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What is Osteopathic Manipulative Medicine?

By: Catherine Liebman, D.O.
at the Rittenhouse Women's Wellness Center

Since joining the Rittenhouse Women's Wellness Center in July, Dr. Catherine Liebman is often asked to explain "What is Osteopathic Manipulation?" and who may benefit from it.



Osteopathic Manipulative Medicine (OMM) is a medical specialty that is specific to Doctors of Osteopathy (DOs). While all DOs get some training in OMM in medical school, others choose it as their specialty.

For an OMM specialist the main focus is the musculoskeletal system. OMM is the application of manipulation to the body to address problems in the joints, muscles, nerves, connective tissues, and organs. Dr. Liebman incorporates OMM into conventional musculoskeletal medicine including orthopedic examinations, interpretation of x-rays and MRIs, managing physical therapy, injections, medications, and

medical acupuncture, to create a unique and integrated approach to patient care.

To read more about Osteopathic Manipulative Medicine and if you can benefit from it, please visit our Wellness Blog at www.rwwc.com.

Patient Testimonial:

"Dr. Liebman has treated me for symptoms of lower sacroiliac joint dysfunction and pain I have acquired as a long time runner and swimmer with a history of groin and pelvic injuries. I experienced significant improvements as far as diminished resting pain as well as ease when exercising, sometimes directly following an appointment, but more totally within 2 months of treatment. All the while, within a single treatment session, Dr. Liebman would apply acupuncture therapies for my joint pain, history of anxiety and recent insomnia. The days to weeks following my sessions with Dr. Liebman, I notice a significant sense of total relaxation and mindfulness."

To request an appointment, click "Scheduled an Appointment" at rwwc.com.

OB/GYN Services Available Beginning in March 2014



Dr. Joanna Kakaty-Monzo, D.O., is a board certified Obstetrician and Gynecologist with nearly 20 years of experience. She joins us from the Women's Health Care Group of Pennsylvania, Main Line Health's Division of Jefferson Health System at Lankenau Hospital as well as her own private practice located in King of Prussia, PA. Dr. Kakaty-Monzo is currently accepting new patients at both Philadelphia and Main Line locations.

Some services that Dr. Kakaty-Monzo will be performing are:

- Adolescent Care (ages 14+)
- Pelvic Pain
- Menopause Management
- Contraception (including placement and removal of IUD's)
- Minimally Invasive Office Procedures
- Fibroids
- Abnormal pap smears: colposcopy

Rittenhouse Women's Wellness Center will be temporarily adding these services to see if it interests our patients as Dr. Kakaty-Monzo grows within the Rittenhouse Women's Wellness Centers family, with rotations at both the Philadelphia and Main Line locations.

Her office hours are:

Main Line:

Tuesdays 2:00pm-8:00pm

Wednesdays 9:30am-5:30pm

Philadelphia:

Saturdays 10:00am-3:00pm

To learn more about Dr. Kakaty-Monzo, please visit Internal Medicine at www.rwwc.com.

Botox and Juvederm Events Space Limited!

Botox and Juvederm Events Space Limited!

February 22nd, 2014 @ Rittenhouse Location

Event Time: 10:00am-3:00pm

February 25th, 2014 @ Main Line Location

Event Time: 5:00pm-8:00pm

February 27th, 2014 @ Rittenhouse Location

Event Time: 5:00pm-8:00pm

DermaCenter Medical Spa at the Rittenhouse Women's Wellness Center would like to invite you to our Center for our popular, exclusive injectable party! All procedures are physician performed.

Every guest will receive a personalized skincare consultation from one of our Physicians in the privacy of our Medical Spa.

Botox will be offered at \$11 per unit*!

(valued at \$16 per unit)

With Botox treatments your skin will look smoother in a few days, giving you a younger, fresher look. These procedures take only a few minutes and are followed by no down time and minimal discomfort.

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—Cosmetic

\$100 off each syringe of Juvederm*!!

(Valued at \$650 per syringe)

Restore fullness to your cheekbones or lips, reduce the appearance of wrinkles, or smooth away smile lines, worry lines and fine lines with Juvéderm™ Injectable Filler.

Filler injections help to restore your youthful appearance with minimal recovery time. We use only Juvederm with lidocaine to minimize your discomfort.

