Tips for a healthy summer

Summers in Upstate New York are full of joyful activities like summer festivals, fireworks, bonfires, and lakeside fun. While enjoying sunny days and warm nights, it's important to remember to stay safe. Read these expert tips for sun, water, and fire safety for the whole family. Plus, consider the impact that loud events could have on your hearing health. URMC offers six practical tips to keep your ears safe. Finally, do air quality alerts have you worried? Air pollution researchers at URMC's new Institute for Human Health and the Environment have been collecting data from the Canadian wildfires, and they offer advice to protect your health.

Beat the heat with these 3 safety reminders »
6 tips to protect your hearing »
Stay healthy during an air quality advisory »

Study shows pediatrician and family collaboration can address obesity

A new study co-authored by URMC faculty provides evidence for a straightforward solution to addressing the rise of pediatric obesity: collaboration between families and their local pediatrician’s office.

Learn more »

URMC researcher receives $8.3 million to study chronic pain and the brain

Understanding the role of chronic pain in the brain is essential to treating patients and can inform the next generation of treatments for the more than 200 million Americans who experience chronic pain. An associate professor of Psychiatry at URMC has been studying the correlation.

Learn more »

New Mobile CPR Training Station Comes to Rochester, Finger Lakes

UR Medicine and the American Heart Association introduced New York’s first mobile hands-only CPR training station. Its first stop will be at Buffalo Bills Training Camp, where the team is welcoming the kiosk after Damar Hamlin’s survival of an on-field cardiac arrest shined a spotlight on the importance of being “CPR ready.”

Learn more »

Wilmot Warrior Weekend

How the fun is inspired and outlined your friends, family, and colleagues to help you navigate cancer at Wilmot, URMC’s first Warrior Weekend, September 29—October 1. The century-old event after a COVID surge, and a once-in-a-lifetime opportunity to be part of the Wilmot community is one you won’t want to miss. The 2023 Warrior Weekend will be held at the team’s Finger Lakes campus from September 30 to October 1. Discounted inaugural event pricing is available.

Register today >>

Social media highlight

Wilmot Warrior Weekend event.

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