



Living Well Newsletter

A monthly e-publication provided by Esse Health

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New Cholesterol Guidelines for Children

By David Hartenbach, M.D.

Recently, the Academy of Pediatrics published updated guidelines on improving the cardiovascular health of children. One important change is the recommendation that children ages 9 to 11 and 17 to 21 have cholesterol levels checked regularly. Pediatrician Dr. Hartenbach explains the new guidelines and how parents can help control children's cholesterol in this month's article.

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

[Click here](#) to learn more about Dr. David Hartenbach.



Esse Health Takes Steps to Stop Diabetes

Patients, employees, families and friends raised more than \$7,500!

This year, Esse Health participated in both the Metro East and St. Louis ADA Step Out: Walk to Stop Diabetes. We had more than 200 of our employees, family members, friends and patients walk with us to raise awareness of diabetes. In addition to being a sponsor of the event, the Esse Health team raised \$7,800.00.

Thank you to everyone who supported us!!



View photos of the event on our Facebook page by [clicking here](#).

Esse Health Dietician's Favorite Fall Recipes

We asked registered dietician, Rachel Sestrich, to share some of her favorite fall recipes with you! Make these **Whole Wheat Pumpkin Pancakes** this weekend for a hearty and delicious breakfast for you and the family, and [click here](#) for more healthy, fall recipes.

Ingredients

- 1 cup whole wheat flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt; 1/2 teaspoon ground nutmeg; 1/4 teaspoon ground allspice; 1/8 teaspoon ground cloves; 1 teaspoon ground cinnamon
 - 2 whole eggs
 - 1 cup milk
 - 3 tablespoons applesauce
 - 1 tablespoon honey
 - 1/2 cup pumpkin puree
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Preheat skillet until water drops sizzle and disappear, or 350°F on an electric skillet. In a batter bowl, mix whole wheat flour, baking powder, salt and spices. Whisk together. Add eggs, milk, applesauce, honey and pumpkin puree. Whisk together until combined. Do not overbeat. Add 1-2 tablespoons of milk if the batter is very, very thick.

Pour batter onto the skillet and flip when small bubbles form on top. Cook another 3 minutes or so until the other side is golden brown. Do not take off the griddle too early- thicker whole wheat pancakes tend to take longer to cook than regular pancakes.

Enjoy with toppings such as pumpkin butter, apple butter, bananas and nuts, maple syrup, or Cool Whip just like a pie!

To learn more about Rachel Sestrich, [click here](#).

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