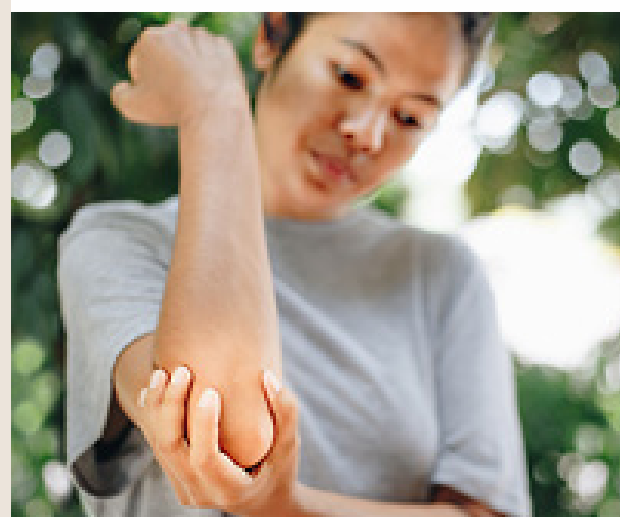




### Local Radio Personality Back on Stage After Serious Health Issue

A fast heartbeat was just the beginning of an unexpected health crisis that landed Scott Schuler in the hospital for over a month. Happy to be back to work and emceeing at the Linn County Fair this weekend, Scott reflects on his experience.

[Read Scott's story of perseverance.](#)



### Don't Let Elbow Pain Stop Your Game

Tennis elbow is a condition that affects more than tennis players. Physical Therapist Travis Obermire, Samaritan Athletic Medicine Center, explains causes and treatments that can help.

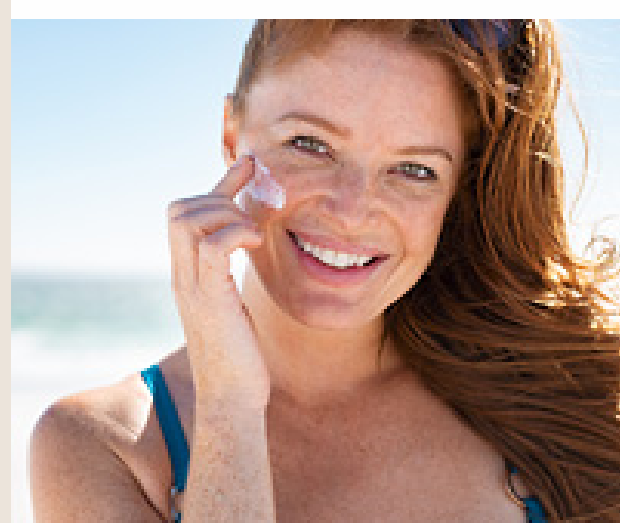
[Get back in the game.](#)



### Know Your Options for Over-the-Counter Pain Relief

Aspirin, ibuprofen, acetaminophen and naproxen are found in most home medicine cabinets, but does it matter which one you use? Pharmacist Yasmin Nejad, Samaritan Pharmacy – Corvallis, helps sort through your choices.

[Match the medicine with your need.](#)



### Combat Wrinkles & Dark Spots With Broad-Spectrum Sunscreen

Using a broad-spectrum sunscreen is the best defense against the damaging effects of the sun. Registered Nurse Karin Olszewski, Samaritan Plastic, Reconstructive & Hand Surgery, explains ratings and how to prevent sun-related damage.

[Get tips for smart sunscreen use.](#)



### Help Your Child Overcome Constipation

Constipation is common in children and can develop for a variety of reasons. Pediatrician Bob Michael offers practical solutions that can help.

[Curb constipation with six practical tips.](#)

## News

[More News](#)

[Samaritan Hospitals Recognized for Top Stroke Care](#)

[COVID-19 Vaccine Authorized for Children Under Five](#)

[Lebanon Foundation Funds \\$178,850 for Hospital Projects](#)

[Coastal Program Offers Lifeline to Those in Crisis](#)

[PET & CT Imaging Access Expanding in Lincoln County](#)

[Fully Integrated Robotic Surgery Launches in Albany](#)