

Circulatory system

The function of the circulatory system is to move blood around the body

Blood is a mixture of cells water nutrients and gases

- Red blood cells carry oxygen and carbon dioxide
- White blood cells protect the body from infections
- Plasma is a mixture of water nutrients platelets (for closing cuts) and hormones

The movement of the blood is pushed by the heart and travels through blood vessels

The heart is actually two pumps

- The right side pushes deoxygenated blood to the lungs
- The left side oxygenated blood to the body
- Sounds of the heart are actually the sounds of the valves closing

Blood vessels are made up of arteries veins and capillaries

- Arteries
 - Carry blood away from heart
 - Thick walled
 - No valves
 - High blood pressure
- Veins
 - Carry blood towards the heart
 - Thin-walled
 - Has valves
 - Low blood pressure
- Capillaries
 - Connects the arteries to the veins
 - Very thin walled
 - Delivers nutrients water and gases to the cells

Blood pressure is the pressure of your blood in your artery (example 120 / 80)

- Systolic pressure is when the heart pumps - high pressure
- Diastolic pressure is when the heart is relaxed - low pressure

