



THE OUTER BANKS HOSPITAL Health Coach

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

Break Free from the Burden of Urological Issues



Urological conditions can affect your lifestyle and significantly reduce your confidence. Being able to live each day without worrying about bladder control or prostate issues is key to our quality of life. The effort that often goes into planning activities around restroom locations often prevents us from living life to the fullest.

When a healthcare specialist isn't available close by, it's tempting to think, "I'll just wait to get this checked out." That's why it's a comfort to know that urological health issues can be evaluated and treated right here on the Outer Banks.

Dr. Amanda Pond of Outer Banks Urology in Nags Head takes a holistic approach to patient symptoms and

considers lifestyle factors that may be contributing to urinary issues.

"Sometimes it's a bladder issue and sometimes it's not. It could be lifestyle, the type of fluids people drink, or even bowel issues," explains Dr. Pond. "Sometimes, it's other medical issues like diabetes or cardiovascular disease or various medications that patients take," she says. "I really try to get the big picture with my patients, because if I just treat them for a bladder issue, they may not get better."

When lifestyle changes aren't sufficient, there are a number of medications that can alleviate symptoms. Pelvic floor therapy, which is a non-invasive treatment offered through The Outer Banks Hospital Outpatient

Rehabilitation Center in Nags Head, is a therapy that can help alleviate bladder symptoms.

If these approaches aren't adequate, Outer Banks Urology also offers the surgical option of the Medtronic InterStim™, an implantable device that regulates the electrical activity the brain receives in order to mitigate an overactive or underactive bladder.

Likewise, men who suffer symptoms from an enlarged prostate (such as intermittent stream or dribbling) may benefit from lifestyle changes,

medications, or a minimally invasive procedure with the Urolift® System that is performed in the office. Used to "open up" the channel, it takes about ten minutes and does not require anesthesia.

Outer Banks Urology also offers patient-focused care for urinary tract infections (UTIs), kidney stones, prostate cancer, bladder cancer, kidney cancer, and vasectomies.

For more information or to make an appointment, call Outer Banks Urology at 252-449-5965. ■

Straight Talk from The Doc About Kidney Stones



Amanda Pond, MD | Outer Banks Urology

A common problem I see among my patients is kidney stones. In most cases, they can easily be prevented by staying properly hydrated—and avoiding teas and dark-colored soft drinks, because they tend to have more phosphoric acid. I also advise my patients to limit animal protein intake (less than six ounces per day) and keep sodium levels low.

As part of a kidney stone diagnosis, patients can undergo a 24-hour urine analysis to identify any abnormalities or high levels of calcium or uric acid. There are various things we can look at in the collection to help pinpoint certain factors that we can target to help prevent stones.

Treatment options include medications to prevent or slow the growth of stones, and shockwave lithotripsy, which shocks the stone from the outside. Or we can physically laser the stone from the inside. Both options break up the stone and both can be performed at The Outer Banks Hospital.

Is an overactive bladder keeping you from doing what you love?

Outer Banks Urology offers the Medtronic InterStim™ system, a procedure that can restore function for urinary control in both men and women.

Get back to living your life without the complications caused by an overactive bladder. Call Outer Banks Urology today.

Call 252-449-5965
to schedule an appointment.

103 East Mall Drive | Suite A
Nags Head | TheOBH.com



A VIDANT MEDICAL GROUP PARTNER





Spring 2021

Health Coach



Education, Support & Community Events

■ Living Well with Diabetes

Wednesday, May 12 | 11:00am-Noon



Join us for an interactive virtual event with diabetes experts from the Dare County Department of Health & Human Services and The Outer Banks Hospital's Center for Healthy Living. Learn from our presenters about what insulin resistance is, the ABCs of diabetes and the importance of knowing your numbers. Also learn about diabetes monitoring, prevention and resources to help you live well with diabetes. To register, please visit the QR code above to the left or call 252-449-4529.

■ 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



Through our Hospital's Community Benefit Grants Program, we are excited to 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 visit the QR code above.

■ Break Free from Urological Issues

Friday, June 4 | Noon-1:00pm



Join us for an interactive virtual event featuring The Outer Banks Hospital and Medical Group's board certified urologist, Dr. Amanda Pond. She will speak about today's top urological challenges facing men and women and discuss the latest treatments for each. To register, please visit the QR code to the left or call 252-449-4529.

■ Diabetes Prevention Program

Starting Thursday, June 10 | 11:30am-12:30pm

Virtual or In-Person Options Available

If you have been identified as pre-diabetic, 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! Registration is required. For more information, please contact Alex Batschelet at 252-475-5069 or by email at alex.batschelet@darenc.com.

■ Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming and the journey through treatment and beyond is challenging for everyone. 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 by email at 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.

■ Blood Connections Blood Drive

Saturday, May 8 | 10:00am-3:00pm

North Carolina Aquarium on Roanoke Island
374 Airport Road, Manteo

Wednesday, June 9 | 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. 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



May 8 Event



June 9 Event



A Podcast brought to you by
The Outer Banks Hospital
& Medical Group



Available on most major podcast platforms or at TheOBH.com

Make Sure Your Input Is Included in the Community Health Needs Assessment

The Community Health Needs Assessment (CHNA) Survey, conducted every three years, is an organized way to identify the greatest health needs in our community and serves as the basis to develop and implement programs and services that best meet those needs. Your input on the survey plays a vital role in decisions about how resources should be allocated and plans prioritized to best address the requirements in Dare County. Please join us by participating in this survey to voice your experience and opinion on health-related needs in our community. Use the QR code to the right to access the survey. For questions or more information, call 252-449-4529.

