



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Colorectal Cancer Awareness Month

Did you know that colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in both men and women? In this article Dr. Kishore Maganty with [Esse Health Digestive Disease Specialists](#) discusses 10 common myths about colon cancer.

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



## Esse Health Pediatrics Is On Twitter

Esse Health Pediatrics is now on Twitter. Click [here](#) to follow us and stay up-to-date with everything pediatrics!!!



## New Esse Health Pediatric Housecalls Podcast Now Available

Reflux, anyone who has taken care of a baby has experienced it at some point. But what causes babies to spit up? Today we are joined by board certified pediatrician [Dr. Theodore Kremer](#) with [Esse Health Hazelwood Florissant Pediatrics](#). Click [here](#) to listen as we discuss what causes reflux and ways to help reduce spit up.



## Join Esse Health at the 2019 AHA Heart Walk On May 18th

On Saturday, May 18th Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk to help raise awareness of heart disease and stroke.



Click [here](#) to join the Esse Health team and we look forward to seeing everyone there!

## Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to the Portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:



- Request appointments
- Request refills
- Ask questions regarding a prescription
- Seek medical advice
- Ask questions about your bill
- Request a referral
- Pay your bill

Click [here](#) to enroll in the Patient Portal if you have not already signed up!

## Upcoming Events

Mark Your Calendars!

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

**May 18th:** AHA Heart Walk

**June 6th:** ADA Tour de Cure St. Louis

**Ongoing:** Taking Care of Diabetes classes



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