

HEALTH

matters

February 2012



Health Education Classes

Lunch & Learn: Integrative Medicine in Oncology, February 24

Outer Banks Hospital Cancer Resource Center • 12:00noon-1:00pm
Join Gary Asher, MD, MPH for an informative discussion about integrative medicine practices that may benefit cancer patients. A complimentary lunch will be provided. Seating is limited. Call 449-8265 to register.

Dinner With A Doc: Ladies Night at OBH, February 28

OBH Education Suite, Medical Office Building, 2nd Floor • 6:00pm
Life is too short to live with the common problems that plague women in the prime of their lives. Are heavy periods, cramps and other uterine problems keeping you from making the most of every day? New and minimally invasive treatments are available to help you. Grab a friend and join Dr. Benjamin Winfree, OB/GYN of Nags Head Women's Care to learn about living life to its fullest with less fuss over common women's health issues. Dinner is on us. Seating is limited and pre-registration is required. Call 449-4500 to register.

Childbirth Education Classes, Mondays In February

OBH Education Suite, Medical Office Building, 2nd Floor • 7:00pm
Expectant parents will enjoy this informative class, which is free. Call Lisa McGaha at 449-5690 to register.

Health Screenings

Free Heart Health Screenings, Thursdays in February

Feb. 2nd, 9th, 16th & 23rd
Outer Banks Hospital Lobby
• 8:00am-10:00am

Free Heart Health Screenings include cholesterol, blood pressure, glucose and body mass Index. Registered Dietician Karla Coughenour will be on hand to interpret screening results and provide counseling. No appointments necessary.

Free Screening Mammograms, February 29

Outer Banks Hospital • 3:00pm-7:00pm
Free Screening Mammograms for uninsured and underinsured Dare County residents. This program is funded by the Get Pinked! Campaign. Clinical breast exams and mammogram prescriptions for this monthly program are provided by the Dare County Dept. of Public Health. Pre-screening and appointment required. Call 449-5918 for details.



February HEALTH TIP:

Be Heart Smart! Get regular check ups and know your numbers - cholesterol, blood pressure, heart rate and body mass index. See your doctor or take advantage of the free heart health screenings this month at OBH. Eat foods high in fiber and low in saturated fats. Fruits, vegetables and whole grains are high in fiber. Limiting fatty meats and fried foods will help you lower your intake of saturated fats. Get moving. Regular physical activity is a must to keep your motor running. Walk, ride a bike, swim, surf, mow the lawn. Move your body regularly and get your heart rate up. It's that simple. Last, but not least, maintain a healthy weight. The more extra weight you carry around, the harder your heart has to work.

Support Groups

The Juvenile Diabetes Support Group, February 7

The Outer Banks Hospital, 3rd Floor Conference Room • 6:00pm
Children with diabetes and their families have the opportunity to get to know one another and learn more about managing diabetes. For more information, call Karla Coughenour, MA, RD, LDN at 449-7301.

Community Events

After Dark at All Saints: Injury Prevention and Basic First Aid, February 8

All Saints Episcopal Church • 7:00pm-9:00pm
Join representatives from The Outer Banks Hospital's Emergency Department and learn more about basic first aid and preventing injuries and infections. Call All Saints Episcopal Church at 261-6674 for more information and to register.

"Have Heart - Wear Red!" Ladies Luncheon, February 21

Jennette's Pier, Nags Head • 11:30am-1:30pm
The Outer Banks Hospital, Vidant Health and Dominion NC Power present America's Nutrition Leader, author and TV Host Zonya Foco. Zonya will talk about nutrition and exercise for a healthy heart. Wear red to celebrate women's heart health. Complimentary catered lunch, door prizes and gifts. Please call 449-4500 to register. Visit Zonya.com for more information about the guest speaker for this event.



Outer Banks Parenting EXPO, Presented by Mommy and Me February 25

Outer Banks Family YMCA • 10:00am-3:00pm
The Outer Banks Parenting EXPO will offer information, resources and products for raising children ages 0-5. Do you have questions about childcare, health, social and intellectual development? Get answers at the EXPO! Healthcare practitioners from The Outer Banks Hospital will provide information about keeping your children healthy.

