

Good News

from the University of Rochester Medical Center

News for friends of the Medical Center.



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 could transform treatment and care for a condition that inflicts more than 20 percent of US adults. 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

leaving cancer in the dust

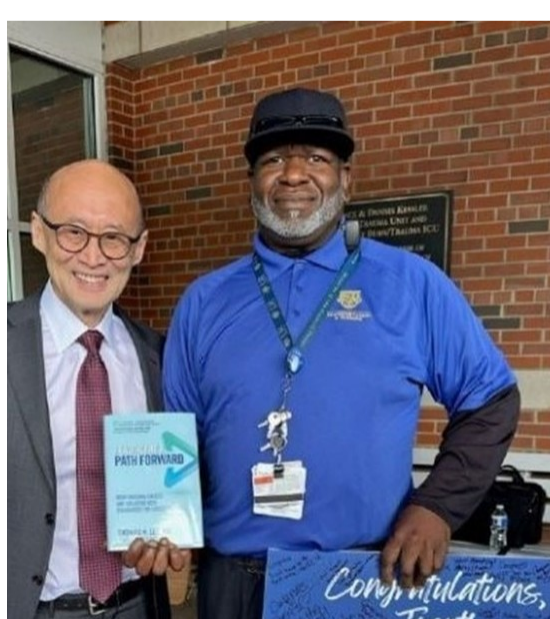


Wilmot Warrior Weekend

Now is the time to inspire and motivate your friends, family, and colleagues in the fight against cancer at Wilmot's 2023 Warrior Weekend, September 29—October 1, the premier charity event offering cycling, a walk, and a run in New York's Finger Lakes region. The new "Breakaway" cycling event will take place on Saturday, September 29, followed by our traditional Warrior Walk + 5k on Sunday, October 1. Discounted inaugural event pricing is available. Together we can help more patients survive and thrive following cancer treatment and care.

[Register today >>](#)

Social media highlight



University of Rochester Medical Center
30,040 followers
2d · 🌐

If you've ever visited the Strong Memorial Emergency Department, you've likely been greeted by a cheerful man with an infectious smile. For 11 years, Parking Representative Trent McNish has served URMC with dedication, going the extra mile to help patients and visitors at the ED entrance. Thank you, Trent! 🙌👍

Trent was recently recognized by Thomas Lee, MD, chief medical officer at Press Ganey, and expert in health care performance improvement and policy. Dr. Lee recently authored a book where he acknowledged just how moved he was by McNish's true dedication during a hospital visit last year.

#URMCPeopleInspired #Inspiration #Inspi ...see more
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Strong Memorial Parking Representative Trent McNish **goes the extra mile to help patients and visitors at the ED entrance.**



Good News is produced by URMC Advancement Communications. Direct feedback and questions to urmcadvcommservices@ur.rochester.edu.

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