



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Summer, Sun and Kidney Stones

August is the peak month for developing kidney stones. In this article, Nurse Practitioner Sarah Wu discusses what can increase your risk of developing kidney stones and steps to help prevent them from forming.

Click [here](#) for the full article

Click [here](#) to learn more about Sarah Wu, NP-BC

Esse Health Welcomes New Physician

We are pleased to announce the addition of Family Medicine physician Michael Schachter, M.D. to the organization. Dr. Schachter is joining the Esse Health Office of Drs. Knapp and Miranda located at 4800 Mexico Rd., Suite 102, St. Peters, MO. He will also see patients at the Office of W. Stephen Knapp, D.O. located at 2175 Charbonier in Florissant, MO.



Dr. Schachter is board certified in Family Medicine and has a special interest in preventative medicine. A St. Louis native, Dr. Schachter attended medical

school at Tel Aviv University - Sackler School of Medicine and completed his residency at the UPMC Susquehanna Family Medicine Residency Center in Pennsylvania.

Dr. Schachter joins board certified physicians Dion Miranda, D.O. and W. Stephen Knapp, D.O. along with Nurse Practitioners Beth Gordon and Cindy Perkins.

Appointments with Dr. Schachter can be made by calling 636.441.0067 for the St. Peters location and 314.831.0181 for the Florissant location.

24 Esse Health Physicians Named 2017 - 2018 Best Doctors In America®



We are proud to announce that 24 of our board-certified physicians have been named to the Best Doctors in America® list for 2017-2018 by their peers and colleagues. Approximately 5 percent of doctors practicing in the United States are selected as a Best Doctor.

Join us in congratulating the following doctors:

Internal Medicine:

Dr. Susan Adams, Dr. Kathleen Bruns, Dr. Curt Calcaterra, Dr. Kathleen Cizek, Dr. Susan Colbert-Threats, Dr. Michael Fedak, Dr. Snehal Gandhi, Dr. Thomas Hastings, Dr. Gary Maassen, Dr. Sean McLaughlin, Dr. Elizabeth Tracy, Dr. Stanley Vriezelaar and Dr. Jerome Williams.

Pediatrics:

Dr. Patricia Amato, Dr. Gerry Deschamps, Dr. Matthew Dougherty, Dr. John Galgani, Dr. David Hartenbach, Dr. John Madden, Dr. Karen Norton, Dr. Peter Putnam, Dr. Joseph Schachter, Dr. Randall Sterkel and Dr. Kristen Terrill.

Join Us On September 23rd

On Saturday, September 23rd, Esse Health employees, patients, family members and friends will join thousands at Forest Park for the Leukemia & Lymphoma Society's Light The Night Walk to help raise awareness of blood cancers.



Click [here](#) to sign up and join the Esse Health team. We look forward to seeing everyone there!

Healthy Back To School Habits

Summer is coming to an end and a new school year is upon us. Click [here](#) to learn about some healthy back to school habits to put into practice to start the school year off right. Also included is a recipe to make your own granola.



New Esse Health Pediatric Housecalls Podcasts Now Available

Searching for the answer to a question about your child? Look no further! Esse Health Pediatric Housecalls has the answers. Join us as our board certified pediatricians discuss important topics and answer everyday questions. Click [here](#) to learn how you can listen to an episode today! Did you like a podcast or do you have suggestions for future podcasts? Go to our [Facebook](#) page and let us know what you think!



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
September 23: LLS Light The Night



Providing health care to patients at 40 convenient locations across the St. Louis Metro area.

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