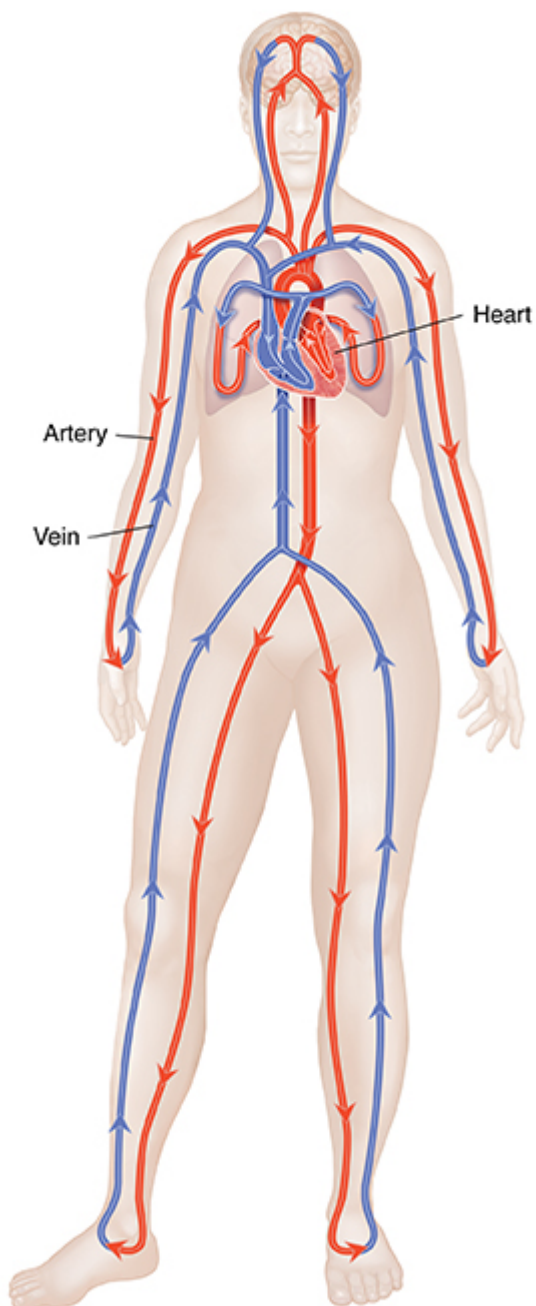


# Understanding Circulation



Blood flows from the heart to the body and back to the heart. This nonstop flow is called circulation. Blood flows through blood vessels. These are hollow muscular tubes. There are 3 main types of blood vessels:

- **Arteries** carry oxygen-rich blood away from the heart.
- **Veins** return oxygen-poor blood to the heart.
- **Capillaries** are tiny blood vessels that connect arteries and veins. Capillaries have thin walls that let oxygen and nutrients pass through them to your body parts. They also allow waste products to move from your body parts to the blood.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions  
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.