



THE  
OUTER BANKS HOSPITAL

# Health Coach

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

## Making Health and Wellness a Lifelong Journey



It seems that no matter where we turn these days, there are messages about what we should and shouldn't do to stay healthy. While much of it is common sense (eat right, get exercise, drink plenty of water, avoid tobacco products), the number of do's and don'ts can seem overwhelming.

Plus, over the past year, COVID-19 has increased the influx of health information.

Sometimes it seems easier to just tune it all out. Instead, pay particular attention to these health and wellness "must do's."

### Annual Checkups and Screenings

That annual visit with your healthcare provider is a great opportunity to get up-to-date information about your blood pressure, blood glucose, cholesterol, and triglyceride numbers,

as well as your body mass index. These numbers are key indicators of your health and wellness. Discussing these along with any changes you've noticed in your body or mind will help you and your doctor zero in on the things you can do to help maintain or improve your health. The last thing we should do is ignore these health indicators or changes in our body.

Likewise, as we age, certain regular health screenings are recommended so we can discover disease early, before it becomes complicated or, worse, life-threatening. Some diseases, like colon cancer, may not cause symptoms in the early stages. A routine screening can detect a colon polyp (growth) before it becomes cancerous, and it can be more easily removed.

The same goes for those annual mammograms. It's important to remember that most women who get regular mammograms have normal

results returned. But for the screenings that do detect an abnormality, early detection is key to a better outcome.

### Listen to Your Body

Paying attention to the signals our bodies give us is essential to health and well-being. For instance, if there's something that feels different, like changes in being able to see, talk, walk, think clearly, or communicate, or if you have chest pain or shortness of breath, you need to call 911. Don't wait to see if the symptoms go away. If it's a stroke or heart attack, medical care is needed right away.

Being disciplined about your annual checkups and screenings as well as vigilant about your body's signals is a solid approach to preserving your well-being. Know that The Outer Banks Hospital and Medical Group are here for you and that COVID-19 protocols are in place. It's as safe as ever to partner with us on your lifelong health and wellness journey. ■

## Chris Coleman's Story

"I'm very, very lucky," shares Chris Coleman, a family nurse practitioner in The Outer Banks Hospital Emergency Department (TOBH ED). Coleman, a 10-year veteran in the ED, was working a normal shift back in May 2019 when she stood up and suddenly experienced a headache and dizziness. She didn't feel well but attributed it to not eating or drinking enough water that day. "We were very busy that shift, but then all of a sudden I was out," she recalls. Coleman experienced a hemorrhagic stroke caused by a weakened vessel that ruptured and bled into the surrounding brain tissue.

"I can easily see how folks stay home, because you don't automatically think it's a stroke. You may attribute it to a variety of things and keep going. But you can't; you have to address it," emphasizes Coleman. "I think about the fact that if I were at home when the symptoms occurred, I probably would have laid down and had a very different outcome."

Coleman's coworkers quickly realized the situation and immediately implemented the code stroke training and protocols of a certified Acute Stroke Ready Hospital. "The team in the ED that day was



**Chris Coleman, FNP, is forever grateful for the immediate action her teammates in the Emergency Department provided one day back in May 2019.**

excellent," said Linda Smith, RN, ED assistant nurse manager and stroke coordinator for TOBH. "Their quick thinking along with our stroke protocols and training were reflected in the efficient care that Chris received."

"I always look for an opportunity to say thank you," says Coleman. "Dr. Nicole Saffell and the team in the ED, the radiologist, the transport team, the Vidant Health neurosurgery team, and our rehabilitation group are all spectacular and not only saved my life but my way of life... they did everything they could to get me through."



March/April 2021

# Health Coach



## Education, Support and Community Events

### ■ Blood Connections Blood Drive

Saturday, March 6 | 10:00am-3:00pm  
Outer Banks Family YMCA | 3000 S. Croatan Hwy, Nags Head

Wednesday, April 14 | 8:00am-1:00pm  
The Outer Banks Hospital | 4800 S. Croatan Hwy, Nags Head

The Blood Connection will be hosting two community blood drives on the Outer Banks. All donors will receive free COVID-19 antibody testing and a VISA gift card. All donors are asked to make an appointment to best control social distancing. For more information, please call 252-449-4529.

**TBC DONOR CARD OR PHOTO ID REQUIRED.**

**Scan to make an appointment!**

or visit  
[donate.thebloodconnection.org](https://donate.thebloodconnection.org)

### ■ Med Drop Drive-Thru

Wednesday, March 17 | 12:30pm-3:30pm  
Southern Shores Crossing | 1 Ocean Blvd, Southern Shores

Unused/unwanted prescriptions or over-the-counter medications will be collected by the Dare County Sheriff's Office for proper disposal.

### ■ Stroke: BE FAST to Know the Signs

Friday, April 16 | Noon-1:00pm



Join us for an interactive virtual event featuring Linda Smith, RN, Emergency Department assistant nurse manager and stroke coordinator. Learn about the warning signs of a stroke, risk factors, and how to get help if you think you are experiencing a stroke. Please use the QR Code on the left to access additional information and to register, or call 252-449-4529.

