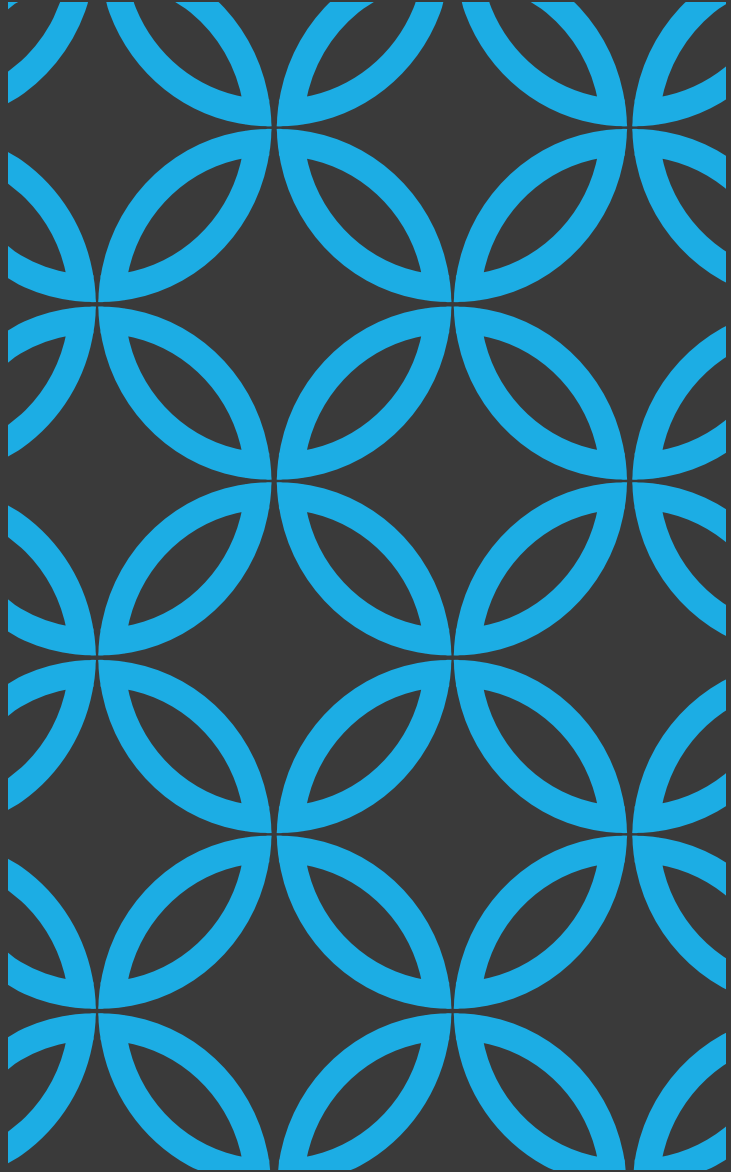


# THE HEART

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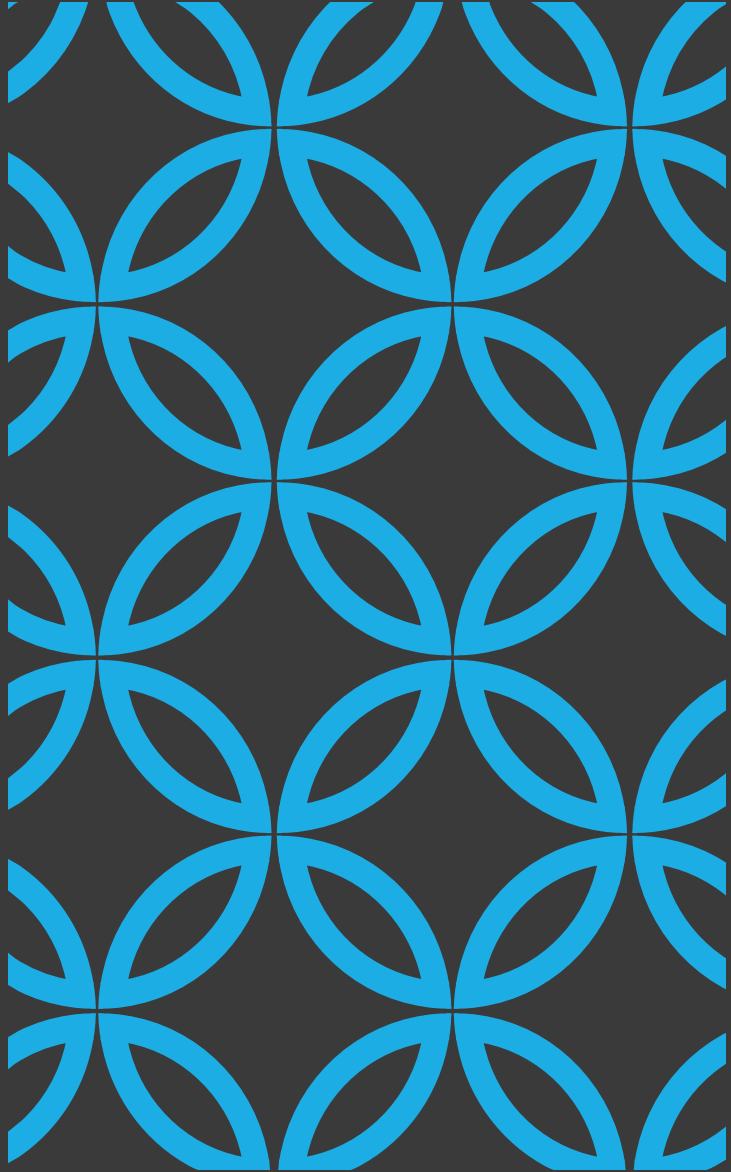
Christopher Somerset



