



**THE BELLEVUE HOSPITAL**  
*Quality Care, Close To Home*

Please enjoy our **HEALTH**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.



## Workplace Health and Safety is Our Priority

### Did You Know?

The Occupational Health Department at The Bellevue Hospital offers Department of Transportation (DOT) physicals for \$55. No appointment is necessary.

### Walk-Ins:

- Monday- Friday
- 8:00 a.m. – 4:00 p.m.

### Our Occupational Health Services also include:

- Workplace drug-testing
- Injury care
- Health and wellness programs
- Physicals



For more information, call 419.483.4040, Ext. 4488.

# CALENDAR of Events

For more information or to register for the events listed:

Bellevue: 419.483.4040 ~ Clyde: 419.547.0074

Fremont, Old Fort, Green Springs and

Republic: 419.639.2065

Extension numbers listed below:



## COMMUNITY HEALTH PROGRAMS

### GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in September. INFO: Ext. 6610

**Tuesday, September 10**

9:00 am-11:00 am

*Bassett's Market, Bellevue*

**Tuesday, September 17**

9:00 am-11:00 am

*Hogue's IGA, Bellevue*

**Wednesday, September 18**

9:00 am-11:00 am

*Miller's SuperValu, Clyde*

**Monday, September 23**

8:00 am-10:00 am

*Rec Center, Bellevue*

**Tuesday, September 24**

Noon-1:00 pm

*Senior Center, Bellevue*

**Thursday, September 26**

10:30 am-11:30 am

*Senior Center, Clyde*

### Thursdays, September 5, 12 & 19

#### LAMAZE PREPARED CHILDBIRTH CLASS

TBH Conference Rooms A&B

**6:00 pm – 9:00 pm**

Prepares expectant parents for a positive birth experience.

Topics include: stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. Tour of the Family Birthing Center included. Must attend all three sessions. A fee of \$30.

INFO: Ext. 3067

### Monday, September 9

#### MORNING HEALTH BREAK

TBH Conference Rooms A&B

**8:00 am – 11:00 am**

Free blood pressure and fasting glucose checks; fasting lipid panel screenings (\$15); TSH (thyroid) checks (\$20); PSA (prostate) screenings (\$25). Educational literature, a light breakfast and a registered nurse to answer health questions.

INFO: Ext. 6610

### Wednesday, September 18

#### DROWN'S GARDEN MARKET

TBH South Entrance

**9:00 am – 2:00 pm**

Drown's Market of Green Springs supports the hospital's efforts for a healthy lifestyle. The Garden Market is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit card will be accepted. INFO: 4387

### Thursday, September 19

#### MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

**11:30 am – 1:00 pm**

Pastor Diane Carter of St. Paul's United Church of Christ will discuss her experience as a volunteer firefighter during the Sept. 11, 2001 attacks. The public is invited to attend. The cost of lunch is \$3. Reservations are requested. INFO: Ext. 4899

### Thursday, September 26

#### BREASTFEEDING BASICS CLASS

TBH Conference Room A

**6:00 pm – 8:00 pm**

Expectant mothers welcome. Discussion includes information

on basic anatomy, milk production, benefits, best practices and going back to work. A fee of \$10. INFO: Ext. 3067

### Friday, September 27

#### RED CROSS BLOODMOBILE

TBH Conference Rooms A&B

**9:30 am – 3:30 pm**

Open to the public. To donate, you need to weigh between 110-350 pounds and be at least 17 years old. Walk-ins may be accepted. Schedule appointment at 1-800-Red-Cross, or visit [www.redcrossblood.org](http://www.redcrossblood.org), enter sponsor code BELLEVUEHOSP.

### Saturday, September 28

#### DIABETIC REVIEW CLASS

TBH East Conference Room

**9:00 am – 11:00 am**

9:00 – 10:00 a.m. "What Do My Numbers Mean?," presented by Denise Bullion, RN, CDE. 10:00 – 11:00 a.m. "Happy, Healthy Eating," presented by Patti Keller, RD, LD, CDE. Class is free and open to the public. INFO: Ext. 4303

## SUPPORT GROUPS

### Monday, September 2

#### GRASP (Grief Recovery After a Substance Passing)

TBH Main Station Café

**6:00 pm – 7:00 pm**

Offers resources, compassion and understanding for individuals and families who have lost a loved one to substance abuse or addiction. Meetings are free. INFO: Contact GRASP Support Group Facilitator Dawn Bova at [dawnrb45@gmail.com](mailto:dawnrb45@gmail.com)

### Tuesday, September 3

#### M.O.M.S.

TBH 2nd Floor Conference Room

**10:30 am – 11:30 am**

New mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. INFO: Ext. 4611

### Tuesday, September 10

#### DIABETES

TBH East Conference Room

**12:30 pm – 1:30 pm**

Topics vary based on group discussion at monthly meetings. The support group is free and open to the public. INFO: Ext. 4303

### Tuesday, September 10

#### BETTER BREATHERS CLUB

TBH East Conference Room

**2:00 pm – 3:00 pm**

American Lung Association Better Breathers Club meetings offer support to individuals with a chronic lung disease including COPD, pulmonary fibrosis and lung cancer. Meetings are free and open to the public. INFO: Ext. 4303

### Tuesday, September 10

#### REIKI & HEALING TOUCH

TBH Conference Rooms A&B

**6:00 pm – 8:00 pm**

"Introduction to Reiki," presented by Patricia Zilles, Reiki Master. Meeting are free and open to the public. INFO: 567.314.0315

For information on TBH screenings, programs and events, visit [www.bellevuehospital.com](http://www.bellevuehospital.com) and The Bellevue Hospital Facebook page.



