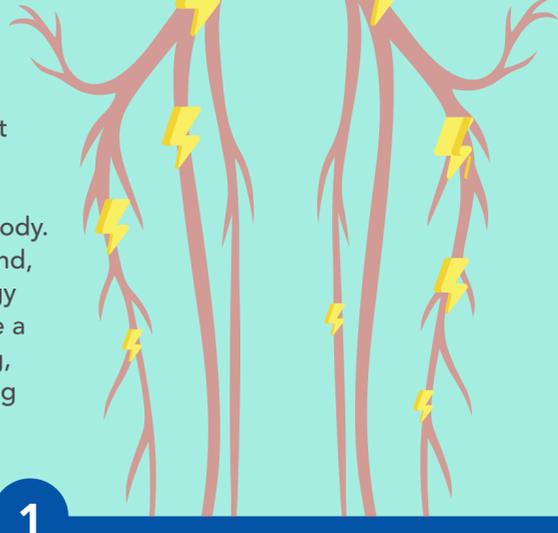


10

mind-blowing facts about your heart

Have you ever wondered how much energy your heart generates? How blood is distributed through your body, or how many gallons of blood it pumps? The human heart is a muscular organ responsible for pumping blood through your body. It can fit in the palm of your hand, but it generates so much energy that on a daily basis it can drive a truck 20 miles! Sounds amazing, right? Here are 10 mind-blowing facts about your heart:



1

On average, an adult's heart beats:

72

times a minute

100,000

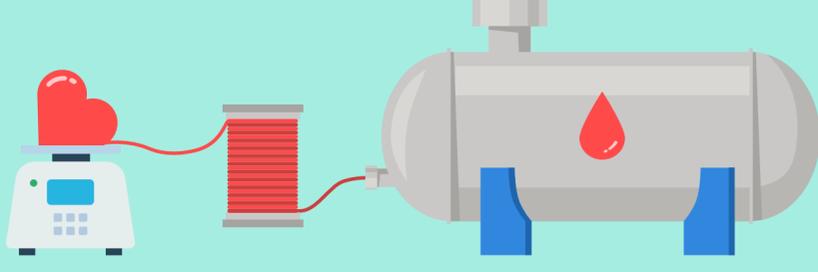
times a day

36,000,000

times a year

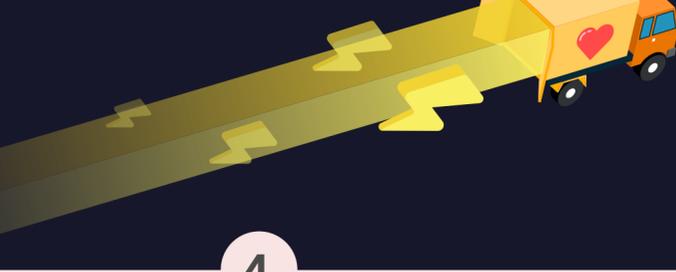
2

A healthy heart only weighs 11 ounces on average and can pump 2,000 gallons of blood through 60,000 miles of blood vessels each day.



3

In a lifetime, the human heart has the power to create enough energy to drive a truck to the moon and back.



4

5

How does blood get distributed through our body?



5%

heart



20%

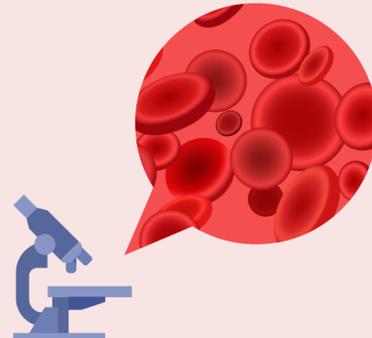
brain and central nervous system



22%

kidneys

75 trillion cells receive blood pumped from the heart.



6

During a lifetime, the human heart generates 2.5 gigajoules of energy, making it the muscle that does the most physical work.



7

A woman's heart beats faster than a man's:

Woman

78

beats per minute



Man

70

beats per minute



8

Prolonged lack of sleep can cause irregular jumping heartbeats called premature ventricular contractions (PVCs).



9

When the body is at rest, it takes the blood:

6

seconds

to go from the heart to the lungs and back

8

seconds

to go to the brain and back

16

seconds

to reach the toes and travel all the way back to the heart

10

The corneas are the only parts of the body that receive no blood supply from the heart. Since they don't have blood vessels, they get nutrients via tears and aqueous humor.



Essential and invaluable

Your heart is one of the most important organs of your body. It is the blood pump that circulates blood through your body and keeps other organs active. Keep it healthy and strong.



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