



Living Well Newsletter

A monthly e-publication provided by Esse Health

March 2025 Patient Newsletter

Mitochondria

Today on Esse Health Pediatric Housecalls, Dr. Terrill and Dr. Putnam discuss mitochondria. How does mitochondria impact different age groups? Why is sleep important? What does mitochondria do for us? Listen as we discuss these questions and more!!!

Click [here](#) to listen to the full podcast or search "Esse Health Pediatric Housecalls" wherever you listen to your favorite podcasts.



Join Esse Health at the NAMI Walk on May 10th!

On Saturday, May 10th, 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 nations 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 the NAMI Walk.

March is Colon Cancer Awareness Month

COLORECTAL CANCER: *You Can Prevent It*

COLORECTAL CANCER PREVENTION *by the Numbers* from the AMERICAN COLLEGE OF GASTROENTEROLOGY

3RD In the United States, colorectal cancer is the **third most common cancer** in both men and women, yet it is one of the most preventable types of cancer.

1 in 23 Lifetime risk of colorectal cancer for men

1 in 25 Lifetime risk of colorectal cancer for women

150,000+ Estimated **new cases** of colorectal cancer this year

50,000+ People **will die** from colorectal cancer this year

1990 It has been estimated that people **born around 1990** have **twice the risk of colon cancer** and **four times the risk of rectal cancer** than those born around 1950.
While the reasons for these trends are complex, experts suggest unhealthy diet and sedentary lifestyle may contribute.

SCREENING *Saves Lives*

AGE 45 TO 75
Adults at **average risk** for colorectal cancer should **get screened**

AGE 75+
The decision to continue screening should be **personalized** in adults over age 75

10 VS. 1
In general, colonoscopy every 10 years starting at age 45 for average risk adults is recommended as a screening test as compared to the alternate stool FIT test which you have to undergo every 1 year.

POLYPS Removing polyps reduces the risk of colorectal cancer and saves lives. The power of prevention!

Learn More: gi.org/coloncancer
Find a gastroenterologist near you: gi.org/find-a-gastroenterologist
Read ACG 2021 Colorectal Cancer Screening Guidelines: bit.ly/ACG2021-CRC-Guideline

1-Step Test

COLONOSCOPY
Your doctor can see and remove pre-cancers called polyps and prevent or confirm colorectal cancer **ALL IN 1 STEP.**

1-STEP TEST Colonoscopy is a **one-step test** that looks for growths called polyps in your entire colon (large intestine) and rectum using a colonoscope. Your doctor can **remove polyps** during colonoscopy and **prevent colorectal cancer.**

2-STEP TESTS If tests such as Fecal Immunochemical Tests (FIT) or multitarget stool DNA are **positive**, a **follow up colonoscopy** would be required to **as a second test.**

2-Step Test

1ST STEP
Stool-Based Test
FIT Test (Fecal Immunochemical Test)
Multitarget Stool DNA

OR

Flexible Sigmoidoscopy

OR

Imaging Test
CT Colonography
Colon Capsule

POSITIVE TEST?

2ND STEP
Colonoscopy

American College of Gastroenterology | gi.org | Follow ACG on Twitter @AmCollegeGastro

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!



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