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The summer season has come to a close and it is time for everyone to get back into their daily fall routine. As our health meets new demands, the Rittenhouse Women's Wellness Center specialists have tips and ideas on how to get ready for the 2011 Fall season.

## Dr. Marina Bachurina now accepting new patients at Rittenhouse Internal Medicine

Rittenhouse Internal Medicine is excited to announce a new addition to our growing practice. Dr. Marina Bachurina 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 can provide primary care as well as 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

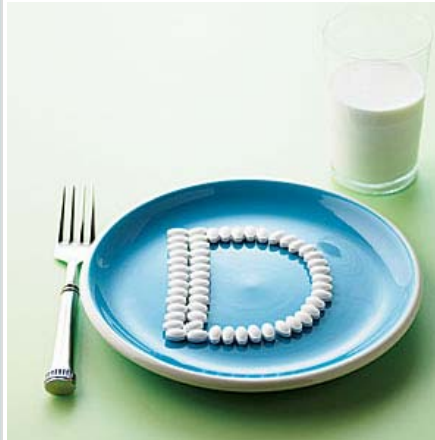


## Flu Vaccines Now Available

We now have the 2011-2012 influenza vaccine available. Please call the office to schedule your immunization. Rebecca or Maria, our Medical Assistants, will be giving immunizations six days a week.

## The Importance of Vitamin D

By: **Jillan Rowbotham, D.O.**



Vitamin D has been in the news a lot lately. It plays a major role in calcium absorption, but recent research suggests it may do much more. Scientists have discovered vitamin D receptors on almost all tissues of the body meaning it may have a much larger effect on our health and development of disease than previously thought. This discovery has prompted increased interest in vitamin D and a lot of buzz about the potential benefits. First, it is important to understand where vitamin D comes from, and if you may be at risk for deficiency.

To read more about the importance of vitamin D, please visit our Blog at [www.rwwc.com/blog.html](http://www.rwwc.com/blog.html).

## Filling Up on Fiber

By: **Amalia Krantz, RD**



Think you should be eating more fiber? You're probably right. The average American gets about 15 grams of fiber each day, which is 10 grams less than the recommendation for women and 23 grams less than the recommendation for men. This translates into about 25 grams/day for women and 38 grams/day for men aged 19-50 years. Fiber is found in all plant food sources, such as

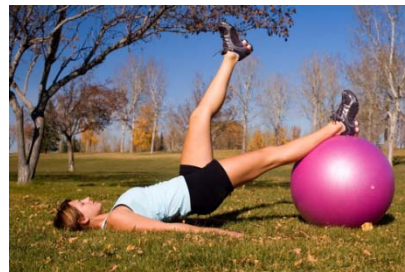
vegetables, fruits, legumes, nuts and seeds. It is the part of the plant that your body cannot break down and does not digest.

To read more about filling up on fiber, visit our blog at [rwwc.com](http://rwwc.com)

## Muscle Confusion: Why Changing Your Fitness Routine Is Important

By: **Shannon Feck, Personal Trainer**

As a personal trainer, I hear clients tell me all the time that they started a new work-out routine and saw improvements in strength, energy levels, and overall fitness during the first 4-6 weeks. However, after performing the same routine past this initial period, they notice they are no longer seeing results and express frustration at the lack of progress. The client has hit a plateau, and this phenomenon is one of the most significant reasons why people give up exercising. In order to avoid this common pitfall, it is important to understand how to continually alter your fitness routine by applying the principle of Muscle Confusion.



To read further, please visit our blog at [rwwc.com/blog.html](http://rwwc.com/blog.html)

## Juvederm Party - Limited Space Available!



Restore fullness to your cheekbones or lips, reduce the appearance of wrinkles, or smooth away smile lines, worry lines and fine lines with Juvederm™ Injectable Filler. Filler injections help to restore your youthful appearance with minimal recovery time. We use only Juvederm with lidocaine to minimize your discomfort.

Each attendee will receive 1 vial of Juvederm for only \$475\*! \$150 savings!  
Additional syringes at \$625 each.

### Event Info

**Monday, September 19th, 2011**  
**3:00pm-7:00pm**  
**Rittenhouse Women's Wellness Center**  
**1632 Pine Street Philadelphia, PA 19103**

**Call Now to schedule- ONLY 4 spots left!!**

To RSVP or call 215-735-7992 ext. '0'.

**Patient Portal now available for:  
secure emails, referral and  
Rx refill requests.**



Please email [info@rwwc.com](mailto: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.