# FUNCTION OF THE HEART

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The heart goal is to give your body blood.



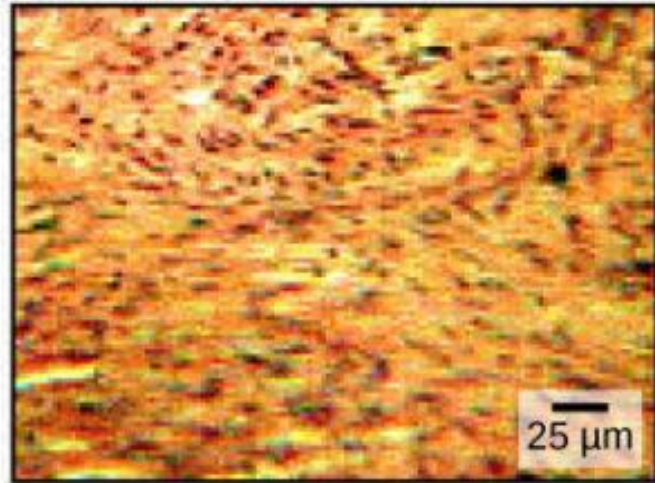
# THE HEART IS A CRADICE MUSCLE

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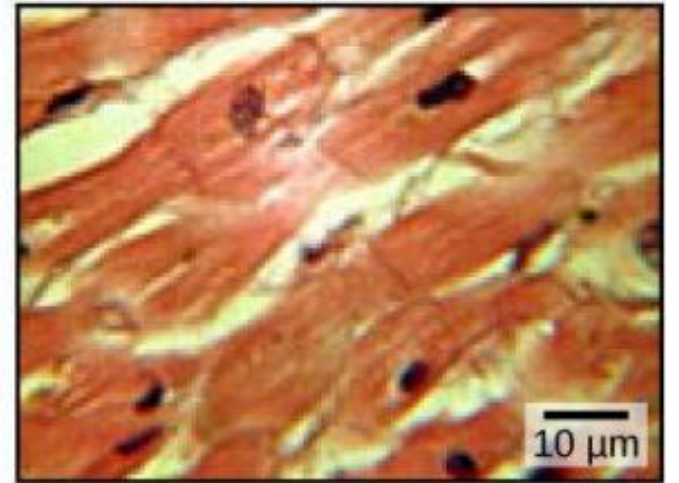
The heart has a cell with two nuclei,  
With branched cells



