



Living Well Newsletter

A monthly e-publication provided by Esse Health

July 2025 Patient Newsletter

Esse Health Top Doctors

Congratulations to the Esse Health physicians recognized as Top Doctors in St. Louis!

With some of the best in St. Louis, we're **CHANGING THE WAY YOU** *see your doctor.*

CONGRATULATIONS TO THE ESSE HEALTH TOP DOCTORS IN ST. LOUIS!



We want you well.

Esse Health Orthopedics
Dr. Fallon Maylack

Esse Health West County
Dr. Thomas Hastings
Dr. Paul Ganninger

Fenton Family Medicine
Dr. Matthew Zimmerman

Hazelwood Florissant Pediatrics
Dr. John Galgani

Office of Drs. McLaughlin and Fisher
Dr. Sean McLaughlin

Mason Road Pediatrics
Dr. Lora Collier
Dr. David Hartenbach
Dr. Karla Keaney
Dr. Randall Sterkel

Pediatric & Adolescent Medicine at Watson Road
Dr. Patricia Amato
Dr. John Madden
Dr. Peter Putnam

Phoenix Family Medicine
Dr. David Guss

Richmond Heights Internal Medicine
Dr. Elizabeth Tracy

Southroads Internal Medicine
Dr. Robert Curtin
Dr. Howard Hsu
Dr. Daina Zhang

Southside Family Practice
Dr. Brett Foersterling
Dr. Audrey Montooth
Dr. Jennifer Sewing

Tesson Ferry Pediatrics
Dr. Matthew Dougherty

Washington Family Medicine
Dr. Craig Holzem

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!

Back to School Physical

School is just around the corner! Make sure your child is ready for the year ahead by scheduling their back-to-school physical. Call your pediatrician's office today!



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 anytime. You can use the Portal to:

- Request appointments
- Request refills
- Ask questions regarding your bill
- Request a referral



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



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

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



Esse Health | 12655 Olive Blvd 4th Floor | Saint Louis, MO 63141 US

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