

In The Know

May 2024



Why do you cough at night?

It's a common phenomenon: you're fine during the day, but as soon as your head hits the pillow, the tickle in your throat starts. We explore common triggers for coughing at night and discuss how CityMD can help you find relief.

[Learn more](#)



How to tell if your nose is broken. Is hydrogen peroxide helpful?

[Learn more](#)

[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](#)

Get allergy relief at CityMD.

Coughing, sneezing or itching? Walk in or Book a Visit. We're here to help with your allergy care needs.

[Learn more](#)



Urgent care corner



[What causes an itchy scalp?](#)



[How to care for a cat bite.](#)



Need a specialist? Let us connect the dots in your care.

CityMD and Summit Health are one care team. We can connect you with a primary care physician and specialists in more than 80 areas of medicine if you need follow-up care.

[Book now](#)

Need urgent care as early as 7am or late as 11pm? Walk into a CityMD Supersite.

Extended hours are available Monday to Friday at the following locations. Weekend hours will vary.

- | | |
|-------------------------------|----------------------------|
| 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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