



THE  
OUTER BANKS HOSPITAL

# Health Coach

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

## Listen Up! Your Health Depends on It.

Something new has been added to the list of things that are good for your health, and this is BIG. Good hearing is good for your health, particularly your memory and brain function.

Recent research on dementia has revealed that hearing loss is somehow

linked to the decline of brain function and possibly the development of dementia.

Research also shows significant improvement in mental function once hearing is restored. One recent study conducted in France looked

at cognitively impaired seniors with profound hearing loss. Participants in the study received medical treatment and rehabilitation for their hearing loss. More than 80% of the patients showed significant improvement in brain function one year after their hearing was restored.

So what does all of this mean, and how can you use this new information to enhance your well-being?

Simply put, you collect important information through hearing. Also, good hearing is an essential component of social interaction and human connection. The better you maintain your hearing, the more likely you are to join in the conversation, collect good information for your brain to process, and stay connected to your social support network. Not to mention simply being able to enjoy your loved ones and engage in your favorite activities.

Listen up – keep your hearing fine-tuned as you age. This pathway by which your brain collects information is key to keeping your mind sharp.

### Get Back in the Conversation



Are you or someone you love having trouble hearing? Hearing loss can disconnect you from the people and the things you enjoy in life.

Make an appointment with Outer Banks Ear Nose & Throat today, and let's have a conversation. As the only doctor of audiology serving the Outer Banks, Dr. Krista Follmer provides comprehensive hearing evaluations.

#### Treatment for hearing loss may include:

- Medical intervention related to structural abnormalities, illness, or injury.
- Access to adaptive equipment such as screen reader telephones.
- Noncommission-based hearing aid fittings and services that meet your individual needs.

**Get back in the conversation.** Start by trusting us with your medical care.

To schedule an appointment, call 449-5760.

5118 N. Croatan Highway  
Kitty Hawk

Affiliated with The Outer Banks Hospital



### Straight Talk from the Doc

**Dr. Krista Follmer**  
Audiologist

As a doctor of audiology, I see patients daily who have hearing loss from a variety of sources. Some patients are born with diminished hearing or have had an injury or medical condition that resulted in hearing loss. Others have age-associated hearing loss – that's one-third of people age 65-74 and 50% of people age 75 and older.

Depending on the cause and type of hearing loss, there might be medical treatment available to improve hearing. A hearing evaluation will help identify medically treatable types of hearing loss. If medical treatment is not an option, hearing aids are often a good solution. In my experience, patients are often pleasantly surprised by the benefit they get from hearing aids. With appropriately fitted hearing aids, less concentration is needed to fill in the gaps in conversation. Often people say they are less tired at the end of the day and they didn't realize how much energy it was taking to communicate because they were struggling to listen.

So how do you know if you need a hearing evaluation? If you are having trouble following conversations, especially when there is background noise; if you think people are mumbling or not speaking clearly; if your family has concerns about your hearing; if you are not enjoying places and events you once attended (e.g., restaurants, church, social gatherings) because it is difficult to communicate; or if you hear ringing or other sounds in your ears, it is time to consider a complete medical evaluation of your hearing.

Most of all, make sure you are doing all you can to stay in the conversation and enjoy all the benefits of human connection.



### Revitalize Your Senses Tent Event!

Join us for a first-of-its-kind event that focuses on taking care of all five of your very precious senses (hearing, sight, taste, touch, and smell). See reverse side for date, time, and location. Don't miss it!

September 2017

# Calendar of Events



## Health Education

### ■ Revitalize Your Senses Tent Event

Friday, September 8 | 11:00am-2:00pm  
Outer Banks Ear Nose & Throat | 5118 N. Croatan Highway,  
Kitty Hawk | Front Parking Lot

Get acquainted with physicians and providers of The Outer Banks Hospital and Medical Group! This fun and free tent event will feature information and products that relate to all of the primary senses: smell, hearing, taste, sight, and touch. From hearing health and sinus information to aromatherapy, chair massage, and health nutrition, this event is sure to bring your senses to life! Additionally, the Health Coach will be onsite offering free A1C diabetes screenings and flu vaccines. For more information, call 449-5933.

