



Living Well Newsletter

A monthly e-publication provided by Esse Health

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The Daycare Dilemma

Wondering how do you choose a child care center? Karen Diehl discusses questions you should ask when selecting the appropriate child care center for your children.



Click [here](#) for the full article.

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

February is Healthy Heart Month

Having a healthy diet that includes lean protein, fruits, vegetables, low fat dairy and whole grains along with exercising regularly keeps our hearts working properly. Click [here](#) to learn what proteins, fruits, vegetables and grains are healthy. Also included is a fantastic recipe for Cauliflower Tots!



South County Internal Medicine Welcomes Physician

Esse Health's South County Internal Medicine office welcomes board certified Internal Medicine physician [Marc Merbaum, M.D.](#) to its practice. Dr. Merbaum is seeing patients at the office located at 5034 Griffin Rd. in St. Louis, MO.

Dr. Merbaum graduated from the University of Missouri in Columbia and completed his residency training in Internal Medicine at the University of Rochester - Strong Memorial Hospital in Rochester, NY. He has a special interest in diabetes and asthma. In fact, Dr. Merbaum has been recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in diabetes.



Dr. Merbaum joins board certified Internal Medicine physicians Curt Calcaterra, M.D., Kathleen M. Cizek, M.D., James Ebel, M.D., Kathryn Henderson, M.D., Gary Maassen, M.D., Carol R. Martin, M.D., and Robert Saitz, M.D., along with Nurse Practitioners Stacie Detmer, Lauren Hesterberg and Dietitian Mindy Musselman. Appointments can be made by calling 314.843.7333.

March is National Colorectal Cancer Awareness Month

Did you know that March is National Colorectal Cancer Awareness Month? [Esse Health Digestive Disease Specialists](#) and [Esse Health St. Louis Gastroenterology Consultants](#) have convenient locations. Give them a call and schedule your colonoscopy today.

Esse Health Wore RED for the 13th Annual National Wear Red Day.

On February 5th Esse Health participated in the National Wear Red Day to raise awareness of heart disease and kick off fund raising for the American Heart Association's Metro St. Louis Heart Walk. On Saturday May 14th, many will gather at Busch Stadium to participate in the Heart Walk. You can still join the Esse Health team by clicking [here](#). We hope you'll join us as we raise awareness of heart disease and stroke!



Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

AHA Heart Walk: May 14th

Senior Olympics: May 26th - 31st

Ongoing: Taking Care of Diabetes classes



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