



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Child Bedwetting Issues and Recommendations

By Charles Dougherty, M.D.

The issue of nighttime bedwetting is common among children, affecting one out of every six 5-year olds. There are several causes for childhood bedwetting, and Dr. Charles Dougherty discusses some simple measures parents can take that may help some of these issues.

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

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



Step Out to Stop Diabetes On October 12th!

For the fifth year in a row, Esse Health is proud to sponsor the American Diabetes Association's Annual Step Out: Walk to Stop Diabetes. **Join the Esse Health team on Saturday, October 12, 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.

Since 2009, Esse Health has raised over \$85,000 to stop diabetes. We decided to team

up to change the future and make a positive impact in the lives of those who are affected by diabetes. We are committed to walk and raise money in this inspirational event not because 26 million people in the United States have diabetes, but because we personally know some of them, and want to do something about it.

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

Esse Health Welcomes Drs. Anastasia Norman and Elizabeth Remus

Our Tesson Ferry Internal Medicine and Pediatrics Office is welcoming two new physicians this fall! Board-certified physician Anastasia Norman, M.D., and board-eligible physician Elizabeth Remus, M.D., will both begin seeing patients on October 1 at the Tesson Ferry office located at 13303 Tesson Ferry Road in south county. Appointments can be made with either physician by calling 314-842-4744.

Dr. Norman specializes in family medicine and is a graduate of the Albert Einstein College of Medicine. She completed her residency at the Maine Medical Center.

Dr. Remus specializes in internal medicine and pediatrics. She is a graduate of and recently completed her residency with the University of Missouri - Columbia School of Medicine.



Dr. Anastasia Norman



Dr. Elizabeth Remus
