



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Back-To-School Physicals

Featuring Dr. Peter Putnam, M.D.



Summer is nearing its end, which only means one thing for parents: back-to-school time. In preparation for the new year, parents should remember to take their child to his or her pediatrician for a physical or check-up. Dr. Peter Putnam recently sat down with KTVI's STL Moms reporter Margie Ellisor to discuss how parents can prepare their children for what to expect during these wellness exams.

[Click here](#) to watch the video.

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

Dr. Keaney Joins Creve Coeur Pediatrics

We are excited to welcome pediatric physician Dr. Karla Keaney, M.D. to the staff of Esse Health Creve Coeur Pediatrics. She will begin seeing patients on August 14. Appointments can be made with Dr. Keaney by calling (314) 567-7337.

Dr. Keaney completed her residency training in pediatrics at Baylor College of Medicine, affiliated with Texas Children's Hospital, where she was recognized as the Intern of the Year for 2010-2011. A graduate of the University of Texas Southwestern Medical School, Dr. Keaney has roots in St. Louis having received her bachelor's degree from Saint Louis University.



Welcome Dr. Vu-James

We are pleased to announce the addition of Dr. Hongha (Susan) Vu-James, M.D. to the staff of Esse Health St. Louis Gastroenterology Consultants. Dr. Vu-James will begin seeing patients at the St. Anthony Physicians Office Center and SSM St. Clare locations effective August 1.

About Dr. Vu-James:

- Recently completed her fellowship at Barnes-Jewish Hospital
- Interested in colorectal cancer screening, inflammatory bowel disease and women's health
- Graduate of Washington University School of Medicine



To schedule an appointment with Dr. Vu-James, please call 314.543.5200.

Esse Health Adds Dietician



Registered and Licensed Dietician Rachel Sestich recently joined Esse Health's staff! Rachel will primarily serve patients in the Tesson Ferry Internal Medicine, Southroads Internal Medicine, St. Clare, Watson Pediatrics and Creve Coeur Pediatrics offices as we continue to expand our wellness programs.

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

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