



Dr. Marlene MD
www.DrMarleneMD.com

HEALTH

Your Heart is Your Home: Heart Anatomy 101

Heart Disease is common and preventable. The heart is a complicated structure. Learn about heart anatomy to understand heart disease. Heart Anatomy compares the heart to the home structure. Heart muscle = wall; Heart valves = doors; Heartbeat = electricity; Coronary Arteries = pipes and plumbing; Blood = water in the pipes.

The Business of Your Health: Living Will and Health Care Surrogate

What is a Living Will? A Health Care Surrogate? These documents explain to your healthcare providers whom you designate to represent you if you are unable to make a decision and your wishes for healthcare under certain circumstances. What happens if you do not have these documents? These questions will be answered.

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Move It: Exercise Myths **Revealed & Reviewed**

Exercise is vital for body and mind, during all phases of your lifespan.

What is the myths about exercise? True or false? How important is stretching for the body? How much water intake is recommended?

How many minutes does one have to exercise per day? What is the recommendation? Moving in small ways has a great impact on a person's health. Learn why and how to incorporate 'exercise' into your daily routine.

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The How and Why: Your Medication & Health History List

You know the best your medical history. What medications, over the counter, and vitamin supplements do you take? When do you take each pill? What vaccines have you received? Any surgeries? The importance of this data, how and what to record, and different forms are reviewed.

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