The Circulatory System

What is the Circulatory System?

- Imagine a super-efficient delivery service for your entire body.
- Its main job is to move blood, nutrients, and gases to all your cells.
- It also takes away waste products that your body doesn't need.
- Without this system, your cells couldn't get the things they need to survive.

The Three Main Parts

- The circulatory system is made up of three key components that all work together.
- **The Heart:** This is the powerful pump that keeps everything moving.
- **The Blood:** This is the special fluid that carries all the important stuff.
- **The Blood Vessels:** These are the tubes, or "roads," that the blood travels through.

A Simple Analogy

- Let's think of it like a city's transport system.
- **The Heart** is the main depot, pumping vehicles out.
- **The Blood** is the fleet of delivery trucks, carrying packages.
- **The Blood Vessels** are all the roads, from big highways to tiny streets.

The Heart - Your Body's Pump

- The heart is a muscular organ, about the size of your fist.
- It sits in the center of your chest, slightly to the left.
- It is not a simple bag; it's a very organized pump with multiple sections.
- The heart's job is to beat continuously, without rest, your entire life.

A Closer Look at the Heart

- The heart has two sides, a right side and a left side, separated by a wall called the septum.
- The right side handles blood that needs oxygen.
- The left side handles blood that is full of oxygen.
- This separation is crucial so that oxygen-rich and oxygen-poor blood don't mix.

The Heart's Four Chambers

- Each side of the heart has two chambers, making a total of four.
- The top chambers are called **atria** (plural for atrium). They receive blood.
- The bottom chambers are called **ventricles**. They pump blood out.
- This creates a two-step pumping process: fill, then pump.

The Right Side of the Heart

- Deoxygenated blood (blood without much oxygen) from the body enters the **right atrium**.
- The blood then flows into the **right ventricle**.
- The right ventricle pumps this blood to the lungs to pick up oxygen.
- This is the first step of the blood's journey to get fresh air.

The Left Side of the Heart

- Once the blood is full of oxygen from the lungs, it returns to the **left atrium**.
- From there, it goes into the **left ventricle**.
- The powerful left ventricle pumps this oxygen-rich blood out to the rest of the body.
- This side of the heart has to work the hardest!

Heart Valves - The One-Way Doors

- The heart has special "doors" called valves between its chambers and at the exits.
- These valves open and close at the right time to make sure blood flows in only one direction.
- They prevent blood from flowing backward, which would make the pumping process inefficient.
- There are four main valves in the heart.

The Heart's Rhythm

- The heart's rhythm is controlled by a tiny electrical system inside it.
- This system sends out signals that tell the heart muscle when to squeeze and relax.
- The sound of a heartbeat is actually the sound of the heart's valves closing.
- This rhythm keeps your heart beating steadily, about 60 to 100 times per minute.

Blood Vessels - The Roads of the Body

- Blood vessels are a huge network of tubes that reach every part of your body.
- If you were to lay them all out, they would be long enough to wrap around the world twice!
- There are three main types of blood vessels, each with a different job and structure.
- They vary in size, from as wide as your thumb to thinner than a strand of hair.

Arteries - Moving Away from the Heart

- **Arteries** are the blood vessels that carry blood **away** from the heart.
- They are strong and elastic, like a rubber band, to handle the high pressure of blood being pumped.
- The largest artery is the **aorta**, which leaves the left side of the heart.
- Arteries split into smaller and smaller branches as they get farther from the heart.

Veins - Moving Back to the Heart

- **Veins** are the blood vessels that carry blood **back** to the heart.
- By the time blood reaches the veins, the pressure is much lower.
- To help blood move against gravity, veins have one-way valves inside them.
- These valves prevent blood from pooling and flowing backward.

Capillaries - The Exchange Zones

- **Capillaries** are the smallest and thinnest blood vessels.
- They connect arteries to veins, forming a massive network.
- Their walls are so thin that oxygen, nutrients, and waste can pass right through them.
- This is where the real work of delivering and picking up happens!

The Pulmonary Circuit

- The circulatory system has two main loops. The first is the **pulmonary circuit**.
- This loop is between the heart and the lungs.
- Its only purpose is to take deoxygenated blood to the lungs and bring back oxygenated blood.
- It's a shorter journey than the other loop.

The Systemic Circuit

- The second loop is the **systemic circuit**.
- This loop is between the heart and the rest of the body.
- It takes oxygen-rich blood to all your organs, muscles, and tissues.
- It also brings deoxygenated blood back to the heart.

Blood Pressure

•Blood pressure is the force of the blood pushing against the walls of your arteries.
•When your heart pumps, it's called **systolic** pressure (the higher number).
•When your heart rests between beats, it's called **diastolic** pressure (the lower number).
•Keeping your blood pressure in a healthy range is very important.

What is Blood?

- Blood is a special liquid that is essential for life.
- It's not just a red fluid; it's a complex mix of cells and a liquid called plasma.
- An average adult has about 5 liters of blood circulating in their body.
- Blood performs many different jobs, from carrying oxygen to fighting infections.

