



HealthCoach

Timely, trusted advice from Outer Banks Health



The Impact of Sleep on Health and Longevity

Like water and food, sleep is a basic human need. It's as equally important as diet and exercise because it acts as a natural defense against chronic disease.

Sleep has an effect on nearly every tissue and system in our body by working on a cellular level to repair and reset for the next day.

"Sleep is like a natural, daily medicine for our bodies. It protects us against chronic diseases such as Alzheimer's and diabetes and flushes out toxins that build up during the day."

– Marielle Silk, FNP

Marielle Silk, FNP at The Center for Healthy Living, says, "Sleep is like a natural, daily medicine for our bodies. It protects us against chronic diseases like Alzheimer's and diabetes and flushes out toxins that build up during the day."

Adults typically need seven to nine hours of sleep per night. That said, too much of a good thing might not be good. The American Heart

Association suggests getting more than an average nine hours per night proposes higher risk for high blood pressure, stroke, Type 2 diabetes and premature passing.

It's not just about the amount of sleep, but also the quality. Staying asleep throughout the night and entering a deep sleep allows our bodies to reset. The American Psychological Association notes, "Poor sleep fuels inflammation, which can lead to diseases like obesity, diabetes, heart disease, and some cancers." Proper sleep supports our immune system and balances hormones, promoting better mood and weight management.

By creating a sleep-friendly environment, you can significantly enhance the quality of your slumber. For instance, by establishing a calming bedtime routine, keeping your room dark and cool, and removing electronic devices (such as televisions and phones, and glowing lights) you are more likely to fall into a deeper sleep and stay asleep. "Limiting junk food and alcohol is also a great way to make sure your sleep isn't disrupted," adds Silk.

And, don't underestimate the power of a good mattress, pillow, and blanket to assist in your effort to prioritize your sleep.

When it comes to quality versus quantity, both are essential to sleep for maintaining health and promoting longevity.

Those Who Live the Longest Prioritize Sleep

Amongst the populations of the five Blue Zones®, regions known for having the most centenarians, prioritizing sleep in a busy world is a dominant trait. The Blue Zones researchers explain this downshift trait on their website as, "Even in the Blue Zones, stress is present. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that many of us don't are routines to manage stress. Okinawans take moments to honor their ancestors and Ikarians enjoy naps."

Naps have proven health benefits. Blue Zones research indicates that taking at least three thirty-minute naps per week can reduce

the risk of heart disease mortality by thirty-five percent. This could be due to lower stress hormones, rested hearts, or the healthier lifestyles of those who nap regularly. Just getting small amounts of shut-eye can enhance cognitive function, improve memory, and boost creativity, making it a powerful tool for maintaining mental acuity as we age.

Next time you feel sleepy, consider dozing off if possible. Think of napping as a quick charge for your battery; powering you for life.



September/October 2024

Education, Support and Community Events

Outer Banks Health Stroke Support Network

Outer Banks Health offers free Stroke Support Network gatherings for survivors and their caregivers. To register, contact Robin South, RN, at 252-449-4554 or Robin.South@theobh.com. Attend in person or via Zoom.

Tuesday, September 3 | 11 a.m. - noon

Outer Banks Health Port Room or via Zoom

Tuesday, October 1 | 11:30 a.m. | 3rd Annual Luncheon

Outer Banks Health Seahorse Room

Namaste at the Beach

Get your Thursday mornings started with free yoga on the beach in Nags Head (weather permitting). All skill levels welcome. Bring a yoga mat or towel and your water bottle. Questions? Call 252-449-4529.

Thursdays: September 5, 12 | 7:30 a.m. - 8:30 a.m.

Jennette's Pier | 7223 S Virginia Dare Trail, Nags Head



Sept. 6

The Blood Connection Blood Drives

The Blood Connection will host community blood drives on the Outer Banks. Donors are asked to make an appointment. Walk-ins are welcome, but appointments take priority. To make an appointment, use the QR codes or visit thebloodconnection.org. Donors will receive an e-gift card.

Friday, September 6 | 8 a.m. - 1 p.m.

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Saturday, October 12 | 10 a.m. - 3 p.m.

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



Oct. 12

The Outer Banks Health Better Breathers Club

Individuals with chronic lung disease and their caregivers are invited to join the American Lung Association Better Breathers Club. Learn ways to cope with COPD, pulmonary fibrosis, and asthma and connect with others in similar situations. To register, scan the QR code.

Wednesday, September 11 | 10 a.m. - 11 a.m.

Outer Banks Health Port Room

Wednesday, October 9 | 10 a.m. - 11 a.m.

Outer Banks Health Anchor Room



Advance Care Planning

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, September 18 | 10 a.m. - 11 a.m.

Thursday, October 17 | 2:30 p.m. - 3:30 p.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills

Wednesday, September 18 | 1 p.m. - 2 p.m.

Thursday, October 17 | 10 a.m. - 11 a.m.

Virginia Tillett Center | 950 Marshall C Collins Dr, Manteo

Power of Art Expression Workshop

Thanks to a Community Benefit Grant from Outer Banks Health, Dare Arts provides FREE workshops (including supplies) for cancer patients, caregivers, and survivors. Space is limited and registration is required. Visit DareArts.org/workshops, email DareArtsPrograms@gmail.com or call Dare Arts at 252-473-5558 to reserve your spot.

