



Living Well Newsletter

A monthly e-publication provided by Esse Health

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What You Need To Know About Pancreatic Cancer

November is National Pancreatic Cancer Awareness Month. Did you know that pancreatic cancer is the 4th most common cancer in the United States? In this article Dr. Kishore Maganty discusses the functions of the pancreas and how pancreatic cancer can be treated.

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

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

Esse Health's Southroads Internal Medicine Welcomes New Physician

Esse Health's Southroads Internal Medicine office welcomes board certified Internal Medicine physician Robert Curtin, M.D. to its practice. Dr. Curtin is accepting new patients at the office located at 12345 West Bend Dr., Suite 300, in St. Louis.

Dr. Curtin graduated from the University of Illinois College of Medicine and completed his residency at Southern Illinois University. He has a particular interest in diabetes care and heart disease care. Most recently, Dr. Curtin practiced with St. Anthony's Plaza Internal Medicine in St. Louis. Dr. Curtin has been recognized by the National Committee on Quality Assurance (NCQA) and the American Diabetes Association for patient care in diabetes.



Dr. Curtin joins board certified Internal Medicine physicians Howard Hsu, M.D., Richard Muchnick, M.D., and Robert Oertli, M.D. Appointments with Dr. Curtin can be made by calling 314.849.6000.

Join us in welcoming [Dr. Robert Curtin](#)!

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over age 6 months should get the flu vaccine.**

Click [here](#) to find our flu clinic schedule. Please call your doctor's office if it isn't listed to find when the vaccine is being offered.



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 tests results



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

Upcoming Events

Mark Your Calendars!

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

Ongoing: Taking Care of Diabetes classes, Wellness Workshops, and Weight Loss Support meetings.



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

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