



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Should I Go Gluten-Free?

Gluten-free has gotten a lot of attention lately with many people deciding to go gluten-free hoping to improve their health. Dietitian Rachel Sestrich discusses what gluten is and what to look for when following a gluten-free diet.

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

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

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over the age of 6 months should get the flu vaccine**. Flu shots can lower a child's risk of getting the flu by 74%.



We only have flu shots available and will not be offering the nasal spray flu vaccine this year. The CDC recently determined that the nose spray flu vaccine has not been effective at preventing the most common strains of the flu virus during the last three winters.

Some tips to reduce the risk of getting the flu include washing your hands often with soap and water. Use a hand cleaner with alcohol if soap and water are not available. Avoid touching your eyes, nose and mouth. Avoid crowds when the flu is at its worst in your area.

Click [here](#) for the flu clinic schedule. If you don't see your doctor's office give them a call for a list of flu clinic hours.

Esse Health Physicians at St. Clare Welcomes New Physician

Esse Health Physicians at St. Clare Internal Medicine welcome physician [Sri Kolli, M.D.](#) to its practice. Dr. Kolli is seeing patients at the office located at 1011 Bowles Ave., St. Francis Building, Suite 450 in Fenton, MO.

Dr. Kolli is board certified in Internal Medicine with a particular interest in preventative health, women's health and chronic illness management. She has over 20 years' experience. Dr. Kolli is recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in diabetes. She is also recognized by the NCQA and the American Heart Association (AHA) for patient care in heart disease and stroke. Dr. Kolli most recently practiced with the St. Anthony's Physician Organization.



Dr. Kolli joins board certified physicians Kyle Moylan, M.D. and William Feldner, D.O. Appointments with Dr. Kolli can be made by calling 314.467.1500.

Esse Health Office of R. Jerome Williams, M.D. Awarded the 2016 1st Ward Neighborhood Business of the Year

Esse Health is pleased to announce the Office of R. Jerome Williams, Jr. M.D, 3409 Union Blvd., St. Louis, MO. has been recognized by Mayor Francis Slay and the St. Louis Development Corporation as the 2016 1st Ward Neighborhood Business of the Year. The award is given to businesses of various sizes that make special commitments to or investments in the City.

Dr. Williams and his family have a long standing commitment to their 1st ward neighborhood. Dr. Williams' father, who was also a physician, bought the building and moved his medical practice to the Union Blvd. location in 1964. Dr. Williams, Jr. joined his father in practice in 1982. Today, Dr. Williams continues the family tradition by practicing with his wife, Nurse Practitioner Marva Williams at the location.



Have a Happy and Healthy Halloween

Dressing up in fun costumes and going door to door to collect candy is the traditional Halloween celebration. However, no one needs to eat that much candy! Click [here](#) for a few tips to help make Halloween healthier.



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



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