Skeletal muscle



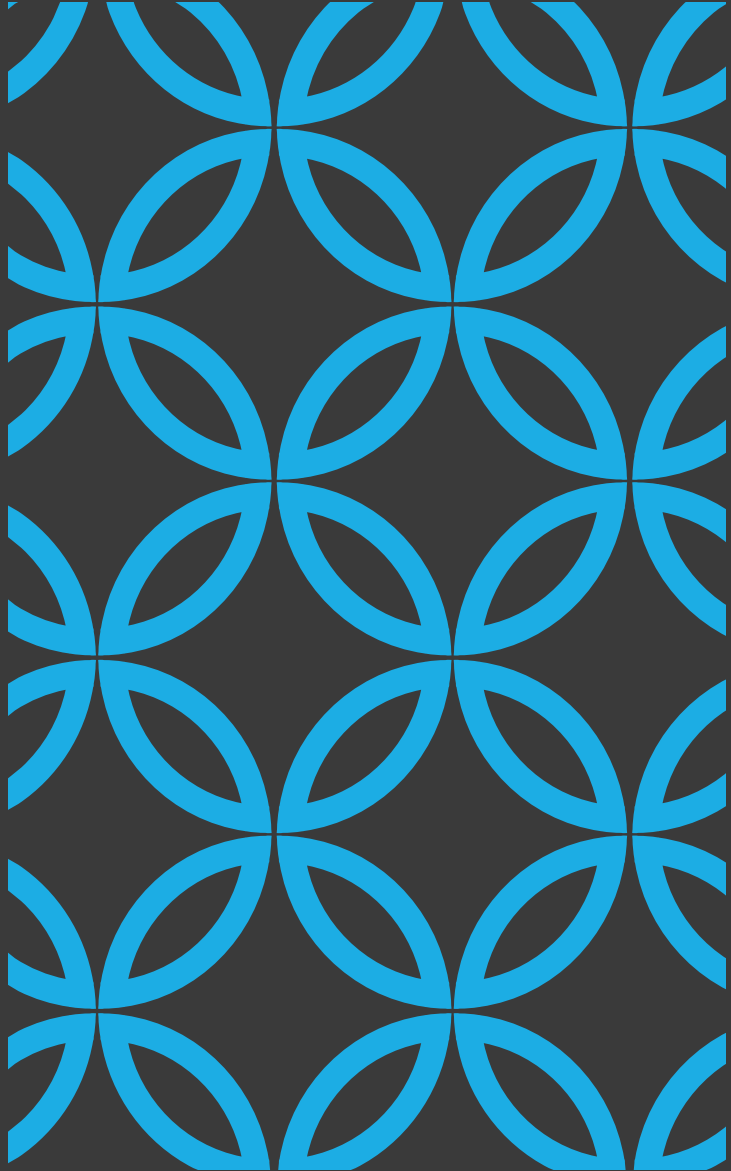
Smooth muscle



Cardiac muscle

# CELL STRUCTURE

The heart cell has striated cells



# KEY PARTS OF THE HEART

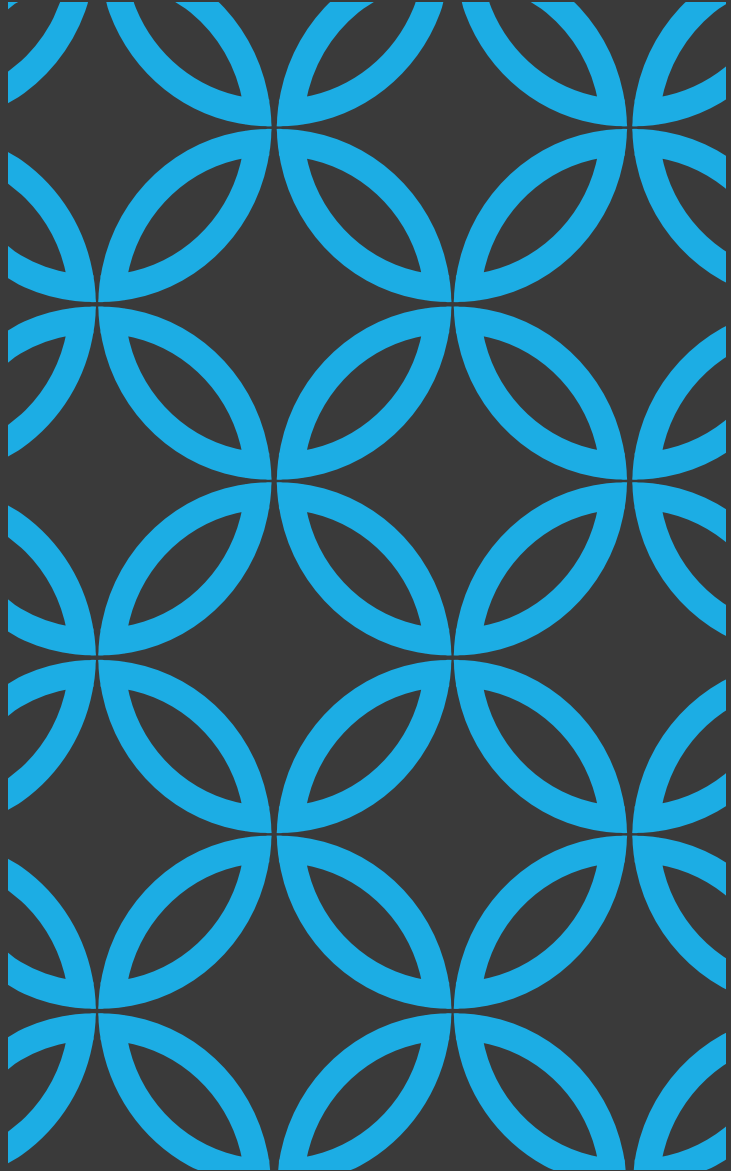
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The right atrium

