



Dear Community,

As we enter the holiday season, it is a good time to reflect on the outgoing year and to count our blessings.

The year 2021 has had its challenges, but one thing remains—The Bellevue Hospital is here for you. TBH has a rich history that dates back to 1917. As an independent community hospital, we have the privilege of taking care of our neighbors and friends throughout the generations.

In 2021, our TBH Family continued to work tirelessly to keep our patients and each other safe from COVID-19. I am so thankful and proud of our medical staff, employees and volunteers for the ways they have stepped up during this ongoing pandemic in the midst of staff shortages, new government regulations and rapid changes. Our TBH Family cares about our community and continues to look for ways to bring Quality Care, Close to Home.



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.



To keep healthcare local, we added telenephrology, orthopedics and cancer care to our offerings earlier this year to ensure that individuals needing these services wouldn't need to leave our area or be sent to larger hospitals to receive the care needed.

As we look to 2022 and beyond, our goals remain consistent to provide personalized local healthcare 24/7, keep our community safe and well, and form collaborations that will strengthen The Bellevue Hospital so we can continue to take care of our community's health care needs.

We thank you for choosing us as your hospital and for trusting us to be your partner in health. On behalf of The Bellevue Hospital, I wish you and your family a joyous holiday season.

Yours in Wellness,

Timothy A. Buit
President and CEO

Upcoming Morning & Evening Health Breaks

December 6 • January 3
7 a.m. – 11 a.m.

January 18
5 p.m. – 7 p.m.

1400 W. Main Street, Suite E
(Located in the Medical Building behind
The Bellevue Hospital)

- Free Blood Pressure and Fasting Glucose Checks
- Complete Blood Count with Metabolic and Lipid Panel (\$50)
- Hemoglobin A1C Screening (\$20)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

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.

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

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

Safer Ways to Celebrate Holidays

Information Provided by the Centers for Disease Control and Prevention

Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

Here are safer ways to celebrate the holidays. Generally:

- ❄️ Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- ❄️ Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
 - Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
 - Avoid crowded, poorly ventilated spaces.
 - If you are sick or have symptoms, don't host or attend a gathering.
 - Get tested if you have symptoms of COVID-19 or have close contact with someone who has COVID-19.

If you are considering traveling for a holiday or event, visit CDC's Travel page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are fully vaccinated.

- ❄️ If you are not fully vaccinated and must travel, follow CDC's domestic travel or international travel recommendations for unvaccinated people.
- ❄️ Everyone, even people who are fully vaccinated, is required to wear a mask on public transportation and follow international travel recommendations.

Special considerations:

- ❄️ People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated and have received an additional dose. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their health care provider.
- ❄️ You might choose to wear a mask regardless of the level of transmission if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- ❄️ If you are gathering with a group of people from multiple households and potentially from different parts of the country, you could consider additional precautions (e.g., avoiding crowded indoor spaces before travel, taking a test) in advance of gathering to further reduce risk.
- ❄️ Do NOT put a mask on children younger than 2 years old.

By working together, we can enjoy safer holidays, travel, and protect our own health as well as the health of our family and friends.

For more information, visit www.cdc.gov/coronavirus.

The Bellevue Hospital Foundation

36th Annual *Lights of Love*

Help us decorate our tree in honor
or memory of those you love

Each light is \$5

Proceeds will benefit the Foundation

Purchase lights by Friday, December 17, 2021

*All contributors will be listed on the
Hospital and Foundation websites*

For more information, call 419.483.4040, Ext. 4319

Lights of Love 2021 - Each \$5 will light a Light of Love

# In Honor of	# In Memory of	Name(s) <i>please print</i>

_____ + _____ In Honor or Memory @ \$5 each

TOTAL ENCLOSED: _____

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

Cash Check (*payable to TBH Foundation*) Credit Card: Visa Mastercard Discover

Credit Card Info: Acct #: _____ Exp. Date: _____ 3-Digit Code: _____

Cardholder Name: _____ Signature: _____

Mail To: The Bellevue Hospital Foundation • 1400 West Main Street • Bellevue, OH 44811
Online Orders: www.tbhfoundation.com

Relieve Joint and Back Pain This Season



While the holiday season is one of the most magical times of the year, frigid temperatures and snow filled driveways can make this season one of the toughest on our backs and 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:

- Apply cold.** Icing the area for 15 to 20 minutes every 3 to 4 hours can reduce pain and swelling.
- 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.
- Compress.** Applying braces and elastic bandages can help add support and minimize swelling.
- Elevate.** For pain in an extremity, positioning the injured area above the level of the heart when sitting or lying down can reduce inflammation.
- Stretch and strengthen.** Gentle mobility can stimulate healing and, when tolerated, exercising can increase flexibility and muscle strength.

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., 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.**





Quality Care, Close To Home

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P.O. Box 8004
Bellevue, Ohio 44811
419.483.4040

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Every **2 seconds**
someone in the U.S.
needs blood.
Give now.

Blood Drive

**The Bellevue Hospital
Bellevue VFW Post 1238**

Small Hall

6104 US-20E • Bellevue, OH 44811

Wednesday, December 8, 2021

10:00 a.m. to 3:30 p.m.



Winter Foot Care Tips to Prevent Injury



Scrapes, bumps and bruises are a part of life, but it's not always easy for a person to judge the severity of a wound – especially a foot wound – during the winter season. Often, people wait too long to seek treatment during colder months and something minor can turn into a major problem.

Foot care and wound prevention can be more difficult during the cold winter months than during the rest of the year. A common cause of foot wounds in the wintertime is, ironically, excessive heat. People trying to warm up during these cooler months can sometimes overlook the temperature of things like a warm bath, a space heater, a heating pad or a car's foot warmer. Keep in mind that these things can cause serious burns if your feet have decreased feeling or nerve damage. Individuals with diabetes are more likely to have cold feet due to poor circulation. However, using heat sources directly on the feet can put them at risk of burn injuries.

Another culprit of foot wounds in the wintertime is dry skin. The cold winter air can make the skin of the feet dry and more likely to crack, increasing the risk of developing foot wounds. Colder temperatures can also slow blood flow, which is important for the wound healing process. Poor circulation prevents oxygenation to the wound and slows the healing process. Therefore, colder temperatures affect how patients need to care for wounds.

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

It is important to monitor the health of your feet in the winter and all year round, checking regularly for any cuts, scrapes, sores, or other abnormalities. People with certain medical conditions like diabetes, nerve damage and vascular disease should pay close attention to wounds for signs of infection or failure to heal.

The Wound Reconstruction Center at The Bellevue Hospital works closely with patients to prevent wounds from getting worse and help them heal so they can get back to enjoying the things they like to do.

The Wound Reconstruction Center offers comprehensive wound treatment options including both surgical and non-surgical treatment for chronic, non-healing wounds to the feet and lower legs related to:

- Diabetes
- Bone infections
- Pressure ulcers
- Surgical complications
- Vascular disease
- Venous insufficiency



**For more information, visit bellevuehospital.com
or call 419.484.5965.**