



National Hospital Week is May 7 - 13, 2023

This year's National Hospital Week will be celebrated from May 7-13. In recognition of National Hospital Week, we extend our sincerest gratitude to our entire hospital Family.

The Bellevue Hospital would like to thank our employees, physicians and volunteers for all you do, every day, for our patients and visitors. Your commitment and contributions to the health and well-being of our community are deserving of celebration.

Thank you for your ongoing compassion and your dedication to continue providing *Quality Care, Close to Home.*



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

Please enjoy our **HEALTH***e*news 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.



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, MAY 3

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. At 9:00 a.m., a member of TBH's pharmacy team will be discussing topics related to Medication Management. 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)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- Vitamin D (\$35)
- TSH (Thyroid) Screening (\$25)
- Complete Blood Count with Metabolic and Lipid Panel (\$50)

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

THURSDAY, MAY 18

Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.

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

Dr. Naren Lakshmiopathy (Dr. Ned) with The Bellevue Hospital's



Pain Management Center will present information on spinal arthritis. The public age 55 and older is invited to attend. The lunch fee is \$3. Reservations are requested. **INFO: Ext. 6610.**

SUPPORT GROUPS

TUESDAY, MAY 16

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, MAY 16

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.**



Give The Gift of Good Health: Encourage Mammograms This Mother's Day

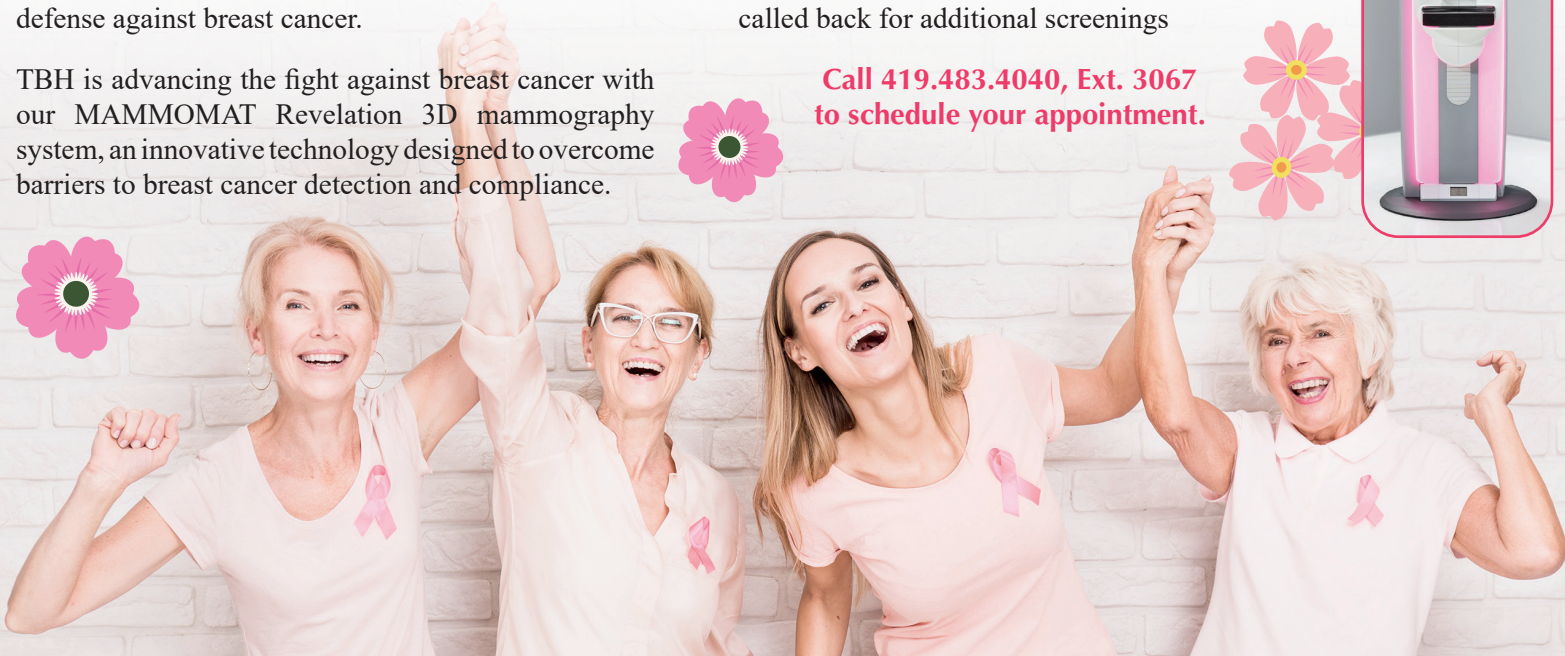
This Mother's Day, The Bellevue Hospital invites you to think of all the important women in your life and remind them (and yourself) to make health and wellness a priority by scheduling a mammogram. Early detection with a yearly mammogram is the best defense against breast cancer.

