



# THE OUTER BANKS HOSPITAL Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

## Cancer Care That's Making a Difference



Nags Head resident and breast cancer survivor Teresa Osborne along with Outer Banks Hospital Nurse Navigator Donna Delfera, RN. "After my surgery at Chapel Hill, being able to receive my cancer treatments and rehab at The Outer Banks Hospital allowed me to stay close to my family and my business," said Osborne. "I couldn't have been happier with the care I was provided."

According to the American Cancer Society, there have been more discoveries about cancer in the past two decades than in all preceding centuries combined. The good news is that the management of a cancer diagnosis continues to improve with the evolution of more targeted approaches to treatment and focus on the care of the whole person.

The cancer care team at The Outer Banks Hospital strives to provide each and every patient with knowledge and support that capitalizes on these rapidly moving advancements.

"We start any new approach to treatment and care with the patient as the primary focus," says Dr. William Guenther, TOBH Oncologist. "For a

hospital of this size, it's remarkable that we have an accredited cancer program offering two nurse navigators, a symptom management clinic, and integrative oncology medicine." He continues, "And we were one of only three hospitals in this state to begin

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— Dr. William Guenther | TOBH Oncologist

offering the scalp cooling therapy that helps to prevent hair loss during some cancer treatments." (See *Innovation That's Changing the Cancer Journey* below.) Guenther adds, "All this goes to show that the goal of our leadership is to provide quality care locally, because these types of services are most often reserved for much larger hospitals."

## Straight Talk from the Doc

**Dr. Charles Shelton**  
Radiation Oncologist



Eastern North Carolina has an extraordinarily high instance of lung cancer. In fact, it's the number one type of cancer here, and

number three across the rest of the country.

"Why?" you ask. While there isn't conclusive evidence, we believe it has something to do with high use of tobacco products. But whatever the reason, we are a high-risk population that can really benefit from early detection.

That's why in late 2014, The Outer Banks Hospital (TOBH) began a low-dose CT lung cancer screening program. Keep in mind that up until this point, we had only found stage three and stage four lung cancers because there often aren't any symptoms until the later stages. So our goal for the program was to detect cancer earlier, when it is most curable.

Donna Delfera, RN, a TOBH nurse navigator, championed the effort to educate area physicians on the importance of regular screening for current smokers and those with a heavy smoking history.

It was time well spent, because it helped this program take off. In just the first year, we did 97 scans and found five lung cancers. Our rate of discovery was ten times the national average. The best news is that we were discovering the cancer at stage one instead of stage four.

Today, TOBH does more lung cancer screenings than any other hospital in our region. The key to continued success is compliance, because it isn't one and done. Individuals with a smoking history should ask their doctor if they fit the criteria for low-dose CT lung screening. If the answer is yes, regular yearly screenings are recommended. It's the best way for us to turn the tide on our historically high rate of this silent disease.

## Innovation That's Changing the Cancer Journey

Hair loss isn't something that most people think about, but for those facing chemotherapy treatment, it's a very real fear. Jennifer Schwartzberg, The Outer Banks Hospital (TOBH) Director of Community Outreach/Development and recent cancer patient, knows this fear firsthand. "Losing my hair was a concern when I received my breast cancer diagnosis, mostly because of my inquisitive 7-year old daughter," noted Schwartzberg.

Hair loss is a distressing side effect and one of the top reasons why a patient may choose not to undergo chemotherapy treatment.

In 2017, TOBH Director of Cancer Services Robin Hearne, RN, attended the Association of Community Cancer

Centers (ACCC) annual meeting in Washington, DC. It was there that she learned about scalp cooling therapy.

"When I returned, I suggested the therapy to our leadership and they fully embraced it," explains Hearne. "We worked with Vidant Health Oncologist Vijay Chaudhary, MD, to review the technical aspects and safety of the Paxman scalp cooling therapy so that we could make it available to our patients." Scalp cooling therapy works by reducing the temperature of the scalp by a few degrees immediately before, during, and after the administration of chemotherapy. This reduces the blood flow to hair follicles, which may prevent or minimize hair loss.

Today, TOBH offers the cooling therapy to individuals undergoing specific types of chemotherapy treatment. Through monies raised by The Nags Head Golf Links Ladies "Driving Fore the Cure" golf tournament, a fund has been established at the Outer Banks Relief Foundation to cover the cost for those who cannot afford the cooling therapy.

"This therapy was a game-changer for me. The ability to keep my hair enabled me to maintain a sense of normalcy," said Schwartzberg. "We are fortunate to have so many caring individuals at this hospital who go the extra mile to bring new processes and technology that help to ease the cancer journey."

Jenn Schwartzberg, TOBH Community Outreach/Development Director and recent cancer patient along with Staff Nurse Holly Froehlich, RN, set up a scalp cooling therapy session. Visit <https://www.youtube.com/watch?v=fpz9TP6-wc4> and watch Jenn remove the cap after her last chemotherapy treatment.





October 2018

# Calendar of Events



## Health Education

### ■ TAKE CARE with Diabetes

#### *Two-Part Series on Living Well with Diabetes*

Wednesdays October 3 and 10 | 5:30pm-7:15pm

TOBH Port Room

**Session 1:** *Wednesday, October 3: Take Control with Diet, Exercise, and Medications*

Learn diabetes basics and discuss the role of diet, exercise, and medications in your plan of care.

