October 2022

The Outer Banks Hospital

Health Coach

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

Should You Check In With Your Lungs?

Low-dose CT (LDCT) scans are conducted at The Outer Banks Hospital. The scan only takes a few minutes and is not painful.

For individuals who have been smoking for a long time, it's a good idea to check in with your lungs to make sure nothing abnormal, like lung cancer, has developed.

Lung cancer has the highest mortality rate of all the cancers; however, it's a fact that early detection is the key to successful outcomes and a longer life.

For years, regular chest X-rays have been a screening test for people at higher risk for lung cancer, but they haven't proven to reduce mortality rates and are not recommended for lung cancer screening.

However, over the past decade, a screening test known as a low-dose CT (LDCT) scan (or Lung-O-Gram, as we like to call them) has been studied, and the research demonstrates that, unlike chest X-rays, *annual* LDCT scans done on people at higher risk for lung cancer can save lives.

Historically, most lung cancers are discovered at stages 3 and 4. That's why The Outer Banks Hospital (TOBH) has made early detection through annual screening a top priority for our community.

"We know that the majority of lung cancer patients are current or former smokers," noted Charles Shelton, MD, TOBH radiation oncologist. "It's a national crisis, and health systems should focus on increasing early detection with ***annual*** LDCT screening of this population."

Shelton emphasizes the word "annual" because it's not one and done. "Annual screening, like an annual mammogram, increases the odds for detecting abnormalities in the lungs when they develop. That gives the patient a huge advantage over this disease."

If you're a current or former smoker over the age of 50, you could meet the high-risk eligibility criteria for the LDCT scan. See the boxed item below for information or ask your provider if you qualify. ■

Who Should Be Screened for Lung Cancer?

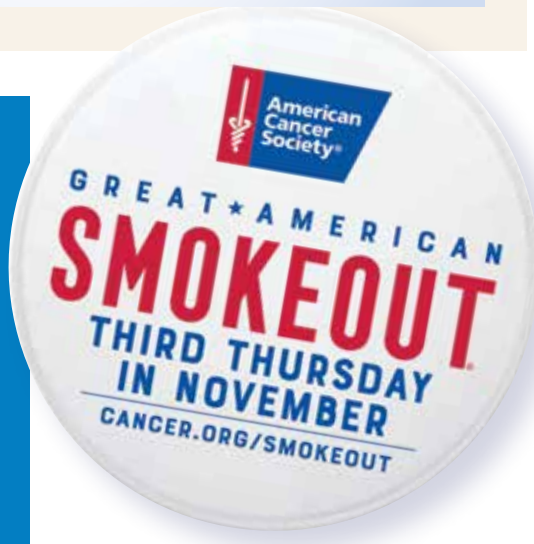
First, it's important to note that "screening" means testing for a disease when there are no symptoms or history of that disease. Lung cancer usually does not cause symptoms until the disease is in a later stage. That is why, if you are a former smoker and meet the criteria below, it is recommended that you have a LDCT scan on a yearly basis. LDCT scans require a referral order, so ask your provider if a screening makes sense for you. And remember, the best way to reduce your risk of lung cancer is to not smoke and to avoid secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

To qualify for a LDCT scan, individuals must meet all of the following criteria:

1. Age 50 – 77 years
2. Asymptomatic (no signs or symptoms of lung cancer)
3. Tobacco smoking history of at least 20 pack-years (one pack-year means smoking one pack — 20 cigarettes — per day for one year)
4. Current smoker or one who has quit smoking within the past 15 years
5. Receive an order for lung cancer screening with LDCT

You can do it.
We can help.

To make an appointment, call The Outer Banks Hospital Center for Healthy Living at **252-449-5978.**



NOTE THE DATE!
Thursday, November 17, 2022

The content in Health Coach *is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.*
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Education, Support and Community Events

The Blood Connection Blood Drive

Saturday, October 1 | 10:00am-3:00pm
The Outer Banks Family YMCA Parking Lot
3000 S. Croatan Hwy., Nags Head

Friday, October 28 | 12:30pm-5:30pm
The Outer Banks Hospital | 4800 S. Croatan Hwy., Nags Head

October 1 October 28

The Blood Connection will be hosting community blood drives on the Outer Banks. All donors will receive a $20 e-gift card. All donors are asked to make an appointment. Walk-ins are welcome; however, appointments are highly recommended and take priority. To make an appointment, use the QR code for the date you plan to attend. For more information, call 252-449-4529.

