



Living Well Newsletter

A monthly e-publication provided by Esse Health

August 2025 Patient Newsletter

Esse Health Pediatric Housecalls New Podcast

In this episode, we explore what it really means to have fun and why it's more important than we often realize. From building positive habits to playing a sport as an adult, having fun has lots of positive impacts on kids and adults! Click [here](#) to listen!



Light The Night October 18th!

On Saturday, October 18th, Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma Society's annual Light The Night Walk. The Light The Night Walk helps raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma. Click [here](#) to learn more and join the Esse Health team. We hope to see you on October 18th!



Esse Health Welcomes New Pediatrician

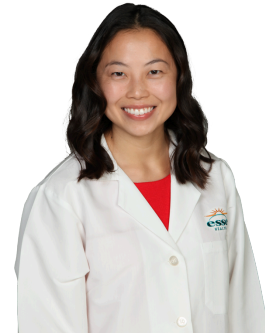
Esse Health Pediatric & Adolescent Medicine at Watson Rd is pleased to welcome board certified pediatrician, Dr. Megan McBride, to their office at 9580 Watson Rd, Ste A in St. Louis. With over 20 years in practice, Dr. McBride brings a wealth of experience and has a special interest in lifestyle medicine and preventative care. Dr.

McBride will begin seeing patients on September 15th. Appointments can be made by calling 314.965.5437.



Esse Health Welcomes New Physician

Esse Health West County is pleased to announce the addition of Dr. Allison Politsch. Dr. Politsch is board-certified in Family Medicine and has a special interest in women's health and preventative care. She is a graduate of A.T. Still University located in Kirksville, MO and completed her residency at St. Luke's Des Peres. Dr. Politsch will start seeing patients on September 1st. Appointments can be made by calling 314.434.4278.



Medicare Annual Enrollment Begins October 15th!

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



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