



“What if they couldn’t remove all the cancer? I was scared.”

– Rik Savering

A routine screening revealed an elevated PSA level for Tidewater resident Rik Savering. Early detection of his prostate cancer and confidence in his care team helped him overcome his fear of treatment and make a full recovery.

[Read Rik’s story and see his video.](#)



Age Well With Six Tips

Getting older is inevitable and can come with unexpected turns. Dr. Skotti Church, geriatrician with Samaritan Internal Medicine, offers strategies for planning ahead, staying healthy and enjoying your retirement years.

[Stay ahead of the clock.](#)



Talk to Your Child About Drug & Alcohol Use

The end of the school year and summer break are key times kids can feel pressure from peers to push boundaries. Dr. David Simmons, Samaritan Family Medicine Resident Clinic, offers tips and resources to talk to your kids about alcohol and drug use.

[Start the conversation.](#)



Get Ready for Summer With Laser Hair Removal

Spring is a great time of year to begin laser hair removal treatments to get underarms and swimsuit lines beach-ready. Karin Olszewski, RN, explains how it works and what to expect.

[Lessen your shaving time.](#)



Try Rhubarb Fruit Salad

It’s rhubarb season in Oregon and while pie may be the first thing to come to mind, our fruit salad recipe is easy to make and lower in calories. This lip-puckering veggie is tamed with a bit of honey and provides an excellent source of potassium and vitamin K.

[Get the recipe.](#)

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