



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Dengue, West Nile, Chikungunya....Oh My!

There is perhaps nothing more terrifying to a parent than the possibility of their child contracting some ominous-sounding, exotic, "deadly" disease. Karen Diehl, CPNP, CLC, discusses the symptoms of these rare diseases and how "rare" they truly are.

Click [here](#) for the full article

Click [here](#) to learn more about Karen Diehl, CPNP, CLC

Esse Health's Office of Thomas Hastings Welcomes Physician

Esse Health's Office of Thomas Hastings welcomes board certified Family Medicine physician Paul Ganninger, M.D. to its practice. Dr. Ganninger will begin seeing patients at the office located at 1585 Woodlake Drive, Suite 100 in Chesterfield on September 2, 2014.

Dr. Ganninger graduated from St. Louis University School of Medicine and completed his residency at St. John's Mercy Hospital. Dr. Ganninger has a particular interest in diabetes and sports medicine. Most recently, Dr. Ganninger practiced with the SSM Medical Group in St. Charles, MO.

Dr. Ganninger joins board certified Internal Medicine physician Thomas Hastings, M.D. Appointments with Dr. Ganninger can be made by calling 314.434.4278.

Join us in welcoming Dr. Paul Ganninger.



Esse Health's Office of Family Focus Healthcare Welcomes Physician

Esse Health's Office of Family Focus Healthcare welcomes board certified Family Medicine physician P. Geoff Rutledge, M.D. to its practice. Dr. Rutledge will begin seeing patients at the office located at 12812 Tesson Ferry Rd in St. Louis on September 25, 2014.

Dr. Rutledge graduated from St. Louis University School of Medicine and completed his residency at St. John's Mercy Hospital. Most recently, Dr. Rutledge practiced with the St. Anthony's Physicians Organization in St. Charles, MO.

Appointments with Dr. Rutledge can be made by calling 314.851.1193

Join us in welcoming Dr. P. Geoff Rutledge.



Join Us On October 11th.

On Saturday, October 11th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk and help raise awareness of diabetes.



This is the sixth year in a row that we have sponsored the event and there is still time to participate. To sign up and join the Esse Health team click [here](#). We look forward to seeing everyone there!

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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