

# By Your Side

Summer 2024



## The Healthy Way to Lose Weight

Are you starting a summer weight loss plan? In a world filled with crash diets, it can be hard to know the best way to lose weight — and keep it off. Check out our tips.

[Learn more](#)



### What is a Torn Meniscus?

[Learn more](#)



### Hand, Foot, and Mouth Disease

[Learn more](#)



### Meet Our Grateful Patient

After years of pain, hip replacement surgery helped Gregg get back on the golf course pain-free.

"I'm amazed at how well I feel since the surgery," he says.

[Learn more](#)

## Specialty Care Corner



[Kidneys in Focus: What is Nephrology?](#)



[A Guide to Women's Pelvic Health](#)

## Need Care Right Away? Visit Summit Health's Urgent Care.

From injuries to allergic reactions and abdominal pain, our state-of-the-art urgent care locations provide comprehensive care when you need it — no appointment is necessary.

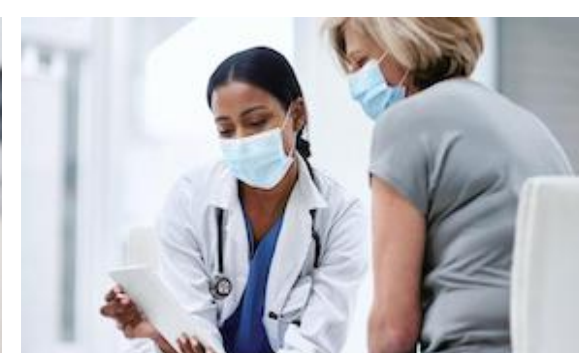
[Learn more](#)



## Resources on the go



[Summit Health + CityMD app](#)



[Find a Summit Health provider](#)

[Providers](#) [Services](#) [Patient portal](#)

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