



WITH GRATITUDE AT

Thanksgiving

During this time of Thanksgiving celebration, our thoughts turn gratefully to our employees, volunteers, physicians, board members, patients and the communities we are privileged to serve with warm appreciation. THANK YOU for choosing us as your hospital. We wish you all a Happy and Healthy Thanksgiving.



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.



Upcoming Morning Health Breaks

November 15 • December 6

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
- 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.**

Know the Differences Between COVID-19 and the Flu

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2), and flu is caused by infection with influenza viruses.

COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer

before people show symptoms and people can be contagious for longer. The chart below describes differences and similarities between flu and COVID-19.

For more information, visit www.cdc.gov/flu/symptoms/flu-vs-covid19.

	COVID-19	Flu
Fever/chills	✓	✓
Cough	✓	✓
Body Aches/Headache	✓	✓
Tiredness	✓	✓
Loss of taste/smell	✓	✗
Runny/stuffy nose	✓	⊖
Sore throat	⊖	⊖
Shortness of breath	✓	⊖
Severity	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.
Onset of symptoms	Later (2-14 days after infection)	Earlier (1-4 days after infection)
Cause	SARS-CoV-2	Influenza viruses



Common



Less Common



Not Common

cdc.gov/coronavirus

Postpartum Physical Therapy - Reduce Pain. Restore Function.

Giving birth is one of the most physically strenuous events of a woman's life. It is important for postpartum women to help heal their bodies after childbirth to avoid long-term discomfort and lack of function.

Many women think that the pain, pressure or discomfort they feel after childbirth is normal and eventually goes away. For some women, that is not always the case. Sometimes, a woman's muscles have become so weakened during pregnancy and childbirth, they need to be retrained to function properly.

Common symptoms of pelvic floor muscles not functioning properly include:

- Leaking urine when you cough, sneeze or do exercise that involves running or sudden movement
- Increased urinary frequency
- Pain in the pelvis, abdomen, lower back or tailbone
- Pain during intercourse or sexual dysfunction
- Bowel issues
- Pelvic organ prolapse

If postpartum conditions are still present from eight weeks to three months after childbirth, they are likely to persist at one year postpartum and become chronic conditions for one-third of postpartum women.

The Bellevue Hospital's (TBH) Rehabilitation Department now offers non-invasive physical therapy to help women in the postpartum stage. Our physical therapists focus on posture, body mechanics, and pelvic and abdominal muscle retraining to help restore function and reduce pain caused by the physical demands of childbirth.

"Beginning with an evaluation, our physical therapists will create an individualized treatment plan to help our patients recover, regain control and get back to doing the things they enjoy – faster – after childbirth," said Julie Jones, director of TBH's Rehabilitation Department.



"Our physical therapists will educate patients on the proper techniques to help restore abdominal muscles, strengthen posture and increase pelvic floor function. Patients will also be given in-home strategies that are created to be performed during normal, every-day tasks with convenience in mind."

Some conditions treated with postpartum therapy include:

- Postpartum lower back pain
- Pelvic floor pain
- Diastasis Recti Abdominis (abdominal separation)
- Incontinence
- Cesarean care for scars and restoring abdominal muscle function
- Postpartum headaches
- Body mechanics for baby care
- Return to activity or sport postpartum

A referral from a primary care provider or an obstetrician-gynecologist is required to begin postpartum physical therapy. If you are experiencing pain, discomfort and lack of function after giving birth, talk to your primary care provider about a referral today.

For more information, contact TBH's Rehabilitation Department at 419.483.4040, Ext. 4279.

Hope for the Holidays: Adult Bereavement Support Hosted by Stein Hospice

As we move toward the holiday season, we know the death of a loved one can naturally cause some individuals to look at the holiday season with apprehension and mixed emotions.

In past years, the Stein Hospice Bereavement Department has hosted a Hope for the Holidays program at The Bellevue Hospital, to help grievers cope with the holidays.

While we are not able to offer this program in person due to the coronavirus (COVID-19) pandemic, Stein Hospice has provided a pre-recorded virtual Hope for the Holidays program that may be watched on their website.

Please visit www.steinhospice.org/donation-opportunities/bereavement-services/2021-hope-for-the-holidays/ for the 2021 Hope for the Holidays Program.

Along with a video, Stein Hospice has provided a variety of bereavement handouts and resources on their website that may be downloaded for use.

The program is free of charge. **For further information, please call Stein Hospice at 419.625.5269.**



Quality Care, Close To Home

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Veterans Day November 11th

With respect, honor and gratitude,
The Bellevue Hospital would like
to thank all Veterans for your
service and sacrifice.



Prediabetes and Knowing Your Risks

Information provided by the CDC

Receiving a diagnosis of prediabetes may be overwhelming, but the good news is that there are lifestyle changes that may be made to help prevent or delay type 2 diabetes and other health problems.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. According to the Centers for Disease Control and Prevention, 88 million American adults have prediabetes. Of those individuals with prediabetes, nearly 84% aren't aware they have it.

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your primary care provider about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than three times a week
- Having polycystic ovary syndrome

- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby weighing more than 9 pounds

Though people with prediabetes are already at a higher risk of heart disease and stroke, they don't yet have to manage the serious health problems that come with diabetes.

If you are diagnosed with prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

If you are concerned about prediabetes or developing type 2 diabetes, talk to your primary care provider about a treatment plan that will work for you.

The Bellevue Hospital's Diabetes Education Department also provides specialized diabetes education and resources to help you maintain a healthy lifestyle. **For more information, call 419.483.4040, Ext. 4303.**