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New Doctor Joins

Rittenhouse Internal Medicine: Main Line

Stephanie McKnight, M.D., is a board certified physician with 6 years of experience. Her professional interests include: **women's health, joint injections, weight loss medicine and dermatology.** Patients describe her as trustworthy and friendly.



She is currently accepting new patients at Rittenhouse Internal Medicine: Main Line and will start seeing patients in June. To request an appointment with Dr. McKnight, please visit www.rwwc.com, follow Internal Medicine, and Physicians links.

Breast Cancer Screenings & Lifestyle Recommendations

By: **Maria Mazzotti, D.O.**
Physician at the Rittenhouse Women's Wellness Center



After lung cancer, breast cancer is the second deadliest cancer in all women, and periodical screenings are the best way to control it. Several medical studies have shown that being screened for breast cancer effectively lowers the mortality rate for women affected by this disease.

While different medical groups offer a wide range of

recommendations, it is generally accepted that women between the ages of 50 and 70 should be **screened**. Conveniently located on the same floor as Rittenhouse Women's Wellness Center's Main Line office is **MDI Women's Imaging Center** where patients may go for these screenings.

Screening should continue if the patient is in good health, until the patient's life expectancy is less than 5 to 7 years. To continue reading, please visit our Internal Medicine Wellness Blog at www.rwwc.com.

Affordable Travel Preparation



Summer has arrived and for many of us that means getting out and about on vacations and weekend getaways! RWWC wants to remind all of our patients looking to traverse the globe that we are here to provide you with

the preventative care and information that you need to ensure a trip focused on destination and not illness!

To read more on travel vaccinations, please visit our Internal Medicine Wellness Blog at www.rwwc.com.

Summer Botox and Juvederm Event!

Botox and Juvederm Events
Space Limited!

June 27th

Main Line Event: 2:00pm-4:30pm

Rittenhouse Event: 5:00pm-8:00pm



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 Party:
Details: \$80 for the first 10 units*!

Each additional unit
is \$15.00.



Event Info

Thursday, June 27th, 2013

Main Line Office: 2:00pm - 4:30pm
915 Montgomery Avenue
Narberth, PA 19072

Rittenhouse Square Office: 5:00pm-8:00pm
1632 Pine Street
Philadelphia, PA 19103

Call now - Space is limited!

To RSVP or call [\(215\) 735-7990](tel:2157357990).

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 Juvederm™ 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 first vial of Juvederm*!!

To RSVP or call [\(215\) 735-7990](tel:2157357990)

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

Get Ready for a Summer Detox!

By: Theresa Shank, RD

Registered Dietitian at the Rittenhouse Women's Wellness Center



Now that the season has changed into summer, I am sure a lot of you are looking for ways to "healthify" your diets. The warm weather has finally arrived and with its arrival, I encourage all of our patients to take a close look at their eating habits and simplify their diet. Try concentrating on consuming foods that make your body feel best and cutting back on saturated fats, refined carbohydrates, sugar, salt and processed foods.

For a fresh start to your summer, slice your fat intake in half. Foods high in saturated fat such as whole milk dairy products, meats and butter increase your "bad" LDL cholesterol levels which can pack on the pounds and damage your arteries, ultimately leading to an increased risk for heart disease. Try to avoid animal fats and swap them for healthier unsaturated fats from plant foods like nuts, avocados and olive oil.

To read more about a fresh start to your summer, please visit our Nutrition Wellness Blog at www.rwwc.com.

Stay Young with Fitness

By: Kathryn Pontius, Personal Trainer

at the Rittenhouse Women's Wellness Center



Exercise truly is the fountain of youth. Study after study, regular workouts have been proven to have a multitude of positive benefits on your mind, body and soul. Participating in regular exercise helps prevent heart disease, lowers your risks for certain cancers, Alzheimer's,

and strokes, as well as lowering "bad" cholesterol and increasing "good" cholesterol. Exercise regulates hormones, improves blood flow, and keeps your colon and intestines healthy. It releases chemicals that put you in a better mood, relieves stress, and can help you unwind after a long day.

Read more on **staying young** with a fitness routine by visiting our Wellness Blog at www.rwwc.com

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 

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, and emotional well-being exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

