



Living Well Newsletter

A monthly e-publication provided by Esse Health

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How to Calm a Fussy Baby

by Dr. Peter Putnam, Esse Health Pediatrician

There is nothing more stressful than a crying baby. In fact, humans have similar physiologic responses (elevated heart rate, increased alertness) when they hear a baby cry as when faced with a physical threat. This reaction seems designed to prepare us to help the otherwise helpless baby. Yet many parents, especially brand new parents, feel ill-equipped to comfort their fussy baby. This article is designed to help parents and other caregivers respond to a crying baby with confidence and compassion.



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

[Click here](#) to learn more about Dr. Peter Putnam.

Wear Red for Heart Disease

10th Annual National Wear Red Day is February 1st

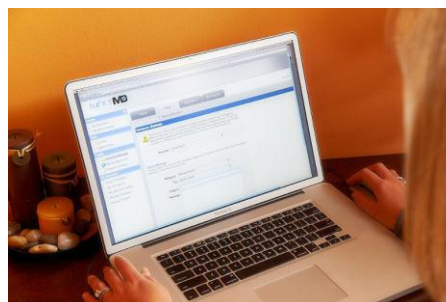
Did you know that heart disease is the number one killer of women? Join us on Friday, February 1, as we participate in National Wear Red Day to raise awareness of heart disease. Share photos of you in red on our [Facebook page](#), and we'll do the same!



The American Heart Association's Metro St. Louis Heart Walk is on Saturday, May 4th, at Busch Stadium. If you would like to join the Esse Health team, you can sign up [by clicking here](#). We hope you'll join us as we raise awareness of heart disease and stroke!

Did You Know?

Our five pediatric offices have extended evening and Saturday hours to accommodate your busy schedule! [Click here](#) to visit our locations page to see their hours. And if those extended hours aren't enough, you can have 24/7 access to your provider with our Patient Portal. The Portal allows you to send secure messages to your doctor's office any time, day or night. Learn more [here](#).



Esse Health Community Outreach 2012 Recap

In 2012, the Esse Health Community Outreach program coordinated several volunteer opportunities for our employees to give back to the communities we serve. Volunteer events included:

- **Stray Rescue:** we took dogs for a walk, cleaned their "apartments" and did laundry
- **Life Care Center of Bridgeton:** several of our employees played bingo with the residents
- **Children's Miracle Network:** employees answered phones for the "May is for Miracles Premier Radio and TV Broadcast Event"
- **St. Louis Senior Olympics:** we ran the football toss and performed health screenings for the athletes
- **American Heart Association's Heart Walk:** 200 of our employees and patients joined us as we raised awareness of heart disease and stroke
- **School Supplies Drive:** All of our offices donated 60 backpacks' worth of school supplies for our own employees' children
- **American Diabetes Association's Step Out: Walk to Stop Diabetes:** 250 of our employees

and patients walked with us as we stepped out to help stop diabetes

- **Holiday donations:** Several of our offices collected donations for organizations important to them



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