



### After Frozen Shoulder Pain, Busy Mom Appreciates the Little Things

For Audrey DeKam, a painful frozen shoulder made even basic tasks difficult. Learn how a non-invasive procedure helped her get her range of motion back and enjoy life's simple pleasures again.

[Read Audrey's story.](#)



### Could You Have Leaky Gut? Help It Heal With Healthy Habits

You may have heard the term "leaky gut" blamed for everything from weight gain to depression. Dr. Erika La Vella, a surgeon with Samaritan Weight Management Institute, explains the symptoms, the cause and how to improve your gut.

[Understand gut health and what you can do.](#)



### Enjoy Healthy Meals You Can Prepare in 10 Minutes or Less

Eating healthy doesn't have to mean hours in the kitchen. Dietitian Sarah Madison shares four easy meals you can make yourself and offers tips for identifying healthier ready-made options.

[Add these healthy meals to your menu.](#)



### Understand Radiation Therapy & Its Use in Cancer Treatment

If you've been diagnosed with cancer, radiation therapy may be a part of your care plan. Dr. Patrice McGowan, radiation oncologist with the Samaritan Cancer Program, explains radiation therapy and how it is used in treatment.

[Learn more about radiation therapy.](#)



### Help Children to Navigate the Unusual Start to This School Year

Whether your child is headed back to school in-person, online or both, the transition during the pandemic and current fires could be stressful. Neuropsychologist Lindsey Felix, PhD, offers advice to families.

[Get ideas that can help.](#)

If your work situation has changed, you may qualify for health insurance through the Oregon Health Plan.

[Learn More](#)

#### News

[More News](#)

[Summit to Focus on Generational Poverty.](#)

[IHN-CCO Awards 550K in Grants to Support Members](#)

[New Surgeon Joins Samaritan North Lincoln Hospital](#)

#### Classes & Events

[More Events](#)

Virtual Event

[Walk, Run, Roll - Virtual 5K, 10K & 1/2 Marathon](#)

Sept. 10 through 27

Virtual Seminar

[Living Well with Chronic Conditions](#)

Begins Sept. 25

Virtual Seminar

[My Mammogram Is Abnormal. What's Next?](#)

Wednesday, Oct. 7