FEBRUARY IS Wise HEALTHCARE CONSUMER MONTH

A major focus here at the Outer Banks Hospital is what we call "Patient Family Centered Care." Simply put, when you are here, YOUR care revolves around YOU! Being a wise healthcare consumer means keeping us on our toes and making sure that YOU are the center of attention on your healthcare team. We are doing our part to create a Patient Family Centered Care culture here at The Outer Banks Hospital. Thank you for holding us accountable.

Healthcare providers have a responsibility to show dignity and respect to you and your family; encourage communication with you and your family; encourage and support your participation in treatment options, medications, tests, etc. and encourage collaboration between all members of the healthcare team.

As a wise healthcare consumer, you understand that you are a vital part of the healthcare team and you will not accept being treated any other way. You are responsible for sharing information with clinicians and being informed. If you have questions, ask. Be sure to play an active role in your care.

Be a wise healthcare consumer and hold us accountable for our part! Talk openly to all members of your healthcare team, be informed, and if you don't understand, ASK. Working together, we can improve your experience and health outcomes.



THE RIGHT CARE. RIGHT HERE.
www.theobh.com
252.449.4500

Milepost 14 | 4800 S. Croatan Hwy. | Nags Head
The Outer Banks Hospital is a partnership between Vidant Health and Chesapeake Regional Medical Center.

March 2012

10th Anniversary Open House & Wellness Day

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Wednesday, March 21

OBH Lobby • 8:00am-6:00pm

We are celebrating our 10 Year Anniversary and A Decade of Care by hosting a Community Open House. There is something going on all day and many reasons to stop by your community hospital to experience first hand how hospitals are places of health and wellness. Booths will be set up to provide information about health services available all over Dare County.

Start Your Day Off Right: 8:00am-10:00am

Enjoy a healthy breakfast in our lobby. You'll receive healthy recipes and learn more about the importance of eating a nutritious breakfast.

Know Your Numbers: 8:00am-11:00am

Free Health Screenings provided, including cholesterol, glucose, blood pressure, body mass index and skin cancer.

Medicine Drop Drive-Thru: 8:00am-1:00pm

The Dare County Sheriff's Office will collect unwanted prescription and over-the-counter drugs. Look for the Town of Nags Head's Mobile Command Trailer in The Hospital's North Parking lot, adjacent to the 158 Bypass.

Shake, Rattle and Roll: 10:00am -12:00noon

Learn how to keep your body upright and pain free. OBH Rehabilitative Services Staff will be on hand to provide information about posture, ergonomics, healthy sitting positions, stretching and home safety.

Lunch and Learn: 50 is the New 35

12:00noon-1:00pm

Join us for lunch and a physician led panel to talk about maintaining your youthfulness as you celebrate 40, then 50, then 60+ years of age. Men and women 40 plus will enjoy this lunchtime opportunity to have an open dialogue about maintaining health and vitality. Lunch is on us and pre-registration is required. Call 449-4500 to register.

Afternoon Siesta: 1:00pm-3:00pm

Rest and relaxation is important to maintaining a healthy mind and body. Come learn more about healthy sleep habits, tips to help you get a better night's sleep, relaxation and stress management. Yoga, seated massage and more.

Meet the Leadership: 2:00pm-3:00pm

Enjoy cookies, cake and punch. This is your opportunity to meet the key leaders of your community hospital.

Teddy Bear Time: 3:00pm-5:00pm

Bring the kids! They can play doctor in our teddy bear hospital and take home a teddy bear of their own. Physicians and nurses will be on hand with information about child health. Free child health screenings will be provided.

Hospital Tours: All Day, Every 30 Minutes

These leadership led tours will give you a sneak peak into most of the places and spaces of your community hospital. Are you retired from health care, an ER fan, new to the community or have never been inside? Join us for a tour of your local hospital.

For more information about the 10th Anniversary Community Open House, please contact Amy Montgomery at 449-4516.

Health Screenings

Free Screening Mammograms, March 28

Outer Banks Hospital

• 3:00pm-7:00pm

Free Screening Mammograms for uninsured and underinsured Dare County residents. This program is funded by the Get Pinked! Campaign. Clinical breast exams and mammogram prescriptions for this monthly program are provided by the Dare County Dept. of Public Health. Pre-screening and appointment required. Call 449-5918 for details.



