



Dear Community,

You may have heard on the news that the Delta variant of the virus that causes COVID-19 is surging in the U.S. New data shows Delta is different than past versions of the virus; it is much more contagious. With this variant continuing to be the dominant virus in Ohio, The Bellevue Hospital (TBH) is monitoring COVID-19 trends in the U.S., Ohio and locally and adjusting our safety protocols as needed.

At TBH and in the community, we continue to see an increase of community spread and positive COVID-19 cases. Because of this, we have updated some policies to ensure we keep our staff, patients and visitors safe.

- Our masking and PPE policies have been updated for all staff and visitors regardless of vaccination status. Currently, visitors are asked to wear surgical masks.

- To align with the Occupational Safety and Health Administration's (OSHA) COVID-19 Healthcare Emergency Temporary Standard (ETS), which was issued earlier this summer, TBH adapted its workplace policies on social distancing, masking and vaccination status. This ETS established new requirements to protect healthcare workers from exposure to the coronavirus in all settings.
- The visitor policies also have been adjusted again and at press time we are limiting visitors in the Emergency Department to one visitor per patient. Two visitors per patient are allowed in all other areas for all non-COVID-19 patients. In addition, we are asking that all visitors be 18 years of age or older. For the most up-to-date visitor policies, please visit bellevuehospital.com.
- To add extra precautions, we are beginning to limit vendors at TBH and asking that communications be completed through phone, email or zoom meetings.



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.



Please know that you don't need to delay important preventative screenings and healthcare that are needed. Our goal is to provide you safe, quality care close to home. We take this very seriously and have added these extra measures throughout the COVID-19 pandemic to ensure you can count on TBH for your healthcare needs. Our physicians, employees and volunteers are here ready to care for our community.

On behalf of The Bellevue Hospital, we appreciate your continued support and understanding during the ever-changing pandemic. Thank you for choosing TBH as your partner in health.

Yours in Wellness,
Timothy A. Buit, *President and CEO*

Upcoming Morning Health Breaks

Sept. 13 • Sept. 27

7 a.m. – 11 a.m.

1400 W. Main Street, Suite E

(Located in the Medical Building
behind The Bellevue Hospital)

- Free Blood Pressure and Fasting Glucose Checks
- A1C Screening (\$10)
- Lipid Panel Screening (\$15)
- TSH (Thyroid) Screening (\$20)
- PSA (Prostate) Screening (\$25)
- Complete Blood Count (\$50)

New
Location

A registered nurse will be available to answer health questions. Appointments are required and all attendees should wear their own face covering upon arrival to the event.

To schedule an appointment, call 419.483.4040, Ext. 6610. Deadline to register is at least one-week prior to the event.

Facts about the Delta Variant

Viruses constantly change through mutation. A variant has one or more mutations that differentiate it from other variants in circulation. As expected, multiple variants of SARS-CoV-2 have been documented in the United States and globally throughout this pandemic.

The latest variant, Delta, is now the dominant strain of COVID-19 in Ohio. For those who get infected with the Delta variant, experts say they may have a higher viral load than those who are infected with other strains. It is much more contagious than any version of COVID-19 so far and remains exceedingly dangerous to those who are not vaccinated.

“Delta spreads like wildfire and seeks out anyone who is unvaccinated. But there is good news as two things remain very clear: First, the vaccines are the key to containing this fire and ultimately putting it out,” said Ohio Department of Health Director Bruce Vanderhoff, M.D. during a recent press conference. “Secondly, vaccination is without any doubt your best bet, regardless of your age, for avoiding getting really sick with COVID-19 and to avoid lasting complications like Long COVID.”

According to the Centers for Disease Control and Prevention:

- The Delta variant is highly contagious, more than two times as contagious as previous variants.
- Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated persons.
- Unvaccinated people remain the greatest concern: Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others.

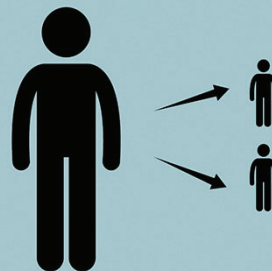
- Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period.
- Given what we know about the Delta variant, vaccine effectiveness, and current coverage, layered prevention strategies, such as wearing masks, are needed to reduce the transmission of this variant.

Need a COVID-19 Vaccination?

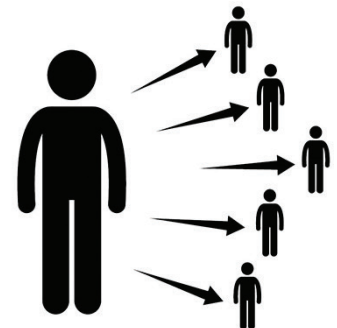
Eligible individuals can call 419.484.5967 directly to make an appointment. Pre-registration is required to receive the vaccine. Walk-in appointments are currently not available. Anyone under the age of 18 must have a parent or guardian with them.

