



Living Well Newsletter

A monthly e-publication provided by Esse Health

August 2023 Patient Newsletter

New Pediatric Housecalls Podcast Available

Having a newborn can be exhausting and may leave you with a lot of questions, especially about breastfeeding. Well you're in luck as Dr. Leanne DePalma with Esse Health Tesson Ferry Pediatrics has you covered! Listen as we talk about the many health benefits of breastfeeding for mothers and babies, the importance of skin to skin time and what to do if you think breastfeeding isn't working. Click [here](#) to listen to the full episode!



Fenton Family Medicine Welcomes New Physician

We are pleased to announce Melissa Muench, D.O. is joining Esse Health Fenton Family Medicine. Located at 714 Gravois Rd., Suite 210 in St. Louis, Dr. Muench joins Dr. Justin Hugo, Dr. Melissa Johnson and Dr. Mark Rickmeyer along with nurse practitioners Kayla Gestring and Tracy Winkelmann and physician assistants Marissa Taylor and Beth Weber. Dr. Muench will begin seeing patients on September 1st.



Board certified in Family Medicine, Dr. Muench graduated from Kansas City University College of Osteopathic Medicine in Kansas City. She completed her residency at Des Peres Hospital in St. Louis. Appointments with Dr. Melissa Muench can be made by calling 636.660.9850.

Gateway Asthma & Allergy Relief Welcomes New Physician

We are pleased to announce Elyra Figueroa, M.D. is joining Esse Health Gateway Asthma & Allergy Relief. Located at 12818 Tesson Ferry Rd., Suite 205 in St. Louis, Dr. Figueroa joins Dr. William Johnson. She will begin seeing patients on September 1st.



A St. Louis native, Dr. Figueroa specializes in Allergy & Immunology, having completed her fellowship at Washington University School of Medicine. She graduated from the University of Santo Tomas in Manila, Philippines and completed her residency at St Louis University Cardinal Glennon Pediatrics. Dr. Figueroa is involved with the Asthma & Allergy Foundation St. Louis Chapter & is also a member of the Physician Leadership Council for the Midwest Health Initiative. Appointments with Dr. Figueroa can be made by calling 314.421.0663.

New Features Available In The Patient Portal

Informative message for lengthy processes:

We understand that waiting for data retrieval can sometimes lead to uncertainty. To address this, we have introduced an informative message that will be displayed when a process requires more time than usual. This message assures users that the page is not broken and that the system is actively working on the request.



Medical records filter:

We are excited to announce some significant enhancements to the documents subsection in the Medical Records section for patients:

- **New Category Filter-** will allow you to easily sort and access documents based on specific categories, enabling faster retrieval of your medical records.
- **Enhanced Document Viewing with PDF Viewer:** when you encounter a PDF file, you can view its contents directly on the platform without having to download it. For other formats, a summary of the document's content will be displayed for quick reference.
- **Download Button Added to the top right:** To expedite the process of obtaining copies of your documents, we have included a prominent download button to the top right corner of the document view.

LLS Light The Night On October 14th!

On Saturday, October 14th, Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma

Society's annual Light The Night Walk. The Light The Night Walk helps raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma. Click [here](#) to join the Esse Health team. We hope to see you on October 14th!



Expecting? The Best Pediatrician for Your Baby is Closer Than You Think.

Esse Health Pediatrics. Top-ranked, Flexible, Trusted Care in your neighborhood.

LEARN MORE



Diabetes Care and Prevention

Esse Health invites you to a virtual Diabetes Care and Prevention (DCP) group meeting, from the comfort of your home! Below are the meetings for August through December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

August: Diabetes Medications

[Tuesday, August 29th, 12:00 pm](#)

September: Healthy Gut

[Friday, September 22nd, 8:30am](#)

[Tuesday, September 26th, 12pm](#)

October: Seasonal Foods, Whole Foods

[Friday, October 20th, 8:30am](#)

[Tuesday, October 24th, 12pm](#)

November: A1c & Blood Sugar Monitoring

[Tuesday, November 14th, 12pm](#)

[Friday, November 17th, 8:30am](#)

December: Yearly Review

[Tuesday, December 19th, 12pm](#)

[Friday, December 22nd, 8:30am](#)

Once you've registered you'll receive an email to sign the consent form and the link/phone number for the virtual meeting (via Webex). You can watch via Webex or just listen via a Webex phone number. These virtual DCP meetings are free of charge.

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