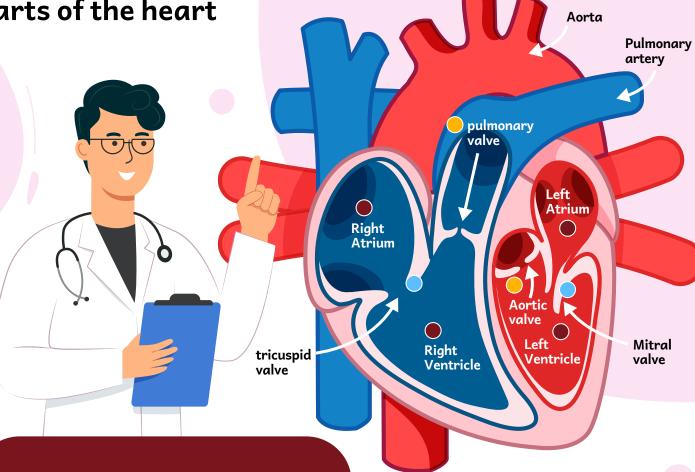
My Heart House



Parts of the heart



The heart has four chambers: two on top and two on bottom.

The two bottom chambers are the RIGHT **VENTRICLE** and the **LEFT VENTRICLE**. These pump blood out of the heart into arteries. The ventricles pump simultaneously (at the same time). A wall called the interventricular septum is between the two ventricles.

The two top chambers are the RIGHT ATRIUM and the LEFT ATRIUM. They receive the blood entering the heart from veins. A wall called the interatrial septum is between the atria.

Two valves also separate the ventricles from the large blood vessels that carry blood leaving the heart:

- The **pulmonary valve** is between the right ventricle and the pulmonary artery, which carries blood to the lungs.
- The **aortic valve** is between the left ventricle and the aorta. which carries blood to the body.

The atria are separated from the ventricles by the atrioventricular valves:

- The tricuspid valve separates the right atrium from the right ventricle.
- The mitral valve separates the left atrium from the left ventricle

This work is based upon work from COST Action CA18216 VascAgeNet, supported by COST (European Cooperation in Science and Technology, www.cost.eu)



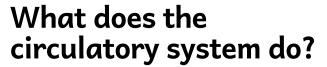




How does the heart function?

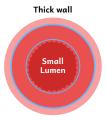
The heart is a pump and normally beats around 60 to 100 times per minute. In each heartbeat, the heart has the ability to send the blood throughout the body in order to transport oxygen to the different tissues that we have.

- The blood is pumped from the heart to the body in arteries, to deliver oxygen to the organs.
- After that, the blood without oxygen returns to the heart in veins.
- Next, the heart sends the blood to the lungs to pick up more oxygen.
- The blood then returns to the heart ready to go round the body again.
 This cycle repeats over and over again.



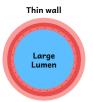
The circulatory system is formed by blood vessels that carry blood away from the heart and returns to it. The blood carries oxygen, nutrients, and hormones to cells of the different tissues, and removes waste products, like carbon dioxide. These roadways travel in one direction only, like you can see in the above figure.

Types of blood vessel and their specific functions:



Arteries

carry blood away from the heart to the rest of the body.



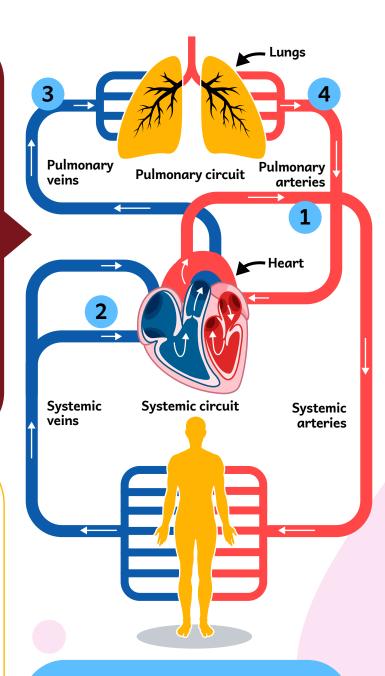
Veins

carry blood from the body tissue to the heart.

Capillaries



carry the blood (with oxygen, nutrients and hormones) from the arteries into organs and tissues and takes the blood from tissue (with waste products) to veins.



Now, having read the information on the flyer, draw a home-heart where each heart chamber corresponds to a room from your house and show what path (which rooms will you visit first) you would take if you followed the same direction as blood.

