



Joint Replacement Can Get Your Life Back to Active

If physical pain in your hip or knees is limiting the activities you enjoy, it may be time to give joint replacement serious consideration. Dr. James Ryan with Samaritan Medical Group Orthopedics - Albany shares what to expect after joint replacement.

[Understand the recovery process.](#)



When it Comes to Anesthesia, There Are Many Considerations

Most of us associate anesthesia with being unconscious, but there are several different types of anesthesia that are used depending on the procedure. Dr. Toshio Nagamoto with Samaritan Surgical Specialists explains their use.

[Learn more about anesthesia.](#)



Do You Need a Daily Aspirin? Probably Not

For years it's been common practice to take low dose aspirin to prevent stroke or heart attack. But times have changed. Matthew Barton, physician assistant with Samaritan Cardiology - Corvallis, offers the research guiding this change.

[Learn why "an aspirin a day" is now passe.](#)



Treating Sleep Apnea Provides Key Benefits to Your Health

You snore every night and you've even been told you stop breathing at times, but you still haven't had it checked out. Dr. Mark Reploeg, director of the Samaritan sleep medicine program, explains why it's important to take sleep apnea seriously.

[Find out the six benefits of treatment.](#)



Try Roasted Brussels Sprouts with Pumpkin Seeds & Cranberries

Freshen up your holiday side dishes with this flavorful, texture-rich take on roasted Brussels sprouts. High in nutrients and antioxidants, this tasty recipe is a crowd pleaser!

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

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