



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Diabetes Alert Day, March 27th

by Kathleen Brunts, MD, Esse Health

This disease affects more women than breast cancer. It occurs in men and women, almost equally. It can begin in childhood, adolescence or any age. It affects pregnant women, who must manage it carefully to have a healthy baby. About one out of three men and women over age 65 have this disease.

This disease is **diabetes**. Are you alert to diabetes in your family, workplace and community?

Click [here](#) to learn more about diabetes, risk factors and how to stay healthy.

Click [here](#) for more information about Kathleen Brunts, MD.



Health Tip of the Month: Move More

Being physically active can help you get a better night's sleep, plus the added bonus of increased energy, weight loss and better blood sugars. Try walking a lap around the store before you start shopping.

- by Mindy Musselman, RD, LD

Poison Prevention: Keep your children safe

by Nancy Quigley, CPNP, Esse Health



Children act fast and so do poisons. Accidental poisoning in children can happen in a flash. Every day, close to 400 children are treated for unintentional poisoning and two of those children actually die.

Click [here](#) for important information on how to keep your children safe, including signs to look for and treatment.

For information on Nancy Quigley, CPNP, click [here](#).

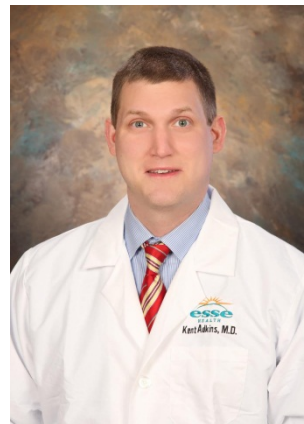
Welcome Urologist Kent Adkins, MD

New division and two new offices opened March 1st

We're very excited to announce the creation of a urology division, led by board-certified urologist Kent Adkins, MD!

Dr. Adkins is seeing patients in North and West counties. His offices are located at 12255 DePaul Drive, Suite 845, and 12855 North Forty Drive, Suite 230. To make an appointment with Dr. Adkins, call (314) 576-3532.

Dr. Adkins graduated summa cum laude from Bucknell University in Pennsylvania before attending the University of Virginia School of Medicine, where he was a member of the Alpha Omega Alpha honor society. Dr. Adkins trained in Urologic Surgery at Vanderbilt University in Nashville, Tenn. He enjoys spending time with his wife & three kids.



For more information about Dr. Adkins, click [here](#).

Upcoming Events

Visit our [Calendar of Events](#) for details on each of these activities.

March 31: Colon Cancer Alliance's 2012 St. Louis Undy 5000

May 19: American Heart Association St. Louis Start! Heart Walk

May 24-29: 33rd Annual St. Louis Senior Olympics

Ongoing: Taking Care of Diabetes Program



Mark your calendars!

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