

# By Your Side

March 2023



## Time to Prep for Spring Allergies

Spring is right around the corner — and so are your allergies. But you do not have to feel miserable this year. Our experts separate myths from facts and tell you how to stay ahead of spring allergy symptoms so you can enjoy the season.

[Learn more](#)



### New Treatment for Sleep Apnea

[Learn more](#)



### What are Compression Socks?

[Learn more](#)



## Schedule Your Colonoscopy Today

Jennifer has a message for you: do not put off your colonoscopy. She almost canceled the screening test that led to her early colon cancer diagnosis. Watch her powerful story and learn about her care journey with [Konika Bose, MD](#).

[Schedule now](#)

## Be Wise and Well

Check out more health topics



[Arrhythmias: When Your Heart Gets Out of Rhythm](#)



[Croup: What Parents Need to Know](#)



[Love is Life's Best Medicine](#)



[What is Raynaud's Phenomenon?](#)

## Resources on the go



[Summit Health + CityMD app](#)



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