

## How can I learn from ARAM?

ARAM has multiple learning opportunities to improve your health. To start with, you can learn while answering questions from the questions, from the presentations in audio and video format related to the question, you can go to ARAM library when logged on at our site and listen or read about medical and other important topics that may take you to the emergency room or to the hospital. You can opt in to receive email on new research and news items related to your medical condition or you can go and visit 'News and Views'. This is in addition to the information you get on 'Links and Resources' for advanced medical information in relation to your illness.

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