



Don't FALL into unhealthy habits. As the days get shorter and cooler and the leaves change color, use these strategies from the Centers for Disease Control and Prevention to help prevent chronic diseases and promote health.



**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.



**Protect Yourself and Others**  
Follow current COVID-19 safety guidelines



**Get Your Flu Shot**  
An annual flu vaccine is the best way to protect yourself from flu viruses



**Wash Your Hands**  
Wash your hands with soap and clean running water for at least 20 seconds to prevent the spread of germs



**Sleep**  
Get at least seven hours of sleep every night. For sleep tips and information on TBH's Sleep Disorders Center, visit [bellevuehospital.com/services/sleep-disorders-center](http://bellevuehospital.com/services/sleep-disorders-center).



**Get Your Screenings**  
Visit your primary care provider for preventative services and regular checkups



**Move More, Sit Less**  
Adults need at least 150 minutes of moderate-intensity aerobic activity every week



**Rethink Your Drink**  
Substitute water for sugary or alcoholic drinks to reduce calories



**Keep Seasonal Food Safe**  
Avoid cross-contamination and cook your favorite seasonal foods to FDA recommended temperatures



**Don't Use Tobacco**  
Call 1.800.QUIT.NOW for free support

# CALENDAR *of Events*

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

**WEDNESDAYS, SEPTEMBER 7 – OCTOBER 12**

## Serenity Seekers Support Group

**5:30 p.m. – 7:00 p.m.** *TBH Burson Conference Room*  
TBH, in association with Stein Hospice, is sponsoring a free six-week adult bereavement group offering comfort to those who have lost a loved one. Meetings begin on Wednesday, Sept. 7 and will continue every Wednesday through Oct. 12. **INFO: Contact Stein Hospice at 419.625.5269**

**WEDNESDAY, SEPTEMBER 14**

## Drown's Garden Market

**9:00 a.m. – 1:00 p.m.** *TBH Main Station Café*  
Drown's Market of Green Springs will bring produce to TBH as a part of the hospital's efforts to support 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: Ext. 4625**

**TUESDAY, SEPTEMBER 20**

## M.O.M.S. Support Group

**10:30 a.m. – 11:30 a.m.** *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**

**FRIDAY, SEPTEMBER 23**

## Red Cross Bloodmobile

**10:00 a.m. – 3:00 p.m.** *TBH Burson Conference Room*  
Open to the public. To donate, you need to weigh between 110-350 pounds and be at least 17 years old. Appointments required. **Schedule appointment at 1-800-Red-Cross or visit [redcrossblood.org](http://redcrossblood.org) and enter sponsor code BELLEVUEHOSP.**

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.

## TBH Foundation Donates AED to Bellevue High School

The Bellevue Hospital Foundation's (TBHF) recent donation of an Automated External Defibrillator (AED) to Bellevue High School continued a years-long tradition between TBHF and the community in an effort to keep "Quality Care, Close to Home."

Dennis Sabo, TBHF Director, noted that this most recent donation was one in a long line of AEDs given to the community and school system.

"By definition, an AED is a portable electronic device that automatically diagnoses life-threatening heart arrhythmias and is able to treat them through defibrillation," said Sabo. "TBHF has been honored to help make our community a safer place over the years by strategically placing AEDs in locations that are gathering spots for large crowds. The AEDs give an extra layer of security for those hosting an event."

Over the past decade, TBHF has donated AEDs which were placed at the Bellevue High School softball field, baseball field and track; Little League field; Jungle Junction; VFW Post 1238; Elks Lodge 1013; Eagles Aerie 490; Harmon Field; Bellevue Society for the Arts; Immaculate Conception School; and many departments within the hospital. A portable unit also was donated to the schools for use by the athletic trainer.

"We have always attempted to provide training for these devices as well," continued Sabo. "And all student athletes, their parents, officials and coaches watch a 'Lindsay's Law' video

each year about the importance of AEDs, so many people have already been acclimated to the function of AEDs. However, no formal education is required as the units come with quick-start instructions, and most units will prompt the user through the proper procedure to shock a heart back into a normal rhythm."

Sabo noted that private donations have helped fund the thousands of dollars worth of AEDs over the years, including grants from Eagles Aerie 490 and the Bellevue United Selective Fund. Each AED can cost as much as \$1,500, plus supplies such as batteries and pads that need to be replaced on a regular basis. The Bellevue Hospital's biomedical department plays a huge role in helping to keep the AEDs up and running with yearly inspections, added Sabo.

