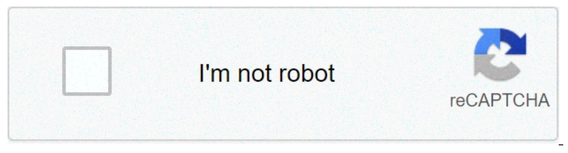

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Circulatory system coloring page

There are about 1.5 gallons (or 5.5 liters) of blood in the average adult body. Blood regenerates every second. Two million new red blood cells a second, to be exact. We all know that the circulatory system transports oxygen throughout the body. But did you know that it also transports electrolytes, carbon dioxide, hormones, and amino acids? Blood consists of red cells, white cells, platelets, and plasma. The circulatory system closely relates to the lymphatic system. Lymph fluid is plasma that has filtered through the body and returned to the lymphatic system. The circulatory system is prone to cardiovascular diseases. For example, stroke, hypertension, and heart failure affect these areas. Healthy eating, exercise, and restricting tobacco and alcohol intake prevent conditions like these. Certain conditions, like high and low blood pressure, are hereditary. It is important to know your family history. Inform your doctor of any history of heart problems. The circulatory system is the complex network responsible for delivering nutrients, hormones, and gasses such as oxygen to the body's cells. This system, also known as the cardiovascular system, works in tandem with other systems in the body to maintain homeostasis -- the body’s ability to maintain stability despite constantly changing -- and is integral to many of the functions that allow the body to thrive. The essential parts of the circulatory system are the blood, blood vessels, and the heart, though many secondary components help keep the system working. For the sake of explanation, educators often state that the circulatory system "begins" in the right atrium. In actuality, if the body functions properly, the system doesn’t start or end anywhere. Each part of the system is working at the same time. The right atrium in the upper-right portion of the heart receives deoxygenated blood through two large veins. The superior vena cava accepts blood from parts of the body such as the head and the arms. The inferior vena cava accepts blood from the legs and lower abdomen. wetcake / Getty Images In the wall of the right atrium is a group of cells that control the contractions of the heart. This sinoatrial node sends electrical impulse controls the heart and pushes the blood from the right atrium into the right ventricle. Before it enters the right ventricle, it must pass through the tricuspid valve, which prevents backflow. Once the blood enters the right ventricle, the atrioventricular node adjusts the speed at which the blood flows to prevent the ventricle from contracting without a sufficient level of blood. The two nodes working together causes the heart to beat and allows the blood to move throughout the circulatory system. Thomas-Soellner / Getty Images The deoxygenated blood needs to return to the lungs for more oxygen. During pulmonary circulation, the right ventricle contracts to send blood through the pulmonary valve into the pulmonary artery. The pulmonary valve is responsible for ensuring the blood only flows into the artery and not back into the ventricle. The pulmonary artery connects to a multitude of other, smaller arteries and capillaries to deliver the blood to the pulmonary alveoli in the lungs. Pattanaphong Khuankaew / Getty Images The pulmonary alveoli are small, hollow cavities in the lungs. When we inhale, the alveoli absorb oxygen from the air. Capillaries surrounding these cavities allow gas exchange between the alveoli and the blood. Carbon dioxide exits the blood and enters the alveoli and oxygen travels from the alveoli to the blood. When the lungs exhale, they release the carbon dioxide from the body and the process begins again. This is an example of the circulatory system working together with the respiratory system. bymuratdeniz / Getty Images Now that the blood is full of oxygen, it must deliver that oxygen throughout the rest of the body. To do this, the heart contracts to pull the blood from the pulmonary alveoli into four veins, two for each lung. The blood travels through these four pulmonary veins and fills the left atrium of the heart. After this process, the body begins transferring the oxygen to the rest of the body. magicmine / Getty Images The left ventricle is the largest of the four heart chambers. Because of this, it is also capable of providing the most pressure to move the blood around the body. The blood travels through the mitral valve out of the left atrium and begins to fill the left ventricle. When the left ventricle prepares to expel the blood to the rest of the body, the mitral valve closes, due to the difference in pressure. The ventricle then pushes the blood to the aorta. TefiM / Getty Images The aorta is the main artery, located just above the heart. As it travels down the abdomen, it diverges into two separate, smaller arteries. The blood moving from the left ventricle passes through