

# The Heart Principle Summary

**S Ashworth**

*How the Heart Works - NHLBI, NIH* Mar 24, 2022 · The heart is an organ about the size of your fist that pumps blood through your body. It is made up of multiple layers of tissue. Your heart is at the center of your circulatory system. This system is a network of blood vessels, such as arteries, veins, and capillaries, that carries blood to and from all areas of your body. Your blood carries the oxygen and nutrients that your organs need to ... *Strategies to prevent heart disease - Mayo Clinic* Aug 17, 2023 · Heart disease is a leading cause of death. You can't change some risk factors for it, such as family history, sex at birth or age. But you can take plenty of other steps to lower your risk of heart disease. One of the best things you can ... *Cardiomyopathy - Symptoms and causes - Mayo Clinic* Feb 21, 2024 · Cardiomyopathy (kahr-dee-o-my-OP-uh-thee) is a disease of the heart muscle. It causes the heart to have a harder time pumping blood to the rest of the body, which can lead to symptoms of heart failure. *Implantable loop recorder: A heart monitoring device* Mar 4, 2025 · An implantable loop recorder can see changes in the heartbeat that other heart-recording devices may miss. For example, it may find irregular heartbeats that are brief or that only happen once in a while. If you have been fainting, your healthcare professional may recommend this device to see if a heart condition is the cause. *Heart arrhythmia - Symptoms and causes - Mayo Clinic* Oct 13, 2023 · Coronary artery disease, other heart problems and previous heart surgery. Narrowed heart arteries, a heart attack, heart valve disease, prior heart surgery, heart failure, cardiomyopathy and other heart damage are risk factors for almost any kind of arrhythmia. *Heart Failure - What Is Heart Failure? | NHLBI, NIH* Mar 24, 2022 · Heart failure is a condition that occurs when your heart can't pump enough blood for your body's needs. Learn about the symptoms, causes, risk factors, and treatments for heart failure. **Heart disease - Symptoms and causes - Mayo Clinic** Aug 13, 2024 · Symptoms of heart disease in the blood vessels Coronary artery disease is a common heart condition that affects the major blood vessels that supply the heart muscle. A buildup of fats, cholesterol and other substances in and on the artery walls usually causes coronary artery disease. This buildup is called plaque. **How Blood Flows through the Heart - NHLBI, NIH** Jun 25, 2025 · Oxygen-poor blood from the body enters your heart through two large veins called the superior and inferior vena cava. The blood enters the heart's right atrium and is pumped to your right ventricle, which in turn pumps the blood to your lungs. *Coronary Heart Disease Risk Factors - NHLBI, NIH* Dec 27, 2024 · Your risk of coronary heart disease increases based on the number of risk factors you have and how serious they are. Some risk factors — such as high blood pressure and

unhealthy cholesterol levels can be adjusted through heart-healthy lifestyle changes. Other risk factors, such as your age, family history, and race and ethnicity, cannot be changed. **How the Heart Works - What the Heart Looks Like | NHLBI, NIH** Mar 24, 2022 · Your heart is in the center of your chest, near your lungs. It has four hollow chambers surrounded by muscle and other heart tissue. The chambers are separated by heart valves, which make sure that the blood keeps flowing in the right direction. Read more about heart valves and how they help blood flow through the heart. Anatomy of the interior of the heart. This image shows the four chambers ...

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