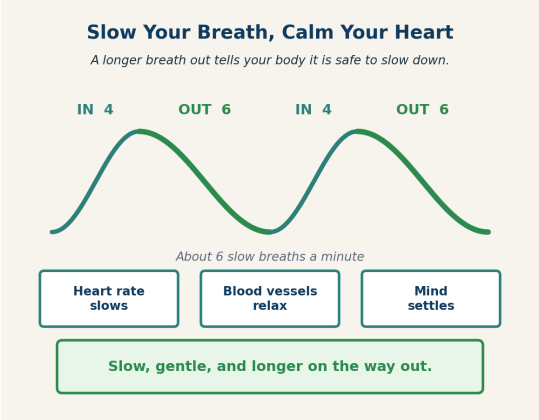
Understanding Breathing Exercises

Box, Slow, Belly, Yogic, and Mindful Breathing: What Each Does, When to Use It, and What to Avoid

Your breath is a tool you always carry. Learn which one fits the job.



Online: https://go.riasalimd.com/breathing-guide

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Names & Terms You Will Hear

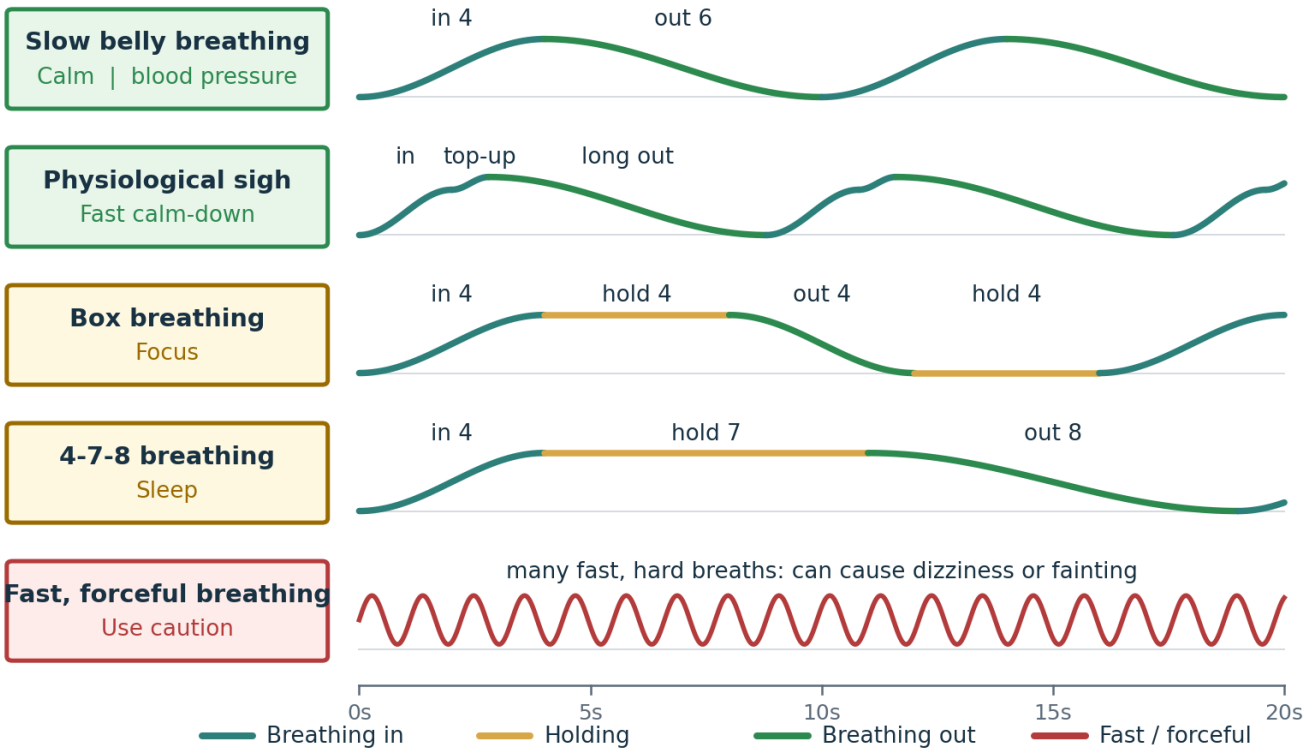
Term	Meaning
Belly breathing	Also called diaphragmatic breathing. You breathe low, so your belly rises and your shoulders stay still.
Slow paced breathing	Also called resonance or coherent breathing. About 6 slow breaths a minute.
Physiological sigh	Also called cyclic sighing. Two breaths in through the nose, then one long breath out.
Box breathing	Also called square or 4-4-4-4 breathing. Breathe in, hold, breathe out, hold, 4 counts each.
4-7-8 breathing	Breathe in for 4, hold for 7, breathe out for 8. Often used to fall asleep.
Pursed-lip breathing	Breathe out slowly through lips shaped like you are blowing out a candle. Helps with lung disease.
Pranayama	Yoga breath control. Gentle types include humming bee breath (Bhramari). Some types are fast and forceful.
Alternate nostril breathing	Also called Nadi Shodhana or Anulom Vilom. You breathe through one nostril at a time.
Breath of fire (Kapalabhati)	Fast, forceful puffs of air out. Not safe for everyone.
Mindfulness meditation	Calm attention to the present moment, often using the breath as an anchor.
Vagus nerve	Your body's main "brake" nerve. A slow breath out turns it up and slows the heart.
Hyperventilation	Over-breathing: breathing faster or deeper than your body needs. It can cause dizziness and tingling.
Valsalva	Holding your breath and bearing down, like when you strain. It raises pressure in the chest.

