



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Hypertension And Smoking

Cigarette smoking is a major cause of disease in the United States. More than 400,000 deaths occur each year as a result of cigarette smoking. Dr. Ferrigni discusses the impact smoking can have on someone with hypertension along with tips on how to quit and commonly asked questions.

Click [here](#) for the full article.

March is National Colorectal Cancer Awareness Month. Are You Up To Date On Screening?

Colorectal cancer is the third most commonly diagnosed cancer and second most common cause of cancer death in the United States. Dr. Susan Hongha Vu-James discusses the importance of regular screenings.

Click [here](#) to view the full article.

Click [here](#) to learn more about Dr. Vu-James.

Esse Health's Family Focus Healthcare Welcomes New Physician

Esse Health's Family Focus Healthcare welcomes board certified Family Medicine physician Melissa Murray, M.D. to its practice. Dr. Murray is seeing patients at the office located at 12812 Tesson Ferry Rd, in St. Louis

Dr. Murray graduated from St. Louis University School of Medicine and completed her residency at Deaconess Hospital. Most recently, Dr. Murray practice with St. Anthony's Family Medicine in St. Louis. Dr. Murray has been recognized by the National Committee on Quality Assurance (NCQA) and the American Diabetes Association for patient care in diabetes. She also has been recognized by the NCQA and the American Heart Association/American Stroke Association for her delivery of high quality care to patients with cardiovascular disease and/or stroke.



Dr. Murray joins board certified Family Medicine physicians P. Geoff Rutledge, M.D., and Aaron Bjorn, D.O.

Join us in welcoming [Dr. Melissa Murray](#)!

Esse Health Wore RED For The 12th Annual National Wear Red Day.



On February 6th Esse Health participated in the National Wear Red Day to raise awareness of heart disease and kick off fund raising for the American Heart Association's Metro St. Louis Heart Walk. On Saturday,

May 9th, many will gather at Busch Stadium to participate in the Heart Walk. You can still join the Esse Health team by clicking [here](#). We hope you'll join us as we raise awareness of heart disease and stroke!

Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!



Ongoing: Taking Care of Diabetes classes, Wellness Workshops, and Weight Loss Support meetings.

Providing health care to patients at 36 convenient locations across the St. Louis Metro area.

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