

THE  
OUTER BANKS HOSPITAL

# Health Coach

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

## Making Your Cardiac Comeback!

**H**eat disease impacts patients and their families, and prompts some of life's biggest challenges and lifestyle changes. Making a cardiac comeback after heart surgery and coping with chronic respiratory disease require individual determination backed by a supportive team. That's why The Outer Banks Hospital has opened a cardiopulmonary rehab center.

The Outer Banks Hospital partnered with Cardiologist Dr. Lindsey White to open the new center. Dr. White owned and operated Outer Banks Cardiac Rehab in Kitty Hawk for nearly ten years. Recently, Dr. White entrusted The Outer Banks Hospital with continuing the good work of his center and growing it to include a strong pulmonary rehab program.

Outer Banks Hospital Cardiopulmonary Rehab is located on the second floor of the Medical Office Building behind the hospital. Physician referral is required to participate in the state-licensed, Medicare-approved program.



Participating in cardiopulmonary rehabilitation helps patients regain their physical strength, cardiovascular capacity and pulmonary function. These are important outcomes from "Cardiac Rehab," however, one of the most important outcomes is overcoming the fear factor that often

lingers after a cardiac event. Many cardiac patients have concerns about returning to a life that includes all of the activities that they once enjoyed. Cardiac rehab helps patients regain their physical strength as well as their confidence to return to a full, active and hopeful life.

**Cardiac rehab helps patients regain their physical strength and their confidence as they get back to a full, active and hopeful life.**

### Health Tips

#### Know the Symptoms of a Heart Attack

The sooner you realize you might be having a heart attack, the sooner you can get the medical help you need. The most common symptom for men and women is pressure, fullness or pain in the chest. Other common symptoms are:

- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs, such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is **chest pain** or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

*If you think you are having a heart attack, call 911 and get to a hospital right away.*

Source: American Heart Association

### Get Back to It!



The Outer Banks Hospital now offers cardiopulmonary rehabilitation. Get back to living your life through customized rehabilitation right here on the beach.

Call 449-5930.



## Back by Popular Demand! The "Living with Heart" Event



**Samuel F. Sears, PhD**

- Professor of Cardiovascular Sciences at The Brody School of Medicine at East Carolina University
- Professor in the university's Department of Psychology
- Director of the university's doctoral studies program

Samuel Sears, PhD  
September 22 | 6:00pm-7:00pm  
Comfort Inn North

**Dinner will be served.  
Seating is limited.  
Call 449-7300 to register.**

The mind and body connection is often not considered when it comes to heart disease, but it can have a powerful impact. Samuel Sears, PhD, is a world authority on the subject, and his lively, informative presentation emphasizes the importance of learning new skills to survive when faced with not only health issues but any life stressor. Make plans to join us for this highly popular and well-attended event.

### A Healthy Heart

Rotating weekly classes are available to cardiac rehab patients as well as community members who wish to learn ways to live a healthy lifestyle. Sessions are FREE and range from benefits of exercise and proper medication practices to healthy heart diet, stress management and much more! Participants have the opportunity to form bonds with others in the program. For more information, please call 449-5930.



September/October 2016

# Calendar of Events



## Health Education

### ■ Dinner with a Doc

Dr. Anthony Jackson & Dr. Krista Follmer

Thursday, September 29 | 6:00pm

Mako Mike's, Kill Devil Hills

Did you know that the Outer Banks now have their own full-time Ear Nose and Throat specialist as well as an audiologist to assist with hearing difficulties from newborn on up? Come meet, and learn about the services offered by, Dr. Anthony Jackson and Dr. Krista Follmer. Dinner will be served. Seating is limited. Call 449-7300 to register.

### ■ Cancer Lunch and Learn: "Colorectal Cancer: The Role of Vitamin D, Calcium, and Low-Dose Aspirin"

John Baron, MD, MS, MSc

Friday, September 30 | 12:00noon-1:00pm

OBH Cancer Resource Center

Lunch will be served. Seating is limited. Call 449-7300 to register.

### ■ Pink Power Event

Wednesday, October 19 | 6:00pm

Jennette's Pier, Nags Head

Join OBH for this fun and informative dinner just for ladies. Enjoy a healthy meal and be inspired by Susan Sparks, a trial lawyer turned stand-up comedian and Baptist minister, who is also a breast cancer survivor. Dinner will be served. Seating is limited. Call 449-7300 to register.

