



AMERICAN HEART MONTH 2023: TAKE CONTROL OF YOUR HEART HEALTH WITH *GALE HEALTH AND WELLNESS*

Gale Health and Wellness provides you with access to leading publications, reference materials, news reports, videos, and images focused on diseases/disorders, treatments, and diagnostics.

Utilize this worksheet to learn about heart health, and build a plan to start a conversation with your doctor.

FIND CONTENT

To find content **Browse** through the topics on the homepage, or run a **Basic Search** if you have something specific in mind.

The search term **“Heart Disease”** will bring you to an organized **Topic Page** providing information on subjects and ideas related to heart disease.

Select the **Read More** button under the **Overview** to learn the basics of heart disease, including causes, symptoms, prevention, and treatments.

Continue on through *Gale Health and Wellness* to learn more.

Some helpful topics to explore include:

- Hypertension
- Electrocardiography
- Heart-Healthy Diet
- Exercise
- Diabetes
- Obesity
- Bariatric Surgery

The screenshot shows the Gale Health and Wellness website interface. At the top, there is a search bar with 'Heart disease' entered. Below the search bar, the page title is 'Heart disease'. The 'OVERVIEW' section features a photograph of two women, one of whom is a healthcare professional, with the caption 'Heart disease - vulnerability of Black women'. To the right of the photo is a text block describing heart disease and its various conditions, followed by a 'Read more' button. Below the overview, there is a section titled 'ON THIS PAGE' which lists various content types: Reference (538), Magazines (59,349), Videos (247), Images (30), Audio (107), News (95,496), and Academic Journals (19,886). A 'Related Topics' section is also visible. At the bottom, there is a 'SEARCH WITHIN RESULTS' section with a search bar and two result boxes: 'Bicuspid Aortic Valve' and 'Studies from Beth Israel Deaconess Medical'.

TURN THE PAGE TO ORGANIZE YOUR THOUGHTS AND BUILD A PLAN>>>



**YOUR HABITS
(GOOD AND BAD)**

Blank area for notes related to habits.



YOUR RISK FACTORS

Blank area for notes related to risk factors.



TREATMENT OPTIONS

Blank area for notes related to treatment options.



**QUESTIONS FOR
YOUR DOCTOR**

Blank area for notes related to questions for a doctor.