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Planning a Trip to an Exotic Destination?

Affordable Travel Preparation

For preventive medical care no matter where you're headed, RWWC is ready to help. We'll review your itinerary and medical history, provide the necessary vaccinations and prescriptions, and give you advice for staying healthy throughout your trip. You should plan to see us six weeks before your departure to allow ample time for vaccinations.

If your insurance does not cover travel medicine, the cost of the visit is \$75 plus the cost of any vaccinations that you may require. Routine vaccines including Hepatitis A, Hepatitis B and Tetanus/ Pertussis/ Diphtheria are routinely covered by insurance. The typhoid vaccine costs \$75.

To read more about this and other special vaccinations you may visit our Wellness Blog at www.rwwc.com.



What is Body Mass Index?

By: Jillan Rowbotham, D.O. Board Certified
at the Rittenhouse Women's Wellness Center



Body mass index, or BMI, is a quick, inexpensive tool designed to determine how healthy a person's weight is for their height and help determine risk for obesity related health issues. BMI is calculated by dividing weight in kilograms by height in meters squared. A healthy BMI is 18.5-24.9, 25-29.9 is considered overweight, and over 30 is considered obese. BMI has long been criticized as an inaccurate assessment as it does not distinguish between body weight due to muscle (which weighs more) versus fat. Percentage body fat a more accurate assessment but cannot be easily measured in the office. The American Society of Bariatric Physicians defines obesity in women as >30% body fat. A recent study published in PLoS One, an on-line scientific journal, compared rates of obesity based on BMI and percent body fat with some surprising and concerning conclusions, particularly for their female participants.

To read more about your Body Mass Index, you may visit our Wellness Blog at www.rwwc.com.

What You Should Know About Irritable Bowel Syndrome (IBS)

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



Irritable bowel syndrome (IBS) is a gastrointestinal disorder with abdominal pain, accompanied by diarrhea or constipation. This syndrome can lead to alterations in frequency and form of bowel movements, and is the most common gastrointestinal complaint in the United States and Canada. It is estimated to affect as many as 20% of the population. IBS symptoms can be aggravated by stress, anxiety, depression, and emotional trauma.

To read more about Irritable Bowel Syndrome, you may visit our Wellness Center Blog at www.rwwc.com.

Yoga now 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.



Exercise: Good for Your Brain!

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



We all know exercise provides many external physical benefits, such as slimming waistlines, toning muscle, and improving mobility and strength, but does it provide internal benefits as well? The answer is YES - to our brains!!

The simple act of contracting a muscle requires brainpower, and beyond that, the positive effects of the communication between mind and body are numerous. In fact, many studies have shown that exercise can elevate cognitive functioning, prolong the onset of some degenerative diseases, and alleviate conditions like depression and anxiety!

To learn more about exercise and brain function, you may visit our Wellness Blog at www.rwwc.com.

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, please visit www.DermaCenter.com.

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.

40% off Laser Hair Removal Package: Laser hair removal is an alternative to other methods, such as waxing, electrolysis and shaving. Clients can benefit from treatments on virtually any part of the body including the bikini line, chest, chin, back, legs, underarm and upper lip. To learn more about laser hair removal.

To Learn more about any of the provided DermaCenter procedures and specials, please visit our website at www.dermacenter.com.

"*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.