# September is Pain Awareness Month

*What do you think of when you hear the term “chronic pain?”*

*Chronic pain affects almost 100 million Americans and is an important condition to identify and treat.*

According to the American Chronic Pain Association, chronic pain is “ongoing or recurrent pain, lasting beyond the usual course of injury or more than three to six months, and adversely affecting the individual’s well-being.”

Chronic pain varies in intensity and frequency. Some people experience chronic pain constantly, while others only feel it in episodes.

If you feel any kind of consistent pain for six months, you most likely are suffering from chronic pain. Pain can originate from a wide variety of sources. When it comes to chronic pain, the main sources are:

- Joint pain
- Back pain
- Headaches
- Injury related pain

If you have ever worried that you are experiencing chronic pain, you can start by asking yourself if you are experiencing these symptoms:

- Constantly feeling any level of pain, mild to severe
- Aching, shooting or burning types of pain
- Extended feelings of soreness, stiffness or tightness

Aside from physical issues caused by chronic pain, many individuals also report psychological struggles, such as fatigue, mood changes, stress, anxiety, depression, irritability and restless nights of sleep.

If you are worried that you are experiencing chronic pain, speak to your physician or advanced practice provider about a referral to the Pain Management Center at The Bellevue Hospital. Vimal S. Kumar, M.D., our pain management intervention physician, creates a balanced treatment program for each patient. Dr. Kumar is board certified in both pain management and anesthesiology with over 20 years of pain management experience.

**For more information, visit [www.bellevuehospital.com](http://www.bellevuehospital.com) or call 419.484.5903.**



**Vimal S. Kumar, M.D.**  
Board Certified in Pain Management/  
Anesthesiology



**Erica Clinker, CNP**  
Certified Nurse Practitioner

## Sepsis Awareness: *Know The Facts*

Sepsis is the body’s life-threatening reaction to an infection that affects 1.7 million people in the U.S. every year. Help raise awareness and save lives.

When it comes to sepsis, remember  
**IT’S ABOUT TIME™**. Watch for:



**TEMPERATURE**  
higher or lower  
than normal



**INFECTION**  
may have signs  
and symptoms of  
an infection



**MENTAL DECLINE**  
confused, sleepy,  
difficult to rouse



**EXTREMELY ILL**  
“I feel like I might  
die,” severe pain  
or discomfort

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, “I AM CONCERNED ABOUT SEPSIS.”



Quality Care, Close To Home

1400 West Main Street  
P.O. Box 8004  
Bellevue, Ohio 44811  
419.483.4040

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## Free Mammogram Screenings

The Bellevue Hospital, The Hospital Council of N.W. Ohio and Susan G. Komen of Northwest Ohio are pleased to offer Free Mammogram Screenings for patients needing financial assistance (underinsured, uninsured, or difficulty meeting high deductibles.)

**September 24, 2019 • 1:00 – 4:00 p.m.**

**The Bellevue Hospital**

**1400 W. Main Street • Bellevue, OH 44811**

*Appointments are required.*

*To schedule, call 419.483.4040, Ext. 4326*

\*\*\*\*\*ECRWSSDDM\*\*\*\*  
POSTAL CUSTOMER

## Diagnostic Imaging - Convenient Services, Advanced Technology

The Bellevue Hospital's Diagnostic Imaging Department, sometimes known as X-ray or the Radiology Department, offers a wide variety of imaging services to fit the needs of your entire family - close to home.

Our team cares about your comfort, privacy and safety, and uses advanced technologies to help diagnose and treat various conditions. Same day appointments are usually available and are performed by registered technologists and/or registered diagnostic medical sonographers. Our in-house, board certified radiologists read your exams the same day, so you receive your results quickly and conveniently.

The Bellevue Hospital offers the latest radiology picture archiving communication system (PACS) to store images digitally. The PACS system allows us to immediately transfer scanned images to physicians' offices or other locations as requested by your health care professional.

We are accredited by the American College of Radiology and perform the following exams:

- X-rays
- Mammography and Breast Care Program with the R2 Checker
- Ultrasound

- Nuclear Medicine
- CT (Computed Tomography) scans
- OPEN Bore MRI (magnetic resonance imaging)
- PET (Positron Emission Tomography) / CT (Computed Tomography) scans

**For more information about our Diagnostic Imaging services, call 419.483.4040, Ext. 4234 or visit [www.bellevuehospital.com/services/diagnostic-imaging](http://www.bellevuehospital.com/services/diagnostic-imaging).**



*Remember, you have a personal choice of where you are tested and treated. Choose Quality Care, Close to Home.*