**Session 2:** *Wednesday, October 10: Diabetes: The ABCs and Preventing Complications*

Discuss Hemoglobin A1C, blood pressure, cholesterol, and smoking cessation. Learn how diabetes affects your eyes, feet, kidneys, nerves, and heart, and how to prevent complications.

Eligibility requirement: diagnosis of diabetes or A1C of 6.5% or higher. Space is limited. Light dinner will be served. Free. Please call 449-7300 to register.

#### Hosted by:

**Jaclyn Hall, RDN, LDN**, OBH Registered Dietician

**Cara Sumners, MD, OBFM** Manteo

**Robin South, BSN, RN, CMSRN**, TOBH Chronic Disease Nurse Navigator

**Alex Batschelet, BS**, Dare County Health and Human Services Diabetic Educator



### ■ Pink Power

Monday, October 15 | 6:00pm-7:30pm

Captain George's Seafood Restaurant

705 S. Croatan Hwy., Kill Devil Hills

Brenda Elsagher is a dynamic keynote speaker, award-winning author, and 20-year veteran of comedy who encourages us to lighten up as we juggle life. She gets it. As a former business owner who launched a new career at age 39, she understands the pull of too many directions, the strive for balance, the demands of a career and home, weight, money, stress, and aging. She will also share lessons learned from her cancer journey. And she tackles it in a way that makes you laugh! Dinner will be served. Seating is limited. Call 449-7300 to register.

### ■ Cancer Conversations: When Cancer "Runs in the Family"

Friday, October 26 | Noon-1:00pm

TOBH Cancer Resource Center

Cancer Conversations are geared toward cancer patients, survivors, family, friends, and caregivers/supporters but anyone interested in learning more about cancer is welcome to join us. Lunch will be served. Seating is limited. Call 449-7300 to register.

## Health Screenings and Services

### ■ All Aboard The Health Coach! Free Wellness Screenings by Appointment

The events listed below are open to the public. If you would like to make an appointment for a health screen at one of the events listed below, please call 449-7300.

The Health Coach also visits local businesses and organizations to serve their employees and patrons directly. These events are not listed and are not open to the public. If you would like The Health Coach to visit your business or organization, call 449-4529.

Thursday, October 4 | 8:00am-11:00am

YMCA | 3000 S. Croatan Hwy., Nags Head

Wellness screens and flu vaccinations will be provided.

**Free Flu Vaccinations for Adults 18+**

Friday, October 19 | 2:00pm-4:30pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

### ■ FluFIT Events

FluFIT events cover two important priorities for preventive health at the same time. During this unique event, when patients come in for their annual flu shot, individuals ages 50-75 will also be offered a Fecal Immunochemical Test (FIT) kit. FIT kits are a tool used to screen for colon cancer that can be completed in the comfort of one's home. If you have questions about FIT test criteria, please call 449-5991.

**Flu Vaccines & FIT Pick-up:** Friday, October 5 | 1:00pm-3:00pm

Fessenden Center | 46830 NC-12, Buxton

**FIT Drop-off:** Monday, October 8 | 1:00pm-3:00pm

Fessenden Center | 46830 NC-12, Buxton

## Community Events

### ■ Prepared Childbirth and Breast-Feeding Support

Mondays in October & November | 7:00pm-9:00pm

October 1, 8, 15, 22 | November 5, 12, 19, 26

OBH Port Room

Classes are offered each month, with the first three classes about childbirth education. The last class is about breast-feeding support. Classes are free of charge for any patient. To register, call 449-5690.

### ■ Gentle Chair Yoga

Fridays in October | Noon-1:00pm

October 5, 12, 19, 26

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Community members, as well as chronic illness and cancer survivors, are invited to participate in our gentle chair yoga program. For more information, call 449-4529.

### ■ American Red Cross Blood Drive

Tuesday, October 9 | 10:00am-2:00pm

TOBH Lobby

Donating one pint of blood can help save up to three lives! Register online to donate at [www.redcross.org](http://www.redcross.org) and use the keyword search OBXHospital.

### ■ American Lung Association Better Breather's Club

Third Monday of Each Month

October 15 | Noon-1:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Taking care of your emotional health is a key part of managing your COPD or other lung disease. The Better Breathers Club offered at The Outer Banks Hospital can offer you a place to share your thoughts with others who know what you are going through. Family members and caregivers are also welcome to join. Call 449-7300 to let us know you are coming!

### ■ Cancer Transitions Wellness Program

Tuesday, October 16, 23 | 5:00pm-7:30pm

Thursday, October 18, 25 | 5:00pm-7:30pm

TOBH Cancer Resource Center

Cancer Transitions is a 2.5-hour, four-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists including physicians, nutritionist and fitness experts will discuss exercise tailored to each participant's abilities, training in relaxation and stress management, and tips for nutritious eating. Reserve your opportunity today by calling 449-8265.

### ■ March for Babies

Saturday, October 27 | 10:00am (*registration*) 11:00am (*walk*)

Dowdy Park | 3005 S. Croatan Hwy., Nags Head

March of Dimes fights for the health of all moms and babies. We're advocating for policies to protect them. We're working to radically improve the healthcare they receive. We're pioneering research to find solutions. We're empowering families with the knowledge and tools to have healthier pregnancies. By uniting communities, we're building a brighter future for us all.

*For the most up-to-date information about our classes and events, please visit [TheOBH.com/Health-Wellness/Classes-Events](http://TheOBH.com/Health-Wellness/Classes-Events). If you would like an electronic version of this newsletter, please email your request to [Info@TheOBH.com](mailto:Info@TheOBH.com).*