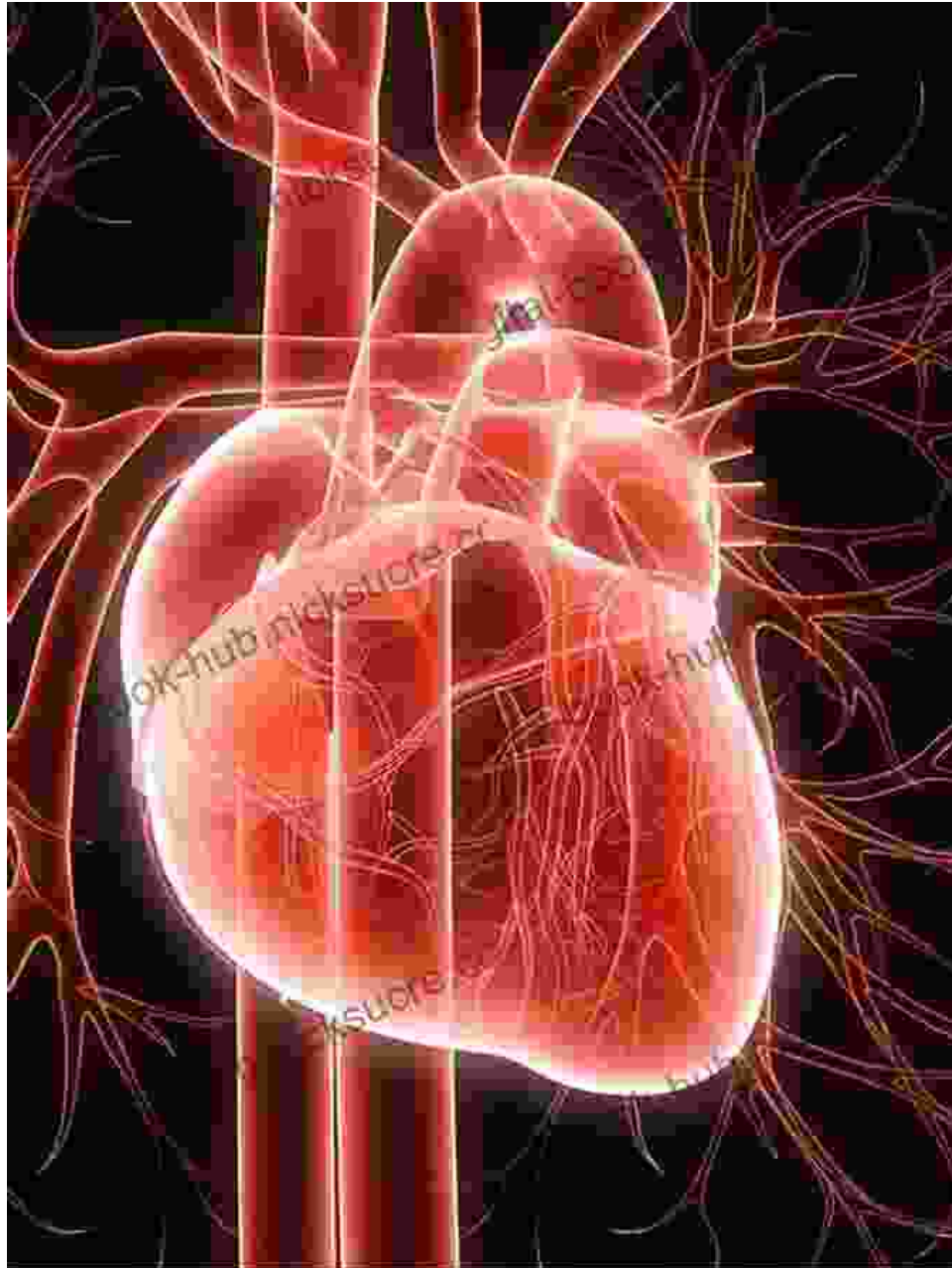


Your Heart Is the Size of Your Fist: Everything You Need to Know



Your heart is a vital organ that pumps blood throughout your body. It's about the size of your fist and weighs about 10 ounces. The heart is divided into four chambers: two atria and two ventricles. The atria are the upper

chambers that receive blood from the body and the ventricles are the lower chambers that pump blood out to the body.



Your Heart is the Size of Your Fist: A Doctor Reflects on Ten Years at a Refugee Clinic by Martina Scholtens

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1475 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 191 pages
Lending	: Enabled



The heart is a very strong muscle that can pump about 5 quarts of blood per minute. This blood carries oxygen and nutrients to all of the cells in your body. The heart also removes waste products from the blood.

The Anatomy of the Heart

The heart is located in the center of the chest, behind the sternum. It is surrounded by the lungs and is protected by the rib cage. The heart is made up of three layers of tissue:

- The epicardium is the outermost layer of the heart. It is a thin, transparent membrane that covers the heart and protects it from infection.
- The myocardium is the middle layer of the heart. It is a thick, muscular layer that makes up the bulk of the heart. The myocardium is

responsible for pumping blood.

- The endocardium is the innermost layer of the heart. It is a thin, smooth membrane that lines the chambers of the heart and prevents blood from leaking.

The Function of the Heart

The heart pumps blood throughout the body in a continuous cycle. The heart first pumps blood from the right atrium to the right ventricle. The right ventricle then pumps the blood to the lungs. In the lungs, the blood picks up oxygen and releases carbon dioxide. The blood then returns to the heart, entering the left atrium. The left atrium then pumps the blood to the left ventricle. The left ventricle then pumps the blood out to the body.

Heart Health

Heart disease is the leading cause of death in the United States. There are many things you can do to keep your heart healthy, including:

- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Not smoking
- Managing your blood pressure
- Controlling your cholesterol
- Getting enough sleep
- Managing stress

If you have any concerns about your heart health, talk to your doctor.



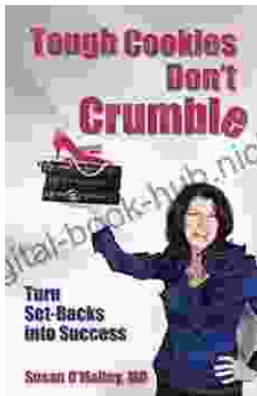
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