



Brush up on "Tick Awareness"

Summer means time outdoors enjoying nature, but a growing concern about ticks and Lyme disease may have you wondering about the risk here in Oregon. Dr. Ian Ledford, Samaritan Internal Medicine, provides perspective and tick avoidance strategies.

[Get the facts about Lyme disease in Oregon.](#)



Early COPD Treatment Can Slow Its Progression

Chronic Obstructive Pulmonary Disease (COPD) is a serious lung condition that makes breathing more difficult. Respiratory Therapist Charles Cory explains how early diagnosis and treatment can make a positive difference in your health.

[Learn more about COPD.](#)



Need a Healthy Dinner Idea? Try Thai Turkey Lettuce Cups

Crisp, crunchy and full of flavor, these Thai Turkey Lettuce Cups are easy to make, fun to eat and oh-so nutritious!

[Watch our debut video recipe. \(~1 min.\)](#)



Should You Get Vaccinated for Hepatitis A?

Summer vacation season is here and staying healthy while traveling is important. Dr. Hylke Snieder, Samaritan Family Medicine Resident Clinic, explains when getting vaccinated for hepatitis A makes sense.

[Find out when to get vaccinated.](#)



Prevent Medication Errors with 5 Simple Steps

Are you guilty of taking medications without giving it much thought? A new study shows medication errors have resulted in a doubling of calls to poison control in recent years. Pharmacist Stacey Olstad shares her tips for avoiding medication mishaps.

[Learn how to be mindful of your medicine.](#)

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