The left atrium

The right ventricle

The left ventricle

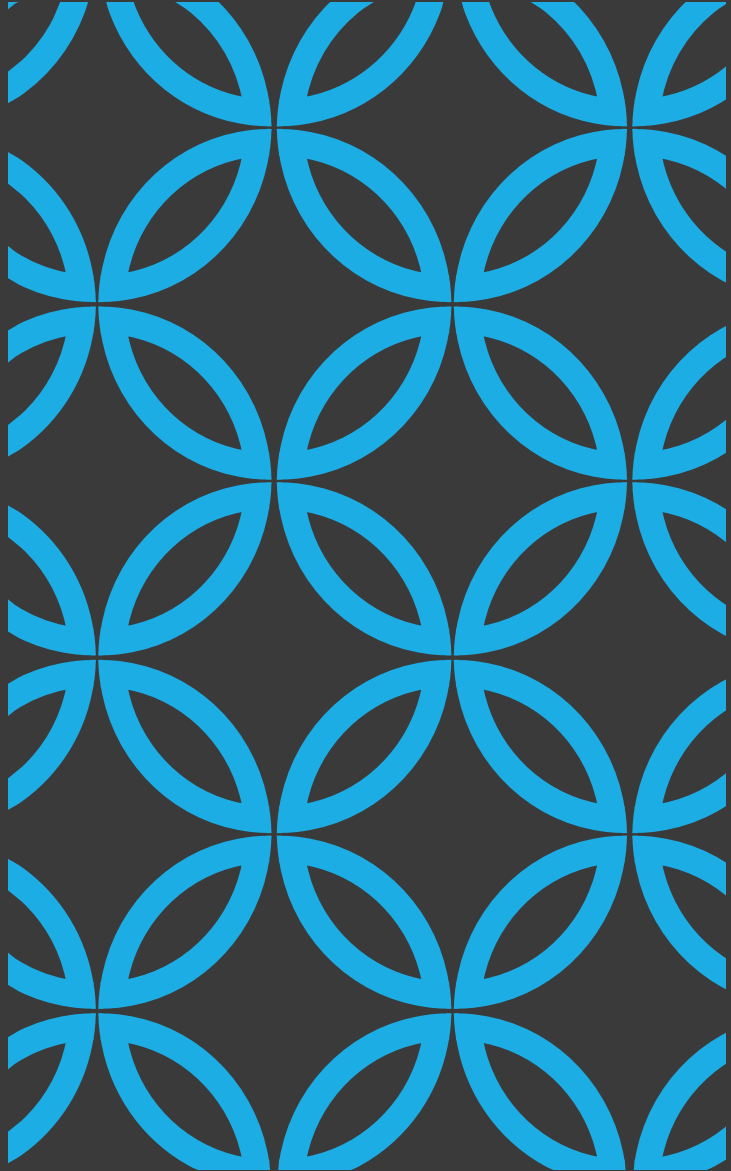


# CAUSES OF BAD HEART HEALTH

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You can damage your heart with poor eating habits.

