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Skin Cancer Signs, Symptoms, Causes, Treatments and Prevention



By: Marina Bachurina, MD

Dr. Bachurina is a board certified internist at RWWC. Prior to her internal medicine residency at Drexel's Easton Hospital, she was a Dermatologist in St. Petersburg Russia.

Skin Cancer is the most frequently diagnosed type of cancer. It is usually caused by cumulative sun exposure. In its simplest form, the disease is the uncontrolled growth of abnormal skin cells.

Melanoma is the most dangerous type of skin cancer and the leading cause of death from skin diseases; it is not as common as other types of skin cancer, though the rate is increasing, especially in young people. People who are most at risk typically have fair skin, light eyes, light hair and a history of relatives diagnosed with Melanoma. Some common causes are living in sunny climates, spending a lot of time in strong sunlight, or having had one or more blistering sunburns during childhood. Another common cause is tanning. A weakened immune system, certain types of moles, or multiple birthmarks, can also be risk factors.

To read more about skin cancer signs, symptoms, causes, treatments and prevention please visit www.rwwc.com

Healthy Holiday Alternatives

By: Amalia Krantz
Registered Dietitian at the Rittenhouse Women's Wellness Center

The holidays are a great time to be together with family and friends. It is also a time to enjoy all the delicious dishes and traditional foods that are only cooked but a few times a year. Healthy eating during the holidays can be challenging, especially when you are looking forward to enjoying your favorite dishes. However, there are ways to reduce the fat and calorie count in many of these foods without sacrificing flavor. Share the following tips with family and friends so you can all celebrate the gift of health at your holiday get-together. Not only will you feel better after eating these nutrient packed dishes, but you will also thank yourself for thinking ahead of the game and not making weight gain a holiday tradition as well.



To read more about Healthy Holiday Alternatives, please visit the Rittenhouse

Women's Wellness Center Blog at www.rwwc.com.

Working Out from the Inside Out

By: [Ava Adames](#)
Personal Trainer at the Rittenhouse Women's Wellness Center

As a personal trainer I naturally like working the muscles of the body and utilizing the functions of them. In fact, throughout my earlier days, I would create a favorite "muscle of the month" that I would choose to work on to find new exercises for muscle leanness. In those days it was largely about the bigger superficial muscles and less about the smaller supporting muscles. As I became more experienced as a trainer I began to have a deeper appreciation for those muscles groups that really stabilize and support the body from the inside out. Two internal muscles come to mind that are beneficial for the foundational and metabolic support of the body. These two muscles are the diaphragm and the pelvic floor. These two internal muscles of the body are big supporters of the respiratory system (diaphragm) and the endocrine system (pelvic floor muscles).

To read more about working out from the inside out, please visit the RWWC Blog at www.rwwc.com

Give the gift of health this holiday season with a 1/2 hour private Pilates session gift certificate for only \$25!* (Regularly \$45)

*Must purchase gift certificate in order to redeem discount.

Holiday Gift Certificates

When you buy your friends and loved ones gift certificates at The Rittenhouse Women's Wellness Center this holiday season, we will share the cost with you and contribute 20%-50% of Product or Services price!*

***Ex: when purchasing a certificate for a signature facial (regularly \$90), you can purchase it for only \$45.**

** Does not include injectable treatments i.e. Botox, Juvederm, or Radiesse. Offer valid until December 23, 2011.

To learn more about our specials click [here](#). To request an appointment, please click [here](#).

Flu Vaccines Now Available



We now have the 2011-2012 influenza vaccine available. Please call the office to schedule your immunization. Rebecca or Maria, our Medical Assistants, will be giving immunizations six days a week.

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



Please email 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.

