



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Raising Healthy Kids

We are seeing more children at an unhealthy weight these days. According to the CDC, more than 12 million children and adolescents aged 2-19 years old are obese. Dietitian Rachel Sestrich discusses what causes obesity and how to eat healthier. Also, click [here](#) to listen to Rachel's podcast about picky eaters!

Click [here](#) for the full article.

Click [here](#) to learn more about Rachel Sestrich, RD, LD, CDE

New Esse Health Pediatric Housecalls Podcasts Now Available

Searching for the answer to a question about your child? Look no further! Esse Health Pediatric Housecalls has the answers. Join us as our board certified pediatricians discuss important topics and answer everyday questions. Click [here](#) to learn how you can listen to an episode today! Did you like a podcast or do you have suggestions for future podcasts? Go to our Facebook page and let us know what you think!



Esse Health South County Internal Medicine Welcomes New Physician

South County Internal Medicine welcomes Family Medicine physician Christopher Wedell, M.D. to its practice. Dr. Wedell is seeing patients at the office located at 5034 Griffin Road in St. Louis.

Dr. Wedell is board certified in Family Medicine. A St. Louis native, Dr. Wedell attended medical school at St. Louis University School of Medicine and completed his residency at St. Mary's Hospital in St. Louis. He has a special interest in Sports Medicine and preventative health.

Dr. Wedell joins board certified physicians Curt Calcaterra, M.D., Kathleen Cizek, M.D., Kathryn Henderson, M.D., Gary Maassen, M.D., Carol R. Martin, M.D., Marc Merbaum, M.D. and Robert Saitz, M.D, along with Nurse Practitioners Stacie Detmer, Lauren Hesterberg and Dietitian Mindy Musselman. Appointments with Dr. Wedell can be made by calling 314.843.7333.



Esse Health Gateway Asthma & Allergy Relief In O'Fallon Has Moved

Esse Health Gateway Asthma & Allergy Relief in O'Fallon has moved to a new location to accommodate its growing healthcare practice. Their new office is located at 9426 Phoenix Village Parkway in O'Fallon, MO. Dr. Mian is currently accepting new patients and appointments can be made by calling 636.561.5707.

Esse Health Is Opening A New Office In Shiloh, Illinois

Dr. Laura Crandall and Dr. Erin Friedman will open a new office to accommodate their growing healthcare practice. Esse Health Shiloh Internal Medicine is an 8,000 square foot state-of-the-art medical office located at 1167 Fortune Blvd in Shiloh, IL. Dr. Crandall and Dr. Friedman will be joined at the new office by Nurse Practitioner Gaylin Manion and Nurse Practitioner Cassandra Reaka. Any appointments scheduled after March 6th will be seen at the new office. The office currently is accepting new patients. Appointments can be made by calling 618.207.6900.

Text Message Appointment Reminders Now Available

Esse Health is pleased to announce that we now offer text message appointment reminders. Patients who have a cell phone listed will receive a text reminder one day before their scheduled appointment. This is in addition to the call received 48 hours in advance.



Fiber For A Healthy Heart

February is American Heart Month so let's focus on keeping our hearts healthy. Click [here](#) to learn about which foods have fiber and how much fiber you need. Also included is a fantastic recipe for no bake oatmeal bars.



Join Us On May 6th

On Saturday, May 6th, Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk and help raise awareness of heart disease and stroke.



This is the ninth year in a row that we have sponsored the event and there is still time to participate. To sign up and join the Esse Health team click [here](#). We look forward to seeing everyone there!

Upcoming Events

Mark Your Calendars!

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

AHA Heart Walk: May 6th

Ongoing: Taking Care of Diabetes classes



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