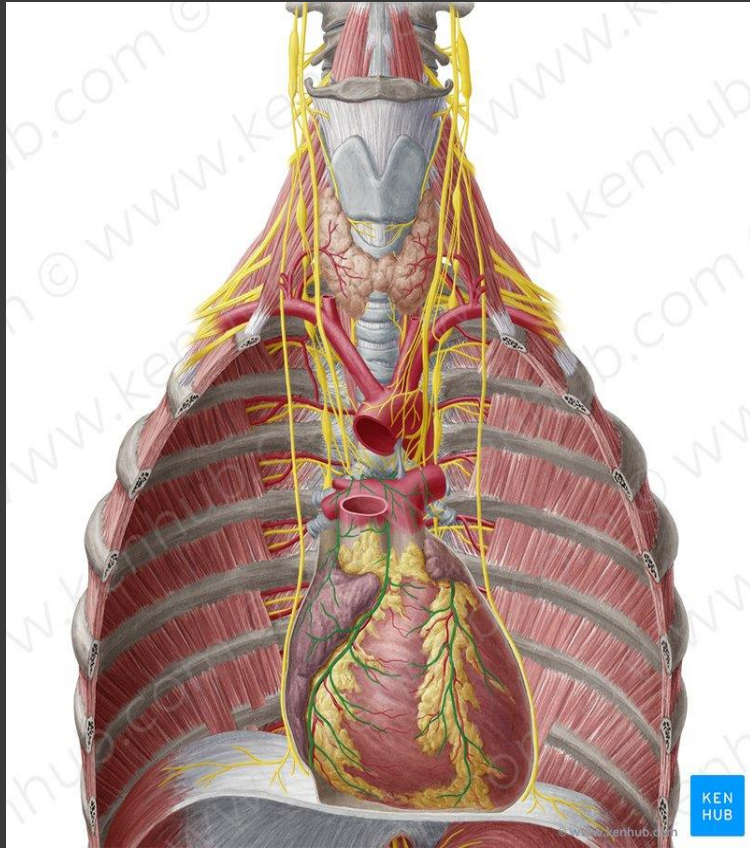
Smoking can damage heart due to damaged lungs which leads to poor breathing, meaning less oxygen to the heart.



# STRIATED CELLS

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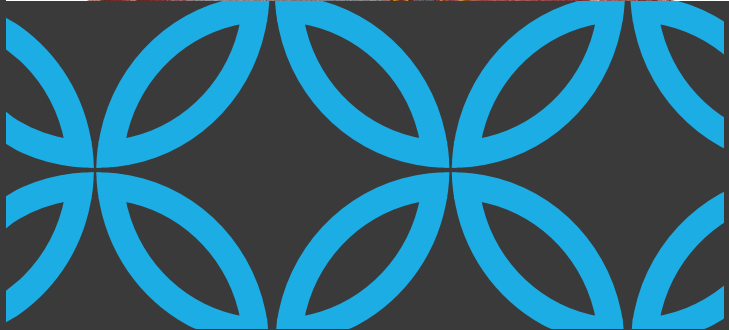
The **striated** appearance of skeletal **muscle** tissue is a result of repeating bands of the proteins actin and myosin that are present along the length of myofibrils. Dark A bands and light I bands repeat along myofibrils, and the alignment of myofibrils in the cell **causes** the entire cell to appear **striated** or banded.



