

HEALTH *e*news

THE BELLEVUE HOSPITAL

Dear Community,

As we enter the holiday season and look toward 2024, I want to personally thank you for allowing us to be your partner in wellness. I also want to take the time to thank our board of trustees, physicians, staff and volunteers for their teamwork, dedication and commitment to take care of our community.

The Bellevue Hospital (TBH) cares about your health. You are our family, friends and neighbors. Our goal is to remain a locally owned community hospital that offers you advanced technology and medical treatment, while providing a high level of compassionate care close to home.



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.



TBH wants to make health care easy to access for everyone. If you need diagnostic testing, surgery, chronic disease management, cancer care, infusion services, rehabilitation or emergency care, you have a personal choice where you are tested and treated. We hope that you will choose The Bellevue Hospital.

In the upcoming year, we have plans to bring more physicians to the area in various specialties including family medicine, general surgery, orthopedic surgery, spine surgery, vascular surgery and endocrinology. As we look to 2024 and beyond, TBH continues to work toward our goals to provide personalized local healthcare, keep our community safe and well, and form collaborations that will strengthen our hospital so we can navigate through the ever-changing health care climate.

We thank you in advance for choosing The Bellevue Hospital. We hope you continue to choose your local hospital and healthcare team when going for outpatient tests, wellness screenings and hospital services. Together, we can strengthen the health of our community and keep *Quality Care, Close to Home*.

On behalf of The Bellevue Hospital, I wish you and your family a season full of joy, wonder and good health.

Happy Holidays,

Timothy A. Buit, *President and CEO*



CALENDAR *of Events*

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below. Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, DECEMBER 6 Morning Health Break

8:00 a.m. – 10:00 a.m.

TBH Main Station Café

This event includes free blood pressure and fasting glucose checks, educational literature, a light breakfast and a registered nurse to answer health questions. Reservations are not required. Pre-registration is required if Direct Access Lab testing is wanted or needed. Direct Access Tests available include:

- A1C Screening (\$20)
- Complete Blood Count with Complete Metabolic and Lipid Panel (\$60)
- Complete Blood Count with Basic Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- Stool Occult Blood Screening (\$25)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

To pre-register for lab testing, call 419.483.4040, Ext. 0.

THURSDAY, DECEMBER 14 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.

*Bellevue Society for the Arts
205 Maple St., Bellevue*

Participants will enjoy a musical performance by the Bellevue High School Bell Choir. The public age 55 and older is invited to attend. A lunch fee will not be charged, but attendees are asked to bring two non-perishable food items to donate to Fish & Loaves Food Pantry. Reservations are requested. **INFO: Ext. 6610.**

SUPPORT GROUPS

TUESDAY, DECEMBER 19 M.O.M.S.

10:30 a.m. – 11:30 a.m.

TBH Burson Conference Room

All new mothers and their babies welcome. This free class is facilitated by a certified lactation consultant and discussions include breastfeeding topics, life adjustment challenges and sleeping habits. **INFO: Ext. 4611.**

TUESDAY, DECEMBER 19 Diabetes

12:30 p.m. – 1:30 p.m.

TBH East Conference Room

TBH's Diabetes Education Department provides specialized education to help adults and children with diabetes maintain a healthy lifestyle. The support group is free and open to the public. Topics of discussion include diet, exercise, medication and monitoring.

INFO: Ext. 4303.

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

Feeling Dizzy? Vestibular Rehabilitation Therapy May Help

Feeling dizzy, unsteady or disoriented is not just unpleasant – it can put you at risk for falls and serious injuries. Your dizziness may be a result of a vestibular injury such as an inner ear infection, inflammation or fluid buildup in the inner ear, or a head or neck trauma. The good news is that no matter the cause, there are ways to improve your vestibular system.

The Bellevue Hospital's Rehabilitation Department provides vestibular rehabilitation therapy to help children and adults reduce dizziness resulting from a variety of inner ear disorders and neurologic conditions, including benign paroxysmal positional vertigo (BPPV), post-concussion syndrome and stroke.

For some people with these conditions, otherwise simple daily activities can become difficult. Severe dizziness and loss of balance may make it burdensome to get out of bed or perform simple actions. Vestibular rehabilitation therapy includes several techniques that can improve function in these areas.

The goals of vestibular rehabilitation therapy may differ depending on the underlying conditions causing your dizziness. Vestibular rehabilitation may help you:

- Reduce dizziness and related symptoms
- Regain function
- Reposition inner ear debris (calcium crystals) in cases of BPPV
- Develop compensatory mechanisms in the brain through other senses such as vision

If you are dealing with chronic dizziness and vertigo, ask your primary care provider if vestibular rehabilitation therapy is right for you. A physician order is required to begin any therapy treatment.

For more information, call The Bellevue Hospital's Rehabilitation Department at 419.483.4040, Ext. 4279.

Don't Let Varicose and Spider Veins Steal Your Holiday Cheer

Consider a Vein Screening to Determine Which Treatment Option is Right For You

If you have spider veins or varicose veins, or experiencing pain or discomfort in your legs, you may be interested in a vein screening at The Bellevue Hospital's Vein & Body Specialists.

