



Are Supplements a Good Substitute for Real Food?

When life gets busy it can be easy to choose convenience over good nutrition. Dietitian Sara Thomas compares supplements with "real food" and whether they can fill the gap.

[Learn how supplements are different.](#)



High Blood Pressure Is Serious

What makes blood pressure such a vital indicator of health and why is hypertension often called the "silent killer?" Kathryn Brim, DO, with Samaritan Internal Medicine explains.

[Know the risks of high blood pressure.](#)



Five Treatments for Erectile Dysfunction (ED) Offer Help

Talking with your doctor about ED may seem awkward, but most men feel relief after broaching the subject. Ross Wopat, MD, explains the variety of non-surgical solutions available.

[Find out your options.](#)



Lean on Me – Why Cancer Survivors Need One Another

Cancer survivors have much to offer one another – from sharing experiences and practical advice to inspiration on living life to its fullest.

[Understand how support can help.](#)



Cervical Cancer Screening Guidelines to Get an Update

New screening recommendations might leave women wondering what to expect at their next exam. Jessica Bell, PA-C with Samaritan Gynecology & Surgical Associates, provides an update.

[Learn what the changes mean for you.](#)

News

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Albany

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Saturday, April 14

Lebanon

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Wednesday, April 18

Newport

[Adult-Focused Mental Health First Aid](#)

Thursday, April 19

Lebanon

[PainWise - First Steps to Managing Chronic Pain](#)

Wednesday, April 25

Newport

[Why Eating with the Seasons Is Good for You](#)

Wednesday, May 9

Corvallis

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

Wednesday, May 16

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