



### Be Smart About Drinking Water in the Wilderness

It's that time of year when the mountains are calling. Before heading out on your next wilderness adventure, be sure to take time to think through your water options. Christopher Hart, physician assistant with the Depoe Bay Clinic, shares how to avoid water borne illnesses.

[Quench your thirst safely.](#)



### Avoid Osteoporosis After Menopause with Seven Tips

About half of all women over 50 will eventually break a bone due to osteoporosis. Dr. Sally Mangum with Albany Internal Medicine Resident Clinic provides her top tips for staying healthy.

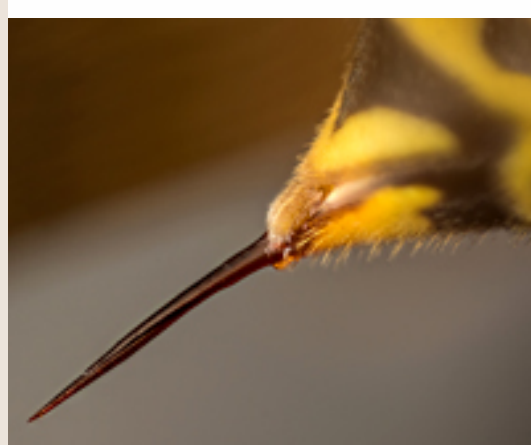
[Keep your bones strong for the long run.](#)



### Is Falling Asleep Too Early a Sleep Disorder?

It's not uncommon to fall asleep in front of the TV after a few nights of lost sleep. But when snoozing becomes a regular habit, it could indicate a larger problem. Sleep Medicine Technician Michael Stout explains when a sleep disorder may be the culprit.

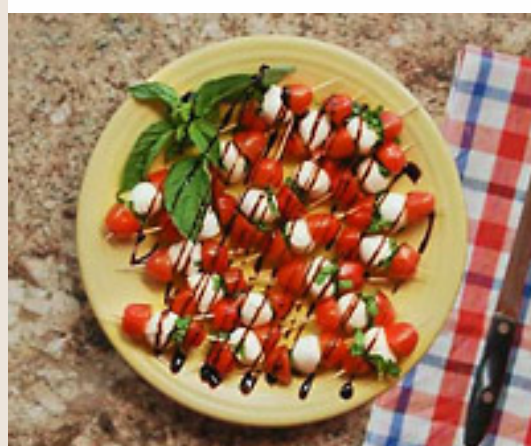
[Get tips to improve your sleep.](#)



### Ease the Pain of a Bee Sting in Six Steps

There's no greater summertime insult than getting stung by a bee when you're enjoying activities outside. Physician Assistant Lee Ann Wetzel with SamCare Express explains the best way to treat a sting and how to recognize an allergic reaction.

[Know which bees to avoid.](#)



### Try Caprese Salad on a Stick!

With tomatoes ripening in gardens all across Oregon, it's the perfect time of year for Caprese Salad appetizers. Easy to make and full of "summer flavor," these tasty appetizers will have you clamoring for more!

[See the video and get the recipe.](#) (~ 1 min.)

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