

# HEALTH *e*news

THE BELLEVUE HOSPITAL



**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](http://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. Information on TBH screenings, programs and events also can be found on our website at [bellevuehospital.com](http://bellevuehospital.com) and on The Bellevue Hospital Facebook page.

## COMMUNITY HEALTH PROGRAMS

### WEDNESDAY, NOVEMBER 1 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 Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

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

### THURSDAY, NOVEMBER 9 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.

*Bellevue Society for the Arts*

*205 Maple St., Bellevue*

TBH employee Karen Branco will be presenting information and demonstrations on chair yoga. The public age 55 and older is invited to attend. The lunch fee is \$3. Reservations are requested. **INFO: Ext. 6610.**

### WEDNESDAY, NOVEMBER 15 Evening Health Break

5:00 p.m. – 7:00 p.m.

*TBH Main Station Café*

This event includes free blood pressure and glucose checks, educational literature, light snacks 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 Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

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

## SUPPORT GROUPS

### TUESDAY, NOVEMBER 21 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, NOVEMBER 21 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.**



## Fight Cold Weather Breathing Problems This Season



**Nathan Samsa, D.O.**  
Board Certified in  
Pulmonary Medicine

"What is the weather forecast for today?" is a frequent question that has a larger impact for individuals with lung disease. November often brings cool, rainy or windy weather, which can play havoc with your lungs and health. Cold air is often dry air, and dry air can irritate the airways of those with asthma, bronchitis or chronic obstructive pulmonary disease (COPD). This can lead to wheezing, coughing and shortness of breath.

While you can't control the weather, you can reduce the impact it has on your lung disease symptoms. Be as prepared as possible by monitoring the weather forecasts and identifying your triggers before going outside. Follow these tips before enjoying outdoor activities this season:

- If it's cold outside, loosely wrap a scarf around your nose and mouth to warm the air before it enters your lungs. Breathe in through your nose and out through your mouth.

- Keep hydrated this season. The air, both outside and inside, is dryer during cold weather. Drinking plenty of fluids will help the body stay hydrated and will help protect your lungs from thicker mucus that may affect your breathing.
- Monitor air quality forecasts to stay healthy. Air pollution can be very high in winter and those with lung diseases are at higher risk for being impacted by air pollution.
- Remember to take your prescribed controller medications. This reduces the potential impact of the changing weather conditions on your health.
- If you have asthma or COPD, always keep quick-relief medications with you. Stop activity and use your quick-relief medicine as soon as you begin to have symptoms.

The Bellevue Hospital provides pulmonary services for individuals who are having difficulty breathing. Nathan Samsa, D.O., board certified pulmonologist, has over 10 years of pulmonary experience with interest in asthma, COPD, emphysema and other lung diseases including lung cancer.

**Dr. Samsa is currently accepting new patients.**  
For more information, call 419.484.5980.



# Stay A Step Ahead of Diabetic Wound Care



**Peter Highlander, DPM, MS**  
Board Certified  
Foot and Ankle Surgeon



**Kimberly Cullen, PA-C**  
Certified Physician  
Assistant

According to the American Diabetes Association, more than 37 million Americans have a type of diabetes. Diabetes is a result of your body's inability to produce or use insulin. Diabetes is a serious disease that over time, may affect your heart, nerves, kidneys, eyes and overall health if not monitored.

When a person has diabetes, wounds may also take longer to heal, increasing the risk of infections and other complications. Minor wounds, blisters, cuts and scrapes are a normal part of life. However, if you have diabetes, these injuries may become a serious medical problem if left untreated.

Diabetes gradually damages nerves in the body, a condition called diabetic neuropathy. Neuropathy decreases the sense of feeling and often leaves those with this condition less likely to notice pain, cuts or wounds. Particularly, unnoticed foot wounds can develop quickly into non-healing foot ulcers if not monitored closely.

The Wound Reconstruction Center at The Bellevue Hospital offers comprehensive wound treatment options including both surgical and non-surgical treatment for chronic, non-healing wounds related to:

- Diabetes
- Bone infections
- Pressure ulcers
- Surgery
- Vascular disease

At the Wound Reconstruction Center, our team has one goal – to provide patients individualized care to promote outstanding wound healing outcomes. Our healthcare providers will also educate patients on proper wound care, including cleaning and dressing the wound.

**If you have a wound that shows no signs of improvement, ask your primary care provider for a referral to the Wound Reconstruction Center. The Center is located at 102 Commerce Park Drive, Suite D, in Bellevue. For more information, call 419.484.5965.**

## Protect Yourself From Medicare Scams



Robocall scams can often seem random, but that's not always the case. Sometimes they are highly targeted - as with older Americans whose Medicare eligibility opens the door to health insurance fraud.

Be aware that scammers often use technology to deliberately falsify the number that appears on your caller ID so that an incoming call seems to be from a government agency or a health provider that you already know and trust.

When you pick up, a scam caller usually engages you with conversational questions to put you at ease. Whatever scam scenario follows, the caller is trying to get your personal information, such as your Medicare card number, your Social Security Number, or other health insurance identification.

