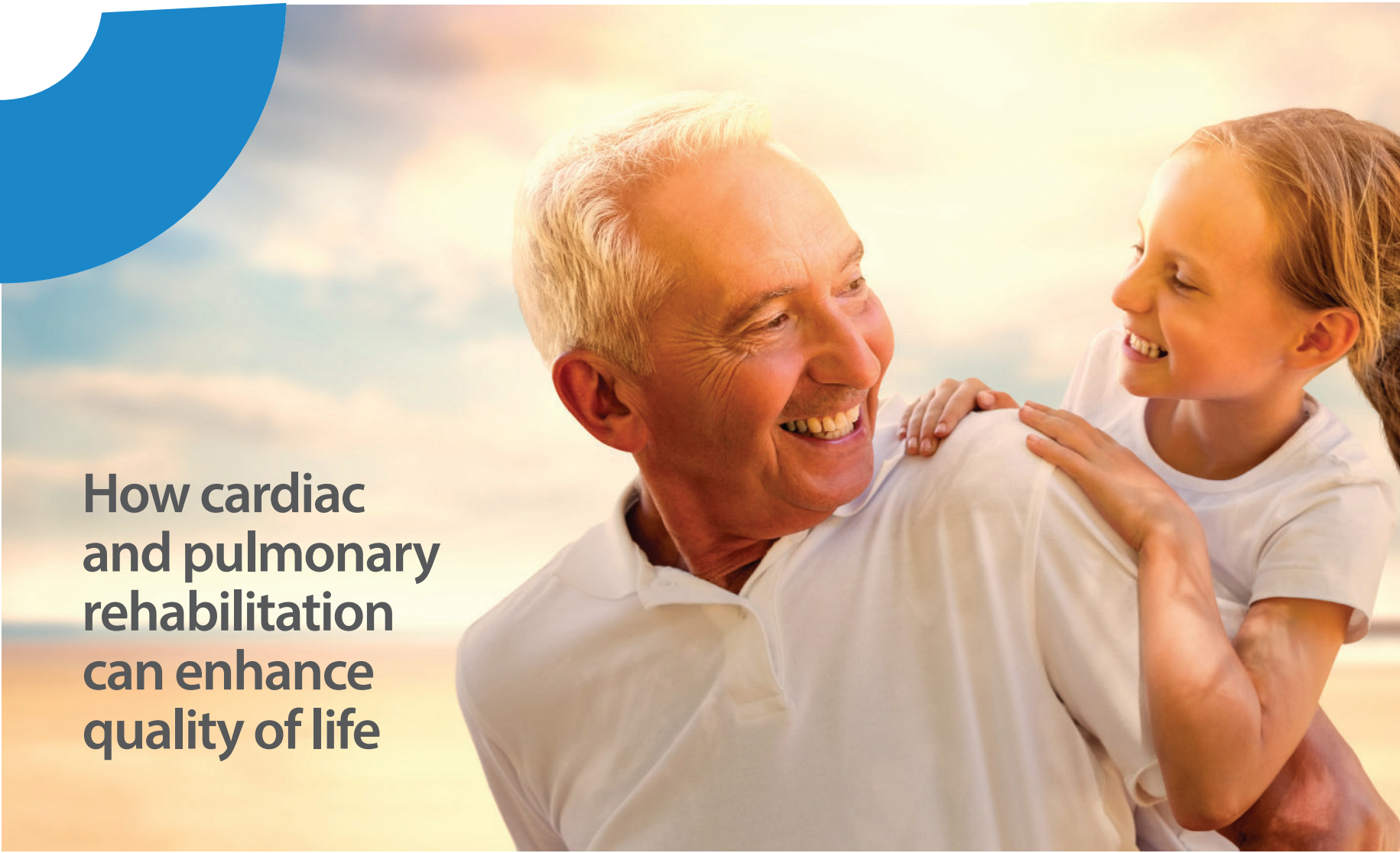




# HealthCoach

Timely, trusted advice from Outer Banks Health



How cardiac and pulmonary rehabilitation can enhance quality of life

## Rediscovering Your Confidence

Returning home after experiencing a health issue with your heart or lungs can be scary. As you recover from treatments and/or procedures, you may feel anxious about a medical team not being there with you.

Your doctor will give you tips for your first few weeks back home, and one may very well be exercise. It's an important part of recovery, and the best way to begin is to join a medically supervised cardiac and/or pulmonary rehabilitation program.

These medically supervised sessions are individually designed to provide the best type of exercise and education for each patient. Marcie Jurges,

exercise physiologist in The Outer Banks Hospital Cardiopulmonary Rehabilitation Program, notes, "Our focus is to help each person feel better, increase their strength, and overcome the

*Robin Hollowell (left), a patient in cardiopulmonary rehabilitation, receives support from Marcie Jurges, exercise physiologist.*



fear that often remains after a cardiac event or new pulmonary diagnosis. We want to build their confidence so that they can begin to get back to what they love."

To ensure the best possible outcome for each patient, the department takes a holistic approach to the rehabilitation journey. "We also teach and encourage lifestyle changes like eating a healthy diet, taking medications as prescribed, reducing stress, smoking cessation, and maintaining a healthy weight," said rehabilitation therapy team member Ashley Taylor, RN.

In addition, a maintenance program is offered for those patients who graduate from the cardiopulmonary rehabilitation programs and want to continue to exercise in our facility.

If you would like information about these programs and other services offered, call our Cardiopulmonary Rehabilitation Department at 252-449-5930.

**"Our focus is to help each person feel better, increase their strength, and overcome the fear that often remains after a cardiac event or new pulmonary diagnosis. We want to build their confidence so that they can begin to get back to what they love."**  
Marcie Jurges, Exercise Physiologist II  
Cardiopulmonary Rehabilitation

### Navigating the Exercise Journey

An appointment with a cardiologist led to the discovery of two blockages and ultimately a stent procedure. "My doctor recommended cardiopulmonary rehabilitation, which is something I was very interested in trying," she said. "After something like that, you have some fear about exercising."

