



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Positional Plagiocephaly (flattened head)

Positional Plagiocephaly is a flattening of one side of a baby's head, most likely due to the baby preferring to lay on that side of the head. Over time, it can result in the baby's skull becoming noticeably misshapen. Dr. John Galgani discusses the causes of positional plagiocephaly and what can be done to prevent the condition.

Click [here](#) for the full article

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

Esse Health Lake St. Louis Welcomes Physician

Esse Health's Lake St. Louis office welcomes board-certified family medicine physician Tim Hoang, M.D. to its office located at 200 Medical Plaza, Suite 101 in Lake St. Louis.

Dr. Hoang graduated from Ross University School of Medicine and completed his residency training in family medicine at Providence Hospital in Southfield, MO. Dr. Hoang has a special interest in caring for patients and their families.

Dr. Hoang joins board-certified internal medicine physician Ronald Wepprich, M.D. Appointments can be made by calling 636.561.4100.

Join us in welcoming Dr. Tim Hoang!



Taking Steps for Heart Health

On Saturday, May 10, Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's annual Heart Walk. The weather was amazing, the event was a huge success and we are proud to be able to help the AHA raise awareness of heart disease and stroke!

This was the sixth year in a row that we sponsored the event. A big "thank you" to our patients, employees, friends, and family who supported the Esse Health team by registering to walk in the event or making a donation. With your help we were able to raise over **\$9,000!!** For more information about the AHA and heart health, [click here](#).



Esse Health News Room

Check out the [News Room](#) section of our website to see the latest press releases, TV interviews and articles written by and featuring our board-certified medical providers, and an archive of all patient newsletters.

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 & Wellness Workshop: A Healthy Plate classes



Providing health care to patients at 36 convenient locations across the St. Louis Metro area.

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