**For more information on The Bellevue Hospital Foundation and how you can help support TBH and the community, visit [tbhfoundation.com](http://tbhfoundation.com).**



*Foundation Director Dennis Sabo (left) recently presented a new AED to Bellevue City Schools Superintendent Troy Roth (right). The new AED replaced the previous one that had been housed in the Bellevue High School gymnasium.*

# Pain Awareness Month: Taking Control of Chronic Knee Pain

Frequent knee pain affects approximately 25% of adults. While living an active lifestyle is one of the best things you can do for your joints, it can commonly result in injury. Common problems related to knee pain include sprained ligaments, meniscus tears, tendinitis, runner's knee, bursitis, osteoarthritis and excess weight. Common symptoms of knee pain include:

- Pain when using the stairs
- Swelling in one or more joints
- Difficulty bearing weight on the knee
- Recurring pain or tenderness
- Inability to move a joint normally

Over 32 million Americans suffer from osteoarthritis, a form of "wear and tear" arthritis that is the leading cause of knee pain in individuals over the age of 50. This condition causes stiffness early in the day, as well as swelling and aching of the knee joint, especially when individuals are active.

Whether your symptoms include one or all of those listed above, there are ways to reduce your knee pain. Below are six steps you can take to be proactive in your pain relief:

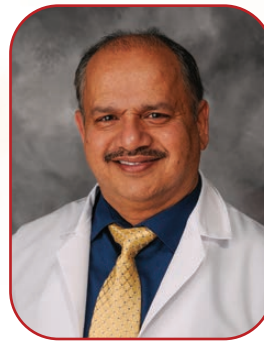
1. **Slow down** – resting the knee for several days by limiting intense activity
2. **Apply ice** – icing the knee for 15 to 20 minutes every three to four hours will curb pain and swelling
3. **Compress** – using elastic bandages or straps will help add support and minimize swelling
4. **Elevate** – placing a pillow under the heel when sitting or lying down to reduce inflammation

5. **Medicate** – taking anti-inflammatory medication, such as ibuprofen or naproxen (after consulting with a physician)

6. **Stretch and strengthen** – practicing exercises to increase flexibility and muscle strength

Knee pain can limit your function and decrease your quality of life. If you are experiencing continued knee pain, the specialists at The Bellevue Hospital's Pain Management Center can help you get back to your life. Speak to your physician or advanced practice provider about a referral to the Pain Management Center. Vimal S. Kumar, M.D., our pain management intervention physician, is board certified in both pain management and anesthesiology with over 20 years of pain management experience. The team at the Pain Management Center uses a balanced approach to care, including the use of diagnostics, physical therapy, interventional procedures and medication management when appropriate.

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



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



**Jill Solis, FNP-C**  
Certified Nurse Practitioner

# SAVE YOUR PUMPKINS

## Save Your Pumpkins with the North Coast Healthcare Collaborative on October 8.

Register today for the 5K run or walk to help benefit breast cancer patients in our community.

[firelands.com/saveyourpumpkins](http://firelands.com/saveyourpumpkins)

**5K RUN/  
WALK**

Hosted by the North Coast  
Healthcare Collaborative

PROUD PARTNER OF THE  
**#RUNDUSKY**  
2022 RACE SERIES



**Battery Park**  
701 E. Water Street  
Sandusky, OH 44870

**Pre-registration cost: \$20**  
Register by Sept. 23 to receive a free t-shirt  
**Day-of-registration cost: \$25**

All proceeds will benefit the foundations at each of the North Coast Healthcare Collaborative health systems. Funds will be used for patient support, breakthrough equipment, and research to prevent, diagnose and treat breast cancer.



Quality Care, Close To Home

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

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
BELLEVUE, OH 44811  
PERMIT NO. 50

Back to school often means back to sports and an increased risk of concussion. Know your concussion ABC's and know what to do if a concussion occurs.

- Assess the situation
- Be alert for signs and symptoms
- Contact a healthcare professional



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

## Good news!

### The Bellevue Hospital is going digital.

*Starting Sept. 1, 2022, patients will receive their billing statements in a paperless format.*



Quality Care, Close To Home

## Our patient billing is going digital to:

Increase convenience  
for you

Reduce  
paper waste

Provide personalized  
email and text messages

### What to expect:

- We are now delivering communications via **email, text or mail.**
- You will always be able to control** how you are receiving these and can change your preferences at any time.

### Why we're doing this:

- To make the **payment process easier** for you.
- With digital communications, it is **easier and faster to view and pay** any statement.
- To help the environment—we want to **minimize paper waste** sent to patients that would prefer digital communications.
- To give you a **more individualized experience.** We know that no two patients are the same, so you should be communicated with in the ways that work best for you.



**If you have any questions, contact TBH's Patient Financial Services Department by calling 419.483.4040, Ext. 4288.**