



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Snoring In Children

Snoring is common in 12-15% of children. Most of these children are healthy however, snoring can be due to an upper respiratory infection, allergies, or can even be a sign of obstructive sleep apnea (OSA). Dr. Michael Danter discusses the importance of sleep and what can happen if a child's sleep is being interrupted.

Click [here](#) for the full article

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

Esse Health Patient Portal

Don't forget to utilize the Esse Health [Patient Portal](#). You no longer have to wait until your doctor's office opens 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
- 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.

Join Us On May 10th.

On Saturday, May 10, 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 sixth 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!

Memorial Day Weekend: 34th Annual St. Louis Senior Olympics

Ongoing: Taking Care of Diabetes classes & Wellness Workshop: A Healthy Plate classes



Providing health care to patients at 36 convenient locations across the St. Louis Metro area.

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