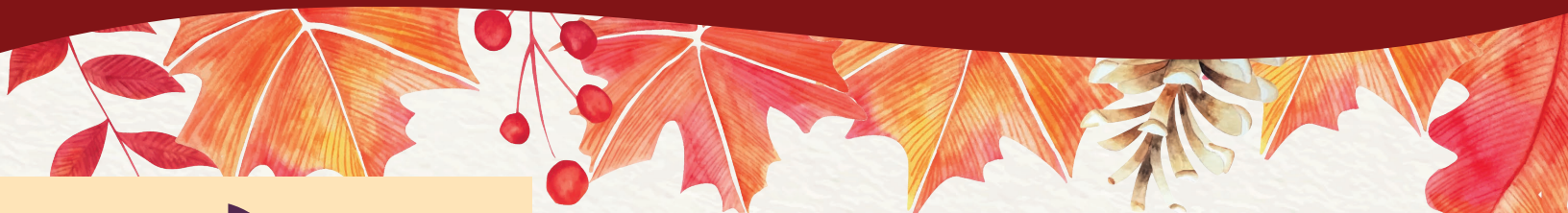


HEALTHnews

THE BELLEVUE HOSPITAL



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.

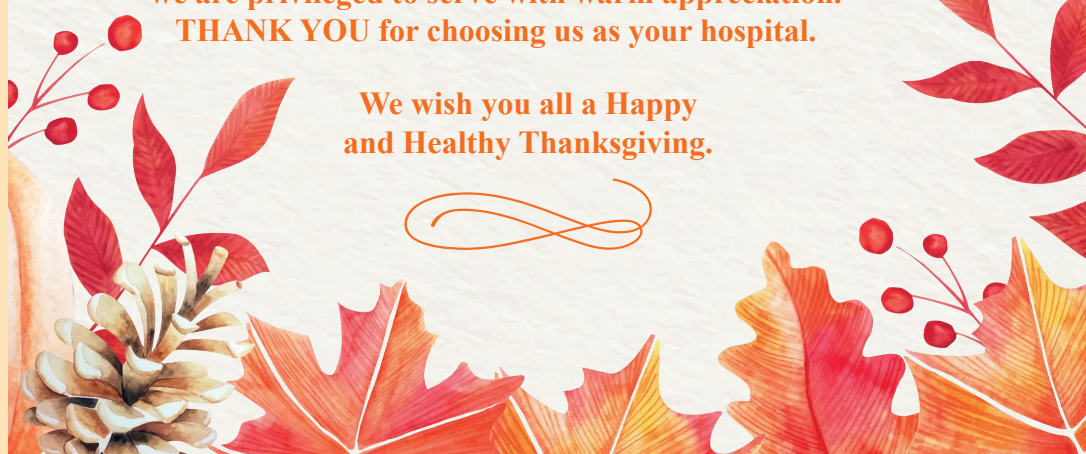


With Gratitude This Thanksgiving

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.**



CALENDAR of Events

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below.

TUESDAY, NOVEMBER 15
10:30 a.m. – 11:30 a.m.

M.O.M.S. Support Group
TBH Burson Conference Room

All new mothers and their breastfeeding babies welcome. Discussion topics include feeding/nursing issues and sleep habits. The class is facilitated by a certified lactation consultant. Registration is not required. **INFO: Ext. 4611**

Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

Preventative Screening Detects Lung Cancer in Early Stages



Nathan Samsa, D.O.
Board Certified
Pulmonologist

When the COVID-19 pandemic forced individuals to stay home and take extra precautions, it also caused many to delay important routine cancer screenings that would inform them of a potential cancer diagnosis.

“Lung cancer screenings during the pandemic were among the screenings that many individuals postponed,” said Nathan Samsa, D.O., board certified pulmonologist at The Bellevue Hospital (TBH). “Missed routine screenings can lead to cancers being diagnosed at a more advanced stage when they are more difficult to treat.”

Currently, lung cancer is the most common cause of cancer death in the United States and worldwide. In fact, it is responsible for more deaths in this country than colorectal cancer, breast cancer, and pancreatic cancer deaths combined.

