

Name: \_\_\_\_\_

**Your Heart & Circulatory System Reading Notes**

1. Your heart is really a \_\_\_\_\_ and is located on the left side of your chest. It is about the size of your \_\_\_\_\_.
2. The heart sends \_\_\_\_\_ around your body which provides your body with \_\_\_\_\_ and \_\_\_\_\_. It also carries away waste.
3. Your heart actually has \_\_\_\_\_ pumps. The right side receives blood from your body and pumps to the lungs and the \_\_\_\_\_ side receives blood from the lungs and pumps out to your \_\_\_\_\_.
4. What is happening when your heart beats?
5. There are two chambers on either side of the heart the top chamber is the \_\_\_\_\_ (or atria for plural). They are the filling chambers. You have a left and right atrium.
6. The bottom chambers are called \_\_\_\_\_. Their job is to pump blood to the body and lungs. You also have a left and right ventricle.
7. What muscle divides the left and right sides of the heart?
8. The atria and ventricles work as a \_\_\_\_\_.
9. What is a valve?
10. List the four valves found in your heart:
  - a.
  - b.
  - c.
  - d.
11. The valves work to keep blood flowing \_\_\_\_\_.
12. Blood moves through the body through tubes called \_\_\_\_\_.

- a. \_\_\_\_\_ carry bloods away from the heart.
  - b. \_\_\_\_\_ carry blood back to the heart.
  - c. There is a third type of blood vessel that connects the arteries and veins called capillaries. These are very small and deliver oxygen to the cells.
13. The movement of blood through the heart and around the body is called \_\_\_\_\_. This helps deliver oxygen to all the body's cells.
14. The \_\_\_\_\_ side of your heart sends oxygen-rich blood to your body to be used by the cells.
15. Oxygen-\_\_\_\_\_ blood enters the right side of the heart and is then pumped to the \_\_\_\_\_.
16. What causes the "lub-dub" sound?
17. What are two places on your body that you can easily feel your pulse?
18. If you are resting, your pulse should be \_\_\_\_\_ beats/minute.
19. List two things you can do to keep your heart healthy:
- a.
  - b.

### **Heart Disease**

1. Heart disease, also called \_\_\_\_\_, means that there are problems with the heart and blood vessels.

2. Describe 2 problems that go along with cardiovascular disease:
  - a.
  - b.
3. Heart disease isn't \_\_\_\_\_, like the cold or flu.
4. What are some risk factors connected with heart disease (include some that you can control and some that you can not control).
5. Briefly describe how these test work to find out more about the heart or blood vessels:
  - a. Electrocardiogram-
  - b. Echocardiogram-
  - c. Carotid artery scan-
6. Briefly describe how these surgeries help people with cardiovascular disease:
  - a. Angioplasty-
  - b. Bypass surgery-
  - c. Valve replacement-