

health fitness & Wellness

ryoung@buckscountyherald.com

Community partners take on youth substance abuse



Elizabeth Eckley Winder from the EPIS Center, a research division of Penn State University, discussed youth risk and protective factors at the annual Key Partners meeting on Dec. 6.

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.

American Red Cross Blood Drive. 3-8 p.m. Feb. 6 at Palisades Middle School, 4710 Durham Road, Kintnersville. Register at redcrossblood.org. Sponsor code: Palisades. Call 800-RED-CROSS or email edfillipantonio@palisadesd.org.

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 Menningue Church, 1008 Deep Run Road, Perkasie, bedminster.naranon@yahoo.com.

Doylestown Nar-Anon. for family and friends of those who have loved ones that suffer from addiction, 6 p.m. Wednesdays at Summit Behavioral Health, 702 Hyde Park, Doylestown. Information: naranon.org.

Family Education Program on Addiction. meets once weekly for three two-hour sessions in Bristol, Colmar, Doylestown, Dublin and New Hope at various locations. The program helps individuals and families recognize and address addiction problems in a spouse, parent, child or loved one. Register for free program at 800-221-6333.

Grand View Health. Register: gvh.org/classes or call 215-453-4300. Women's Brunch, for women who have lost a spouse and are seeking support, second Friday of month at 11 a.m. at O'Grady's Restaurant, Route 113, Souderton; call 215-453-4398 for more information. Is Bariatric Surgery Right For You? 5 to 6 p.m. second and fourth Tuesday of the month at the Sellersville Out-

patient Center. Dropouts Cataract Surgery 5 to 6 p.m. Thursday, Feb. 9 at the Sellersville Ophthalmic Center.

Health Connections by **Doylestown Health**, in the Cowhey Family ShopRite, 942 W. Street Road, Warminster. For appointments: 215-672-1870. "What Vaccines Do I Need?" 10-11 a.m. Feb. 16. Balance and Fall Risk Screening 10 a.m.-1 p.m. Feb. 15.

NA Meeting New Hope @ 5, meets 5 p.m. every Friday at 2680 Sugar Road, New Hope.

Narcotics Anonymous Drug Problem? We can help. Call 24-hour helpline, 844-624-3375, epama.org.

Parent and Family Support Group on Addiction. meets 7 p.m. first and third Wednesdays of the month in the Red School House, Presbyterian Church Deep Run, 16 Irish Meetinghouse Road, Perkasie (Bedminster Township). Parents and others offer support, encouragement, resources and hope for recovery in family's substance use. Contact Matt, batchof5@yahoo.com for information.

Pennsylvania Polio Survivors Network. information and inspiration for survivors and their families, including support group listings. 215-858-4643, papolionetwork.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.

Yoga for Cancer Care. genital yoga 2:30-3:30 Tuesdays and 10-11 a.m. Fridays, at Yoma Loka, 19 N. Doughty Ave., Somerville, N.J., and 7-8 p.m. Mondays at Be Here Now Yoga, 63 Main St., Suite 202, Flemington, N.J. Info: yogaforcancer-care@gmail.com, 908-343-8247.

Northampton Valley Country Club recently served as the location for the annual meeting of key leaders and partners of the Council Rock Coalition for Healthy Youth.

The local nonprofit works to prevent and reduce substance use by youth in the five municipalities that make up the Council Rock community. Public and private school students and their families have been impacted by their prevention efforts since 1997.

In attendance were representatives from law enforcement, education, parents, faith-based organizations, youth, businesses, and other sectors of the community. The purpose was to discuss the Pennsylvania Youth Survey (PAYS) which highlights the need to increase protective factors, and reduce risk factors, which contribute to drug and alcohol use and abuse. Two presenters, one from the EPIS Center, a research division of Penn State University, and one from Epiphany Community Services, the entity that provides evaluation services to the Coalition, facilitated discussions about local issues, and both

stressed the need for all community partners to work together to reduce substance use and abuse problems.

"Collaboration is critical in dealing with problems facing Bucks County such as underage drinking, vaping by minors, prescription drug abuse, and the heroin epidemic. Everyone has an important role to play in helping

to make our community safer and healthier," said Francine Block, president of the Council Rock Coalition for Healthy Youth board of directors.

The coalition is looking to expand its network of volunteers and partners, including individuals, organizations and businesses. For information or how to get involved visit CRCHY.org.

St. Luke's physician earns rare distinction

Ten years.

That's how long it took Dr. Jennifer Axelband after she graduated from medical school and completed an emergency medicine residency and surgical critical care and trauma fellowship training, to achieve a momentous personal and professional goal. Axelband recently became the first ever osteopathic emergency medicine trained-physician to be board certified in surgical critical care by the American Osteopathic Boards of Surgery (AOBS) in the history of U.S. medicine.



DR. JENNIFER AXELBAND

"Board certification has never been available to anyone in my position until now," said Axelband, education medical director of critical care and medical director of neurologic critical care at St. Luke's University Hospital.

And by "in my position," she said, she means that before she soldiered through layer after layer of bureaucracy and red tape, no emergency medicine trained osteopathic physician was ever eligible to sit for the surgical critical care exam. Successful completion would allow her to be board certified in surgical critical care by the American Osteopathic Board of Surgery and the American Osteopathic Association (AOA).

