Heart Notes from Video on the Blog – 20.12.03

<https://www.youtube.com/watch?v=_qmNCJxpsr0&feature=emb_logo>

* Everyday
  + Beats 100,000 times a day and 2,000 gallons
  + No bigger than you fist
  + 60,000 miles of blood vessels
* Food water and oxygen are essential
  + They all travel in the blood to the body
* Blood vessels
  + Arteries, veins, and capillaries
* Heart is a muscle that pumps
  + 72 bpm
* Parts of the heart
  + Top parts are the atrium (L + R)
  + Lower parts are the ventricles (L + R)
  + Four valves
    - Tricuspid
    - Mitral
    - Aortic
    - Pulmonic
      * One way valves
  + Half for oxy blood and half for non-oxy
* The path of blood in the heart
  + Oxy blood comes in through the pulmonary Vein
  + …to the left atrium
  + …to the left ventricle
  + …ventricle squeezes and fires blood into the Aorta
  + Aorta sends the blood to the arteries
  + …branch into the capillaries in the body for diffusion
  + Now the blood is de-oxygenated blood
  + …goes from capillaries to veins to the Venacava (big tube going into the heart)
  + Dumps into the right atrium
  + …then to the r ventricle
  + …then pumps up through the pulmonary artery