



8 Strategies for Spring Cleaning Your Health

Follow these healthy habits to help prevent chronic diseases such as cancer, type 2 diabetes and heart disease.



Get Up and Get Moving

Get at least 20 minutes a day of a moderate-intensity aerobic activity every week.



Eat a Healthy Diet

Try healthy food choices like fruits, vegetables, whole grains, lean meats and low-fat dairy products.



Hydrate with Water

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



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.



Practice Sun Safety

Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.



Get your Zzz's

Adults need at least seven hours of sleep per night. Kids 6–12 need 9–12 hours of sleep per night. If you are having issues sleeping, contact The Bellevue Hospital's Sleep Disorder Center at 419.484.5494.



Know Your Family's Health History

Talk to your family and your doctor about your family health history. Know your risk for potential chronic diseases. To find a primary care provider, visit bellevuehospital.com/medical-providers.



Brush Your Teeth

Brush twice a day with fluoride toothpaste.



Be Tobacco Free

Call 1-800-QUIT-NOW for free support or contact The Bellevue Hospital's Cardiopulmonary Department at 419.483.4040, Ext. 4244 for tobacco cessation resources and information.



Aquatic Exercise at TBH

The Bellevue Hospital's Rehabilitation Department offers 45 minute supervised aquatic exercise sessions in the facility's state-of-the-art therapeutic pool located within Eagle Crest Health Park at 102 Commerce Park Drive in Bellevue.

The self-directed exercise program allows participants to exercise at their own pace without instruction and is offered at various times throughout the week, including:

- Mondays through Fridays, 8 – 8:45 a.m.
- Mondays through Thursdays, 11 – 11:45 a.m.

Reservations are required. The cost of an exercise session is \$5 per visit or \$30 for a month. Cash and checks are accepted.

Aquatic exercise can have several benefits to one's health, such as improved cardiovascular health, improved muscle strength and endurance and reduced stress. The buoyancy of water supports the body and often reduces weight bearing on an individual's joints.

Water-based exercise can be very beneficial to individuals with joint pain, weakness or balance problems.

To register for an exercise session, please call The Bellevue Hospital's Rehabilitation Department at 419.483.4040, Ext. 4279.



Due to COVID-19 restrictions, locker rooms will not be available for the supervised exercise program. Participants should arrive dressed in a swimsuit and bring a towel with them. Facemasks are required while in the building prior to entering the pool.

March is Breath Better, Sleep Better Month

Understanding Obstructive Sleep Apnea

What is Obstructive Sleep Apnea (OSA)?

OSA is a common, but potentially serious disorder that affects a person's breathing during sleep. A person with OSA stops breathing repeatedly during sleep because of a blocked airway. As a result, air is prevented from getting into the lungs.

Who is Affected by Sleep Apnea?

22 Million Americans suffer from sleep apnea, with 80 percent of cases going undiagnosed.



MEN are at a three times greater risk than **WOMEN**

An adult with a body mass index (BMI) of 30 or higher is considered to be obese, and the risk of sleep apnea increases with the amount of excess body weight.



Smoking increases the risk of developing sleep apnea by three times!

Nighttime Symptoms

- Loud persistent snoring
- Witnessed pauses in breathing
- Choking or gasping for air during sleep
- Restless sleep
- Frequent visits to the bathroom



Daytime Symptoms

- Early morning headaches
- Excessive daytime fatigue
- Poor concentration
- Depression or irritability
- Sleepiness during routine activities
- Dry or sore throat in the morning
- Personality changes, such as mood swings



Sleep Apnea and Your Health



When the airway becomes repeatedly obstructed, the body's oxygen level drops putting added stress on the body and organs.

Sleep apnea can increase your risk of:

- | | | |
|---------------------|---------------------|---------------------------|
| High blood pressure | Memory loss | Work or driving accidents |
| Heart failure | Irregular heartbeat | |
| Obesity | Stroke | |
| Diabetes | ADHD in children | |



Ready to Take Action?



While loss of sleep can result in daytime drowsiness that affects mood, behavior and performance, OSA can be treated effectively.

Talk to your primary care provider about a referral to The Bellevue Hospital's Sleep Disorders Center.



Tired of Feeling Tired? Let Us Help!

The Sleep Disorders Center is fully accredited by The Joint Commission and provides overnight sleep studies to measure sleep, breathing and oxygen levels. Our dedicated Sleep Center team members will determine the level of severity of your sleep apnea and develop a personalized plan for treatment.



SLEEP DISORDERS CENTER
The Bellevue Hospital

The Bellevue Hospital Recognizes Our Medical Staff



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

Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2022. 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 Doctors' Day, The Bellevue Hospital Family would like to congratulate and thank all of the members of the hospital's active, courtesy, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.

