



# The Rittenhouse Women's Wellness Center

*Eating Right - Staying Fit - Embracing Wellness*

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## Tick Bites: Prevention and Removal

By: Jillan Rowbotham, D.O.  
at the Rittenhouse Women's Wellness Center

As you head outdoors to get the most out of these last few weeks of summer mosquitoes aren't the only biting insects you have to worry about; ticks are also looking to make a meal out of you. Ticks can get on you if you walk through areas where they live such as tall grass, leaf litter or shrubs. Ticks are more than just a creepy nuisance, they can also transmit disease.

Though most tick bites will not make you sick, you do want to remove any tick as soon as possible. Ticks can be as small as a poppy seed so when you come in from the outdoors be sure to examine you scalp and skin carefully. Don't forget to check your ears and belly button. If you find a tick the following steps can help you remove it quickly and safely.



To read more about removing tick bites, please visit the Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## The Truth About Trans Fats

By: Christina Ushler, RD  
Registered Dietitian at the  
Rittenhouse Women's  
Wellness Center

Trans fats are made by an industrial process that chemically converts liquid fat into solid fat. This process is also known as hydrogenation, where hydrogen is added to the fat and converts the

original fat's chemical structure to make it more shelf stable. Trans fats are solid at room temperature and don't spoil as quickly as natural fats like olive oil or butter.



To read more about the Truth About Trans Fat, please visit our Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## Hydration: A Key to Training Success in the Summer Heat

By: Kathryn Pontius  
Personal Trainer at the  
Rittenhouse Women's  
Wellness Center

With temperatures rising well over 90 degrees and humidity approaching 100% in Philadelphia, an important thing to remember while working out is staying hydrated. Dehydration

is a common but serious issue this time of year for both the newly active as well as the highly trained. It is important to keep your body well hydrated to stay safe and prevent dehydration.



To read more about hydration being the key to successful summer training, please visit the Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## Traveling to an Exotic Destination?

### Affordable Travel Preparation

For preventive medical care no matter where you're headed, RWWC is ready to help. We'll review your itinerary and medical history, provide the necessary vaccinations and prescriptions, and give you advice for staying healthy throughout your trip. You should plan to see us six weeks before your departure to allow ample time for vaccinations.



To read more about our Affordable Travel Medicine, please visit the Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## ♥ Ear Piercing *Now Available* at Rittenhouse Internal Medicine for Our Patient's Daughters ♥

As many of our patients inquired in the past about providing ear piercing services for their young daughters, Dr. Leslie Saltzman will be performing ear piercings starting in the month of August. She will use a prescription numbing cream so the experience is relatively pain free for them.



If you would like to schedule an appointment for your daughter, please feel free to request an appointment by phoning our office at (215) 735-7992, following ext. '0'.

## Introducing Restylane's Gilt City Offer

Medicis Aesthetics is now offering an ***enticing discount*** on **Restylane treatments** to members of Gilt City—a popular online shopping destination.



- \$100 voucher toward 1ml of Restylane only \$49
- \$300 voucher toward 2ml of Restylane for only \$149

**Take advantage of this offer now as it is only available until August 16th!!**

To purchase your discounted Restylane service, and schedule your appointment with Dr. Saltzman, please phone our office at (215) 735-7992, ext. '0'.

## Keep Your Skin Beautiful This Summer!

The heat and humidity of summer can wreak havoc on your skin. Increased exposure to the sun can lead to sunburn and soreness in the present and can be a cause for wrinkles, toughness, and deadly skin cancers in the future.

To help protect your skin this summer, DermaCenter carries LaRoche Posay sunscreen! La Roche Posay has been voted here to learn more about La Roche Posay and to see how your sunscreen ranks. Best of beauty winner and top rated.

La Roche Posay is a unique organic UV sunscreen that provides protection against UVA and UVB waves. Some benefits of this sunscreen are:

- Non-greasy, dry finish texture
- Dermatologist and allergy-tested
- Fragrance-free and PABA-free

Anthelios has also been rated on the Environmental Working Group as one of the best sunscreens available. Please visit [DermaCenter.com](http://DermaCenter.com) to learn more about La Roche Posay and to see how your sunscreen ranks.



**LA ROCHE-POSAY**  
LABORATOIRE PHARMACEUTIQUE

**Patient Portal now available for:  
secure emails, referral and  
Rx refill requests.**



Please email [info@rwwc.com](mailto:info@rwwc.com) to

**request your patient portal user  
name and password.**

## **About Us**

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Medical & Aesthetic Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

