



Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [In the News](#) [Contact Us](#) [Social Media](#)

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over age 6 months should get the flu vaccine.**

[Click here](#) to find our flu clinic schedule. Please call your doctor's office if it isn't listed to find when the vaccine is being offered.



Have questions or concerns about the flu vaccine? Pediatrician Charles Dougherty, M.D., answers some flu shot frequently asked questions in one of our weekly STL Moms blog posts. [Click here](#) to read his article.

Belleville Internal Medicine Welcomes Two Doctors

Laura Crandall, D.O., F.A.C.O.I., and Erin Friedman, D.O., joined Esse Health's Belleville Internal Medicine office Sept. 5. The board-certified physicians are accepting new patients! Please call 618-234-0640 to book an appointment.

Click the links to learn more about the new docs: [Dr. Laura Crandall](#) and [Dr. Erin Friedman](#)



Dr. Laura Crandall



Dr. Erin Friedman

20 Esse Health Physicians Named "Best Doctors"

We are proud to announce that 20 Esse Health physicians have been named Best Doctors in America® by their peers and colleagues. Approximately 5 percent of doctors practicing in the United States are selected as a Best Doctor.



Join us in congratulating our 2012 "Best Doctors:"

Internal Medicine

Dr. Kathleen Brunts, Dr. Curt Calcaterra, Dr. Susan Colbert-Threats, Dr. James Ebel, Dr. Snehal Gandhi, Dr. Thomas Hastings, Dr. Sean McLaughlin, Dr. Elizabeth Tracy, Dr. Stanley Vriezelaar, and Dr. Jerome Williams.

Pediatrics

Dr. Patricia Amato, Dr. Gerry Deschamps, Dr. Charles Dougherty, Dr. Matthew Dougherty, Dr. David Hartenbach, Dr. Richard Lazaroff, Dr. Karen Norton, Dr. Peter Putnam, Dr. Joseph Schachter, and Dr. Randall Sterkel.

In order to be considered for inclusion on the list, a physician must first be nominated by a currently listed Best Doctor and then undergo confidential evaluation by other current Best Doctors in their own and related specialties.

Learn more about these physicians on our website: <http://www.essehealth.com/about-us/meet-our-team/providers/>.

New Website Coming Soon!

Keep checking www.essehealth.com over the next few weeks to see a redesigned, more patient-friendly Esse Health website!

Providing health care to patients at 33 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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

[Forward email](#)