Wellness Camp

Tuesday, October 4 | 7:00am-8:00am
Jennette's Pier | 7223 S. Virginia Dare Trail, Nags Head

Get your morning started with a FREE wellness camp on our beautiful beaches with certified personal trainer Shannon Duff. This offering is a full-body, no-equipment workout designed for men and women of all skill levels. Every movement will have a modified option. Please bring your own water bottle and yoga mat/towel. Sunglasses and shoes are optional. Registration is not required. For more information, call 252-449-4529.

OBH Stroke Support Network

Tuesdays, October 4, November 8, December 6
11:00am-Noon via Zoom

A stroke can be an overwhelming diagnosis. The Outer Banks Hospital offers free virtual stroke support the first Tuesday of every month for stroke survivors and their caregivers. For more details and information on registration, contact Robin South, RN, at 252-449-4554 or Robin.South@theobh.com.

FluFIT Event

Flu Vaccines & FIT Pick-up: Friday, October 7 | 9:00am-11:00am
Flu Vaccines & FIT Drop-off: Monday, October 10 | 1:30pm-3:30pm
Walgreens | 1200 S. Croatan Hwy., Kill Devil Hills

During this unique event, when patients can come in for their annual flu vaccine provided by Walgreens, individuals ages 50-75 will also be offered a fecal immunochemical test (FIT) kit to screen for colorectal cancer. FIT kits are used to screen for colon cancer from the comfort of home. Appointments are not required. For questions, call 252-449-4529.

Advance Care Planning

Tuesday, October 11 | 10:00am-11:00am
Baum Center | 300 Mustian Street, Kill Devil Hills

Do you know who would get to make medical decisions for you if you have not completed a healthcare power of attorney and advance directive? Join us for a free session and learn the who, what, when, where, how and, most importantly, why of advance care planning. Please note: If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. For more information, call 252-475-0905.

FREE Flu Vaccine Clinics*

Fight the flu and stay well this winter! Protect yourself and those around you by getting the flu vaccine at one of the following events. Most events will allow participants to stay in their vehicle.

Tuesday, October 4 | 5:00pm-8:00pm
National Night Out at Dowdy Park | 3005 S. Croatan Hwy., Nags Head
Flu vaccines will be available on a first come, first served basis. Appointments are not required.

Wednesday, October 5 | 10:30am-1:00pm
Community Care Clinic of Dare | 425 Health Center Drive, Nags Head
Appointments are required; call 252-449-4529.

Friday, October 7 | Noon-2:30pm
Outer Banks Medical Group North Campus | 5118 N. Croatan Hwy., Kitty Hawk
Appointments are required; call 252-449-4529.

Tuesday, October 11 | 9:00am-Noon
Fessenden Center | 46830 NC Hwy. 12, Buxton
Appointments are required; call 252-449-4529.

Tuesday, October 11 | 1:30pm-3:30pm
Hatteras Library | 57709 NC Hwy. 12, Hatteras
Appointments are required; call 252-449-4529.

Thursday, October 13 | 5:00pm-7:30pm
OBH Main Entrance | 4800 S. Croatan Hwy., Nags Head
Appointments are required; call 252-449-4529.

Tuesday, October 25 | 9:00am-Noon
Baum Center | 300 Mustian Street, Kill Devil Hills
Appointments are required; call 252-449-4529.

Tuesday, October 25 | 1:30pm-4:30pm
Kitty Hawk Town Hall | 101 Veterans Memorial Drive, Kitty Hawk
Appointments are required; call 252-449-4529.

Wednesday, October 26 | 8:30am-11:30am
OBX Chevrolet Buick | 6166 N. Croatan Hwy., Kitty Hawk
Appointments are required; call 252-449-4529.

Friday, October 28 | 5:00pm-7:00pm
OBH Harvest for Health Trunk or Treat Event | 4800 S. Croatan Hwy., Nags Head
Flu vaccines will be available on a first come, first served basis. Appointments are not required.

More free and easy opportunities to help fight the flu are coming in November. Scan the QR code for the latest event information.

Participants must be 18-64 years old to receive a flu vaccine. 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 the Standard-Dose Quadrivalent Vaccine.