The Delta variant is more contagious than previous strains—it may cause more than 2x as many infections

ORIGINAL COVID-19 STRAIN



DELTA VARIANT



Vaccines protect you from hospitalization, severe infections, and death







cdc.gov/coronavirus

Fewer than Half of Americans Have Heard of Sepsis


Make Sure You and Your Loved Ones Know the Facts

Sepsis is the body's life-threatening reaction to an infection that affects 1.7 million people in the U.S. every year. This Sepsis Awareness Month, we are asking everyone to help save lives by learning the signs and symptoms of sepsis.

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

-  **TEMPERATURE**
higher or lower than normal
-  **INFECTION**
may have signs and symptoms of infection
-  **MENTAL DECLINE**
confused, sleepy, difficult to rouse
-  **EXTREMELY ILL**
Severe pain, discomfort, shortness of breath

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911, or go to a hospital and say, **"I AM CONCERNED ABOUT SEPSIS."**

 **SEPSIS ALLIANCE** sepsis.org ©2020 Sepsis Alliance

Don't Just Live With Pain – Manage It

Did you know that approximately 50 million Americans suffer from chronic pain?

According to the American Chronic Pain Association, chronic pain is “ongoing or recurrent pain, lasting beyond the usual course of injury or more than three to six months, and adversely affecting the individual’s well-being.”

Chronic pain varies in intensity and frequency. Some people experience chronic pain constantly, while others only feel it in episodes. If you feel any kind of consistent pain for six months, you most likely are suffering from chronic pain. Pain can originate from a wide variety of sources. When it comes to chronic pain, the main sources are:

- Joint pain
- Back pain
- Headaches
- Injury related pain

If you have ever worried that you are experiencing chronic pain, you can start by asking yourself if you are experiencing these symptoms:

- Constantly feeling any level of pain, mild to severe
- Aching, shooting or burning types of pain
- Extended feelings of soreness, stiffness or tightness

Aside from physical issues caused by chronic pain, many individuals also report psychological struggles, such as fatigue,

mood changes, stress, anxiety, depression, irritability and restless nights of sleep.

If you are worried that you are experiencing chronic pain, speak to your physician or advanced practice provider about a referral to the Pain Management Center at The Bellevue Hospital. Vimal S. Kumar, M.D., our pain management intervention physician, 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 or call 419.484.5903.



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



Jill Solis, FNP-C
Certified Nurse Practitioner



Quality Care, Close To Home

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P.O. Box 8004
Bellevue, Ohio 44811
419.483.4040

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Red Cross Bloodmobile

Friday, September 24
10 a.m. – 3 p.m.

Bellevue VFW
6104 US Route 20 • Bellevue, OH 44811

Must be at least 17 years old. Appointments required. Call 1-800-Red-Cross, or visit www.redcrossblood.org to register.

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POSTAL CUSTOMER

Cancer Care Services To Be Offered Close to Home

The Bellevue Hospital (TBH), in collaboration with NOMS Healthcare, will soon bring cancer care services close to home for Bellevue residents and the surrounding areas. This new service for TBH will be housed in the hospital and conveniently located on the first floor.

“When someone receives a cancer diagnosis, it is important to be able to access physicians and services near home,” said Timothy Buit, TBH’s president and chief executive officer. “That is why TBH and NOMS Healthcare have decided to collaborate to provide the expertise needed to help our residents navigate through this challenging disease without traveling to a larger city for care.”

In September, TBH will be introducing Cancer Care and Infusion Services as a new service line. Cancer Care Services will include a new physician-run hematology/oncology clinic, which is initially scheduled for Thursday mornings and led by NOMS Healthcare oncologists James Fanning, M.D. and Timothy Adamowicz, D.O. In addition, TBH’s skilled staff will provide services such as chemotherapy and immunotherapy, a treatment that uses a person’s own immune system to fight cancer.

Dr. Fanning has been serving the area as a board certified medical oncologist since 1998. He earned his undergraduate degree from The Ohio State University and his medical degree from The Ohio State University College of Medicine and Public Health. He completed an internship and his residency in internal medicine at Ohio State. He also received his medical oncology/hematology fellowship at Duke University Medical Center.

Dr. Adamowicz has been serving the area as a board certified

medical oncologist since 2013. He received his bachelor of science degree at Penn State University and his medical degree at Lake Erie College of Osteopathic Medicine, Erie, Pa. He then completed his internal medicine residency at Hahnemann University Hospital/Drexel University College of Medicine in Philadelphia, followed by a medical oncology fellowship at the University of Nevada School of Medicine in Las Vegas, Nev.

To make an appointment with Dr. Fanning or Dr. Adamowicz in Bellevue, call 419-484-5440. A physician order is required.

TBH’s Infusion Services, formerly called the Ambulatory Care Center, is staffed by skilled and compassionate registered nurses who are specially trained to administer IV medications and perform wound care. TBH’s infusion services staff works with individuals and their primary care provider to support the patient’s unique needs.

For more information and a full list of infusion services, visit bellevuehospital.com. Cancer Care and Infusion Services will be open Monday through Friday from 8 a.m. to 4 p.m.



James E. Fanning, M.D.



Timothy Adamowicz, D.O.