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Winter is officially in full swing and the specialists at the Rittenhouse Women's Wellness Center have some great advice on wellness, nutrition, beauty and fitness.

## Jillian's Weight Loss Journey

Hi there! My name is Jillian and I have lost more than 14 pounds on the weight management program!



I can't believe it's true, but since starting the program last month I have lost 14 ½ pounds. The weight management program here at the Rittenhouse Women's Wellness Center has been an amazing experience. The key to my success is the team approach to weight management – medicine, nutrition, fitness and psychology. They not only treat the physical aspects of weight loss, but they work to find the root causes of why I gained weight in the first place.

I have tried a number of diet programs in the past: calorie counting, working with nutritionists, Weight Watchers, etc... None of them worked for me. I would lose a few pounds and then either plateau or start creeping back up (I am not sure how this happens while still actually on the diet program – but it does). The approach this time feels different.

The combination of meal replacements, nutrition education, exercise, and emotional counseling has really worked for me so far. I am currently in the meal replacement phase, which is helping me lose some initial weight, but I am meeting with Jacqueline (the registered dietician) weekly to discuss healthy eating habits and monitor my progress. So when I transition off of the meal replacements, I'll have a nutritionally balanced meal plan designed just for me, know how to prepare healthy foods, and understand what portion sizes should look like. The part I love most right now is that I get to prepare and eat dinner with my boyfriend every night! (I am currently replacing two meals a day and three snacks with the meal replacements, and then preparing one meal myself).

Most importantly, the food is pretty yummy! I like the vanilla shakes, pancakes, snack bars, and the best of all – sour cream and onion Crunch O's! (They really taste like potato chips – and are made from actual potato). The food is also super high in protein, so it keeps me very full.

If you have any questions about this program, I'd be happy to answer them. Just email me at [jnecky@rwwc.com](mailto:jnecky@rwwc.com). Be sure to check back next month with an update! I look forward to sharing my progress.

*Jillian Necky is an intern at RWWC, serving as the Weight Management Program Coordinator. She recently received her Masters of Public Health from the Thomas Jefferson University School of Population Health.*

## Introducing Massage Therapy!



The Rittenhouse Women's Wellness Center is excited to introduce massage therapy to our practice. Massage Therapy is the manipulation of the body's soft tissues to prevent or address minor aches and pain while promoting a state of well-being. We believe it's the perfect addition to our integrated approach to wellness and are looking forward to seeing the health benefits it brings to our patients.

1. **Swedish Massage** – This method includes series of long, gliding strokes which manipulate superficial layers of muscles to encourage relaxation.
2. **Trigger Point Therapy** – Trigger points as are painful spots that are located in bands of muscle and can have a twitch response when pressure is applied. This therapy is usually incorporated into massage to alleviate pain in tender areas.

**Massage Therapy offers a variety of health benefits, both mental and physical.**

### **Some benefits include:**

Muscle manipulation stimulates lymphatic circulation and brings oxygen-rich blood to the soft tissue.

Therapeutic massage can help melt away tension in areas such as neck, shoulders, and back which can be caused by every day stress.

Massage can help relief minor muscle aches and tension headaches.

High quality massage creams and oils are nourishing to the skin.

## Taming Dry Winter Skin

Low humidity and indoor heating take a toll on our skin during winter months. Many people with otherwise normal skin suffer from dry skin, cracking lips and eczema due to the lack of moisture in the air. There are several easy ways to combat these problems from the inside out.



1. **Place a humidifier in your bedroom.** A humidifier will moisturize your skin and prevent sore throats, dry noses and nose bleeds. It is important to add a little antibacterial solution (this is sold beside the filters) so that mold does not grow inside, which can cause asthma and allergies to flare.
2. **Limit showers and baths.** One a day is perfectly fine, but the hot water will dry your skin very quickly. To combat this, use cooler water and only stay in for a few minutes. Use soap or body wash only where you need it, as most people don't need to lather up from head to toe. After toweling off – while skin is still damp – apply a thick moisturizer from your neck to your feet. I like Eucerin and CeraVe brands – these are non-irritating, inexpensive and can be found at every drug store. If you find that these are too greasy, I recommend bathing at night and then putting on pajamas or a robe after moisturizing. If you have rough spots, simply apply a little over-the-counter hydrocortisone to the spots.
3. **Avoid harsh cleansers on your face.** Acne products in particular can be very drying. If you use a Retin-A or Retrinal product, try to limit use to two or three times a week to minimize flaking and peeling. If you do use these, you can put moisturizer on top of the acne product before bed. I also recommend putting aside strong exfoliators, like Clairsonic brushes, until the weather gets warmer. For the day, it's fine to start with your usual facial moisturizer. If your skin still feels or looks dry, just layer another moisturizer on top. I personally like Avene Tolerance Extreme or Atopalm Cream