The Accreditation Council for Graduate Medical Education recognizes only allopathic physicians - MDs - to sit for the exam given by the American Board of

Surgery. The AOA certification for surgical critical care via AOBS is only available to surgeons. Until recently, osteopathic emergency physicians did not have a certification pathway for surgical critical care.

Thanks to Axelband's persistence, the AOA and AOBS now recognizes qualified osteopathic emergency medicine trained physicians who complete a surgical critical care fellowship as eligible to take the SCC boards.

"Dr. Axelband continues the great tradition of breaking barriers that has permeated the St. Luke's Critical Care Fellowship. This is a momentous achievement that only serves to underscore the dedication and compassion she displays every day while caring for the critically ill," according to Dr. James Cipolala, surgical critical care fellowship Director at St. Luke's University Health Network.

Doylestown Health joins Jefferson cancer network

The Sidney Kimmel Cancer Network at Jefferson and Doylestown Health will officially join forces effective March 1.

As the newest member of the Sidney Kimmel Cancer Network at Jefferson, Doylestown Health will have enhanced access to research studies, medical education, cancer screenings and administrative resources at the Sidney Kimmel Cancer Center at Jefferson. In collaboration with their Doylestown

Health physicians, patients will also have access to programs unique to the Sidney Kimmel Cancer Network at Jefferson, including Tele-Health, the Senior Adult Oncology Program and Precision Medicine, which includes advanced genetic analysis used in determining treatment courses. The affiliation means local access to medical expertise and advanced research for patients, unique to the Sidney Kimmel Cancer Network at

Jefferson organization.

The Sidney Kimmel Cancer Network was founded in 1993 with the mission to bring advanced treatments to patients through partnerships with outstanding health-care institutions. The concept has further expanded to include helping partners, like Doylestown Health, provide the highest level of support for patients and their families at the time of diagnosis, during treatment and after recovery.

HealthLink provided more than \$720,000 in free dental care last year

In 2016, HealthLink Dental Clinic provided \$720,853 worth of dental care to low-income adults living in Bucks and Montgomery counties at no cost to the patient.

The clinic was visited by 1,779 adults for more than 2,660 appointments. At these appointments, eligible adults received care ranging from fillings (of which 1,534 were provided) to cleanings (1,084) to extractions (240) and even root canals (95) and crowns (11).

In 2001, HealthLink opened its doors to the community "bridging the gap" between those who qualified for Medical Assistance coverage and those who could afford health care coverage. While much has changed in the 15 years since then, the free clinic remained committed to meeting the unmet needs of its underserved adult neighbors.

2016 was the organization's first full year officially known as HealthLink Dental Clinic. Having previously provided medical care on-site, HealthLink made the strategic decision in 2015 to focus

exclusively on providing dental care after the implementation of the Affordable Care Act, the expansion of Medicaid, and the existence of two other free medical clinics in Bucks County meant that a dwindling number of adults in the community would require medical care.

Dental care, however, was left largely unaddressed, despite the lack of access in the clinic's two-county service area. In fact, according to the 2016 Community Health Needs Assessment of Abington Jefferson Health, more than one quarter (27 percent) of residents did not see a dentist in the last year. Those people living below 200 percent of the poverty level were 51 percent less likely than those above this level.

Low-income adults in our community simply cannot afford to see a dentist and receive proper oral health care. HealthLink eliminates this financial barrier by providing these underserved adult residents of Bucks and Montgomery counties with quality, compassion-

ate dental care at no cost.

A partnership with Temple University's Kornberg School of Dentistry began in March 2016 and meant that HealthLink patients now had access to root canal treatment on-site and still at no out-of-pocket cost. Once the clinic began offering root canals, the next step was to provide crowns to protect the dental work.

"We're thrilled with the success of the partnership with the Kornberg School of Dentistry and what it has meant for our patients," said Dr. Bernie Dishler, board president and volunteer at HealthLink. "We've expanded the on-site services available, and this means that we have been able to continue to evolve with the changing health care landscape and the needs of our community."

HealthLink Dental Clinic is not part of a large hospital system, nor is it funded by the government. Its operating budget is funded entirely by donations from foundations, corporations, and individuals. With the help of a small staff, oral health services are provided by local dentists volunteering their time to the charity and its mission.

To learn more about the clinic, its mission, and who is eligible for free care, visit healthlinkdental.org or call 215-364-4247.

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Grand View Health appoints director of surgical services

Grand View Health has appointed Susan Kim as the new director of surgical services.

Kim will oversee the scheduling and daily operations of the Grand View Health operating room located at the health system's main hospital campus.

She most recently served as a preoperative nurse manager at Nazareth Hospital where she was responsible for overseeing daily operations, monitoring budgets, quality improvement and outcomes for nine operating rooms, PACU (post-anesthesia care unit), same-day surgery and sterile processing. Previously, Kim worked at Children's Hospital of Philadelphia, Penn State Hershey Medical Center and Washington Hospital Center in Washington D.C.

She resides in East Falls with her husband, Brian.