



Living Well Newsletter

A monthly e-publication provided by Esse Health

October 2021 Patient Newsletter

Halloween Safety Tips

With Halloween right around the corner, it's very important to think about how to stay safe. Healthychildren.org offers tips on how to be safe while trick-or-treating which include what to wear to be visible, safe ways to carve pumpkins and even how to make your front porch safe for trick-or-treaters visiting your house!



Click [here](#) to read the full article.

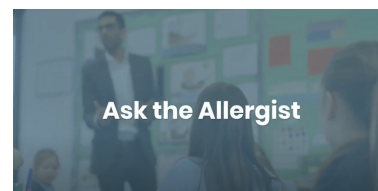
Esse Health Lake St. Louis is Moving

On November 3rd, Dr. Zeshan Gohar and Dr. Thien-An Hoang will be at a new location! Their new office will be located at 1078 Wentzville Parkway in Wentzville, MO.

With a new office comes a new name. Esse Health Lake St. Louis will now be called Esse Health Primary Care of Wentzville. Their phone number will remain the same and appointments can be made by calling (636) 561-4100. Appointments scheduled on or after November 3rd will be at the new location.

Ask the Allergist

Did you know missing your daily asthma medication could put you at risk for an asthma attack in the fall? Click [here](#) to listen to Dr. Jeremy Katcher with Esse Health Gateway Asthma and Allergy Relief talk about the importance of taking your asthma medication daily and tips on how to help you remember.



Medicare Annual Enrollment Ends on December 7!

Don't forget Medicare Annual Enrollment ends on December 7th. For more information visit <https://www.medicare.gov>.



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.

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.

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