



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women

December 2013

Issue #36

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Holiday Party for Our Patients held at Our Main Line Office

RITTENHOUSE WOMEN'S WELLNESS CENTER

INVITES YOU TO OUR



FOR OUR PATIENTS

TUESDAY, DECEMBER 10, 2013

5:30 - 7:30 PM

AT OUR MAIN LINE LOCATION

The Women of Rittenhouse Women's Wellness Center welcome you to celebrate the holiday season with us! Tour the Main Line Narberth facility, and meet our Team of Physicians and Wellness Specialists in spectacular fashion with hors d'oeuvres, wine tasting, complimentary DermaCenter Medical Spa skin consultations, and festive giveaways.

To RSVP, please email event@rwwc.com or call 610-668-7992 ext. 211



Acupuncture Event
December 7th
Limited Space Available!

JOIN US

AT THE

Rittenhouse Women's Wellness Center
PHILADELPHIA

for a Day of Relaxation

featuring Group Acupuncture Sessions & Holiday Tea



DR CATHERINE LIEBMAN is a specialist in Neuromusculoskeletal Medicine, Osteopathic Manipulation, and Medical Acupuncture. She treats mostly musculoskeletal and pain problem, such as lower back pain, neck pain, headaches, other joint pains.

During our group acupuncture session patients will experience a relaxing, and stress-relieving acupuncture treatment. Complimentary holiday tea and food pairings will accompany the event.

Saturday, December 7th
at our Philadelphia location
10 am - 3 pm
\$45 per patient

To RSVP, please email event@rwwc.com
or call (215) 735-7992, ext. '211'

1632 Pine Street | Philadelphia, PA | 19103 | www.RWWC.com

To RSVP or call Philadelphia office _ [215-735-7992](tel:215-735-7992)

What's Keeping You Up at Night?

By: **Monica Duvall, M.D.**

Physician at the Rittenhouse Women's Wellness Center



Insomnia is the most common sleep complaint in the U.S. population, affecting as many of 10% of adults at one time or another. Insomnia is defined as trouble falling or staying asleep, or feeling that one's sleep is nonrestorative. Chronic insomnia can result in a number of problems--daytime fatigue, anxiety, feeling cranky or irritated, forgetfulness, or making mistakes, to name a few--and because of this, it

can affect the relationships and work of those who experience it.

To continue reading, Please visit our Internal Medicine Wellness Blog at www.rwwc.com.

Healthy Winter Soup Recipes

By: **Christina Ushler, R.D.**

Registered Dietitian at the Rittenhouse Women's Wellness Center



The cold season is here! Soups are a great way to stay warm and healthy during this season. They are also quick, easy and taste great. Typically, soups served at restaurants can be high sodium, fat, and/or calories. When homemade, you can control the ingredients and how much salt is added. They are easy to reheat and an easy way to get more vegetables in your diet.

To read a list of my favorite healthy winter soup recipes, please visit our Nutrition Wellness Blog

at www.rwwc.com

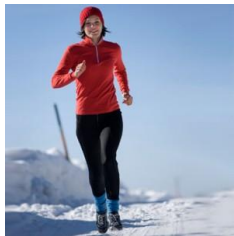
To request an appointment* with one of our dietitians, Please call our office at (215) 735-7992, ext. '0', at our Philadelphia location, or (610) 668-7992 at our Main Line Location. Or you may e-mail us at info@rwwc.com

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

How to Prepare for Outdoor Winter Workouts

By: **Kathryn Pontius, Personal Trainer**

at the Rittenhouse Women's Wellness Center



Winter is just around the corner. The days are short and there is a brisk chill in the air. While you don't have to give up on fresh air workouts just yet, there are a few things you should know to keep you warm and safe as the temperatures drop.

To learn how to prepare for your outdoor winter workouts, Please visit our Wellness Blog at www.rwwc.com.

Tis' the Season

By: **Joanne Perilstein, Ph.D**

Licensed Psychologist at Rittenhouse Women's Wellness Center



Many people feel excited about the coming holiday season and begin planning, and remembering past celebrations and good family times together. The media and ads often hype the coming season both because it is a shared experience in the mass market and also because it is a productive way to encourage shopping to boost sales and business. The festive lights and special events are also ways to increase excitement and celebration. So what's wrong with it all?

