



Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [In the News](#) [Contact Us](#) [Social Media](#)

Introducing the Esse Health Patient Portal

Now you have 24/7/365 access to your doctor's office

You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to our new [Esse Health Patient 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 on prescribed medications
- Ask questions regarding any prescriptions
- Seek medical advice
- Ask questions regarding your bill
- Request a referral
- Receive test results

The next time you visit one of our offices, just ask the front desk how to get signed up. It's easy!

Is Your Toddler Out of Control?

Getting better behavior with more consistent parenting

By Richard Lazaroff, M.D., Esse Health Pediatrician

Many of us have struggled with a toddler who seems to run the house. They have temper tantrums, defy parental requests, engage in aggressive behaviors, insist on sleeping with their parents, and may be difficult to potty train as well. Some of these same children, however, attend pre-school where they are cooperative and model children. How is this possible?

Click [here](#) to read Dr. Lazaroff's article.

Click [here](#) for more information about Dr. Lazaroff.



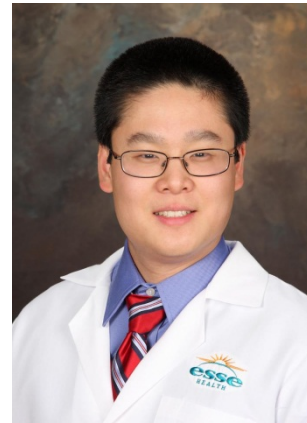
Welcome Dr. Howard B. Hsu

Please join us in welcoming Dr. Howard B. Hsu (pronounced "Sue") to our Southroads Internal Medicine office in South St. Louis County. Dr. Hsu will begin seeing patients August 1.

About Dr. Hsu:

- **Residency:** Mercy Hospital in St. Louis (he was the chief resident)
- **Medical School:** St. Louis University School of Medicine
- **Hometown:** Santa Clarita, California
- Particular interest in preventive health

Appointments with Dr. Hsu can be made by calling 314-849-6000. For more about Dr. Hsu, click [here](#).



Latest YouTube Video: Keeping Your Kids Healthy

Check out our latest YouTube video with pediatrician Dr. Kristen Terrill. She discusses all there is to know to help keep your kid healthy, from exercise to picky eaters. Watch the video here: <http://youtu.be/0IQLRVAnCUo>

Providing health care to patients at 32 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000