

In The Know

February 2023



Arrhythmias: when your heart gets out of rhythm

Do you frequently feel your heart race or slow down for no reason at all? If you're shrugging your shoulders, you may have an arrhythmia or an irregular heartbeat. When it comes to your heart health, do not wait. Walk into your neighborhood CityMD urgent care for an immediate evaluation. No appointment is needed.

[Learn more](#)



How to prevent frostbite

[Learn more](#)



A parent's guide to croup

[Learn more](#)

Wellness Snapshot

Do you know your numbers? Nearly 1 in 3 adults with high blood pressure do not even realize they have the condition. Make an appointment with a primary care physician and prevent problems before they start.

Four Keys to a Healthy Heart



Manage Blood Pressure
120/80 mmHg or less



Check Total Cholesterol
Less than 200 mg/dL



Avoid Elevated Blood Sugar
Less than 100 mg/dL when fasting



Maintain Healthy Body Mass Index
Between 18.5-24.9



Think you have the new COVID strain?

Walk right into CityMD. We offer:

- Rapid and PCR tests
- Virtual treatment with proof of a positive test
- Medication options including Paxlovid and Molnupiravir

[Find a location](#)

Navigating Bias: How to Advocate for Your Health

FEBRUARY 28, 6:30PM-7:45PM

To commemorate Black History Month, please join us for a virtual panel discussion on how to engage with the health care system, including how to advocate for your care, how to ensure your provider is right for you, when to reach out for help, and how to get the best referrals. Please register by emailing DEI@summithealth.com with your name and email address, which we will respond to with the meeting link.

PANELISTS INCLUDE



Valerie Antoine-Gustave, MD, MPH
Gastroenterology



Aaron Horne Jr., MD, MBA, MHS
Cardiology



Estelle Vaughns Williams, MD, FACEP
Emergency Medicine

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