



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Common Myths About Colon Cancer

March is Colorectal Cancer Awareness Month. At Esse Health, we are working hard to prevent colon cancer by encouraging patients to get early screening tests. In this article Dr. Kishore Maganty discusses 10 common myths about colon cancer.

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

Click [here](#) to learn more about Kishore Maganty, M.D.

Savor The Flavor Of Eating Right

March is National Nutrition Month. Click [here](#) for tips from the Academy of Nutrition and Dietetics to help your family live a healthy lifestyle. Also included is a recipe for some amazing apple nachos!



Esse Health Welcomes Fallon Maylack, M.D., M.P.H.

Esse Health is pleased to announce board certified orthopedic surgeon [Fallon Maylack](#),

M.D., M.P.H. has joined the group. Dr. Maylack is seeing patients at Esse Health Orthopedics, 12255 DePaul Drive, Suite 845, St. Louis, MO. Esse Health Orthopedics also has a St. Charles office at 1475 Kisker Road, Suite 230, St. Charles, MO.

Dr. Maylack has practiced orthopedic surgery in St. Louis for over 25 years. He most recently practiced with SSM Northland Orthopedic Group. He specializes in joint replacement of the hip, knee and shoulder. In 2015, Dr. Maylack received the St. Luke's Faithful Healer award. Appointments with Dr. Maylack can be made by calling 314.884.6320.



Esse Health Office of Drs. McLaughlin and Fisher Is Moving On April 4th

Esse Health Office of Drs. McLaughlin and Fisher is moving to a new location in the north building of the DePaul Health Center beginning April 4th, 2016. Their new address is 12255 DePaul Drive, Suite 420, Bridgeton, MO 63044. Appointments can be made by calling 314.298.3893.

Join Us On May 14th

On Saturday, May 14th, Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk and help raise awareness of heart disease and stroke.

This is the eighth 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 everything there!



Upcoming Events

Mark Your Calendars!

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

AHA Heart Walk: May 14th

Senior Olympics: May 26th - 31st

Ongoing: Taking Care of Diabetes classes



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