

Health Study Guide

Part 1 – Cardiovascular

1. What organs are found in the cardiovascular system?
heart and blood vessels
2. What is the function of the cardiovascular system?
to transport gas, nutrients, waste, white blood cells, and hormones to the cells
3. List differences between arteries, veins, and capillaries.
Arteries carry blood away from the heart. Veins carry blood towards the heart and have valves, and capillaries are where gas exchange occurs.
4. Describe the difference between atria and ventricles.
Atria are the receiving chambers of the heart. Ventricles are the pumping chambers of the heart
5. Where does the left side of your heart pump blood to? Where does the right side of your heart pump blood to?
Left side of your heart pumps blood to the heart and the rest of the body. The right side of the heart pumps blood between the heart and the lungs.
6. Where is blood pressure higher? In arteries or veins?
Blood pressure is higher in an artery and lower in veins.

Blood Pressure

1. Give a definition for blood pressure.
Blood Pressure is the pressure that blood exerts on the walls of arteries and veins
2. What is the difference between systolic and diastolic blood pressure?
Systolic blood pressure is when the heart contracts and is the top number. Diastolic is the pressure when the heart relaxes or the bottom number.
3. What is another name for high blood pressure?
Hypertension
4. How can high blood pressure damage your blood vessels?
It can weaken your blood vessels and make them lose flexibility which makes it easier for plaque to build up
5. How can high blood pressure damage your kidneys?
They have tiny blood vessels that can easily be damaged
6. How can high blood pressure damage your eyes?
They have tiny blood vessels that can easily be damaged
7. How can decreasing sodium intake lower blood pressure?
High Sodium pulls H₂O into the blood, increases the blood volume which leads to an increased blood pressure. Low sodium does less of this.
8. How can exercise decrease blood pressure?

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