

Our Summer Specials

Nutritious Health Tips

Healthy Summer Recipe

Summer Events

La Roche Posay

New Internist Joining Our Practice

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Nutritious Health Tips for the Summer

Summertime is here and we know it can be extremely difficult to maintain your healthy eating habits during the vacation season. Jacqueline Wojciechowski, our registered dietitian would like to give some healthy eating tips to help you maintain your healthy eating habits during traveling and summertime!

1. Find a nearby grocer and load up on fresh fruit and healthy snacks for the beach.
2. When eating out, try to stay away from fried entrees and take advantage of local produce and fish. - Try to eat it baked, steamed or grilled.
3. Ordering an appetizer as an entree is a great way to control portions and a salad with protein is almost always a healthy option as long as you request the dressing on the side and limit the cheese.
4. Also, be sure to watch your alcohol intake, because those calories add up fast. Stick to light beer or wine, and drink a glass of water in between.
5. Make sure to keep fresh fruits in the house to snack on. Try to eat apricots, cherries, mangoes, melons, peaches, pineapples and strawberries.



Healthy Summer Recipe for You!

Here is a healthy, tasty, summer recipe for you to try!

Seasonal Fire Roasted Tomato Salsa Recipe:

Yields about 2 cups

Charring fresh tomatoes and jalapenos on the grill gives this chunky pureed salsa great fire-roasted flavor. It works just as well under the broiler and even tastes delicious made with canned fire-roasted tomatoes.

Ingredients:

2 large ripe tomatoes
1 large jalapeno pepper
2 small cloves of garlic, chopped
1/2-1 teaspoon of salt

Preparation:

1. Preheat grill to high (or preheat broiler)
2. Grill tomatoes and jalapeno, turning frequently, until charred, 10 minutes for the tomatoes, about 5 minutes for the jalapeno. (To broil, place on a baking sheet and broil about 4 inches from the heat, turning once or twice, until charred, 8 to 10 minutes total.)
3. When cool enough to handle, core the tomatoes and remove the stem from the jalapeno. Place in a food processor along with garlic; pulse to form a chunky mixture. Season with salt to taste.

Tips & Notes:

Make Ahead Tip: Cover and refrigerate for up to 5 days or freeze up to 3 months.

Nutrition:

Per 1/4 cup serving: 10 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 2 g carbohydrates; 0 g added sugars; 0 g protein; 1 g fiber; 148 mg sodium; 115 mg potassium.



Nutrition Bonus: Vitamin C (16% daily value)

Ms. Wojciechowski received her Bachelor's Degree in Nutrition from Pennsylvania State University, Jacqueline completed her Dietetic Internship at Sodexo's Philadelphia Regional Program where she continues to serve as a preceptor for interns.

Follow us through the City for Summer Events

During the summer months DermaCenter will be participating in the following events throughout Philadelphia. We will be showcasing all of our wonderful services, products and possible giveaways. Please stop by these events to see what we will be offering!!

July 10th - Market at the Piazza: 12pm-7pm

July 17th - Splash of Glam at the Sofitel: 12pm-6pm



July 17 - Darkness Falls: Mystique Elements of Fashion at the Comcast Center 8pm-12pm

July 21st and 22nd - Shecky's Girls Night Out at the Crystal Tea Room 5pm-10pm

July 31st - 90 Degreez Fashion World Tour at the Crane Arts Building 6pm-10pm

To learn more about these events, please call Amanda: 215-735-7992 ext. 106

La Roche Posay sunscreen for the summer!

Best of Beauty winner and top rated



Rittenhouse Women's Wellness Center is now pleased to offer our patients a new sunscreen line for the summer months! La Roche Posay is a unique organic UV sunscreen that provides protection against UVA and UVB waves. Some benefits of this sunscreen are:

- Non-greasy, dry finish texture
- Dermatologist and allergy-tested
- Fragrance-free and PABA-free

Anthelios has also been rated on the Environmental Working Group as one of the best sunscreens available.

New Internist Joining Our Practice

Dear Patients,

We are very excited to announce that Rittenhouse Internal Medicine will be adding a new Internist to join our team beginning in August. Dr. Jillan Rowbotham has completed her residency in Internal Medicine training at Main Line Health's Lankenau Hospital in Wynnewood, Pennsylvania. Dr. Rowbotham was considered at Lankenau to be "one of our best residents. She is absolutely dedicated to the well-being of her patients." Dr. Rowbotham has a strong interest in women's medicine and will be a valuable addition to the practice. She will begin accepting new patients in mid-August and we will be expanding our hours in September with her on the team.

Sincerely,
Dr. Leslie Saltzman

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Rittenhouse Women's Wellness Center and DermaCenter finally have their own Facebook and Twitter pages. These websites will help keep everyone up-to-date on upcoming events, specials that are only offered through these sites, blogs and more!

- To become a fan of Rittenhouse Women's Wellness Center on facebook, click facebook fan page.
- To follow Rittenhouse Women's Wellness Center on Twitter click Twitter
- To become a fan of DermaCenter Medical Spa on facebook, click facebook fan page.
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