



THE OUTER BANKS HOSPITAL Health Coach

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

Get Back on the Wave to Good Health



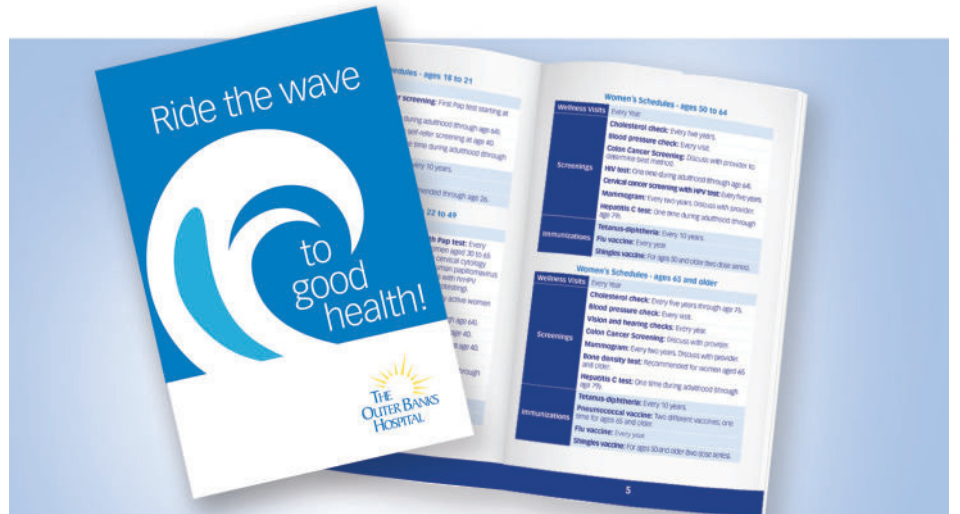
is recommended that you get it, visit darenc.com/departments/health-human-services/coronavirus/covid-19-vaccine for information on how to do so here in Dare County.

Every day is another opportunity to live healthier and to be the best version of you. That includes calling to schedule your annual wellness visit several months in advance of when you are due. The same goes for annual screenings like mammograms, pap smears, blood pressure checks, vision and hearing tests. Less frequent screenings such as HIV and hepatitis C tests, colon and prostate cancer screenings, and the abdominal aortic

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aneurysm (AAA) screening should be discussed with your provider. These are listed by age, gender and frequency for easy reference in the booklet featured below.

Let good health become a priority in your life. There's no time like today to get back on that wave, and The Outer Banks Hospital and Medical Group is here to partner with you on the ride. ■



Get your copy! Stay on the wave to good health with the recommended vaccines and health and wellness screenings listed in this booklet. Download a copy at TheOBH.com/ridethewave. Printed copies are available at The Outer Banks Hospital Information Desk.

A year ago we were wondering if the pandemic would ever let up. For some of us, being confined to our homes affected our mind, body, and spirit. Consequently, many of us may have eaten more, exercised less and skipped important health screenings.

Today we have a vaccine, we're back at work, and it's time to focus on our health. The Outer Banks Hospital is making it a little easier with our booklet titled *Ride the wave to good health!*, which includes the immunizations and health and wellness screenings recommended to maintain your health throughout adulthood. (See box to the right for information about obtaining your copy.)

We've said it before and we'll say it again, prevention and early diagnosis of disease are the best defense against things like cancer, diabetes, heart attack and stroke. You can take charge of your health by scheduling important immunizations and annual screenings. COVID-19 protocols are in place, and it's as safe as ever to partner with us on key wellness efforts.

Staying up to date on recommended vaccines is one of the best ways to maintain our health as we age. In addition to the HPV, flu, tetanus-diphtheria, pneumococcal and shingles vaccines, the list now includes the COVID-19 vaccine. If you haven't received your COVID-19 vaccine and it

Urgent Care or Emergency Room?



Urgent Care
Minor injuries
& ailments



Emergency Room
Life-threatening
conditions



You're close to feeling better.

Knowing when to visit the Emergency Department or Urgent Care is important.

To learn more, visit TheOBH.com/Where-to-Go-for-Care



November/December 2021

Health Coach



Education, Support and Community Events



■ Stroke Support Network

Tuesdays, November 2 and December 7 | 11:00am-Noon
Virtual Zoom Meeting

A stroke can be an overwhelming diagnosis. On the first Tuesday of every month, The Outer Banks Hospital is offering a free virtual Stroke Support Network for those affected by stroke. For more details and information on registration, contact Robin South, RN at 449-4554 or Robin.South@theobh.com.

