



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women

August 2013

Issue #32

In This Issue:

Building a Medical Home for Women

Osteopathic Manipulation and Acupuncture

Important Health Screenings this Fall

Accepting New Patients on the Main Line

How to Maintain Proper Hydration

Listening to Your Body: Beat the Heat

DermaCenter Specials are Heating Up!

New Patient Portal

Our Mission: Building a *Medical Home* for Women

By: Bob Saltzman,
CEO at the [Rittenhouse Women's Wellness Centers](#)



In developing the Rittenhouse Women's Wellness Center, we wanted to create a Medical Home...a community, not just the way the medical community defines it today in terms of delivery of quality care (we have the highest rating); but additionally a community exclusively for women where they could find a multidisciplinary team of women healthcare professionals who would understand them and be able to connect in a way that would help them improve their health and personal lives. We now support you, our community, (which has grown to over 12,000 women), with 9 board certified physicians along with 9 medical assistants, 6 psychologists, 2 registered dietitians, certified aestheticians and personal trainer.

The other force driving the development of our centers was to give our total community including our staff and those we serve, a safe, attentive environment where women could get the care they need and deserve for the complex lives they now live (that is, balancing work and family). So, we designed a work environment where we emphasize two features. First, that women should not be conflicted in their multiple roles, so there would be what is now a luxury in life, that is, time. Second, we have created a setting where women can feel supported and acknowledged for the difficulties they have in fulfilling their roles in healthful ways.

We designed our practice as a place where there would be time to pay attention to details and time for a personal life and work. We want to provide these same elements to you, our patients, by giving you longer appointments than is customary in primary care and immediate access to our staff via email, phone and leaving time open for your urgent matters. It is in these ways that we are trying to create a sanctuary, where time temporarily slows down so that connection with yourself and expert others can allow effective healing to occur.

I feel honored to be part of such a venture and have a great commitment living up to the principles behind our centers. Although you won't see me on site (I work behind the scenes upstairs in my office to adhere to our women only environment), but if you have questions or concerns please feel free to email me directly at rsaltzman@rwwc.com; call me at 215.735.7992 X108; or when you call to schedule your visit and want to meet me please request a time before or after your appointment and I will gladly make myself available to meet with you.

Osteopathic Manipulation & Acupuncture Now Seeing Patients at Both Centers



The Rittenhouse Women's Wellness Center is excited to announce Dr. Catherine Liebman is joining our team of physicians.

Dr. Liebman is a specialist in Neuromusculoskeletal Medicine, Osteopathic Manipulation and Acupuncture. Her treatment assists with the relief of back and neck pain, migraine headaches, sport related injuries, chronic fatigue, digestive problems and fibromyalgia.

She is available at both Philadelphia and Main Line locations. Tuesday and Thursday mornings, she will work in our Philadelphia office from 8:00am-1:00pm and afternoons on the Main Line from 3:00pm-8:00pm.

To learn more about Dr. Liebman, please visit our website at www.rwwc.com. To request an appointment with Dr. Liebman, you may follow links to "Request An Appointment" at www.rwwc.com, or you may phone either of our offices: Philadelphia Location: (215) 735-7992, Main Line Location: (610) 668-7992, ext. '0'

Important Health Screenings this Fall

By: Monica Duvall, M.D.
Physician at the Rittenhouse Women's Wellness Center



Fall is just around the corner--back to school/work, and back to reality, for most of us. An important part of getting back into the swing of things is making sure your routine health screenings are in order. Many of the screening guidelines we have all grown up with have been changing as we learn more about the natural histories of many chronic diseases, so it's important to make sure you are where you need to be in terms of prevention.

The most obvious screening exam, and the gatekeeper for most others, is the "Physical", or Periodic Health Maintenance Examination. As the name implies, the purpose of this exam is to ensure you are "maintaining" your optimal health by keeping up to date on preventive screenings and incorporating health-promoting/protecting habits into your lifestyle. It is different from the "problem-focused" visits most people schedule--rather than talking about headaches or skin rashes or other specific medical concerns, the physical focuses on preventive tests, behaviors, and immunizations.

To continue reading about important health screenings, please visit our wellness blog at www.rwwc.com

Accepting New Patients on the Main Line



Stephanie McKnight, M.D., is a board certified physician with 6 years of experience. Her professional interests include: women's health, joint injections, weight loss medicine and dermatology.

Patients describe her as trustworthy and friendly. She is currently accepting new patients at Rittenhouse Internal Medicine: Main Line. To request an appointment with Dr. McKnight, please visit the home page of "Internal Medicine" to read more about our physicians.

If you would like to schedule an appointment with Dr. Stephanie McKnight, you may phone our Main Line location at (610) 668-7992, ext. '0'

How to Maintain Proper Hydration

By: Theresa Shank, RD
Registered Dietitian at the Rittenhouse Women's Wellness Center



Since the summer heat is in full blast this week, it is important that you stay hydrated, especially during physical activity. Proper hydration is one of the most important aspects of physical activity. Drinking adequate amounts of fluids before, during and after physical activity is vital to helping your body prepare, sustain and recover after physical activity.

First things first, know if you are properly hydrated before participating in physical activity. A way to measure your hydration status is by checking the color of your urine. Clear or pale yellow urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice or tea, indicates dehydration. To prevent dehydration before exercise, The Academy of Nutrition and Dietetics recommends consuming 16 ounces of fluid 2 to 3 hours before the start of physical activity.

To continue reading more on maintain your summer hydration, please visit our Wellness Blog at www.rwwwc.com.

To request an appointment* with one of our dietitians, you may follow "Request An Appointment" at www.rwwwc.com, or you may phone the Philadelphia Location at (215) 735-7992, or our Main Line office location at (610) 668-7992, ext. '0'.

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

Listening to Your Body: Beat the Heat



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

With the climax of
summer upon us, now is
a very important time to
be listening to the signs
your body is sending you.

It is always important to
be aware of what your

body is telling you. Whether it's that you are hungry, in pain, or tired, part of living a healthy lifestyle includes reading the signs your body gives you and responding accordingly. This is increasingly important as the temperature and humidity rise in the summer time. Be aware of the signs and symptoms of heat related illnesses and dehydration.

There are a few heat related illnesses that can strike while exercising outside.

To Read more about beating the heat and staying trim this summer, please visit our Wellness blog at www.rwwc.com. To schedule an appointment with one of our fitness instructors, please phone the Philadelphia location at (215)735-7992, ext. '0', or our Main Line location at (610) 668-7992, ext. '0'.

End of Summer Specials at DermaCenter



50 % off Skin Tightening Package

Smooth and tighten skin to reduce wrinkles, scars and loose skin.

40% OFF IPL Package & 1 FREE Microdermabrasion

IPL's can help to reverse skin issues such as sun exposure, redness, and age spots. Microdermabrasions remove dead and flaking skin cells and stimulate the production of fresh, young skin cells and collagen.

4 for \$400 MicroPlaning Package™

The benefits of MicroPlaning™ usually include removal of damaged skin and unwanted hair. Following the procedure, the skin will look smoother with a more even skin tone.

To request an appointment or complimentary consultation, you may "Request An Appointment" at www.rwwc.com, or phone our Philadelphia Location at (215) 735-7992, or our Main Line location at (610) 668-7992, ext. '0'.

Request Your Portal Information Today!



Patient Portal

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.

Follow Rittenhouse Women's Wellness Center and DermaCenter

All of our social media accounts provide information about our physicians, facility, healthy recipe ideas and more!!

Follow RWWC on  or 

Follow DermaCenter Medical Spa on  or 

Like RWWC on 

Like DermaCenter on 

About Us

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

