mammography

MAMMOMAT Revelation is from Siemens Healthineers. Its industry-leading image acquisition angle of 50 degrees results in the widest depth resolution in the market. The result is clinical detail that helps deliver high-quality 3D images for more information to help doctors make a more confident diagnosis.

Revelation is also the first mammography platform to provide automated breast density measurements at the point of examination. High breast density can increase the risk of developing cancer. Currently, breast density is estimated visually during the image reading process, usually after the patient leaves. With MAMMOMAT Revelation, getting

this information during the exam enables immediate and personalized risk assessment, and will allow TBH to provide supplemental imaging while the patient is in the exam.

The comfort of personalized compression

Compression is key to getting an accurate mammogram. However, the associated discomfort and pain are key reasons why women avoid mammography exams.

“It was important to us to remove any barrier that could stop a woman from getting the screening she needs,” said Schoen.

With MAMMOMAT Revelation’s Personalized Soft Compression, each woman gets exactly the right amount of compression for her breast type. The force is automatically adjusted for the greatest individual comfort without losing any accuracy.

“We are thrilled to bring this breakthrough technology to TBH,” said Timothy A. Buit, president and CEO of TBH.

“Our goal is to provide clear, quality images that help make early detection possible, while offering a comfortable experience for our patients during the exam,” continued Buit.

TBH is accredited in mammography by the American College of Radiology (ACR). Appointments for the new 3D mammography will be available in mid-March.

To schedule an appointment, call 419.483.4040, Ext. 3067.



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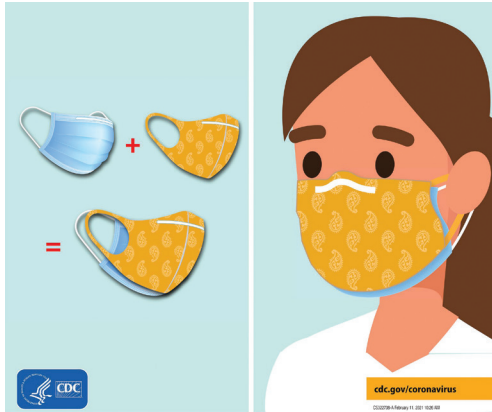
Please enjoy our **HEALTH***news* to help keep you informed.

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.



As the COVID-19 outbreak evolves, The Bellevue Hospital continues to monitor the situation closely and make adjustments to our policies and services as needed. For a complete list of service updates and visitor policies, visit bellevuehospital.com. Thank you for your patience and understanding during this time.

Improve How Your Face Mask Protects You



With the emergence of new variants of the virus that causes COVID-19, wearing a mask properly is more important than ever.

The Centers for Disease Control and Prevention (CDC) recommends wearing a mask that fits tightly to your face can help limit spread of COVID-19. The CDC also recently released new research that found wearing a cloth mask over a surgical mask improves the fit and

provides protection against the virus, as does tying knots on the ear loops of surgical masks.

How to Select a Mask:

Choose a mask with a **Nose Wire**

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.

Use a **Mask Fitter or Brace**

- Use a mask fitter or brace over a disposable or cloth mask to prevent air from leaking around the edges of the mask.

Check that it **Fits Snugly** over your nose, mouth, and chin

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel

warm air come through the front of the mask and may be able to see the material move in and out with each breath.

Add **Layers** of material

- Use a cloth mask that has multiple layers of fabric OR
- Wear one disposable mask underneath a cloth mask.
 - The second mask should push the edges of the inner mask against your face.

Make sure you can see and breathe easily

Knot and Tuck ear loops of a 3-ply mask

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For video instructions, see: <https://youtu.be/UANi8Cc71A0>.

For more information on face masks and COVID-19, visit www.cdc.gov.

The Bellevue Hospital Launches TeleNephrology Program

Allowing Diagnosis and Treatment of Patients with Kidney Disease in the Hospital

To better serve the community, TBH recently introduced a new telenephrology program that will allow the hospital to provide scheduled consults for inpatients with chronic kidney disease.

“Today’s healthcare environment requires hospitals to continuously evaluate services offered to meet the needs of the community. This is especially true for rural community hospitals such as The Bellevue Hospital,” said Timothy A. Buit, TBH’s president and CEO.



Loretta Nichols, director of Medical Surgical and ICU, and Natalie Frankart, leader of Medical Surgical and ICU, begin training for the telenephrology program at TBH.

