

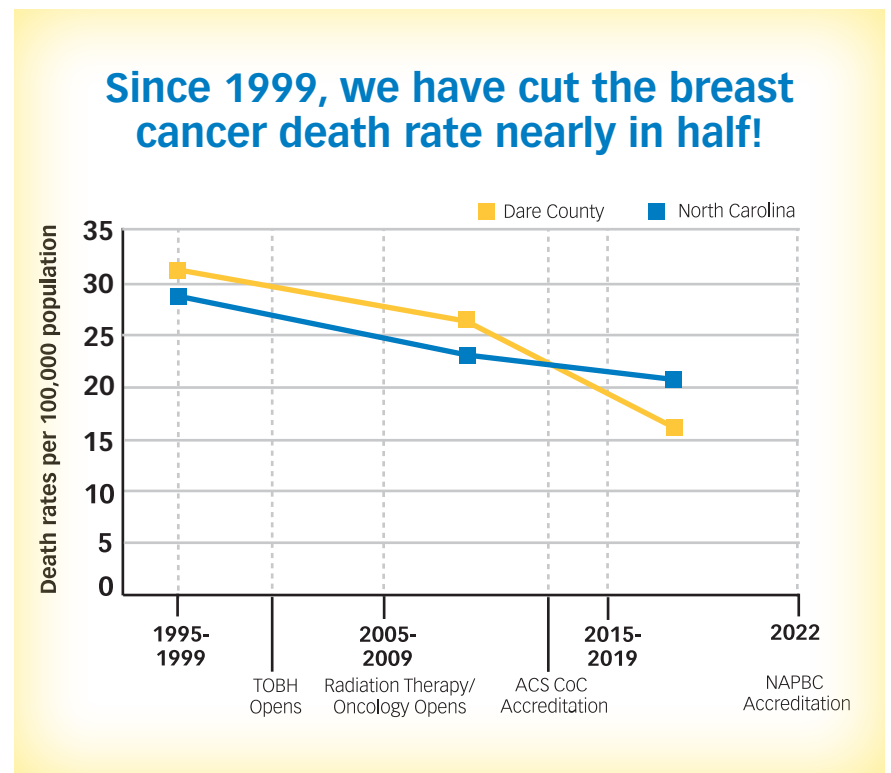
# Focused on the Can in Cancer

We are proud to be one of only six small community hospitals out of more than 1,300 nationwide to have a cancer program that is accredited by the American College of Surgeons Commission on Cancer (ACS CoC).

Although this is a huge accomplishment, we are not stopping; we plan to stay focused on the **CAN** in cancer.

During 2022, we decided that in addition to being ACS CoC accredited we also wanted to become a nationally accredited breast program.

In August, The Outer Banks Hospital (TOBH) Breast Care Program was accredited by the National Accreditation Program for Breast Centers (NAPBC). Among our peers across the U.S., TOBH is the only one to earn this prestigious designation.



**NATIONAL ACCREDITATION PROGRAM  
 FOR BREAST CENTERS  
 ACCREDITED BREAST CENTER**

A **QUALITY PROGRAM**  
 of the **AMERICAN COLLEGE  
 OF SURGEONS**

To achieve NAPBC accreditation, a breast center demonstrates compliance with the NAPBC standards that address a center’s leadership, clinical services, research, community outreach, professional education, and quality improvement for patients. Breast centers seeking NAPBC accreditation undergo a rigorous site visit every three years. As a result, the preparation for accreditation establishes high-quality, proficient systems that enable breast care programs to reduce the rate of mortality associated with breast cancer.

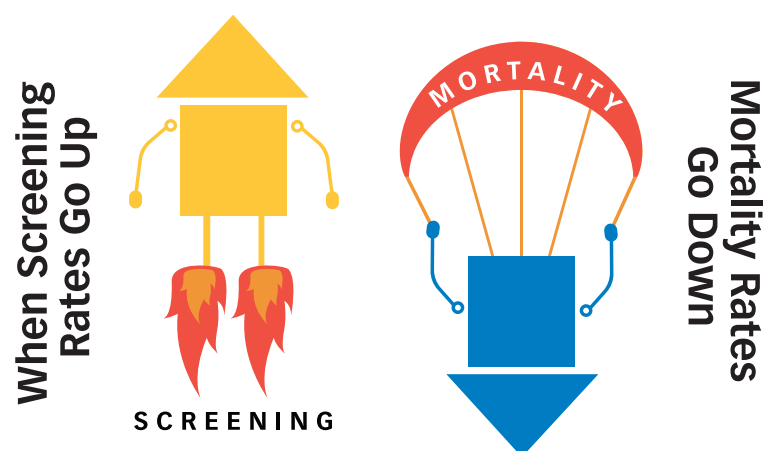
So, in addition to a seal of approval for high quality, what does all of this mean? It means our community and our patients have high-quality care and better outcomes!

