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## Spring Cleaning: A Few Recommendations

By: Maria Mazzotti, D.O.  
Board Certified Physician at the Rittenhouse Women's Wellness Center

As the weather starts to give us a break, I would like to give you a few reminders to help you stay healthy and enjoy the rest of your year.

1. If you have not started your allergy medications, I would high recommend doing that immediately. Getting started early may make a big difference in controlling your allergies. That goes for Singulair as well, since it take about for this particular medication to start working effectively. Also keep in mind that Ventolin, commonly used for asthma, has a short half life. So once you open the foil package, you need to discard it after 6 months, even if you have not finished all of the inhalations. If you have severe allergies, you want to make sure your EpiPen has not expired. This is also a good time of the year to have your carpets cleaned of all of the debris that accumulated over the winter and you can keep the windows open to make sure the carpets dry well.



2. Make sure you are up to date with your Tdap vaccine. You may know this vaccine as the Tetanus shot, Pertussis vaccine or whooping cough vaccine.

This vaccine protects against 3 different infections...

To continue reading more of Dr. Mazzotti's healthy spring cleaning recommendations, please visit our wellness blog at [rwwc.com](http://rwwc.com).

## 5 Tips for Spring Fitness



The snow is melting, the sun is shining, and it is beginning to get warmer and warmer each day! During the winter you may have taken some time off from your exercise routine to take shelter from the cold, but here are some helpful tips from our wellness specialists and personal trainers to help you get back on your feet and into a healthy fitness routine this spring.

1. **Be Realistic** : First and foremost, you should always set a schedule of how many days a week you want to workout. You may want to hit the gym 7 days a week from the start, but with work, school and a family, this presents road blocks. Get comfortable taking baby-steps, and accommodate goals to your lifestyle and current fitness status to prevent injury. A realistic schedule would be 3 days a week for 30 minutes each

2. **Team up with a friend:** Surround yourself with friends who are looking to spring clean their fitness routine and healthy lifestyles as well. Working out with a friend can help you encourage each other, keep you on track, and can be the fuel to a fun fitness routine.

3. **Revamp your playlist:** Listening to the same tunes day in and day out can get monotonous and boring...

To read more about spring fitness, please visit our Wellness Fitness blog at [www.rwwc.com](http://www.rwwc.com).



## 8 Tips for Cleaning Up Your Diet This Spring

By: [Theresa Shank, Registered Dietitian](#)  
at the [Rittenhouse Women's Wellness Centers](#)



The arrival of spring is certainly a reminder that you have one more season to clean up your diet before summertime arrives! Maybe you let your healthy diet habits hibernate over the long drawn out winter we just had but this month it's time to spring clean your diet and life style to get back on track! Instead of trying a new fad diet, detox or

meal replacement regimen, try these tips to make sure you are bikini ready and feeling healthy by summer.

To request an appointment\* with one of our dietitians, please follow the "Request an Appointment" link on our Home Page, or call any of our locations at (215) 735-7992, ext. '0'.

*\*Nutrition appointments may be covered by your insurance company.*

## Enhanced Features on the Patient Portal



The Rittenhouse Women's Wellness Center invites you to please access our secure online patient portal network in order to schedule appointments.

This means seamless access through the patient portal for scheduling sick appointments, osteopathic manipulation follow-ups, acupuncture follow-ups, as well as annual and preventative exams-the portal can also be used to request refills, referrals, and send messages directly to your physician and the RWWC staff.

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March 2014



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## The RWWC Wellness Wire

On Trend, Up to the Minute, Inspirational, Tips & Trends for Nutrition, Fitness & Emotional Wellbeing

RWWC & DermaCenter Breaking News & Special Events

Our Own Wellness Specialists Personal and Clinical Healthcare Recommendations & 'Must Reads'



@RittenhouseWWC

## Request Your Portal Information Today!

Our patient portal recently changed so that you now will be able to view your labs, print your radiology prescriptions, reference your visit summary, schedule routine appointments, request prescription refills, request referrals and more.

To request your new patient portal login and password, please email [info@rwwc.com](mailto:info@rwwc.com).



**Patient Portal**

## About Us

The Rittenhouse Women's Wellness Center provides Primary Care including routine gynecology, medical & aesthetic skin care, nutrition, fitness, emotional well-being, acupuncture and osteopathic manipulation exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.



