



Why Choose Whole Foods?

Hardly a day goes by without hearing we should eat better and avoid processed foods. Dietitian Barbara George explains the benefits of whole foods with tips on how to add more to your diet.

[Understand the hype behind whole foods.](#)



Seven Keys to Health That Deserve Your Attention

Child care and care for aging parents often falls on women in their middle years. As Mother's Day approaches, Dr. Nicole Forth reminds women why these years are also a critical time to be kind to yourself and take care of you!

[Put yourself on your to-do list.](#)



Thumbs up to Pain Relief!

Our thumbs assist us in nearly everything we do, but a lifetime of use can lead to thumb arthritis, pain and eventual loss of function. Hand Surgeon Dr. Erin Campaigniac explains five treatments that can ease pain and improve your function.

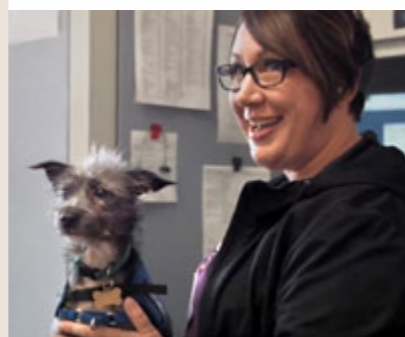
[Learn more about your options.](#)



Talcum Powder & Cancer – What's the Connection?

Concerns over the safety of talcum powder and a possible link to ovarian cancer may leave you wondering if these powders are safe. Dr. Wei Bai with Samaritan Cancer Program shares his thoughts.

[Find out where talcum powder stands.](#)



Meet Sammy the Therapy Dog

A spunky terrier-mix named Sammy is capturing the hearts of staff at Good Samaritan Regional Medical Center while providing comfort for what can sometimes be a stressful job. (~1 min. video)

[See Sammy's story.](#)

News

[More News](#)

[Nurse Retires After 42 Years at Lincoln City Hospital](#)

[Volunteers Craft Handmade Pillows to Comfort Patients](#)

[Pick of the Month: Cilantro Lime Three-Bean Salad](#)

Classes & Events

[More Events](#)

Newport

[The Amazing Benefit of a Plant-Based Lifestyle on Sleep](#)

Wednesday, May 16

Albany

[Think FAST: Learn the Signs of Stroke](#)

Wednesday, May 16

Albany

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

Thursday, June 7

Albany

[Memorial Day Bouquet Event](#)

Thursday, May 24

Valley to Coast

[Celebrating Cancer Survivors](#)

Sunday - Wednesday, June 3 - 6

Corvallis

[SAM Elite Sports Performance Camp](#)

Monday, June 18

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



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

Samaritan Health Services
3600 NW Samaritan Drive
Corvallis, OR 97330

[Privacy Policy](#)