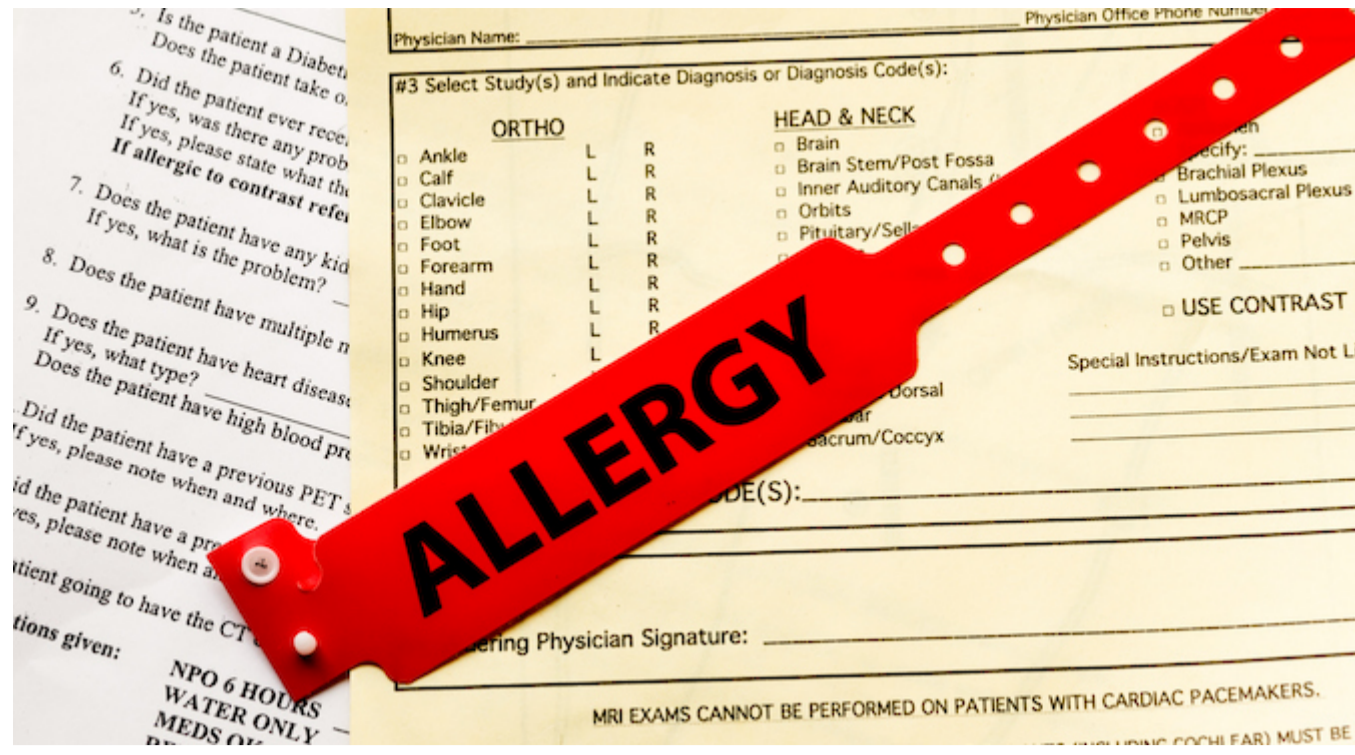


# By Your Side

May 2023



## Are You Really Allergic to Penicillin?

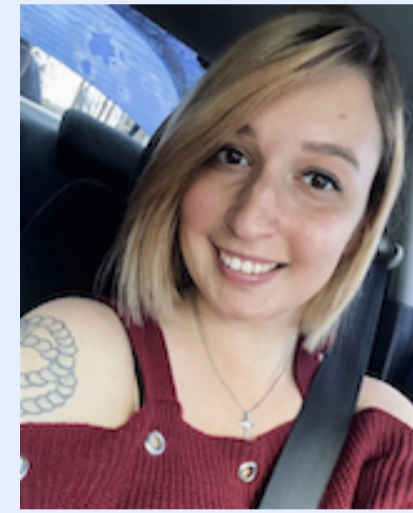
About 1 in every 10 patients in the U.S. report a penicillin allergy. But up to 90% of them do not actually have a true allergy. Learn why avoiding this common antibiotic can be harmful to your health and how to find out if you are — or are no longer — allergic.

[Learn more](#)



**Why is Breast Density Important?**  
[Learn more](#)

**How to Get Help for Depression**  
[Learn more](#)



### Meet Our Grateful Patient

After a frightful health scare, Erika Dewling was diagnosed with acoustic neuroma, a benign tumor that was about the size of an egg. Learn how a Summit Health surgeon helped remove the tumor and preserve her facial nerve function.

[Learn more](#)

## Women's Health Month: To Do List

### Heart Disease

- Follow a heart healthy lifestyle.
- Schedule regular visits with your primary care physician.
- Manage conditions like high blood pressure and cholesterol.

### Breast Cancer

- Talk to your doctor about when and how often to be screened.
- Schedule your yearly mammogram.
- Have a breast exam at your annual checkup.

### Cervical Cancer

- Visit your gynecologist every year.
- Have regular cervical cancer screenings.
- Get the HPV vaccine.

### Depression and Anxiety

- Reach out to a friend or family member.
- Ask a physician for help and discuss treatment options.
- If you are in crisis, text or call the Suicide and Crisis Lifeline at 988.

### Osteoporosis

- Get plenty of calcium and Vitamin D.
- Do weight-bearing exercises.
- Eliminate tripping hazards.



### Be Wise and Well

Check out more health topics



[STIs: Testing and Treatment](#)



[Low Blood Pressure Explained](#)



[Fever in Adults: What You Should Know](#)



[What to do Right After an Injury](#)

### Resources on the go



[Summit Health + CityMD app](#)



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