



FOR IMMEDIATE RELEASE

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NEWS RELEASE

Esse Health's Southside Family Practice Expands with Physician Assistant

ST. LOUIS – Esse Health's Southside Family Practice continues to expand with the addition of Physician Assistant [Emily Bira](#). The office recently moved up one floor from its previous location to accommodate the recent hires of Bira and family physician Dr. Payal Patel.

Bira graduated in 2011 from Arcadia University Physician Assistant Program in Philadelphia with an emphasis in primary care. Her training included a clinical rotation in Belize and volunteering at a clinic in Haiti, and she looks forward to future medical mission trips abroad.

Bira joins Drs. Brett Foersterling, Audrey Montooth, Steve Nester, Payal Patel, Robert Pozzi and Jennifer Sewing, Nurse Practitioners Karen Bolhuis and Lisa Schultz, and Physician Assistant Marian Gakes. The office is located at 1031 Bellevue, Suite 300, St. Louis, Mo., 63117, and its phone number is 314.647.9444



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.