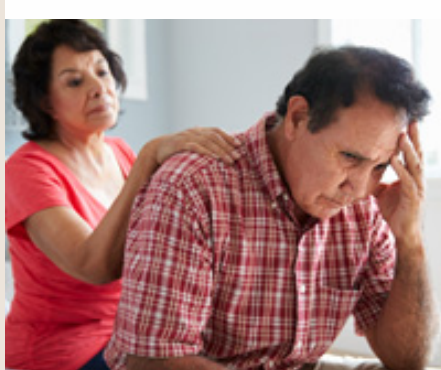




### Salt Vs. Sugar – Which Is Worse?

Do you favor salty or sweet when your taste buds are tempted and is one choice better for the health of your heart? Dr. Christopher Dubuque, Samaritan Internal Medicine, weighs in.

[Get the scoop on salt and sugar in your diet.](#)



### Being Absent-Minded Doesn't Mean You Have Dementia

As we navigate mid-life and beyond, forgetfulness can worry all of us at times. Psychology experts Robert Fallows, PsyD, and Audrina Mullane, PhD, examine dementia and the complex skill of memory creation and retention.

[Get tips to help reduce your risk of dementia.](#)



### When You're Sick or Hurt, What Imaging Makes Sense?

MRI and CT scans are just two of the amazing imaging technologies available today. Michael Johnson with Samaritan Albany General Hospital Diagnostic Imaging explains key imaging tools and how they help doctors assess what's going on inside your body.

[Learn the ABCs of diagnostic imaging.](#)



### How Much Do Helmets Help?

If you survived "childhood before seat belts," you may think helmets for recreational activities seem overboard. Dr. Nicholas Phillips, sports medicine physician with The SAM, explains why helmets make sense – and not just for kids!

[Hone your appreciation for helmets.](#)



### Try Our Marionberry Smoothie

Need an afternoon pick-me-up? Made with marionberries, greens, chia and flax seeds, this smoothie offers a taste of summer and a ton of nutritional value!

[Get the recipe and see the video. \(~1 min.\)](#)

## News

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[One Gift Leads to Another for New Coastal Hospital](#)

[What Do New Blood Pressure Guidelines Mean for You?](#)

[Local Patient Finds Relief From Migraines With Botox](#)

## Classes & Events

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<p>Lebanon</p> <p><a href="#">Troubled Veins, No Problem</a></p> <p>Tuesday, Aug. 21</p>	<p>Corvallis</p> <p><a href="#">Day of Beauty</a></p> <p>Friday, Aug. 24</p>	<p>Gleneden Beach</p> <p><a href="#">Summer Gala &amp; Charity Golf Scramble</a></p> <p>Sat./Sun. Aug., 25, 26</p>
<p>Albany</p> <p><a href="#">PainWise - First Steps to Managing Chronic Pain</a></p> <p>Thursday, Sept. 6</p>	<p>Newport</p> <p><a href="#">Advance Directive Workshop</a></p> <p>Thursday, Sept. 13</p>	<p>Lincoln City</p> <p><a href="#">Prostate Health &amp; You</a></p> <p>Thursday, Sept. 20</p>

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Samaritan Health Services  
3600 NW Samaritan Drive  
Corvallis, OR 97330

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