



### Esse Health Takes Steps For Heart Health

On Saturday, May 12th, Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's Annual Heart Walk. The event was a great success and we are proud to be able to help the AHA raise awareness of heart disease and stroke!

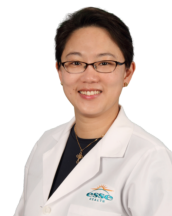
This was the tenth year in a row that we sponsored the event. We were able to raise more than \$6,000! A huge "thank you" to everyone who supported the Esse Health team by walking at the event or making a donation. Click [here](#) to learn more about the AHA and heart health!



### Esse Health South County Internal Medicine Welcomes New Physician

Esse Health South County Internal Medicine welcomes Internal Medicine physician [Rowena Santos, M.D.](#) to its practice. Dr. Santos is seeing patients at the office located at 5034 Griffin Road in St. Louis.

Dr. Santos has a special interest in health maintenance and disease prevention. She joins board certified physicians Kathleen Cizek, M.D., Kathryn Henderson, M.D., Gary Maassen, M.D., Carol R. Martin, M.D., Marc Merbaum, M.D., Robert Saitz, M.D., and Christopher Wedell, M.D. along with Nurse Practitioners Stacie Detmer, Lauren Hesterberg, and Megan McDermott and Dietitian Mindy Musselman. Appointments with Dr. Santos can be made by calling 314.843.7333.



### Navigating The Patient Portal

Are you a current patient and wondering how to register and use the Patient Portal? We just published a new video on YouTube where we cover everything from registering for the Patient Portal to messaging your provider. Click [here](#) to watch the video or visit [www.youtube.com/essehealth](http://www.youtube.com/essehealth).



### New Esse Health Pediatric Housecalls Podcast Now Available

Esse Health Pediatric Housecalls just published a new podcast where we get to know more about Dr. Karla Keaney. Click [here](#) to listen to the new podcast and to catch up on any episodes you might have missed!

Is there a topic you would like us to cover?  
Send us a message on [Instagram](#), [Facebook](#) or  
[Twitter](#) and let us know.



### 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  
**September 29th:** LLS Light The Night



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### CONNECT WITH US!



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Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000

Esse Health, 12655 Olive Blvd, 4th Floor, Saint Louis, MO 63141

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