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NOW OPEN: Rittenhouse Women's Wellness Center: Main Line



(pictured left to right) Dr. Linda Bullock, Dr. Jean Haab, Dr. Maria Mazzotti and Dr. Leslie Saltzman will be at Rittenhouse Women's Wellness Center: *Main Line*.

Dr. Bullock and Dr. Haab were previously at a Main Line Health practice in Wynnewood and Dr. Mazzotti is joining us from Penn Medicine's Spruce Internal Medicine. Dr. Leslie Saltzman will also be seeing patients two days per week at the new center. To learn more about these physicians, please visit www.rwwc.com and follow the Internal Medicine link to the Physician homepage.

The Rittenhouse Women's Wellness Center's Main Line office is located at 915 Montgomery Avenue in Narberth, PA and **is opening Tuesday, February 5th**. If you would like to learn more about the Main Line location, please visit www.rwwc.com and follow the Main Line Location link on our website's homepage.

NOW AVAILABLE: New Patient Portal Online Scheduling, Your Office Visit Summary & More!

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

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



How to Reach Our Office By Phone

At the end of December, Rittenhouse Women's Wellness Center has switched over to a new phone system. It appears that some patients were calling and leaving messages on phone lines that we are no longer using. Please check that you are calling the correct number for our office.

We do apologize for any inconvenience and the issue has now been resolved. From this point forward, please call the following phone numbers to reach our in-house personnel.



Rittenhouse Square Location

Rittenhouse Women's Wellness Center: 215-735-7992

Rittenhouse Internal Medicine: 215-670-5843

DermaCenter: 215-735-7990

Main Line Location

Rittenhouse Women's Wellness Center: Main Line 610-668-7992

Rittenhouse Internal Medicine: Main Line 610-664-5843

DermaCenter: Main Line 610-617-7990

We appreciate your patience during this transition period.

New Team Member at RWWC

Andrea McCloskey is a certified personal trainer and aerobics Instructor for the Rittenhouse Women's Wellness Center. Andrea is currently accepting new clients at both the Rittenhouse location as well as the Main Line Center.

As an exercise specialist at the Rittenhouse Women's Wellness Center, she hopes to show clients the exceptional benefits of exercise. She is excited to become a part of a growing practice exclusively for women. To read more about Andrea McCloskey, please visit our Wellness Blog at www.rwwc.com.



Rittenhouse Women's Wellness Center featured in The Philadelphia Business Journal

The Rittenhouse Women's Wellness Center has recently been featured in The Philadelphia Business Journal. Our center has been recognized for building great relationships with our patients. Since our opening in 2008, Rittenhouse Women's Wellness Center has grown exponentially but still continues the same level of care since day 1.

To read more about us in The Philadelphia Business Journal, please visit our Wellness Blog at www.rwwc.com.



What are Probiotics?

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

Our bodies contain a significant amount of bacteria, especially in our digestive tract. Bacteria thrive in our system and the human body contains a very complex bacterial balance. These organisms can protect us against infections and have a positive effect on the system.



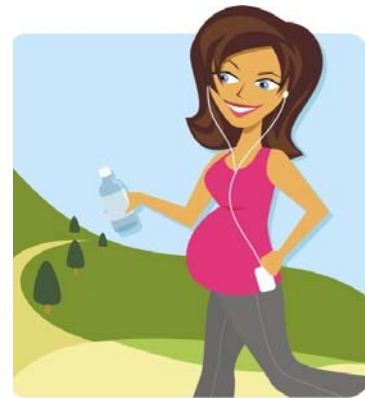
Today, we commonly eat foods that may deplete our beneficial digestive bacteria. Changes in diet, stress, and drug therapy can alter the bacterial balance and create an increased susceptibility to disease and altered nutrient absorption. A highly acidic diet could be depletive. Uses of drugs and alcohol may influence and deplete our supply as well. Antibiotics can kill beneficial bacteria and allow harmful bacteria to thrive.

To read more about probiotics, Please visit our Wellness Blog at www.rwwc.com.

Is Exercise Safe During Pregnancy?

By: Andrea McCloskey, Personal Trainer at the Rittenhouse Women's Wellness Center

As long as your Doctor approves exercise, it can be the best thing that you could do for you and your baby! Exercise could make labor and delivery easier, make you feel better as you adapt to "living" for two.



To learn more about exercising during pregnancy, you may visit our wellness blog at www.rwwc.com.

Medication Refills



Please contact your pharmacy if you need a refill of your medication. Request that they submit an electronic refill request to our office, this way your medications will be refilled in the quickest, most efficient manner.

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.

