

## Unit 5 Lesson 1

### Circulation and Blood Pressure

Vocabulary	Definition
1. artery	one of the tubes that carries blood <b>FROM</b> your heart to the rest of your body
2. atrium	one of the two spaces in the top of your heart that push blood into the ventricles
3. carbon dioxide	gas given off when you breathe out (exhale)
4. chamber	an enclosed space
5. contraction	the tightening of a muscle
6. cuff	narrow piece of cloth; the part that inflates on a sphygmomanometer
7. diastolic	blood pressure when the heart is resting between beats; bottom number in the blood pressure measurement
8. gauge	an instrument for measuring the size or amount
9. heart	organ that pumps blood through the body
10. lower	below something else, especially below something of the same type
11. oxygen	a gas that has no color or smell, is present in air, and is necessary for most animals and plants to live
12. palpitations	beating quickly in an irregular way
13. peak	the time when something or someone is best, greatest, or highest
14. precaution	something you do in order to prevent something dangerous or unpleasant from happening
15. sphygmomanometer	tool for measuring blood pressure

16. stethoscope	instrument used to listen to the heart or lungs
17. stroke	when an artery in the brain suddenly bursts or becomes blocked, resulting in death or inability to use some muscles
18. systolic	blood pressure at the peak of each heartbeat; top number in a blood pressure measurement
19. tense	feeling worried, uncomfortable, and unable to relax
20. upper	in a higher position than something else
21. vein	one of the tubes which carries blood <b>TO</b> your heart from other parts of your body
22. ventricle	one of the two spaces in the bottom of your heart through which blood pumps out to your bo
23. vessels	one of the tubes through which blood flows in your body: arteries and veins