

Ch30.4 Blood vessels and transport

- #Biology_3 #Note #School
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- Arteries, veins, and capillaries:
 - Ch30.1 Respiratory and Circulatory Functions Q: Explain the difference between each blood vessel: #card
- What is blood pressure?: #card
 - Blood pressure is the measure of force against blood vessels.
 - What are the 2 types of pressure in the heart?: #card
 - Systolic pressure is: #card
 - When left ventricle contracts
 - Diastolic pressure is: #card
 - When left ventricle relaxes
 - How to write the blood pressure?: #card
 - Pressure is written in the form of a fraction where:
 - Systolic pressure is the numerator
 - Diastolic pressure is the denominator
- What leads to increased blood pressure?: #card
 - Some life choices lead to increased blood pressure:
 - Smoking
 - Long-term stress
 - excessive weight
 - lack of exercise
 - diet low in fruits, vegetables, and high in saturated fats
 - What happens when the blood pressure is high?: #card
 - It leads to a stroke or a heart attack
- What do circulatory diseases do to the heart and arteries?: #card
 - Arteries walls become inflexible and thick
 - Plaque blocks blood flow in arteries