

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.

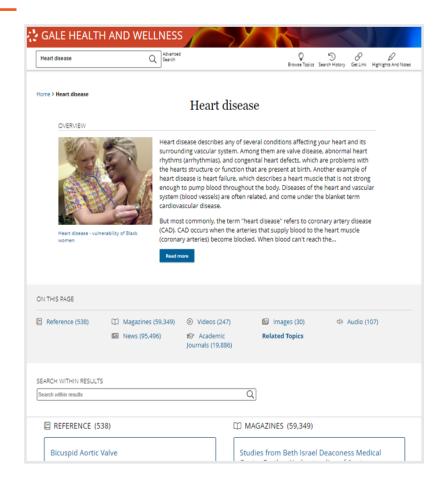
The search term "Heart Disease" will bring you to an organized Topic Page providing information on subjects and ideas related to heart disease.

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
- Hearth-Healthy Diet
- Exercise
- Diabetes
- Obesity
- Bariatric Surgery



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