Risk factors for lung cancer may include being exposed to secondhand smoke, having a family history of lung cancer, being treated with radiation therapy to the breast or chest, exposure to certain industrial substances in the workplace, and exposure to radon. However, smoking remains the most common cause. Screening for lung cancer may help to detect the disease in early stages.

“If you are at high risk for developing the disease because of your smoking history and age, consult your physician to see if a low-dose computed tomography (CT) scan is right for you,” Dr. Samsa added.

TBH’s Diagnostic Imaging Department offers these preventive screenings with a physician referral. A low-dose lung CT scan is a special kind of x-ray that takes cross-sectional images of your body. A computer then combines these images into a detailed picture of your lungs. The screening is recommended for those who:

- Have a 20 pack-year or more smoking history, **and**
- Smoke now or have quit within the past 15 years, **and**
- Are between 50 and 80 years old.

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

TBH provides pulmonary services for individuals who are having difficulty breathing or are considered high-risk of developing lung cancer. Dr. Samsa has over 10 years of pulmonary experience with interest in asthma, chronic obstructive pulmonary disease (COPD), emphysema and other lung diseases including lung cancer.

Dr. Samsa is currently accepting new patients.
For more information, call 419.484.5980 or visit bellevuehospital.com/great-lakes-physicians.

TBH Foundation Assists Surgical Department With Equipment to Enhance Patient Experience

The Bellevue Hospital Foundation (TBHF) was founded in 1994 to assist The Bellevue Hospital (TBH) and the Bellevue community, both financially and with programs and events tailored to keeping TBH a strong, independent hospital.

“Through generous donations and fund-raising efforts such as the annual Golf Outing, Corvette Raffle and Club 1917 annual giving, TBHF has been able to support TBH’s in-house equipment purchases and programming events that may fall outside the normal budget process,” said Dennis Sabo, TBHF director.

One department who has benefited from this support is Perioperative/Surgical Services. This past summer, TBHF helped purchase an obturator optical device to assist in prostate surgeries.

“This new device allows us to have better access and clearer views of the surgical field during these types of surgeries,” said Chasity Baptista, senior director of nursing at TBH.

TBHF also purchased Skytron surgical table pads, which is the padding a patient will lay on during a procedure. “This three-piece replacement pad set allows for added comfort, safety and infection control for the patient,” Baptista added.

These items were funded with proceeds from the 2022 annual Golf Outing. “We thank those who generously donate to TBHF” Baptista said. “Through these funds, we are able to purchase equipment that enhances the overall patient experience.”

Previously, TBHF also helped the Perioperative Services Department with the purchase of an Anesthesia Cart. This dual-locking cart system promotes the safety and security of medications in the surgical area.

For additional information or to donate, contact Foundation Director Dennis Sabo at 419.483.4040, Ext. 4319 or visit tbhfoundation.com.

OB/GYN Services Collaborate with NOMS Healthcare



Corey Fazio, D.O.



Gregory Karasik, M.D.

The Bellevue Hospital (TBH) is excited to announce the expansion of office space for Obstetrics/Gynecology (OB/GYN). Dr. Karasik recently relocated to 1400 W. Main St., Building 1, Suite D behind the hospital. Dr. Fazio remains in the current location in Eagle Crest Health Park, 102 Commerce Drive, Suite C, Bellevue.

“This expansion allows for the addition of exam rooms, as well as other providers so we may better meet the needs of the community,” said Timothy Buit, TBH’s president and chief executive officer.

As part of the overall plan for expansion, both physicians joined NOMS Healthcare effective Monday, October 24. The physicians will continue to perform surgical procedures and deliveries at TBH and remain active members of its medical staff.

“TBH is happy to collaborate with NOMS Healthcare. We look forward to working together to grow the OB/GYN practice in Bellevue,” Buit added.

Dr. Karasik joined TBH’s medical staff in May 2003. He has more than 30 years experience as a board-certified OB/GYN physician. Dr. Karasik offers annual exams, screenings, family planning services, gynecological care, infertility evaluation, menopausal care and obstetrical care for all ages. He also performs surgical procedures, deliveries and does have on-call hours at the hospital.

