

# health fitness & Wellness

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## New web cameras connect parents with infants in Abington Hospital's NICU

**Al-Anon Men's Group**, meets 7 p.m. every Tuesday at Livengrin Foundation, Suite 101, 350 S. Main St., Doylestown, 215-348-2690.

**Alcoholics Anonymous of Upper Bucks**, If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.

**Alzheimer's Support Group**, for anyone who is living, with, caring for or cares about someone with Alzheimer's/dementia, meets 7 p.m. the third Tuesday of each month, at St. Paul's Lutheran Church, 301 N. Main St., Doylestown. For information, call Barbara Marte, 215-262-0030.

**Bedminster Nar-Anon Family Group**, for family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Menonite Church, 1008 Deep Run Rd., Perkasie.

bedminster.naranon@yahoo.com

**Family Education Program on Addiction - Anna Straw Initiative**, 7 p.m. first three Mondays of the month in the Red School House at the Presbyterian Church of Deep Run, 16 Irish Meetinghouse Road, Perkasie. Help is available for families of substance abusers. Register for free program by contacting 800-221-6333.

**Grand View Health**, Register: gvh.org/classes or call 215-453-4300. Healthy Hearts noon-1 p.m. July 21 at the Sellersville Outpatient Center.

**Narcotics Anonymous Drug Court**, We can help. Call 24-hour helpline, 844-624-3575, epama.org.

**Overeaters Anonymous** meets 10 to 11 a.m. Thursdays (babysitting available) at West Swamp Baptist Church, Quakertown; 610-762-3779, oa.org.

**Overeaters Anonymous** meets 7:30 to 8:30 p.m. Tuesdays at First United Church of Christ, 151 S. Fourth St., Quakertown. Information: 610-295-3860, oa.org.

**Overeaters Anonymous**, 8 p.m. Fridays (newcomer meeting starts at 7:45 p.m.) at Redeemer Lutheran Church, 246 Hulmeville Ave., Pottsville. Info: org. 215-638-1822.

**Parent Support Group on Addiction**, meets 7 p.m. third Wednesday of the month at the Presbyterian Church of Deep Run, 16 Irish Meetinghouse Rd., (Bedminster Township), Perkasie. Contact batcho52@yahoo.com.

**Pennsylvania Police Survivors Network**, information and inspiration for survivors and their families, including support group listings, 215-858-4643, papolice-network.org.

**SMART Recovery**, self-empowering addiction recovery support group, meets 6-7:30 p.m. Thursdays at 252 W. Swamp Road - Unit 12, Doylestown. Sponsored by The Council of Southeast Pennsylvania, Inc., councilsepa.org.

**Steps To Serenity Overeaters Anonymous Meeting**, 10-11 a.m. Mondays at St. Andrews United Methodist Church, 999 York Road, Warminster, 215-918-3370.

### Doylestown Hospital hosts migraine prevention program

The program, "Headache and Migraine Prevention," will be offered at three different times: 7:30 to 8:30 a.m., noon to 1 p.m. and 5 to 6 p.m. Thursday, July 21.

The sessions will take place in Conference Room J at Doylestown Hospital, 595 W. State St., Doylestown.

Join Doylestown Hospital's Marjorie Whelan, board-certified in neurology, to learn about types of headaches and migraines, how to identify common triggers and treatment options.

The program is free. Call 215-345-2121 or visit DoylestownHealth.org to register.

### St. Mary earns designation for cardiac care

Independence Blue Cross has designated St. Mary Medical Center as a Blue Distinction Center+ in the Blue Distinction Centers For Cardiac Care program, part of the Blue Distinction Specialty Care program.

To receive a Blue Distinction Center+ for Cardiac Care designation, a hospital must demonstrate its expertise in delivering safe and effective cardiac care, focusing on cardiac valve surgery, coronary artery bypass graft (CABG) and percutaneous coronary interventions (PCI) episodes of care. A hospital must also have earned national accreditation at the facility level.

Parents of infants in the Neonatal Intensive Care Unit (NICU) at Abington Hospital - Jefferson Health can now feel a little more at ease when they're unable to be physically present at their baby's bedside.

Thanks to a donation, each of the NICU's 34 beds are now equipped with NICVIEW web cameras, which allow parents, family and friends to view their infant in real-time, 24/7, through a secure online portal. An additional four web cameras were purchased to accommodate patient overflow in the NICU, bringing Abington's total to 38 cameras.

Access to the NICVIEW web camera system is secure. Parents are given personal login information (which can be shared with family and friends) to access the online portal and see their baby anytime from anywhere in the world.

