



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Common Myths About Colon Cancer

March is Colorectal Cancer Awareness Month. In this article Dr. Kishore Maganty discusses the 10 common myths about colon cancer.

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

Click [here](#) to learn more about Kishore Maganty, M.D.

## 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!



## Esse Health Has Opened A New Office In Shiloh, Illinois

Dr. Laura Crandall and Dr. Erin Friedman have opened a new office to accommodate their growing healthcare practice. [Esse Health Shiloh Internal Medicine](#) is an 8,000 square foot state-of-the-art medical office located at 1167 Fortune Blvd in Shiloh, IL. Dr. Crandall and Dr. Friedman are joined at their new office by Nurse Practitioners Gaylin Manion and Cassandra Reaka. The office currently is accepting new patients. Appointments can be made by calling 618.207.6900.



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## Text Message Appointment Reminders

We now offer text message appointment reminders! Patients who have a cell phone listed will receive a text reminder one day before their scheduled appointment. This is in addition to the call received 48 hours in advance.



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## Put Your Best Fork Forward

March is National Nutrition Month and eating right does not have to be complicated. Click [here](#) to learn about different healthy options when eating out. Also included is a recipe for a green smoothie.



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## Avoid A Fall

Missouri's rate of injury by falling is 31% higher than the national average according to the Missouri Department of Health and Senior Services.

The Gateway Wellness Network along with Oasis offers free in-home fall risk assessments or these can be arranged at class locations. To learn more about the assessment or Oasis community-based programs for preventing falls, such as Matter of Balance and Tai Chi, please call St. Louis Oasis.

Oasis is a non-profit educational organization that is active in more than 50 cities. The vision of Oasis is to see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives.

St. Louis Oasis for Fall Risk information.  
Phone: 1-855-805-6168



## Join Us On May 6th

On Saturday, May 6th, Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk and help raise awareness of heart disease and stroke.



This is the ninth 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!

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## Upcoming Events

**Mark Your Calendars!**

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

**AHA Heart Walk: May 6th**

**Ongoing:** Taking Care of Diabetes classes



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

## CONNECT WITH US!



[www.essehealth.com](http://www.essehealth.com)

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