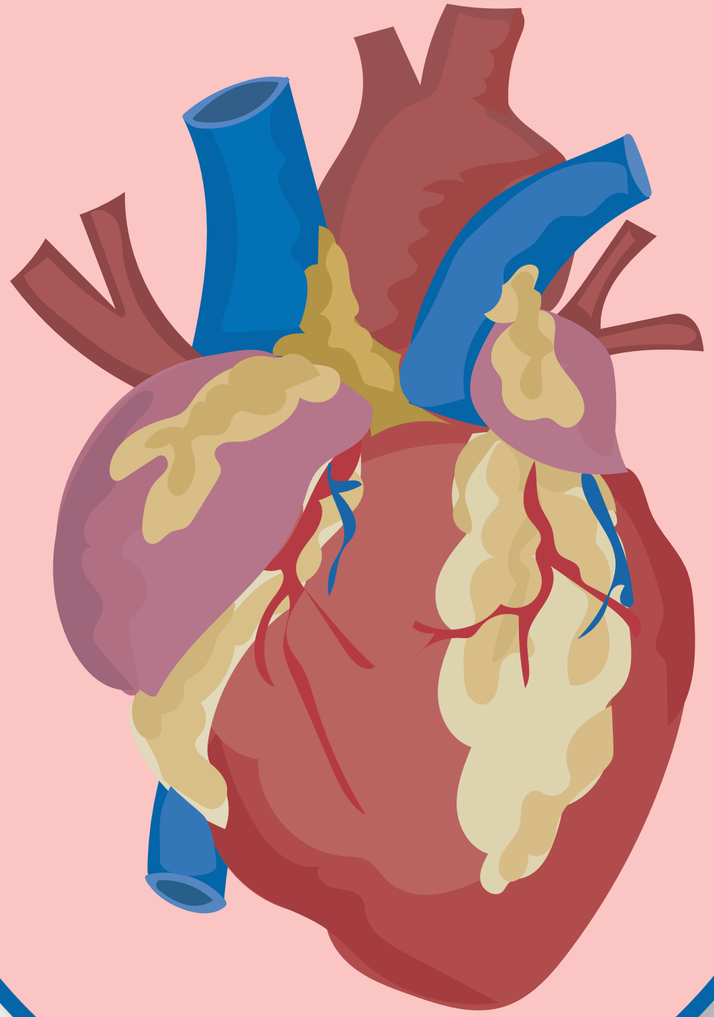


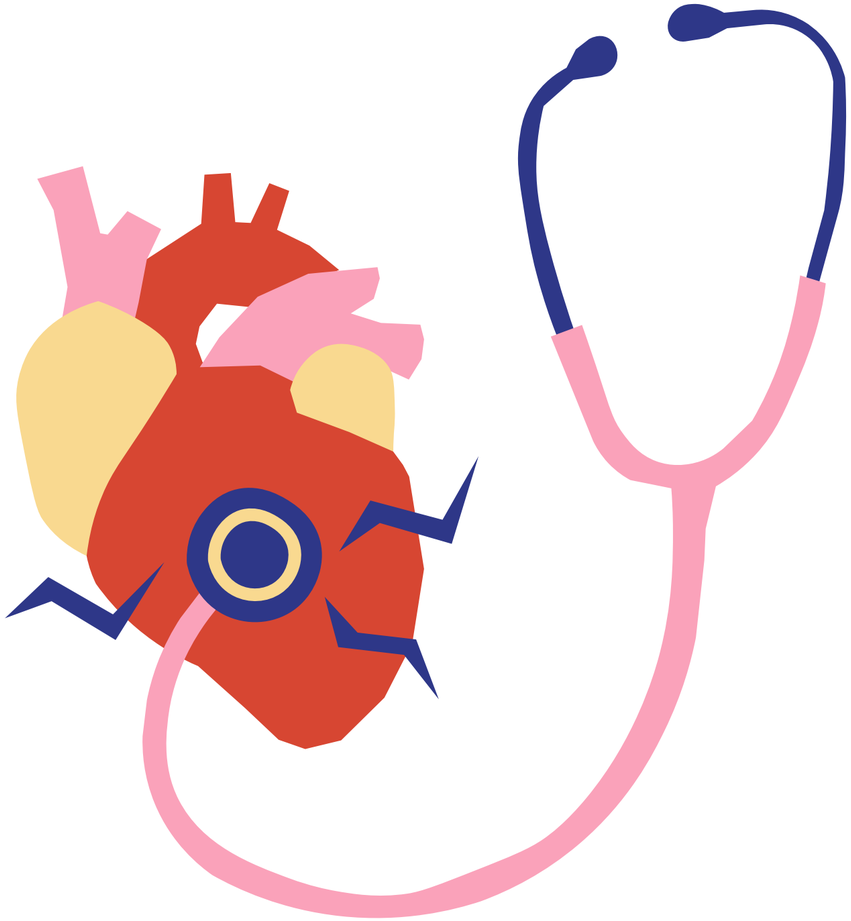
OUR HEART

PRESENTATION

Presented by Oswin Luke Ou

INTRODUCTION

Our heart is the most important organ in our body. It is found in the cardiovascular or circulatory system, made out of cardiac muscles. Without it, our cells won't have oxygen and nutrients.



HOW THE HEART WORKS

1

Our Heart has 4 sections: The right and left Atrium, and right and left Ventricle. The left section is where the oxygen-poor blood goes through, while the right section is where the oxygen-rich blood travels through the whole body. Between these 4 parts are valves, which open and close with a certain pattern.

