Name ________________________________
Due Date ______________________________
Show Me ☐  Hand In  ☐

Correct and Hand In Again By ____________

Read pages 185-189 of SP to help you answer the following questions:

1. Name four general steps that can lead to a healthy heart:
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

2. The three main illnesses of the circulatory system are ________________________,
   ________________________ and ________________________.

3. If the heart’s own arteries (coronary arteries) are blocked, blood, which carries
   _______ and __________________________ cannot reach the_______________ cells of the
   heart. If the blood supply is cut off for too long, what can happen to these cells? _______
   This whole process is called a __________________________ ________________________.

4. What determines how severe a heart attack is? ________________________________
   _______________________________________________________________________

5. Can people sometimes recover from heart attacks? ________________
6. What are two ways in which nicotine can damage the heart?
_______________________________________________________________________
_______________________________________________________________________

7. The artery on the bottom of this picture is clogged with ___________________________
How does this affect the flow of blood through this artery? ___________________________
_______________________________________________________________________
What is the name of this disease? Ath________________________
If this was a coronary artery and it became completely plugged, what could happen to the person? ___________________________ What could the person have done to prevent this artery from becoming clogged? ________________

8. Describe two medical procedures that are sometimes used to lessen the dangers of having atherosclerosis in the coronary arteries.
_______________________________________________________________________
_______________________________________________________________________
Do these procedures always prevent heart attacks for the long term? ________________

9. What happens to cause a stroke? (See margin on page 186) _______________________
_______________________________________________________________________

10. Blood pressure tells you how much _____________ it takes to push your blood through your ___________________________. Is your blood pressure always the same? ________
What factors can affect your blood pressure? ________________________________
11. When a person’s circulatory system is healthy, the blood pressure is generally

(low/high) ____________ and after rising during exertion it returns to normal quite

(slowly/quickly) ______________. Is it healthy to have the blood pressure too low?

____________________. Suggest something that could result in blood pressure being too

low! ______________________________________________________________

12. What is the definition of **high blood pressure**? ________________________________

________________________________________________________________________

13. What can happen to smaller **capillaries** and **arteries** if the blood pressure is too high?

____________________________________________________. What **organs** could be

damaged as a result of high blood pressure? ________________________________

Does **atherosclerosis** (clogging of arteries) increase the blood pressure? ___________

As well as too much fat, too much _____________ in the diet can also cause high blood

pressure.

14. At what general age can diseases of the circulatory system start? ________________

15. It has been shown that regular exercise increases the ____________________________

and the _________________ of blood vessels that supply the heart. Exercise also

_______________________ the **heart muscle**.

16. Not _________________ and reducing _________________ in your life helps your

circulatory system.

17. Can the tendency to have circulatory system disease be **genetic** (inherited) __________

If you have a high incidence of heart disease in your family, does it guarantee that you will

have the disease? _____________. Can you decrease your chances? ________________

18. High __________________ and _____________________ in the diet are the main

contributing factors to circulatory system disease.
19. The organ called the ______________________ and the __________________system act like “traffic control” in your body.

20. Your liver is found on the ____________ side of your chest cavity. Can any substances that enter your blood bypass the liver? ________________________________

21. Carbohydrates that you don’t need right away for energy are changed into _______________ and ______________ by your liver. These provide a way for your body to ______________ energy.

22. Harmful substances produced by your body (like ammonia) or ingested into your body, like alcohol or drugs are _______________ by your liver to less harmful forms. Too much alcohol or certain drugs (eg. Tylenol) can damage your liver by overworking it. When the liver become swollen and full of fat tissue and does not work well any more, this condition is called ______________________ of the liver. A viral disease that can affect the liver is _________________________. The “C” strain of this disease causes permanent damage to the liver and most often leads to premature death. How can this virus be passed from one person to another? ________________________________

23. In the liver, __________ blood cells are destroyed and used to make __________, which helps us digest fats. Iron is recycled into new __________ ____________ cells.

24. Label the parts and their functions on the following diagram:

   ![Diagram with parts labeled]
25. How does the water help remove excess salt and urea from the body? ________________
                                                                                      
26. **Excretion** is the process of removing excess ________________, ________________
    and ________________ from the body.

27. Name five organs that are part of your excretory system __________________________
    ____________________________________________________________________________

28. The main function of the **kidneys** is to ________________________ the blood. Wastes,
    excess__________________ and _________________ pass through the kidney’s
    filtering system and form a liquid called _________________.

29. Why is it good that the **urinary bladder** is able to stretch? ________________________
    ____________________________________________________________________________

30. What happens at the **urethra**? _______________________________________________
    ____________________________________________________________________________