“TBH remains committed to exploring new and innovative ways to keep healthcare close to home for local residents. We are excited to offer this new service and look forward to meeting the specialized needs of our community members with chronic kidney disease by providing optimal patient care in an effort to avoid unnecessary transfers out of the community.”

The Centers for Disease Control and Prevention estimates that 15% of adults in the U.S. suffer from chronic kidney disease (CKD). Nephrology is the branch of medicine that deals with the physiology and diseases of the kidneys. Nephrologists work to treat conditions such as chronic kidney disease, kidney infections, and kidney failure.

Telemedicine allows remote, board-certified nephrologists to interact with patients using videoconferencing equipment and electronic medical records systems. TBH’s telenephrology program is made possible through a partnership between hospital and Eagle Telemedicine. A dedicated team of telenephrologists will collaborate with on-site physicians to provide guidance and expertise to nurses and other clinical staff.

After virtually examining the patient, the telenephrologist will give his or her recommendation for treatment while the patient is hospitalized. Treatment may include testing, prescribing medications, and outpatient follow up with a local nephrologist. Most patients with end stage renal disease on dialysis will now be able to receive dialysis while hospitalized at The Bellevue Hospital.

All of the Eagle Telemedicine physicians are tenured and board-certified in internal medicine and nephrology. These telenephrologists in the program will work closely with clinical staff as an integral part of the healthcare team.

The Bellevue Hospital Recognizes Our Medical Staff



Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.

Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2021. Pictured from left to right are: Peter Highlander, DPM, MS, Member-at-Large; Steven Zieber, M.D., Secretary-Treasurer; Douglas Hoy, M.D., Chairman, Credentials Committee; Michael Nill, M.D., Vice President; and Nathan Samsa, D.O., President.

In observance of National Doctor's Day, The Bellevue Hospital Family would like to congratulate and thank all of the members of the hospital's active, courtsey, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.



Anesthesiology

Samuel Agubosim, M.D.
Roxanne Richards, M.D.

Cardiology

Ehab Eltahawy, M.D.
Blair Grubb, M.D.
Rajesh Gupta, M.D.
Samer Khouri, M.D.
George Moukarbel, M.D.
Laura Murphy, M.D.
Robert Steele, M.D.

Emergency Medicine

Adam Bonder, M.D.
Christopher Fridrich, M.D.
Jack Hay, D.O.
Jeffery Katko, M.D.
Waseem Khawaja, M.D.
Erin Kurtz, D.O.
Tony Le, D.O.
Melissa Marker, D.O.
John Parente, D.O.
Daryl Parker, M.D.
Jeffrey Pay, D.O.
Stephen Reineck, D.O.
Ingrid Rodriguez D.O.
Mark Smith, M.D.

Emergency Medicine con't

John Somple, M.D.
Maria Strus, M.D.
Larry Tincher, Jr., M.D.

Family Medicine

Douglas Hoy, M.D.
Kim Knight, M.D.
Marc Naderer, M.D.
Samuel Ross, M.D.

Gastroenterology

Martin Beerman, M.D.
David Hykes, D.O.

General Surgery

Michael Grillis, D.O.
Michael Nill, M.D.
Richard Wiecek, M.D.

Internal Medicine

Benjamin Ball, D.O.
Shaikh Fawwad, M.D.
Charles Valone, D.O.

Neurological Surgery

Azedine Medhkour, M.D.

Neurology

Steven Benedict, M.D.
Nicole Danner, D.O.
Adam Kapler, D.O.

Obstetrics & Gynecology

Corey Fazio, D.O.
Andrea Frye Moore, M.D.
Gregory Karasik, M.D.

Oncology

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James Fanning, M.D.
Kasra Karamlou, M.D.
Brian Murphy, M.D.
Amy Reese, M.D.
Bo Zhao, M.D.

Ophthalmology

Jonathan Zahler, D.O.

Optometry

Mark Motley, O.D.
Mark Pifer, O.D.

Orthopedic Surgery

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Mina Tanios, M.D.

Otolaryngology

Paul Biedenbach, D.O.
Benjamin Murecek, D.O.
Hilary Timmis, Jr., M.D.

Pain Management

Vimal Kumar, M.D.

Pathology

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Ana-Tereza Kabira, M.D.
Zejin Liu, M.D., Ph.D.
Martin Rabinowitz, M.D.
Hai Wang, M.D.

Pediatric Cardiology

Nasser Moiduddin, M.D.
Dingding Xiong, M.D.

