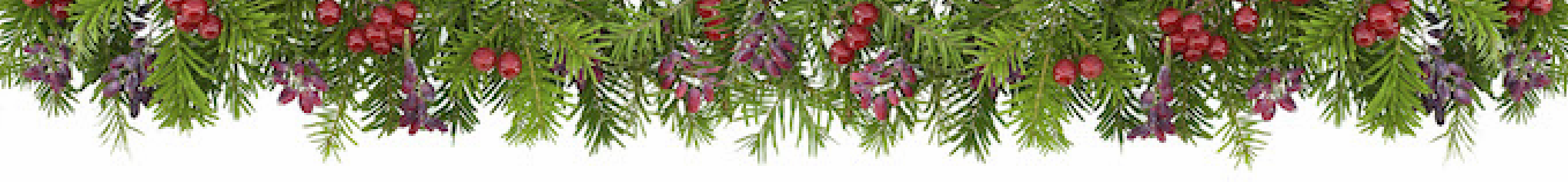


By Your Side

December 2022



[Season's Greetings! A Holiday Message From Our CEO Jeff Alter](#)



Why is Everyone Sick? What is the Immunity Gap?

This fall, it seems like everyone has been laid up with something. Cases of RSV, the flu, the common cold, and COVID-19 are all coinciding. Read more about all the viruses that are going around and how to stay healthy this holiday season and beyond.

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Lifesaving Family Health History

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Managing IBD at Holiday Parties

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Care on Your Corner

Feeling under the weather? Need a check-up? Our teams are available for all your primary and specialty care needs at our new locations: [Clifton, N.J.](#), [Montclair, N.J.](#), and [Short Hills, N.J.](#) and [Rockville Centre, N.Y.](#)

Be Wise and Well

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