



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Perils of the Potty

by John Gleeson, MD, Esse Health

Potty training is a milestone that both parents and children look forward to reaching. Yet, the potty training process has its ups *and* downs. Esse Health pediatrician John Gleeson, MD, answers some common potty training questions and says most importantly, move at your child's pace.

Read Dr. Gleeson's answers to common questions [here](#).

Click [here](#) for more information about John Gleeson, MD.



Health Tip of the Month

Vitamin D may help the winter blues. Our bodies can make vitamin D when we are in the sunlight, so we tend to make less in the winter months. Vitamin D is found in foods such as salmon, sardines, fish, and fortified milk, yogurt and cereals.

- by [Mindy Musselman](#), RD, LD

Season of Sneezin'

Spring is near, and for allergy sufferers, this could mean months of sneezing and watery eyes. Our Gateway Asthma & Allergy Relief board-certified allergists Rabya Mian, MD, and William Johnson, MD, recommend the following to keep the sneezing to a minimum:

- **Do any outdoor activities later in the day.**
Early morning hours are the worst for pollinating trees.
- **Find out what you are allergic to.**
Skin testing to identify what you're allergic to is a simple scratch test done at your allergist's office. Thirty minutes later, you'll know what your allergen triggers are, whether it's trees, grasses, weeds, molds or animal dander.
- **Make simple changes in your environment, home or medication.**
Once you know what you are allergic to, you can learn which medications work best for you, and do simple things like keeping the windows closed in your home and car and staying indoors in the morning hours.
- **Try allergy vaccines, or allergen immunotherapy.**
If environmental control measures and medications are not sufficient or have adverse effects, allergists can offer allergy vaccines called 'allergen immunotherapy,' which have cure rates exceeding 90%. Cluster allergen immunotherapy is a unique treatment offered at all three of the Gateway Asthma & Allergy Relief locations.



Don't suffer any longer. Set up an appointment with Dr. Mian or Dr. Johnson by visiting www.asthma-allergyrelief.com!

Welcome Jennifer Porto

Wellness Program Manager

Please welcome Jennifer Porto, our wellness program manager! Jennifer joined us toward the end of 2011 and is kicking off our new wellness program, "We Want You Well!"

Jennifer is passionate about helping our patients and employees live healthier lives, at any age. You'll be hearing more about our wellness team and "We Want You Well" throughout the year, so stay tuned for information on workshops, a weight loss program and more!



Before joining Esse Health, Jennifer spent the last 12 years working with health and wellness, food and green organizations in St. Louis, Chicago and New York City. She has worked to combat youth obesity in St. Louis, expand the largest farmer's market in Chicago and promote physical fitness in NYC. Jennifer graduated from the Olin Business School at Washington University and enjoys exercise, cooking and design.

For information about wellness, email WeWantYouWell@EsseHealth.com or call 314.851.1111.

Upcoming Events

Visit our [Calendar of Events](#) for details on each of these activities.

March 27: American Diabetes Association Alert Day

May 19: American Heart Association St. Louis Start! Heart Walk

Ongoing: Taking Care of Diabetes Program



Mark your calendars!

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