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NEWS RELEASE

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Esse Health's Southside Family Practice Relocates to Accommodate Growth

ST. LOUIS – Esse Health's [Southside Family Practice](#) has moved to a new location to accommodate its growing health care practice. In the past month, Esse Health added two new providers at Southside Family Practice, including Dr. Payal Patel, a board-certified internal medicine physician, and physician assistant Emily Bira.

The new office is located at 1031 Bellevue Ave., Suite 300, in St. Louis – only one floor above its previous location. Health care providers are seeing patients at the new office, effective immediately.

Southside Family Practice is now home to Doctors Brett Foersterling, Audrey Montooth, Steve Nester, Payal Patel, Robert Pozzi and Jennifer Sewing, Nurse Practitioners Karen Bolhuis and Lisa Schultz, and Physician Assistant Emily Bira and Marian Gakes. Dr. Payal Patel is accepting new patients. The office phone number remains the same, 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.