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INJECTABLE GEL

To RSVP or call [\(215\) 735-7990](tel:2157357990)

*Must sign up for Brilliant Distinctions program in order to receive discount

New Aesthetician Joins DermaCenter Main Line



DermaCenter is pleased to welcome Tina Bacon who has joined the DermaCenter Medical Spa and Rittenhouse Women's Wellness Center's team. Ms. Bacon is experienced in performing many non-invasive services including: laser hair removal, IPL/photofacials, cellulite reduction and body contouring with VelaShape, chemical peels, and microdermabrasions. Ms. Bacon has also received several awards pertaining to her excellence in customer service. To learn more about Ms. Bacon, please visit www.dermacenter.com.

To request a complimentary consultation, please select "Request an Appointment" at www.rwwc.com or www.dermacenter.com.

Tips on Staying Healthy this Winter

By: Christina Ushler, R.D.
Registered Dietitian at the Rittenhouse Women's Wellness Center

Here are a few tips on creating a vibrant winter!

Sleep: Most authorities are recommending 7-9 hours of sleep every night. It is important to listen to your body and do what feels best. Try to get to bed and wake up at the same time every day to avoid confusing your body. When the body is lacking in sleep, stress goes up and immunity goes down. You may also eat differently than if you were properly rested. Many clients notice they might crave more carbohydrates or coffee if they are sleep deprived. They also notice dips in energy and mood swings throughout the day. Your body needs sleep to recover and refuel for the next day.



Up next: Fruits & Veggies, visit our Wellness Blog at www.rwwc.com to learn how to stay healthy this winter!

To request an appointment* with one of our dietitians, click "Request an Appointment" at www.rwwc.com.

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

How to Become a Runner

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



Running isn't for everyone. But it could be for you, and it can be done just about anywhere, just about any time. Running is beneficial for both your mind and body. It can help to boost your mood, reduce stress, and improve your

sleeping habits. Running improves cardiovascular health, aids in weight loss, and strengthens your bones, among numerous other benefits. However, running can be a hard activity to take up. If your new year's resolution was to become more fit, running is an amazing place to start. It may seem daunting or scary, but here are a few tips to help you become the runner you always dreamed of being.

To learn how to become a runner, Please visit our Wellness Blog at www.rwwc.com

12 Days of Valentine's Giveaways

WE LIKE YOU

12 DAYS OF VALENTINE'S GIVEAWAYS

SATURDAY FEBRUARY 1st -
FRIDAY FEBRUARY 14th

"LIKE US" ON FACEBOOK
TO ENTER THE GIVEAWAY

BROUGHT TO YOUR HEART BY

**DERMACENTER
MEDICAL SPA**

medical spa | skin care services

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Cosmetic
and body treatments

ENVIRON.

Calaca Feltz



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**RITTENHOUSE
WOMEN'S WELLNESS CENTER**

adult primary care | nutrition | skin care
emotional well-being | fitness

presents

The RWWC Wellness Wire

On Trend, Up to the Minute, Inspirational, Tips & Trends for
Nutrition, Fitness & Emotional Wellbeing

RWWC & DermaCenter Breaking News & Special Events

Our Own Wellness Specialists Personal and Clinical Health-
care Recommendations & 'Must Reads'



@RittenhouseWWC

February at DermaCenter

DERMACENTER
MEDICAL SPA
medical spa | skin care services

FEBRUARY SPECIALS

MicroPlaning
Package
5 for \$400

35% off
Ematrix

Buy One
Get One
Laser Hair
Removal

* limit one per customer. Cannot be combined with any other DermaCenter offer or coupon. Not valid on purchase of gift certificates. Not valid on prior purchases. Buy one to redeem for one of purchase. No cash or credit back. Offer expires 2/28/14.

Purchase \$100 Gift Certificate, Get \$20 Gift Certificate Free

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915 Montgomery Avenue, 4th fl. | Narberth, PA 19072 | (610) 617-7990
1632 Pine Street | Philadelphia, PA 19103 | (215) 735-7990 | www.DERMACENTER.com

DermaCenter Now on Youtube

DermaCenter Medical Spa is now on Youtube!
If you are interested in learning about our
aesthetic treatments that we perform, follow
our channel!



Featured treatments include:

- Chemical Peels
- Microdermabrasions
- Laser Hair Removal

.....and more to come!

Request Your Portal Information Today!

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.



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 

Follow DermaCenter's Channel on 

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.

