

# By Your Side

Summer 2023



## How to Avoid Summer Skin Infections

There is no better way to cool off during the dog days of summer than to go for a swim. But sunscreen isn't the only protection you need. Follow our tips to avoid bringing home a pesky skin infection from the local pool or lake.

[Learn more](#)



**Summer Orthopedic Injuries**  
[Learn more](#)



**What is a Lyme Disease Rash?**  
[Learn more](#)



## Meet Our Grateful Patient

Do you get up several times during a movie or at night to use the bathroom? Jeff suffered from an enlarged prostate for years, but the treatment options he received at Summit Health changed his life.

[Learn more](#)

## Sun Safety Tips

Cover up with lightweight clothing and hats.

Shield your eyes with wrap around sunglasses.

Seek the shade, especially between 10 a.m. and 4 p.m.

Wear broad-spectrum sunscreen with SPF 30 or higher.

Reapply at least 1 ounce every two hours, more if you are getting wet.

Protect your lips with sun balm.

## Resources on the go



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