Wednesday, September 18 | 2 p.m. - 4 p.m.

Wednesday, October 16 | 2 p.m. - 4 p.m.

Cowell Cancer Center Education Room | 4927 S Croatan Hwy, Nags Head

Flu Vaccines & FIT Colon Cancer Screening

Individuals aged 50-75 can pick up a free fecal immunochemical test (FIT) kit to screen for colon cancer from the comfort of home. Individuals must attend the Monday event to receive results. Flu vaccines will also be available for ages 18-64. Walk-ins are welcome if appointments are available. Scan the QR code to register. Questions? Call 252-449-4529. Screenings will take place on the Health Coach vehicle in the parking lot.

FIT Pickup: Friday, September 27 | 11 a.m. - 2 p.m.

FIT Drop-off/Screening: Monday, September 30 | 11 a.m. - 2 p.m.

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



Harvest for Health Trunk or Treat! (Rain or Shine)

Join this community event with free arts & crafts, face painting, fun trunks with treats, and flu vaccines for adults (18-64 years of age).

Friday, October 18 | 5 p.m. - 7 p.m.

Outer Banks Health Parking Lot | 4800 S Croatan Hwy, Nags Head



Community Flu Vaccines & Wellness Screenings

Outer Banks Health will offer free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Flu vaccines are available for those 18-64. Anyone 65+ is encouraged to see their provider or local pharmacy for the higher-dose flu vaccines. Walk-ins are welcome if appointments are available. Scan the QR code below to learn more and register. Questions? Call 252-449-4529. Screenings will take place on the Health Coach vehicle in the parking lot.

Tuesday, September 24 | 10 a.m. - 1 p.m.

Family Recreation Park | 602 Mustian St, Kill Devil Hills

Wednesday, September 25 | 2 p.m. - 5 p.m.

Outer Banks Health Parking Lot | 4800 S Croatan Hwy, Nags Head

Tuesday, October 1 | 4 p.m. - 7 p.m. (Nags Head National Night Out)

Dowdy Park | 3005 S Croatan Hwy, Nags Head

Wednesday, October 2 | 9 a.m. - noon

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

Saturday, October 5 | 9 a.m. - 1 p.m. (Vintage OBX Fall Yard Sale)

Central Square Shopping Center | 2910 S Croatan Hwy, Nags Head

Friday, October 11 | 10:30 a.m. - 2 p.m.

Harris Teeter - Corolla | 601 Currituck Clubhouse Dr, Corolla

Wednesday, October 16 | 10 a.m. - 1 p.m.

Kill Devil Hills Library | 400 S Mustian St, Kill Devil Hills

Wednesday, October 30 | 10 a.m. - noon

OBX Chevrolet | 6166 N Croatan Hwy, Kitty Hawk

Wednesday, October 30 | 1:30 p.m. - 4:30 p.m.

Town of Kitty Hawk | 101 Veterans Memorial Dr, Kitty Hawk



Medicine Drop and Community Flu Vaccines

In conjunction with the annual OBX Walk Against Addiction, unused and unwanted prescription, over-the-counter, and animal medications will be collected by the Dare County Sheriff's Office for proper disposal. Flu vaccines will also be available for participants 18-64 years of age. Anyone 65+ is encouraged to see their provider or local pharmacy for the higher-dose flu vaccines. No appointment required.

Saturday, September 28 | 9 a.m. - noon

First Flight High School | 100 Veterans Dr, Kill Devil Hills

Buxton Community Health Fair

Join us for this free event, open to the public. Outer Banks Health will be offering free flu vaccines, A1C screenings, and wellness screenings, which include blood pressure, heart rate, cholesterol, and blood sugar on the Outer Banks Health Coach. Speak with local nonprofits and agencies that focus on creating a healthy Outer Banks and other local resources. Questions? Call 252-449-4529.

Tuesday, October 1 | 10 a.m. - 1 p.m.

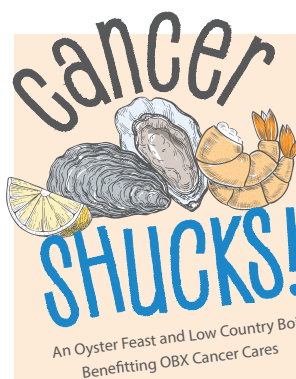
Fessenden Center | 46830 NC Hwy 12, Buxton

Namaste with the Sharks

Join us for a FREE yoga class in the Graveyard of the Atlantic exhibit area. Designed for all skill levels, the gate opens at 5:15 p.m. While the Aquarium will not be open, restrooms will be available. Please bring a yoga mat and water. To secure a spot, use the QR code to register. This class fills up quick so register today! Questions? Call 252-449-4529.

Wednesday, October 16 | 5:30 p.m. - 6:30 p.m.

NC Aquarium on Roanoke Island | 374 Airport Rd., Manteo



Enjoy an evening of seafood and music by the Blue Crab Boys, while supporting local cancer care for our community!

Friday, October 25, 2024
6 p.m. - 10 p.m.

Pirate's Cove Pavilion | Manteo
Casual and fun attire

Sponsorships are available now.

A limited number of individual tickets will be on sale Tuesday, October 1.

For more information call 252-449-4529 or email Lea.Campbell@theobh.com.

