



### Treat Hemorrhoids From Home

One of the greatest injustices of age has to be hemorrhoids – thankfully there are things you can do to help! Dr. Brittany Houston, Samaritan Internal Medicine, explains how to avoid them and treatments you can try at home.

[Find relief with six home remedies.](#)



### Shave Time off Your Mornings with Laser Hair Removal

Shaving is a daily hassle many would prefer to avoid. Karen Olszewski, RN, explains the ins and outs of laser hair removal that may have you wondering why you've waited this long.

[Say "goodbye shaving – hello silky smooth!"](#)



### Make Your Own "Cool" Treats

Before you fill your shopping cart with store-bought summer treats, try Registered Dietitian Lisa Robinson's refreshing, healthy alternatives.

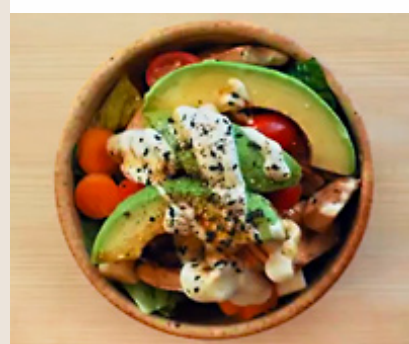
[Find fresh ideas for tasty treats.](#)



### Your Positive Example Can Prevent Childhood Obesity

Summer offers the perfect time to get outdoors with the children in your life. Pediatrician Dana Kosmala, DO, Samaritan Lebanon Health Center, provides guidance to prevent childhood obesity and kid-friendly hiking ideas near you!

[Put your hiking shoes on and make plans.](#)



### Try Our Sunny Day Bowl

Add sunshine to your day with fresh, crisp veggies, hearty protein and a delicious citrus avocado dressing – it's everything you need to make a complete meal in one bowl!

[See our latest video recipe. \(~2 min.\)](#)

## News

[More News](#)

[New Hospital Construction Begins in Lincoln City](#)

[Samaritan Scramble Raises \\$181,000 for Treatment & Recovery Services](#)

[Lebanon Emergency Department Opens New Patient Rooms](#)

## Classes & Events

[More Events](#)

Albany

[Living Well with Chronic Conditions](#)

Tuesday, July 17

Corvallis

[Living Well with Chronic Conditions](#)

Wednesday, July 18

Corvallis

[Evening of Beauty](#)

Thursday, July 26

Lebanon

[That's My Farmer - Nutrition Class for Cancer Survivors](#)

Tuesday, July 31

Lincoln City

[Grief Education & Support Group](#)

Tuesday, Aug. 7

Newport

[Prostate Health & You](#)

Thursday, Aug 9

[Doctors](#) [Jobs](#) [Locations](#) [Classes](#) [News](#) [MyChart](#)



[Contact Us](#) [f](#) [in](#) [t](#) [v](#)

Samaritan Health Services  
3600 NW Samaritan Drive  
Corvallis, OR 97330

[Privacy Policy](#)