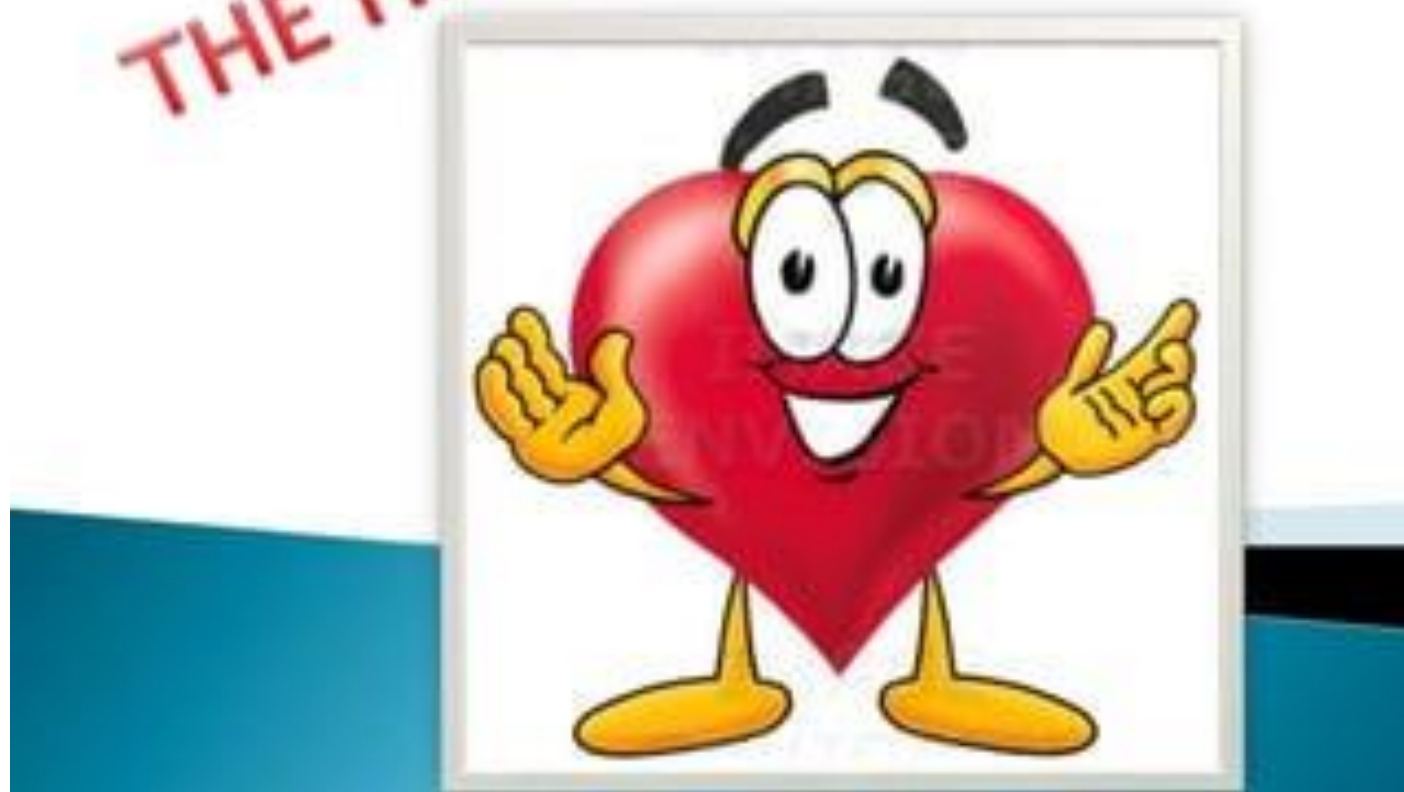


THE HEART



Location

The heart is located a little to the left of the middle of your chest, and is about the size of your fist.



Types of blood vessels

arteries	veins	capillaries
Carry blood away from the heart. The aorta is the largest artery.	Carry blood back to the heart.(contain valves) The vena cava is the largest vein.	Exchange of water, oxygen, carbon dioxide and many other nutrients ,waste and chemicals substances between blood .



➤ Blood moves through many tubes called **arteries** and **veins** which together are called **blood vessels**.



