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Cervical Cancer Screening

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

Cervical cancer, while one of the most prevalent diseases affecting women around the world, has seen markedly reduced incidence in the US over the past few decades due to a number of developments in prevention and screening. Risk factors for cervical cancer include early age at first intercourse, multiple sexual partners, multiple births, smoking, and immunodeficiency. It has further been established that the vast majority of cervical cancers are caused by "high risk" strains of the HPV, or Human Papilloma Virus, which affects cervical cells. Efforts at preventing cervical cancer in this country have focused on modifying certain lifestyle choices that put one at increased risk, as well as the development of vaccines against the HPV virus, and of course, screening with the pap smear test.



To read more about the importance of cervical cancer screenings, please visit our Wellness Blog at www.rwwc.com.

Fall Foods and their Benefits!

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

Fall is here and the weather is changing. Excitement is in the air for cooler weather and fall activities. Many people crave grounding foods in the fall like nuts, pumpkin, and sweet potatoes. Switching your eating in the fall can help with digestion, increase your energy, and prepare you for the upcoming winter. Fall foods provide many natural benefits and help us reconnect with the cycle. The fall is a perfect time to experiment with new recipes in the kitchen. Start small - try one new recipe per week. Many rewards come out of cooking your own food!



To read more about fall food benefits, please visit our Wellness Blog at www.rwwc.com.

Let's Take It Up A Notch- Introduction to Plyometrics!!

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

What is it?

The National Strength and Conditioning Association defines Plyometric Exercise as a "quick, powerful movement preceded by a pre-stretch, or counter movement, and involving the stretch-shortening cycle." The stretch-shortening cycle consists of an eccentric muscle contraction (lengthening) immediately followed by a concentric muscle contraction (shortening). Plyometric Exercise tends to involve explosive, powerful movements that mimic actions used in sports such as basketball, skiing, tennis, volleyball, etc. This type of exercise has typically been used by athletes but benefits the everyday person as well.



To read more about Plyometrics and the benefits, please visit our Wellness Blog at www.rwwc.com.

Flu Vaccination Day: October 25th

On October 25, 2012, Rittenhouse Internal Medicine will offer patients Flu Vaccinations from 8:00am-3:00pm.

Please call the office at [215-670-5843](tel:215-670-5843) to schedule your appointment or follow the Request An Appointment link on the rwwc.com homepage. Please know that space is limited.



Rake in the Fall Savings at DermaCenter!



• \$400 eMatrix session

○ eMatrix is a revolutionary FDA approved procedure that helps to improve fine lines and wrinkles, acne scars, stretch marks and sun damage without surgery and with minimal downtime.

• Buy One Laser Hair Removal Package, Get One FREE!*

○ Laser hair removal is an alternative to other methods, such as waxing, electrolysis and shaving. Clients can benefit from laser hair removal treatments as virtually any part

of the body including the bikini line, chest, chin, back, legs, underarm and upper lip.

• **50% OFF IPL Package with Complimentary Microdermabrasion**

- Acne, rosacea and trauma can cause an increase of redness, broken capillaries, and other skin care problems. Photofacial services by DermaCenter can reverse this type of skin damage. When purchasing a package of 4 photofacial treatments this month, you receive one complimentary microdermabrasion. (\$150 value!) Please visit the Skin Care Services section of dermacenter.com for more detailed information on these services.

*Second laser hair removal package must be of equal or lesser value.

To request an appointment or consultation for any of these services, please complete the Request An Appointment section at the bottom of DermaCenter.com's homepage and one of our representatives will reach out to you shortly.

Follow Rittenhouse Women's Wellness Center and DermaCenter on Pinterest!

Both of our pinterest accounts provide information about the physicians, our facility, fitness and healthy recipe ideas as well as ways to relax!

**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.

