



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Lice: Facts & Myths

by Dr. Matthew Dougherty, Esse Health Pediatrician

There are some dreaded phrases that no parent ever wishes to hear. Included on that list would be the phrase, "There has been an outbreak of lice at the school, and the school nurse believes your child has it." If such an event ever happens to you or your family, it is important to know that, while unpleasant, very effective treatments are available to eliminate them. Knowing the facts and myths associated with lice, as well as what steps to take for treatment, will help eliminate a case of lice and prevent them from spreading to another person.



[Click here](#) to learn the facts and myths of lice.

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

New and Improved Website

EsseHealth.com gets new look

We're excited to announce that our website, www.essehealth.com, has a new look and features! We hope you'll take a few minutes to check it out and visit it often. Here are a few highlights of the new website:

- Quick access to the [Esse Health Patient Portal](#)
- Information on all of our specialties, from cardiology to urology
- Updated list of [Health Resources](#) to help keep you well
- A section just for our [current patients](#)
- [Articles and Interviews](#) with our Providers
- Revised [Careers Section](#)
- [Calendar of Events](#)
- [Everything you wanted to know About Esse Health](#)

Taking Care of Diabetes Classes

At Esse Health, we want to help you manage your diabetes. Our free, monthly "Taking Care of Diabetes" programs are led by registered dietitians Mindy Musselman and Marjorie Maxwell. During these meetings, you'll have the chance to ask questions, learn from others and receive educational information. Gain knowledge and support from people like you!



These monthly meetings are offered at different times and locations. There's no need to RSVP and no cost to attend! Please visit our [Calendar of Events](#) to see dates and times of meetings for the rest of 2013. We hope to see you there!

Esse Health In the News

You may have seen our providers on TV, online and in the paper recently. Hear or read what they have to say on a variety of health topics in our [In the News](#) section.

Upcoming Events

Mark Your Calendars!

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

May 4th: American Heart Association's Metro St. Louis Heart Walk at Busch Stadium

Memorial Day Weekend: 33rd Annual St. Louis Senior Olympics

Ongoing: Taking Care of Diabetes Classes



Providing health care to patients at 34 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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