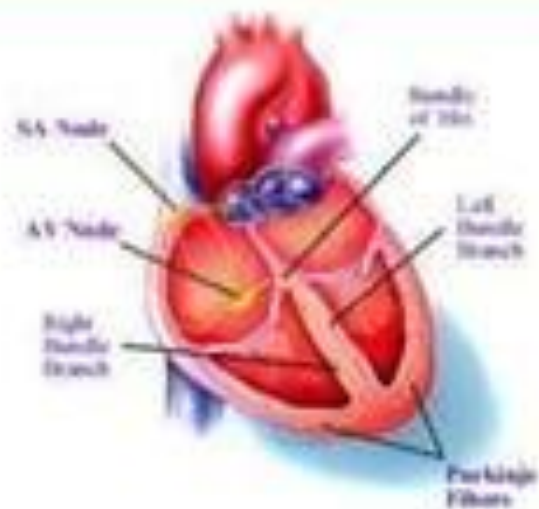
Types of blood cells

Red blood cells	White blood cells	Platelets
Transport and carry oxygen to all the body.	Attack bacteria and help fight disease or infection.	Help the blood if you get cut.



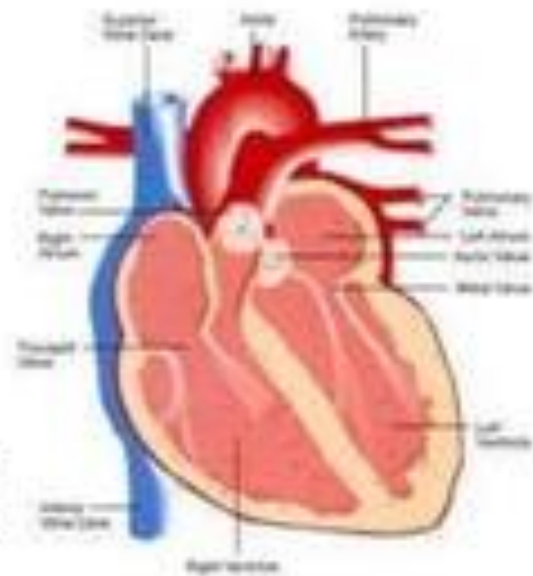
Importance of the heart

Blood delivers oxygen to all the body cells to stay alive. We need healthy living cells. Without oxygen, these cells would die. If the oxygen rich blood doesn't circulate as it should, we would die.



Function of the heart

The **heart** is a muscular organ in the circulatory system that is responsible for pumping blood throughout the blood vessels to our body.



How does it work?

- ❖ The **right** side of your heart receives blood from the body and pumps it to the lungs.
- ❖ The **left** side of your heart receives blood from the lungs and pumps it out to the body.



How does it works with others systems

The blood transports the messages to the brain in the nervous system. it also transports oxygen to the body cells in the digestive system. It transports the nutrients to the organs and cells.



Heart diseases

Coronary heart disease

- Coronary heart disease refers to the failure of the coronary circulation to supply adequate circulation to cardiac muscle and surrounding tissue. Coronary heart disease is most commonly equated with coronary artery diseases although coronary heart disease can be due to other causes.

Cardiovascular disease

- Cardiovascular disease is any of a number of specific diseases that affect the heart itself and the blood vessel system, especially the veins and arteries leading to and from the heart. The disease usually suffer from forms that affect the blood vessels while men usually suffer from forms that affect the heart muscle itself.

Heart failure


- Heart failure, is a condition that can result from any structural or functional cardiac disorder that impairs the ability of the heart to fill with or pump a sufficient amount of blood throughout the body.

Important Tips

- Try to be active every day for at least 30 minutes; an hour would be even better for your heart.
- Try to eat a least 5 servings of fruits and vegetables each day.
- **Avoid** sugary soft drinks fruits drinks.
- **Don't** smoke it can be damage the heart and the blood vessels.



About the project

- ▶ We named it "The Masket Heart" because our heart wears a mask, like the bad guys.
 - ▶ We wrote the crime "exchange blood" because it is the function of the heart but in the bad way.
 - ▶ Our reward is healthy food and exercising because this will help us prevent a heart attack.
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THANKS

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