



We Want You Well.

FOR IMMEDIATE RELEASE

DATE: July 26, 2011

FOR MORE INFO: Claire Leffler, 314.571.6348 or cleffler@wearehughes.com

Andrea Saeger, Esse Health, 314.851.1053

NEWS RELEASE

Esse Health Adds Physician to Southside Family Practice

ST. LOUIS – Family medicine physician [Dr. Payal Patel](#) has joined [Esse Health](#)'s Southside Family Practice and is accepting new patients at the office located at 1031 Bellevue, Suite 300, St. Louis, Mo., 63117.

Dr. Patel is board certified in family medicine with a focus in preventative health and women's health. Patel previously worked in graduate medical education, serving as the faculty attending physician and director of women's health and community medicine for the Family Medicine Residency program at Forest Park Hospital. After working there for six years, Dr. Patel relocated to Seattle, Wash., with her husband and newborn daughter. They returned to St. Louis in 2005, when she spent three years as an urgent care physician and associate physician at St. Louis University's Research Center for Vaccine Development before returning to private practice in 2009.



The Esse Health Southside Family Practice recently moved up one floor from its previous location due to the addition of Dr. Patel and physician assistant Emily Bira. The practice is also home to Drs. Brett Foersterling, Audrey Montooth, Steve Nester, Robert Pozzi and Jennifer Sewing, Nurse Practitioners Karen Bolhuis and Lisa Schultz, and Physician Assistant Marian Gakes. The office phone number is 314.647.9444.

Esse Health is a St. Louis-based physician group that strives to improve the overall well-being of its patients through patient education, lifestyle modification and prevention. With 28 locations throughout the St. Louis and Metro East area, Esse Health's services include asthma, allergy and immunology, family medicine, internal medicine, nutrition, pediatrics and radiology. Esse Health is recognized as a leader in using technology in health care and physician accountability for both quality and cost-of-care. For more information on Esse Health, visit www.essehealth.com.