



Innovations in Breast Cancer Treatment Provide Hope

With advancements in early detection and treatment, the five-year survival rate for breast cancer has reached 90%. Learn how innovations in care are contributing to this positive trend from the team at the Samaritan Cancer Program.

[Hear more from our local experts.](#)



Allergies Can Begin at Any Age

Occasionally our immune system can begin to overreact to common substances like food, pollen or even exercise. Dr. Austin Loranger, Samaritan Medical Group Pulmonology – Corvallis, provides insight on allergies and when to seek medical advice.

[Understand the allergic response.](#)



Genetic Testing Can Reduce Cancer Risk, Guide Treatment

New research continually reveals links between genes and specific cancers. Dr. Yarrow McConnell, Good Samaritan Regional Medical Center Breast & Surgical Oncology, explains genetic testing and how it can inform your health care decisions.

[Learn when to consider getting tested.](#)



Find Caring Ways to Discuss Death With Children

Talking to children about dying, death and grief can be challenging and emotional topics for both parents and children. Licensed Clinical Social Worker Abby Demchak provides sound advice and thoughtful ideas to help.

[Navigate sensitive conversations.](#)



Be a Winner at Tailgating

Tailgating on game day can sometimes sack your dietary goals well before kickoff. Registered Dietitian Diego Guzman offers strategies to avoid getting sidelined by greasy foods and extra calories.

[Get seven tips to keep your head in the game.](#)

News

[More News](#)

[Albany SamFit Looks to Reopen at the End of December](#)

[Celebrate Our 75th – Education & Training Are Key to Success](#)

[Samaritan to Partner With Life Flight Network](#)

[Medicare Shopping Season Begins](#)

[Be Prepared for Respiratory Virus Season](#)

[Samaritan Ends Contract With United Healthcare](#)

Classes & Events

[More Events](#)

📍 Albany

[ArtsCare Workshop, Free Saturday Series](#)

Saturday, Oct. 14

📍 Virtual

[Advancements in Breast Cancer Care](#)

Monday, Oct. 16

📍 Newport

[Advance Directive Workshop](#)

Wednesday, Oct. 18

📍 Sweet Home

[Sweet Home Medical Center Open House](#)

Friday, Oct. 27

📍 Lebanon

[MAPS Pain Mastery Group – Series](#)

Thursday, Nov. 2

📍 Coast

[Light up a Life in-Person Events](#)

Friday, Nov. 3 & 10