



October is Breast Cancer Awareness Month *Schedule Your 3D Mammogram Today*

Early detection is the best protection against breast cancer. The Bellevue Hospital is helping advance the fight against breast cancer with the MAMMOMAT Revelation 3D mammography system which helps detect breast cancer at its earliest stage, when it's easier to treat.



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.



This 3D mammography technology offers:

- Smart automation for personalized compression and less discomfort
- Wide-angle imaging for greater accuracy
- Better detection to reduce the chance of being called back for additional screenings
- Mood light and enhanced comfort to put you at ease

To schedule your screening mammogram appointment, call 419.483.4040, Ext. 3067.



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, OCTOBER 18

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.

Prevent the Flu this Fall and Winter

Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu, hundreds of thousands of people are hospitalized and thousands of people die from flu-related causes.

Getting the flu vaccine not only protects you, it also protects the people around you including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

The Bellevue Hospital (TBH) is offering seasonal flu shots to the general public during annual flu shot clinics.

Wednesday, October 5

9:00 a.m. - 11:00 a.m.

The Bellevue Hospital

1400 W. Main St. • Building 1, Suite E
(in the medical building behind the hospital)



Tuesday, October 11

5:00 p.m. - 7:00 p.m.

The Bellevue Hospital

1400 W. Main St. • Building 1, Suite E
(in the medical building behind the hospital)



Wednesday, October 19

10:00 a.m. - Noon

St. Paul's Lutheran Church

147 W. Forest St., Clyde

Flu shots are available for those ages 18-64. Cost is \$31 for the regular vaccine. A high dose vaccine for ages 65 and older is \$71. The shots will be fully covered for those with Medicare Part B or Medicare Advantage cards only. Those who are eligible must present their Medicare Part B/Medicare Advantage card prior to receiving their flu shot. No Medicaid or private insurance will be accepted to cover the cost of seasonal flu shots.

Cash, check, Medicare Part B/Medicare Advantage Cards only.

At this time, TBH is not offering COVID-19 boosters to the public, but instead recommends checking with a local pharmacy to schedule a booster.

The flu vaccine does not cause the flu and pregnant women should consult their doctor before receiving the seasonal flu shot. Also, anyone who is allergic to eggs should not receive the vaccine.

Appointments and walk-ins will be accepted. To schedule an appointment, call 419.483.4040, Ext. 6610.

New Advanced Hysterectomy Procedure: Less Pain, Faster Recovery, No Scars

A new minimally invasive option for hysterectomy procedures is now available to patients at The Bellevue Hospital (TBH). Known as vNOTES (vaginal natural orifice transluminal endoscopic surgery), the advanced gynecologic technique provides many benefits to female patients, such as a shorter hospital stay, less postoperative pain, no visible scars, and a faster recovery time.

Corey Fazio, D.O., board-certified in obstetrics and gynecology and a member of The Bellevue Hospital's medical staff, has been specially trained on this innovative approach to hysterectomy and other common gynecologic procedures. Dr. Fazio, one of the 29 surgeons in the state of Ohio performing this technique, has been offering vNOTES to enhance patient care for women since he completed his training in April 2022.

“As a surgeon, I'm continually seeking opportunities and training to offer the

Corey Fazio, D.O. has been specially trained to offer the vNotes hysterectomy procedure at The Bellevue Hospital.

most leading-edge techniques to my patients,” said Fazio. “As a less invasive option, vNOTES provides many benefits to my patients, including quicker recovery time, less pain and no visible scarring.”

The vNOTES technique, which uses the vagina as a surgical access route, is the newest approach to hysterectomy procedures. For the surgery, a vNOTES device known as the GelPOINT® V-Path transvaginal access platform is placed through the vagina into the pelvic cavity, giving access to the uterus, fallopian tubes and ovaries. The vNOTES device is the means by which the abdomen is inflated with carbon dioxide gas to give the surgeon the space needed to see and operate. A high-definition camera and specialized instruments are inserted through the device, allowing surgeons to operate with the utmost precision and visualization. Once the surgery is completed, the vNOTES device is removed and the gas is evacuated.

“The vast majority of my patients are able to leave the hospital the same day they were admitted for their vNOTES hysterectomy procedure. They appreciate the fact that they can return to their busy lives more quickly and get back to what matters most,” said Fazio.

continued on next page



Elizabeth Ollervides of Fremont has been a patient of Dr. Fazio's for nearly eight years. After the birth of her youngest child, she began experiencing heavy menstrual cycles with a lot of pain.

