



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.



Dear Community Members:

As a locally owned community hospital, we care about your health. You are our family, friends and neighbors. That is why we strive to offer you advanced technology and medical treatment, while providing a high level of compassionate care close to home.

The Bellevue Hospital wants to make health care easy to access for everyone. If you need diagnostic testing, surgery, chronic disease management, rehabilitation or emergency care, you have a personal choice where you are tested and treated. We hope that you will choose The Bellevue Hospital. With the recent expansion of the operating room area, no one should see a delay in getting on the schedule should you need surgery. Likewise, with the relocation of our Rehabilitation Services department to Eagle Crest Health Park, there is increased availability of treatment options including aquatic therapy.

Our staff is here to schedule you quickly and efficiently. If you have any issues or concerns about accessing our services, please feel free to contact me at 419.483.4040, Ext. 4200. I would like to hear from you.

From all of us at The Bellevue Hospital, we thank you for choosing us as your hospital and we wish you a very Happy Thanksgiving!

Sincerely,

Michael K. Winthrop
President and CEO
The Bellevue Hospital

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 November. INFO: Ext. 6610

Tuesday, November 12
9:00 am-11:00 am

Bassett's Market, Bellevue

Tuesday, November 19
9:00 am-11:00 am

Hogue's IGA, Bellevue

Wednesday, November 20
9:00 am-11:00 am

Miller's Super Valu, Clyde

Thursday, November 21
10:30 am-11:30 am

Senior Center, Clyde

Monday, November 25
8:00 am -10:00 am

Recreation Center, Bellevue

Tuesday, November 26
Noon-1:00 pm

Senior Center, Bellevue

Saturday, November 2 SMOKING CESSATION CLASS

TBH Conference Rooms A&B
9:30 am – 12:30 pm

TBH and The Ohio State University at Lima are offering a five-week treatment and research program designed to help people stop smoking. Behavior modification therapy, hypnosis and nicotine replacement therapy is involved. Classes will be held on Saturdays Nov. 2 and Nov. 9, from 9:30 a.m.-12:30 p.m. Three support sessions are scheduled for Saturdays, Nov. 16, Nov. 23 and Dec. 7, from 9:30-10:30 a.m. Class is open to the first 25 participants to register. INFO: Ext. 4244

For information on TBH screenings, programs and events, visit www.bellevuehospital.com and The Bellevue Hospital Facebook page.

Monday, November 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). Diabetes Resource Corner featuring diabetic friendly recipes, wound and foot care information and educational literature. A light breakfast and a registered nurse to answer health questions will be available. INFO: Ext. 6610

Friday, November 8 VETERANS RECOGNITION

TBH Atrium
Starting at 11:00 am

To honor Veterans, the Bellevue High School Choir will be performing patriotic songs from 11:00 – 11:30 a.m. in the hospital's atrium. Veterans will receive a free meal voucher to the hospital's Main Station Café. Free and open to the public. INFO: Ext. 4625

Saturday, November 9 & 16 LAMAZE PREPARED CHILDBIRTH

TBH Conference Rooms A&B
8:30 am – 12:30 pm

Prepares expectant parents for a positive birth experience. Topics include: Stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. Tour of the Family Birthing Center included. Must attend both sessions. Cost is \$30. INFO: Ext. 3067

Thursday, November 14 MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am – 1:00 pm

David Painter with the Ohio Senior Health Insurance Information Program (OSHIIP) will be presenting.

The public is invited to attend. Cost of lunch is \$3. Reservations are requested. INFO: Ext. 4899

Friday, November 15 HOLIDAY CANDY SALE

TBH Conference Rooms A&B
7:00 am – 12:00 pm

Open to the public. Offering a wide variety of holiday candy and treats to order from, provided by the Candy Depot of Bellevue. Samples of selected treats will be available to view. Cash, check and credit cards accepted. INFO: Ext. 4319

SUPPORT GROUPS

Monday, November 4

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 abuse or addiction. Meetings are free. INFO: Contact GRASP Support Group Facilitator Dawn Bova at dawnrb45@gmail.com

Tuesday, November 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 and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. INFO: Ext. 4295

Wednesday, November 6 HOPE FOR THE HOLIDAYS

TBH Conference Rooms A&B
6:00 pm – 8:30 pm

This coping program is specifically designed for people who are grieving or going through a stressful time in their lives. Co-sponsored by Stein Hospice of Sandusky and Foos &

Foos Funeral Service, the program will include coping plans to help get through the holiday season, and an honoring activity where participants can honor the memory of their loved one. The support group is free and open to the public. Registrations are requested. To register, call Stein Hospice at 419.625.5269.

