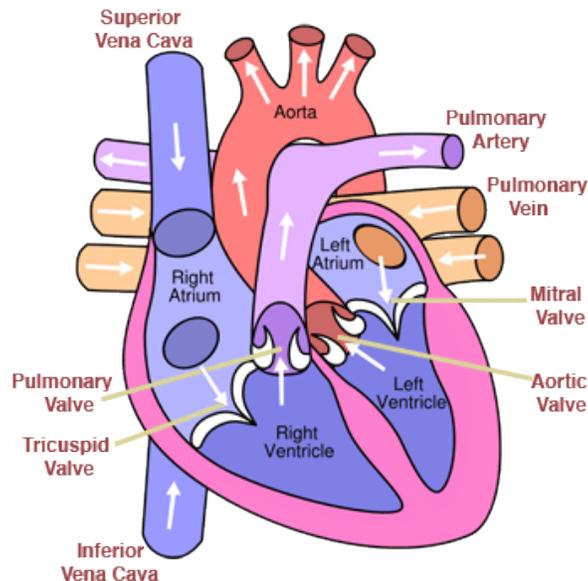


## ***Know your heart:***

Your heart is a muscle that is slightly larger than a fist and is located behind the breastbone. It pumps blood around your body providing oxygen and nutrients to your brain and every cell in your body.

***Your Heart has 4 Chambers:*** The chambers are areas of the heart which collect and pump blood. The left side of the heart gets blood from the lungs, and the right side of the heart gets blood from the body.

***Your Heart has 4 Valves:*** They are like one way doors between the chambers and keep blood flowing in the right direction through your heart.



### ***Did you know.....***

*... your heart pumps continuously about 60-90 beats per minute!*

*Over a lifetime your heart will beat about 3 million times.*

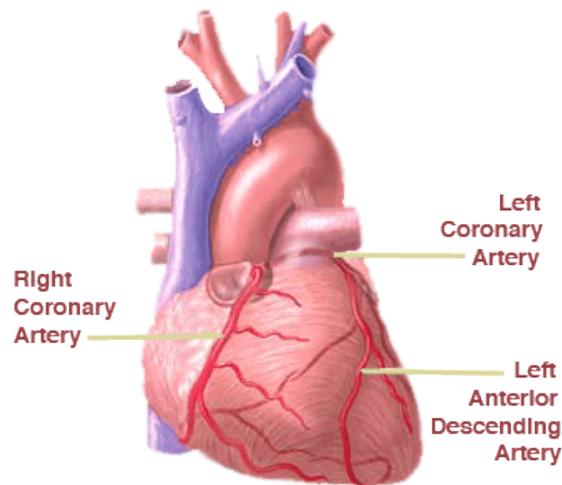
*... your blood makes a round trip through your body in approximately 1 minute.*

## ***How Your Heart Works***

Blood rich in oxygen comes from your lungs and enters the left atrium of your heart. From the left atrium the blood passes through the mitral valve and enters the left ventricle. The left ventricle is surrounded by strong muscle which when it squeezes together sends the oxygen rich blood through the aortic valve to the aorta and then to the rest of the body.

Blood returns from the body to the heart by vessels called the superior and inferior vena cava. It then enters the right atrium and passes through the tricuspid valve. Once through the tricuspid valve the blood goes into the right ventricle, then through the pulmonary valve, and back to the lungs to pick up oxygen.

Your heart is a muscle so it too needs oxygen and nutrients to keep it working. Large blood vessels called coronary arteries help bring oxygen and nutrients to the heart muscle. These arteries and their branches wrap around the surface of the heart like a net.



*Resources: [queensheart.org](http://queensheart.org)*

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