### Warning signs of a Medicare scam include:

- **Promises of free items or services:** Be suspicious of any offers involving no-cost medical supplies, medical care, or prescriptions.
- **Pressure to switch your Medicare plan:** A scammer often says you're "pre-approved" for a new health care plan or drug plan with lower premiums or better benefits.
- **Notices to renew or upgrade your Medicare card:** A scammer may call and say you need to activate, renew, or upgrade your Medicare card.
- **Threats to cancel your coverage:** You may receive a call stating there's a problem with your Medicare account, such as fraudulent activity. The caller says your benefits will be canceled if you don't immediately verify your personal information.
- **Claims you're eligible for a refund:** Another common Medicare scam tactic is telling older adults they qualify for a refund due to changes in their plan.

### Medicare.gov advises that you take the following precautions:

- Never give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your healthcare provider or people you know should have it.
- Do NOT accept offers of money or gifts for free medical care.
- Don't allow anyone, except your healthcare provider or other Medicare providers, to review your medical records or recommend services.
- Never Join a Medicare health or drug plan over the phone unless YOU called Medicare.
- If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal details, hang up and call 1-800-MEDICARE (1-800-633-4227).

### Follow these simple tips to avoid phone scams:

- Don't answer calls from unknown numbers.
- If you answer and the caller isn't who you expected, hang up immediately.
- Never give out personal information or any other self-identifying response to an unexpected call.
- Use caution if you are being pressured for information immediately.
- If a caller claims to represent a health insurance provider or a government agency, simply hang up. You can then call back using a phone number on an account statement, in the phone book, or on an official website to verify the caller's authenticity.

**For more helpful information and Medicare resources, visit [medicare.gov](https://www.medicare.gov) or [ncoa.org](https://www.ncoa.org).**



**Veterans Day  
November 11th**

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

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
POSTAL CUSTOMER

## Six Questions to Ask Your Doctor About Your Cancer Diagnosis



**Apoorva Chawla, M.D.**  
Board Certified  
in Oncology

Receiving a cancer diagnosis can be overwhelming and it may be hard to know what questions to ask your doctor after receiving the news.

“No matter which type of cancer patient you are, asking your health care team the right questions about your disease and cancer treatment can play an important part in managing your care,” said Apoorva Chawla, M.D.

Dr. Chawla is board certified in internal medicine and medical oncology and specializes in breast cancer, lung cancer, gastrointestinal and prostate cancers, lymphoma and myeloma. He serves as the medical director for The Bellevue Hospital’s Cancer Care Services department, a hematology/oncology clinic offered in collaboration with The Toledo Clinic Cancer Centers.

After a cancer diagnosis, here are six questions oncologist Dr. Chawla suggests patients ask:

### 1. What is the natural history of this type of cancer?

Natural history refers to the normal pace or speed a particular cancer may progress. By knowing the natural history of your cancer, your doctor may be able to clarify some common misconceptions about the disease.

### 2. What is the stage of my cancer and what does that stage mean for me?

Staging is a way to help your doctor decide the best treatment plan and, in some cases, determine a prognosis. Additional tests may be needed to clarify how far your cancer has spread, the biology of your cancer, and how best to treat it based on your particular situation. Additional testing may include blood tests, imaging tests and biopsies.

### 3. How have things changed in the management of this type of cancer?

Treatment options for cancer 20 to 30 years ago were very limited.

Over the years, the medical and scientific community has made significant advances in diagnosing, treating and even curing cancer. Some types of cancer can be cured without requiring patients to go through chemotherapy. By talking with your doctor, you will have a better understanding of treatment options specific to your situation.

### 4. Am I a candidate for targeted therapy?

Targeted therapy is a type of cancer treatment that uses drugs to target specific genes and proteins that help cancer cells survive and grow. Targeted therapy can affect the tissue environment that cancer cells grow in or it can target cells related to cancer growth, like blood vessel cells. Your doctor will determine if you are a candidate for targeted therapy depending on tumor genetic testing and if you have any other chronic or long-term diseases or conditions.

### 5. What supportive care is available throughout my treatment?

Supportive care in cancer is the prevention and management of the adverse effects of cancer and its treatment. The goal is to provide support during your cancer journey to help improve quality of life. Supportive care for cancer often includes nutritional/dietary support, pain management, nausea management, rehabilitation and increased communication between cancer patients and their caregivers. Ask your doctor what steps will be taken to help manage the potential side effects of treatment before treatment begins.

### 6. What other resources are available to help me through my cancer journey?

Besides support from your healthcare team, as a cancer patient you have access to a wide variety of resources that can help you understand more about your disease. The National Cancer Institute ([cancer.gov](http://cancer.gov)) and the American Cancer Society ([cancer.org](http://cancer.org)) both provide information that may be helpful to those with a cancer diagnosis and their loved ones. Ask your doctor about additional cancer support resources you can utilize.

**For more information about Cancer Care Services at The Bellevue Hospital, visit [bellevuehospital.com](http://bellevuehospital.com) or call 419.484.5440. Dr. Chawla is currently accepting new patients.**