



April is Esophageal Cancer Awareness Month

April is Esophageal Cancer Awareness Month. Did you know smoking and heavy alcohol use increases the risk of certain types of esophageal cancer? Click [here](#) to learn more about esophageal cancer, its causes, and how you can prevent it.

Esse Health Welcomes New Physicians

Esse Health is pleased to announce the addition of board certified physicians Justin Hugo, M.D., Melissa Johnson, D.O. and Mark Rickmeyer, D.O. to the organization. The doctors will practice at the new [Esse Health Fenton Family Medicine](#) office located at 714 Gravois Rd, Suite 210 in St. Louis.



[Dr. Hugo](#) is board certified in Family Medicine and specializes in chronic disease management, such as diabetes, heart disease, high blood pressure and high cholesterol.

[Dr. Johnson](#) is board certified in Family Medicine and has a special interest in diabetes and women's health. Dr. Johnson is a fellow of the American Academy of Family Practice.

[Dr. Rickmeyer](#) is board certified in Family Medicine with a special interest in diabetes and geriatrics. Dr. Rickmeyer is President of the Sigma Sigma Phi National Honors Osteopathic Fraternity.

Each physician has been recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in diabetes. The NCQA and the American Heart Association (AHA) also have recognized these physicians for their patient care in heart disease and stroke. All three physicians most recently practiced with St. Anthony's Physician Organization in South County, Missouri. Appointments can be made by calling 636.660.9850.

Dr. Jerome Williams Teams Up With Siteman for Breast Cancer Screening

On March 15, the [Esse Health Office of Dr. Jerome Williams](#) welcomed the Siteman mobile mammogram van to its area. Dr. Williams is committed to the idea of preventive health and encourages his female patients to undergo mammograms. By having the van at the office, 25 patients were able to receive breast cancer screenings in a convenient and familiar setting. One patient was

undergoing her first mammogram; for another patient, it was her first mammogram since having surgery for breast cancer 5 years ago!!



[The Breakfast Club](#) also attended the event to offer support and resources to those in need. The Breakfast Club is a sisterhood of breast cancer survivors and co-survivors who impact our community through education, awareness, resources and support relating to breast health, breast cancer, and breast cancer prevention and screening. Many thanks to the wonderful staff at Dr. Williams' office who made this event possible.

New Esse Health Pediatric Housecalls Podcast Now Available

Esse Health Pediatric Housecalls just published a new podcast about vaping. Click [here](#) to listen to the new podcast and to catch up on any episodes you might have missed!

Is there a topic you would like us to cover? Send us a message on [Instagram](#), [Facebook](#) or [Twitter](#) and let us know.



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
May 12th: AHA Heart Walk

Providing healthcare to patients at 43 convenient locations across the St. Louis Metro area.

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