

# Thrive

A Summit Health Publication

April 2021



Managing Spring Allergies | Minimizing Stress  
Understanding Autism | Eye Hygiene



## **Stop the Sneeze: How to Manage Spring Allergies**

Springtime is in bloom, bringing the promise of fresh flowers, bright sunshine, and warmer weather. But if you're one of the 50 million Americans who suffer from allergies, the season also means sinus congestion, sneezing, and itchy, watery eyes.

[Learn More](#)



How Minimizing Stress  
Leads to a Healthier  
Lifestyle



Understanding Autism



A Guide to Eye Hygiene

*"I was incredibly impressed with the entire experience of having a surgical procedure at your facility. Everyone from the support staff to, of course, the phenomenal expertise of Dr. Lari. He is absolutely the best ophthalmologist I have ever seen or been treated by. But the staff who cared for me before and after the procedure were so kind, attentive, and knowledgeable that I knew I was in the best place possible. It relaxed me and assured me that Summit Health has the most top-notch people around. Thank you!"*

~ Summit Health Ophthalmology patient



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