



Face Coverings Don't Limit Oxygen Levels – Here's Why

It's not unusual to feel uncomfortable or anxious as you get used to wearing a face mask. Dr. Brian Delmonaco, director of Samaritan Medical Group Pulmonology, offers tips to increase your comfort and reassurance for wearing your mask.

[Get comfortable with your mask.](#)



Navigate the Holidays During COVID-19 – Make a Plan Now

With COVID numbers rising sharply in Oregon, holiday gatherings are risky. Get advice for planning your festivities from Dr. Olivia Danforth and Resident Psychologist Geoff Schaubhut.

[Give serious thought to your holiday plans.](#)



In a Rut? Vary Your Routines To Freshen Your Outlook

If you're feeling bored and dissatisfied with the direction of your health or well-being, it may be time to mix things up. Get new ideas for meals, exercise and evening activities from Dietitian Kandice Abramson.

[Add variety to your life.](#)



Recognize the Symptoms of a Gall Bladder Attack

When your gall bladder is functioning normally, you'd never know it exists. But when something is wrong, you'll know. Dr. Melissa deWolfe, surgeon with Samaritan Surgical Specialists, describes the symptoms of an attack and when to get help.

[Learn more about your gall bladder.](#)



Spices Offer More Than Flavor

To add health benefits to any meal, visit your spice cabinet. A perfect alternative to salt, fat or sugar, spices are loaded with antioxidants, flavor and nutrition. Dietitian Mica Ward recommends four of her favorites.

[Season your health with spices.](#)

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