Tuesday, November 12 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

Tuesday, November 12 BETTER BREATHERS CLUB

TBH East Conference Room
2:00 pm – 3:00 pm

American Lung Association Better Breathers Club meetings offer support to individuals with a chronic lung disease including COPD, pulmonary fibrosis and lung cancer. Meetings are free and open to the public. November's topic will be information on Sleep Apnea and treatment. INFO: Ext. 4303

Tuesday, November 12 REIKI IN HEALING TOUCH

TBH Conference Rooms A&B
6:00 pm – 8:00 pm

Reiki In Healing Touch is for individuals who want to enhance their wellness by using energy healing. The sessions will teach ways to help lessen symptoms and side effects of chronic diseases. It is not specific to any particular types of diseases or conditions because it works on the entire self, mind, body and emotions. The group is facilitated by Patricia Zilles, Reiki Master. INFO: Contact Patricia Zilles at 567.314.0315.

The Reconstruction Institute Team Saves Local Man's Foot from Amputation

Early in 2018, Rick Lovekin, 44, of Sandusky noticed extensive swelling in one of his feet. He struggled to walk because of his aching, painful, collapsing foot. After seeing multiple doctors who treated him with short-term relief for months, he was referred to Podiatric Surgeons Dr. Peter Highlander and Dr. Coleman Clougherty at The Bellevue Hospital for a long-term solution.

Rick was diagnosed with Charcot Foot, also known as Charcot Neuroarthropathy. This disease affects many people with diabetes and often leads to open wounds in the feet and lower legs. If a patient is not diagnosed early, it can lead to lower leg amputation.



Dr. Peter Highlander talks to Rick Lovekin during a recent follow-up appointment.

Fortunately for Rick, it was not too late. He was braced temporarily and taken off of his foot until he could get medical clearance. In January, he had reconstructive surgery to realign his entire foot and ankle.

Now less than a year later, he is walking with no pain and a stable leg that is no longer in danger of collapse or amputation. Rick is thankful for the podiatric surgeons at The Reconstruction Institute, 102 Commerce Park Drive, Suite D, Bellevue.

“I am so happy I found The Reconstruction Institute,” Rick said. “They saved my foot.”

Stories like Richard's are becoming more common. The diabetic population is growing larger every day and becoming more susceptible to this condition, which begins by attacking the bones, joints and soft tissue in the feet.

“At The Reconstruction Institute, our team has one main goal—to prevent foot and leg amputations in specific at-risk patient populations including those with diabetes,” said Dr. Coleman Clougherty.



“We do this by working with patients who have been living in pain and providing them the appropriate treatment plan, whether that is surgical or conservative care, in order to get them back onto their feet and allow them to return to a normal life again,” Dr. Clougherty added.

Drs. Highlander and Clougherty work hand-in-hand together with their certified physician assistant Kim Cullen and certified nurse practitioner Barb Wahl to provide comprehensive and complete care to all of their patients.

“Working at The Bellevue Hospital, we provide personalized care close to home, to the community and beyond,” said Dr. Peter Highlander.

“Our staff will ensure your experience at The Reconstruction Institute is one that is both enjoyable and one that is the first step on your road to recovery.”

The Reconstruction Institute treats everything from arthritis in the foot and ankle to heel pain and tendon problems.

“Using some of the most advanced technology available in the clinical and surgery setting, Drs. Highlander and Clougherty are on the cutting edge of medicine, customizing the surgical process specifically to their patient's needs,” said Michael K. Winthrop, President and CEO of The Bellevue Hospital.