What Are Breathing Exercises?

- Breathing exercises are simple ways to change how you breathe on purpose. You can do them anywhere. They are free.
- Your breath is the one part of your automatic nervous system you can steer. A slow, long breath out turns up your body's brake, the **vagus nerve**. Your heart rate slows and your muscles relax.
- **What changes from one type to the next:** how fast you breathe, how long the breath out is compared with the breath in, whether you hold your breath, and how hard you push. Those small changes decide whether a breath calms you, focuses you, or revs you up.
- There are 6 main families: **slow calming breathing**, **box breathing**, **yogic breathing**, **mindfulness and meditation**, **breath-training tools**, and **fast or forceful breathing**. Each one is explained on the next pages.
- Most people do best with gentle, slow breathing. Fast, forceful breathing and long breath holds are not right for everyone. That is true for many people with heart disease.
- Breathing exercises add to your care. They do not replace your medicines, a procedure, or a check-up for new symptoms. For more on stress and the heart, see our Stress, Mental Health, and Your Heart guide.

What Changes From One Breathing Exercise to the Next

Same 20 seconds. Different speed, holds, and length of the breath out.



Five breathing patterns over the same 20 seconds. Slow breathing and the sigh stretch the breath out. Box and 4-7-8 add holds. Fast, forceful breathing is quick and hard, and it is the one to use with caution.

1. Slow Breathing With a Long Breath Out (Calming)

- **What it is:** slow, quiet breaths where the breath out is longer than the breath in. This is the safest place to start.
- **Belly breathing:** one hand on your chest, one on your belly. Breathe in through your nose so your belly rises. Your chest hand stays still. Breathe out slowly.
- **Slow paced breathing:** in for 4 to 5 seconds, out for 5 to 6. That is about 6 breaths a minute. This is the type studied for blood pressure.
- **Physiological sigh:** breathe in through your nose, then take a small extra sip of air on top. Let it all out in one long, slow breath. In a 2023 study, 5 minutes a day helped mood the most.
- **Pursed-lip breathing:** in through your nose for 2 counts, out through pursed lips for 4. It helps people with COPD or heart failure feel less short of breath.
- **Best for:** stress, a racing heart from nerves, blood pressure, and sleep.

2. Box Breathing (Focus)

- **What it is:** breathe in for 4, hold for 4, breathe out for 4, hold for 4. Picture tracing the 4 sides of a box.
- **Best for:** staying calm and focused before a stressful moment, like a test, a talk, or a procedure. Police, soldiers, and athletes use it.
- **What changes:** the holds. They train control, but they can make some people lightheaded or short of breath.
- **Easier version:** drop the holds. Breathe in for 4 and out for 6. You still get the calm.
- **Take care if:** you are pregnant, have lung disease, or faint easily. Keep the holds short or skip them.

