



Coastal Carolina Hospital January-April 2011 Community Calendar

HEALTH SCREENINGS & EVENTS

Call 877-582-2737 for information and to register unless otherwise noted.

Flu Shots

Now through Jan. 31 at Coastal Carolina Medical Associates (Next to Coastal Carolina Hospital), 1010 Medical Center Dr., Hardeeville. Call 843-784-8292 for appt.

Dining with a Dietitian: Eating for A Healthy Heart. Tuesday, Feb. 8 in the cafeteria at Coastal Carolina Hospital. 5 pm Dinner. 5:30-6:30 pm Program. Cost: \$5. Enjoy a heart healthy meal and learn how to eat for a healthy heart. Please RSVP.

Coastal Carolina Hospital Open House 4-7 pm, Thurs., March 10, at Coastal Carolina Hospital; Cost: Free
Come and get the inside scoop about Coastal Carolina Hospital. Meet our physicians and staff. Learn more about our services. Guided facility tours, refreshments and a free gift (while supply lasts).

“What’s Your Number?” - Heart Health Screenings

8-10 am, Thurs., 2/10; 3/10 & 4/14 at Coastal Carolina Hospital; Cost: \$20.
When it comes to keeping your heart healthy, knowing your numbers is key. In about 15 minutes, you can learn the following numbers to assess your risk and to help you and your doctor map out a heart-healthy lifestyle for the future: blood pressure, glucose (blood sugar), body mass index, cholesterol with HDL breakout, and risk level (written assessment provided). Fast overnight for the most accurate results.

Balance Screenings

2-4 pm Tuesday, 1/18, 2/15; 3/15 & 4/19 at Coastal Carolina Hospital.
Each year, more than 11 million Americans over the age of 65 fall. Attend our free balance screening and fall risk assessment to determine if you are at

risk for falls.

SUPPORT GROUPS/ EDUCATION

Diabetes Education. 3-5 p.m. Thursdays at Coastal Carolina Hospital. General diabetes education for newly diagnosed diabetics or those who need a refresher on managing their diabetic condition. Call 877-582-2737 to register. If you receive Medicare Part B, call 843-784-8172 for information on Diabetes Self-management education.

Hope & Healing Breast Cancer Support Group. Meets 2nd Tuesday monthly at Hilton Head Hospital. Call 843-682-7377 for details.

Mended Hearts. Support group for heart patients and their families. 3rd Tuesdays monthly, 7 pm, in Cardiac Rehab at Hilton Head Hospital. Call 843-689-8224 for details.

Ostomy Support Group. 11 am, Tues., 3/15, Medical Office Bldg., Ste 220, next to Coastal Carolina Hospital. Call Harvey Shatz, 609-980-0444.

HEALTH SEMINARS

Be Stroke Smart: Know the Signs & Symptoms of Stroke. 1:30 pm, Wed., 2/16 at Coastal Carolina Hospital; Presenter: Sheila Traficante, BSN, Stroke Coordinator. Stroke is the third leading cause of death and the leading cause of adult disability in the U.S. Since the treatment and outcome of some strokes are time dependent, it is important to be aware of the signs and symptoms of stroke and the most appropriate treatment and services. (Open to members of the USCB Osher Life Long Learning Institute.)

Risks for Colorectal Cancer—Prevention, Detection & Treatment Options. 1:30 pm, Wed., March 16 at Coastal Carolina Hospital; Presenter: Dr. Jason Cotter, General Surgeon
Learn the risks factors for Colorectal

Cancer and how to maintain Colon Health. Discover the importance of early detection, plus existing and new treatment options. (Open to members of the USCB Osher Life Long Learning Institute.)

Breathe In Breathe Out: Understanding Respiratory Conditions. 1:30 pm, Wed., April 20 at the Coastal Carolina Hospital
Presenter: Dr. Robert Burnaugh, Critical Care/Pulmonologist. Learn about different respiratory conditions and how best to prevent, diagnose, and treat these conditions to maintain quality of life. (Open to members of the USCB Osher Life Long Learning Institute.)

HEALTH RECOGNITIONS

February—American Heart Month
February 4—National Wear Red Day
March-Colorectal Cancer Awareness Month & National Nutrition Month
March 30-National Doctor’s Day

COMMUNITY EVENTS

(Sponsored by Coastal Carolina Hospital and Hilton Head Hospital.)

American Heart Association Heart Ball Sat., Jan. 22 at The Westin Hilton Head Island. Call 800-950-2482 ext. 3096; or 843-422-4542 for tickets/information.