The thing that can go wrong is that people build up their expectations and typically remember only the positive aspects of previous family experiences. Then when reality strikes and there is conflict at the dinner table among family members, or rekindling of old strains and resentments and jealousies, people become greatly disappointed and dispirited.

What to do? Please read more at our Wellness Blog at www.rwwc.com.

New Genetic Screening Available!



Rittenhouse Internal Medicine is now offering a new genetic screening test for our patients planning to start a family! Inherigen tests for 164 genetic illnesses that can be passed down to your children, including Fragile X, Spinal Muscular Atrophy and Cystic Fibrosis.

Knowing your genetic status can make a huge difference in your baby's health - it can not only help you decide whether or not you want to have children but in some cases, can even give you a head start on preventing an illness from

manifesting at all (for example: by adhering to a diet, children born with phenylketonuria can go through life symptom-free.)

Inherigen is covered by most insurances and Bioreference offers free phone sessions with a genetic counselor should you have any questions or concerns about your results. The lab can be taken in our office with either a blood draw or a cheek swab. Talk to your doctor about Inherigen at your next appointment or physical and start planning for a better, healthier future!

December at DermaCenter



\$75 Fire & Ice Facial:

Fire & Ice facial is known for its instant brightening and smoothing of the skin. This facial was designed to help resurface the skin, reduce fine lines and deep clean blocked pores.

30 % off Skin Tightening Package:

Skin Tightening helps damaged or aging skin quickly and conveniently. Also assists to smooth out periorbital wrinkles, acne scars and loose skin.

\$300 for one IPL/Peel Treatment

IPL/Peel is a combination treatment which works together to reduce the appearance of **pigmentation/sun damage** as well as broken capillaries. The **peel** after will intensify the IPL and add additional anti-aging benefits.

Purchase \$100 gift certificate, get \$20 gift certificate free!

To request an appointment or schedule a complimentary consultation, please e-mail info@rwwc.com

Ask the Doctor: Submit Your Questions



Thank you to all who submitted questions to Dr. Linda Bullock for our new column, *Ask the Doctor*. Below you will find a common question submitted by one of our patients that the Doctor has answered.

Question: "I've been told to get my calcium from food only, and the allergist wants me to limit my dairy. There are many "calcium fortified" food items like cereals and almond milk, but it seems to me getting calcium from these products are no different than taking a pill. Should these be avoided as well?"

To read Dr. Bullock's response, please visit our Internal Medicine Wellness Blog at www.rwwc.com.

Patients may submit all questions anonymously, and Dr. Linda Bullock will answer these questions in the next month's newsletter.

Give the Gift of Health This Holiday Season

GIVE THE GIFT OF HEALTH



The Rittenhouse Women's Wellness Center's holiday gift certificates are a great gift for family and friends! You may purchase gift certificates for the following services:

- Fitness
- Nutrition
- Aesthetic Skin Care

If interested, please call [215-735-7992](tel:215-735-7992) to learn more!

Toys for Tots at our Philadelphia Office



The Rittenhouse Women's Wellness Center is excited to take part in the Toys for Tots Marine Corps program this year.

Toys for Tots is a foundation that helps less fortunate children throughout the United States experience the joy of Christmas. If interested in taking part in our movement to help less fortunate children in the U.S., you may drop off a new, unwrapped toy in the Toys for Tots drop off box located in our Philadelphia office waiting room. We appreciate your help and generosity this holiday season.

Vaccine Update



TDaP is a great vaccination for everyone - it is used to prevent 3 illnesses: tetanus, diphtheria and pertussis. Typically we like to make sure that all of our patients receive this vaccine and the CDC now recommends it for each pregnancy.

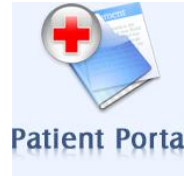
Unfortunately, due to a manufacturing error earlier this year, the adult vaccine is still becoming available only in limited quantities and we are still not back at full capacity, however we do have a limited amount in stock that we are happy to offer our patients.

Please call our office or message us through the portal to get a vaccine reserved for you! Last but not least - stay healthy this holiday season!

Request Your Portal Information Today!

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

To request your new patient portal login and password, email info@rwwc.com.



be able to reference your prescription

please

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, 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.

