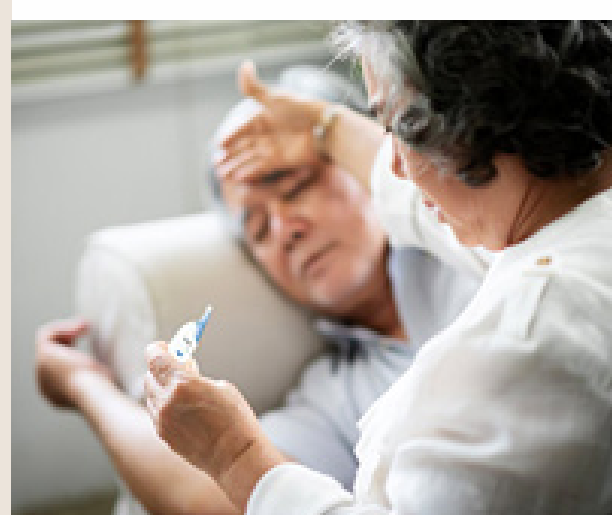




### Is Choosing “Low Fat” Always Your Best Option?

Nutritional guidance has changed over the years including advice about dietary fat. Dr. Katy Brown, endocrinologist at Samaritan Weight Management Institute, provides insight to help you make informed choices about fats in your diet.

[Get the facts on dietary fat.](#)



### Colds & Flu Are on the Rise – Know When to See Your Doctor

With cold season in full swing, and doctor’s offices busy, Dr. Robert Farrell, medical director of Samaritan Pacific Communities Hospital, explains when to see your doctor and when it makes sense to care for yourself at home.

[Determine what’s best for you.](#)



### Hearing Loss Has an Emotional Toll

Joyous holiday gatherings can make it difficult to hear conversation, and even harder if you, or someone you love, have hearing issues. Deborah Litberg, licensed clinical social worker, addresses the impact of hearing loss for adults and children, and offers support.

[Find ideas to improve communication.](#)



### Consider the Benefits of Hormone Therapy

If “good sleep” has become a thing of the past, or hot flashes and night sweats are frequent visitors, you may be experiencing perimenopause or menopause. Dr. Sarah Vander Pol, Samaritan Obstetrics & Gynecology, offers treatment options.

[Learn about managing your symptoms.](#)



### Soothe Dry Winter Skin With Six Easy Tips

When it’s cold outside and warm indoors, skin care can be a challenge. Licensed Aesthetician Ashley Johnson offers recommendations to keep your skin glowing throughout the winter months.

[Get tips for keeping skin healthy.](#)

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