



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women

January 2014

Issue #37

In This Issue:

- Happy New Year from RWWC
- New Year's Resolutions
- Information About Cervical Cancer
- New Genetic Screening Available!
- Recovering from Holiday Stress
- January at DermaCenter
- DermaCenter on Youtube
- Ask the Doctor
- Vaccine Update
- New Patient Portal
- Follow us!

Follow Us



Message from the RWWC Team

The RWWC team would like to extend a Happy and Healthy New Year from our family to yours for 2014.

New Year's Resolutions for Weight Loss:

Directly from Our Dietitian

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



Welcome to the New Year! Let this year be a year for a renewed commitment to living healthy. If you have thought about taking action towards better health or are currently taking action and making changes to your life, add these wellness resolutions provided by our dietitian, Theresa Shank, into your routine to keep you motivated, energized, fit and feeling healthy and beautiful inside and out this year.

To read resolution tips provided by Theresa Shank, R.D., please visit our Wellness Blog at www.rwwc.com

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

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

Information About Cervical Cancer

By: Leslie Saltzman, D.O.
Medical Director at the Rittenhouse Women's Wellness Center



What is cervical cancer?

"Cervical cancer" is a disease which causes the cells of the cervix to grow in an out of control way. The abnormal cells develop the ability to spread and invade other organs. When this occurs, cervical cancer can spread and ultimately lead to death. This can even occur in young, healthy woman.

What are the risk factors?

To learn the risk factors and more, visit our Wellness Blog at www.rwwc.com.

New Genetic Screening Available!



Rittenhouse Internal Medicine is now offering a new genetic screening test for our patients planning to start a family! Inherigen tests for 164 genetic illnesses that can be passed down to your children, including Fragile X, Spinal Muscular Atrophy and Cystic Fibrosis.

Knowing your genetic status can make a huge difference in your baby's health - it can not only help you decide weather or not you want to have children but in some cases, can even give you a head start on preventing an illness from manifesting at all (for example: by adhering to a diet, children born with phenylketonuria can go through life symptom-free.)

Inherigen is covered by most insurances and Bioreference offers free phone sessions with a genetic counselor should you have any questions or concerns about your results. The lab can be taken in our office with either a blood draw or a cheek swab. Talk to your doctor about Inherigen at your next appointment or physical and start planning for a better, healthier future!

Recovering from Holiday Stress

By: [Kathryn Pontius, Personal Trainer](#)
at the [Rittenhouse Women's Wellness Center](#)



Holiday stress affects many women through out the holidays. Your in-laws are around more often, you have to cook dinner for 20 guests, make it to Grandmas house by six and traffic is crawling. These stressful situations can increase your levels of stress hormones: cortisol and adrenaline. These hormones can affect your memory and ability to process new information as well as raise your risk of depression and anxiety. But it turns out there is an easy fix.

To read how to recover from your holiday stress, click [here](#).

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!

Ask the Doctor: Submit Your Questions



Thank you to all who submitted questions to Dr. Linda Bullock for our new column, *Ask the Doctor*. Below you will find a common question submitted by one of our patients that the Doctor has answered.

Question: How important is it, if you have a family history of heart disease, but are not exhibiting symptoms

yourself, to have blood tests for C-reactive protein and lipoprotein A? I believe these might be better assess your risk of arterial plaque.

To read Dr. Bullock's response, visit the Rittehouse Internal Medicine Wellness Blog at www.rwwc.com

Vaccine Updates



Even though flu season hasn't ended quite yet, our flu vaccine supply at Pine st has run out! If you are still looking to get a flu shot please visit a pharmacy in your area that provides vaccinations and stay healthy this winter

TDaP is a great vaccination for everyone - it is used to prevent 3 illnesses: tetanus, diphtheria and pertussis. Typically we like to make sure that all of our patients receive this vaccine and the CDC now recommends it for each pregnancy.

Unfortunately, due to a manufacturing error earlier this year, the adult vaccine is still becoming available only in limited quantities and we are still not back at full capacity, however we do have a limited amount in stock that we are happy to offer our patients. Please call our office or message us through the portal to get a vaccine reserved for you! Last but not least - stay healthy this holiday season!

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.

