



Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [News](#) [Contact Us](#)

Time-Outs Do's And Don'ts

You're getting dinner ready and it happens. The kids start fighting and you utter the phrase every child dreads "go to time-out". But do time-outs really work?



In this article pediatrician Dr. John Madden discusses time-outs and the top 10 things to keep in mind when placing your child in time-out.

Click [here](#) for the full article

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

Esse Health Walks To Light The Night



On Saturday, September 29th employees, family members and friends walked to raise awareness of blood cancers. In addition to being a sponsor of the Leukemia and Lymphoma Society's 2018 Light the Night, Esse Health registered more than 40 walkers and raised more than \$6,500 to support blood cancer research. The Light the Night Walk is held nationwide in an effort to find a cure for leukemia, lymphoma, Hodgkin's disease, myeloma, and improve the quality of life of patients and their families.

The money raised for the St. Louis Walk stays right here in St. Louis and goes towards funding extensive research for treatments and cures, government advocacy, patient assistance programs, community outreach and education programs.

Click [here](#) to learn more about the Leukemia and Lymphoma Society.

New Esse Health Pediatric Housecalls Podcast Now Available

Esse Health Pediatric Housecalls published a new podcast where we get to know more about Dr. Theodore Kremer. Dr. Kremer is a pediatrician at Esse Health Florissant Pediatrics. 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.

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over the age of 6 months should get the flu vaccine.**



Click [here](#) to view the flu clinic schedule. If you don't see your physician's office give them a call to schedule your flu shot.

Esse Health Patient Portal

Need to view the most up-to-date information in your NextMD account? Click [here](#) for instructions on how to keep your portal updated. Be sure to update your portal a few days after each visit to keep it updated.



The Conversation Project

Esse Health has partnered with the Gateway End-of-Life Coalition to host an informational session discussing how to talk to your family about your end-of-life wishes. Click the link below to register.

Mid County - October 25th from 6:30 p.m. to 8:00 p.m.

<http://bit.ly/mcconversationproject>

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

October 25th: The Conversation Project in Mid County

Providing healthcare to patients at 45 convenient locations across the St. Louis Metro area.



