Most records in PubMed are indexed or tagged by terms called Medical Subject Headings (MeSH).

MeSH provides a consistent way to retrieve citations where different terms are used by authors for the same concept or topic. (e.g. should you search cardiac failure or heart failure?)

**Step 1.** Use the Drop-Down Search menu to access the MeSH Database. Search for a term or concept and click Search.

**Step 2.** Select the term (if there are more than one), click on Add to Search Builder button and click Search.

**Subheadings:**
Searching with subheadings restricts the search to those articles that are relevant to a particular aspect of a topic / MeSH.

Check the appropriate box(es), then use the Add to Search Builder button with OR to build a search.
(e.g. "Heart Failure/complications"[Mesh])

**The MeSH Hierarchy:**
MeSH terms are arranged hierarchically by subject categories with more specific (narrower) terms arranged beneath broader terms. PubMed searches to include all narrower terms by default.

Select “Do not include MeSH terms found below this term in the MeSH hierarchy” if you want to exclude all narrower terms.
(e.g. "Heart Failure"[Mesh:NoExp])

Note: The most recent articles might not have any Mesh terms assign to them.