

# UPTOSPEED

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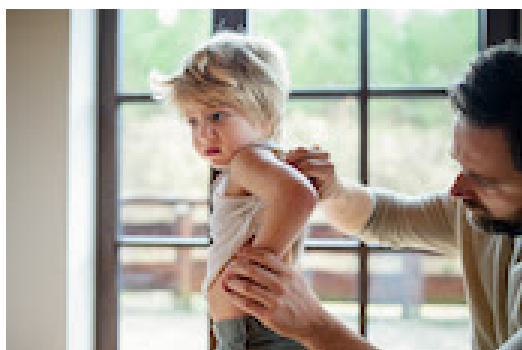
## You Don't Need to Suffer from Spring Allergies

Seasonal allergies aren't something you simply have to accept. There are plenty of treatment options, explains Rebecca Friess, MD, an allergist and immunologist at Summit Health. Read on for helpful information about spring allergies and how to address them.

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**How Are Oral Health and Overall Health Connected?**



**A Parent's Guide to Common Pediatric Rashes**



**How To Manage Blood Sugar and Diabetes**

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