Dr. Fazio joined TBH’s medical staff in July 2007. He has more than 15 years of experience as a board-certified OB/GYN physician. Dr. Fazio offers annual exams, screenings, family planning services, gynecological care, infertility evaluation, menopausal care and obstetrical care for patients age 13 and over. He also performs surgical procedures, deliveries and has on-call hours at The Bellevue Hospital.

“As healthcare continues to evolve, we are excited to explore new, innovative collaborations with our hospital partners,” said Josh Frederick, chief executive officer of NOMS Healthcare.

“This partnership with The Bellevue Hospital will allow both organizations to focus on and optimize their core strengths. It will also allow these very well established and respected physicians to expand their practice access in the communities they serve,” Frederick added.

Both physicians are accepting new patients. To make an appointment, please call 419.483.2494.

Quality Infusion Services, Close To Home

The Bellevue Hospital (TBH) offers a number of infusion services and procedures on-site, providing patients convenient and high-quality care in a private, outpatient setting.

For some patients, the best treatment option is to receive medication through an IV rather than orally. Infusion and injection therapy is used to treat medical conditions that cannot be treated at home, yet do not require hospitalization.

Infusion services at TBH is staffed by skilled and compassionate registered nurses, specifically trained to administer IV medications and perform low-risk procedures, such as therapeutic phlebotomy, bladder scans and catheter exchanges.

Some infusion services at TBH include:

- Administration of intravenous medications
- Administration of hydration and antiemetics
- Blood transfusions
- Bladder instillations/bladder scans
- Care and maintenance of implanted chest ports and Peripherally Inserted Central Catheters (PICC)
- COVID-19 treatment including monoclonal antibody infusions and prophylactic IV treatment for those at highest risk
- Intramuscular and subcutaneous injections

- Placement and maintenance of venous access devices, such as extended dwell and midline catheters
- Therapeutic phlebotomy
- Wound dressing changes
- Vacuum-assisted wound treatment

TBH’s Infusion Services is conveniently located on the first floor of the hospital. Natural lighting and privacy surround the six infusion chairs and two beds, keeping patients comfortable and relaxed.

For more information, visit bellevuehospital.com/services/infusion-services or call 419.484.5440.





Quality Care, Close To Home
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Know Your Risk of Developing Type 2 Diabetes

Information Provided by the American Diabetes Association

According to the American Diabetes Association (ADA), approximately 1 in 3 adults in the U.S. have prediabetes, a condition where blood glucose levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Yet nearly 90 percent of those people are unaware they have the condition.

With so many people at risk for developing type 2 diabetes, it's critical for Americans to learn their risk, to be screened regularly and to take the steps necessary to delay or even prevent a diabetes or prediabetes diagnosis. Learning about type 2 diabetes is the first step toward living a longer, healthier life.

What's the first step? Understanding your risk

The ADA developed a risk assessment test based on health habits, age, height and weight to help determine an individual's risk for having undiagnosed prediabetes or type 2 diabetes.

Take the 60-second risk test at diabetes.org/diabetes/risk-test to determine your score. With this tool, you can figure out which next steps are best for you, whether it's losing a few pounds, adding some physical activity to your day or making healthier food choices.

Make sure you schedule an appointment with your primary care provider to discuss ways to lower your risk.

Next step? Know About A1C Testing

The A1C test is a relatively simple blood test that can identify prediabetes, which raises your risk for diabetes. It can be used to diagnose diabetes. And it's used to monitor how well your diabetes treatment is working over time.

A1C test results give you a picture of your average blood sugar level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. Your primary care provider can tell you how often you need the A1C test.

When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors, and your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%.

A1C test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past two to three months. The A1C test can also be used for diagnosis, based on the following guidelines:

- If your A1C level is between 5.7% and less than 6.5%, your levels have been in the prediabetes range.
- If you have an A1C level of 6.5% or higher, your levels were in the diabetes range.



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.