the aortic valve before it enters the aorta. From there, it flows to the smaller arteries and capillaries that spread throughout the human body. However, before the blood can reach the capillaries, it must travel through small blood vessels called arterioles. The arterioles change diameter to adjust the blood pressure and speed. normaals / Getty Images The adjustments in pressure and speed of the arterioles functions allow for a constant exchange of gasses, nutrients, and other contents from the blood to the cells. The blood transfers oxygen and nutrients into the cells and receives carbon dioxide and other waste materials. After the blood loses its oxygen, it must return to the heart so the process can begin anew. First, it enters blood vessels similar to the arterioles venules. From the venules, the blood drains into the veins themselves. OlegUsmanov / Getty Images Veins can be considered the opposite of arteries as they carry blood to the heart rather than away from it, though veins are less muscular. Most veins have valves that prevent backflow of blood. The veins from the arms and the head connect to the superior vena cava while the veins from the legs and abdomen connect to the inferior vena cava. The blood returns to the right atrium, and the circulatory system starts again. belchonock / Getty Images It is important to remember that the circulatory system never actually ends, as long as the body is healthy. All processes happen simultaneously, and the blood never stops flowing. When the system is broken down, its complex parts can be easy to remember and understand. The circulatory system is the combined efforts of the systemic circulation and the pulmonary circulation.Systemic circulation provides organs, tissues, and cells with oxygenated blood.Pulmonary circulation is where the blood receives its oxygen and releases carbon dioxide.The circulatory system is a cycle beginning and ending with the heart.colematt / Getty Images The heart is crucial to life and the focus of love. Explore the parts of the heart and how your heart works, plus take a look at real pictures of human hearts with this gallery.Creatinine is a chemical molecule that is present in the serum (liquid portion) of the blood. The amount of creatinine produced depends on a person's muscle mass. But how is it measured?By Jill FergusonWhen you cut yourself accidentally, do you ever wonder what makes up this thing we call blood? It's pretty amazing stuff, considering how it wards off infections while supplying nutrients to every cell in the human body.By Carl Bianco, M.D.The heart is a vital organ that basically serves as a pump. Learn about heart chambers and valves, blood flow, the heart's electrical system and blood supply. Read more about how this amazing organ works.By Carl Bianco, M.D. The blood circulatory system, also called the cardiovascular system, consists of the heart and the blood vessels that run throughout the body. It delivers nutrients and oxygen to all cells of the body.The oxygen we breathe gets mixed into the blood in the lungs, and the heart pumps this blood to all parts of the body. Each heartbeat is a contraction of the heart as it pumps blood around the body.The heart has four chambers: the left atrium, right atrium, right ventricle and left ventricle. They are all separated by one-way valves, meaning the blood can only flow in one direction. Blood is carried to the heart in the veins, and back out to the rest of the body in the arteries.There are many different circulatory system diseases all of which interrupt this complex process of distributing blood around the body.In this article, learn about diseases that affect the circulatory system, as well as treatment options and prevention.Diseases that can affect the circulatory system include:1. AtherosclerosisAtherosclerosis is a hardening of the arteries.It is typically caused by a diet high in fat, which leaves fatty deposits on the lining of the blood vessels. These fatty deposits stick together and make the arteries hard and less flexible.Atherosclerosis leads to high blood pressure, which can damage the heart and kidneys and even lead to strokes.2. Heart attackMyocardial infarction (MI) is the technical term for a heart attack. A heart attack can occur when the blood supply is cut off from the heart, often by a blood clot. Some heart attacks are minor, but others can be life-threatening.3. Mitral valve prolapseMitral valve prolapse means the mitral valve bulges out or prolapses because it does not close evenly. The mitral valve pumps freshly oxygenated blood out of the heart to the rest of the body.4. Mitral valve regurgitationMitral valve regurgitation happens when the mitral valve does not close all the way and causes a leak, allowing some of the oxygenated blood to flow backward.5. Mitral stenosisMitral stenosis means the mitral valve is abnormally narrow which can prevent the blood from flowing smoothly or quickly through it.6. Angina pectorisAngina pectoris