



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Anxiety in Childhood

by Dr. Pat Amato, Esse Health Pediatrician

Is your child afraid of everything? Does your child have headaches, stomachaches, or fatigue that cannot be explained by medical illnesses? Is he or she resistant to go to school? These can all be signs of an anxiety disorder. Anxiety in childhood is not an uncommon occurrence.

Anxiety is well known to be natural in certain times of life, but when does it become problematic?



Dr. Pat Amato answers that question and more. [Click here](#) to read her article.

[Click here](#) to learn more about Dr. Pat Amato.

Cardiology Consultants to Join Esse Health

We're pleased to announce that Cardiology Consultants of St. Louis County will be joining Esse Health, effective January 1, 2013.

Cardiology Consultants, to be renamed Esse Health Cardiology Consultants, includes cardiologists Frank Gafford IV, M.D., and William Wright, M.D., and nurse practitioner Debra Foersterling. The office is located at 13303 Tesson Ferry Road, Suite 55, in South St. Louis

County. The phone number is 314-270-3260.

[Click here](#) for more information about Cardiology Consultants.

Esse Health Physicians at St. Clare Now Open

Tell your friends and family!

After months of construction and preparation, our first office at St. Clare Health Center in Fenton, MO, is now open! Esse Health Physicians at St. Clare is located in the St. Francis Medical Building in Suite 450. The office hours are Monday through Friday, 8 a.m. to 4:30 p.m. View photos of the office on our Facebook page [here](#).



[Dr. Kyle Moylan](#), who joined us this past summer, will see patients there full-time. Dr. Moylan is board certified in internal medicine and geriatrics. In addition, Tesson Ferry physicians Dr. Michael Fedak, Dr. Todd Hammond, Dr. Janelle Roethemeyer and Dr. Sonal Shah Ravichandran will see patients one day a week at the new location. They will still see patients at Tesson Ferry the remainder of the week.

Call (314) 467-1500 to make an appointment with Dr. Moylan. For an appointment with the other four physicians, please call Tesson Ferry Internal Medicine at (314) 842-4744.

Esse Health Takes Steps to Stop Diabetes

Patients, employees, families and friends raised more than \$8,000!

On Saturday, Oct. 13, more than 100 of our employees, family members, friends and patients walked with us at Creve Coeur Park at the annual ADA Step Out: Walk to Stop Diabetes. In addition to being a sponsor of the event, the Esse Health team raised more than \$8,300.00 and more importantly, raised awareness of diabetes.

Thank you to everyone who supported us!!

"The work the ADA is doing to help stop diabetes is crucial, and I'm humbled that we can support the organization and all of those living with diabetes," said Dr. Kathleen Brunts, Esse Health physician and leader of the Esse Health Diabetes Wellness Program.

View photos of the event on our Facebook page by [clicking here](#).



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