

In The Know

March 2025



How to stop acid reflux at night.

Is heartburn keeping you awake? Discover what causes acid reflux, how simple changes can get you relief and when to seek help at CityMD. Start your journey towards better sleep today.

[Learn more](#)



Yes, we treat kids too! CityMD is here for your family.

[Learn more](#)



Do you need antibiotics for sinus infections?

[Learn more](#)

Coming soon: CityMD Tribeca

87 Chambers Street – Tribeca (New York, NY) – opening 3/31

[Learn more](#)



Want to stay *In The Know*?

Follow us on social media for more health tips and info.

[Instagram](#)

[Facebook](#)

[X](#)

[LinkedIn](#)

[TikTok](#)

Urgent care corner



[Should you see a doctor for diarrhea?](#)



[Chronic sore throat: what's causing it?](#)

Need urgent care as early as 7am or late as 11pm? Walk into a CityMD Supersite.

Extended hours are available Monday to Friday at the following locations. Weekend hours will vary.

- [Astoria](#)
- [Bellmore](#)
- [Bergen Beach](#)
- [Deer Park](#)
- [East 86th](#)
- [Farmingville](#)
- [Fresh Meadows](#)
- [Jamaica](#)
- [Lake Grove](#)
- [Lindenhurst](#)
- [Lynbrook](#)

- [Nanuet](#)
- [Paramus](#)
- [Park Slope](#)
- [Richmond](#)
- [Riverdale](#)
- [Sayville](#)
- [Union](#)
- [West 57th](#)
- [West 88th](#)
- [Yonkers](#)

Resources on the go



[Visit the Summit + CityMD app](#)



[Find a CityMD](#)

[Locations](#) [Patient portal](#)



This email was sent to: [%%emailaddr%%](#). To make sure you receive our emails, please add info@citymd.com to your address book.

You received this message because you are opted-in to receiving occasional communications from CityMD.

%%Member_Busname%% | %%Member_Addr%% %%Member_City%%, %%Member_State%%, %%Member_PostalCode%%, %%Member_Country%%
Copyright © %%xyear%% City Practice Group of New York. All Rights Reserved.

You can [unsubscribe](#) from receiving further email communications.
*Note: You may still receive email communications related to your personal health with CityMD.

[View in browser](#)

