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Summer is almost here and our specialists at the Rittenhouse Women's Wellness Center have some sizzling tips for you and your body for this summer!

Endocrine Disruptors and How to Lower Your Risk.



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

An endocrine disrupter is a chemical that can disrupt or interfere with the proper functioning of the endocrine system. The endocrine system consists primarily of glands that produce hormones that help to guide the development, growth, reproduction, and behavior of human beings and animals. Hormones work by attaching to specialized receptors on cell surfaces. A problem can occur if a chemical (instead of a natural hormone) binds to the receptor and blocks the action of the hormone. Consequently, normal biological function can be blocked by the presence of endocrine disrupting chemicals. To read more about endocrine disruptors, you may visit our

Wellness Blog at www.rwwc.com.

Calcium and Your Body

By: Christina Ushler, RD
Registered Dietitian at the Rittenhouse Women's Wellness Center

Calcium is one of the most abundant minerals in the body, representing about 1%-2% of the total body weight. Calcium plays many vital roles in the body, and is known for assisting with blood coagulation, muscle action, heartbeat, and nerve function. It is better known for its role in helping to maintain the development of bones and teeth. Bones and teeth represent about 99% of the body's calcium, and our body pulls from this storage if inadequate amounts are supplied in the diet.



To read more about calcium and your body, you may visit our Wellness Blog at www.rwwc.com.

Stop Sitting - Get Up and Move!

By: Shannon Feck
Personal Trainer at the Rittenhouse Women's Wellness Center



If you had to guess, how many hours per day would you estimate you spend working at a desk, listening to teachers, using a computer, eating at a table, riding in a car, flying on an airplane, watching television, attending sporting events, etc.? Some medical research reports that the average person spends 9 hours of their waking hours (roughly 60%) performing these types of "activities" - and the one common denominator among all of them is SITTING! According to several researchers, the very "act" of sitting for prolonged periods (even among those who may exercise routinely) decreases metabolism, impedes circulation, and increases your chances of developing certain diseases.

Keep Your Skin Beautiful This Summer!

The heat and humidity of summer can wreak havoc on your skin. Increased exposure to the sun can lead to sunburn and soreness in the present and can be a cause for wrinkles, toughness, and deadly skin cancers in the future.

To help protect your skin this summer, [DermaCenter](#) carries LaRoche Posay sunscreen! La Roche Posay has been voted here to learn more about La Roche Posay and to see how your sunscreen ranks. Best of beauty winner and top rated.

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. To Learn more about La Roche Posay and to see how your sunscreen ranks please visit our DermaCenter Website at dermacenter.com.

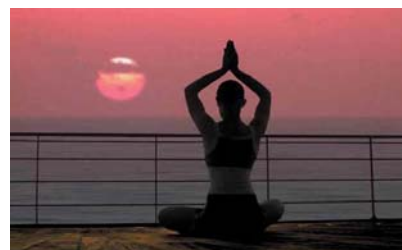



LA ROCHE-POSAY
LABORATOIRE PHARMACEUTIQUE

Personal Yoga Classes Available at RWWC

The Rittenhouse Women's Wellness Center is now pleased to offer our patients individual yoga classes at our Center. Each yoga session will be one hour and can help reduce stress and anxiety in your everyday life.

Rachel Goldberg is a certified Yoga instructor for the Rittenhouse Women's Wellness Center. She received her certification from The YogaLife Institute in



Devon, Pa.

DermaCenter Specials are Heating Up for Summer!



40% off Velashape Package :

Eliminate cellulite and improve your overall figure with VelaShape II. This FDA-cleared, non-invasive medical solution for circumferential reduction contours and reshapes typical problem areas such as the thighs, hips, buttocks and abdomen. To learn more about VelaShape II

50% off Skin Tightening Package:

This treatment for damaged or aging skin can quickly and conveniently smooth out periorbital wrinkles, acne scars and loose skin. To learn more about Skin Tightening please visit DermaCenter.com.

To request an appointment you may phone our office at (215) 735-7992, ext. '0'.

"*Limit one per customer. Can not be combined with any other DermaCenter offer or coupon. Not valid on purchase of gift certificates. Not valid on prior purchases. Coupon must be surrendered at time of purchase. No cash or credit back. Offer valid through June 30,2012."

**Patient Portal now available for:
secure emails, referral and
Rx refill requests.**



Please email info@rwwc.com to request your patient portal user name and password.

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.

