



Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [In the News](#) [Contact Us](#) [Social Media](#)

Bullying: Signs and Tips on Helping Your Child

by Christine Reynolds, RN, MSN, CPNP

Research has demonstrated that 30% of children in grades 6-10th are involved in bullying, whether they are the bully or the one being bullied. There are a lot of different ways that a child can be bullied. Parents should be aware of the subtle signs of bullying, and how they can help their child.

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

[Click here](#) to learn more about Christine Reynolds, RN, MSN, CPNP.



St. Louis Gastroenterology Consultants Joins Esse Health

We are excited to announce that St. Louis Gastroenterology Consultants, P.C., is joining us, effective May 1st. The specialty group is dedicated to the management of diseases of the gastrointestinal tract and liver. The group will now be called Esse Health St. Louis Gastroenterology Consultants and includes board-certified physicians Sajid Ansari, M.D., Timothy T. Brady, M.D., James Dimitroff, M.D., and Picha Moolsintong, M.D.

The doctors see patients at St. Anthony's Medical Center and SSM St.



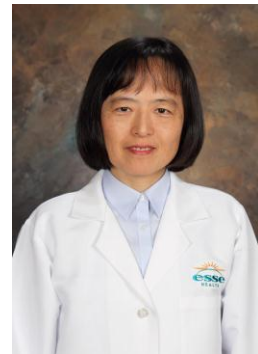
Clare Health Center, and all physicians are also on staff at Des Peres Hospital and Missouri Baptist Medical Center.

For more information about Esse Health Gastroenterology Consultants, [click here](#).

North County Internal Medicine Welcomes Dr. Zhao

Esse Health North County Internal Medicine welcomes Dr. Meng Zhao to the office located at Christian Hospital. She will begin seeing patients on May 6th.

Dr. Zhao is board certified in Internal Medicine and is a Fellow of the American College of Physicians. She has been treating patients for more than 10 years. Appointments with Dr. Zhao can be made by calling 314-355-1660.



For more information about Dr. Zhao, please [click here](#).

Upcoming Events

Mark Your Calendars!

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

This Saturday, May 4th, at 8:30 a.m.: American Heart Association's Metro St. Louis Heart Walk at Busch Stadium

Patients, family members and friends are invited to join us Saturday morning. You can [register online](#), at your doctor's office or just show up at the Walk! Look for the Esse Health booth. Hope to see you there!



Memorial Day Weekend: 33rd Annual St. Louis Senior Olympics

Ongoing: Taking Care of Diabetes Classes

Providing health care to patients at 35 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000

[Forward email](#)



Try it FREE today.

This email was sent to mcalzaretta@essehealth.com by cleffler@essehealth.com |
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).
Esse Health | 12655 Olive Blvd | 4th Floor | Saint Louis | MO | 63141