"My menstrual cycles became extremely difficult to deal with, to the point I was vomiting every month due to the pain my cycle caused," said Ollervides. "I had an endometrial ablation to help reduce my heavy menstrual bleeding, but that was not a long-term solution for me."

Dr. Fazio recommended the vNotes hysterectomy procedure to Ollervides as a surgical option after determining she would be a good candidate for the treatment. "Dr. Fazio thoroughly explained the procedure to me and told me what to expect before and after surgery," Ollervides said. "He is a very caring physician and helped me make the best, informed decision for my health."

"The vNotes procedure and recovery went 100% better than what I was expecting," added Ollervides. "I woke up after surgery not even feeling like I had just had a surgical procedure done. The next day, I went to the county fair and walked around like normal. My family and friends couldn't believe how fast the recovery was. I would highly recommend the vNotes approach to someone looking into having a hysterectomy."

The American College of Obstetricians and Gynecologists and the American Association of Gynecologic Laparoscopists have recommended vaginal hysterectomy, whenever feasible, as the approach of choice.

"Surgical societies see the benefits of minimally invasive vaginal hysterectomy, but the procedure is rarely performed because of the difficulties involved in seeing and accessing critical anatomy. vNOTES solves these challenges using innovative technology designed to enhance patient outcomes," Fazio added.

In the U.S., about 500,000 hysterectomies are performed each year for women with chronic pain, fibroids, heavy bleeding, endometriosis, and precancerous or cancerous tumors.

Dr. Fazio, having over 20 years of obstetric and gynecological experience, offers annual exams, screenings, family planning services, gynecological care, infertility evaluation, menopausal care and obstetrical care for patients ages 13 and over.

For more information on women's health services at The Bellevue Hospital, visit www.bellevuehospital.com/services/great-lakes or call 419.483.2494.

GRAND PRIZE DRAWING: FEBRUARY 14, 2023

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On A Vette?*



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Make checks payable and mail to:

The Bellevue Hospital Foundation, 1400 W. Main St., Bellevue, Ohio 44811

Total Enclosed: _____ \$

Tickets sold at: Steinle Chevrolet-Buick, Clyde & Fremont; Amsden House Restaurant in Bellevue; and The Bellevue Hospital Gift Shop



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POSTAL CUSTOMER

Lymphedema Management: How Therapy Can Help

What is lymphedema?

Lymphedema is an abnormal build-up of protein-rich fluid within your body. Your body's lymphatic system, when working properly, helps to fight infection and acts like a waste removal system, eliminating toxins and waste. When your lymphatic system is disrupted or "clogged", fluid can build-up causing swelling – most often noticed in the arms, legs, head and neck.

Lymphedema can often occur following cancer treatments, including lymph node removal surgery and radiation. Lymphedema can also be an inherited condition or occur as a long-term complication of another disease process.

There are different stages of lymphedema. Early on, swelling can be reduced by simple elevation of the swollen limb. However, without proper treatment, the protein-rich swelling can begin to progress into chronic, unmanageable swelling and hardening of the affected tissue, known as lymphostatic fibrosis. Further complications such as fungal infections, additional hardening of the affected tissue, wounds, and weeping of fluid through the skin may occur without proper treatment.

Treatment at The Bellevue Hospital

The Bellevue Hospital now offers lymphedema treatment through our Rehabilitation Services Department. Our Certified Lymphedema Therapist provides Complete Decongestive Therapy (CDT), a non-invasive therapy used to reduce the effects of lymphedema. Depending on the severity and extent of the condition, CDT treatment options at TBH may include:

- **Manual lymph drainage:** A gentle hands-on treatment that increases the activity of lymphatics and manually moves the fluid from the affected area.

- **Compression therapy:** The elastic fibers in the skin are damaged with chronic skin changes and swelling. Compression therapy helps support the skin and improves the function of the muscle, helps to reduce fibrotic tissue and promotes venous and lymphatic health.
- **Exercise:** A gentle exercise program is essential to activate joints and muscles.
- **Skin care:** Since the skin in a lymphedema affected area is more susceptible to infections, a low-pH lotion free of alcohol and fragrances should be used.
- **Water consumption:** Drinking enough water for your body to stay hydrated also benefits your lymphatic system.

If you suffer from complications related to lymphedema, ask your primary care provider about a referral to TBH's Rehabilitation Services Department. For more information on lymphedema treatment, call 419.483.4040, Ext. 4279.