3. Yogic Breathing (Pranayama)

- **What it is:** breath-control practices from yoga. Some are gentle and calming. Some are fast and forceful.
- **Gentle types: alternate nostril breathing** (close one nostril, breathe in, switch sides, breathe out), **humming bee breath** (hum softly as you breathe out), and **ocean breath** (a soft, slow breath with a gentle hiss in the throat).
- **Forceful types: breath of fire** and **bellows breath** use fast, hard puffs. Skip these if you have heart disease, high blood pressure, fainting spells, or seizures, or if you are pregnant.
- **What studies show:** alternate nostril breathing lowered blood pressure in small studies, but the research is weak. In one small study of people with AFib, yoga twice a week cut episodes and eased anxiety.
- **Tip:** learn from a trained teacher. Tell them about your heart condition.

4. Mindfulness and Meditation

- **What it is:** paying calm attention to the present moment. Many people use the breath as an anchor. You do not control the breath. You just notice it.
- **How to start:** sit comfortably. Notice the air coming in and going out. When your mind wanders, gently bring it back. Start with 5 minutes.
- **What studies show:** it can ease stress and help sleep. The American Heart Association says meditation may be considered as an add-on to heart care. Its effect on blood pressure is small and less certain.
- **Other forms:** guided imagery, body scans, prayer, and walking meditation. Free apps and recordings can guide you.
- **Take care if:** you have panic attacks or past trauma. Start short, keep your eyes open, and consider a guided program or therapist.

5. Breath-Training Tools

- **Breathing-muscle training (IMST):** you breathe in hard against a small handheld device. In one small study, 30 breaths a day, 6 days a week, lowered the top blood pressure number about 9 points in 6 weeks.
- **Ask us first** before buying a device if you have serious heart or lung disease or recent surgery.
- **Incentive spirometer:** used after heart or chest surgery. Slow, deep breaths help keep your lungs open while you heal. Use it as your team teaches.
- **Guided-breathing devices and apps:** they pace your breathing with sound or lights. Some are cleared by the FDA for blood pressure. A free timer app works for most people.

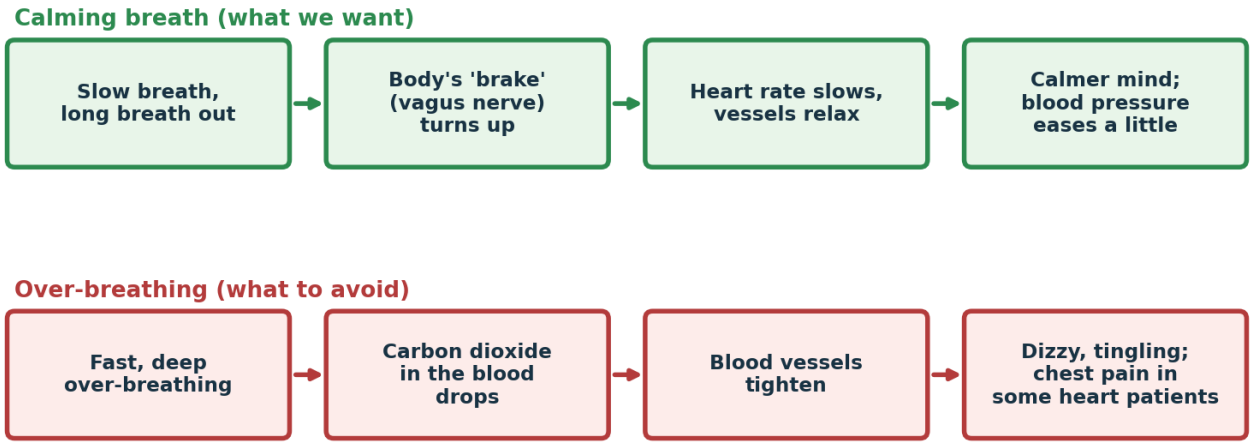
6. Fast or Forceful Breathing (Use Caution)

- **What it is:** rapid, deep, or forceful breathing, often followed by long breath holds. Examples include breath of fire and Wim Hof-style breathing.
- **What it does:** it blows off carbon dioxide. That can cause tingling, dizziness, and fainting. In people prone to coronary spasm, it can trigger chest pain.
- **Avoid it if** you have heart disease, angina, fainting spells, POTS, seizures, or very high blood pressure, or if you are pregnant.
- **Never** do it in water, in the bath, while driving, or while standing. People have blacked out and drowned.
- **Want more energy?** Take a brisk walk instead. It is good for your heart.