means “pain in the chest” and occurs if the heart is not receiving enough blood. People often describe it as a crushing sensation or feeling like their chest is in a vice.People with angina pectoris may also feel breathless, tired, and nauseated.7. Arrhythmia and dysrhythmiaArrhythmia and dysrhythmia are often used interchangeably, and both refer to abnormal heart rates and rhythms. In general, arrhythmia means “no rhythm” and dysrhythmia means “abnormal rhythm.”8. Cardiac IschemiaCardiac ischemia means the heart muscle is not getting enough oxygen to function properly. A person with cardiac ischemia will usually experience angina-like pain and may feel as though they are having a heart attack.9. High cholesterolHigh cholesterol is usually caused by a sedentary lifestyle and an unhealthful diet. Some people can also be genetically at risk of high cholesterol.People need cholesterol, but too much cholesterol can form a thick layer on the inside of the vessels, blocking blood flow.10. Heart failureHeart failure means that the heart is not pumping blood around the body as efficiently as it should. It can lead to fatigue, shortness of breath, and coughing.Some people with heart failure find it difficult to do things such as walking, climbing stairs, or carrying groceries.11. High blood pressure (hypertension)High blood pressure or hypertension means the force or pressure of the blood flowing through the vessels is consistently too high. High blood pressure can lead to stroke, loss of vision, heart failure, heart attack, kidney disease, and reduced sexual function.12. StrokeA stroke can happen when one of the vessels that lead to the brain either becomes blocked by a blood clot or bursts. This stops blood flow and prevents oxygen from getting to the brain.13. Peripheral artery disease (PAD)Peripheral artery disease (PAD) refers to narrowing of the arteries that lead to the legs, stomach, arms, and head. This reduced blood flow can damage the cells and tissues in the limbs, organs, and brain. PAD tends to occur more often in older people.14. Venous thromboembolism (VTE)Venous thromboembolism (VTE) is a blood clot that gets stuck in a vein, blocking the flow of blood. It is a serious condition that needs emergency medical attention.15. Aortic aneurysmsAortic aneurysms affect the main artery in the body. It means the artery wall has weakened, allowing it to widen or “balloon out.” An enlarged artery could burst and become a medical emergency.Share on PinterestVarious circulatory diseases are linked to one another.While scientists do not know what causes all of these diseases, there are things that individuals can do to reduce the risk of developing them.Many circulatory system diseases are linked to each other. For example, high blood pressure damages the blood vessels, which can lead to other circulatory problems.The narrowing of blood vessels caused by high cholesterol increases the likelihood of a person getting a blood clot.Being overweight or obese also increases the possibility of developing circulatory diseases. However, a healthful diet and being active can reduce the risk.Regular exercise keeps the heart healthy by reducing the risk of high blood pressure, high cholesterol, and being overweight — all of which are risk factors for circulatory diseases.People who have family members with a circulatory disease are more likely to develop one themselves. This risk, however, can be reduced with a healthful lifestyle.Does smoking increase the risk of circulatory diseases?Smoking is a significant risk factor for developing circulatory diseases. Toxic substances in tobacco can narrow and damage the blood vessels, increasing the risk of blood clots and causing poor circulation.Some circulatory diseases, such as stroke, heart attacks, and burst aneurysms, are life-threatening and need emergency medical attention.Anyone who experiences heart pain is advised to make an appointment with their healthcare team. People who are concerned that they are at risk of developing a circulatory disease can ask their doctor how to make healthful lifestyle changes.The outlook for circulatory system diseases depends on the underlying problem. Without immediate medical attention, stroke, heart attacks, and aneurysms can have devastating effects.Other diseases can be managed. For example, doctors typically treat angina pain with tablets that increase the blood flow to the heart.Eating a healthful diet, exercising regularly, and not smoking can ease many symptoms or reduce the risk of the conditions listed above. Page 2 Credit: Emma Darvick Coloring pages aren’t just for kids! Indeed, according to Beaumont Health in Michigan, coloring pages can help reduce stress and anxiety in teenagers. They also improve motor skills, sleep, and focus while providing a creative outlet. Here are 10 imaginative and free coloring pages for teens. Relax your mind as you decorate this beautiful bouquet of tulips. 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