



September 2021 Patient Newsletter

Sista Strut 2021 Car Parade

Did you know that African American women in the US have a 41% higher death rate from breast cancer? To help raise awareness about the issues of breast cancer in women of color, Sista Strut is hosting a car parade on October 2nd! Beginning at St. Louis City Hall, join others as they make their way around downtown St. Louis to raise awareness of breast cancer.



Prizes will also be given for the best-decorated vehicles. All money raised by Sista Strut stays in St. Louis. Click [here](#) to learn more and to register your vehicle for the Sista Strut parade!

Help Us Light The Night

Did you know approximately every 3 minutes someone in the US is diagnosed with a blood cancer and 186,400 people are estimated to be diagnosed with a blood cancer in 2021?



The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. LLS' annual Light the Night fundraising walk is Saturday, October 16th 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.

Click [here](#) to read inspiring stories of those who shined bright through the darkness of cancer. Join the Esse Health Team and help us Light the Night!! The money raised at the St. Louis walk stays in St. Louis and supports medical research and patient assistance programs. Click [Here](#) to register.

On October 1st, Dr. Marc Radabaugh Joins Richmond Heights Internal Medicine

We are pleased to announce Marc Radabaugh, M.D. will join Esse Health on October 1st. He will see patients at Esse Health Richmond Heights Internal Medicine located at 1027 Bellevue Ave., Suite 107 in St. Louis, Missouri. Dr. Radabaugh joins Kathleen Bruns, M.D., Snehal Gandhi, M.D., Rishi Sud, M.D., Elizabeth Tracy, M.D., Stanley Vriezelaar, M.D. along with Nurse Practitioners Jessica Montgomery Mims and Eileen Steiniger.

Dr. Radabaugh is a graduate of Louisiana State University School of Medicine in New Orleans, Louisiana. He completed his residency at St. Vincent Hospital in Indianapolis, Indiana. Board certified in Family Medicine and board eligible in Internal Medicine, Dr. Radabaugh has a particular interest in preventative health. Appointments with Dr. Radabaugh can be made by calling 314.645.3743.



Medicare Annual Enrollment Begins October 15th!

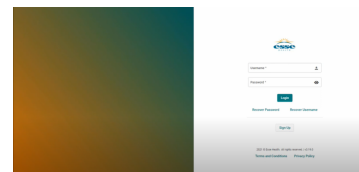
Don't forget Medicare Annual Enrollment begins October 15th. For more information visit <https://www.medicare.gov>.



NEW Esse Health Patient Portal App Now Available

The new Esse Health Patient Portal app is now available!!! Using the new app, you can request appointments, receive test results, pay your bill online and so much more!

Click [here](#) to watch a video tutorial of the new Esse Health Patient Portal and the changes we've made!



Click [here](#) to download the app from the Apple Store.

Click [here](#) to download the app from the Google Play Store.

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 through December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

October: Blood Sugar Testing Troubleshooting and Lower Carb Sweets

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

[Tuesday, October 19th, 5:30 p.m.](#)

[Thursday, October 21st, 12:00 p.m.](#)

November: Enjoy a Healthy Holiday Season

[Friday, November 5th, 8:30 a.m.](#)

[Tuesday, November 9th, 5:30 p.m.](#)

December: Traveling and Dining Out with Diabetes

[Friday, December 10th, 8:30 a.m.](#)

[Tuesday, December 14th, 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. These virtual TCD meetings are free of charge.

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.

Esse Health | 12655 Olive Blvd, 4th Floor, Saint Louis, MO 63141

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