



Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [In the News](#) [Contact Us](#) [Social Media](#)

Tips to Keep Your Kids Safe this Summer

By Karen Diehl, CPNP, CLC

School's out for summer, and that means swimming, baseball, outdoor playing and families enjoying the warm weather together. But, summertime dangers do exist. Karen Diehl shares tips that will ensure a season of fun for the entire family.



[Click here](#) to read the article.

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

21 Esse Health Physicians Named 2013 Best Doctors®

We are proud to announce that 21 of our board-certified physicians have been named to the Best Doctors in America® list for 2013 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:
Internal Medicine:



Dr. Kathleen Brunts, Dr. Curt Calcaterra, Dr. Susan Colbert-Threats, Dr. James Ebel, Dr. Snehal Gandhi, Dr. Thomas Hastings, Dr. Sean McLaughlin, Dr. Elizabeth Tracy, Dr. Stanley Vriezelaar, and Dr. Jerome Williams.

Pediatricians:

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

Diagnostic Radiology:

Dr. Gregory Cizek

For more information about our doctors, please visit:

<http://www.essehealth.com/about-us/meet-our-team/providers/>

Esse Health In the News

Check out the ["In the News" section](#) of our website to see the latest TV interviews and articles written by and featuring our board-certified medical providers. Topics include everything from talking to your kids about a tragedy to allergies to fitness tips.

Esse Health Takes Steps for Heart Health

On Saturday, May 4, Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's annual Heart Walk. While the weather was a little chilly, the event was a great success and we are proud to be able to help the AHA raise awareness of heart disease and stroke!

This was the fifth year in a row that we sponsored the event. And thanks to our patients, employees and friends, we also raised more than **\$7,300!!** A huge "thank you" to anyone who supported the Esse Health team by registering to walk at the event or making a donation. For more information about the AHA and heart health, [click here](#).



Providing health care to patients at 35 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000

[Forward email](#)



Try it FREE today.

This email was sent to mcalzaretta@essehealth.com by cleffler@essehealth.com |
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).
Esse Health | 12655 Olive Blvd | 4th Floor | Saint Louis | MO | 63141