



Albany Woman Returns to Life Without Pain Medications

Long term use of pain medications led to many negative side effects for Ashley Grajczyk. With help from her primary care provider, Ashley was able to manage her pain in other ways and is enjoying life to its fullest again.

[Read Ashley's story.](#)



When Worry Persists It May Be Time to Seek Assistance

It's no surprise if you're feeling some anxiety right now. When feelings of anxiety persist or become overwhelming, it may be time to see a professional. Psychologist Sandra Minta offers insight and when to seek help.

[Understand anxiety, coping and treatment.](#)



Drinking More Often? Know the Signs When It's Too Much

A recent study found that Americans are drinking more frequently and in greater quantities during the pandemic. Kelley Story, director of Samaritan Treatment & Recovery Services, addresses problem drinking and what to do next.

[Consider your limits.](#)



Is My Stomach Pain Appendicitis?

While most abdominal pain can be attributed to nausea, gas or constipation, sometimes it can be something more serious. Dr. Andrew Sweeny, with Samaritan Albany Surgical Associates, explains the cause of appendicitis and how to recognize this potential medical emergency.

[Learn more about appendicitis.](#)



Dietitian Sheds Light on Nightshade Vegetables

In recent years, nightshade vegetables have gotten a bad rap. Dietitian Athena Nofziger takes a look at the concerns and explains why nightshade veggies can be a healthy part of most diets.

[Get the facts about nightshade veggies.](#)

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

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Monday, Jan. 18

Thursday, Jan. 21

Friday, Jan. 29