



# The Rittenhouse Women's Wellness Center

*Eating Right - Staying Fit - Embracing Wellness*

December 2012

Issue #24

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## COMING FEBRUARY 2013 Rittenhouse Women's Wellness Center: Main Line



Dr. Linda Bullock and Dr. Jean Haab will be joining Rittenhouse Women's Wellness Center: Main Line in February 2013. Both physicians are Board Certified and have over 15 years of experience. Dr. Bullock completed her medical training at Main Line Health's Lankenau Hospital and Dr. Haab completed her medical training at Thomas Jefferson University Hospital. To learn more about these physicians, Please follow 'About Our Physicians' under the Internal Medicine tab of our Homepage.

The Rittenhouse Women's Wellness Center's Main Line office will be located at 915 Montgomery Avenue in Narberth, PA and has plans for a grand opening to take place in February 2013. .

If you would like to learn more about the Main Line location and are interested in submitting your information in order to be contacted in the future regarding scheduling an appointment on the Main Line, please phone our office at (215) 735-7992, ext. '0'.

## Important Announcements for Our Patients

### Attention Patients:

On December 18th, Rittenhouse Women's Wellness Center will be closed. Our office will be upgrading our current Electronic Medical Record Software in order to serve our patients in a more efficient manner. If you do have an emergency on December 18th and must reach a Physician, please call [215-259-8441](tel:215-259-8441).



dreamstime.com

### Holiday Hours

Rittenhouse Women's Wellness Center will be closing at 3:00pm on December 24th and December 31st. Our office will be closed completely on December 25th and January 1.

### Email Consent

From this point forward, we will be asking all of our patients to sign an email consent form. The agreement explains the appropriate use of emails as well as confidentiality issues. To read and sign this agreement, you may visit the 'Forms' link of the 'Internal Medicine' tab on our Homepage.

## Should I Be Vaccinated Against Pertussis?

By: Leslie Saltzman, D.O.  
at the Rittenhouse Women's Wellness Center

Pertussis, also known as "whooping cough," is a highly contagious, acute respiratory illness caused by *Bordetella pertussis* bacteria. The name comes from the Latin term meaning "intense cough."

Over the last few years there has been an increase in the number of cases reported, with outbreaks reported in Pennsylvania.



To read more about the pertussis vaccination you may visit our Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## New Addition to Our Nutrition Team



Theresa Shank is a Registered Dietitian at the Rittenhouse Women's Wellness Center. Ms. Shank has extensive experience in providing patients with nutritional assessments, interventions and general nutrition education. She can help patients meet personal nutrition and lifestyle goals. To learn more about Theresa Shank, you may visit 'About Our Physicians' from the 'Nutrition' tab on [rwwc.com](http://rwwc.com)'s

homepage.

If you have Independence Blue Cross Insurance, you receive 6 complimentary visits with a registered dietitian. To schedule with Theresa, please phone our office at (215) 735-7992, ext. '0'.

## Tips for Staying Healthy This Holiday Season

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

'Tis the season! The holidays are officially here. For some this brings joy and excitement. The holidays can be a loving and nurturing time to spend with family and friends. On the contrary, the holidays may bring fear and stress for others. The holidays can be a challenge for many to stay healthy and consistent with their habits.



To make this your most healthy holiday yet, try applying some (or all!) of the following tips to your life this season:

To read more about tips for staying healthy this holiday season, you may visit our Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## Keep off Unwanted Weight this Holiday Season

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

Holiday season is upon us! It is full of friends and family, but also tends to be a time when we are unable to keep up with our fitness routines. Cold weather, traveling, and a plethora of events can culminate in a few additional pounds. To keep unwanted weight and the lethargy that comes with this season there are a few things to be mindful of.



To read more on keeping off unwanted winter weight, please visit our Wellness Blog at [www.rwwc.com](http://www.rwwc.com).

## Winter Specials from DermaCenter

With the holidays approaching, DermaCenter has some great specials for our patients. These are great services to also give as holiday gifts!



**Limited Time offer:  
Ends December 31st, 2012.**

### **Microplaning Session or Signature Facial \$65\***

(originally \$100-\$150 each)

**MicroPlaning™** is a type of "skin blading" that can help treat a variety of skin conditions. This is a full one hour procedure that typically follows a four step process. The skin will be left with a soft, smooth and supple appearance.

DermaCenter's **Signature Facial** is sure to help you relax and rejuvenate. This calming facial is customized to your personal skin type. Includes light exfoliation and facial massage. - 60 minutes.

\*one treatment per customer at this price.

### **50% OFF Laser Hair Removal Package**

Laser hair removal is an alternative to other methods, such as waxing, electrolysis and shaving. Clients can benefit from laser hair removal treatments on virtually any part of the body including the bikini line, chest, chin, back, legs, underarm and upper lip. To learn more about laser hair removal, you may visit [DermaCenter.com](http://DermaCenter.com).

To schedule an appointment with DermaCenter, or to purchase a gift certificate, call please call [215-735-7990 ext. 0](tel:215-735-7990)


## 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 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.

