



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

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

● Learn More: gi.org/colocancer
Q 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 detect 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 Test

1ST STEP
Stool-Based Test
FIT Test (Fecal Immunochemical Test)
Multitarget Stool DNA
OR
Flexible Sigmoidoscopy
OR
Imaging Test
CT Colonography
Colon Capsule

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.

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!



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

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

[LEARN MORE](#)



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!