4. **Keep lip balm and hand cream with you at all times.** For lips, I recommend using lip balms (Nivea is my favorite) and then applying lip gloss or lipstick on top for some color. Hands often need special attention, so carry a hand cream in your bag and apply frequently.

Happy Winter!

*Dr. Leslie Saltzman is a board certified internist who earned her medical degree from Philadelphia College of Osteopathic Medicine and completed her residency at University of Pennsylvania's Pennsylvania Hospital. Her professional interests include women's health, evidence-based preventative medicine and endocrinology.*

## The Importance of Breakfast



Most people consider skipping breakfast a minor sacrifice when running late to work, but "breaking the fast" is really a very important part of maintaining a healthy body weight and jump-starting your system in the morning. It is not good to go from bedtime the night before until lunch time the next day without eating because your body can go into starvation mode after more than eight hours with no food.

1. **Pick a food - any food.** Remember that breakfast doesn't have to mean you're limited to just breakfast foods. As long as the meal exists, and you choose healthy foods and portions, you are doing your body justice. Even something as small as an ounce of cheese and a serving of whole grain crackers can serve as a healthy, yet quick breakfast choice.
2. **Count your food groups.** When choosing foods for breakfast, think about the five food groups - grains, veggies, fruits, protein and healthy fats. Build a meal with 2-4 foods, one from each group. This method will help to ensure you're creating a balanced meal. Meals with multiple food groups will also help you feel full longer, which can help with concentration in the morning hours.
3. **Skipping breakfast leads to weight gain.** People who skip breakfast tend to have higher cholesterol levels and snack on higher fat, empty calorie foods which leads to weight gain. Also, those who eat breakfast tend to meet their daily requirements for Vitamin A, C, riboflavin, calcium, iron, zinc and fiber. It is a common myth that skipping breakfast will help with weight loss, but this is not the case.
4. **Make breakfast part of your routine.** If you are just starting to add breakfast to your day, start slow; allow your body time to adjust. Right now you may not feel hungry for breakfast because you have denied your body this meal for awhile. One way to fit breakfast in is to plan ahead. Pack your breakfast while packing the kids' lunches for school will help with time management. Also, having foods available that you can quickly grab in the morning will make it easy to make a healthy choice.

### Here are easy ideas for a healthy breakfast:

- Organic instant oatmeal with nuts, or fruit
- Half of a whole grain English muffin with peanut butter and sliced bananas
- Serving of high fiber cereal with skim milk and fruit
- Egg whites on whole grain toast with turkey bacon
- Low sugar yogurt with fruit and/or granola
- Scrambled egg with low fat cheese
- Half whole grain bagel with low fat cream cheese
- Low fat cheese with serving whole grain crackers and a fresh fruit
- Fresh/frozen fruit smoothie with low fat milk
- Egg whites with side of leftover steamed veggies
- Dried fruit and nuts in yogurt

*Jacqueline Wojciechowski is a registered dietician for Rittenhouse Women's Wellness Center. She has extensive experience in individual nutrition counseling with a special focus on weight management and diabetes patients.*

## Overcoming the Winter Blues

Ever notice that in the winter, perhaps between November and March, you just feel sort of in the dumps? Maybe your motivation is lowered, you feel sad, things don't seem as pleasurable as usual and your interest in work, socializing and entertainment seem to lose steam? Perhaps you also feel more moody, sad or irritable and even want to cry at times? If so, maybe you are having a bout of S.A.D... or Seasonal Affective Disorder. It isn't totally clear what causes this, but there are several ways to treat it.



First of all, realizing your own vulnerability towards depression at this time of year is a good first step to solving the problem.

