



Living Well Newsletter

A monthly e-publication provided by Esse Health

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New Guidelines for Sinus Infections

Featuring Dr. Matthew Dougherty, M.D.



As the fall season begins, both physicians and patients alike prepare for cold and flu season. One common illness that we often see patients for in our offices are sinus infections. Recently, the American Academy of Pediatrics (AAP) updated its guidelines for the definition, workup and treatment of sinus infections for the first time since 2001. Parents can find these guidelines helpful to identify their child's symptoms and the proper treatment and medicine necessary.

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

[Click here](#) to learn more about Dr. Matthew Dougherty.

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.

Register to Join Esse Health's Step Out to Stop Diabetes Team

There is still time to join Esse Health's team for the American Diabetes Association's Step Out: Walk to Stop Diabetes. This year the walk will be held on Saturday, October 12, at Creve Coeur Park. Walk around Creve Coeur Lake's 1-mile or 3-mile route, and enjoy breakfast, live music, a kids' zone, and a wellness fair before and after you walk.

As a proud sponsor for five consecutive years, Esse Health encourages patients, friends and family to join or donate to its team. You can join the team by [clicking here](#) or sign up in your doctor's office.

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

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