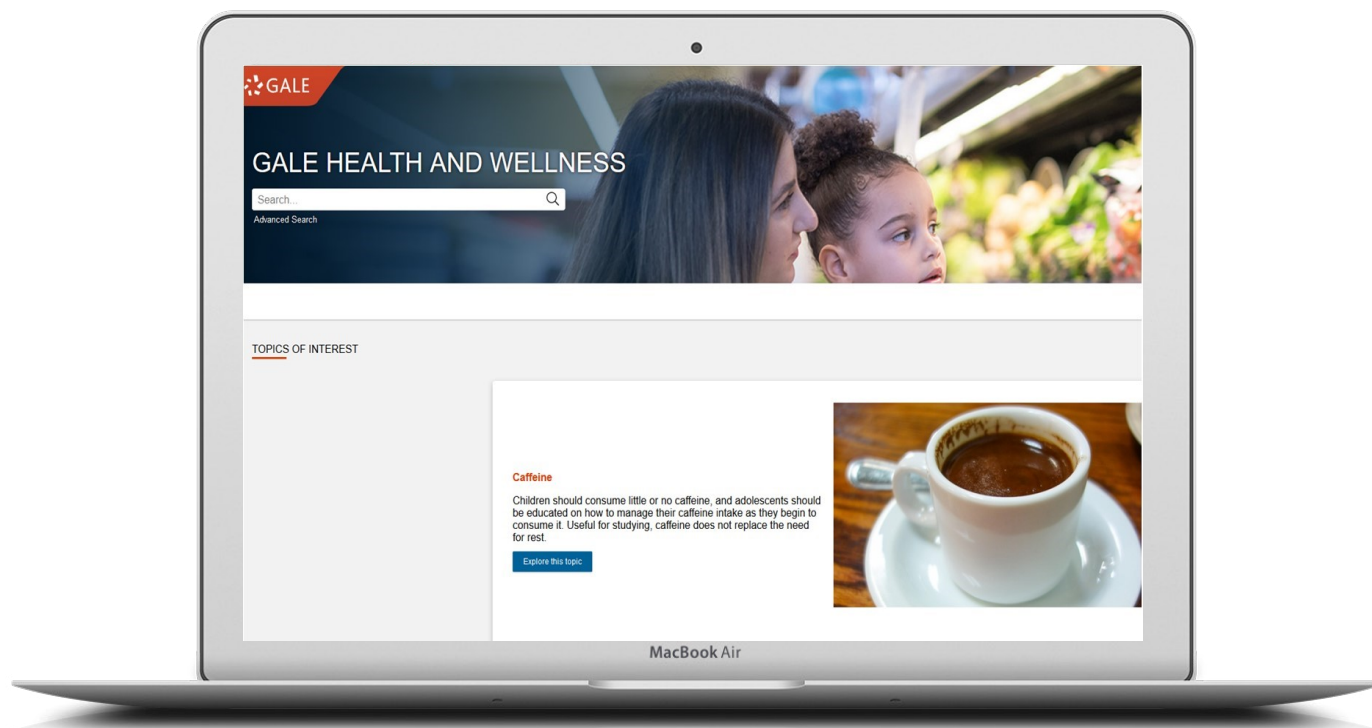


HEALTH & WELLNESS

YOUR TRUSTED SOURCE FOR HEALTH INFORMATION

Health & Wellness puts authoritative, up-to-date information on health and wellness topics at your fingertips. You'll have access to full-text medical journals, magazines, reference works, multimedia and more. Whether you need answers to questions you don't feel comfortable asking your doctor or you want to browse through current topics of interest, Health & Wellness provides the reliable information you need.



TOPIC PAGES

Link directly into popular topics from the home page or click **Browse Topics** in the banner to view all.

TOPIC FINDER

Explore divisions within a topic and connections between subjects. Click to uncover paths of discovery and relevant results to match.

SIGN IN

Sign in and send articles to your Google or Microsoft account. Access your results anywhere from Google Drive or OneDrive.

SEARCHING CONTENT

Basic Search

Searches across the entire resource for results

Basic Search is a good place to start when you have a specific health concept or topic in mind.

Advanced Search

Customizes your search and targets relevant results

Select from search fields and run complex searches.

- **Keyword** provides a good general option to start.
- **Subject** increases specificity if your basic or keyword search produces too many results.
- **Entire Document** searches for any mention of your terms within documents' full text, allowing you to find coverage of very specific health terminology.
- Narrow your results with **More Options**, including publication date, full text documents, and more.

Subject Guide Search

Takes a guided approach to finding your topic

Select Subject Guide Search to narrow a single topic by subdivisions, and view narrower and broader subjects.

Publication Search

Verifies the availability of a publication within Health & Wellness Resource Center

Enter the title of a health publication. Click matching results to view coverage details, and link to entries or articles.

Topic Finder

Generates a visual representation of your search results by topic and subtopic

Use Topic Finder if you're having trouble identifying a specific health topic, when you have an idea for a topic and want to investigate related topics, or when you want to narrow your search results. As you click around in the Topic Finder tiles, results on the right update dynamically, allowing for one-click access into relevant content. Simply click on an article to view it.

BROWSING CONTENT

Topic Pages

Provide a starting point to understand key health topics

Topic pages begin with an overview that provides framework for understanding the health issue. Additional content may include the following:

- **Reference:** overviews from reference books like The Gale Encyclopedia of Medicine and other top reference works
- **Magazines:** top general interest health publications
- **Images:** photographs, illustrations, diagrams, and more
- **Videos:** streaming video content from reputable research sources
- **News:** articles from a variety of health-related newsletters, newspapers, and newswires
- **Audio:** clips from reputable news and research sources.
- **Academic Journals:** articles from academic, scholarly, and peer-reviewed publications

GALE HEALTH AND WELLNESS

SEARCH OPTIONS

Advanced Search [Subject Guide Search](#) [Publication Search](#) [Topic Finder](#)

Advanced Search

Search for in

And in

And in

[Add a Row](#)

[Search](#)

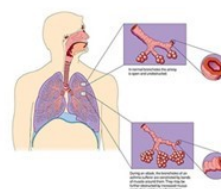
MORE OPTIONS

- ☒ Full Text Documents
- ☐ Document Contains Images
- ☐ Peer-Reviewed Journals
- ☐ Consumer Health
- ☐ En Español

by publication date(s):

Asthma

OVERVIEW



Asthma

Every organ and tissue in the human body relies on oxygen to function. That oxygen comes from the air you breathe. When you inhale through your nose and mouth, air travels down your windpipe into your lungs. It passes through branching air passages called bronchial tubes, into tiny balloon-like sacs called alveoli. In the alveoli, oxygen is absorbed through very small blood vessels into the bloodstream. From there, it is carried to the rest of your body.

In people with asthma, the airways of the lungs are inflamed and narrow. Exposure to certain substances in the air, such as pollen or smoke, makes the muscles around the airways tighten even more. Narrowed airways do not let enough oxygen flow into...

[Read more](#)

Magazines (4,549)

News (17,725)

Videos (31)

Academic Journals (3,868)

Images (40)