

Health Study Guide

Part 1 – Cardiovascular

1. What organs are found in the cardiovascular system?
heart and blood vessels
2. What is the function of the cardiovascular system?
to transport gas, nutrients, waste, white blood cells, and hormones to the cells
3. List differences between arteries, veins, and capillaries.
Arteries carry blood away from the heart. Veins carry blood towards the heart and have valves, and capillaries are where gas exchange occurs.
4. Describe the difference between atria and ventricles.
Atria are the receiving chambers of the heart. Ventricles are the pumping chambers of the heart
5. Where does the left side of your heart pump blood to? Where does the right side of your heart pump blood to?
Left side of your heart pumps blood to the heart and the rest of the body. The right side of the heart pumps blood between the heart and the lungs.
6. Where is blood pressure higher? In arteries or veins?
Blood pressure is higher in an artery and lower in veins.

Blood Pressure

1. Give a definition for blood pressure.
Blood Pressure is the pressure that blood exerts on the walls of arteries and veins
2. What is the difference between systolic and diastolic blood pressure?
Systolic blood pressure is when the heart contracts and is the top number. Diastolic is the pressure when the heart relaxes or the bottom number.
3. What is another name for high blood pressure?
Hypertension
4. How can high blood pressure damage your blood vessels?
It can weaken your blood vessels and make them lose flexibility which makes it easier for plaque to build up
5. How can high blood pressure damage your kidneys?
They have tiny blood vessels that can easily be damaged
6. How can high blood pressure damage your eyes?
They have tiny blood vessels that can easily be damaged
7. How can decreasing sodium intake lower blood pressure?
High Sodium pulls H₂O into the blood, increases the blood volume which leads to an increased blood pressure. Low sodium does less of this.
8. How can exercise decrease blood pressure?

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Table of Contents Health Unit 2 Study Guide 10 Grade

1. Understanding the eBook Health Unit 2 Study Guide 10 Grade
 - The Rise of Digital Reading Health Unit 2 Study Guide 10 Grade
 - Advantages of eBooks Over Traditional Books
2. Identifying Health Unit 2 Study Guide 10 Grade
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Health Unit 2 Study Guide 10 Grade
 - User-Friendly Interface
4. Exploring eBook Recommendations from Health Unit 2 Study Guide 10 Grade
 - Personalized Recommendations
 - Health Unit 2 Study Guide 10 Grade User Reviews and Ratings
 - Health Unit 2 Study Guide 10 Grade and Bestseller Lists
5. Accessing Health Unit 2 Study Guide 10 Grade Free and Paid eBooks

- Health Unit 2 Study Guide 10 Grade Public Domain eBooks
 - Health Unit 2 Study Guide 10 Grade eBook Subscription Services
 - Health Unit 2 Study Guide 10 Grade Budget-Friendly Options
6. Navigating Health Unit 2 Study Guide 10 Grade eBook Formats
- ePub, PDF, MOBI, and More
 - Health Unit 2 Study Guide 10 Grade Compatibility with Devices
 - Health Unit 2 Study Guide 10 Grade Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Health Unit 2 Study Guide 10 Grade
 - Highlighting and Note-Taking Health Unit 2 Study Guide 10 Grade
 - Interactive Elements Health Unit 2 Study Guide 10 Grade
8. Staying Engaged with Health Unit 2 Study Guide 10 Grade
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Health Unit 2 Study Guide 10 Grade
9. Balancing eBooks and Physical Books Health Unit 2 Study Guide 10 Grade
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Health Unit 2 Study Guide 10 Grade
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Health Unit 2 Study Guide 10 Grade
- Setting Reading Goals Health Unit 2 Study Guide 10 Grade
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Health Unit 2 Study Guide 10 Grade
- Fact-Checking eBook Content of Health Unit 2 Study Guide 10 Grade
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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