



UV Health and Safety | Mosquito- and Tick-borne Illnesses
Staying Active in the Heat | Muscle Strains, Pulls, and Tears



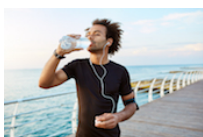
Facts About Ultraviolet Rays and How to Protect Yourself

After spending so much time indoors during the past year, it probably feels like you've missed out on a lot of sunlight. And as summer kicks off, it's certainly tempting to make up for the lost time by spending extra hours outdoors. But it's important to remember that your skin is just as susceptible now to ultraviolet (UV) radiation as it ever was.

[Learn More](#)



Mosquito- and Tick-borne Illnesses:
What You Need to Know



How to Stay Active in the
Summer Months



Strains, Pulls, and Tears:
Preventing Summertime
Injuries

"Dr. Eric Mirsky is amazing. I have referred over a dozen people to him in the last eight years. He is a life saver. Your staff is amazing. This is the best run business I know of. Keep up your amazing work."

~ Orthopedics patient

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