



Living Well Newsletter

A monthly e-publication provided by Esse Health

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The Learning Effects of a Concussion in Children

Little attention has been given to academics and learning and how a concussion may affect the young student learner. Dr. Joseph Schachter explains the findings of a recent report conducted by the American Academy of Pediatrics.

Click [here](#) to read the full article.

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



March is National Colorectal Cancer Awareness Month. Are You Up To Date On Screening?

Colorectal cancer is the third most commonly diagnosed cancer and second most common cause of cancer death in the United States. Dr. Susan Hongha Vu-James discusses the importance of regular screenings.

Click [here](#) to view the full article

Click [here](#) to learn more about Dr. Vu-James

Upcoming Events

Mark Your Calendars!

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



May 10th: 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/HeartWalk2014>

Memorial Day Weekend: 34th Annual St. Louis Senior Olympics

Ongoing: Taking Care of Diabetes classes

Intentional Parenting & The 40 Developmental Assets That Help Children Thrive.

On Monday, April 7, 2014 at 7:00 p.m. Esse Health along with A Place To Turn To have partnered together to provide a parenting program to families of children from ages 4 to 14. The presentation will be followed by a question/answer session with Esse Health pediatricians.

This program will cover the 40 Developmental Assets which were developed by the Search Institute. Their survey of over 4 million children has shown that the number of assets a child possesses can predict whether the child will be involved with at-risk or thriving behaviors as they move into adolescence.

Click [here](#) to register for the event as space is limited.

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