The purchase of the web cameras was made possible by a \$100,000 gift by Kevin and Caitlin Johnson of New Hope, along with Kevin's parents, John and Sue Johnson of Flemington, N.J. Kevin and Caitlin's twin boys, Brayden and Parker, are former patients in Abington's NICU - born at 28 weeks. They are now enjoying life as happy, healthy 1-year-olds.



New Hope residents Brayden, Kevin, Caitlin and Parker Johnson, with Dr. Kathryn Ziegler of Abington Hospital's division of neonatology.

## Meetings held for "loss survivors"

Reports of suicide have increased in Bucks County over the last decade.

The Bucks County Coroner's Office reported 88 suicides in 2015, up from 66 in 2006. According to the Centers for Disease Control and Prevention, every 12.3 minutes, someone dies by suicide in this country. Each completed suicide affects 18 other people; therefore, in 2015 alone, 1,584 Bucks County citizens became loss survivors, meaning they suffered the loss of a loved one as a result of suicide.

The Families Subcommittee of the Bucks County Suicide Prevention Task Force is a group of individuals who have lost a loved one to suicide. The goals of this group are to raise awareness about suicide and to play an active role in suicide prevention. The subcommittee accomplishes these goals by engaging in community educa-

tion and advocating for legislation that supports the improvement of the mental health system and treatment options.

Audrey J. Tucker, chief executive officer of Family Service Association of Bucks County, and Maria Picciotti, Family Service's Call Center coordinator, lead the Families Subcommittee. The group's advisor is Bucks County Commissioner Diane M. Ellis-Marsaglia who herself is a loss survivor of suicide.

Meetings are held bimonthly at Family Service's Langhorne office located at 4 Cornerstone Drive. All subcommittee participants must have suffered the loss of a loved one as a result of suicide.

Contact Maria Picciotti at mpicciotti@fsabc.org or 215-355-6611 if interested in joining the Families Subcommittee or for information.

## Grand View and Doylestown among "Most Wired" hospitals

Grand View Health has been named one of America's Most Wired hospitals for the sixth consecutive year, according to results of the 18th annual Health Care's Most Wired survey, released by the American Hospital Association's (AHA) Health Forum.

Doylestown Hospital is also among the 21 Pennsylvania hospitals recognized as "Most Wired." This is the fifth year Doylestown Hospital made the national Most Wired list.

According to the survey, Most Wired hospitals are using telehealth to fill gaps in care; provide services 24 hours a day, seven days a week; and expand access to medical specialists.

In redefining the way that they provide care in their communities, Most Wired hospitals are using technology to build patient engagement with the individual's lifestyle in mind, which includes electronic access to their care team.

Sixty-eight percent accept patient-generated data through the patient portal. Twenty-six percent of Most Wired organizations offer E-visits through a mobile application, and 61 percent use social media to provide support groups.

Detailed results of the survey and study can be found in the July issue of H&H. For a full list of winners, visit hnhmag.com.

## Doylestown practice offers new hair restoration technology

Buinewicz Plastic Surgery and Medspa, with offices in Doylestown and Flemington, N.J., has added NeoGraft, a new solution for hair restoration, to its list of services.

Approximately 50 million men and approximately 30 million women suffer from male/female pattern baldness or thinning hair. Many potential patients shy-away from (or are not candidates for) the traditional "strip method" of hair replacement because of the slow recovery time, the loss

of feeling at the incision site, the tiny linear scar on the back of the head or the amount of post-operative pain involved.

NeoGraft technology automates the Folicular Unit Extraction (FUE) method to give patients more natural looking results with minimal downtime, no linear scarring and no stitches.

To schedule a consultation, contact Buinewicz Plastic Surgery and Medspa at 215-230-4013 or buinewiczplastic-surgery.com.

## Crawford supports IAD Symposium

Crawford Healthcare, Inc. which has an office in Doylestown, recently supported a group of clinicians for a symposium at the Wound, Ostomy and Continence Nurses Society and CAET Joint Conference.

The panel offered insight and clinical experience in utilizing a touch-free, micro-fine zinc oxide technology to help increase patient comfort, compliance among staff, and treat Incontinence Associated Dermatitis (IAD), which is sometimes confused with stage I or II pressure ulcers. Prevention is based on avoiding or minimizing exposure to stool or urine com-

combined with a structured skincare program based on principles of gentle cleansing, moisturization and application of a skin protectant.

Crawford's Touchless Care Zinc Oxide Protectant Spray is an advanced skin care product for the management and treatment of IAD. The product treats irritated skin with 25 percent zinc oxide and 20 percent dimethicone. The touchless spray application is designed to reduce contact with incontinent patients helping to reduce the chances of cross-contamination between patients and caregivers.



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