The Four Main Parts of Blood

- Blood is made of four main components.
- **Plasma:** The yellowish liquid part.
- **Red Blood Cells:** These give blood its red color and carry oxygen.
- **White Blood Cells:** These are the body's defenders.
- **Platelets:** These are tiny fragments that help with clotting.

Plasma - The Liquid Carrier

- Plasma makes up over half of your blood's total volume.
- It's mostly water, but it also contains proteins, sugars, hormones, and salts.
- Plasma's job is to carry all the blood cells and other substances throughout the body.
- It's like the river that everything else floats in.

Red Blood Cells - The Oxygen Carriers

- Red blood cells are the most abundant cells in your blood.
- Their shape is like a squished doughnut, which helps them move through tiny capillaries.
- They contain a protein called **hemoglobin**, which is what actually holds onto the oxygen.
- Without red blood cells, you couldn't breathe.

White Blood Cells - The Body's Defenders

- White blood cells are a key part of your immune system.
- They are always on patrol, looking for germs, bacteria, and viruses.
- When they find something harmful, they attack and destroy it.
- A healthy white blood cell count is important for fighting off sickness.

Platelets - The Clotting Helpers

- Platelets are not full cells; they are tiny fragments.
- Their job is to help your blood clot, which is how you stop bleeding when you get a cut.
- When you get a cut, platelets rush to the area and stick together.
- They form a plug that stops the blood from leaking out.

Blood Types

- Not all blood is the same! There are four main blood types: A, B, AB, and O.
- Your blood type is determined by certain markers, called antigens, on your red blood cells.
- It's very important to know your blood type for things like blood transfusions.
- Giving a person the wrong blood type can cause a serious and dangerous reaction.

The Rh Factor

- In addition to the A, B, AB, and O blood types, there's another factor called the Rh factor.
- You are either Rh-positive (Rh+) or Rh-negative (Rh−).
- This factor is also important for safe blood transfusions and during pregnancy.
- Most people are Rh-positive.

The Journey Begins

- Let's follow a single drop of blood through your body.
- It starts as deoxygenated blood, coming from all over your body.
- This blood is full of carbon dioxide, which is a waste product.
- It enters the heart's right atrium.

To the Lungs

- From the right atrium, the blood goes into the right ventricle.
- The right ventricle pumps the blood into the pulmonary artery.
- The pulmonary artery carries this deoxygenated blood to the lungs.
- This is the start of the pulmonary circuit.

Gas Exchange in the Lungs

- Inside the lungs, the blood flows through tiny capillaries.
- Here, a magical exchange happens.
- The carbon dioxide leaves the blood and goes into the lungs, so you can breathe it out.
- At the same time, oxygen from the air you breathe in goes into the blood.

The Journey Continues

- Now, the blood is bright red and full of oxygen!
- It leaves the lungs and travels through the pulmonary veins.
- The pulmonary veins carry this oxygenated blood back to the heart.
- This blood enters the left atrium.

The Systemic Circuit Begins

- From the left atrium, the blood moves to the left ventricle.
- The powerful left ventricle pumps the blood into the aorta, the body's main artery.
- The aorta branches off into smaller arteries, which carry the blood to every part of your body.
- This is the start of the systemic circuit.

Delivery at the Cells

- As the oxygenated blood reaches your tissues and organs, it moves into the tiny capillaries.
- Here, the oxygen and nutrients are delivered to your cells.
- In return, the cells give the blood their waste products, like carbon dioxide.
- The blood is now deoxygenated again.

The Return Trip

- The deoxygenated blood leaves the capillaries and flows into the tiny veins.
- These veins join together to form larger and larger veins.
- Finally, the blood returns to the heart through the two largest veins, the superior and inferior vena cava.
- It arrives back at the right atrium, and the cycle starts all over again!

A Summary of the Cycle

- Heart (Right Side) → Lungs (Oxygen In, Carbon Dioxide Out) → Heart (Left Side) → Body (Oxygen Out, Carbon Dioxide In) → Heart (Right Side).
- This continuous, figure-eight loop is what keeps you alive.
- This cycle repeats every minute of every day.

The Lymphatic System

- The circulatory system has a close friend called the **lymphatic system**.
- This system collects fluid that leaks out of the blood vessels and puts it back into the blood.
- It also helps your body fight infections by carrying white blood cells.
- It's a vital support system for the circulatory network.

Keeping Your Heart Healthy

- What can you do to keep your circulatory system in top shape?
- **Eat healthy!** A diet low in fat and salt is great for your heart.
- **Exercise regularly!** Simple activities like walking or playing outside strengthen your heart muscle.
- **Avoid smoking!** It's one of the worst things you can do for your heart and vessels.

Common Circulatory Problems

- Sometimes, things can go wrong with the system.
- **Hypertension (High Blood Pressure):** When blood pressure is too high, it can damage arteries.
- **Atherosclerosis:** This is when plaque builds up in your arteries, making them narrow and hard.
- These conditions can lead to more serious problems like heart attacks and strokes.

The Importance of a Healthy Lifestyle

- A healthy lifestyle is your best defense against these problems.
- Your habits today will affect your heart health for years to come.
- Taking care of your circulatory system is taking care of your whole body.
- It's a system you want to last for a long, long time!

Thank you

Shamna Subaida Khalid
shamnaplpy@gmail.com