

# Surgical Treatment

# Medical

S e r v i c e s



Understanding Heart Disease  
And How You Can Prevent It

Authored By A Real Doctor  
With 25 Years Of Experience

**Your heart is one of the most important organs in your body.**

**Learn about its anatomy and functions so you know how to prevent heart disease.**

Dr. Loy Puckett MD



## About The Author



Dr. Loy Puckett, MD, (Doctor Loy) is an Emergency Medicine Specialist, author, and entrepreneur. He not only takes care of patients but also presents medical content on a vast array of topics for anyone worldwide.

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Doctor Loy completed his medical studies at the University of Missouri – Columbia School of Medicine after earning his B.A. in Chemistry at the University of Missouri. He was on the Dean's Honor List for 6 out of 8 semesters.

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## Functions of the Heart

Each day, your heart pumps about 2,000 gallons of blood if it's functioning regularly.

Your heart is a key component in keeping your blood cells oxygenated and delivering this oxygenated blood throughout your body.

### Oxygenating Blood

Your cells could not perform their regular functions without oxygen, and oxygen fuels cellular respiration, which is where your cells use oxygen to break down nutrients into energy and waste. The waste gets discarded, and the energy is used as fuel for your body.

Since oxygen is such an integral part of your cells' regular functions, your body has to ensure a constant supply is reaching your cells at all times, which is accomplished by oxygenating your blood.

The heart doesn't supply this oxygen itself, but it does facilitate oxygenation by pumping deoxygenated blood into the lungs.

### Circulating Blood

Once blood has been oxygenated, it moves from the lungs back into the heart. It then has to reach the rest of your body.

Your heart pumps this blood through your arteries, which carry it to organs and tissues throughout your body. Contractions, known as heartbeats, push blood through your circulatory system.

Once the oxygen is used up, blood returns to the heart to be oxygenated once again.

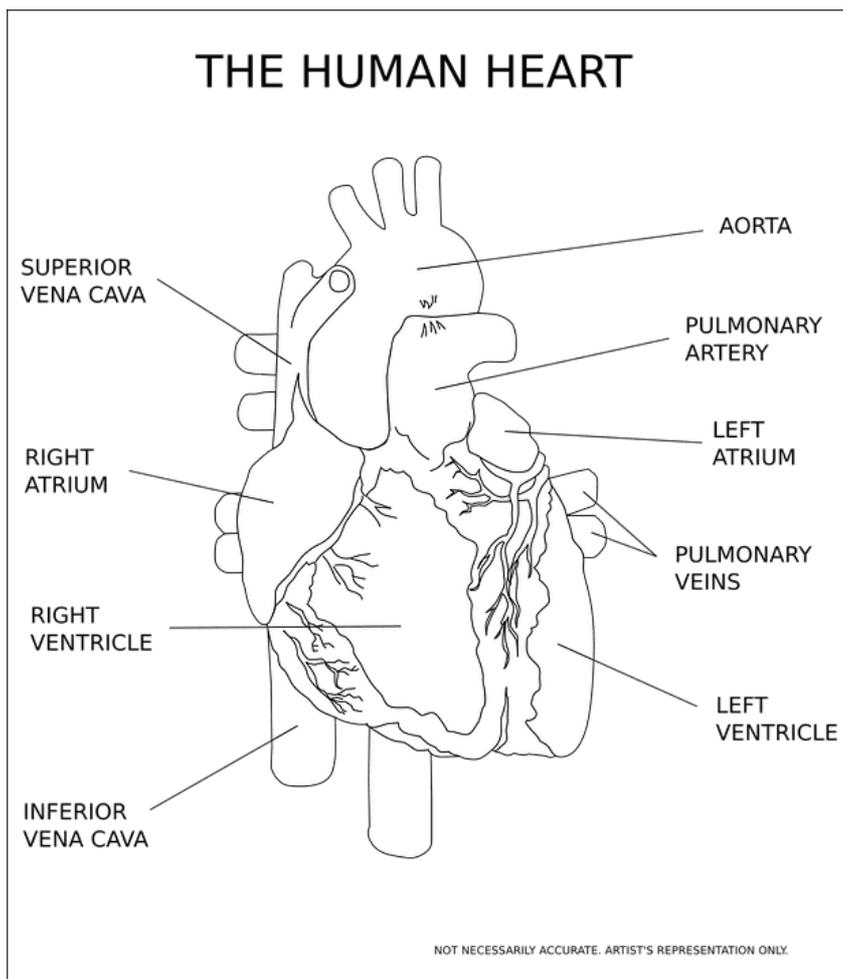
## Prevent Heart Disease by Learning About Your Heart

Your heart is directly involved in supplying all of your organs with the oxygen they need to function properly. Without it, your body would completely shut down.

This is why it's so important to take good care of your heart. If you develop heart disease, your heart is no longer able to perform its primary function with the same efficiency.

Learning more about the anatomy and functions of your heart can help you understand not only the role it plays in your overall well-being but also how you can take better care of it to avoid heart disease.

### Anatomy of the Heart



Your heart is a complex organ made up of a series of chambers, valves, and tissues. Each part of the organ is involved in circulating your blood throughout your body, and damage to any of them can jeopardise your health.

#### Chambers

Your heart consists of four chambers. You have left and right atria located in the upper area of the heart and left and right ventricles in the lower area. The left and right sides are separated by a muscle wall known as the septum.

Blood enters your heart through the atria from your veins. It passes from the atria into the ventricles, which then pump the blood out of the heart.

The atria are thinner than the ventricles, as not as much force is needed to transfer blood between the chambers of the

More force is needed to pump blood out through the arteries.

The right atrium receives deoxygenated blood and passes it through to your pulmonary system via the right ventricle. Your left atrium receives oxygenated blood from your lungs, which is then pumped out from your left ventricle to the rest of your body.

#### Valves

Heart valves control the flow of blood through the heart, ensuring everything stays moving in the right direction.

Atrioventricular valves, also known as cuspid valves, are located between the atria and ventricles. They close as the ventricles contract, preventing blood from flowing backward into the atria once it has passed into the ventricles.

Your heart also contains semilunar valves, which are located near the bases of the ventricles. These valves close and the ventricles relax, and these actions keep blood from flowing back into the ventricles after it's been pumped out into your circulatory system.