



"I Think I Just Broke My Heart"

– Jim Cline

Jim Cline had just achieved a personal best at the SamFit gym in Newport. The next thing he knew, he was waking up in the hospital and sharing the unexpected news on the phone with his wife.

[Read the rest of Jim's story and see his video.](#)



Is It Heartburn or a Heart Attack?

If you've ever worried your heartburn symptoms may be a heart attack, you are not alone. Dr. William Stout with Samaritan Cardiology - Corvallis explains the similarities and distinct differences in symptoms.

[Know when to seek medical attention.](#)



Get "Power Snack" Ideas for Every Day of the Week

Keeping your energy up during the day can be a challenge, especially in the afternoon. Dietitian Bonnie Buckingham offers tasty snack ideas to keep you energized and satisfied all week long!

[Make your snacks work better for you.](#)



Want the Job? Be Prepared to Take a Drug Test

Congratulations! You've got the job – pending the results of a pre-employment drug test. Learn more about the screening process from Charles Pederson, MD, medical director at Samaritan Occupational Medicine.

[Find out what is tested and how it's done.](#)



Indulge in a Strawberry Protein Power Shake with Chia Seeds

Craving a milkshake? Try this quick and easy healthy version of a favorite "guilty treat." With only four ingredients, it's easy to keep these items on hand for an indulgent, nutritious shake.

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

News

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[New Lifesaving Heart Treatment Offered in Corvallis](#)

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Classes & Events

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Corvallis

[Living Well with Chronic Conditions](#)

Wednesday, Feb. 12

Lincoln City

[Childbirth Intensive Education](#)

Sunday, Feb. 16 or 23

Albany

[Learn the Signs of Stroke](#)

Wednesday, Feb. 19

Lebanon

[Baby Blast 2020](#)

Thursday, Feb. 20

Albany

[Spin for Survivors](#)

Saturday, Feb. 29

Valley

[SamCare Mobile Medicine - On Site Near You](#)

Events in February