



Living Well Newsletter

A monthly e-publication provided by Esse Health

January 2024 Patient Newsletter

An Update From Your Esse Health Team

There are some changes taking place at Mercy Hospital South, formerly St. Anthony's Hospital. Effective January 1, 2024, only doctors employed by Mercy South will be allowed to manage and provide primary care treatment while patients are admitted to the hospital. Click [here](#) to read the full letter.



New Pediatric Housecalls Podcast

Did you know that 95% of 13 to 17 year olds are using social media and 1/3rd of them are using it constantly? Even more shocking, 40% of 8 to 12 year olds are using social media despite 13 years old being the minimum age requirement to use social media. Click [here](#) to listen as Dr. Kristen Terrill and Dr. Pete Putnam discuss the importance of having safety standards for kids using technology.



January Is National Bath Safety Month

Each year many children sustain injuries while taking a bath. With January being National Bath Safety Month, Healthychildren.org has offered safety tips to help keep your infant and young child safe. Click [here](#) to read the full article.



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

February: Heart Disease

[Tuesday, February 20th, 12:00 p.m.](#)

[Friday, February 23rd, 8:30 a.m.](#)

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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