



## PLAYLISTS FOR IN-DEPTH LEARNING



Understanding  
Deep Vein  
Thrombosis (DVT)



Understanding  
Diabetes (Type 1  
and Type 2)



Understanding  
Heart Attack



Understanding  
Heart Disease  
(CAD)



Understanding  
Peripheral Artery  
Disease (PAD)

## VIDEOS FOR LEARNING ABOUT SPECIFIC TOPICS



Artery Hole  
Closure



ASD Closure



Benefits & Side  
Effects of Statins



Heart Attack &  
Heart Failure



Nutrition & Heart  
Disease



What is Stroke?



**VIDEOS (cont.)** FOR LEARNING ABOUT SPECIFIC TOPICS



Inflammation &  
Cardiovascular  
Disease



Complications of  
Diabetes



Microvascular  
Complications



Obstructive Sleep  
Apnea



Effects of Smoking



Nutrition & Heart  
Disease

**TOOLS** TO LEARN MORE ABOUT YOUR HEALTH & POTENTIAL RISKS



6 Minute Walk  
Test



Afib Risk  
Calculator



BMI Calculator



Diabetes Risk  
Calculator



Heart Disease Risk  
Calculator