



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## When Should My Child Stay Home from School or Daycare?

By Randall Sterkel, M.D., Esse Health Pediatrician

As parents, most of us ask this question from time to time. Yet it is often hard to decide what symptoms and illnesses should keep a child home from school or daycare and what should not. Dr. Randall Sterkel outlines when a child should stay home or go see his or her pediatrician.

[Click here](#) to read his article.

[Click here](#) to learn more about Dr. Randall Sterkel.



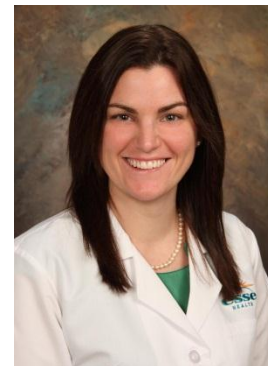
## Welcome Dr. Kathryn Henderson

Kathryn Henderson, M.D., joined our South County Internal Medicine office September 5th. She is accepting new patients at South County IM, which is located at 5034 Griffin Road in south St. Louis. Call her today at 314-843-7333!

### About Dr. Henderson:

- Board eligible in internal medicine
- Completed residency training at St. Louis University Hospital
- St. Louis native

Click [here](#) to learn more about Dr. Henderson.



## Did You Know?

Meet our specialists

The Esse Health team of providers includes several specialists, allowing you to stay within our medical family for all of your medical needs. [Click here](#) to learn about our board-certified urologist, allergists, radiologists, rheumatologist, and pediatric endocrinologist.

## Step Out to Stop Diabetes on October 13th!

For the fourth year in a row, we are proud to sponsor the American Diabetes Association's Annual Step Out: Walk to Stop Diabetes. **Join us on Saturday, October 13, at Creve Coeur Park.** Walk around Creve Coeur Lake's 1-mile or 3-mile route, and enjoy breakfast, live music, a kids' zone, and a wellness fair before and after you walk.



 American Diabetes Association.

"There is a diabetes epidemic in the United States and actually worldwide. It is a disease that can happen at any age to anyone. One in 10 adults and one in three people over 65 have diabetes. Our family members have it. We see children and adults at all of our offices that team with us to keep them healthy with diabetes." - Kathleen Brunts, M.D., Esse Health internal medicine physician

**Registration is free and easy. Join the Esse Health team by [clicking here](#) or sign up in your doctor's office.**

*Providing health care to patients at 32 convenient locations across the St. Louis Metro area.*

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