Some interventions that may help include the following:

**Buy a full spectrum light.** These can be found online (Northern Lights is a great brand). Try to use it in the morning before dawn. This can help extend the daylight so that your spirits lift.

**Increase exercise.** Often the cold weather discourages us from exercising. However, if we actively combat this tendency by self consciously increasing our exercise, we might find that the depression lifts.

**Psychotherapy.** If the depression really begins to interfere with work or socializing, psychotherapy can be helpful.

**Medication.** In some instances using anti depressants in combination with some of the other interventions listed will also be helpful, especially if initiated at the beginning of the winter in November.

**Nutrition.** There is evidence that proves that good nutrition can also improve your mood.

*Joanne Perilstein, Ph.D. is a licensed psychologist with a background in helping individuals with physical and emotional disabilities. Following a period of working in a group practice, she opened a solo psychology practice and has a particular interest in helping people find satisfaction in their work and careers.*

## Early to Bed, Early to Rise



An important part of keeping your immune system strong during this winter's cold and flu season is making sure you get enough sleep. Adults need around seven to eight hours of sleep a night, but many fall short of that. If you are having trouble sleeping there are a few adjustments you can make at home that just might help you get the sleep you need.

### Create a routine to help prepare your mind and body for sleep

- Establish a relaxing bedtime routine such as taking a warm bath and reading for 10 minutes before going to bed. By doing the same thing every night before going to sleep eventually these activities will help you feel sleepy.
- If you find that your mind races when you try to go to sleep, putting your thoughts down on paper can help get them out of your head. Try writing in a journal an hour or so before you go to bed. You want to avoid doing any activities that may be mentally or emotionally stimulating right before you try to go to sleep.
- Resist the temptation to 'sleep in' on weekends or days you don't have to work. It is better to have a regular bedtime and waking time.

### Create a calming sleep environment

- Your bedroom should be dark, quiet, cool, and tidy. Visible clutter can keep your mind active and add to stress. If noise is a problem, a humidifier this time of year can provide soothing white noise as well as some much-needed moisture into the air.
- Use your bed only for sleeping or for having sex. Avoid watching TV, talking on the phone, or eating in bed.

- Keep all bedroom clocks out of sight. Clock watching can add to stress and makes it harder to fall asleep.

#### **Pay attention to the timing of activities**

- Try not to consume caffeine after lunch; it can take from 6-8 hours to eliminate just half of the caffeine you ingest. Even if you are able to fall asleep shortly after consuming caffeine, its stimulant effects still prevent your body from reaching the deeper, more restorative levels of sleep.
- Limit or stop using nicotine and alcohol close to bedtime. Though alcohol may initially make you feel sleepy, it often causes you to wake up in the middle of the night.
- Exercise daily in the morning or afternoon. Exercising at night can make you too alert to fall asleep.
- Don't eat a large meal close to your bedtime.
- Avoid daytime naps, they can be disruptive to your efforts to have a set bedtime and may lead to fewer hours of sleep in a 24 hour period.
- Consistent use of these techniques and reestablishing routines takes time and effort, but a good night's sleep is well worth it!

*Dr. Rowbotham is a board certified internist who earned her medical degree from Philadelphia College of Physician and was one of the top residents at Main Line Health's Lankenau Hospital. She is also an active member of the American Medical Association, American College of Physicians, The Obesity Society and has been awarded the William Dickerson Memorial Award*

## **Strength Training for Women**

#### **Burn Calories While You Rest**

Anaerobic exercise (i.e. resistance/strength training) helps build lean muscle mass, which aids in burning fat and losing weight because it increases one's Resting Metabolic Rate. Raising this rate means that females will burn more calories at rest on a daily basis. Furthermore, studies have proven that strength training is more effective in building fat-free muscle mass than aerobic exercise like running or biking.



#### **Develops Strong Bones**

Females who strength train put load on their bones and their joints. This load aids in a process called bone modeling, which helps prevent fractures and osteoporosis.

#### **Improves Self-Esteem**

Strength training helps empower women, giving them confidence to live a more active and injury-free lifestyle. Femininity and strength can co-exist and studies have shown that resistance training helps females have a healthier relationship with their body.

## **About Us**

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

