

In This Issue:

Acupuncture for Pain

Ask the Doctor

Welcome, Jayme Hudson!

What You Need to Know About Dietary Fat

Great Autumn Exercise

October at DermaCenter

Flu Shots Now Available!

Vaccine Update

New Patient Portal

Acupuncture for Pain

By: Catherine Liebman, D.O.
Rittenhouse Women's Wellness Center



With the change in seasons come changes in the rest of our lives, including how our bodies feel. While some of us may feel fatigued or run down in this busy time, others may develop new aches and pains or exacerbation of old injuries. Pain can arise for a variety of reasons: whether it's a new job requiring you to sit all day long, or a new hobby or sport that's placing different demands on your body. The good news is that there are a lot of options that can help.

Medications, exercise, yoga, meditation and acupuncture can all help to relieve pain and get you moving again. Please visit the Rittenhouse women's Wellness Center Wellness Blog at www.rwww.com to continue reading.

To request an appointment with [Dr. Liebman](#), you may request an appointment at www.rwww.com, or phone either of our locations at: Philadelphia Rittenhouse (215) 735-7992, ext. '0', Narberth Main Line location (610) 668-7992 ext. '0'.

Conditions recommended for acupuncture treatment by the World Health Organization (WHO) include respiratory diseases, bronchopulmonary diseases, eye disorders, disorders of the mouth cavity, orthopedic disorders, gastrointestinal disorders, and neurologic disorders.

Ask the Doctor: Submit Your Questions



Ask The Doctor



We are excited to announce that the Rittenhouse Women's Wellness Center will be beginning a new column that will be featured each month in our newsletter, *Ask the Doctor*.

Patients may submit all questions anonymously, contacting our office at info@rwww.com, and Dr. Linda Bullock will answer these questions in the next month's newsletter.

Welcome to the DermaCenter Team!



DermaCenter Medical Spa would like to welcome our newest aesthetician, Jayme Hudson. Jayme has over two years experience as a medical aesthetician. Prior to joining DermaCenter™, she worked as an aesthetician at medical spas on the Main Line. During this time, she developed expertise in performing laser hair removal, skin tightening, laser skin rejuvenation, IPL treatments, chemical peels, and microdermabrasions.

Jayme also has a great deal of experience in evaluating skin types and determining the best solutions for each individual. To learn more about Jayme Hudson please visit the Physician information page at

www.dermacenter.com. To request an appointment, you may phone our office at either location at (215) 735-7990, or visit the DermaCenter's homepage to request and appointment.

What You Need to Know About Dietary Fat

By: Christina Ushler, R.D.

Registered Dietitian at the Rittenhouse Women's Wellness Center



Fats (also known as "lipids") function as energy molecules in metabolism, components for the structure of cell membranes, and as hormones. Our bodies need fat, even though the media continues to inundate us with "low-fat" and "fat-free" products. You need fat in the diet to feel full, which is a reason why many can overeat on "fat-free" food. Dependent on the source of information, the daily recommendations and many different types of fat can be

confusing. I hope this article will help to rectify some of the common confusion.

To request an appointment* with one of our dietitians, please visit www.rwwc.com and follow instructions for 'Request an Appointment', or you may phone either of our locations: Philadelphia Rittenhouse Office (215) 735-7992 ext. '0', Main Line Narberth Location (610) 668-7992 ext. '0'.

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

Great Autumn Exercise

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



Fall is here, and the weather outside is perfect! The summer humidity is gone and the bone chilling cold of winter is still a few months away. Get outside and breathe in that fresh air while you still can! It is the ideal time for outdoor activities like apple picking or hiking. Hiking is the idyllic exercise this time of year. It can help strengthen the heart, body, and mind. But, prior to hitting the trails, as a beginner hiker, there are a few tips you should follow to make the most of your autumn outing and stay safe while doing it! To read more about outdoor activity during the fall please visit our Wellness Blog at www.rwwc.com, or you may phone our office to schedule and appointment at either location: Rittenhouse Philadelphia location (215) 735-7992 ext. '0', Main Line

Narberth location (610) 668-7992 ext. '0'.

October Specials at DermaCenter



60 % off Laser Hair Removal Package:

Laser hair removal is an alternative to other hair removal 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.

50 % off eMatrix Package:

eMatrix is the "all-natural" approach to enhancing your youthfulness. It is clinically proven to treat fine lines and wrinkles, acne scars, stretch marks and textural irregularities caused by excessive sun exposure.

40 % off IPL Package:

Photofacials can help to reverse sun exposure, age spots, acne, rosacea, redness, broken capillaries, and more.

To request an appointment or schedule a complimentary consultation, you may request an appointment at www.dermacenter.com, or you may phone our office at (215) 735-7990 to speak to one of our Aestheticians personally.

Flu Shots Available!



Flu Season is right around the corner, so make sure to get your flu shot as soon as you can! If you have an appointment scheduled with one of our physicians, you can ask for a flu shot at that time, if not, you can feel free to call and make an appointment with our medical assistants!

Don't let the flu get you down this season; Request an appointment at www.rwwc.com, or you may phone our Philadelphia office at (215) 735-7992 ext. '0', or our Main Line Narberth location at (610) 668-7992 ext. '0'.

Vaccine Update



TDaP is a great vaccination for everyone - it is used to prevent 3 illnesses: tetanus, diphtheria and pertussis. Typically we like to make sure that all of our patients receive this vaccine and the CDC now recommends it for each pregnancy. Unfortunately, due to a manufacturing error, the adult version is currently unavailable and we will not have it back in stock until November (at the earliest). If you are pregnant and need to get your TDaP, please ask your OB if they have stock available or if they have any other recommendations. We will be sure to issue another update once we have access to this vaccine again. Stay healthy!

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.



Patient Portal

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.

