The Amazing Circulatory System
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Do you know, our heart is about the same size as your first. If a child’s blood vessels were laid end to end, they would stretch 62,000 miles (99,800 kilometers), or 2 1/2 times around the world. Doctors can tell how healthy your heart is by listening to your heartbeat with a stethoscope.

The system function is to move oxygen to your body. When you inhale you get oxygen. The blood move the oxygen to your body through arteries. When you exhale the carbon dioxide get out of your body. The white blood cells help fight disease and the red blood cell carry oxygen to the body. Blood vessels have 3 kinds, the first. Part is arteries, arteries takes blood to the body, the second part is veins, veins take blood to the heart, the list part is capillaries. Capillaries are the narrowest blood vessels.

Circulatory system connected to respiratory system because the air take in to lungs and the heart pump the blood with the oxygen in it to your body. Circulatory system also connected to excretory system. This happens in the kidneys Blood from your heart goes to the kidneys through the aorta. The kidneys filter the blood and then sends it back to the heart in a vein called the vena cava.

The disease is coronary artery disease-clogging of the arteries supplying the heart- is the cause of about 30% of all deaths. Heart attack- if you have a heart attack, your blood vessel will broke, and it will have cholesterol. A heart attack happens if the flow of oxygen-rich blood to a section of heart muscle suddenly become blocked and the heart can’t get oxygen. A coronary artery disease develops when the major blood vessels that supply your heart with blood, oxygen and nutrients become damaged or diseased.

People can keep circulatory system healthy, people can engage in physical activity, Exercise of 30 minutes or more. It help the heart and circulatory system. And quit smoking and tobacco. It well damage your heart. Last one is eat healthy food so you can get good care of your heart. The most important that I learn is the heart, because if you didn’t have a heart, you will die.