

In This Issue:

Botox and Juvederm Party

Injectable Discounts

Screening for Breast Cancer

Summer Workout Mistakes to Avoid

Keep Healthy This Summer!

July Specials at DermaCenter

Attention Patients!

RWWC on Instagram

RWWC Wellness Wire on Twitter!

New Patient Portal

Enhanced Features on the Portal

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MEMBERSHIP BENEFITS

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Botox and Juvederm Party Featuring Plastic Surgeon: Dr. Benjamin Lam

About our Guest Injector, Dr. Benjamin Lam



Dr. Lam is Double board certified in both General Surgery as well as Plastic and Reconstructive Surgery, Dr. Lam is a fellow of the American Academy of Cosmetic Surgery. As a recognized speaker on a national level, Dr. Lam is also the director of the plastic surgery residency at the Philadelphia College of Osteopathic Medicine. He has held the position of president in the American College of Osteopathic Surgeons - Plastic Surgery section. For nearly ten years, he has developed expertise in body contouring as well as numerous additional cosmetic surgery procedures. Dr. Lam is highly respected for his accomplishments and his techniques have been adopted by surgeons around the country. To learn more about Dr. Lam, PLEASE visit our website at www.rwwc.com.

Injectable Event Details

July 15th: Main Line office 5pm-8pm
July 17th: Philadelphia office 5pm-8pm

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.

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.

We hope you can join us for this event! For more details and to RSVP, see below.

BOTOX® Cosmetic Event Details:

Details: \$11 per unit*

Call now - Space is limited!

Juvederm Event Details:

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.

Each attendee will receive \$100 off each vial of Juvederm*!!

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

Membership

Introductory Price \$99*

New Benefits Added

All Members Receive Botox @~~\$16~~\$11/unit

\$100 off each Juvederm syringe

As you all know, our optional membership program covers non-covered services of your insurance and allows us to continue to deliver the standard of comprehensive, individualized care you have always expected, **now with newly added exclusive injectable benefits.**

All members of Rittenhouse Women's Wellness Centers will be privileged to:

- Guaranteed same day sick appointments** **and (newly added benefit) next day appointments** upon request for our members
- One hour initial visits, with the promise of unhurried care
- Prompt responses sent through our secure patient portal network directly from the doctor within 24hrs
- Returned phone calls from the doctor personally

PLUS Your choice of one complimentary annual healthy benefit service:

- Weight Management Program Membership
- Mindfulness Meditation Session
- Nutrition Assessment (If not covered by Insurance)
- Personal training Fitness Session
- Chemical Peel or Microdermabrasion at our Medical Spa, DermaCenter

PLUS

Newly added injectable benefit****
All members receive: Botox @
~~\$16~~ \$11 per unit and ~~\$650~~
\$550 Juvederm filler syringes

- Visit our [website](#) where you can join online; or call our office at [215-735-7992](tel:215-735-7992) or [610-668-7992](tel:610-668-7992) and press '8' if you prefer to enroll by phone;
- or if you have any questions and would like to contact us privately, please e-mail your doctor through your secure patient portal account.

Our goal in medical care is to build a trusting bond with all of our patients that promotes health, wellness and disease prevention, and we are confident that with your support, this program can preserve these values for the long term.

Thank you for your continued trust and support!

*Due to popular demand, we have extended the \$99 pricing for the first year of membership.

**Must call by 10:00am

***These discounts apply for the full year

Screening for Breast Cancer

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

BREAST SCREENING What you need to know

Breast cancer, we are taught, is an illness that all women need to be aware of, and be screened for.

But how do we most effectively screen for it? This question is not as straightforward as one would think, as the recommendations for different screening modalities are always evolving, based on new assessments of available evidence. Traditionally, women were advised to do monthly self-examinations in the shower as a front-line defense against breast cancer. But in recent years, these exams have not been shown to consistently prevent breast cancer deaths (which is, after all, the goal of any screening program). Therefore, most expert groups now either recommend against self-exams entirely, or they recommend encouraging "breast awareness", which means each woman should be aware of her own body, so that she can recognize potentially alarming changes--this could include a traditional breast exam, but not necessarily.



To continue reading, please visit our Wellness Blog at www.rwwc.com

Summer Workout Mistakes to Avoid

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



It is no secret this summer is gearing up to be a hot one! After such a brutal winter, it is wonderful to finally be able to exercise outdoors. But with this comes added risks like dehydration, sunburn, or chafing. Here are a few common mistakes to prevent unhealthy or uncomfortable workout sessions.

Drinking coffee before a work out: Coffee can actually dehydrate you. Stick to water to hydrate pre-workout

Sleeping in: While it is tempting in the hot summer months to stay up a little later, since it stays light later, don't let that

keep you from your morning workout. Temperatures rise earlier in the day in the summer, putting off your workout, even by an hour, can cause overheating. Try to work out early or in the evening once the temperatures have fallen.

