



THE OUTER BANKS HOSPITAL Health Coach

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

Ladies, It's Time to Speak Up!



How many times have you downplayed your pain and suffering to be strong for someone else?

Innately, women are caregivers. It's a role that many of us naturally assume. This care and concern for others allows our families to thrive.

We often put ourselves last on the list of what gets cared for. Phrases like "I'm good" even when we are not, are things we commonly say.

Question is — how many of us are suffering in silence? How many of us have gotten so used to common female problems like pelvic pain, heavy cycles, and incontinence that we suffer in silence day after day?

It's easy to shrug things off. It's tempting to downplay our pain. It's more comfortable to put our needs aside to care for another.

Perhaps doing what is routine and practical is not the answer anymore. Perhaps it's time to end the days of suffering in silence.

Ladies, it's time to speak up!

Just take one glance at your TV or phone. Nowadays, it's all on the table for discussion.

To prepare for your annual OB/GYN appointment, write down the things that don't seem right. It's ok to say that you're in pain or that your bladder

leaks or that you avoid certain activities due to heavy periods. It's ok to say that you have pain during intimacy. It's ok to be the one who asks for help and receives it.

Next time you visit your OB/GYN or primary care provider and they ask, "How are you feeling?" if things are not just right, say so.

You may only see your gynecologist once a year. Remember, that time is reserved for you. Use it to tell your provider about what's going on. They want to know so they can help you get back to the things you love to do.

Now, more than ever, there are non or less invasive treatments for the things that keep you from enjoying every blessed moment.

Next time you visit your OB/GYN or primary care provider and they ask, "How are you feeling?" if things are not just right, say so.

You'll find power in your voice and healing that makes you stronger for the ones you love.

Straight Talk from the Docs

Dan Dwyer, MD, FACOG;
Jonelle Haigh, DO, FACOG;
Hannah Molina, MD, FACOG;
and Anna Ward, PA-C

Outer Banks Women's Care

We love it when our patients speak up and ask for help. As providers, our job is to help you maintain your health and quality of life.

One of the best ways to speak up is to bring a list of things you want to talk about during your visit. What we find is that patients who come in with only a mental list forget to mention many of their important concerns.

A week or so before your visit, begin writing down any physical or emotional concerns you have, as well as any questions you think we may be able to answer. Perhaps you have heard about a new test or treatment. Ask us — we are here to be a resource for you.

Outer Banks Women's Care

We're here for you ... throughout every season of your life.

Accepting new patients.
Call 252-261-4885 to schedule an appointment.
4810 S. Croatan Highway | Suite 100 | Nags Head



A VIDANT MEDICAL GROUP PARTNER

Dan Dwyer, MD, FACOG;
Jonelle Haigh, DO, FACOG;
Hannah Molina, MD, FACOG;
and Anna Ward, PA-C



TRIBE

GATHER . INSPIRE . EMPOWER

The Outer Banks Hospital is excited to partner with Tribe to provide the next series of women's growth and empowerment events!

The May Event

Featuring Beth Storie

**Monday, May 14
6:00pm-8:00pm
Rooster's Southern Kitchen,
804 S. Croatan Hwy, KDH**

Life Coach Beth Storie will be sharing her collective knowledge on living your life with intention, authenticity, and purpose.

Call 449-7300 to register!

SPONSORED BY



Health Education



Dan Dwyer, MD, FACOG



Hanna Molina, MD, FACOG



Jonelle Haigh, DO, FACOG



Anna Ward, PA-C

■ Dinner with the Docs: A Women's Health Panel Discussion

Featuring Dr. Dan Dwyer, Dr. Hanna Molina, Dr. Jonelle Haigh, and Anna Ward, PA-C

Tuesday, May 15 | 6:00pm-8:00pm (program will begin at 6:30pm)
Ramada Plaza | 1701 S. Virginia Dare Trail, Kill Devil Hills

The providers of Outer Banks Women's Care will discuss information about and solutions to common health challenges that many women experience during their lifetime. The panel will welcome questions during and after the discussion. Heavy appetizers will be served. Seating is limited, so call 449-7300 today to reserve your spot!

■ Community Lunch and Learn: Skin Cancer: What's the Difference Between Melanoma and Less Worrisome Skin Cancers?

Friday, May 18 | Noon-1:00pm
OBH Cancer Resource Center

Join us for an online, interactive Lunch and Learn featuring David Ollila, MD. Lunch and Learn lectures are geared toward cancer patients, survivors, family, friends, and caregivers/supports; however, anyone interested in learning more about cancer is welcome to join us. Lunch will be served. Seating is limited. Call 449-7300 to register.