Why It Matters

- **It is free and always with you.** No pills. No cost. For most people, no side effects.
- **It can calm a racing mind and heart.** In a 2023 study, 5 minutes a day of slow breathing with a long breath out lifted mood. It worked better than meditation alone.
- **It may lower blood pressure a little.** Some studies show a drop of a few points with daily practice. Others show little change. The American Heart Association says slow breathing paced by a device is a reasonable add-on for high blood pressure.
- **It helps with shortness of breath from lung disease.** Pursed-lip and belly breathing are taught in lung and heart rehab programs.
- **It can help you fall asleep** and gives you a skill for hard moments: a scary test result, a fluttering heart, or the wait before a procedure.
- **The wrong method can cause harm.** Over-breathing can cause dizziness, fainting, and in some heart patients, chest pain. Knowing which breath to use matters.

Same Lungs, Two Very Different Results



A slow breath with a long breath out turns on the body's brake. Fast over-breathing lowers carbon dioxide, which tightens blood vessels.

The honest bottom line.
Breathing exercises are safe for most people and can help you feel calmer. Their effect on blood pressure is real but small, and results vary from person to person. Think of them as one more tool, used alongside your medicines, activity, sleep, and check-ups.

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Who Should Take Extra Care

Breathing exercises are safe for most people. If any of these apply to you, use the gentler methods or talk with us first.

If you have	What to do
Coronary artery disease, angina, or coronary spasm	Avoid fast over-breathing. Low carbon dioxide can tighten heart arteries. Doctors even use over-breathing as a test to trigger spasm. Use slow breathing. Coronary Vasospasm guide
Fainting, POTS, or low blood pressure	Breath holds and fast breathing can make you lightheaded. Practice sitting or lying down. Skip long holds. POTS guide
Taking blood pressure medicines	Slow breathing adds to their effect. If you feel dizzy when you stand, check your blood pressure and tell us.
Pregnancy	Skip long breath holds and fast, forceful breathing. Gentle belly breathing is fine.
Seizures (epilepsy)	Fast over-breathing can trigger a seizure. Use slow methods only.
COPD, asthma, or heart failure	Long holds can leave you short of breath. Use pursed-lip and belly breathing as your care team teaches. Heart Failure Self-Care guide
Recent heart attack, heart surgery, or very high blood pressure	Avoid straining and forceful breathing until we say it is okay.
Panic attacks or past trauma	Focusing on your breath can feel worse at first. Start with 1 minute. Keep your eyes open. A guided program or a therapist can help.

Safety rule: never in water, never while driving.
Fast breathing and long breath holds can make you black out with no warning. People have drowned doing these methods in pools and bathtubs. Practice only while sitting or lying down in a safe place.

How to Use Breathing for Your Health

- **Pick one goal.** Calm, focus, sleep, blood pressure, or easier breathing. Then use the table on the next page to match the right breath to it.
- **Start small.** 2 to 5 minutes, once or twice a day. Build up to 10 to 15 minutes. Doing it every day matters more than doing it perfectly.
- **Learn it on a good day.** Practice when you feel calm, so the skill is ready on a hard day.
- **For blood pressure:** slow breathing at about 6 breaths a minute. Breathe in for 4 to 5 seconds and out for 5 to 6. Do it 10 to 15 minutes a day. Check your home blood pressure for a few weeks to see what it does for you. High Blood Pressure guide
- **For palpitations, AFib, or anxiety:** use breathing with a long breath out. In one small study, yoga twice a week cut AFib episodes. Keep your AFib treatment plan. Living With AFib guide
- **For SVT:** the "vagal maneuver" your doctor taught you is a different tool. Use it only the way you were shown. SVT guide
- **When you lift, push, or strain:** breathe out during the hard part. Do not hold your breath. Holding it makes blood pressure spike. Exercise and Your Heart guide
- **After heart or chest surgery:** use your incentive spirometer as your team tells you. It keeps your lungs open. Recovery After Bypass Surgery guide
- **Use simple tools if they help:** a timer app, a breathing prompt on your watch, or a guided recording. You do not need anything fancy.

