



FOR IMMEDIATE RELEASE

DATE: Oct. 4, 2011

FOR MORE INFO: Erin Smith, Hughes, 314.571.6313 or [eksmith@wearehughes.com](mailto:eksmith@wearehughes.com)  
Andrea Saeger, Esse Health, 314.851.1053

NEWS RELEASE

---

## Esse Health Offers Flu Clinics

ST. LOUIS – Several Esse Health offices are offering patients multiple flu clinics starting in October 2011. The clinics will provide both adult and child patients with the opportunity to receive the 2011-2012 flu vaccination. Offices that are currently offering the vaccine include Creve Coeur Pediatrics, Watson Pediatrics and Adolescent Medicine, Southroads Internal Medicine, South County Internal Medicine, Florissant Pediatrics, Richmond Heights Internal Medicine and O'Fallon Pediatrics. To find out specific dates and office locations for when the flu vaccination is available, please visit <http://essehealth.com/fluclinic.php>. Patients are asked to call and schedule an appointment.

The flu can cause a wide variety of symptoms, including fever, cough, sore throat, headache and fatigue. On average, approximately 36,000 people die each year from influenza or complications caused by influenza. The best way to prevent the flu is to receive a vaccination each year. The 2011-2012 flu vaccine includes H1N1 as one of the three strains it protects against. For more information about influenza and this year's vaccine, please visit [www.flu.gov](http://www.flu.gov)

### **About Esse Health**

Esse Health is a St. Louis-based physician group that strives to improve the overall well-being of its patients through patient education, lifestyle modification and prevention. With 28 locations throughout the St. Louis and Metro East area, Esse Health's services include asthma, allergy and immunology, family medicine, internal medicine, nutrition, pediatrics and radiology. Esse Health is recognized as a leader in using technology in health care and physician accountability for both quality and cost-of-care. For more information on Esse Health, visit [www.essehealth.com](http://www.essehealth.com).