

## In This Issue:

Healthy Lifestyles

Obesity and Weight Loss

Osteoporosis and Fitness

The Benefits and Dangers of Soy

Medication Costs & Ways to Save

RWWC on Instagram

RWWC on Instagram

RWWC Wellness Wire on Twitter!

New Patient Portal

Enhanced Features on the Portal

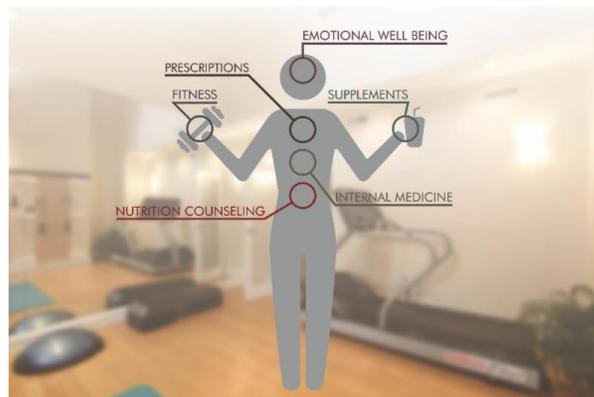
Follow us!

## Follow Us



## Introducing: Medically Supervised Weight Management

We are excited to offer a 6 month Medically Supervised Weight Loss Program\* at our Main Line office managed by Stephanie McKnight, M.D., Board Certified Physician and Diplomat of the American Board of Obesity Medicine. The program's focus is to provide our patients with the knowledge and skills needed to lose unhealthy weight and keep it off! Dr. McKnight's team includes the healthy lifestyles program coordinator, nutritionists, personal trainers, and licensed psychologists.



### Core Program: 6 Month Program

- Initial intake meeting with Stephanie McKnight, M.D.
- Follow-up Assessments with a Registered Dietitian\*\* or Program Coordinator (BSN, Registered Nurse)
- Monthly Follow-up with Stephanie McKnight, M.D., board certified physician and Diplomat of the American Board of Obesity Medicine
- 6 month program has an initial fee of \$199. (Does not include physician or registered dietitian co payments)

\*Narberth location only

\*\* May be covered by your insurance provider

To learn more about our program please visit Nutrition & Weight Management on [www.rwwc.com](http://www.rwwc.com)

## Obesity and Weight Loss

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



The number of Americans who are overweight and obese has reached epidemic proportions. This year the CDC (Centers for Disease Control and Prevention) estimates that 2/3rds of US adults are overweight (BMI >25) and 1/3 of the population meets the classification of obese (BMI >30).

Rates have risen dramatically from 1990 through the current time period. Being overweight and obese is associated with many negative health consequences including (but

not limited to) elevated blood pressure, high cholesterol, diabetes and pre-diabetes, metabolic syndrome, arthritis, back pain, and much more. There is good news, however! Health effects from obesity are dramatically diminished with even *moderate* weight losses.

Not sure where to start? Consider making an appointment with Dr. McKnight to assess your risks and start you on a healthier path. To continue reading, please visit our Wellness Blog at [www.rwwc.com](http://www.rwwc.com).



## Osteoporosis and Fitness: *Reduce Your Risk*

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

As women, we are at a higher risk than men for developing the age-related bone density disorder, Osteoporosis.



Osteoporosis causes our bones to become thinner and more porous. This makes us less able to support our own body weight. Osteoporosis can affect our quality of life as well as limit our ability to be independent. Bone density loss happens rapidly after menopause, and by the age of 50, about half of all women and men will break a bone because of Osteoporosis.

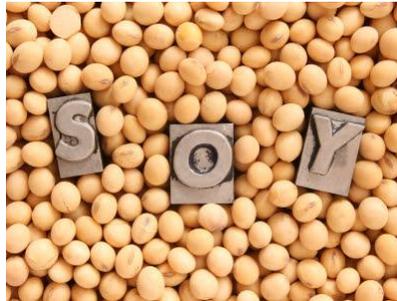
Don't worry, there are a few things you can do to help reduce your risk of developing Osteoporosis. A diet full of calcium and vitamin D is helpful, as well as participating in physical activity.

To read more about osteoporosis and fitness, please visit our website at [www.rwwc.com](http://www.rwwc.com).

# The Benefits and Dangers of Soy: *What You Need to Know*

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

Soy seems to be a hot topic lately. The pending question seems to be whether or not we all should consume it or not. Certain authorities are recommending to avoid it altogether while others are stating it is a safe food for a healthy diet.



Here are the facts:

Soy is a big business in our country and can actually be found in most processed foods.

Marketing claims discuss the health benefits of soy even though research is conflicting. It also is

being used in various and questionable forms today.

To read more on the benefits and dangers of soy, please visit our wellness blog at [www.rwwc.com](http://www.rwwc.com).

To request an appointment\* with one of our dietitians, please e-mail [info@rwwc.com](mailto:info@rwwc.com) or call either of our locations today.

\*Nutrition appointments may be covered by your insurance company.

## Medication Costs & Ways to Save

Are your medication costs burning a hole in your wallet? Brand-name medications can seem rather pricey and not worth the cost. Although there are a lot of medications out there to choose from, there are also several reasons for sticking with brand-names:

- There is no generic alternative  
OR
- The generic alternative isn't as effective for you



In these scenarios, it's important to know that **there are ways to save!** Our office does have samples of several different medications - you can ask for a sample of new medications you are starting - that way you will have a chance to see if the medication works for you and is worth paying for. A lot of pharmaceutical companies also offer discount cards for medications which we have available - some are always on display in our waiting rooms. You can check out our display stands and talk to our medical assistants next time you come in for an appointment to see if we have discount cards for the medications you take.

Staying healthy shouldn't mean breaking the bank; don't hesitate to talk to our MAs at your next visit and be well!

## May Specials at DermaCenter



*May Specials*  
at **DERMACENTER**  
MEDICAL SPA  
medical spa | skin care services

**VelaShape**  
cellulite reduction for summer  
**5 for \$700**

**Chemical Peel or  
Microdermabrasion**  
**5 for \$350**

**40% off**  
**Skin Tightening**

\* Limited per volume. Cannot be combined with any other DermaCenter offer or discount. Not valid for retail purchases. Offer must be purchased at time of purchase. No cash or credit back. Offer expires 5/31/14.

915 Montgomery Avenue, 4th fl. | Narberth, PA 19072 | (610) 617-7990  
1437 Pine Street | Philadelphia, PA 19108 | (215) 735-7990 | [www.DERMACENTER.com](http://www.DERMACENTER.com)  
Same Day Appointments | Parking Available

# RWWC on Instagram



**rittenhousewvc**

Rittenhouse Women's Wellness Philadelphia & Main Line Primary Medical and Wellness  
Care for Women by Women. <http://www.rwwc.com>

April 2014



March 2014



## RWWC Wellness Wire on Twitter

Click to Follow Us



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'



@RittenhouseVWC

## 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](mailto: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, acupuncture and osteopathic manipulation exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

