



Got a Nagging Cough or Wheeze? It Could Be Adult Asthma

It may sound like a childhood disease, but asthma can develop later in life too. Women are especially susceptible as hormones fluctuate. Respiratory Therapist Mary Jo Eyer explains why it's important to get that persistent cough or wheeze checked out.

[Take a breather – schedule a check up.](#)



In the Event of an Emergency, Are Your Medications Ready?

A flood, wildfire or earthquake can leave you scrambling to gather important belongings with little notice. Samaritan Pharmacist Kevin Russell offers specific advice to get your medications squared away so you're ready in an emergency.

[Think ahead and be prepared.](#)



Guess Which Ingredient Can Build a Better Breakfast

We've all heard the adage that "breakfast is the most important meal of the day." Find out what Registered Dietitian Alesha Orton recommends to start your day right!

[Give your morning meal a makeover.](#)



Raise Your Consciousness About Concussion

The fall sports season is here and with it a primer on concussion. Sports Medicine Physician Douglas Aukerman, MD, describes the signs of concussion and when to get a head injury evaluated.

[Recognize the signs and symptoms.](#)



Try Pan-Seared Sausage with Pink Lady Apples & Spinach

A simple white wine pan sauce brings this one-skillet dinner together. Perfect for a fall evening – or anytime you're in the mood for a fresh and easy, tasty meal.

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

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<p>Albany</p> <p>Healthy Aging for Your Brain</p> <p>Thursday, Sept. 27</p>	<p>Corvallis</p> <p>Rehab After a Stroke</p> <p>Tuesday, Oct. 9</p>	<p>Newport</p> <p>Healthy Aging for Your Brain</p> <p>Thursday, Oct. 11</p>

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Samaritan Health Services
3600 NW Samaritan Drive
Corvallis, OR 97330

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