■ Advance Care Planning

Tuesday, November 9 | 9:00am-10:00am
Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Do you know who would get to make medical decisions for you if you do not have a Healthcare Power of Attorney Advance Directive? Join us for a free session and learn the who, what, when, where, how and, most importantly, why of advance care planning. For more information, call 475-0905.

■ The Blood Connection Blood Drives

Saturday, November 13 | 10:00am-3:00pm
Outer Banks Family YMCA | 3000 S. Croatan Hwy, Nags Head

Wednesday, December 1 | 8:00am-1:00pm
TOBH Main Entrance | 4800 S. Croatan Hwy, Nags Head

The Blood Connection will be hosting two community blood drives in the Outer Banks. All donors will receive a \$20 e-gift card. All donors are asked to make an appointment to best control social distancing. To make an appointment, use the QR codes below. For more information, call 449-4529.

Drive-Thru to Fight the Flu Vaccine Events

Wednesday, November 3 | 1:00pm-4:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Friday, November 12 | 11:00am-1:00pm

Dare County Library – Manteo Branch | 700 US-64, Manteo

Saturday, November 13 | 10:00am-Noon

Southern Bank, Kitty Hawk | 4804 N. Croatan Hwy, Kitty Hawk

Tuesday, November 16 | 11:00am-1:00pm

Community Care Clinic of Dare | 425 Health Center Drive, Nags Head



Participants will remain in their vehicle. Our team will bring the consent form to you and then administer the flu vaccine through your open car window and/or door. Participants must be 18 years or older to receive a vaccine. Appointments are **required** for all Drive-Thru to Fight the Flu events.*

To locate additional flu vaccine clinics near you, scan the QR code above. To register, call 449-4529.

**We STRONGLY recommend that individuals ages 65+ receive the high-dose quadrivalent flu vaccine this year. Please note that this clinic does NOT administer the high-dose quadrivalent flu vaccine. Individuals ages 65+ may not be fully protected by receiving the standard-dose quadrivalent vaccine.*

■ Skin Checks

Friday, November 19 | Noon-2:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

The Outer Banks Hospital will be providing free skin checks to the Outer Banks community. The skin checks will be for one identified spot of concern; this will not be a full-body skin exam. To schedule your skin spot check appointment, call 449-4529.

■ Stroke Risk Assessments

Tuesday, November 9 | 9:00am-11:30am

Fessenden Center | 46830 NC-12, Buxton

Friday, December 3 | 8:30am-11:00am

Outer Banks Family YMCA | 3000 S. Croatan Hwy, Nags Head

Do you know if you are at risk for a stroke? The Outer Banks Hospital will be offering free stroke risk assessments to the Outer Banks community. The assessment will include blood pressure, heart rate, cholesterol, blood sugar and body mass index, and health coaching will be offered. All ages are encouraged to participate, as a stroke can impact anyone. For more information, call 449-4529.

■ American Cancer Society Great American Smokeout Day

Thursday, November 18

Quitting smoking is not easy. It takes time, support and planning. Quitting tobacco does not have to happen in one day, but November 18 can be Day One. Let the Great American Smokeout be the start of your journey toward a smoke-free life. You will be joining thousands of smokers across the country in taking an important step toward a healthier life. For support in breaking the tobacco habit, The Outer Banks Hospital's certified tobacco treatment specialists are an excellent resource for community members. For more details and information on registration, call 449-5978.

TBC DONOR CARD OR PHOTO ID REQUIRED.

Scan to make an appointment!



or visit donate.thebloodconnection.org



Nov. 13 Event



Dec. 1 Event

FUN IN THE SUN BACKYARD RAFFLE

DRAWING WILL BE
Saturday • February 12th • 2022

The Outer Banks Hospital has partnered with Kellogg Supply Co. to offer a special raffle prize. The *Fun in the Sun Backyard Raffle* offers a chance to bring your beach life to the next level!

Proceeds from the *Fun In The Sun Backyard Raffle* benefit the Hospital's Cancer Center Campaign. Tickets are \$20 each and can be purchased by scanning the QR code to the right or in person at Kellogg Supply Co. and Cottage Shop locations in Manteo, Nags Head, Kill Devil Hills and Duck.

Raffle package includes:
Wilmington Grill
Pub Table and Chairs
Sun Canopy
Yeti Cooler and Accessories
Four Beach Chairs
Beach Toys

Backyard BBQ for 20 Guests
Courtesy of Pigman's Bar-B-Que