



Exploring Real Recovery: One Patient's Joint Replacement Journey

Orthopedic Surgeon James Ryan, MD, helped joint replacement patient Carl Anderson return to an active lifestyle. Carl offers key questions you should ask your doctor when deciding if surgery is right for you.

[See Carl's Insights.](#)



Transforming Cancer Care at Home

Cancer treatment continues to evolve, and one promising option is oral chemotherapy — a convenient alternative to traditional IV therapy. Taken at home, these medications offer patients more control over their care, fewer clinic visits and personalized support from pharmacists.

[Explore oral chemotherapy.](#)



Try Egg Alternatives for Everyday Cooking

With high egg prices and growing interest in plant-based diets, many are exploring egg substitutes that are budget-friendly and flavorful. From flaxseed and tofu to chickpea flour and applesauce, these options offer versatility for baking and cooking.

[Discover egg-free options.](#)



Whip Up a Veggie Tofu Scramble

This beginner-friendly tofu scramble whips up quickly, offers endless flavor possibilities and satisfies with every bite. Made with tofu, vibrant vegetables and savory seasonings, it's a nourishing plant-based breakfast that comes together in minutes.

[Get the recipe.](#)

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