

In The Know

April 2024



What are shin splints?

Shin splints can become a real hurdle in your fitness journey. Learn how to prevent and treat this painful condition that affects your shinbone, and is often a result of overuse.

[Learn more](#)



STI testing and treatment.

[Learn more](#)



Walk in for allergy relief.

[Learn more](#)

You can now make an appointment at CityMD.

Ready for a hassle-free visit? Walk in or book ahead of time, whichever is more convenient. Save time by selecting an appointment time. It's quick and easy.

[Book a visit](#)

When was your last checkup?

Having an annual physical can help prevent future health problems. If you are due for a checkup or need a primary care physician, schedule a visit at our care partner Summit Health today.

[Learn more](#)



Follow us on TikTok [here!](#)

Urgent care corner



[Remedies for an upset stomach](#)



[How to get rid of acid reflux](#)

Need urgent care late at night? Walk into a CityMD Supersite from 7am to 11pm.

Illness and injury don't wait until the next morning. We have you covered from 7am until 11pm at the following locations:

- | | |
|-------------------------------|----------------------------|
| Astoria | Nanuet |
| Bellmore | Paramus |
| Bergen Beach | Park Slope |
| East 86th | Richmond |
| Farmingville | Riverdale |
| Fresh Meadows | Sayville |
| Jamaica | Union |
| Lake Grove | West 57th |
| Lindenhurst | West 88th |
| Lynbrook | Yonkers |

Resources on the go



[Visit the Summit + CityMD app](#)



[Find a CityMD](#)

[Locations](#) [Patient portal](#)



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