### ■ Cancer Transitions: Moving Beyond Treatment

Tuesday, October 25 | 5:00pm-7:30pm (Four-Session Series)

OBH Cancer Resource Center

For patients who have completed cancer treatment, the Cancer Transitions program addresses many of the physical, psychosocial and practical issues that patients and loved ones face. Each session includes a light, healthy dinner, and patients are encouraged to bring one caregiver. Call 449-4554 to register.

### ■ Cancer Lunch and Learn: "Finding Reliable Cancer Support Resources"

Jenny Hanspal, RN, BNS, OCN

Friday, October 28 | 12:00noon-1:00pm

OBH Cancer Resource Center

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



Open to the public. Make an appointment for a health screen at one of the events listed below by calling 449-7300.

Thursday, September 8 | 8:00am-11:00am

(Flu Vaccines & Wellness Screens) Walgreens, Kill Devil Hills

Saturday, September 24 | 8:00am-11:00am

Manteo Farmer's Market, Manteo

Thursday, October 6 | 10:00am-1:00pm

Max's Pizza, Kitty Hawk

### ■ Skin Cancer Spot Checks Only

Tuesday, September 13 | 10:00am-12:00pm

Lowe's Home Improvement, Kill Devil Hills

Tuesday, September 27 | 1:00pm-3:00pm

Kitty Hawk Kites, Nags Head

### ■ Free Flu Vaccinations for Adults 18+

Friday, October 21 | 7:30am-11:00am

The Outer Banks Hospital, Nags Head

Friday, October 28 | 7:30am-10:30am

OBH Urgent Care, The Marketplace, Southern Shores

## Community Events

### ■ Gentle Chair Yoga

Wednesdays in September and October | 1:15pm-2:15pm

September 7, 14, 21, 28 | October 5, 12, 19, 26

OBH Cancer Resource Center

Cancer survivors and those with chronic illness are invited to participate in our gentle chair yoga program. For more information and to register, call 449-4554.

### ■ Advance Care Planning Events

Thursday, September 8 | 5:30pm-7:00pm | OBH Cancer Resource Center

Dinner will be served. Seating is limited. Call 449-7300 to register.

Friday, October 14 | 11:30am-1:00pm | OBH Cancer Resource Center

Lunch will be served. Seating is limited. Call 449-7300 to register.

Vidant Health and the Hospice Foundation of America (HFA) will host community screenings of PBS's *Frontline* Special Report, *Being Mortal*.

Tuesday, September 20 | 6:00pm-7:00pm | Baum Center, Kill Devil Hills

Thursday, September 29 | 1:00pm-2:00pm | Fessenden Center, Buxton

Tuesday, October 25 | 2:30pm-3:30pm | Dare County Center, Manteo

Give your family the best gift by communicating and documenting your care preferences for the future in an Advance Directive. Step-by-step guidance provided free of charge.

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

3rd Wednesday of Every Month | 4:00pm

September 21 | October 19 | OBH Cancer Resource Center

Taking care of your emotional health helps to manage your COPD or other lung disease. Share your thoughts with others who understand the challenges. Call 449-7300 to register.

### ■ Look Good, Feel Better

Monday, October 3 | 2:00pm-4:00pm | OBH Cancer Resource Center

Local licensed beauty professionals will show you how to use makeup and skincare products to bring back your natural beauty and lift your spirits. Provided free of charge to women in active cancer treatment. Reserve your space today by calling 449-4554.

### ■ Get Pinked! And More Party

Friday, October 21 | 7:00pm-10:00pm

Kelly's Restaurant & Tavern, Nags Head

Call 449-5933 for tickets and details.



### ■ Walk Against Addiction & Medicine Drop Drive-Thru

Saturday, September 10 | 9:00am-12:00noon

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.

### ■ 6th Annual OBX Pridefest

Saturday, September 10 | 12:00noon-6:00pm

First Colony Inn, Nags Head

Free, family-friendly event with concerts, local arts and crafts, and more!

### ■ American Red Cross Blood Drive

Thursday, September 15 | 10:00am-2:00pm | OBH Lobby

Register online to donate — [www.redcross.org](http://www.redcross.org) — keyword search OBXHospital.

### ■ Latino Fest

Sunday, September 18 | 11:00am-6:00pm

First Flight High School, Kill Devil Hills

Free! The Outer Banks Hospital Health Coach will be on-site providing free flu vaccines.

### ■ OBX Alzheimer's Walk

Saturday, October 1 | Registration 9:30am; Walk 10:00am

Spring Arbor, Kill Devil Hills

Call 449-4455 for more information.

### ■ 2016 Outer Banks March for Babies

Saturday, October 29 | Registration 1:30pm; Walk 2:30pm

The Elizabethan Gardens, Manteo

Call 573-9035 for more information.