

## In The Know

January 2026



### How to get rid of mucus: easy ways to clear congestion.

Struggling with that sticky, suffocating feeling of mucus overload? From colds to allergies, we explain simple and effective ways to breathe easier.

[Learn more](#)



How to avoid getting sick this winter.

[Learn more](#)



Slips and falls on ice: what to check for.

[Learn more](#)



CityMD. Care that can't wait.

### Injured and need care right away? Just walk in.

Accidents happen when you least expect them. When they do, you need care you can trust, without the long wait of an ER. Learn more by watching our video at the link below.

[Watch now](#)

### Check out our free virtual webinars.

Do you want to learn about important health topics? Tune in live or watch the recordings of our educational webinars at the link below. From menopause wellness to gut health to knee and foot pain, our specialty partners at Summit Health tell you what you need to know to get back into action.

[Learn more](#)



Don't let digestive issues linger. Our specialists can help you find relief.

Still dealing with bloating, discomfort or indigestion after your CityMD visit? Our trusted care partners at Summit Health can help you find answers. Schedule a visit with our gastroenterologists today.

[Book an appointment](#)

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