

THE
OUTER BANKS HOSPITAL

Health Coach

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

Caring for Your Colon



Your colon works hard for you. The colon helps process and absorb nutrients that sustain life. It also re-absorbs fluids and eliminates waste from your body.

There are many threats to the health of your colon, with one of the most serious being colon cancer.

March is Colon Cancer Awareness Month and there are a few things we want to make sure you know.

First, there are effective screening tests for colon cancer that allow colon cancer to be detected early when a cure is more likely.

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Second, the majority of adults age 50-75 – two out of three to be exact – are getting screened for colon cancer. Third, access to screening is just a phone call away.

Regardless of your age, if you are having symptoms such as blood in your stool, a change in bowel habits,

narrow stools, unexplained weight loss; or any other concerns related to digestion – see your healthcare provider.

If you are age 50-75, join the majority of your peers who are already taking advantage of colon cancer screening. A great first step is to call your healthcare provider to schedule your annual wellness exam. During this visit, discuss cancer screening, including Colon Cancer Screening.

The following tests are approved for Colon Cancer Screening by the US Preventive Services Task Force:

1. High sensitivity Fecal Occult Blood Test (FOBT) every year
2. Sigmoidoscopy every 5 Years, with high sensitivity FOBT every 3 years
3. Screening Colonoscopy every 10 years

The best screening test is the one you are willing to get in accordance within the timing guidelines.

That said, colonoscopy is the Gold Standard screening for two reasons. First, during a colonoscopy, the physician performing the screening will remove pre-cancerous polyps. This occurs in about 25% of low-risk, screening colonoscopies. That's right! One out of four, screening test turn into a procedure where "pre-cancerous growths are removed and cancer is prevented. Colonoscopy is also the gold standard because if your colon is healthy, you may only need the test three times in your lifetime.

The FOBT is an effective screening tool that some people may prefer. This test requires a stool sample, rather than a procedure. If you have concerns about having a colonoscopy, talk with your healthcare provider about your options. Having a FOBT screening is certainly preferable to having no screening at all. Most insurance companies will still cover the cost of a colonoscopy after a positive FOBT, but call your insurance company just to be sure.

Join your peers and get screened for Colon Cancer. Remember, you have options so talk to your healthcare provider. The best screening test is the one you will get!

Straight Talk from the Doc

Dr. Van Martin

Outer Banks General Surgery

Deciding to schedule your colonoscopy is a big decision. It's like many decisions you make – you know it is the right thing to do – but it takes courage and preparation. No pun intended.



Knowing that you are in good hands helps make the decision easier.

In 2016, we conducted a quality study of our colonoscopy program at The Outer Banks Hospital. This study was part of our American College of Surgeons Commission on Cancer Accreditation process.

What did we learn from this self-study? We learned that The Outer Banks Hospital provides high quality colonoscopy services. In fact, when compared to national quality goals, we met or exceeded every mark. For example, 98% of our colonoscopies have adequate bowel prep so that the colon lining is clearly visible. Also, during 98% of our screenings, the surgeon was able to examine the entire colon. The expected adenoma (pre-cancerous growth) detection rate is 25%. Remarkably, our study revealed that our surgeons detected adenomas in 42% of cases reviewed.

Bottom line – we work hard to provide high quality colonoscopies. Scheduling a colonoscopy is a great decision. Once you've made it, rest assured that we are just as prepared as you are and we will take good care of you.

50 is Nifty! It's Time for Your Colonoscopy.

If you have celebrated your 50th birthday, it's time to schedule your colonoscopy. Board certified surgeons perform colonoscopies at The Outer Banks Hospital almost daily.

Scheduling your screening is easy. Call Outer Banks General Surgery at 252-449-9120.



See reverse side for dates and times of our free colon cancer screening opportunity. Known as the Fecal Immunochemical Test (FIT), this option allows you to perform the test in the comfort of your home.

Health Education

■ Lunch and Learn: The Outer Banks Hospital Tobacco Treatment Program

Featuring Marielle Silk, FNP-BC and Stephanie Ryder, Certified Tobacco Treatment Specialist

Thursday, April 19 | Noon-1:00pm | OBH Port Room

The Outer Banks Hospital Tobacco Treatment Program offers specialized treatment on an individualized basis to help you confidently quit using tobacco products. Along with the help and support of our Certified Tobacco Treatment Specialists, this program is an excellent resource and opportunity for community members to break the tobacco habit.

Save the Dates!

