**Cardiovascular System**

**Structures of the Circulatory System**

* Includes the heart, blood, veins, capillaries, and arteries and the lymphatic system.

**Structures of the Cardiovascular System**

* Consists of the heart and the three types of blood vessels that carry blood throughout your body.

**The Function of the Heart**

* The heart is made of cardiac muscle tissue and has two sides.
* The right side pumps oxygen-poor blood to the lungs.
* The left side pumps oxygen-rich blood to the body.

**The Function of the Blood Vessels**

* There are three types of blood vessels: arteries, capillaries, and veins.
* Arteries carry blood away from the heart.
* Capillaries carry nutrients, oxygen, and other substances from the blood to the cells in the body. Also, carries carbon dioxide and other wastes from the cells to the blood.
* Veins carry blood back to the heart.

**Blood Pressure and Pulse**

* Blood pressure is the high pressure caused by blood being pumped into the arteries.
* Your pulse is caused by the rhythmic change in your blood pressure.

**Types of Circulation**

* Pulmonary circulation: the flow of blood from the heart to the lungs and back.
* Systemic circulation: the flow of blood from the heart to all parts of the body and back.

**Cardiovascular Problems**

* Oral health can lead to cardiovascular problems.
* Heart disease caused by a build up of cholesterol.
* Hypertension: abnormally high blood pressure.
* Stroke, heart attacks, heart failure

**Blood**

* The fluid that carries gases, nutrients, and wastes through the body and that is made up of plasma, red blood cells, platelets, and white blood cells.
* The fluid part of the blood is called plasma.
* Red blood cells take oxygen to every cell in your body.
* Platelets clump together to form a plug that helps reduce blood loss from wounds.
* White blood cells help keep you healthy by destroying pathogens (bacteria and viruses)