**Heart Facts**

1. Important note -The heart is seen from the front in the diagram. So the **right** side of the heart is shown on the **left** of the diagram. The **left** side is on the **right** side of the diagram.
2. The heart is a **muscular pump.** When it beats it pumps blood to the lungs and around the body. The right side pumps blood to the lungs. The left side pumps blood to the rest of the body.
3. The heart has four chambers. The two **left atrium and right atrium** collect the blood. The two **ventricles** pump the blood out of the heart. The **left atrium** and **right atrium** receive blood from veins and **left and right ventricles** pump blood into arteries.
4. **Valves** prevent the blood from flowing backwards.
5. The **septum** separates the two sides of the heart.
6. The right side of the heart pumps **de-oxygenated** blood (blood not containing oxygen) to the lungs to pick up oxygen. The left side of the heart pumps the **oxygenated** blood from the lungs around the rest of the body.
7. The arteries and veins are bunched together at the top of the heart. Veins (such as the vena cava and the pulmonary vein) bring blood into the heart. Arteries such as the aorta and the pulmonary artery take it away from the heart.
8. Pulmonary means the lungs, so the pulmonary vein and artery move blood between the heart and the lungs
9. The blood on the left side is kept **separate** from the blood on the right side. This is called **double circulation** and is a more efficient way of delivering oxygen to the tissues than single circulation.
10. The left ventricle has a thicker muscle wall than the right ventricle. This is because the left ventricle has to pump blood all the way around the body, but the right ventricle only has to pump it to the lungs.
11. The blood in arteries is under higher pressure than blood in the veins. The high pressure in arteries lets blood flow into the capillaries, while the lower pressure in veins lets blood flow from the capillaries.
12. Your pulse is a measure of how fast your heart is beating. It is the number of beats your heart makes in one minute. Your heart beats faster or slower depending on what you are doing. You can feel your pulse at certain points on your body. The easiest place to feel it is in your **wrist**, using the first two fingers of your other hand.



When you sit, the average heart beats between **60 and 100 times per minute**. However, everybody is different, so your pulse could be higher or lower than this. When you **exercise**, your heart beats more quickly. This is because your muscles are working harder and need more oxygen to keep going. Your lungs also work harder, making you breathe more quickly to get more oxygen. When you **sleep**, your muscles need less oxygen, so your heart slows down.