■ Cancer Lunch and Learn: Topics to Be Announced

Friday, March 16 & Friday, April 27 | Noon-1:00pm

OBH Cancer Resource Center

Lunch and Learn lectures are geared toward cancer patients, survivors, family, friends, and care givers/supports but anyone interested in learning more about cancer is welcome to join us. Topics will be added to events page on www.theobh.com when announced. Lunch will be served. Seating is limited. Call 449-7300 to register.

■ Advance Care Planning: Let's Talk About Your Wishes

Featuring Dr. Vern Metcalf and Dr. Christine Petzing

Wednesday, March 14 | 6:00pm-7:30pm

Rooster's Southern Kitchen, KDH

Many people's preferences for the kind of care they receive change and evolve once they receive a diagnosis or experience decline. Learn what steps you can take to make sure your values and priorities are honored at every step in this journey. Heavy appetizers will be served and seating is limited. Register in advance by calling 449-7300.

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.

■ Colon Cancer Screening

No appointments necessary. OBH Outreach is offering a free colon cancer screening using the Fecal Immunochemical Test (FIT). The screening is a **two-step process**. You will pick up your test kit and receive instructions at the pickup location. Then, just a few days later, you will return your kit with sample to the screening location, where you will receive your results within 10 minutes.

Step 1: Pickup Location

Friday, April 6 | Noon-3:00pm | Dare Center

Step 2: Drop Off

Monday, April 9 | Noon-3:00pm | Dare Center

■ Revitalize Your Senses

Friday, April 20 | 8:00am – 11:00am

Senior Games | Baum Senior Center

Come and get acquainted with physicians and providers of The Outer Banks Hospital and Medical Group! This fun and free 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! Health Coach will be on-site offering free Wellness Screens.

Community Events

■ Annual Outer Banks Caregiver Education Conference: "Caregiving Around the Clock"

Thursday, March 8 | 8:15am-4:45pm

Ramada Plaza Nags Head | 1701 S. Virginia Dare Trail, Kill Devil Hills

The Healthy Carolinians Dementia Task Force and Albemarle Commission Area Agency on Aging is proud to host the Annual Outer Banks Caregiver Education Conference that will provide caregivers with information, coping strategies, and resources to better manage their day-to-day caregiving responsibilities. For more information, please contact Dianne Denny at 252-449-4455.

■ Look Good, Feel Better

Monday, March 12 | 2:00pm - 4:00pm | Cancer Resource Center

Local licensed beauty professionals will show you how to use makeup and skin care 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 449-8265.

■ Prepared Childbirth and Breast Feeding Support

Mondays in April & May | 7:00pm-9:00pm

April 2, 9, 16, & 23 | May 7, 14, 21, & 28 | OBH Port Room

Classes are offered each month; the first three classes are about childbirth education. The last class is about breast feeding support. Classes are free of charge for any patient. For more information about when to take the class and to register, call 449-5690.

■ Advance Care Planning Education and Clinics

Please call 475-0905 for additional information.

Dare Center | 950 Marshall C. Collins Drive, Manteo

March 21 | 5:30pm-7:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

April 5 | 10:00am-11:30am

■ Med Drop Drive-Thru

The Marketplace, Southern Shores

Monday, April 9 | 9:00am-12:00pm

Unused/unwanted prescription or over-the-counter medications will be collected by the Dare County Sheriff's Department.

■ Gentle Chair Yoga

Fridays in March & April | 12:00pm-1:00pm

March 2, 9, 16, 23 | April 6, 13

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 Lung Association Better Breather's Club

Third Monday of Each Month

March 19 and April 16 | 12:00pm-1:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Taking care of your emotional health is a key part of managing lung disease. The Better Breathers Club sponsored by The OBH offers a place to share your thoughts with others who know what you are going through. Call 449-7300 to let us know you are coming!



■ American Red Cross Blood Drive

Monday, April 23 | 10:00am-2:00pm | OBH Lobby

Donating one pint of blood can help save up to three lives! Register online to donate at www.redcross.org and use the keyword search *OBXHospital*.

Over the Counter Medicine Giveaway Day

Friday, May 11 | 10:00am-3:00pm | Manteo

NC MedAssist, The Outer Banks Hospital and Community Care Clinic of Dare present the 3rd annual Over the Counter Medicine Giveaway in partnership with Kids Fest, hosted by Children & Youth Partnership for Dare County. Families and individuals in need will be able to select medications at no cost to them. Call 449-5933 for location and details.

Supported with funding from The OBH Community Benefit Grant program.