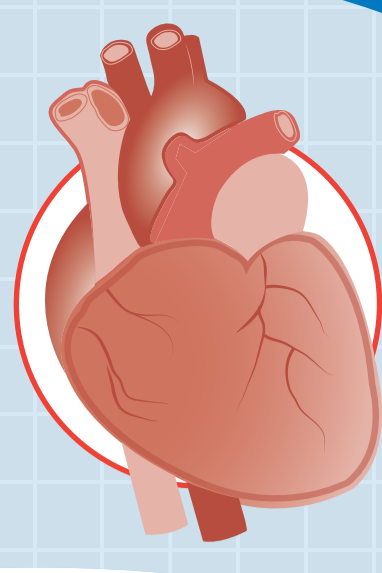


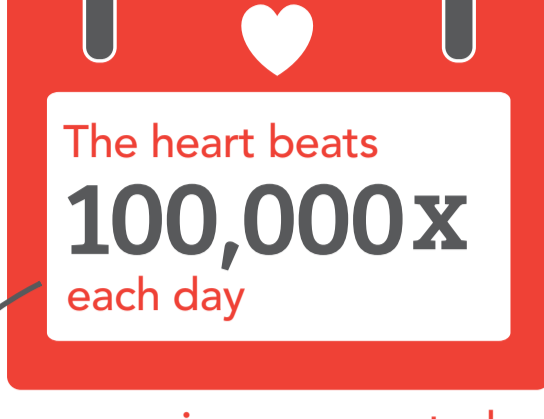
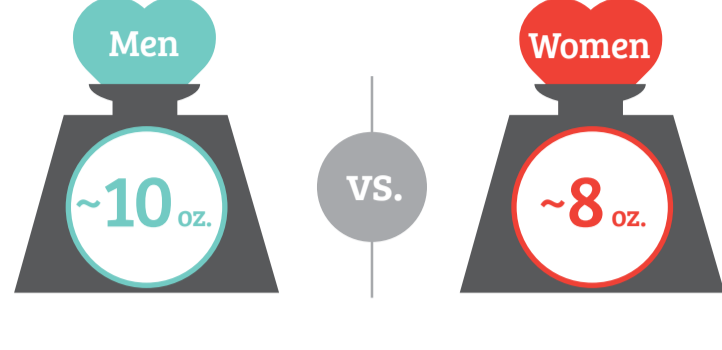
# The Amazing Human Heart

NorthShore University HealthSystem wants you to get to know your heart.



The human heart is a small but mighty muscle.

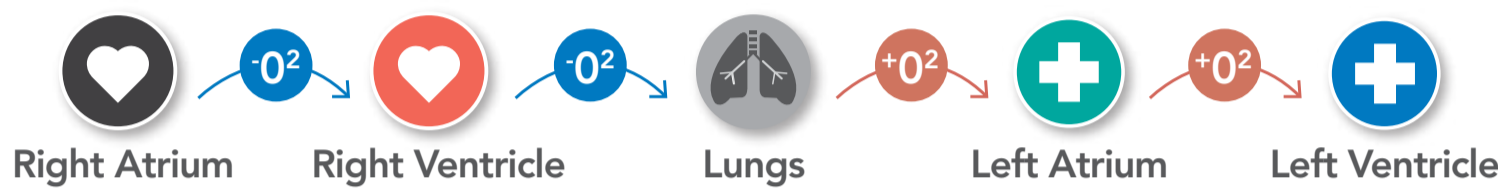
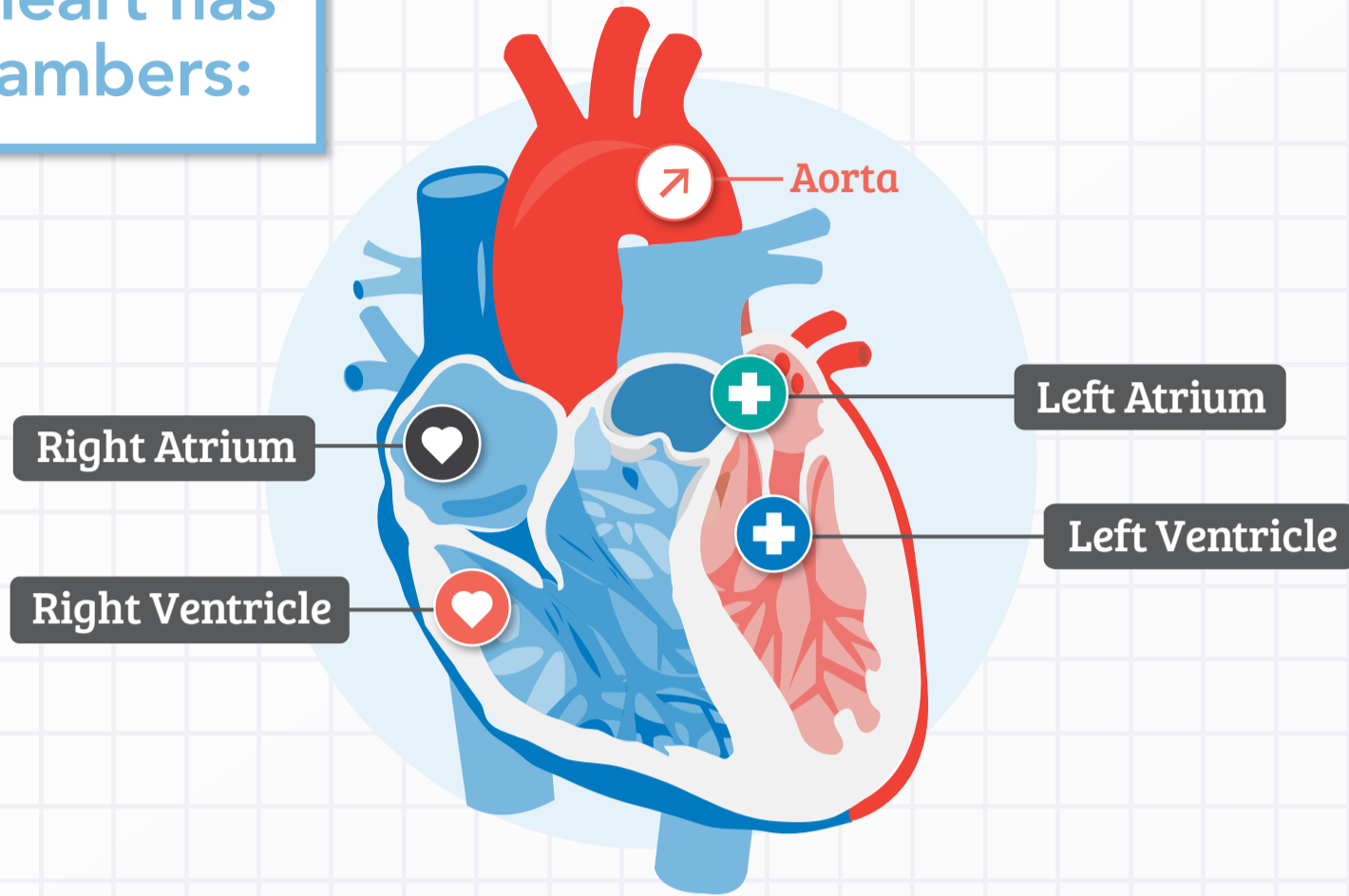
The average weight of a heart:



pumping oxygenated, nutrient-rich blood throughout the body.

## What's In Your Heart?

The heart has 4 chambers:

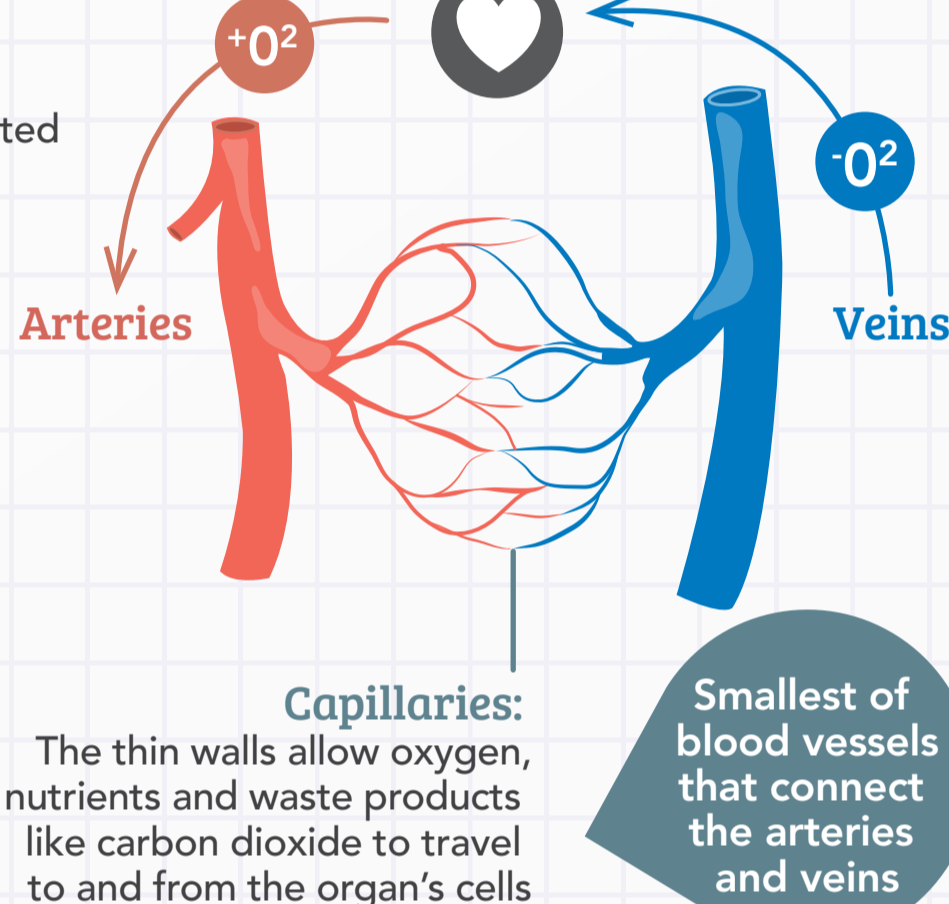


- Right Atrium:** Receives blood low in oxygen from the body and pumps blood to the right ventricle
- Right Ventricle:** Pumps blood low in oxygen through the pulmonary artery to the lungs, where it is oxygenated
- Left Atrium:** Receives oxygen-rich blood from the lungs and pumps blood to the left ventricle
- Left Ventricle:** Pumps oxygen-rich blood through the aorta and onto the rest of the body

