



Living Well Newsletter

A monthly e-publication provided by Esse Health

June 2023 Patient Newsletter

Esse Health Food Drive

We are excited to announce that we are organizing a canned food drive for our offices to help make an impact in the fight against hunger in our community! Our goal is to collect the top 12 items local food pantries need which include canned vegetables and fruit, canned tuna or chicken, spaghetti and pasta sauce, rice, beans, dry pasta noodles, mac & cheese, cereal, canned chunky soups, peanut butter, hand soap, and paper towels.

The collection will run July 5th through the 19th.

Donate to the Esse Health Food Drive



ITEMS NEEDED

- Canned Vegetables and Fruit
- Hand Soap
- Canned Tuna or Chicken
- Spaghetti and Pasta Sauce
- Paper Towels
- Rice
- Beans
- Dry Pasta Noodles
- Mac & Cheese
- Cereal
- Canned Chunky Soups
- Peanut Butter

OUR GOAL

Collect the top 12 items which local food pantries need.

JULY 5 - JULY 19

Bring an item from the list to your Esse Health office. All items collected will be donated to local St. Louis Food Pantries.



Let's come together and help make a difference in someone's life.

Fox 2 Interview On Self-Harm

Dr. Kristen Terrill was recently on Fox 2 discussing self-harm and the warning signs parents should be on the look out for. Click [here](#) to watch the full video.



Firework Safety

🌟 With July 4th just around the corner, our pediatricians want to remind everyone about the importance of firework safety.

🔥 Don't light more than one fuse at a time. Many incidents occur when someone isn't paying attention.

🔥 Always supervise children when they are handling any type of flame or flammable.

🔥 Soak used fireworks in water before throwing them away to ensure that they are completely extinguished.

🔥 Dry conditions and windy weather are potential fire hazards. It's important to teach children about the risk of these conditions and how the weather can affect the way a flame behaves.

Small fireworks and sparklers are typically thought to be kid-friendly, but they can also be dangerous if not handled properly. It's better to be safe than sorry, but if an accident does occur, contact your local emergency department and seek immediate medical attention.



Food Allergies

Food allergies can run in families which result in some children having a higher risk of a peanut or food allergy. Today we are joined by pediatrician Dr. Theodore Kremer with Esse Health Hazelwood Florissant Pediatrics. In this episode, Dr. Kremer discusses what we know about food allergies, how you can decrease your chances of having a food or peanut allergy, and when to introduce different foods to your child. Click [here](#) to listen to the podcast and any others you might have missed!



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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 July through August. Click the date/time of the meeting(s) you want to attend to register as space is limited.

July: Healthy Summer Tips

[Friday, July 7th, 8:30 am](#)

[Tuesday, July 11th, 12:00 pm](#)

August: Diabetes Medications

[Friday, August 25th, 8:30am](#)

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

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.

Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. 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
- Ask questions about your bill
- Request a referral
- Pay your bill



Click [here](#) for more information and to download the Patient Portal app!

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