



Protect Yourself From the Delta Variant With Three Strategies

In recent weeks, COVID-19 cases in our area have risen sharply with most cases linked to the Delta variant. Dr. Adam Brady, head of the Coronavirus Task Force at Samaritan, shares key facts about this variant and three ways to protect yourself.

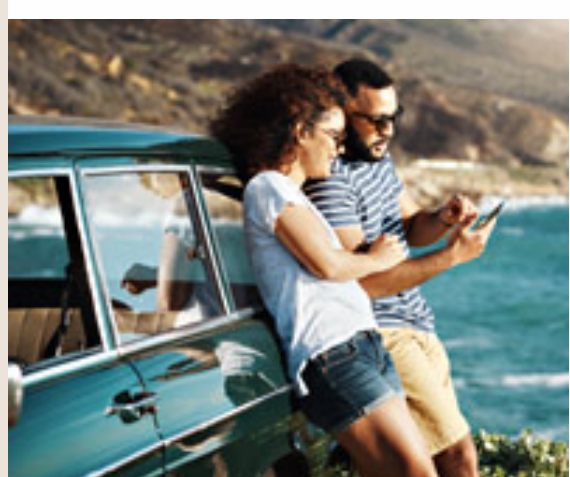
[Get the facts about the Delta variant.](#)



Colorectal Cancer Screening Recommended to Start at Age 45

In response to an increase of colorectal cancer for those under the age of 50, the recommended age to begin screening has been lowered. Dr. David Larsen, general surgeon at Samaritan Pacific Communities Hospital, explains your options.

[Take charge of your health with early detection.](#)



Eat Well on Your Next Road Trip

A road trip does not mean you have to cut corners on maintaining a healthy diet. Whether you bring your own food or buy it along the way, Suzanne Watkins, registered dietitian at Samaritan Albany General Hospital, shares tips for "good eats" while enjoying the sights.

[Find practical tips to help plan for your trip.](#)



Going Barefoot? Take Smart Care of Your Feet

Kicking off your shoes and feeling the grass underfoot is a true summertime pleasure. Dr. Darrell Prins, podiatrist at Samaritan Coastal Clinic, shares why moderation is important when going barefoot.

[Protect your feet – and your summer.](#)



Try Spicy Grilled Peaches With Feta Cheese

Juicy and sweet, fresh Oregon peaches are a special treat this time of year. A great source of potassium, fiber, and vitamins A and C, this unique, low calorie recipe will add zing to your next meal.

[Get the recipe.](#)

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September 10 - 20