



Living Well Newsletter

A monthly e-publication provided by Esse Health

March 2022 Patient Newsletter

March is Colorectal Cancer Awareness Month

Did you know that colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in both men and women? Click [here](#) to learn more about colorectal cancer and what you can do to lower your risk.



Blood Sugar and the Healthy Brain

There can be many complications related to high blood sugar, but the effect on the brain is often not talked about. In this article, Esse Health Dietitian Jessica Orscheln talks about the impact high blood sugar has on the brain and what you can do to minimize it.



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

Click [here](#) to learn more about Jessica Orscheln, MS, RDN, LDN

Join Esse Health at the 2022 NAMI Walk on May 14th!

On Saturday, May 14th, Esse Health employees, patients family members and friends will join many others at Creve Coeur Park - Tremayne Shelter for the annual NAMI Walk.



NAMI is the National Alliance on Mental Illness, the nation's largest mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Click [here](#) to join the Esse Health Team!

Click [here](#) to learn more about NAMI

Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. Thanks to the Portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:



- Request appointments
- Request refills
- Ask questions regarding a prescription
- Ask questions about your bill
- Request a referral
- Pay your bill

Click [here](#) for more information and to download the Patient Portal app!

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

April: Glycemic Index: The Sugary Effect of Foods

[Friday, April 22nd, 8:30 a.m.](#)

[Tuesday, April 26th, 12:00 p.m.](#)

May: Importance of Exercise: Longevity and Recovery

[Friday, May 20th, 8:30 a.m.](#)

[Tuesday, April 26th, 12:00 p.m.](#)

June: Summer Tips: Food, Fun, and the Sun!

[Friday, June 24th, 8:30 a.m.](#)

[Tuesday, June 28th, 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. These virtual TCD meetings are free of charge.