



Living Well Newsletter

A monthly e-publication provided by Esse Health

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E-Cigarettes: What you need to know

Originally developed in China, e-cigarettes were introduced to the US market in 2007. Manufacturers claim that e-cigarettes are a safe alternative to regular tobacco cigarettes. The Food and Drug Administration has recently released new regulations to keep the public informed and safe. Dr. Kristen Terrill discusses the new regulations and the dangers of e-cigarettes.

Click [here](#) for the full article

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

Esse Health South County Internal Medicine Office Welcomes Physician

Esse Health's South County Internal Medicine office welcomes board-certified Internal

Medicine/Geriatric physician Carol R. Martin, M.D. to its practice located at 5034 Griffin Rd, in St. Louis.

Dr. Martin graduated from Georgetown University School of Medicine and completed her residency training in internal medicine at Washington University in St. Louis, MO. Martin has been working in primary care with a special focus on geriatric medicine since 2010

Dr. Martin joins board-certified Internal Medicine physicians Curt Calcaterra, M.D., James Ebel, M.D., Gary Maassen, M.D., Kathleen M. Cizek, M.D., Kathryn Henderson, M.D., Robert C. Geekie, M.D. and Robert Saitz, M.D., along with Nurse Practitioners Teresa Brewer, Stacie Detmer, Lauren Hesterberg and Dietitian Mindy Musselman. Appointments can be made by calling 314.843.7333.



Join us in welcoming Dr. Carol R. Martin!

New Physician Assistant Joins the Office of Irwin Plisco, M.D.

Esse Health's Office of Irwin Plisco, M.D. welcomes Physician Assistant Audrey Meyer, PA-C to its offices in Florissant, MO located at 1224 Graham Rd, Suite 2003 and St. Charles, MO located at 400 First Capitol Drive.

Meyer, a graduate from Butler University in Indianapolis, Indiana, specializes in Internal Medicine. Meyer is a member of the American Academy of Physician Assistants. Meyer is also a registered dietitian in addition to being certified as a physician assistant.

Meyer joins board-certified Internal Medicine physician Irwin Plisco, M.D., Nurse Practitioner Sara Beck, Dietitian Jamie Piper and Women's Health Care Nurse Practitioner Carrie Plisco. To schedule an appointment with Meyer call 314.839.4554 for both the Florissant and St. Charles locations.



Join us in welcoming Audrey Meyer, PA-C!

Esse Health Living Well

Check out the [Living Well](#) section of our website to see the latest resources to help you and your family live a healthier life. The Healthy Living section provides information on nutrition and exercise while the Healthy Reminder section includes important medical milestones for adults and children as well as a recommended immunization schedule.

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 & Wellness Workshop: A Healthy Plate classes



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