The death rate for breast cancer has drastically declined nationally as well. In fact, since 1989, the national death

rate from breast cancer has declined by 43%. Put another way, the overall five-year survival rate for women diagnosed with breast cancer is 90% — this means that, in general, 90% of women diagnosed with breast cancer are still living five years later. And at 15 years, 80% of women diagnosed with breast cancer are still living!

The reason for this drastic improvement in breast cancer survival is an increase in early detection through screening and improved treatments for the disease.

Approximately 70% of women are compliant with breast cancer screening recommendations. The message here is that if you or someone you know is not getting their regular screening mammogram, please encourage them to do so. Breast cancer screening increases early detection and the likelihood of curative treatment.



### So what's the next **CAN** in cancer that we're going to focus on here locally?

We are committed to repeating the breast cancer success story with the second-most-common type of cancer (and the most deadly) in the US: **Lung Cancer**.

While breast cancer now has a 90% five-year survival rate, lung cancer does not. The five-year survival rate for individuals diagnosed with lung cancer is 19%.

The good news is that there is now a screening test for lung cancer—similar to a mammogram for breast cancer. Although the official name for the test is “low-dose lung CT scan,” we are calling it a Lung-O-Gram to draw the connection to the breast cancer screening success story.


Our goal—our next CAN in cancer—is to increase lung cancer screening rates in our community. As screening rates increase, we will begin to see lung cancer survival rates increase. We have some work to do to increase lung cancer screening rates. Nationally, only about 5.7% of those eligible for screening are getting screened. A recent study revealed why.

“Eligible patients are not aware that lung cancer treatments have advanced and long-term survival is possible,” shared Dr. Charles Shelton, radiation oncologist and chair of TOBH Cancer Committee. “People who are eligible for the screening, typically long-term smokers, have a belief that lung cancer is not treatable so why get screened. This was once true, but modern-day research proves that screening, early detection and modern-day treatment can result in survival rates similar to those of breast cancer.”

Currently, only one in five tumors are diagnosed at an early stage. We CAN change this with lung cancer screening and save lives just like we are doing with breast cancer.

The Outer Banks Hospital Development Council is also focused on the **CAN** in Cancer.

Funds raised by the council pay for mammograms and Lung-O-Grams for individuals who don't have health insurance that covers one.



**Have you had your ANNUAL LUNG-O-GRAM?**

[TheOBH.com/LoveYourLungs](http://TheOBH.com/LoveYourLungs)

The Outer Banks Hospital offers lung screening using low-dose CT scans. An annual low-dose CT scan is recommended for people at high risk for developing lung cancer based on the following criteria:

- Age 50–77
- Current or former smokers (within the past 15 years) with a smoking history of at least 20 pack years (one pack/year for 20 years or two packs/year for 15 years)
- In fairly good health, without other serious medical conditions that could limit the ability to obtain surgery or invasive procedures
- Does not exhibit the typical signs of lung cancer (cough, chest pain, weight loss)



The Cancer Center Campaign Cabinet of The Outer Banks Hospital Development Council has raised more than \$5.6 million to build a new cancer center to house all of our cancer services under one roof.

The Carol S. and Edward D. Cowell, Jr. Cancer Center will open in late 2023. We would like to thank Carol Cowell and her late husband, “Eddie,” for the generous donation to name the center. This leadership gift has inspired many others to be a part of this meaningful campaign.

### You too can put the **CAN** in Cancer!

Donate to the Cancer Center Campaign or help build The Cowell Cancer Center Tribute Paths with an engraved paver that honors or memorializes a loved one. For more information, visit <https://give.classy.org/TOBHTRIBUTEPATH>.



### Some of the faces focusing on the **CAN** in Cancer.

*Pictured left to right in front of the new cancer center construction site are Dr. Christina Bowen, chief well-being officer for ECU Health and the medical director of The Center for Healthy Living, who is leading cancer prevention in our community; Carol Cowell, who donated \$1.5M to the cancer center to name the building in honor of her late husband “Eddie”; and Dr. Charles Shelton, radiation oncologist and chair of The OBH Cancer Committee who is leading excellence, innovation, and high quality for local cancer care.*

