



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Your Health Care Team At Esse Health Is Giving Special Attention To Prediabetes As Well As Diabetes.

You might be asking yourself what exactly is prediabetes? Am I at risk for diabetes or prediabetes? Dr. Kathleen Brunts offers answers to these questions and more.

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

Click [here](#) to learn more about Dr. Brunts

Patient Family Advisory Council

Esse Health needs your help! We are currently looking for patients and family members to join our Patient Family Advisory Council. Duties would include:

- Meet quarterly with other patients and family members, and with Esse Health leadership and staff
- Work as a team
- Share your experiences
- Provide feedback
- Educate leadership and staff

- Work to enhance the patient and family experience.

Click [here](#) for more information about the Patient Family Advisory Council.

Time For Fruit

Adding fruit to your diet is very important. For example, eating apples may help lower cholesterol, decrease risk of lung, breast, liver and colon cancers, and aid weight loss. Click [here](#) to learn more facts about fruit including recipes.



Creve Coeur Pediatrician Trains for Half Marathon

Good luck to Creve Coeur Pediatrician Karla Keaney as she trains for her first half marathon. Follow her on Twitter [@doctorkarla](#) as she shares tips on fitness and good health. GO DR. KARLA!!!



Join Us On October 10th

On Saturday, October 10th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk and help raise awareness of diabetes.



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!

Upcoming Events

Mark Your Calendars!

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

October 10th: American Diabetes Association Step Out Walk

Ongoing: Taking Care of Diabetes classes.



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