“Not only are they dedicated to providing the best care available, but The Reconstruction Institute makes it their mission to provide the patient what they need so they can stop making their life about their ailment, and instead begin living life again.”



Peter Highlander
DPM, MS

Dr. Highlander received his Doctor of Podiatric Medicine from Barry University in Miami Shores, Florida and is most recently noted for his use of 3D printed custom implants. In January 2018, Dr. Highlander performed Ohio's first successful total talus, or ankle, replacement using 3D printing. He is also the first surgeon in the U.S. to perform a custom cuboid bone replacement.

Dr. Clougherty received his Doctor of Podiatric Medicine from Kent State University. He specializes in treating complex lower limb conditions such as post-traumatic deformities. Dr. Clougherty focuses on limb salvage of the lower extremities and has extensive experience in muscle flap procedures.



Coleman Clougherty
DPM, MA

**For more information on
The Reconstruction Institute, call 419.484.5430
or visit bellevuehospital.com**

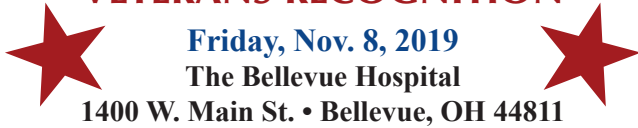


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VETERANS RECOGNITION



Friday, Nov. 8, 2019

The Bellevue Hospital

1400 W. Main St. • Bellevue, OH 44811

The Bellevue High School choir will be on location performing patriotic songs at 11:00 a.m. Free meal vouchers for Veterans will be available for The Bellevue Hospital's Main Station Café.

**For more information,
dial 419.483.4040, Ext. 4625.**

*****ECRWSSSEDDM*****
POSTAL CUSTOMER

The Bottom Line on Vaping

The use of electronic cigarettes or “vaping” is on the rise, as is lung-related diseases caused by their use. As of October 8, 2019, 1,299 lung injury cases associated with the use of vaping products have been reported to the CDC from 49 different states since March 2019.

E-cigarettes, also called “vapes,” “e-hookahs,” and “vape pens” work by heating a liquid to produce an aerosol that users inhale into their lungs. The liquid can contain nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other additives and flavorings.

“The e-cigarette industry is changing rapidly,” said Terry Webb, Registered Respiratory Therapist at The Bellevue Hospital.

“Vaping devices now come in many shapes and sizes. Some look like regular cigarettes, cigars or pipes, while others look like USB flash drives, pens, markers and other everyday items,” continued Webb.

A recent study by the Centers for Disease Control (CDC) found that 99 percent of the e-cigarettes sold in assessed venues in the United States contained nicotine, a highly addictive substance that can harm the brain of a developing adolescent.

“Many teenagers, pre-teens, and parents I speak to, assume that vaping or Juuling is safe,” said Webb. “They think it is only flavored water droplets they are inhaling. They don’t understand that it is a tobacco product that can have adverse effects on their brains and overall health. I encourage parents and caregivers to learn the facts about vaping and start a conversation to share those facts with their children,” continued Webb.

While scientists are still learning about the long-term effects of vaping, many ingredients in e-cigarette aerosol can also be harmful to the lungs in the long term. Along with nicotine, flavorings such as diacetyl (a chemical linked to lung disease), cancer-causing chemicals and heavy metals such as nickel, tin and lead may be found in the aerosol breathed from the device.

Symptoms of lung injury reported by vaping patients include:

- Coughing, shortness of breath, or chest pain
- Nausea, vomiting, abdominal pain, or diarrhea
- Fatigue, fever, or weight loss

Some patients have reported symptoms developed over a few days, while others have reported their symptoms developed over several weeks. If you or your child show symptoms that may be related to the use of vaping products, seek medical help immediately.



For more information about vaping and e-cigarette use, visit www.cdc.gov/tobacco. To learn more about tobacco cessation resources, contact The Bellevue Hospital at 419.483.4040, Ext. 4244.