



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Help Esse Health
Light the Night
Saturday, September 29th
Forest Park



Click [here](#) to read Esse Health CEO Mike Castellano's personal story of his involvement with the Leukemia & Lymphoma Society.

Click [here](#) to join the Esse Health Team or to make a donation to LLS.

Esse Health Belleville Internal Medicine Welcomes New Physician

Belleville Internal Medicine welcomes Family Medicine physician Patrick Nakashima-Moran, D.O. to its practice. Dr. Nakashima-Moran is seeing patients at the office located at 2900 Frank Scott Parkway West, Suite 904 in Belleville, Illinois.



A St. Louis native, Dr. Nakashima-Moran graduated from Southeast Missouri State University and Kansas City University of Medicine and Biosciences. He completed his residency at Des Peres Hospital in St. Louis.

Dr. Nakashima-Moran joins board certified physicians Mark Irwin, M.D. and Tom Bayer, M.D. Appointments with Dr. Nakashima-Moran can be made by calling 618.234.0640.

Esse Health Florissant Pediatrics Welcomes New Physician

Florissant Pediatrics welcomes pediatrician Theodore Kremer, M.D. to its practice. Dr. Kremer is seeing patients at the office located at 1225 Graham Road, Building C, Suite 1350 in St. Louis.



A Florissant, MO native, Dr. Kremer attended medical school at St. Louis University School of Medicine and completed his residency at St. Louis Children's Hospital in St. Louis. He has a special interest in asthma and autism.

Dr. Kremer joins board certified physicians John Galgani, M.D. and Shirley Knight, M.D. Appointments with Dr. Kremer can be made by calling 314.838.7912.

Esse Health Florissant Internal Medicine Welcomes New Physician

Florissant Internal Medicine welcomes Internal Medicine physician Erin Fick, D.O. to its practice. Dr. Fick is seeing patients at the office located at 1225 Graham Road, Building C, Suite 1330 in St. Louis. Dr. Fick will also see patients at the new Esse Health St. Charles Complete Care office located at 1551 Wall Street, Suite 400 in St. Charles.



A St. Louis native, Dr. Fick attended medical school at A. T. Still University Kirksville College of Osteopathic Medicine and completed her residency at Ascension St. John Macomb-Oakland Hospital in Warren, Michigan.

Dr. Fick joins board certified physicians John Rice, M.D., her father, Susan Adams, M.D., Scott Anderson, M.D., Joyce Boehmer, M.D., Julie MacPhee, M.D., Mark Pelikan, D.O., along with Nurse Practitioners Anne Stensland, Bethany Madrid, Carla Moore-Beckerle and Dietitian Erin Sandoz. Appointments with Dr. Fick can be made by calling 314.838.5702.

Esse Health Patient Portal

Need to view the most up-to-date information in your NextMD account? Click [here](#) for instructions on how to keep your portal updated. Be sure to update your portal a few days after each visit to keep it updated.



The Conversation Project

Esse Health has partnered with the Gateway End-of-Life Coalition to host an informational session discussing how to talk to your family about your end-of-life wishes. Click the link below to register for the event in your area.

North County - August 23rd from 6:00 p.m. to 7:30 p.m.

<http://bit.ly/theconversationproject>

South County - September 11th from 6:00 p.m. to 7:30 p.m.

<http://bit.ly/scconversationproject>

Mid County - October 25th from 6:30 p.m. to 8:00 p.m.

<http://bit.ly/mcconversationproject>

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

August 23rd: The Conversation Project in North County

September 11th: The Conversation Project in South County

October 25th: The conversation Project in Mid County

September 29th: LLS Light The Night
