



“I wasn’t about to accept this as a final outcome ... my mobility is everything.” – Kent Emry

After a disabling motorcycle accident, Kent Emry defied the odds through perseverance and the help of hyperbaric oxygen therapy to regain his mobility and adventurous lifestyle.

[Watch Kent's inspiring story.](#)



Get a Handle on Clutter Before It Handles You!

Too much clutter around the house can be mentally draining and is a risk for falls. Physical Therapist Robin Johanson, Samaritan Rebound Physical Therapy, offers helpful tips for clearing clutter and reducing your fall risk.

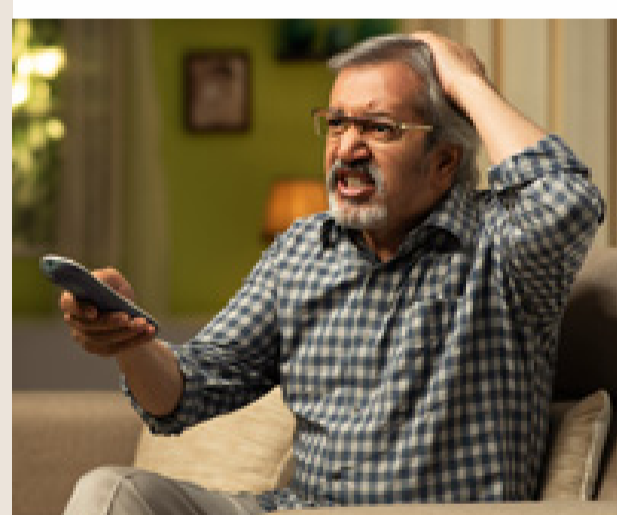
[Start spring cleaning ahead of schedule.](#)



Gain an Understanding & Appreciation for Antibiotics

Antibiotics work in unique ways to help fight bacterial infections. Student Pharmacist Brandon Gill provides a detailed overview of antibiotics. He discusses how they work, classes of antibiotics, how your provider decides which one to use and strategies to manage side effects and resistance.

[Get a primer on antibiotics.](#)



Can Anger Hurt Your Heart?

While anger is a common emotion, if you frequently “blow your top,” you could be harming your heart. Dr. Jeremy Warner, Samaritan Cardiology, provides four tips for managing anger and stress.

[Maintain your cool.](#)



Freshen Your Look With Microneedling

Microneedling is a cosmetic treatment that can improve the appearance of your skin. Master Aesthetician Ashley Johnson, Samaritan Plastic, Reconstructive & Hand Surgery, explains this treatment and how it can benefit your skin.

[Find out about microneedling.](#)

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