### ■ Open Houses at Outer Banks Orthopedics & Sports Medicine's Southern Shores Location

Thursday, September 14 | 11:30am-1:00pm  
Thursday, September 21 | 4:00pm-5:30pm  
The Marketplace | 5563 N. Croatan Highway, Southern Shores

Outer Banks Orthopedics & Sports Medicine is growing! Join us for an open house at our newest location in Southern Shores in The Marketplace shopping center. Come meet the local joint replacement experts – Dr. Jeffrey Chase, Dr. Chris Mann, and Dr. Matthew McKenna. Light refreshments will be served as you get your questions answered about joint replacement surgery. For more information, call 449-9184.

### ■ Cancer Lunch and Learn: "Managing Financial Toxicity When Facing Cancer"

Featuring Benyam Muluneh, PharmD, BCPO, CPP  
Friday, September 29 | Noon-1:00pm  
OBH Cancer Resource Center

Patients with cancer are increasingly facing high out-of-pocket costs for their cancer treatment. 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 screening 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.

Saturday, September 30 | 9:00am-11:30am  
St. John's Church | 40336 McMullen Road, Avon  
Wellness screenings will be provided.

### ■ FluFIT Event

Pick Up: Friday, September 29 | Drop Off: Monday, October 2  
Noon-3:00pm  
Dare County Center | 950 Marshall C Collins Drive, Manteo

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.



### Learn more about Healthy Neighbors!

Partner organizations gain access to resource guides, videos, health speakers, and educational material offered by Vidant Health, The Outer Banks Hospital, and other community organizations. For more information about how to get involved, call 449-4529.

## Community Events

### ■ Prepared Childbirth and Breastfeeding Support

First Tuesday in September; Mondays for last 3 weeks in September  
September 5, 11, 18, 25 | 7:00pm-9:00pm  
OBH Port Room

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

### ■ Gentle Chair Yoga

Fridays in September  
September 8, 15, 22, 29 | Noon-1:00pm  
Baum Center | 300 Mustian Street, Kill Devil Hills  
New location for chair yoga sessions! 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.

### ■ Medicine Drop Drive-Thru

Eighth Annual Walk Against Addiction  
Saturday, September 9 | 9:00am-11:00am  
First Flight High School | Kill Devil Hills  
Unused/unwanted prescription or over-the-counter medications will be collected by the Dare County Sheriff's Department.



### ■ Look Good, Feel Better

Monday, September 11 | 2:00pm-4:00pm  
OBH Cancer Resource Center  
Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Local licensed beauty professionals (cosmetologists, estheticians, and nail technicians) have volunteered to show you how to use makeup and skincare products to bring back your natural beauty and lift your spirits. Look Good, Feel Better is a collaboration between OBH Cancer Care Services, The American Cancer Society, the Personal Care Products Council Foundation, and the Professional Beauty Association. All instruction and beauty products are provided free of charge to women in active cancer treatment. Reserve your opportunity to Look Good and Feel Better today by calling 449-8265.

### ■ Advance Care Planning

Tuesday, September 12 | 3:00pm-4:00pm  
Baum Center, Kill Devil Hills  
Free education sessions and clinics to help you complete your advance directives.

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

Third Monday of each month  
September 18 | Noon-1:00pm  
OBH Cancer Resource Center  
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!

### ■ American Red Cross Blood Drive

Friday, September 22 | 10:00am-3:00pm  
OBH – Medical Office Building Lobby (Note: New location for this month)  
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.

### ■ OBH Wellness Camp

Held through Friday, September 22  
Mondays at 7:00am | Wednesdays at 6:00am |  
Fridays at 7:00am  
Ocean Bay Blvd. Beach Access | MP 8  
Designed for men and women of all skill levels, OBH Wellness Camp is a FREE 8-week wellness camp featuring yoga, light exercise, stretching, meditation, and more. Practice something new or hone your skills at OBH Wellness Camp!