■ Community Lunch and Learn: Cancer Myths and Facts

Friday, June 29 | Noon-1:00pm
OBH Cancer Resource Center

Join us for an online, interactive lunch and learn geared toward cancer patients, survivors, family, friends, and caregivers/supports. Anyone interested in learning more about cancer is welcome to join us. Lunch will be served. Seating is limited. Call 449-7300 to register.

Health Screenings and Services

All Aboard The Health Coach!



Free Wellness Screenings By Appointment

The events listed below are open to the public. If you would like to make an appointment for a health screening at one of the events listed below, please call 449-7300.

The Health Coach also visits local businesses and organizations to serve their employees and patrons directly. These events are not listed and are not open to the public. If you would like The Health Coach to visit your business or organization, call 449-4529.

Thursday, May 3 | 9:00am-11:30am
Max's Pizza Company | 3723 N. Croatan Hwy, Kitty Hawk

Dementia Friendly Hospital

In the year since The Outer Banks Hospital became a Dementia Friendly Hospital, the term "dementia friendly" has been seen more and more across the Outer Banks community. The purple Seahorse emblem is now showing up in local restaurants and businesses. Created locally, the purple Seahorse signifies the national Alzheimer's purple color as well as the shape of the memory center that is first affected by dementia, the hippocampus.

The Outer Banks Hospital's Dementia Friendly designation work stems from the Dare County Community Health Assessment.



For the most up-to-date information about our classes and events, please visit TheOBH.com/Health-Wellness/Classes-Events.

Community Events

■ Gentle Chair Yoga

Fridays in May & June | Noon-1:00pm
May 4, 11, 18, 25 | June 1, 8, 15, 22, 29

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Community members, as well as chronic illness and cancer survivors, are invited to participate in our gentle chair yoga program. For more information, call 449-4529.

■ 11th Annual KidsFest

Friday, May 11 | Roanoke Island Festival Park, Manteo

The Children & Youth Partnership for Dare County's 11th Annual KidsFest will be a morning of hands-on crafts and activities for young children. The event features fire trucks, EMS and police vehicles, the US Coast Guard, face painting, bubbles, ice cream, snowballs, music, arts and crafts, and more. For more information, call 441-0614.

■ Over-the-Counter Medicine Giveaway Days

Friday, May 11 | 10:00am-4:00pm

College of the Albemarle (COA) | 205 Highway 64 S., Manteo

Tuesday, May 15 | 10:00am-3:00pm | Fessenden Center, Buxton

In partnership with NC MedAssist, The Outer Banks Hospital and Community Care Clinic of Dare will be bringing the third annual Over-the-Counter Medicine Giveaway to Dare County! Families and individuals in need of over-the-counter medications will be able to select medications at no cost. For information, call 449-5933. The event is supported through funding from The Outer Banks Hospital Community Benefit Grant program.

■ Med Drop Drive-Thru

Friday, May 11 | 11:00am-4:00pm

College of the Albemarle (COA) | 205 Highway 64 S., Manteo

Unused/unwanted prescription or over-the-counter medications will be collected by the Dare County Sheriff's Department.

■ Look Good, Feel Better

Monday, May 14 | 2:00pm-4:00pm | OBH Cancer Resource Center

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Local licensed beauty professionals (cosmetologists, estheticians, and nail technicians) have volunteered to show you how to bring back your natural beauty and lift your spirits. All instruction and products are provided free of charge to women in active cancer treatment. Reserve your opportunity to join us today by calling 449-8265.

■ American Lung Association Better Breather's Club

Third Monday of Each Month

May 21 and June 18 | Noon-1:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills



Taking care of your emotional health is a key part of managing your COPD or other lung disease. The Better Breathers Club offers you a place to share your thoughts with others who know what you are going through. Family members and caregivers are also welcome to join. Call 449-7300 to register!

■ Prepared Childbirth and Breast-Feeding Support

Mondays in June and July | 7:00pm-9:00pm

June 4, 11, 18, 25 | July 2, 9, 16, 23 | OBH Port Room

Classes are offered each month, with three classes about childbirth education and one class about breast-feeding support. Classes are free of charge. To register, call 449-5690.

■ OBH Wellness Camp – TWO SESSIONS!

Mondays and Fridays at 7:00am

June 4 – June 29 | August 6 – August 31

Ocean Bay Blvd. Beach Access at MP 8

Designed for men and women of all skill levels, OBH Wellness Camp is a FREE 4-week wellness camp featuring yoga, light exercise, stretching, meditation and more. Practice something new or hone your skills at OBH Wellness Camp! Please join us.

■ American Red Cross Blood Drive

Tuesday, June 19 | 10:00am-2:00pm | OBH Lobby

Donating one pint of blood can help save up to three lives! Register online to donate at www.redcross.org and use the keyword search OBXHospital.