Community Events



Kelly's St. Patrick's Day Parade, March 18

Beach Road, Nags Head • 1:00pm

The Kelly's St. Patrick's Day Parade is a community favorite. Celebrating The Outer Banks Hospital's 10 Year Anniversary and A Decade of Care, this year's parade theme is "Health is Happiness!" Following a traditional Irish blessing, each petal on the shamrock represents a wish... for good health, good luck and much happiness. May all your wishes come true and may you have the luck of the Irish in health and happiness. We look forward to celebrating a Decade of Care and many more with you at the Kelly's St. Patrick's Day Parade!

Baby Birthday Party, March 24

Outer Banks Hospital Lobby • 1:00pm-3:00pm

The Outer Banks Hospital invites all babies born in 2011 to a fun and festive birthday party. Birthday cake, punch, games, music, give-aways, information and resources for young families.

Support Groups

The Juvenile Diabetes Support Group, March 6

The Outer Banks Hospital, 3rd Floor

Conference Room • 6:00pm

Children with diabetes and their families have the opportunity to get to know one another and learn from each other. For more information, call Karla Coughenour, MA, RD, LDN at 449-7301.

Health Education Classes

Dinner with the Dietician: Healthy Nutrition Habits for Children & Teens, March 8

OBH Education Suite, Medical Office Building, 2nd Floor • 6:00pm

March is National Nutrition Month. Join Karla Coughenour, Registered Dietician to discuss ways to help children and teens maintain a healthy weight and grow to their potential. Karla will provide tips and tools to get you and your family on the right track. You'll also learn about free nutrition counseling available at The Outer Banks Hospital. This is a family-friendly event. Seating is limited and pre-registration is required. Call 449-4500 to register.

Lunch and Learn: Meet Dr. Cloninger, March 9

Outer Banks Hospital Cancer Resource Center • 12:00noon-1:00pm

Meet Dr. Timothy Cloninger, Outer Banks Cancer Center's new Radiation Oncologist. Get acquainted with Dr. Cloninger and welcome him to our community. Dr. Cloninger will make brief remarks about what's new in radiation treatment for cancer and answer your cancer care questions. A complimentary lunch will be provided. Seating is limited. Call 449-4500 to register.

Dinner with a Doc: Kidney, Bladder & Prostate Health, March 15

OBH Education Suite, Medical Office Building, 2nd Floor • 6:00pm

March is National Kidney Month. Join Urologist David Lustig for dinner and learn about the latest treatments available for kidney stones. Dr. Lustig will also discuss common problems such as bladder infection, urinary incontinence and prostate health. Both men and women will benefit from this informative program. Dinner is on us. Seating is limited and pre-registration is required. Call 449-4500 to register.

Childbirth Education Classes, Mondays In March

OBH Education Suite, Medical Office Building, 2nd Floor • 7:00pm

Expectant parents will enjoy this informative class. The class is free. Call Lisa McGaha at 449-5690 to register.



Celebrating
a DECADE
of CARE

March on the Outer Banks. A cold nor'easter can sandblast a windshield in seconds while the dank air penetrates layers of clothing. It was on such a night ten years ago that The Outer Banks Hospital "went live."

The moment itself was unremarkable. Professionals staffed the phones, the faxes, the computers and the exam rooms, as they have every day since the hospital opened. The emergency department treated its first patient before sunrise, as it has continued to do, 24/7 x 365. Later the same day, an expectant mother was escorted to one of the private rooms, where, in a matter of minutes, her family was with her as they waited to welcome a baby into the world.

The days and weeks and months passed as patients were scheduled for appendectomies and hernia repairs and cataract surgeries. More and more physicians were attracted to the hospital and the staff increased to support their practices. General surgeons began to perform laparoscopic hysterectomies and stereotactic biopsies; orthopedic surgeons replaced hips and knees and repaired rotator cuffs. An urologist joined the staff and began scheduling biopsies on a regular basis.

Did the professionals staffing the hospital on that blustery dark night ten years ago realize that The Outer Banks Hospital would grow into one of the best critical access hospitals in the country?

Most likely that night their attention was on the business at hand, stitching a cut, delivering a baby, monitoring a heart rate. Their goal that night was to provide the highest quality healthcare services to each and every patient. Which has remained the mission of The Outer Banks Hospital for the past 3,652 days.