You Just Had A Baby...Now What?

Congratulations, you just had a baby! This is my baby talk and every pediatrician has one. In this article Dr. Madden discusses what to expect after leaving the hospital with your newborn.

Click here to read the full article.
Click here to learn more about John Madden, M.D., Ph.D.

Esse Health Welcomes New Physicians

We are pleased to announce the addition of board certified physicians Bryan Burns, D.O., Catherine Lowder, M.D., Dana Galbraith, M.D. and Jack Galbraith, M.D. to the organization. They will practice at the new Esse Health Comprehensive

Primary Care Associates office located at 13303 Tesson Ferry Rd, Suite 45 in St. Louis.

Dr. Burns is board certified in Internal medicine and serves on United Healthcare's Physician Advisory Board. He also is a Physician Adviser to the St. Louis Business Health Coalition.

Dr. Lowder is board certified in Internal Medicine and has a special interest in educating patients on how they can impact their chronic conditions.

Dr. Dana Galbraith is board certified in Family Medicine and enjoys treating patients from newborns to end-of-life. She also has a special interest in diabetes management.

Dr. Jack Galbraith is board certified in Family Medicine and has a special interest in helping patients improve their overall health and quality of life.

Each physician has been recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in diabetes. The NCQA and the American Heart Association (AHA) also have recognized these physicians for their patient care in heart disease and stroke. All four physicians most recently practiced with St. Anthony's Physician Organization in South County, Missouri. Appointments can be made by calling 314.748.5917.

New Esse Health Pediatric Housecalls Podcast Now Available

Esse Health Pediatric Housecalls just published a new podcast about SIDS. Click here to listen to the new podcast and to catch up on any episodes you might have missed!

Is there a topic you would like us to cover? Send us a message on Instagram, Facebook or Twitter and let us know.

Mammogram Van At The Office Of Dr. Williams

The Office of Jerome Williams, M.D. will be offering mammograms on Thursday, March 15th. Call 314.261.4834 to schedule an appointment.

WHERE YOU GET YOUR MAMMOGRAM MAKES A DIFFERENCE

Equipped with 3D mammography

The **Siteman Cancer Center** at Barnes-Jewish Hospital and Washington University School of Medicine is offering mammograms to women age 40 and over.

Mammograms are available at no cost to women who qualify. Funding provided by susan g. komen.

The Siteman mammography van will be here to screen patients:

Thursday, March 15, 2018

Appointments beginning at 9:00 am

Office of Dr. Williams

3409 Union Blvd

Schedule your appointment today!

SITEMAN CANCER CENTER | BARNES-JEWISH Hospital | Washington University in St. Louis Physicians

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
- Ask questions regarding a prescription
- Seek medical advice
- Ask questions about your bill
- Request a referral

Click here to enroll in the Patient Portal if you have not already signed up!

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
May 12th: AHA Heart Walk

Providing healthcare to patients at 42 convenient locations across the St. Louis Metro area.

CONNECT WITH US!

www.essehealth.com

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