

# In The Know

June 2025



## What causes leg cramps? How to prevent and treat them.

Don't let painful muscle spasms stop you in your tracks this summer. Get the scoop on what causes this sudden tightening in your legs, how to prevent it from happening and when to come into CityMD for care.

[Learn more](#)



### How long does a sunburn last?

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### How to prevent summer skin infections.

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## Missed one of our free virtual webinars?

You can still tune in and learn about upcoming topics.  
*Getting Back into Action: Your Guide to Hip Pain*  
*Navigating Shoulder Pain: How to Get Back on Your Game*

[Click now to watch!](#)



## CityMD and Summit Health are one care team.

Need follow-up care? Due for a check-up? Our team can connect you with a primary care physician and specialists in more than 80 areas of medicine.

[Make an appointment](#)

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

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