Spider veins are dilated, small blood vessels that are red or blue in color, appearing mostly on the legs. Varicose veins are larger, dilated blood vessels raised above the skin's surface. A vein screening will evaluate your legs to determine if you have spider or varicose veins and recommend the best treatment option. You will also be tested for the underlying cause of varicose veins to screen for vein disease.

A SCREENING WILL CONSIST OF:

- A brief survey about medications and any medical history that could increase the risk of vein disease
- A simple ultrasound scan to measure vein function and identify any vein blockages
- A brief examination for signs of vein insufficiency and varicose or spider veins

If your screening requires immediate medical attention, the Vein & Body Specialists will help you schedule an appointment with an appropriate physician. If your varicose or spider veins are surface level only, they can give you at-home remedies or suggest treatment options to treat the look of the veins.

WHAT ARE THE SYMPTOMS OF VARICOSE VEINS?

You may benefit from a vein screening if you are experiencing varicose vein symptoms. These can include:

- Aching pain
- Swelling
- Throbbing
- Cramps
- The feeling of having full or heavy legs
- Skin discoloration
- Itching of skin of lower legs or over obvious varicose or spider veins
- Open area that is difficult to heal of the lower leg

Many people benefit from vein treatment and enjoy a more worry-free and confident lifestyle. The team at the Vein & Body Specialists understand that relief from pain is often the primary concern for patients suffering from varicose veins. Board-certified radiologists use cutting-edge diagnostic techniques to select the best treatment for your veins to ensure that both aesthetic concerns and painful symptoms are addressed simultaneously, effectively, and safely.

To schedule a vein screening, contact the Vein & Body Specialists at 419.484.5960. For more information, visit veinandbody.com.

The Bellevue Hospital Foundation

38th Annual Lights of Love

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

Each light is \$8

Proceeds will benefit the Foundation

Purchase lights by Friday, December 15, 2023

All contributors will be listed on the Hospital and Foundation websites

For more information, call 419.483.4040, Ext. 4319

Lights of Love 2023 - Each \$8 will light a Light of Love

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

_____ + _____ In Honor or Memory at \$8 each

TOTAL ENCLOSED: _____

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

Cash Check (payable to TBH Foundation)

Credit Card: Visa Mastercard Discover American Express

Credit Card Info: Acct#: _____ Exp. Date: _____ 3 or 4 Digit Code: _____

Cardholder Name: _____ Signature: _____

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



Quality Care, Close To Home

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Bellevue, Ohio 44811
419.483.4040

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

BLOOD DRIVE



American Red Cross

The Bellevue Hospital
Burson Conference Room

★ **Friday, December 8, 2023**
10:00 a.m. – 3:00 p.m.


To schedule an appointment,
call 1-800-RED-CROSS, or visit
www.redcrossblood.org and enter
sponsor code BELLEVUEHOSP.


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

Cakes, Cookies and Pies - Oh My! 4 Ways to Make Holiday Baking Healthier

Holiday baking is a lasting tradition for many families this time of year. Whether you're baking cookies for Santa or making treats to be shared among family and friends, there never seems to be a shortage of sweets between now and New Year's.

Making small modifications to classic holiday recipes can help make baked goods lighter and more nutritious, so you don't have to feel as guilty about indulging in the sweets. Follow these healthy baking tips from the Office on Women's Health:

 **Substitute Whole-Wheat Flour.** Most recipes that call for flour can substitute wheat flour in a 1 to 1 measurement. Wheat flour has more fiber and helps to slow digestion and increase fullness. Not all recipes can take a wheat flour substitute due to coloring or taste concerns. Sugar cookies, for example, need white flour to keep their traditional coloring.

 **Cut the Sugar.** Holiday desserts often call for sugar, honey, maple syrup, and molasses. These sweeteners can raise your blood sugar. For many recipes, you can reduce the amount of sugar recommended without changing the taste. Sugar substitutes can also be used as alternatives to sugar and provide sweetness to desserts and foods without adding a lot of

extra calories. In some cases, a sugar substitute can replace half of the sugar called for in a recipe.



Cut the Saturated Fat. Your body needs healthy fats for energy and other functions. But too much saturated fat can cause cholesterol to build up in your blood vessels. Saturated fats raise your LDL (bad) cholesterol. High LDL cholesterol increases your risk for heart disease and stroke. In most baking recipes, you can reduce the saturated fat (butter, shortening, oil) by half without compromising your dessert. If a recipe calls for 1 cup of butter, try ½ cup instead. You can replace the remaining ½ cup with an alternative ingredient to ensure your dessert has the same texture. Some replacements can be fat-free sour cream, low-fat buttermilk, orange juice, low-fat yogurt, applesauce, or low-fat cream cheese depending on the recipe.



Use Light Products. Substituting lower-fat and lower-sugar ingredients in your baking recipes can make them healthier and lower in calories. You can substitute sour cream with low-fat sour cream, light cream cheese for regular, and low-sugar jams and jellies for the regular brand. Other quick substitutes include light whipped cream and fat-free half-and-half.