Pediatrics

Aml Kelada, M.D.
Karen LaSalle, M.D., FAAP
Wendy Millis, M.D., FAAP
Elizabeth Olds, M.D., FAAP
Paul Wnek, M.D., FAAP

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Coleman Clougherty, DPM
Marc Dolce, DPM
Peter Highlander, DPM
Lance Johnson, DPM
Paul Leatham, DPM
Chris Pensiero, DPM

Pulmonology

Nathan Samsa, D.O.

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Saju Rajan, M.D.

Radiology

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Steven Zieber, M.D.

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Munier Nazzal, M.D.

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Larry Von Kuster, M.D.

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Sleeping for a Healthy Heart

Exercise and eating nutritious foods aren't the only things that can help increase heart health; sleep is also an important factor. According to the American Heart Association, adults with the healthiest sleep patterns had a 42% lower risk of heart failure regardless of other risk factors compared to adults with unhealthy sleep patterns.

One sleep disorder affecting 22 million Americans is Obstructive Sleep Apnea (OSA). OSA is a condition in which you stop breathing during sleep because of a narrowed or closed breathing airway.

Some signs and symptoms of OSA include:

- Loud persistent snoring
- Witnessed pauses in breathing
- Frequent visits to the bathroom
- Excessive daytime fatigue
- Restless sleep
- Early morning headaches
- Irritability

Untreated OSA is linked to many heart conditions that could be

prevented or at least not aggravated further. Sleep apnea can lead to repeated episodes of lower oxygen levels in the blood, pressure changes in the chest and increased carbon dioxide levels in your body, all of which can wreak havoc on heart function.

Individuals with untreated OSA are four times more likely to have atrial fibrillation (abnormal and irregular heart rhythm) and twice as likely to develop a heart attack. The good news is that OSA can be treated effectively, which may reduce your risk of developing cardiovascular complications.

If you or your loved one are showing signs and symptoms of sleep apnea, talk to your primary care provider about a referral to The Bellevue Hospital's Sleep Disorders Center.

For more information, call 419.484.5494 or visit bellevuehospital.com.



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“Is Your Heart Set on a Vette?” Grand Prize Winner Announced

The Bellevue Hospital Foundation made 2021 a little brighter for Dennis Kenney of Cambridge, MA, when his name was drawn as the grand prize winner in the 11th annual “Is Your Heart Set on a Vette?” Corvette Raffle. The winning ticket was #802. As the grand prize winner, Kenney has his choice of a brand new 2021 Corvette plus \$40,000, or \$100,000 in cash.

Bellevue Mayor Kevin Strecker had the honor of drawing the winners out of the barrel containing all 2,021 tickets sold for the raffle.

Four runner-up winners each received cash prizes, including Greg Hall, Clyde, OH, \$2,021 (ticket #136); Timothy Lloyd, McKinney, TN, \$1,917 (ticket #593); Michael Adnifkey, Akron, OH, \$1,500 (ticket #672); and Kathryn Campbell, Brentwood, TN, \$1,000 (ticket #1766).

“We wish to congratulate Dennis and the other four winners,” said Timothy A. Buit, president and CEO of The Bellevue Hospital (TBH). “We kicked off this raffle in September of 2020 and we accomplished our goal of selling all 2,021 tickets by October 26, 2020 – a record in the 11-year history of the raffle.”

Continued Buit, “The integrity of this raffle has always been our top priority. It was a great effort from our Foundation, Accounting Department, Marketing Department, and numerous volunteers to ensure this raffle was run the right way.”

The accounting firm of Cook, Smith & Company, CPA’s, Bellevue, OH, verified that all tickets were properly filled out and placed in the locked barrel prior to the drawing.

Tickets were sold to people in 45 different U.S. states, noted Dennis Sabo, TBH Foundation Director. “I would like to personally thank Garrett Steinle of Steinle Chevrolet-Buick in Clyde. They were the co-sponsor of this event. Also, thanks to Bill & Scott Brugnone at the Bellevue Beverage Center, the Fremont Steinle location, the hospital Gift Shop staff, TBH employees and Foundation Board members for all the support. We could not have accomplished this project without all their help.”

The 2022 Corvette Raffle will kick off with Early Bird specials in September, 2021. If you are not a previous ticket purchaser and would like to join the mailing list for next year’s raffle, visit www.vetteraffle.com. A total of 2,022 tickets will be sold. Continue to check our website for upcoming information on the 2022 Corvette Raffle.



The Grand Prize winner in the “Is Your Heart Set on a Vette?” Corvette Raffle was announced on February 12, 2021.