Match the Breath to Your Goal

Your goal	Best first choice	How to do it	Take care if
Calm down fast	**Physiological sigh**	Two breaths in through the nose (a full one, then a small top-up). One long, slow breath out. Repeat for 1 to 5 minutes.	Rarely a problem. Stop if dizzy.
Lower blood pressure over time	**Slow paced breathing**	In for 4 to 5 seconds, out for 5 to 6. About 6 breaths a minute. 10 to 15 minutes daily.	You take blood pressure pills and feel dizzy standing.
Focus before a stressful moment	**Box breathing**	In 4, hold 4, out 4, hold 4. Repeat 4 rounds.	Pregnancy, lung disease, or fainting: skip the holds.
Fall asleep	**4-7-8** or **slow belly breathing**	In 4, hold 7, out 8 with a soft whoosh. 4 rounds in bed.	Shorten the hold if you feel lightheaded.
Short of breath (COPD, heart failure)	**Pursed-lip** plus **belly breathing**	In through the nose for 2. Out through pursed lips for 4.	New or worse shortness of breath: get checked first.
Settle the mind	**Mindfulness** or **gentle yogic breathing**	5 to 20 minutes. Rest your attention on the breath. Gently return when your mind wanders.	Panic or trauma: start with 1 minute, eyes open.
Get more energy	**A brisk walk**	Move for 5 to 10 minutes.	Fast, forceful breathing: avoid with heart disease, fainting, seizures, or pregnancy.

Tips for Getting Started

These simple habits make any breathing exercise easier and safer. Use them alongside the care your doctor prescribes.

- Sit tall with your feet flat. Or lie on your back with your knees bent.
- Breathe in through your nose when you can.
- Make the breath out longer than the breath in.
- Keep it soft and quiet. If someone across the room can hear you, slow down.
- Link practice to a daily habit, like your morning coffee or getting into bed.
- Stop if you feel dizzy, tingly, or short of breath. Breathe normally and rest.
- Never practice breath holds or fast breathing in water, in the bath, or while driving.

Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Slow breathing with a long breath out (belly, paced, sigh)	Very low. Mild lightheadedness at first.	Calms you fast. May lower blood pressure a little with daily use. Helps sleep.	Mindfulness, a short walk, talking with someone.
Box breathing	Holds can cause lightheadedness or air hunger. Harder with lung disease or pregnancy.	Builds focus and calm under pressure. Easy to remember.	Drop the holds: breathe in 4, out 6.
Gentle yogic breathing (alternate nostril, humming)	Low. Best learned from a trained teacher.	Calming. Small studies show lower blood pressure, but the research is weak.	Slow belly breathing without yoga.
Mindfulness and meditation	Low. Can stir up hard feelings for some people.	Helps stress and sleep. The AHA says it may be considered as an add-on for heart health.	Prayer, guided imagery, counseling (CBT).
Muscle training for breathing (handheld device)	Can be tiring. Ask us first if you have serious heart or lung disease.	5 minutes a day lowered the top blood pressure number about 9 points in one small study.	Brisk walking and other regular exercise.
Fast, forceful breathing (breath of fire, Wim Hof style)	Dizziness, fainting, tingling, chest pain or spasm, seizures. Drowning if done in water.	Some people feel energized. Little proof of any heart benefit.	A brisk walk for energy. Slow breathing for calm.

Common Misconceptions

Myth	Reality
Deep breathing means big, fast breaths.	Calming breaths are slow and gentle, with a longer breath out. Big, fast breaths can make you dizzy.
More oxygen is always better, so I should breathe harder.	Your blood is usually already full of oxygen. Over-breathing lowers carbon dioxide instead. That tightens blood vessels and can cause dizziness, tingling, or chest pain.
Breathing exercises can replace my blood pressure pills.	The effect is small. Breathing is an add-on. Never stop or change a medicine without talking to us.
If I hyperventilate, I should breathe into a paper bag.	Doctors no longer advise this. It can drop your oxygen and hide a heart or lung emergency. Use slow breathing with a long breath out instead.
If it is popular online, it must be safe.	Fast breathing with long breath holds has been linked to fainting and drowning. Never practice it in water or while driving.
There is one best breathing technique.	The best one fits your goal and is one you will actually do. Match the breath to the job.
My shortness of breath is just anxiety, so breathing will fix it.	New or worse shortness of breath can be a heart or lung problem. Get checked first. Then use breathing as a tool.
All yoga breathing is gentle.	Some types, like breath of fire, are fast and forceful. If you have heart disease, high blood pressure, or are pregnant, choose gentle types.

Possible Complications

Problems are uncommon and usually come from the wrong method or pushing too hard. Here is what can happen and how to avoid it.

