



“Having Each Other to Lean on Helped Get Us Through.”

– Jeanette Campagna and Sonia Graham

A casual friendship became a lasting bond as breast cancer survivors Jeanette Campagna and Sonia Graham banded together to form the annual Coast Busters breast cancer walk to help women struggling with breast cancer.

[Read Jeanette and Sonia's inspiring story.](#)



Fill Your Plate With Fiber

Getting enough fiber in your diet goes beyond eating bran flakes for breakfast. Dr. Katy Brown, endocrinologist at Samaritan Weight Management Institute, examines the importance of dietary fiber and offers tips for adding it to every meal.

[Set your focus on fiber-rich foods.](#)



Taking Antibiotics? Watch Out for These Six Foods

Antibiotics can be an important part of fighting a bacterial infection. What you eat can impact how well they work. Pharmacy Interns Lia Robichaud and Alicia Li explain.

[Help your antibiotic work like it should.](#)



Medical Aid in Dying: What Is It & How Does It Work?

Oregon's Death with Dignity Act has made medical aid in dying legal. Dr. Kelsey Terland, Samaritan Palliative Care, reviews the Death with Dignity Act, reasons people consider it and how the process works.

[Learn more about medical aid in dying.](#)



Get Help for Spider Veins & Rosacea

If you have redness or spider veins that bother you, laser treatments may help. Karin Olszewski, RN, with Samaritan Plastic, Reconstructive & Hand Surgery, explains the treatment process and what to expect.

[Improve uneven skin tone.](#)

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