Anesthesiology

Samuel Agubosim, M.D.

Cardiology

Mohamad Alghothani, M.D.
Paul Chacko, M.D., FACC
Ehab Eltahawy, M.D.
Blair Grubb, M.D.
Rajesh Gupta, M.D.
Samer Khouri, M.D.
George Moukarbel, M.D.
Robert Steele, M.D.

Emergency Medicine

Jack Hay, D.O.
Jeffery Katko, M.D.
Waseem Khawaja, M.D.
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.
John Somple, M.D.
Maria Strus, M.D.
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Douglas Hoy, M.D.
Kim Knight, M.D.
Marc Naderer, M.D.

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General Surgery

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John Mourany, M.D.
Michael Nill, M.D.
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Shaikh Fawwad, M.D.
Charles Valone, Jr., D.O.

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Nicole Danner, D.O.
Adam Kapler, D.O.

Obstetrics & Gynecology

Corey Fazio, D.O.
Gregory Karasik, M.D.

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Timothy Adamowicz, D.O.
James Fanning, M.D.
Kasra Karamlou, M.D.
Siddharth Kunte, M.D.
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Amy Reese, M.D.

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Jonathan Zahler, D.O.

Optometry

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Mark Pifer, O.D.

Orthopedic Surgery

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Colleen Calvey, M.D.
Robert Carlisle, II, M.D.
Justin Kelley, D.O.
Thomas Olexa, M.D.

Otolaryngology

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Benjamin Murcek, D.O.
Hilary Timmis, Jr., M.D.

Pain Management

Vimal Kumar, M.D.
Darin Scribner, D.O.

Pathology

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

Pediatric Cardiology

Dingding Xiong, M.D.

Pediatrics

Genevra Addis, M.D.
Oluwarotimi Adepoju, M.D.
Mary Bundy, M.D.
Hassan Dbouk, M.D.
Carrie Dichiaro, M.D.
Jill Howey, M.D.
Viktoriya Ioffe-Dahan, M.D.
Robert Johnson, D.O.
Beth McCloud, M.D., FAAP
Youness Tolaymat, M.D.
Obiaghanwa Ugbanu, M.D., FAAP
Alejandro Zamudio, M.D.

Podiatric Surgery

Vineela Ayyagari, DPM
Nicholas Brown, DPM
Coleman Clougherty, DPM
Marc Dolce, DPM
Amar Gulati, DPM
Peter Highlander, DPM
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Pulmonology

Nathan Samsa, D.O.

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When accidents happen with chemicals, medicine or household items, contact the American Association of Poison Control Center to get help, by calling **1.800.222.1222**

Visit www.posionhelp.hrsa.gov for tips about poison prevention.



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POSTAL CUSTOMER

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

The Bellevue Hospital Foundation made Valentine's Day extra special for John Casale of Cooper City, FL, as his name was drawn as the grand prize winner in the 12th annual “Is Your Heart Set on a Vette” Corvette Raffle. The winning ticket was #1725.

Timothy A. Buit, President and CEO of The Bellevue Hospital, had the honor of drawing the winners out of the barrel containing all 2,022 tickets sold for the raffle.

As the grand prize winner, Casale has his choice of a brand new 2022 Corvette plus \$40,000, or \$100,000 in cash. Four runner-up winners each received cash prizes, including James Webber, Waynesville, OH, \$2,022 (ticket #1298); Joseph Weisenbach, Greensburg, IN, \$1,917 (ticket #656); Gary Uhler, Bellevue, OH, \$1,500 (ticket #1913); and Harry Burroughs, Fremont, OH, \$1,000 (ticket #1959).

“We wish to congratulate John and the other four winners,” said Buit. “We kicked off this raffle the first week of September 2021 and we accomplished our goal of selling all 2,022 tickets by mid-October of 2021 – a record in the 12-year history of the raffle.”

Continued Buit, “The rate in which we sold out of tickets speaks highly of the integrity of this raffle and the ongoing support we had for this event - support that was not only local but reached across several U.S. states. This fundraiser was successful due to the great effort from our Foundation, Accounting Department, Marketing Department, and numerous volunteers who ensured 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 44 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 2023 Corvette Raffle will kick off with Early Bird specials in September 2022. 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 2,023 tickets will be sold. Continue to check our website for upcoming information on the 2023 Raffle.



Assisting with the Corvette Raffle on Feb. 14 are, from left: Garrett Steinle, Steinle-Chevrolet Buick; Timothy A. Buit, President and CEO at The Bellevue Hospital; and Dennis Sabo, Director of The Bellevue Hospital Foundation.