

By Your Side

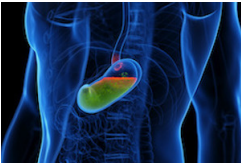
Spring 2025



Sinus Infections: Myth vs. Fact

There are many misconceptions about sinus infections. We explain how to treat and manage this common condition that causes congestion, facial pressure and headaches.

[Learn more](#)



New Treatment for GERD: A Grateful Patient Story

[Learn more](#)



Measles Vaccine: 5 Things Parents Should Know

[Learn more](#)

Join us for a complimentary virtual webinar.

Getting Back Into Action: Your Guide to Hip Pain
Thursday, May 22, 12:00 pm – 12:45 pm ET

[Count me in!](#)

Need care right away? No problem.

Summit Health and CityMD are one care team. Walk in or book a visit at our 180+ urgent care locations in NJ, NY or CT.

[Book now](#)

Get Back on the Court with Summit Health Orthopedics.

Feeling pain or stiffness? Our specialists treat common injuries from activities like pickleball or tennis – and will get you back on your A-game fast.

[Learn more](#)



Come Visit Us!

Our new multispecialty hubs in Bridgewater and Fair Lawn, NJ, offer laboratory and surgical services, physical therapy and 20+ specialty areas of medicine.

[Learn more - Fair Lawn](#)

[Learn more - Bridgewater](#)



We are always *By Your Side*.

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Celebrate Older Americans Month - Prioritize Your Health and Wellness Today.

Schedule a visit and talk to your provider about:

- Starting, increasing or maintaining your level of exercise or physical activity
- Changes in your mental or emotional health
- Falling or problems with balance or walking
- The cost of your prescription medicines
- Ways to control or manage the leaking of urine
- Hearing or vision issues

[Make an appointment](#)

Resources on the go



[Summit Health + CityMD app](#)



[Find a Summit Health provider](#)

[Providers](#) [Services](#) [Patient portal](#)

Comments or questions?



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