



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Pediatric Dental Health

The development of cavities is one of the most common chronic conditions of children. It's important that families understand and practice the recommendations for proper care of children's teeth. Dr. Matt Dougherty discusses some frequently asked questions regarding pediatric dental health.

Click [here](#) for the full article

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

Esse Health Tesson Ferry Pediatrics Welcomes Physician

Esse Health's Tesson Ferry Pediatrics office welcomes board eligible physician Abigail Schachter, M.D. to its practice located at 13303 Tesson Ferry Rd, Suite 150, in St. Louis, MO on August 1st, 2014.

Dr. Schachter graduated from St. Louis University School of Medicine and completed her residency training in pediatrics at Cardinal Glennon Children's Medical Center.

Dr. Schachter joins board certified pediatric physicians Catherine R. Remus, M.D., Charles Dougherty, M.D., Elizabeth Remus, M.D., Joseph Schachter, M.D., and Matthew Dougherty, M.D., along with Nurse Practitioner Karen Diehl, CPNP, CLC. Appointments with Dr. Schachter can be made by calling 314.842.5239.



Join us in welcoming Dr. Abigail Schachter!

Esse Health Swansea Internal Medicine Welcomes Physician

Esse Health's Swansea Internal Medicine office welcomes board certified Internal Medicine physician Jennifer Neville, M.D. to its practice. Dr. Neville will begin seeing patients at the office located at 4 Park Place, in Swansea, IL starting August 4, 2014.

Dr. Neville graduated from Southern Illinois University School of Medicine and completed her residency training in Internal Medicine at the University of Cincinnati in Cincinnati, OH. Dr. Neville has a special interest in patient education.

Dr. Neville joins board certified Internal Medicine physicians Brad R. Ringhofer, M.D. and Deborah McDermott, M.D. along with Nurse Practitioner Julie Wieggers. Appointments with Dr. Neville can be made by calling 618.277.7500.

Join us in welcoming Dr. Jennifer Neville!



Esse Health Office of Drs. Byrne & Launch Welcomes Physician

Esse Health's office of Drs. Byrne and Launch welcomes board certified Internal Medicine physician Aneela Qayum, M.D. to its practice. Dr. Qayum is seeing patients at the Bridgeton office located at 12255 DePaul Drive, in St. Louis, MO and at the St. Charles office located at 1475 Kisker Rd, Suite 230; in St. Charles, MO.

Dr. Qayum graduated from Fatima Jinnah Medical College and completed her residency training in Internal Medicine at Forest Park Hospital in St. Louis, MO. Dr. Qayum has a special interest in geriatrics.

Dr. Qayum joins board certified Internal Medicine physicians Robert M. Byrne, M.D. and Leslie A. Launch, MD., along with Nurse Practitioners Donna Hall, FNP-BC and Regina Iman, ANP. Appointments with Dr. Qayum can be made by calling 314.739.4166



Join us in welcoming Dr. Aneela Qayum!

21 Esse Health Physicians Named 2014 Best Doctors®

We are proud to announce that 21 of our board-certified physicians have been named to the Best Doctors in America® list for 2014 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. Kathleen Brunts, Dr. Curt Calcaterra, Dr. Susan Colbert-Threats, Dr. James Ebel, Dr. Snehal Gandhi, Dr. Thomas Hastings, Dr. Sean McLaughlin, Dr. Elizabeth Tracy, Dr. Stanley Vriezelaar, and Dr. Jerome Williams.

Pediatricians:

Dr. Patricia Amato, Dr. Gerry Deschamps, Dr. Charles Dougherty, Dr. Matthew Dougherty, Dr. David Hartenbach, Dr. Richard Lazaroff, Dr. Karen Norton, Dr. Peter Putnam, Dr. Joseph Schachter and Dr. Randall Sterkel.

Diagnostic Radiology:

Dr. Greg Cizek

For more information about our doctors, please visit www.essehealth.com/about-us/meet-our-team/providers/

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 Workshop: A Healthy Plate classes



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