

HEALTH *e*news

THE BELLEVUE HOSPITAL



SAVE THE DATE

Fall Into Wellness Health Fair



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.



Saturday, Sept. 30, 2023
7:30 a.m. – 10:00 a.m.

1400 W. Main St. • Bellevue, OH 44811

Join us for a morning of health screenings and wellness resources.

*** Giveaways * Door Prizes * Free Refreshments**

- Blood Pressure and Fasting Glucose Checks
- Direct Access Testing Wellness Bloodwork
- Flu Shots
- Balance Screenings
- Mammogram Screenings
- Colon Cancer Screening Kits
- Diabetes Education
- Nutritional Information
- And more!

Continue to visit our Facebook page or our website at bellevuehospital.com for updated health fair information.

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 and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, SEPTEMBER 6 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 your 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.

WEDNESDAY, SEPTEMBER 20 Drown's Garden Market

9:00 a.m. – 1:00 p.m.
Outside TBH's Main Station Café

Drown's Market of Green Springs will bring a variety of fresh, seasonal fruits and vegetables to the hospital. The event is open to the public. Cash, check and credit card will be accepted. INFO: Ext. 4209.

THURSDAY, SEPTEMBER 21 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.
Bellevue Society for the Arts
205 Maple St., Bellevue

Enjoy entertainment from the Rhythm 'N Rhyme Barbershop Quartet. The public age 55 and older is invited to attend. The lunch fee is \$3. Reservations are requested. INFO: Ext. 6610.

SATURDAY, SEPTEMBER 23 Diabetes Education Refresher Course

10:00 a.m. – 11:30 a.m.
TBH Burson Conference Room

This free class, facilitated by a certified diabetic educator, is open to those living with Type 2 diabetes and their loved ones. Information presented will review medications, exercise, nutrition and additional diabetes self-management tips. INFO: Ext. 4303.

SUPPORT GROUPS

WEDNESDAYS, SEPTEMBER 13 – OCTOBER 18 Serenity Seekers

5:30 p.m. – 7:30 p.m.
TBH Burson Conference Room

TBH, in association with Stein Hospice of the Western Reserve, is sponsoring a

free six-week adult bereavement program for those who have lost an adult loved one. Meetings will begin on Wednesday, September 13 and will continue every Wednesday through October 18. To register, call 419.625.5269

TUESDAY, SEPTEMBER 19 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, SEPTEMBER 19 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.

September is Pain Awareness Month

Back pain is the most common type of pain, affecting 85-90 percent of Americans. These statistics encourage us to learn more about back pain and how to prevent back injuries.

Here are eight simple steps to avoid back pain:

- **Maintain Proper Posture:** When on your feet, stand shoulder-length apart, back straight and shoulders back. When sitting, don't cross your legs and keep your feet flat on the floor with your knees behind your ankles. Your upper body should be comfortably straight and your shoulders relaxed.

- **Push Don't Pull:** When engaging in strenuous activity, push whenever possible to help prevent back injury.
- **Wear Well-Supported Shoes:** Shoes such as heels increase stress on your legs and back. Buy comfortable shoes, such as tennis shoes, to eliminate the stress.
- **Lift Properly:** Bend your knees, keep your back straight and keep the load close to your body. When turning, do so with your feet and not your back.
- **Change Positions:** Sitting for long periods of time increases

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Sepsis Awareness Month

During Sepsis Awareness Month, The Bellevue Hospital encourages you to help raise awareness and know common, potentially life-saving sepsis facts. The information below is provided by the Sepsis Alliance. For more information, visit sepsis.org.

WHAT IS SEPSIS?

Sepsis is the body's overwhelming and life-threatening response to infections which can lead to tissue damage, organ failure, and death.

270,000
DEATHS IN UNITED STATES

8,000,000
DEATHS ACROSS THE GLOBE

EACH YEAR, MORE THAN 270,000 PEOPLE IN THE U.S. DIE FROM SEPSIS. WORLDWIDE, THAT FIGURE IS 8 MILLION.



