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Board Certified Family Physician Joins Our Team

Monica Duvall, M.D.

Rittenhouse Internal Medicine is excited to announce a new addition to our growing practice. Dr. Monica Duvall is a board certified family physician with over 10 years experience. She joins us from University of Pennsylvania's Penn Health, where she practiced medicine and held a faculty position. She is currently accepting new patients age 13 and older.



To learn more about Monica Duvall, M.D., please visit our website at www.rwwc.com

To schedule an appointment with Dr. Duvall, please call our office at (215) 735-7992, ext. 0.

The Importance of the Whooping Cough Vaccination

By: Jillan Rowbotham, D.O.
Board Certified Internist at the Rittenhouse Women's Wellness Center

Whooping cough is on the rise in the U.S., including the Philadelphia area. Staying up to date with your vaccinations can help protect you and your loved ones.

Whooping cough, also known as pertussis, comes as a vaccine in a combination with tetanus and diphtheria vaccines. The combo vaccination is known as tdap. Most people complete the initial series of vaccinations when they are young and the CDC now recommends a tdap booster every ten

years for adults. Whooping cough can infect people at any age but those who are unvaccinated or are too young to be fully vaccinated are at most risk for serious complications, including death.



To learn more about pertussis you may visit the Rittenhouse Women's Wellness Center Blog at www.rwwc.com

Winter Weather Health Tips

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

It's February! The New Year is fully on its way and a whole month has gone by since we've all made those resolutions to eat healthier, lose some weight, and start exercising more. Now is a good time to check in on those goals and evaluate your progress.



In the winter we tend to seek food that make us feel warm and comforted, but many of these can be high in calories and fat. This can also be a challenging time to keep up your good intentions to exercise, when it's chilly outside and so much more tempting to stay cozy on your couch. Keep in mind eating well and exercising also helps to boost immunity and prevent illness during the winter months. With some planning and creativity, you can keep on top of your goals for keeping the weight off and staying healthy.

To read more about healthy winter weather tips visit www.rwwc.com.

Aerobic vs. Anaerobic Exercise

By: Shannon Feck
Personal Trainer at the Rittenhouse Women's Wellness Center

Fitness circles have historically tossed around the term "aerobic" in reference to a form of exercise, specifically cardio exercise. However, "aerobic" actually defines one of the two ways in which our bodies produce energy while exercising, the other way being an "anaerobic" process. The



aerobic and anaerobic metabolic processes involve different types of exercise and provide different benefits for our health. In order to maintain a balanced approach to fitness, you should make sure to include both types in your weekly routine.

To learn more about aerobic and anaerobic exercise, please visit www.rwwc.com.

Winter Skin Blues

By: Molly Hagen

Medical Aesthetician at the Rittenhouse Women's Wellness Center

The winter weather can be very harsh on your skin, but it doesn't have to be. With just these 5 tips and some loyalty you should be glowing in no time. For starters, always remember to treat your face differently than your hands and feet. The hands and feet tend to crack and flake more than the skin on your face does. For those areas, use a petroleum jelly or a thicker Vaseline type cream. Avene carries a hand cream for these tricky areas that does wonders.



To read more on how to tame your winter skin blues, please visit the Rittenhouse Women's Wellness Center Blog at www.rwwc.com.



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Valentine's Day Special 2 Treatments for the Price of 1

This Valentine's Day treat yourself and your friend or loved one to a DermaCenter facial treatment.

Treatments included in this special are: microdermabrasions, chemical peels and signature facials*.

Please call 215-735-7990 ext. '0' to schedule your appointment.



* Microdermabrasions and Signature Facials can only be performed one at a time.

Flu Vaccines Are Still Available



If you haven't had your 2011-2012 influenza vaccine, 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.