Inspiring Wellness

Sat., Jan. 29, 8 am-noon at First Presbyterian Church, Hilton Head. Health screenings (8-9 am). Nutrition, exercise & stress management lectures (9 am-noon). Call 843-681-3696 for information.

American Cancer Society Winter Benefit, Sat., Feb. 11 at Champions Ballroom Harbour Town. Call 843-842-5188 for tickets and details.

American Heart Association START! Heart Walk Sat., April 9 in Bluffton. Call 800-950-2482 ext. 3096; or 843-422-4542 for information.



Hilton Head Hospital January-April 2011 Community Calendar

HEALTH SCREENINGS & EVENTS

Call 877-582-2737 for information and to register unless otherwise noted.

Pink's "Heart-Tini." 5-7 pm, Thurs., Feb. 10 at the Sea Trawler Restaurant. Pink Magazine's monthly "Partini" becomes a "Heart-Tini," in recognition of February as American Heart Month. Grab your friends and join us for an evening of food, fun and networking. Co-sponsored by Hilton Head Hospital.

"What's Your Number?" - Heart Health Screenings. 8-10 am each Thurs. in February at Hilton Head Hospital; When it comes to keeping your heart healthy, knowing your numbers is key. In about 15 minutes, you can learn the following numbers to assess your risk and to help you and your doctor map out a heart-healthy lifestyle for the future: blood pressure, glucose (blood sugar), body mass index, cholesterol with HDL breakout, and risk level (written assessment provided). Fast overnight for the most accurate results. Cost:\$20.

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SUPPORT GROUPS/EDUCATION

Diabetes Self Management Education A certified diabetes educator provides training on managing diabetes with proper nutrition, glucose monitoring, physical activity & stress management, and preventing diabetic complication. Contact: Elizabeth Huggins, 843-682-7348.

Smoking Cessation. Learn to quit smoking with American Heart Asso. & American Lung Asso. guidelines. Contact: Karen Neil, 843-682-7365.

Better Breathers Club. Meets at noon on 2nd Wednesday monthly at Hilton Head Hospital.

Breastfeeding Support Group. Meets at 2:30 pm each Thursday at Hilton Head Hospital. Check at the hospital's main information desk for room location. Contact: Jean Magarelli, RN, certified Lactation Consultant, 843- 689-8110.

Hope & Healing Breast Cancer Support Group. Meets 2nd Tuesdays monthly at Hilton Head Hospital. Call 843-682-7377 for details.

Mended Hearts. Support group for heart patients and their families. 3rd Tuesdays monthly, 7 pm, in Cardiac Rehab at Hilton Head Hospital. Call 843-689-8224 for details.

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HEALTH SEMINARS

Coronary Artery Disease...What are your risks? 10 am, Wed., Feb. 2 at Pineland Station (OLLI Location). Presenter: Dr. John C. Sharp, Jr. Cardiologist. Learn how lifestyle adjustments affect your risk for Coronary Artery Disease (CAD) and how you can cope with a diagnosis of CAD. (Open to members of the USCB Osher Life Long Learning Institute.)

Understanding & Diagnosing Celiac Disease; How to Effectively Manage Celiac Disease By Changing Your Diet 7 pm, Wed., Feb. 2 at General Health Education Club in Sun City. Presenters: Dr. Michael Gilbreath, Gastroenterologist & Holly Mlodzinski, Registered Dietitian. Celiac disease, also known as gluten intolerance, is a genetic disorder that affects at least 1 in 133 Americans. It is a digestive condition triggered by consumption of the protein gluten, primarily found in bread, pasta, cookies, pizza crust and other foods containing wheat, barley or rye. (Open to Sun City residents).

"One Year on the Job"- How Healthcare Reform Impacts Our Community's Healthcare System. 1 pm, Thur., 3/24 at Pineland Station (OLLI Location).

Presenter: Mark O'Neil, President/CEO, Hilton Head Regional Healthcare. Learn what Mark O'Neil has discovered after his first year as President/CEO. He'll also discuss the impact healthcare reform may have on our community's healthcare system. (Open to members of the USCB Osher Life Long Learning Institute.)

Hand Problems Demystified. 1 pm, Thurs., April 14 at Pineland Station (OLLI Location). Presenter: Maggie Fagan, OT, Certified Hand Therapist. Learn about the field of occupational therapy and a variety of hand problems including arthritis, hand contractures, fractures, carpal tunnel syndrome and trigger finger. (Open to members of the USCB Osher Life Long Learning Institute.)

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