### ■ Diabetes Prevention Program – New Class Starting Late Spring/Early Summer

If you have been identified as prediabetic, join our FREE yearlong diabetes prevention class. Participants will learn how to make lasting lifestyle changes and receive support through these changes with the goal of preventing the onset of type 2 diabetes. Classes include cooking demos, guest speakers, giveaways, and more! For more information, contact Alex Batschelet at 252-475-5069 or by email at [alex.batschelet@darenc.com](mailto:alex.batschelet@darenc.com).

### ■ Drive-Thru Over the Counter Medication Giveaway

Saturday, May 15 | 9:00am-2:00pm  
Community Care Clinic of Dare | 425 Health Center Drive, Nags Head

Monday, May 17 | 10:00am-1:00pm  
Fessenden Center | 46830 NC-12, Buxton



Good news! Through our Hospital's Community Benefit Grants Program, we will again partner with NC MedAssist to bring back the FREE Over the Counter Medicine Giveaway events! Community members will complete an online order form prior to the events. On the giveaway days, participants will attend the drive-thru events to pick up their free over the counter medicine items and find out more about the NC MedAssist Free Pharmacy Program. For more information and to register, please use the QR code above.

### ■ Stroke Support Network – Coming Soon!

The stroke support network will be held virtually on a monthly basis, providing socialization, support, and education for people who have had a stroke. This group will be open to stroke patients, their families, and loved ones. For questions or to preregister, call Robin South at 252-449-4554.

### ■ Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming, and the journey through treatment and beyond is challenging for everyone involved. That's why The Outer Banks Hospital offers several free programs and support groups for people affected by cancer.

#### Support Groups:

Coping with Cancer Support Group – meets on the 2nd Wednesday of each month from 11:00am-Noon

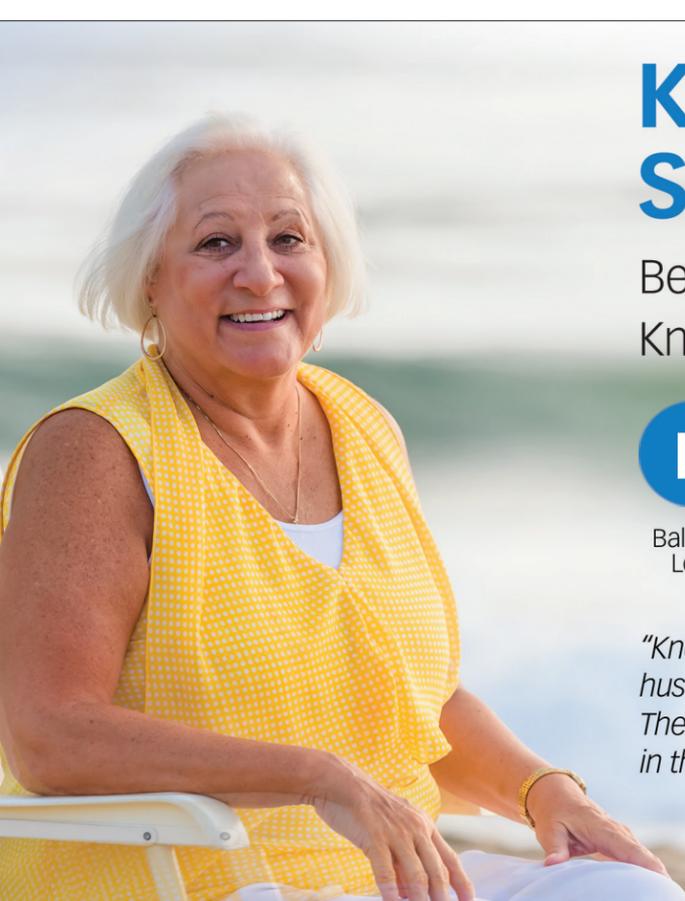
Breast Cancer Support Group – meets on the 3rd Wednesday of each month from 11:00am-Noon

Caring for the Caregiver – meets on the 4th Wednesday of each month from 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or [Janet.Creef@theobh.com](mailto:Janet.Creef@theobh.com).

#### Look Good, Feel Better

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now being offered virtually, licensed beauty professionals will show you how to use makeup and skincare products to bring back your natural beauty and lift your spirits. For more information or to register for a virtual session, please contact Marie Neilson at 252-449-5935 or by email at [Marie.Neilson@theobh.com](mailto:Marie.Neilson@theobh.com).



## Know the signs of a stroke. Save your way of life.

Be fast! Minutes count when stroke symptoms appear.  
Know the "BE FAST" signs.



**B**  
Balance Loss

**E**  
Vision Changes

**F**  
Face Drooping

**A**  
Arm Weakness

**S**  
Speech Difficulty

**T**  
Time to Call 911

*"Knowing that I was having a stroke and immediately asking my husband to call 911 enabled me to quickly receive treatment at The Outer Banks Hospital. I know that it made a huge difference in the rest of my life." – Dianne Denny, Kill Devil Hills resident*



**An Acute Stroke Ready Hospital**