Where / What	What Can Happen
Brain and nerves	**Lightheadedness or fainting (syncope)** from long holds or over-breathing. **Tingling (paresthesia)** in the lips or fingers from low carbon dioxide. A **seizure** in people with epilepsy.
Heart and blood vessels	**Coronary spasm** (a heart artery clamps down) with over-breathing in people who are prone to it. **Blood pressure spikes** with breath holding and straining. **Palpitations**.
Lungs	**Air hunger** or wheezing with long holds, mainly in people with COPD or asthma.
Muscles	**Hand and foot cramps (carpopedal spasm)** from low carbon dioxide during over-breathing.
Safety	**Falls** from fainting. **Drowning** from blacking out when breath-hold methods are done in water.
Mind and mood	Rarely, focusing on the breath raises anxiety or brings up hard memories. Start short and get support.
Missed diagnosis	Treating new chest pain or shortness of breath with breathing exercises instead of getting checked.

Points to Know

If you remember nothing else, remember these key points.

- Slow and gentle beats big and fast. Make the breath out longer than the breath in.
- Match the breath to the job: long breath out to calm, box to focus, 4-7-8 for sleep, pursed-lip for lung disease.
- For blood pressure, try about 6 slow breaths a minute for 10 to 15 minutes a day.
- 5 minutes a day is a great start. Doing it daily matters more than perfect form.
- Breathing adds to your treatment. It does not replace your medicines.
- Skip fast, forceful breathing and long holds if you have heart disease, fainting spells, seizures, or are pregnant.
- Never do breath-hold or fast-breathing methods in water, in the bath, or while driving.
- Do not hold your breath when you lift or strain. Breathe out on the effort.

Try this today: the 1-minute reset.
Take 2 physiological sighs: breathe in through your nose, add a small sip of air, then let it out slowly. Then take 5 slow breaths: in for 4, out for 6. That is it. Do it once a day for a week and notice how you feel.

When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- Chest pain, pressure, or tightness: **call 911**. Do not try to breathe through it.
- Shortness of breath that is severe or does not get better with rest: **call 911**.
- Fainting or nearly fainting during practice: stop, sit or lie down, and call us.
- A racing or irregular heartbeat that does not settle after 10 to 15 minutes of calm breathing: call us today. If it comes with chest pain or fainting, **call 911**.
- Tingling or cramping hands that keeps coming back: call us. You may be over-breathing.
- Feeling dizzy when you stand after you start daily practice: check your blood pressure and call us. Your medicines may need a change.
- Anxiety or panic most days: call us. Help works. If you ever have thoughts of harming yourself, call or text **988**.
- Before you start fast or forceful breathing, a breathing device, or a yoga breathing class: ask us first if you have heart disease, recent surgery, or are pregnant.

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Chest pain is not a breathing problem.
If you have chest pain, pressure, or new shortness of breath, do not try to breathe through it. Call 911. Breathing exercises are for calm moments and known symptoms, not for new warning signs.

Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- American Lung Association: Breathing Exercises - Step-by-step pursed-lip and belly breathing, with short videos.
- Cleveland Clinic: Diaphragmatic (Belly) Breathing - How to do belly breathing lying down and sitting, and how often to practice.
- Cleveland Clinic: Box Breathing - A plain-language guide to the 4-4-4-4 box method for stress and focus.
- NIH NCCIH: Meditation and Mindfulness - What the research does and does not show, plus safety tips.
- American Heart Association: Stress and Heart Health - How stress affects the heart and simple ways to manage it.

Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- AHA Scientific Statement: Meditation and Cardiovascular Risk Reduction (Levine et al., J Am Heart Assoc 2017) *[Guideline]*
  Basis for framing meditation and mindfulness as a low-cost, low-risk add-on that may be considered alongside guideline-directed heart care, with modest evidence quality.
- AHA Scientific Statement: Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure (Brook et al., Hypertension 2013) *[Guideline]*
  Graded device-guided slow breathing as reasonable for blood pressure lowering (Class IIa, LOE B), while other meditation, yoga, and relaxation methods had mixed or weak BP evidence. Supports the honest 'small and mixed' framing.
- Balban et al. Brief structured respiration practices enhance mood and reduce physiological arousal (Cell Rep Med 2023) *[Clinical Trial]*
  Randomized comparison of cyclic sighing, box breathing, cyclic hyperventilation with retention, and mindfulness meditation (5 min/day, 1 month); exhale-focused cyclic sighing gave the largest mood gain and breathing-rate drop.
- Craighead et al. Time-Efficient Inspiratory Muscle Strength Training Lowers Blood Pressure (J Am Heart Assoc 2021) *[Clinical Trial]*
  Double-blind sham-controlled RCT: 30 resisted breaths/day, 6 days/week for 6 weeks lowered casual systolic BP from about 135 to 126 mm Hg in adults 50-79 with above-normal BP. Source for the breath-training tools section.
- Effect of breathing exercises on blood pressure and heart rate: systematic review and meta-analysis (Int J Cardiol Cardiovasc Risk Prev 2023) *[Review]*
  Pooled 15 studies: breathing exercises lowered systolic BP about 7 mm Hg, diastolic about 3 mm Hg, and heart rate about 2 bpm, with acknowledged risk of bias. Supports 'a few points' language.
- Device and nondevice-guided slow breathing to reduce blood pressure in hypertensive patients: systematic review and meta-analysis (Health Sci Rep 2022) *[Review]*
  Found no significant BP reduction from device-guided slow breathing versus usual care, with high heterogeneity. Balances the positive studies and supports 'results vary; does not replace medicines'.
- A hypotensive protocol of inspiratory muscle strength training: systematic review and meta-analysis (J Clin Hypertens 2023) *[Review]*
  Confirms an overall BP-lowering effect of inspiratory muscle strength training across trials, well tolerated, with calls for longer studies.
- Effectiveness of Alternate Nostril Breathing on Blood Pressure: systematic review and meta-analysis of RCTs (Complement Med Res 2024) *[Review]*
  Alternate nostril breathing (Nadi Shodhana / Anulom Vilom) lowered BP in pooled RCTs, but heterogeneity was very high and blinding was poor. Supports the gentle-yogic-breathing section with a caution on evidence quality.
- Lakkireddy et al. YOGA My Heart Study: yoga in paroxysmal atrial fibrillation (J Am Coll Cardiol 2013) *[Clinical Trial]*

Twice-weekly yoga for 3 months reduced symptomatic AF episodes (3.8 to 2.1), anxiety, and depression, and lowered heart rate and BP. Supports the AFib bullet, framed as a small single-center study.

- JCS 2013 Guidelines for diagnosis and treatment of patients with vasospastic angina (Circ J 2014) *[Guideline]*
  Hyperventilation is an established provocation test for coronary artery spasm. Basis for advising heart patients, especially those with angina or vasospasm, to avoid deliberate fast over-breathing.
- Callaham. Hypoxic hazards of traditional paper bag rebreathing in hyperventilating patients (Ann Emerg Med 1989) *[Clinical Study]*
  Paper bag rebreathing drops oxygen levels and caused deaths when used on patients whose 'hyperventilation' was really low oxygen or heart ischemia. Basis for the paper-bag myth correction.
- CDC MMWR: Fatal and nonfatal drowning outcomes related to dangerous underwater breath-holding behaviors, New York State 1988-2011 (2015) *[Clinical Study]*
  Intentional hyperventilation before breath-holding underwater caused hypoxic blackout and drowning in healthy swimmers. Basis for the 'never in water' safety rule for fast-breathing and breath-hold methods.
- American Lung Association: Breathing Exercises (pursed-lip and belly breathing) *[Patient Education]*
  Plain-language steps for pursed-lip and diaphragmatic breathing, practice 5 to 10 minutes daily, and the advice to learn techniques when breathing is comfortable before using them when short of breath.
- Cleveland Clinic: Diaphragmatic Breathing *[Patient Education]*
  Step-by-step belly breathing (lying and sitting), practice frequency, and its role alongside, not instead of, other treatment.
- Cleveland Clinic Health Essentials: Box Breathing *[Patient Education]*
  Patient-facing description of the 4-4-4-4 box breathing method and its use for stress and focus.
- NIH NCCIH: Meditation and Mindfulness: Effectiveness and Safety *[Patient Education]*
  Federal summary of what meditation and mindfulness can and cannot do (stress, sleep, limited BP data) and safety notes, including talking with a provider if you have a mental health condition.

About This Guide

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Reviewer note: Reviewed against Cleveland Clinic, American Lung Association, and NIH NCCIH patient pages. This guide adds a side-by-side map of breathing patterns, a goal-matching table, heart-specific safety rules (coronary spasm, fainting, blood pressure medicines, breath holding while lifting), and links to related heart guides.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.

Take This Guide With You

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