

Understand How Extra Pounds Can Lead to Metabolic Syndrome

If you've had to let your belt out more than a few notches over the years, you may be headed toward a condition called metabolic syndrome. Dr. Erika La Vella, Samaritan Weight Management Institute, explains how to change your course.

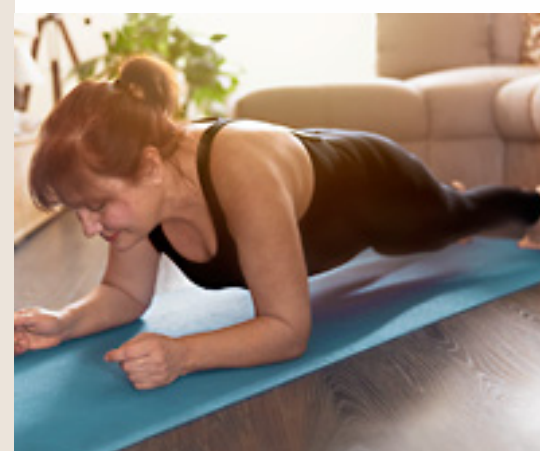
[Learn more about metabolic syndrome.](#)



If Dementia "Runs in the Family," Does It Increase Your Risk?

Worrying about memory loss is a typical age-related concern—especially when an older family member has dementia. Dr. Robert Fallows, Samaritan Neuropsychology, discusses risk factors and prevention.

[Take steps to lessen your risk.](#)



Strengthen Your Core to Stay Fit & Flexible for the "Long Haul"

From walking, standing or getting up from a chair, we rely heavily on our core muscles to move and keep us steady. Travis Obermire, physical therapist with Samaritan Athletic Medicine, shares three simple exercises to strengthen your core.

[Give yourself the gift of core strength.](#)



Curb Excessive Perspiration

Sweating during an inopportune time can be frustrating and embarrassing. Dr. Tim Arakawa, Samaritan Endocrinology, explains the causes of excessive sweating and offers tips to manage wetness and odor.

[Get practical tips that can help.](#)



How Butter, Margarine & Other Types of Spreads Stack Up

The options for topping your toast or sautéing vegetables are many. Registered Dietitian McKenna Parker, Good Samaritan Regional Medical Center, takes a look at milk and plant-based spreads.

[Choose a spread to meet your needs.](#)

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