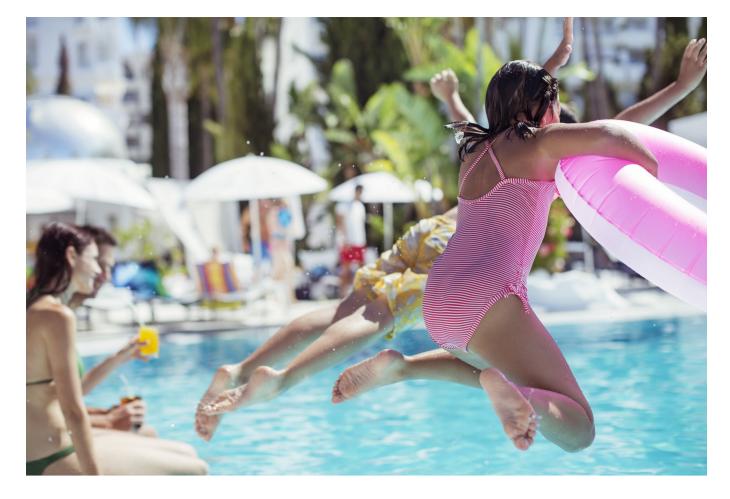
Summit Health

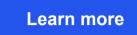
By Your Side

Summer 2023



How to Avoid Summer Skin Infections

There is no better way to cool off during the dog days of summer than to go for a swim. But sunscreen isn't the only protection you need. Follow our tips to avoid bringing home a pesky skin infection from the local pool or lake.





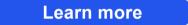
Summer Orthopedic Injuries What is a Lyme Disease Rash?

Learn more

Learn more



Meet Our Grateful Patient Do you get up several times during a movie or at night to use the bathroom? Jeff suffered from an enlarged prostate for years, but the treatment options he received at Summit Health changed his life.



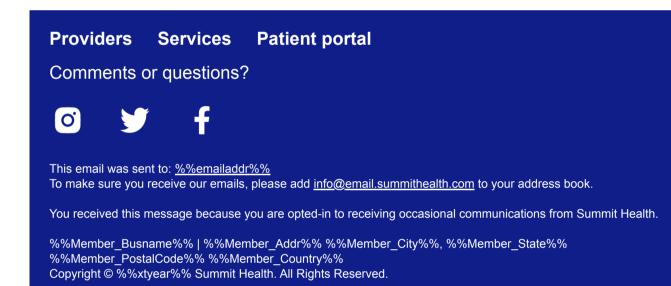
Sun Safety Tips

Cover up with lightweight clothing and hats.	Seek the shade, especially between 10 a.m. and 4 p.m.	Reapply at least 1 ounce every two hours, more if you are getting wet.
Shield your eyes with wrap around sunglasses.	Wear broad-spectrum sunscreen with SPF 30 or higher.	Protect your lips with sun balm.

Resources on the go



Summit Health + CityMD appFind a Summit Health provider



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