

Circulatory system

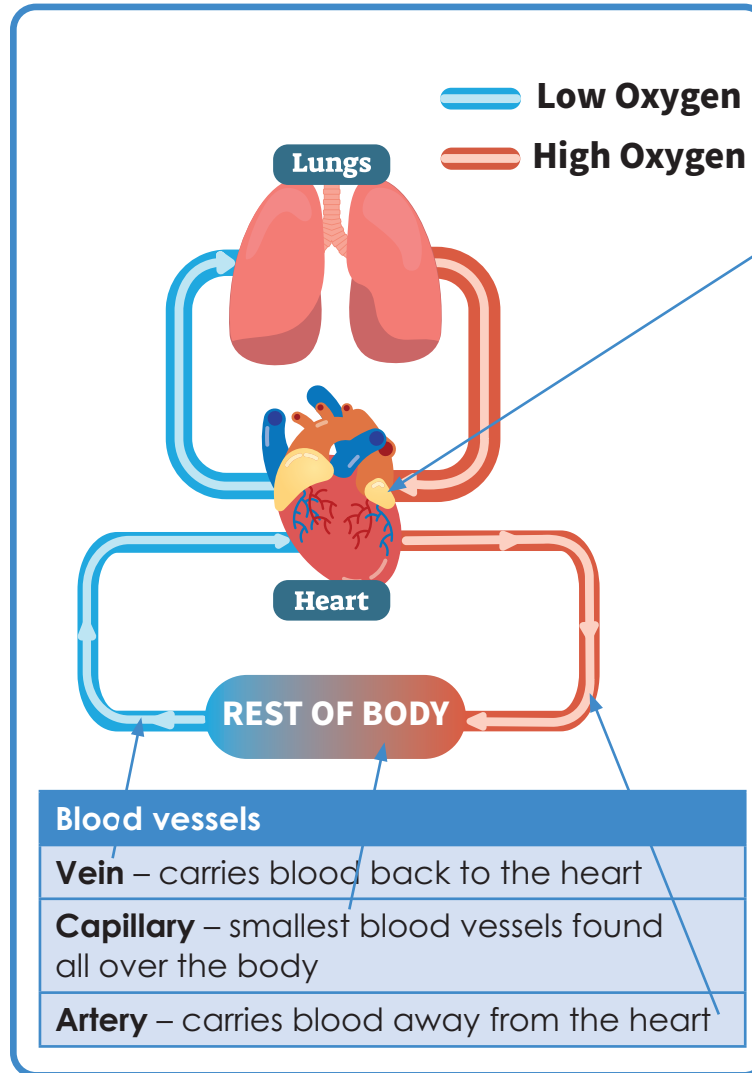
The circulatory system is an organ system with three main parts:

- the heart
- the blood
- blood vessels.

Blood

Blood constantly moves around the body carrying oxygen, nutrients, water, and waste products. It is made up of four parts.

| Part of the blood | Function |
|-------------------|---|
| Red blood cell | Carries oxygen |
| White blood cell | Fights infections |
| Platelets | Clots the blood when there is an injury |
| Plasma | Liquid that allows blood to flow |



Heart

A heartbeat happens when the heart pumps blood around the body.

Heart rate shows how quickly a heart is beating. It is measured in beats per minute (bpm).

The heart has valves to make sure that the blood travels in the correct direction.

Lifestyle

Drugs

A drug is a chemical that affects the way the body works.

Medical drugs, like antibiotics can have a positive effect on the body.

Recreational drugs, like alcohol can have a negative effect and sometimes cause addiction.

Exercise

Regular exercise:

- increases the amount of oxygen travelling around the body in the blood
- strengthens the heart muscle.

| Word | Definition |
|--------------------|---|
| addiction | When a person finds it very difficult to stop engaging in a particular behaviour. |
| artery | A blood vessel that transports blood away from the heart. |
| blood | Carries nutrients and oxygen around the body. |
| blood vessel | A tube-like structure that carries blood. |
| capillary | The smallest of the three types of blood vessels. |
| circulation | The continuous movement of blood around the body. |
| circulatory system | The organ system that carries blood around the body. |
| drug | A chemical substance that affects the way the body works. |
| heart | The organ that pumps blood around the body. |
| heartbeat | The sound created by the heart when it pumps blood. |
| heart rate | A measurement of how many times the heart beats per minute. |

| Word | Definition |
|------------------|---|
| medical | To do with the treatment of disease. |
| oxygen | Oxygen is the gas in the air that everyone needs to breathe in order to stay alive. |
| painkiller | A drug that reduces pain. |
| plasma | A part of blood that carries the red and white blood cells. |
| platelet | A part of blood that helps the blood to clot. |
| pulse | The regular throbbing of the arteries as the heart pumps blood. |
| recreational | Something that is done for fun or leisure. |
| red blood cell | A part of blood that carries oxygen around the body. |
| valve | A structure in the heart or in a vein that stops the blood moving in the wrong direction. |
| vein | A blood vessel that transports blood towards the heart. |
| white blood cell | A part of blood that helps to fight infection. |