65%

OF AMERICANS SAY
THEY KNOW THE WORD

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

- T** TEMPERATURE - higher or lower than normal
- I** INFECTION - may have signs or symptoms of infection
- M** MENTAL DECLINE - confused, sleepy, difficult to rouse
- E™** EXTREMELY ILL - severe pain, discomfort, shortness of breath

If you suspect you or someone you know may have sepsis, see a medical professional immediately, call 911 or go to the nearest hospital.

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stress on your back. Change positions often, move around or take a walk to give yourself a break from repetitive activities.

- **Exercise:** Engaging in exercise three to five times a week is a great way to improve strength, flexibility and overall health.
- **Sleep Sideways:** The best position for sleeping is on your side. However, if you must sleep on your stomach, place a pillow under your lower abdomen to reduce the stress from your back. A supportive mattress and pillow are also essential to proper care when sleeping.
- **Reduce Stress:** You probably didn't realize how harmful stress is to your back health. Stress causes tense muscles and constant tension. Possible ways to counter this are yoga, meditation or deep breathing exercises.

The Pain Management Center at The Bellevue Hospital diagnoses a variety of pain. Andrius Giedraitis, M.D. and Naren Lakshmiopathy, M.D. create a balanced treatment plan for each patient that incorporates a variety of modalities, including



Andrius Giedraitis, M.D.



Naren Lakshmiopathy, M.D.

minimally invasive interventional procedures, medication management when appropriate and other hospital-based services, such as physical therapy.

If you are experiencing pain that is impacting your daily life, talk to your primary physician. A referral to The Pain Management Center at The Bellevue Hospital may be just what you need to get back to living.

For more information, visit bellevuehospital.com or call 419.484.5903.



Quality Care, Close To Home

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Bellevue, Ohio 44811
419.483.4040

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Friday, September 22
Red Cross Bloodmobile
10:00 a.m. – 3:00 p.m.

TBH Burson Conference Room

Must be at least 17 years old to donate. Appointments are required. Call 1.800.RED.CROSS or visit redcrossblood.org to register.



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

The Bellevue Hospital Receives the 2023 Women's Choice Award® as one of America's Best Small Hospitals for Comprehensive Care



The Bellevue Hospital (TBH) has been named one of America's Best Small Hospitals for Comprehensive Care by the Women's Choice Award®, America's trusted referral source for the best in healthcare. The award signifies that The Bellevue Hospital is in the top 5% of 1,762 U.S. hospitals with 25-100 beds

that offer a comprehensive selection of medical services and high patient recommendation scores.

"This award demonstrates our ongoing commitment to provide our community quality care, close to home," said Timothy A. Buit, TBH's president and chief executive officer. "We are so proud of this accomplishment and would not have achieved this exceptional recognition without the support of our entire TBH Family including our board of trustees, medical staff, employees and volunteers."

"Small hospitals, many of which have extremely limited resources, offer a broad selection of different medical services to their community," said Delia Passi, founder and chief executive officer of the Women's Choice Award. "Women want to be confident that they know which hospital in their communities

will take care of their loved ones quickly and with the best possible care. Knowing the Women's Choice Award has already placed their seal of excellence on a hospital is immediate validation that they have made the right decision, easing their concern during a very stressful time. TBH not only provides necessary medical services close to home, but they also have a high recommendation rating, which is very important to women when it comes to health-related decisions," said Passi.

The methodology used to select TBH as one of the Best Small Hospitals for Comprehensive Care is unique in that qualifying hospitals must be between 25-100 beds and must offer Emergency Department services and at least eight of the following 13 services (Cardiac Rehab, CT Scan, Diagnostic Mammography, Dialysis, Helipad, ICU, Inpatient Surgery, Joint Replacement, MRI, Obstetrics, Physical Therapy, Trauma and Wound Care). Hospitals were then ranked by their patient recommendation rating from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results.

For the full list of Best Small Hospitals for Comprehensive Care (25-100 beds), please visit womenschoiceaward.com/small-hospitals-comprehensive-care.