



New Pacemaker Available for Hearts in Need of an Adjustment

Much like the conductor of a symphony, a pacemaker keeps your heart beating in rhythm. Cardiologist Ross Downey, MD, describes the benefit of leadless pacemakers.

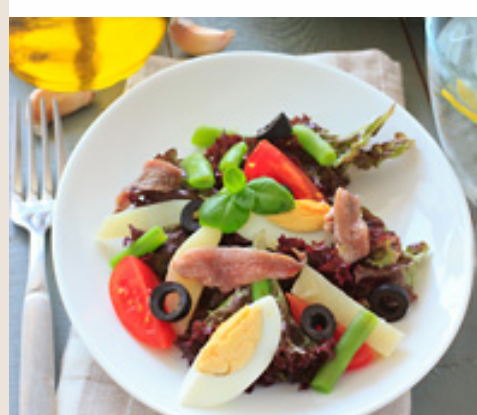
[Learn how this wire-free option compares.](#)



Sometimes Love Can Give You More than a Valentine

Sexually transmitted diseases (STDs) are on a steep rise, according to the Centers for Disease Control. Unfortunately, many people with an STD do not have symptoms. Dr. Sugat Patel with Samaritan Infectious Disease explains prevention and when to get screened.

[Find out when screening makes sense.](#)



Give Your Shopping Cart a "Mediterranean Makeover"

The Mediterranean Diet is frequently named the best diet for heart health. Dietitian Bonnie Buckingham covers key foods to help you transform your shopping cart.

[Get a grocery list to get you started.](#)



Become a Better Binge-Watcher

The cold and wet winter months seem like the perfect time to binge-watch your favorite shows. But all that TV-time can lead to poor nutrition and weight gain. Dietitian Kim Iszler offers tips to build better binge watching habits.

[Indulge in moderation!](#)



No Love Lost Between Women & Yeast Infections

There are few women's health issues more loathsome than dealing with a recurring yeast infection. Dr. Ian Ledford with Samaritan Internal Medicine explains what's behind this problem and when to see your health care provider.

[Know when to seek a better solution.](#)

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