



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Are You a Helicopter Parent?

by Dr. Richard Lazaroff, Esse Health Pediatrician

What is all this talk about "helicopter parents?" Is this a new phenomenon or just a trendy term to describe over protective parents? And is this not an awfully judgmental term for what most parents strive to do - protect their children and prepare them for success in school, and ultimately, in life?

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

[Click here](#) to learn more about Dr. Richard Lazaroff.



Nurse Practitioners Recognized for Excellence in Nursing

Three of our nurse practitioners were recently named finalists in St. Louis Magazine's Excellence in Nursing Awards! Please join us in congratulating:

- **Mandy Drozda, CPNP**,
in the Pediatrics: Non-neonatal category

- **Terri Morris, ANP**,



Mandy Drozda, CPNP



Terri Morris, ANP



Eileen Steiniger, APRN

in the Management / Nurse Executives/ Clinical Nurse Leader category

- **Eileen Steiniger, APRN, ANP-BC,**
in the Community Care / Ambulatory Care category

The Excellence in Nursing Awards recognizes nurses who go above and beyond the call of duty. Congrats Mandy, Terri and Eileen! [Click here](#) to learn more about these nurses.

A Reason for the Sneezin'

The St. Louis weather has been flip-flopping us into spring. One day you're sneezing, the next day you aren't. As spring does its dance before us, Gateway Asthma and Allergy Relief has a few tips to help you enjoy the season, rather than be annoyed.

- **Find out what allergies you have.** This can help you gauge how your symptoms will treat you this spring and summer. Some people are affected more by spring time pollen verses summer time grass. Discovering your true allergies can help you know when to start medicines rather than taking them when they aren't needed.
- **Keep your windows closed.** Although we LOVE when the temperature is right and the sun is shining, having your windows open can wreak havoc on your body if you have allergies. Why sacrifice your clear head and nose for 15 minutes of fresh allergy air?
- **Wash the dog.** If you have a pet, make sure to bathe him regularly. People forget that dogs and other pets track pollen and grass inside your home. Petting Fido and then touching your face can set off a cascade of symptoms from runny nose to swollen, itchy eyes.
- **Consider your options.** Medications, such as Allegra or Zyrtec, can work quite well for people who have mild allergy symptoms. Other people may need more effective treatment with a prescription nasal spray. If you don't like taking medications, think about starting allergy shots. This method can reduce need for allergy medications during your lifetime, not just for a few weeks.



If you are unsure where to start, make an appointment with one of our board-certified allergists today. Dr. Johnson, Dr. Mian and their nurse practitioners would be happy to help! Visit www.asthma-allergyrelief.com.

Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

May 4th: American Heart Association's Metro St. Louis Heart Walk at Busch Stadium*

*Ask your doctor's office front desk for a registration form or join our team online: <http://bit.ly/EsseTeam>



Memorial Day Weekend: 33rd Annual St. Louis Senior Olympics

Ongoing: Taking Care of Diabetes Classes

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

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