Hollowell still dealt with shortness of breath after the cardiopulmonary

Kill Devil Hills resident Robin Hollowell has had her share of cardiac and pulmonary health challenges, beginning back in 2017, when she noticed shortness of breath while taking the stairs and walking on the beach. "I thought I was just getting out of shape because I'm not one to exercise," explained Hollowell.

rehabilitation, and it was the hospital cardiopulmonary rehab team that recommended she see a pulmonologist. Hollowell did so and discovered that she was suffering from a form of pulmonary fibrosis. "Ms. Hollowell has a progressive pulmonary disease, and although there is no cure, her participation in the pulmonary rehabilitation program and now the Self Training Exercise Program (STEP) help her to build stamina so she can function at her highest level," noted team member Ashley Taylor, RN.

When Hollowell finished pulmonary rehabilitation, she chose to continue with the rehab team through STEP. "It helps me because it pushes me to exercise. I'm more confident to do that with the team around me. They're all great—it's like family there."

# Education, Support, and Community Events

## Outer Banks Health Stroke Support Network

Stroke can be an overwhelming diagnosis. Outer Banks Health offers a free virtual Stroke Support Network on 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 by email at Robin.South@theobh.com.

**Tuesday, March 7 | 11:00am-noon via Zoom**  
**Tuesday, April 4 | 11:00am-noon via Zoom**

## Advance Care Planning

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, informative session about advance care planning. If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. Questions? Call 252-475-0905.

**Wednesday, March 22 | 10:00am-11:00am** | Baum Senior Center | 300 Mustian St, Kill Devil Hills  
**Thursday, April 20 | 9:00am-10:00am** | Baum Senior Center | 300 Mustian St, Kill Devil Hills

## Skin Checks

Outer Banks Health offers **FREE** skin checks by appointment. Protecting your skin from the sun and having regular skin checks are essential to staying one step ahead of skin cancer. To reserve an appointment, call 252-449-4529.

**Wednesday, March 15 | 2:00pm-4:30pm**  
Family Medicine – Nags Head East  
4917 S Croatan Hwy, Nags Head

## The Blood Connection Blood Drives

The Blood Connection will be hosting community blood drives on the Outer Banks. Donors will receive a \$20 e-gift card. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority. To make an appointment, use the QR codes, or for more information, call 252-449-4529.



March 22



April 15

**Wednesday, March 22 | 8:00am-1:00pm** | The Outer Banks Hospital | 4800 S Croatan Hwy, Nags Head  
**Saturday, April 15 | 10:00am-3:00pm** | The Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

## Lunch and Learn: The Beat Goes On



Join the care team from our Cardiopulmonary Rehabilitation Program to learn about support programs for cardiac and respiratory patients. This is a free lunch event. To secure a spot, call 252-449-4529.

**Tuesday, March 14 | 11:45am-12:45pm**  
Baum Senior Center | 300 Mustian St, Kill Devil Hills

## Wellness Screenings

Outer Banks Health offers free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Appointments are highly recommended and take priority; call 252-449-4529.

**Wednesday, March 29 | 9:00am-noon**  
Kill Devil Hills Library | 400 Mustian St, Kill Devil Hills

**Tuesday, April 25 | 9:00am-noon**  
Manteo Library | 700 US-64, Manteo



## Namaste with the Sharks

Join us for two FREE yoga classes in the Graveyard of the Atlantic Gallery exhibit. The classes are designed for both men and women of all skill levels. Gate opens at 5:15pm. The Aquarium will not be open during these events, but restrooms will be available. These are family-friendly classes; children may join with adult supervision. Please bring your own yoga mat and water. Spots fill up quickly, so secure your spot today by calling 252-449-4529.

**Wednesday, March 29 | 5:30pm-6:30pm**  
**Wednesday, April 19 | 5:30pm-6:30pm**  
NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo

## Med Drop Drive-Thru

Unused/unwanted prescriptions or over-the-counter medications will be collected by the Dare County Sheriff's Office for proper disposal. For more information, call 252-449-4529.

**Thursday, April 27 | 10:00am-1:00pm**  
Walmart Parking Lot | 5400 N Croatan Hwy, Kitty Hawk

## A1C Screening

Outer Banks Health will be on-site offering free A1C screenings, which measure a person's blood glucose level over the past three months. Appointments are highly recommended and take priority; call 252-449-4529.

**Wednesday, April 5 | 9:30am-noon**  
Baum Senior Center | 300 Mustian St, Kill Devil Hills

**Wednesday, April 19 | 9:30am-noon**  
Virginia S. Tillett Center | 950 Marshall C. Collins Dr, Manteo

## Stroke Risk Assessment & Wellness Screenings

Outer Banks Health will offer a free wellness screening and stroke risk assessment, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Appointments are highly recommended and take priority; call 252-449-4529.

**Wednesday, March 8 | 9:00am-11:30am**  
Virginia S. Tillett Center | 950 Marshall C. Collins Dr, Manteo

## FIT Colon Cancer Screening

During this unique event, individuals ages 50-75 will 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 more information, call 252-449-4529.

**FIT Pickup: Friday, March 24 | 1:00pm-3:00pm**  
**FIT Drop-off and Screening: Monday, March 27 | 1:00pm-3:00pm**  
Baum Senior Center | 300 Mustian St, Kill Devil Hills

## The Tribute Paths

Help build The Cowell Cancer Center tribute paths with an engraved paver that honors or memorializes a loved one. For more information, please contact our Outreach & Development Office at 252-449-4529.

