



Circulatory System Study Guide

A **stethoscope** is used to listen to heart sounds.

Lub dub, lub dub is the sound made by the **valves in the heart**. The **valves** keep the blood moving in the correct direction through the heart.

Your heart is about the **size of your fist**.

Your heart works like a **pump** as it circulates blood throughout the body.

Your heart is a powerful **muscle** that works all day and all night during your life; it rests between beats.

There are four chambers in the heart. The **atria**s are on the top and the **ventricles** are on the bottom.

The **aorta** is the largest artery in the body and is located on top of the heart.

Arteries carry blood **away** from the heart to all parts of the body.

When blood leaves the lungs with a new supply of oxygen it is a bright red color.

In a **vein**, the blood will be dark in color because it contains waste products and no oxygen.

Blood goes into the smallest vessels called **capillaries** so it can give nutrients and oxygen to body cells and pick up waste products from cells. This is where arteries and veins meet.

The liquid part of your blood that makes up over half of your blood is called **plasma**.

The **white blood cells** fight bacteria that enter the body and help prevent illness.

When you injure some part of your body, the **platelets** break into fibrin and cause the blood to **clot** and the bleeding to stop.

The **red blood cells** are able to carry oxygen and carbon dioxide in the body.

Exercise, eating less fat and salt, not smoking or doing drugs can all keep me from getting heart disease.