



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Eating Healthy During the Holidays

The holidays are approaching, which means gatherings and parties, most centered around food. The average person gains one to two pounds over the holidays, and while this may not seem like much now, it adds up over the years as most people do not lose these extra pounds they gain.



This year develop a strategy to help avoid overeating while attending social gatherings so you can focus on what really matters, spending and enjoying time with family and friends. Our Esse Health registered dietitians have provided helpful strategies and tips for taking on healthy eating this holiday season. Click [here](#) to read the full article.

And happy holidays from everyone at Esse Health!

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## Planning Ahead for International Travel

By Gerry Deschamps, M.D.



Traveling out of the country for the holidays? Already thinking about an overseas trip for spring? It is always best to plan international travel ahead of time in order to obtain a passport and ensure you and your family are properly vaccinated for certain countries. Pediatrician Dr. Gerry Deschamps details steps parents, or anyone traveling out of the country, should take to ensure they are prepared for their trip.

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

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

Deschamps.

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## Esse Health Adds Nurse Practitioner

Our Florissant Internal Medicine Office is welcoming a new nurse practitioner this winter! Board-certified nurse practitioner Danielle Cichowic is now assisting physicians at the Florissant office located at 1225 Graham Road- Building C, Suite 1330 in north county.

Danielle is a board-certified adult health nurse practitioner, specializing in preventive healthcare and diabetes management. Previously, she served as a nurse practitioner at the Cleveland Clinic and has a Master's in nursing from Villanova University.

Join us in welcoming Danielle!



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## Utilize Esse Health's Patient Portal

We developed the Esse Health Patient Portal with you and your busy life in mind, so be sure to sign up for it. You no longer have to wait until our offices to open in order to request an appointment or seek medical advice. Thanks to the portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:

- Request appointments
  - Request refills on prescribed medications
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- Ask questions regarding any prescriptions
- Seek medical advice
- Ask questions regarding your bill
- Request a referral
- Receive test results

If you're not already signed up, ask the front desk the next time you visit one of our offices. And, click [here](#) to learn more about the Patient Portal.

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

## CONNECT WITH US!



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