

**Do you use solar energy to
generate electricity in your
home**



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[How Does Residential Solar Work? Complete 2025 Homeowner's Guide](#)

Learn exactly how residential solar systems convert sunlight into electricity for your home. Complete guide covering components, safety, and performance.



[Osteopathic medicine: What kind of doctor is a D.O.?](#)

You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?



[Acute sinusitis: Do over-the-counter treatments help?](#)

Medicine you can get without a prescription may give some relief from acute sinusitis symptoms.



Cardiopulmonary resuscitation (CPR): First aid

Cardiopulmonary resuscitation (CPR) is an emergency treatment that's done when someone's breathing or heartbeat has stopped. For example, when someone has sudden cardiac



Arthritis pain: Do's and don'ts

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress management.

But

[Weight training: Do's and don'ts of proper technique](#)

You might learn weight training techniques by watching friends or others in the gym, but sometimes what you see isn't safe. Weight training technique that isn't proper can lead to muscle



Triglycerides: Why do they matter?

Why do high triglycerides matter? High triglycerides may contribute to hardening of the arteries or thickening of the artery walls, called arteriosclerosis. This condition increases the risk of

Statin side effects: Weigh the benefits and risks

The body needs cholesterol. But having too much cholesterol in the blood raises the risk of heart attacks and strokes. Statins block an enzyme the liver needs to make cholesterol. This



[Automated external defibrillators: Do you need an AED?](#)

An automated external defibrillator (AED) is a portable device that can be used to treat a person whose heart has suddenly stopped working. This condition is called sudden cardiac arrest.

Exercise: How much do I need every day?

You can do strength training by using weight

machines or weights, your own body weight, heavy bags or resistance bands. You also can use resistance paddles in the water or do activities



How well do face masks protect against COVID-19?

Face masks can help slow the spread of coronavirus disease 2019 (COVID-19). Learn about mask types, which masks to use and how to use them.

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