To learn more about summer workout mistakes, please visit our Wellness Blog at www.rwwc.com

How To: Keep Summertime Celebrations Healthy

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



July 4th and other summertime celebrations are meant to be celebrated and enjoyed, but you don't have to sacrifice your health or beach body every time you attend a BBQ or picnic this summer. Use these helpful tips from our Registered Dietitian to keep your health and body in check during your summertime celebrations.

1. Use small plates

Studies have clearly shown that by eating off of smaller plates you are likely to consume up to 50% less calories than you would consume by eating off of a larger size plate. Try borrowing a plate from the kids table or the dessert tray to slash your calorie intake in half.

2. ...Learn more about summertime eating tips and a healthy 4th of July dessert recipe by visiting our Wellness Blog at www.rwwc.com/Nutrition

July Specials at DermaCenter



DERMACENTER
MEDICAL SPA
medical spa | skin care services

Celebrate JULY SPECIALS

BOGO for Laser Hair Removal

30% off E-matrix Package

5 for \$350 Chemical Peel Package

The flyer features a blue border and is decorated with gold stars and blue and red fireworks. The text is arranged in a celebratory, festive layout.

* 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.
Flyer must be surrendered at time of purchase. No cash or credit back. Offer expires 7/31/14

915 MONTGOMERY AVENUE, 4TH FL. | NARBERTH, PA 19072 | (610) 617-7990
1632 PINE STREET | PHILADELPHIA, PA 19103 | (215) 735-7990 | WWW.DERMACENTER.COM

SAME DAY APPOINTMENTS | PARKING AVAILABLE

Attention Patients: Schedule Update

Between **June 20th-August 29th, every Friday**, the hours at the Rittenhouse Women's Wellness Center **will be adjusted to be 8:00am-3:00pm** instead of our regular 8:00am-6:00pm schedule. Our Monday-Thursday and Saturday hours will remain the same throughout the summer.

Our schedule starting June 20th, is as follows:

Monday: 8:00am-6:00pm
Tuesday: 8:00am-8:00pm
Wednesday: 8:00am-6:00pm
Thursday: 8:00am-8:00pm
Friday: 8:00am-3:00pm
Saturday: 10:00am-3:00pm

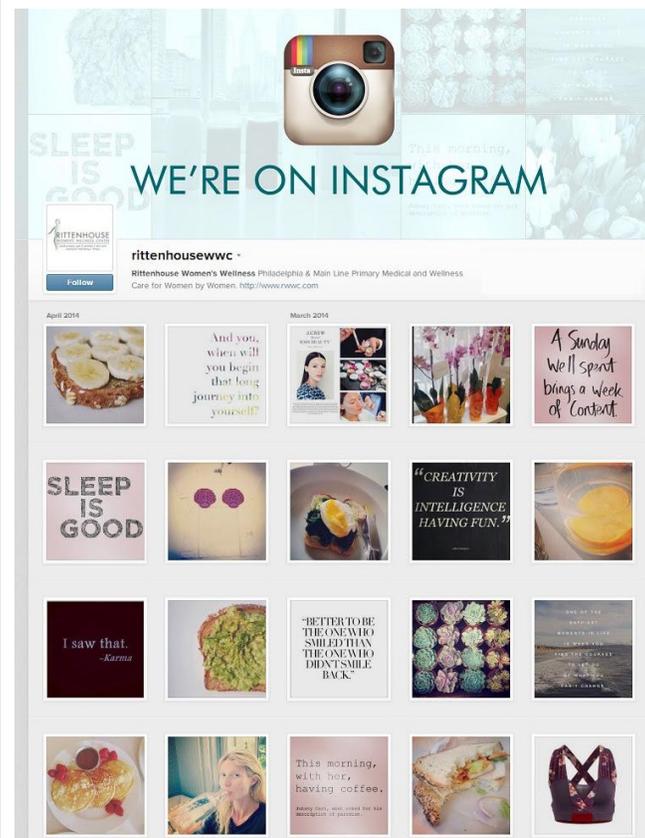
Office Closures:

Please take note that our offices will be closed on **Friday, July 4th and Saturday July 5th** for the holiday weekend.

We will also be closed **Saturday July 26th** for a computer upgrade. If you are experiencing a medical emergency and need to contact us, please call 215-259-8441 and speak to our on-call physician.



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Follow the @RittenhouseWWC 'Wellness Wire' on Twitter!

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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

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.



Enhanced Features on the Patient Portal



The Rittenhouse Women's Wellness Center invites you to please access our secure online patient portal network in order to schedule appointments.

This means seamless access through the patient portal for scheduling sick appointments, osteopathic manipulation follow-ups, acupuncture follow-ups, as well as annual and preventative exams-the portal can also be used to request refills, referrals, and send messages directly to your physician and the RWWC staff.

About Us

The Rittenhouse Women's Wellness Center provides Primary Care including routine gynecology, medical & aesthetic skin care, nutrition, fitness, emotional well-being and osteopathic manipulation exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

