



Living Well Newsletter

A monthly e-publication provided by Esse Health

February 2024 Patient Newsletter

The Esse Health Pharmacy is Now Open!

The Esse Health Pharmacy is now open! The Esse Health Pharmacy is a 2,339 square foot state-of-the-art facility located at 13303 Tesson Ferry Rd., Suite 125 in St Louis. The pharmacy is staffed by board certified pharmacists with more than 15 years of experience. They are available to fulfill prescriptions and help address any concerns about medications. You can contact the Esse Health Pharmacy by calling 636.323.8030.



New Pediatric Housecalls Podcast

What is irritable bowel syndrome? What causes IBS? Is there a treatment for IBS? These are all questions we have and Dr. Benjamin Schmidt with Esse Health St. Louis Gastroenterology Consultants is here to answer them! Click [here](#) to listen to the newest episode of the Esse Health Pediatric Housecalls podcast.



February is Heart Health Month

Did you know heart disease is the leading cause of death for men and women? In fact, one person dies every 34 seconds in the United States from cardiovascular disease.

Click [here](#) to learn more about heart disease and what you can do to prevent it.



Expecting? The Best Pediatrician for Your Baby is Closer Than You Think.

Esse Health Pediatrics. Top-ranked, Flexible, Trusted Care in your neighborhood.

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Diabetes Care and Prevention

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

March: Understanding Lab Values

[Tuesday, March 19th, 12:00 p.m.](#)

[Friday, March 22nd, 8:30 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 DCP meetings are free of charge.

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