

Chapter 12 Guided Notes

12.1 Cardiovascular System

The main functions of the cardiovascular system include _____ to cells and _____ away. In addition, blood contains cells that _____.

Describe:

How the cardio system delivers materials -

How the cardio system removes wastes -

How the cardio system fights disease -

The Heart

The lower chambers are called _____.

The upper chambers are called _____.

The _____ receive blood and the _____ pump blood out.

Blood Vessels

☺ FUN FACT ☺

If all of the blood vessels in your body were placed end to end, they would wrap around the Earth more than two times!!!!

- Blood vessels that carry blood away from the heart are called _____.
- The _____ is the largest artery in the body. The pulse you feel in your wrist occurs when an artery expands!
- The smallest blood vessels in your body are _____ which branch off from the smallest arteries. When you are cold, they shrink to keep heat inside. When you are hot they expand to allow excess heat to escape your body.
- _____ are large, thin-walled blood vessels that carry blood to the heart.

Blood

Four components of blood:

- Plasma –
- Red blood cells -
- White blood cells -
- Platelets –

12.2 Cardiovascular Health

Cardiovascular Diseases

☹ NOT-SO-FUN FACT ☹

Cardiovascular diseases are the leading causes of death in the United States.

They develop over many decades, often without symptoms!

- **Hypertension** damages blood vessel walls because _____
_____. Also, the heart must work extra hard to pump blood through the body. Hypertension is considered the “ _____ ” because most people have no symptoms.
- **Atherosclerosis** is a condition where _____
_____.
LDL's carry cholesterol to the body tissues for use and storage. It is the “bad cholesterol” that causes plaque to build up on the artery walls. **HDL's** are considered “good cholesterol” because they carry cholesterol to the liver for excretion.
- **Heart attack and stroke** – When blood vessels are constricted due to atherosclerosis. Eventually, _____
causing heart attack or stroke.

