



Living Well Newsletter

A monthly e-publication provided by Esse Health

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September is
Leukemia & Lymphoma
Awareness Month



- Did you know approximately every 3 minutes someone in the US is diagnosed with a blood cancer and every 9 minutes someone dies from it?
- Did you know leukemia, lymphoma and myeloma are expected to account for 10% of new cancer cases diagnosed this year and they are expected to account for 9.5% of the deaths from cancer?
- Did you also know the overall relative survival rate for leukemia is 63.7% or that 1.3 million people in the US are living with or in remission from leukemia, lymphoma and myeloma?

The Leukemia & Lymphoma Society is the world's largest voluntary health agency dedicated to blood cancer. LLS' annual Light the Night fundraising walk is Saturday, September 29th in Forest Park. Esse Health is a proud sponsor of this event which celebrates those who are fighting the disease and honors those we have lost. Join the Esse Health team and help us bring light to the darkness of cancer through research and cures.

To join the Esse Health Team or to make a donation to LLS visit <https://pages.lightthenight.org/gat/StLouis18/essehealth>

When we walk, cancer runs!!!

Esse Health St. Charles Complete Care Welcomes New Physician

St. Charles Complete Care welcomes Family Medicine physician Elizabeth Maylack, D.O. to its practice. Dr. Maylack is seeing patients at the office located at 1551 Wall Street, Suite 400 in St. Charles, Missouri.

A St. Louis native, Dr. Maylack is board certified in Family Medicine. She has a particular interest in preventative health and diabetes management. Before joining Esse Health, Dr. Maylack practiced with Specialty Physicians of Illinois in Olympia Fields, Illinois. Appointments with Dr. Maylack can be made by calling 636.669.7006



Esse Health Congratulates Margaret Hance

On August 27th, the St. Charles Curves location recognized Esse Health patient Margaret Hance for being a finalist for the Silver Sneakers Swanson Award. The Swanson Award honors a Silver Sneakers member who has improved his or her own life through a healthy lifestyle that incorporates physical activity while inspiring and motivating others along the way. Margaret, 87, is a long time member at



Curves and participates in classes 5 days a week. She inspires and motivates the women at Curves by encouraging them to be the best they can be whatever their age.

SilverSneakers is the nation's leading community fitness program for older Americans. The program was founded in 1992 and is available to more than 15 million Medicare beneficiaries through many Medicare Advantage plans, Medicare Supplement carries and group retiree plans, giving members unlimited access to more than 14,000 fitness and wellness locations across the country.

New Esse Health Pediatric Housecalls Podcast Now Available

Esse Health Pediatric Housecalls has published a new podcast about back to school anxiety in kids. 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.



Esse Health Patient Portal

Need to view the most up-to-date information in your NextMD account? Click [here](#) for instructions on how to keep your portal updated. Be sure to update your portal a few days after each visit to keep it updated.



The Conversation Project

Esse Health has partnered with the Gateway End-of-Life Coalition to host an informational session discussing how to talk to your family about your end-of-life wishes. Click the link below to register.

Mid County - October 25th from 6:30 p.m. to 8:00 p.m.
<http://bit.ly/mcconversationproject>

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

October 25th: The Conversation Project in Mid County

Providing healthcare to patients at 45 convenient locations across the St. Louis Metro area.