2

Our blood vessels are basically highways for our blood cells. There are types of blood vessels: Artery, which carries oxygen-rich blood, Veins, that carry oxygen-poor blood, Venules, which are smaller versions of Veins, Arterioles which is the same, but with oxygen-rich blood, and finally, Capillaries, which are thin blood vessels.

3

When the heart contracts the blood swiftly moves on to the next section, until they reach the lungs. In there, blood picks up oxygen for the cells. Then they now end up in the right section of the heart, which contracts again to send the blood throughout the whole body.

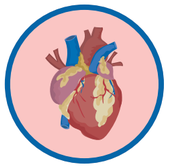
DISEASES

We must take care of our heart. There are some diseases that make your heart unstable. For example, a heart attack happens when some fat grows inside your arteries. Then it ruptures; it breaks open. Then our body forms a blood clot, stopping our blood cells from reaching the heart. Without oxygen, the heart starts getting damaged.

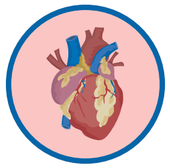
Another one, Cardiac Arrest, is sometimes called the deadliest of them all. Your heart just stops working just because of an electrical malfunction. Within seconds your brain loses oxygen, then you collapse into the ground, gasping for air. If treatment isn't provided, the person might die within minutes.

Heart cancer is a slow, but scary disease. There are many ways heart cancer can interfere. It can block blood flow, it can pump on a random rhythm, it can weaken the heart, cause blood clots, or even spread to other parts in the body.

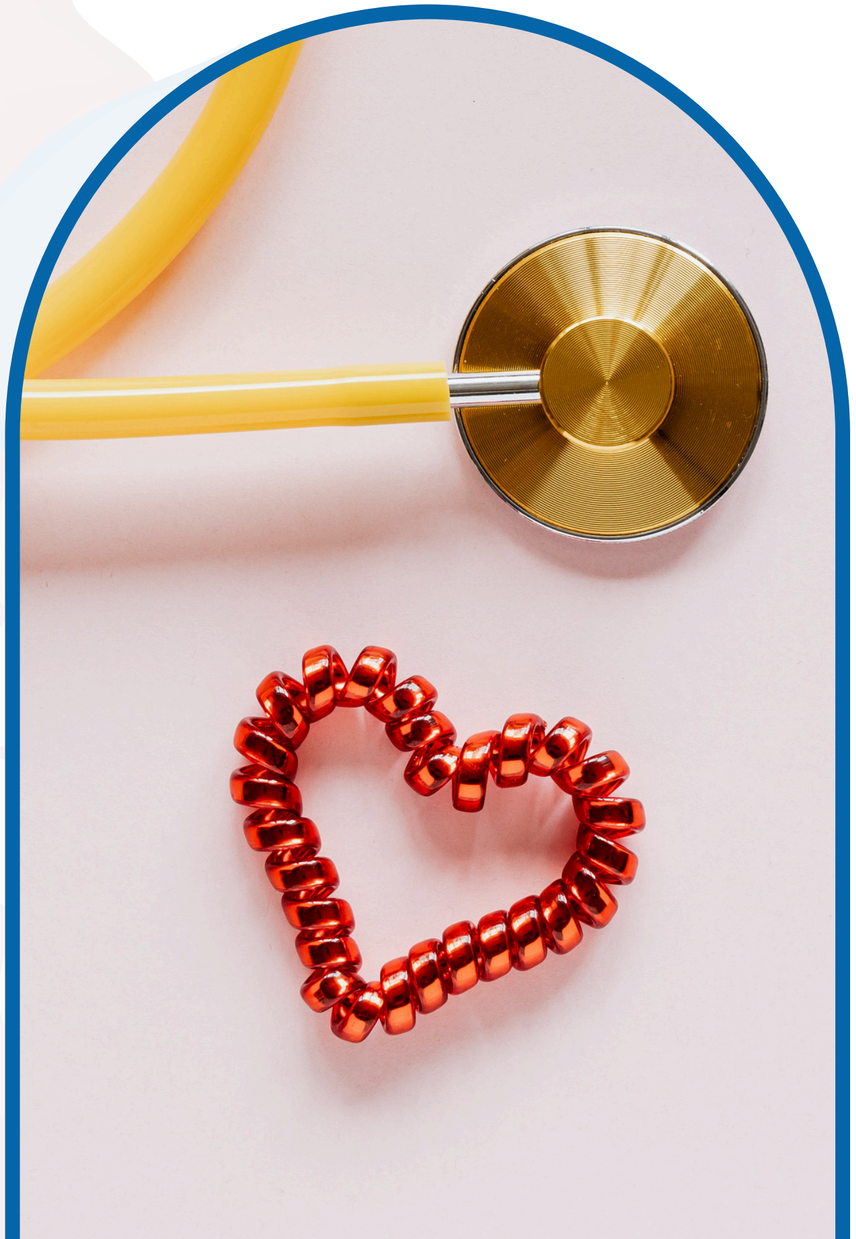
HEART CARE AND CONCLUSION



Our Heart should be taken care of properly. We can prevent these diseases easily by following the things you need to do. For the 3 diseases that we talked about, we need to eat a healthy diet. We should avoid eating fried foods, processed meat, foods high in salt, and sugary drinks and juices. We also should exercise regularly, keeping it active. We can do daily regular check ups, and of course, do not vape or smoke. This can damage our heart, or even cause many types of cancer.



Our heart is very important. It keeps pumping, giving our cells oxygen and food. It works together with the respiratory system, by pumping blood into the lungs, then collecting the oxygen and leaving the heart to other parts of the body. We should take care of our heart, by doing things that prevent heart diseases.



THANK YOU

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