

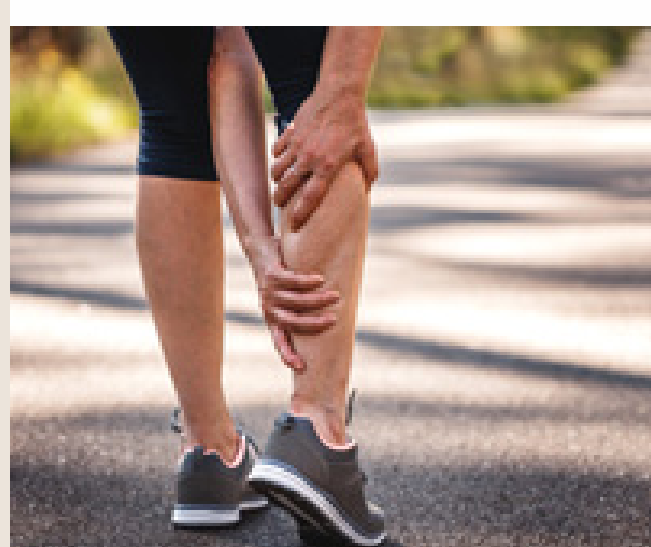


“I Knew It Was Time for a Change.”

– Mel Parent

At 49, Mel Parent was borderline diabetic and found physical activity difficult. After making lifestyle changes and seeing her weight loss plateau, she decided to learn more about bariatric surgery.

[Read about Mel's weight loss journey.](#)



Get Relief From Muscle Cramps

There's nothing quite like the jolt of waking up to an excruciating leg cramp. Physical Therapist Parwana Schell, Samaritan Physical Rehabilitation Specialists, explains the causes of muscle cramps and what you can do to prevent them.

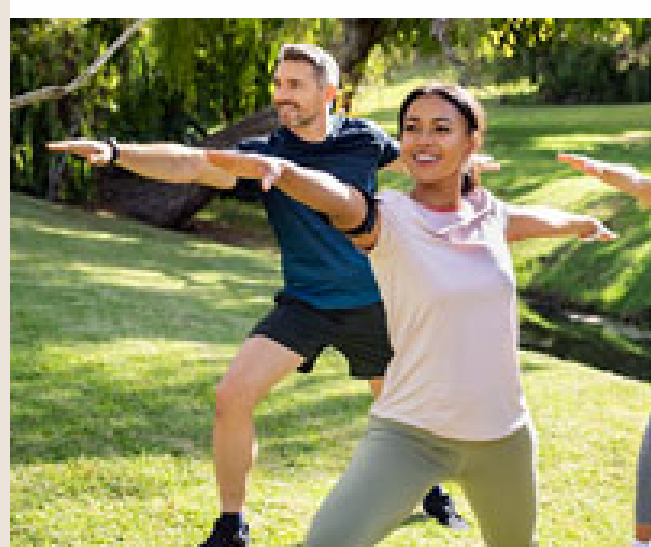
[Find remedies to ease discomfort.](#)



ACL Repairs Are as Unique as Each Patient

A sudden stop or twist to the knee can cause a anterior cruciate ligament (ACL) injury. Orthopedic Surgeon Christopher McCrum, Samaritan Athletic Medicine, explains the decision-making process in choosing the best approach for repair.

[Understand your options.](#)



Try “Dynamic Stretching” Before Exercising

Getting your muscles ready to work before exercise sets you up for success and reduces the chance of injury. Parwana Schell, Samaritan Physical Rehabilitation Specialists, explains the difference between static and dynamic stretches.

[Choose the right stretch for your activity.](#)



Learn to Adapt as COVID-19 Cases & Hospitalizations Continue

Cases of COVID-19 have steadily risen throughout the summer, largely due to the variant of omicron called BA.5. Samaritan Infectious Disease Specialist, Adam Brady, MD, provides an update on treatment and precautions.

[Learn the latest from Dr. Brady.](#)

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