**Aorta:** The main artery of the body, the aorta receives oxygenated blood from the left ventricle

**Arteries:** Blood vessels that carry oxygen-rich blood away from the heart via the aorta to all the tissues and organs of the body

**Veins:** Blood vessels that carry blood low in oxygen back to the heart



**Capillaries:** The thin walls allow oxygen, nutrients and waste products like carbon dioxide to travel to and from the organ's cells

Smallest of blood vessels that connect the arteries and veins

**DID YOU KNOW:** Blood is ~78% water

## Love Your Heart

Heart disease is the leading cause of death for both men and women in the U.S., which is why it's important to do what you can to keep your heart strong.

### Stay Physically Active

Walking briskly or even gardening for 30 minutes each day can help.



### Quit Smoking



Smoking damages artery walls. People who smoke are up to **4X MORE LIKELY TO DEVELOP HEART DISEASE.**

### Keep Cholesterol Levels In Check

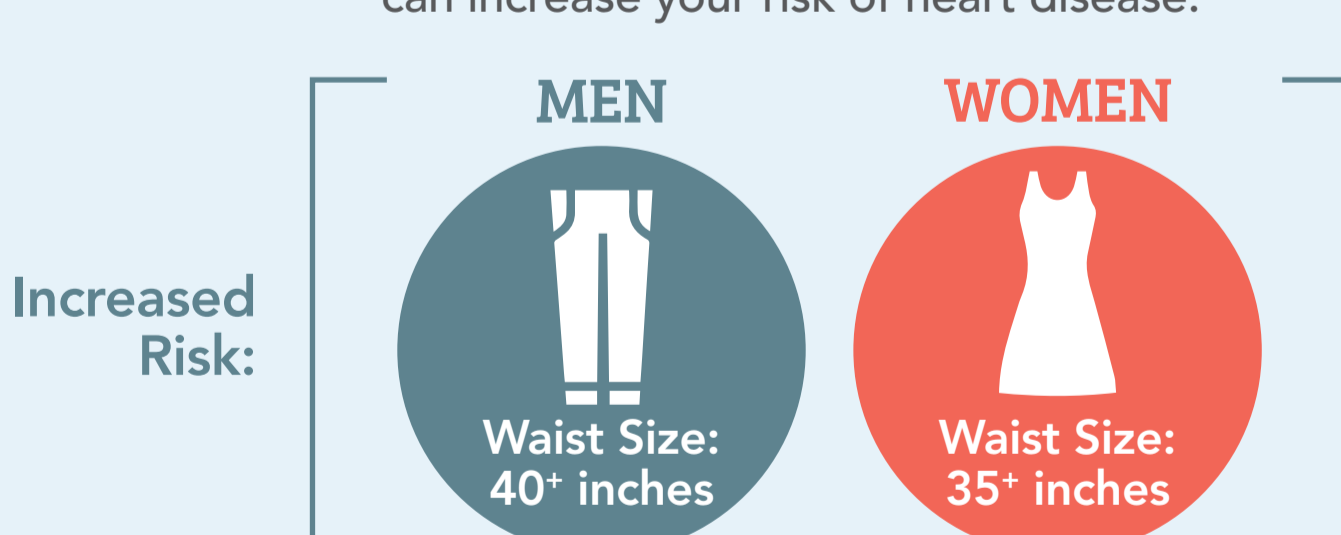
High LDL cholesterol levels can lead to artery blockages that inhibit the flow of blood from the heart to the body.

**TIP:** A healthy diet that is high in fiber and low in sodium can help prevent heart disease.



### Maintain a Healthy Weight

Extra fat around the mid-section of your body can increase your risk of heart disease.



## A Super Organ

Your heart and circulatory system do amazing things.

Heart muscles, even at rest, **WORK TWICE AS HARD AS THE LEG MUSCLES OF A SPINTER.**

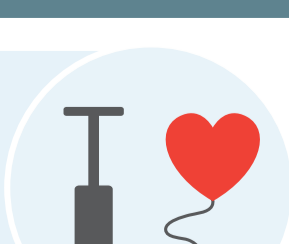


The largest artery in the body, the aorta, has a **DIAMETER ~EQUAL TO THAT OF A GARDEN HOSE.**

THE THICKNESS OF 1 CAPILLARY = ~1/10<sup>TH</sup> OF A HUMAN HAIR.

The combined length of one person's arteries, veins and capillaries **WOULD WRAP AROUND THE GLOBE MORE THAN TWICE.**

The heart pumps ~5 to 6 quarts of blood/minute or **~2,000 GALLONS OF BLOOD EACH DAY.**



## Sources