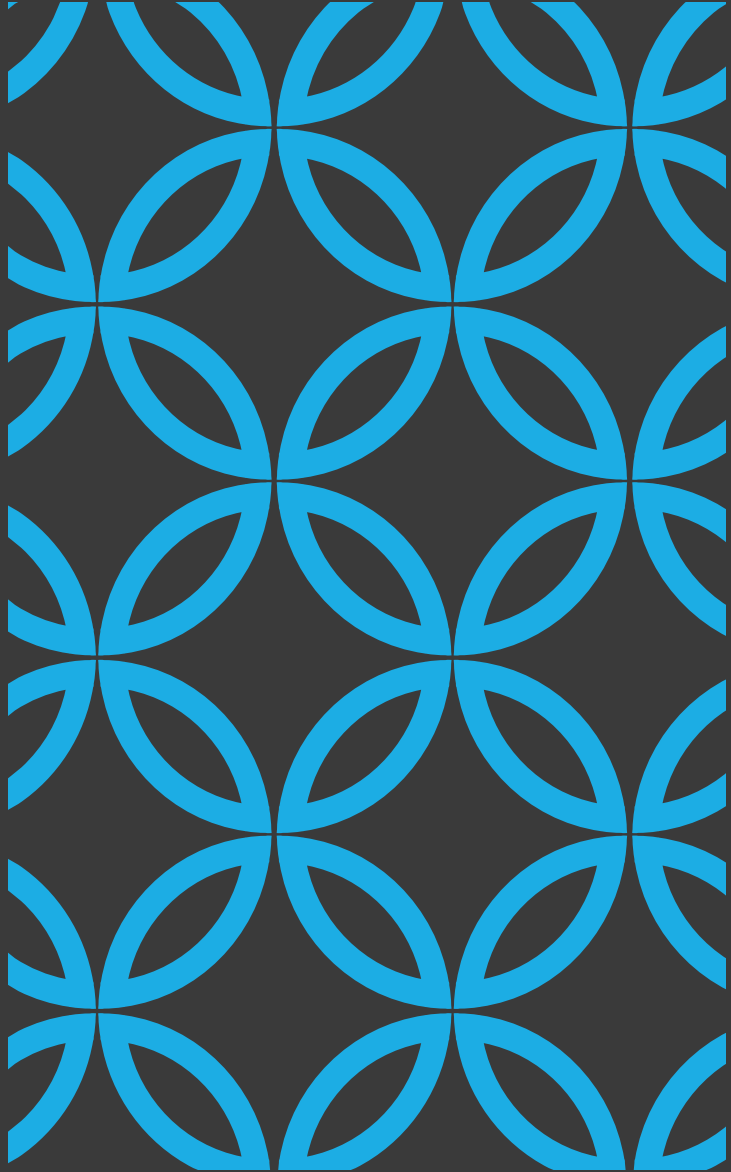
# NERVE PATTERNS OF THE HEART

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The heart gets all its commands from the brain





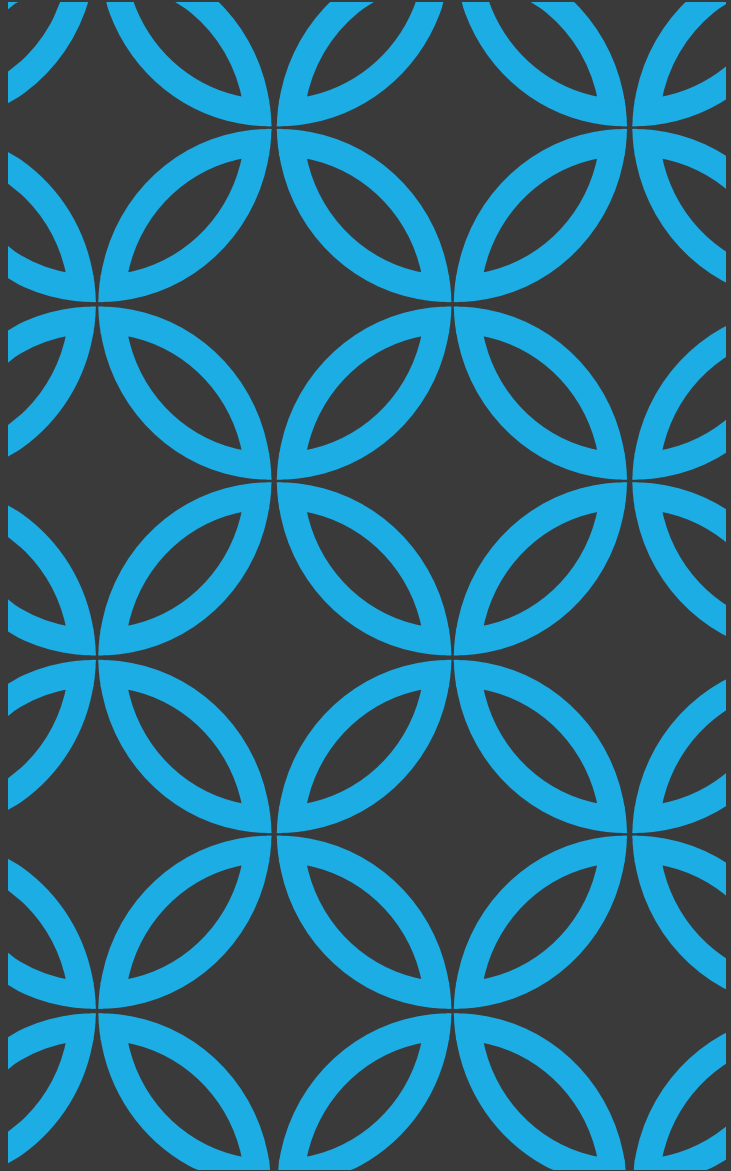


# KEEPING A HEALTHY HEART

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Cardiac exercise keeps your heart beating fast to get the blood everywhere it needs to go.

The heart cannot handle lots of food at one time, for example at Thanksgiving



# CITATIONS

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<https://www.ucihealth.org/blog/2017/02/how-to-strengthen-heart>

<https://www.kenhub.com/en/library/anatomy/innervation-of-the-heart>

<https://www.healthline.com/health/cardiac-muscle-tissue#function>

<https://courses.lumenlearning.com/wm-biology2/chapter/types-of-muscle-tissue-and-fibers/>