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As we welcome the closing month of summer, August beckons more severe weather conditions, related skin stresses, and wellness maintenance necessities. Our specialists here at RWWC have some great advice on how to combat the heat, relax, and be well. Read below to learn more and take advantage of some hot summer deals!

Tips to Help Prevent Osteoporosis

By: [Jacqueline Wojciechowski, RD](#)

A diet that contains enough calcium, vitamin D, and other vitamins and minerals is key to maintaining bone health and preventing osteoporosis. Eating a diet that follows [MyPlate](#) will help assure that your bones will be strong and healthy.



In order to ensure the absorption of calcium in the body, it's also important to consume enough Vitamin D. Imagine Vitamin D is the key that unlocks the door to let calcium into your cells for absorption. The RDA for Vitamin D is about 600 to 800IU's daily. Foods that contain Vitamin D include fortified milk and bread products, fish such as salmon, mackerel, sardines, and tuna. To read more about this visit our Rittenhouse Women's Internal Medicine Blog at rwwc.com.

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.

Protecting Your Skin in the Sun

By: [Dr. Jillan Rowbotham, D.O.](#)



No matter how diligent I try to be about applying sunscreen I always seem to end up with a burnt patch. I miss a spot, wash it off (the back of my hands and forearms are common causalities), or get caught up in the activities of the day and forget to reapply. Though new labeling guidelines starting next year will help us form a better understanding of what our

sunscreen is and isn't doing for us, sometimes the best option to protect our skin is to keep it covered up. But not all clothing is created equal. To learn more about ways to help protect your skin, continue reading at our Internal Medicine Blog at [rwwc.com](#).

Also, LaRoche Posay sunscreen now available at our DermaCenter Medical Spa! *Best of beauty winner and top rated.*

Rittenhouse Women's Wellness Center is now pleased to offer our patients a new sunscreen line for the summer months! La Roche Posay is a unique organic UV sunscreen that provides protection against UVA and UVB waves. Some benefits of this sunscreen are:

- Non-greasy, dry finish texture
- Dermatologist and allergy-tested
- Fragrance-free and PABA-free

Anthelios has also been rated on the Environmental Working Group as one of the best sunscreens available.



BMI vs. Body Fat Percentage



By: [Shannon Feck, Personal Trainer](#)

How many times have you said to yourself, "I want to lose weight?" You start an exercise routine or intensify a current routine in order to shed pounds, rather than focusing on changing your actual . Losing weight will simply reduce your BMI, but decreasing your should be the main focus.

BMI, which stands for Body Mass Index, measures whether a person is healthy, overweight, or underweight.

To learn more about BMI vs. Body Fat Percentage visit our Internal Medicine Blog at [rwwc.com](#).

New Physician beginning in September at Rittenhouse Internal Medicine

Rittenhouse Internal Medicine is excited to announce a new addition to our growing practice starting in September. Dr. Marina Bachurina, M.D. completed her residency in Internal Medicine at the Drexel School of Medicine program at Easton Hospital. Prior to that Dr. Bachurina, completed her training in Dermatology as chief resident at the Medical Institute of St. Petersburg, Russia where she also attended medical school. Dr. Bachurina's experience in dermatology brings Rittenhouse Internal Medicine a trained Internist who provides primary care and also can provide medical skin care services such as:

- Skin tag Removal
- Skin Biopsy
- Lipoma (Benign Fatty Tumor) Removal
- Cyst Removal
- Wart Treatment
- Incision and Drainage of Abscess
- Mole Removal



About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

