



Living Well Newsletter

A monthly e-publication provided by Esse Health

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How To Give Pediatric Medication

"No!!!" screams your child and another dose of medication winds up on the floor. Nurse Practitioner Karen Diehl offers 8 tips to get your child to take their medication.

Click [here](#) for the full article.

Click [here](#) to learn more about Karen Diehl, CPNP, MAT, CLC

27 Esse Health Physicians Named 2015 Best Doctors In America®

We are proud to announce that 27 of our board-certified physicians have been named to the Best Doctors in America® list for 2015 by their peers and colleagues.

Approximately 5 percent of doctors practicing in the United States are selected as a Best Doctor.

Join us in congratulating the following doctors:

Family Medicine:

Dr. P. Geoff Rutledge



Internal Medicine:

Dr. Kathleen Brunts, Dr. Curt Calcaterra, Dr. Kathleen Cizek, Dr. Susan Colbert-Threats, Dr. James Ebel, Dr. Michael Fedak, Dr. Snehal Gandhi, Dr. Thomas Hastings, Dr. Howard Hsu, Dr. Gary Maassen, Dr. Sean McLaughlin, Dr. Elizabeth Tracy, Dr. Jerome Williams, and Dr. Stanley Vriezelaar.

Pediatrics:

Dr. Patricia Amato, Dr. Gerry Deschamps, Dr. Charles Dougherty, Dr. Matthew Dougherty, Dr. David Hartenbach, Dr. Richard Lazaroff, Dr. Karen Norton, Dr. John Madden, Dr. Peter Putnam, Dr. Joseph Schachter, Dr. Randall Sterkel, and Dr. Kristen Terrill.

For more information about our doctors click [here](#).

Esse Health Patient Portal

Don't forget to utilize the Esse Health [Patient Portal](#). You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to the portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:

- Request appointments
- Request refills
- Ask questions regarding any prescriptions
- Seek medical advice
- Ask questions regarding your bill
- Request a referral
- Receive test results



If you're not already signed up, ask the front desk the next time you visit one of our offices.

Join Us On October 10th

On Saturday, October 10th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk and help raise awareness of diabetes.



This is the ninth year in a row that we have sponsored the event and there is still time to participate. To sign up and join the Esse Health team click [here](#). We look forward to seeing everyone there!

Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

October 10th: American Diabetes Association Step Out Walk

Ongoing: Taking Care of Diabetes classes.



Providing health care to patients at 36 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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Try it FREE today.

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