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OPENING FEBRUARY 2013 Rittenhouse Women's Wellness Center: Main Line



(pictured left to right) Dr. Linda Bullock, Dr. Jean Haab and Dr. Maria Mazzotti will be joining Rittenhouse Women's Wellness Center in February 2013. Drs. Bullock and Haab will see patients exclusively at our Main Line location and Dr. Mazzotti will see patients at both Rittenhouse and the Main Line.

All three physicians are Board Certified and have over 15 years of experience.

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 (pictured far right) will also be seeing patients two days per week at the new center. To learn more about these physicians, please visit the Internal Medicine tab of The Rittenhouse Women's Wellness Center homepage.

The Rittenhouse Women's Wellness Center's Main Line office will be located at 915 Montgomery Avenue in Narberth, PA and opens next month.

If you would like to learn more about the Main Line location, please refer to the Main Line link featured at www.rwwc.com.

eClinicalWorks: Comprehensive Electronic Medical Records Solution

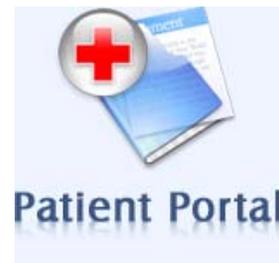
As of December 20th, Rittenhouse Women's Wellness Center has switched over to new software for our electronic medical records. eClinicalWorks is a comprehensive solution for the next-generation of healthcare IT, allowing practices to improve efficiency and enhance patient care. In doing so, we appreciate your patience during this transition period.



Coming Soon: New Patient Portal Online scheduling of appointments & More!

We are changing our patient portal so that you now will be able to view your labs, schedule routine appointments, request prescription refills, request referrals and more.

We are proud to announce that our practice will be offering our patients a **new patient portal** by mid January. Current portal users will be given a new password via email.



Do You Need an Antibiotic?

By: Monica Duvall, M.D.
at the Rittenhouse Women's Wellness Center

Now that we are in the thick of winter, many of us have been getting sick with respiratory illnesses. A typical first reaction in this situation is "I'd better see my doctor right away for an antibiotic before this gets worse". But in the vast majority of cases these infections are caused by viruses, and antibiotics (which only treat illnesses caused by bacteria) are unhelpful.

To read more about when antibiotics are best, Please visit our Wellness blog at www.rwwc.com.

Setting Goals for 2013

By: Theresa Shank, RD
Registered Dietitian at the Rittenhouse Women's Wellness Center

Happy New Year! The most popular month of the year has arrived. January is a month that often brings exciting changes and new beginnings, which makes this time convenient to talk about resolutions. Yes, we've all set them with high hopes of accomplishing the one resolution that will revamp our past behaviors and deliver personal satisfaction.



To read more about setting goals for 2013, please visit our Wellness Blog at www.rwwc.com.

Tips for Making Goals & Keeping Resolutions

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

It is that time of year again when everyone is setting goals for the New Year. An extremely popular New Year's resolution is to become healthier, to "eat better" or "work out more often." While these goals are great, and it's never a bad time to improve your health, these goals can be hard to measure and keep up with. Here are a few tips to making goals and resolutions that are achievable.



To learn more tips on making goals & keeping resolutions, Please 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.

Start a New Beginning at DermaCenter This New Year



eMatrix Acne Scar Reduction - Full Face \$500

includes a complimentary Microdermabrasion or Chemical Peel Treatment (Valued at \$1,150): eMatrix is clinically proven to treat fine lines and wrinkles, acne scars and stretch marks. To learn more about eMatrix, click [here](#).

Velashape Cellulite Reduction - 5 sessions for

\$850 (Valued at \$1,250) Velashape Cellulite Reduction is a non-invasive procedure that uses a combination of bi-polar radiofrequency, infrared light energy, vacuum and mechanical massage to visibly smooth the look and feel of your body. To learn more about Velashape, click [here](#).

Fire & Ice Facial Package - 5 sessions for \$400

(Valued at \$500) This relaxing facial is a combination of two therapeutic masques: resurfacing and rejuvenating. These both help to rapidly and safely resurface the skin, reducing fine lines and soften the skin. To learn more about this powerful facial, click [here](#).

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!!

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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.