TBH is advancing the fight against breast cancer with our MAMMOMAT Revelation 3D mammography system, an innovative technology designed to overcome barriers to breast cancer detection and compliance.

The MAMMOMAT Revelation system offers:

- Wide-angle imaging for greater accuracy
- Smart automation for personalized compression and less discomfort
- Better detection to reduce the chance of being called back for additional screenings

Call 419.483.4040, Ext. 3067
to schedule your appointment.



Spring Clean Safely *Tips from TBH's Rehabilitation Services Department*

Spring is officially here and that often means checking off items on your spring-cleaning to-do list. Whether it's dusting off the tops of your shelves or scrubbing those hard-to-reach places under the furniture, everything needs to be done with safety in mind. Below are some tips from The Bellevue Hospital's Rehabilitation Services Department to keep you cleaning safely this season:

- **Start off slow** - Remember that not everything needs to be done in one day. Make sure to take breaks to stretch, rehydrate, and let your body rest.
- **Remember proper body mechanics** - Always bend and lift at the hips and knees using your legs rather than your back. Keep abdominal muscles engaged when pushing, pulling, or lifting to help decrease the strain on your back. Make sure you keep items close to your body when carrying. Use a secure ladder or step stool vs. climbing on chairs or counters.
- **Use the right equipment** - Long handled dusters and scrub

brushes can help avoid bending over and putting stress on your back, neck, and knees. Sliders can be used to go under heavy furniture so that you do not have to lift it. Window squeegees with a long handle can also be used to help speed up the process of washing your windows and help to avoid climbing.

If you do injury yourself, it's recommended to use cold instead of heat to alleviate the pain. Heat may increase swelling. Continue to rest and avoid any activity that increases your pain. If pain persists, contact your primary care provider. Physical therapy may then be recommended to ease symptoms.

A physical therapy program can help manage pain, increase strength, improve balance, address dizziness issues, improve range of motion and improve overall physical function. TBH offers traditional and aquatic based physical therapy, as well as occupational therapy.

For more information, call 419.483.4040, Ext. 4279.

It's Tee Time! 43rd Annual Foundation Golf Outing Wednesday, July 26, 2023

Registration – 8:30 a.m.

Shotgun Start – 10:00 a.m.

- 18 holes of golf with cart
- Field prizes
- BBQ dinner
- Refreshments
- Unlimited practice balls
- Grand prize winner in Corvette Raffle announced

Mixed and Open Divisions are available.

Even if you don't golf, you can still help make the Foundation Golf Outing a fundraising success by sponsoring an event, a hole or one of the contests!

For more information or to register, visit tbhfoundation.com or call 419.483.4040, Ext. 4319





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

Tuesday, May 30 • 10 a.m. - 3 p.m.

The Bellevue Hospital's
Burson Conference Room
1400 W. Main Street • Bellevue, OH 44811

Must be at least 17 years old.
Call 1-800-Red-Cross or visit
www.redcrossblood.org and enter code
BELLEVUEHOSP to register.

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

Cancer Care Services Ribbon Cutting and Open House



Please Join Us for
Cancer Care Services
Ribbon Cutting and Open House

Tuesday, May 16
4:30 p.m. Ribbon Cutting Ceremony
Followed by an Open House until 6 p.m.

Cancer Care and Infusion Services Department

The Bellevue Hospital
1400 West Main Street, Bellevue
(Enter at the hospital's Main Entrance)

- Learn more about our collaboration with The Toledo Clinic Cancer Centers to bring Cancer Care Close to Home
- Meet Apoorva Chawla, M.D., Medical Director for The Bellevue Hospital's new physician-run hematology/ oncology clinic
- Find out more about Cancer Care and Infusion Services and meet TBH's Caring Staff
- Light Refreshments Available

We hope to see you there!

