



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Spring Cleaning For Your Diet

Decluttering and cleaning out your kitchen and refrigerator is a great way to kick off your spring cleaning. Dietitian Erin Sandoz discusses tips for decluttering your kitchen and organizing your food.

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

Click [here](#) to learn more about Erin Sandoz, RD, LD, CDE

Esse Health Tesson Ferry Pediatrics Welcomes New Physician

Tesson Ferry Pediatrics welcomes pediatrician [Carolyn Smith](#), M.D. to its practice. Dr. Smith is seeing patients at the office located at 13303 Tesson Ferry Rd, suite 150 in St. Louis.

Dr. Smith is board certified in pediatrics with a particular interest in breastfeeding and infant care. Previously she worked as a pediatric hospitalist at Washington University School of Medicine where she was the medical director of the new born nursery. Dr. Smith is a



fellow of the American Academy of Pediatrics and a member of the Academy of Breastfeeding Medicine.

Dr. Smith joins board certified pediatricians Matthew Dougherty, M.D., Catherine Remus, M.D., Elizabeth Remus, M.D. and Joseph Schachter, M.D. along with Nurse Practitioner Karen Diehl. Appointments with Dr. Smith can be made by calling 314.842.5239.

New Esse Health Pediatric Housecalls Podcasts Now Available

Searching for the answer to a question about your child? Look no further! Esse Health Pediatric Housecalls has the answers. Join us as our board certified pediatricians discuss important topics and answer everyday questions. Click [here](#) to learn how you can listen to an episode today! Did you like a podcast or do you have suggestions for future podcasts? Go to our [Facebook](#) page and let us know what you think!



Food Additives

Additives and preservatives are used in products to control color, aroma, flavor, nutrition, texture and shelf life. Click [here](#) to learn about the different common food additives. Also included is a recipe for you to make your own gummy fruit snacks!



Text Message Appointment Reminders

We now offer text message appointment reminders! Patients who have a cell phone listed will receive a text reminder one day before their scheduled appointment. This is in addition to the call received 48 hours in advance.



Join Us On May 6th

On Saturday, May 6th, 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 ninth 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!

AHA Heart Walk: May 6th

Senior Olympics: May 25th - May 30th

Ongoing: Taking Care of Diabetes classes



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