



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## April 2021 Patient Newsletter

### Interested In Receiving The COVID-19 Vaccine?

Are you an Esse Health patient and interested in receiving the COVID-19 vaccine? If so visit <https://www.surveymonkey.com/r/C9KSWYT>. Once you submit your information your doctor's office will be in contact with you to schedule an appointment to receive the vaccine.



### The Johnson & Johnson Vaccine Pause: Questions and Answers

Federal health authorities recommended the pause of the Johnson and Johnson COVID-19 vaccine while scientists look into 6 reported cases of a rare type of blood clot. So what does this mean? Click [here](#) to read the frequently asked questions and answers about the Johnson and Johnson COVID-19 vaccine.

### Esse Health St. Charles Complete Care Welcomes New Physician

Esse Health St. Charles Complete Care welcomes Pediatrician Dr. Kathryn Helen Kranbuhl to its practice. Dr. Kranbuhl joins Dr. Elizabeth Maylack, Dr. Dermond Henry, Dr. Theodore Kremer, Dr. Wendy Myer-Cherry, and Dr. Christopher Normile along with Nurse Practitioner Megan McLean. Dr. Kranbuhl will see patients at the office located at 1551 Wall Street, Suite 400 in St. Charles, MO.

A graduate of the University of Cincinnati College of Medicine, Dr. Kranbuhl is board certified in Pediatrics. She is a fellow of the American Academy of Pediatrics and a member of the Community School Health and Safety Committee/COVID-19 Planning. Prior to joining Esse Health, Dr. Kranbuhl worked for SSM Health. Appointments with Dr. Kranbuhl can be made by calling 636.669.7006.



## Esse Health Digestive Disease Specialists Welcome New Physicians

Esse Health Digestive Disease Specialists welcomes Dr. Robyn Haithcock and Dr. Melvin Saltzman to its practice. Dr. Haithcock and Dr. Saltzman join Dr. Eldad Bialecki, Dr. Gary Koenig along with Nurse Practitioner Jennifer Phillips. They will see patients at the office located at 100 Village Square in Hazelwood, MO.

Board certified in Gastroenterology, Dr. Haithcock is a graduate of Oklahoma State University College of Osteopathic Medicine and has special training in Motility and Biliary Disease. He is a fellow of the American College of Osteopathic Internists and is an Associate Professor at Kirksville College of Osteopathic Medicine.



Dr. Saltzman is board certified in Gastroenterology. He has been in private practice since 1981 and a fellow of the American College of Osteopathic Internists. Dr. Saltzman has also been named Medical Educator of the Year twice and has been awarded the Lifetime Teaching award from St. Luke's Des Peres Hospital.

Appointments with Dr. Haithcock and Dr. Saltzman can be made by calling 314.355.4010.

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## Virtual Taking Care Of Diabetes

Esse Health invites you to a virtual Taking Care of Diabetes (TCD) group meeting, from the comfort of your home! Below are the meetings for April through August. Click the date/time of the meeting(s) you want to attend to register as space is limited.

### **April: Diabetes Myths Debunked**

[Thursday, April 29th, 5:30 to 6:10 PM](#)

### **May: All About Carbs**

[Friday, May 14th, 8:30 a.m.](#)

[Thursday, May 20th, 5:30 p.m.](#)

### **June: Healthy Eating Plans-What's Best for Me?**

[Tuesday, June 8th, 5:30 p.m.](#)

[Friday, June 11th, 8:30 a.m.](#)

[Tuesday, June 22nd, 12:00 p.m.](#)

### **July: Enjoy the Best of Summer- Food, Fitness and Safety Tips**

[Friday, July 9th, 8:30 a.m.](#)

[Thursday, July 15th, 12:00 p.m.](#)

[Tuesday, July 20th, 5:30 p.m.](#)

### **August: Strategies to Beat Diabetes Burnout**

[Friday, August 13th, 8:30 a.m.](#)

[Tuesday, August 17th, 5:30 p.m.](#)

[Thursday, August 19th, 12:00 p.m.](#)

Once you've registered you'll receive an email to sign the consent form and the link/phone number for the virtual meeting (via Webex). You can watch via Webex or just listen via a Webex phone number. If you have any questions, please contact Mindy Musselman at 314-851-1033 or [mmusselman@essehealth.com](mailto:mmusselman@essehealth.com). These virtual TCD meetings are free of charge.

## Esse Health Patient Portal

Need to pay a bill and don't have a Patient Portal account? You can now pay your bill by clicking [here](#) or visiting [www.essehealth.com](http://www.essehealth.com) and clicking on the "Pay My Bill" tab located in the top right of the screen. All you need is your account number!



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## Esse Health's COVID-19 Safety & Wellness Plan

These are challenging times. There is a lot of information out there - some of it is accurate, but there is also a lot of misinformation. At Esse Health, we are working hard to provide you with the most accurate and up-to-date information available. Your Esse Health team is going above and beyond to keep you and our staff healthy and safe. When you visit your Esse Health office, you will find:

- Everyone is screened before entering the office
- Waiting times are limited
- Everyone - staff and patients - wear masks
- Sick patients are separated from patients in the office for regular checkups

We have increased cleaning protocols in our offices and we will continue to monitor and update these measures as new information becomes available to us.

We also urge you to continue to take measures to keep yourself and those around you safe. These measures are known to reduce the spread of the virus.

- Wash your hands often and thoroughly for at least 20 seconds
- Use hand sanitizer when washing your hands is not possible
- Practice social distancing
- Don't touch your face!!! Mouth- Eyes-Nose
- Wear a cloth face mask covering your nose and mouth when out in public

It is safe to visit your Esse Health office. If your Esse Health doctor is recommending an office visit, rest assured we are taking every precaution to keep you safe.