



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Swaddling

In May, you might have seen the article about the dangers of swaddling. In this article, pediatrician Dr. Matt Dougherty discusses the swaddling article along with how and when it's appropriate to swaddle your child.



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

Click [here](#) to learn more about Matthew Dougherty, M.D.

## Esse Health Southroads Internal Medicine Welcomes New Physician

Esse Health Southroads Internal Medicine office welcomes Internal Medicine physician Herman Kendrith Beebe III, D.O. to its practice. Dr. Beebe is seeing patients at the office located at 12345 West Bend Dr. Suite 300 in St. Louis.

Dr. Beebe graduated from Lincoln Memorial University - Debusk College of Osteopathic Medicine. He has a special interest in promoting preventative health and healthy living. Dr. Beebe was also the Chief Medical Resident at Des Peres Hospital.

Dr. Beebe joins board certified physicians Richard Muchnick, M.D., Robert Oertli, M.D., Howard Hsu, M.D., and Robert Curtin, M.D. Appointments with Dr. Beebe can be made by calling 314.849.6000.



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## 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.

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## Healthy Snacking

Healthy snacks are important for kids (and adults) to help manage hunger and improve nutrition. Click [here](#) for some healthy snack suggestions and a recipe to make fun snail and butterfly bites!



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## Upcoming Events

**Mark Your Calendars!**

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

**ADA Step Out Walk:** September 10th  
**Ongoing:** Taking Care of Diabetes classes



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## CONNECT WITH US!



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