



"After All of Their Work With Me, I'm Walking Again." – Anthony Pollard

Anthony Pollard has persevered through lifelong health and neurological conditions thanks in part to hard work, his determination to make lifestyle changes and the help of SamFit.

[Read Anthony's story of resilience.](#)



Try These Foods the Next Time a Cold or Flu Comes to Visit

Cold and flu season is on the way. If someone in your household gets sick, Family Nurse Practitioner Jennifer Wilson shares what to eat and drink to feel less miserable and get better faster.

[Show the door to cold and flu symptoms.](#)



Are Lectins in Plant-based Foods Your Friend or Foe?

Lectins are proteins that can make some plant-based foods difficult to digest. Dietitian Suzanne Watkins explains how lectins affect digestion and what you can do to lessen their effects.

[Get the benefit of beans without the bother.](#)



Four Advances in Breast Cancer Are Saving More Lives

In the last 30 years, the survival rate for breast cancer has made major strides. While screening technologies have helped, advances in treatment have made the largest impact. Dr. David Faddis, a specialist in surgical oncology, explains.

[Learn more about today's treatments.](#)



Optimize Your Fitness With Performance Testing at The SAM

Whether you're an athlete wanting to up-your-game or you're starting to exercise after a long hiatus, the Human Performance Lab at Samaritan Athletic Medicine Center can help. Dr. Joshua Lenhof explains The SAM's testing and services.

[Learn about testing and how it can help.](#)

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

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Wednesday, Nov. 11