



Living Well Newsletter

A monthly e-publication provided by Esse Health

September 2025 Patient Newsletter

New Pediatric Housecalls Podcast!

Join Dr. Putnam and Dr. Terrill as they dive into the itchy, irritating world of pinkeye—also known as conjunctivitis. In this episode, they discuss what is pinkeye, how to tell if you have it, and what treatments are available. They'll also share practical tips to stop the spread (hint: wash those hands!). Click [here](#) to listen to the full episode or search Esse Health Pediatric Housecalls wherever you listen to your favorite podcasts.



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!



Is This A Stroke?

Wondering what the warning signs of a stroke are or what you should do if you think you're having one? Dr. Mike Fedak has the answers. Click [here](#) to read his full article.

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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