

## February Heart Trivia



What's the function of the heart?	The heart is a pump. The heart's only job is to pump blood, which contains oxygen and other nutrients, to all of the organs and tissue in the body.
Where is your heart located?	It is located in the left side of your chest, behind your rib cage and between your lungs.
How big is your heart?	Your heart is a muscle about the size of your clenched fist.
Is the heart muscle like my other muscles?	Your heart muscle, or myocardium, is unique to your heart. It is not found anywhere else in your body.
How much does the average heart weigh?	11 oz.
How many gallons of blood does the average adult heart pump every day?	4,300 gallons
What part of the body protects the heart from injury?	The breastbone, called the sternum.
How many chambers would you find in an average heart?	The heart has 4 chambers: right atrium, right ventricle, left atrium, left ventricle.
What is blood pressure?	Your blood pressure is the measure of the force of blood as it flows through the arteries of the cardiovascular system.
How hard does the heart pump blood?	The human heart can create enough pressure that it could squirt blood at a distance of thirty feet.
How fast does blood circulate through the body?	It takes about 20 seconds for a red blood cell to circle the whole body.
How many blood cells are in a drop of blood?	There are about 5,000,000 red blood cells in ONE drop of blood.
On average, a normal heart beats how many times a minute?	A normal heart beats 70-80 times per minute.
How many times a year does a heart beat?	The human heart beat roughly 35 million times a year.
What do you call abnormal rhythms of the heart?	Arrhythmias, which cause the heart to pump less blood and can lead to serious health problems.
What kind of medical device would you use if you had an abnormal heart rhythm?	A pacemaker.
What is tachycardia?	Tachycardia is the condition of a heart beating at more than 100 beats per second