



“My Hands Were Burning, My Arm Was Numb, I Knew What Was Happening” – Cherrie Scheinberg

When Portland resident Cherrie Scheinberg recognized the symptoms of carpal tunnel, she decided to have corrective surgery at Samaritan North Lincoln Hospital on the coast.

[Hear about Cherrie's choice and her experience.](#)



Protect Your Lungs: Six Activities Where a Mask Makes Sense

Depending on the household chore, a mask can help protect the health of your lungs. Dr. Tomer Pelleg, pulmonologist with Samaritan Medical Group Pulmonology explains what type of mask is best for the job at hand.

[Keep a supply of masks on hand.](#)



What Is Heart Failure & What Can You Do About It?

When the heart isn't pumping blood as effectively as it should, heart failure is usually the reason. Tracy Randleman, RN, with Samaritan Heart Center addresses heart failure, symptoms and lifestyle changes that can help.

[Manage your symptoms to feel better.](#)



Prevention Is the Best Medicine to Avoid the Emergency Department

Nothing can dampen a beach trip or barbeque more than an injury-related visit to the emergency department. Get summer safety tips from Dr. Scott Grupas, a 14-year veteran of emergency medicine at Samaritan Pacific Communities Hospital.

[Stay safe and enjoy your summer!](#)



Understand Five Key Facts About Getting a Vasectomy

Having a vasectomy can be an excellent option for couples who are finished having children and are looking for effective, long term birth control. Dr. Ross Wopat, Samaritan Urology, explains what you need to know.

[Make an informed decision.](#)

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