



Living Well Newsletter

A monthly e-publication provided by Esse Health

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The Choking Game

The "Choking Game"; you've probably heard about it since it has been around in one form or another for decades. It may also be known as the Pass Out Game, the Scarf Game, Purple Haze or Space Monkey among others. Read the full article to learn just how dangerous this game is and the warning signs that your teen might be involved.

Click [here](#) for the full article.

Click [here](#) to learn more about Jane Hoekelman, CPNP

Esse Health Takes Steps For Heart Health

On Saturday, May 14th, Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's annual Heart Walk. While the weather was chilly, the event was a great success and we are proud to be able to help the AHA raise awareness of heart disease and stroke!



This was the eighth year in a row that we sponsored the event. Thanks to our patients, employees and friends, we were able to raise more than \$6,000. A huge "thank you" to everyone who supported the Esse Health team by registering to walk at the event or making a donation. For more information about the AHA and heart health, click [here](#).

Participants For Research Study Needed

Esse Health, in conjunction with the St. Louis Center for Clinical Research, is currently conducting research studies for patients with Crohn's, Constipation-IBS and Rheumatoid Arthritis.

If you would like more information, please call 314.543.5225 to speak to a nurse regarding these clinical trials.

Vegetarian/Vegan Eating

If a child decides to adapt a vegetarian or vegan lifestyle their nutritional needs can still be met. Click [here](#) to learn which foods offer important nutrients. Also included is a recipe for an avocado chocolate mousse.



Upcoming Events

Mark Your Calendars!

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

Senior Olympics: May 26th - 31st

Ongoing: Taking Care of Diabetes classes



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