



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Child Psychiatry Coming To Esse Health

We are pleased to announce that Child Psychiatry is coming to Esse Health! Child Psychiatrist Katie Wilson, M.D. will begin seeing patients on September 1st.

Dr. Wilson is board certified in Child, Adolescent and General Psychiatry. She has worked in a variety of settings which include community mental health, hospital-based outpatient mental health, and most recently in private practice before joining Esse Health. Dr. Wilson is also an Instructor in Psychiatry at Washington University School of Medicine. Talk to your pediatrician to learn more about Dr. Wilson.



## 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.

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## 32 Esse Health Physicians Named 2019-2020 Best Doctors in America®

We are proud to announce that 32 Esse Health physicians have been named to the Best Doctors in America® list for 2019-2020 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 the following physicians:

### **Internal Medicine:**

Dr. Susan Adams, Dr. Kathleen Brunts, Dr. Kathleen Cizek, Dr. Laura Crandall, Dr. Michael Fedak, Dr. Dion Fisher, Dr. Mark Fogarty, Dr. Snehal Gandhi, Dr.

Thomas Hastings, Dr. Howard Hsu, Dr. Gary Maassen, Dr. Sean McLaughlin, Dr. Robert Oertli, Dr. Elizabeth Tracy, Dr. Stanley Vriezelaar, and Dr. Jerome Williams.

**Pediatrics:**

Dr. Patricia Amato, Dr. Matthew Dougherty, Dr. John Galgani, Dr. David Hartenbach, Dr. Shirley Knight, Dr. John Madden, Dr. Karen Norton, Dr. Peter Putnam, Dr. Randall Sterkel, and Dr. Kristen Terrill.

**Family Medicine:**

Dr. Brett Foersterling, Dr. Paul Ganninger, Dr. Craig Holzem, Dr. Justin Hugo, Dr. Audrey Montooth, and Dr. Jennifer Sewing.

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## Esse Health Lake St. Louis Welcomes New Physician

Esse Health Lake St. Louis welcomes Zeshan Gohar, M.D. to its practice. Dr. Gohar will see patients at the office located at 200 Medical Plaza, Suite 101 in Lake St. Louis, Missouri.

Board eligible in Family Medicine, Dr. Gohar has a special interest in preventative health, Geriatrics, and cost-effective care. In addition to English, Dr. Gohar is fluent in Urdu and Pashto. Appointments with Dr. Gohar can be made by calling (636) 561-4100.



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