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| iNTRODUCTION TO HEALTH CAREERS Health Careers Academy | Stockton , CA  |
| **Arteries** |
| By: Valentino Silva |
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| *Ms. Edmond* |
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| This MLA paper is about the main arteries within the body. This report gotten information from other sources and was written by Valentino Joseph Silva, 9th grader at Health Careers Academy.  |

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 Introduction to Health Careers

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**Arteries**

 How do arteries affect the body and why do we need them? That is the question that we will keep in mind. Let’s start with the arteries within the brain, which include the following: ***anterior cerebral artery,* *anterior communicating artery,* *internal carotid artery,* *basilar artery, vertebral artery, posterior communicating artery, and posterior cerebral artery***. This information was gathered by A.D.A.M., Inc. is accredited by URAC along with the quote. The following authors include: Luc Jasmin, MD, PhD, Department of Neurosurgery, Cedars Sinai Medical Center, Los Angeles and Department of Anatomy, University of California, San Francisco, CA. Review provided by VeriMed Healthcare Network. Was also reviewed by the following: A.D.A.M. Health Solutions, Ebix, Inc., Editorial Team: David Zieve, MD, MHA, David R. Eltz, and Stephanie Slon. Arteries of the brain. November 12th, 2013 <http://www.nlm.nih.gov/medlineplus/ency/imagepages/9441.htm>. *“The internal carotid arteries and the vertebral arteries supply blood to the brain.”* So without these arteries of the brain, we will not have blood moved to our brain. Which may lead to a stroke, and then neurons will start to die because they will not get enough oxygen. Neurons are these nerve impulsesin other words, just simply a nerve cell. Blood is a main key in our body because it is one of our fuels for our body to function correctly.

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 Now that we found out what is going on with our brain let’s see about our heart. The heart to our basic knowledge is one of the most important functioning organs in the body. For this organ is the ‘downtown’ of our body, blood pushes in and out of our heart supplying it to all of our organs and veins all over our body. The human body can live without a heart, yes but, the heart would have to be replaced with an item that can do the same task of that organ. Your heart rate can move at different speeds according to your body’s work out. Say you ran, without stopping. Since you are exercising you need more oxygen and energy so when that heart beat goes up, it is giving your body that needed oxygen and energy. Your heart works 24/7 in meaning that is never stops pumping blood in and out of your body. The task being supplying blood to the whole body every minute and second.

 The following information about the heart was gathered by the authors of Harvey Simon, MD, Editor-in-Chief, Associate Professor of Medicine, Harvard Medical School; Physician, Massachusetts General Hospital. Was also reviewed by the following: David Zieve, MD, MHA, Medical Director, A.D.A.M., Inc. Coronary artery disease. Was reviewed on May 5th, 2012 and is at the website of <<http://health.rush.edu/HealthInformation/heart%20center/10/000003.ASPX>>. The quote states information about that the arteries and veins do, and were provided by the same authors: *“The external structures of the heart include the ventricles, atria, arteries, and veins. Arteries carry blood away from the heart while veins carry blood into the heart. The vessels usually colored blue indicate the transport of blood with relatively low content of oxygen and high content of carbon dioxide. The vessels usually colored red indicates the transport of blood with relatively high content of oxygen and low content of carbon dioxide.”* The arteries that the heart consist of: ***aorta, left pulmonary artery, left atrium, left pulmonary veins, left ventricle, right ventricle, inferior vena cava, right atrium, right pulmonary veins, superior vena cava***. {Continued on the next page}

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Arteries in my opinion are a bit sensitive for the reason being that they can tear within the wall of that artery. One in many examples, All of a sudden you have received a tear on your artery wall. Sooner or later the fatty material starts to enter; the fatty material will surround that artery 360° that artery wall. Boom, just got a blood clot. That’s why we need to stay healthy and work out, not eating fatty foods. The heart keeps the body filled with blood, and we need this for that reason. Now, how does the heart get blood all the way down to our bottom half of our body?

 Main arteries of the lower body include: ***aorta, llica artery, femoral artery***. *“A thick patch of atheroma makes the artery narrower. This reduces the flow of blood through the affected section of artery. Tissues downstream have a reduced blood supply, which can lead to symptoms and problems. Atheroma can develop in any artery, but the common arteries affected are:*

* *Arteries taking blood to the heart - this is called ischemic heart disease and may lead to problems such as angina and heart attacks.*
* *Arteries taking blood to the brain - which may eventually lead to a stroke.*
* *Arteries taking blood to the legs - which may lead to PAD.”*  The author of this information is

# Dr. Tim Kenny. October 31st, 2012 <http://www.patient.co.uk/health/peripheral-arterial-disease-in-legs>. Peripheral Arterial Disease in Legs. All these arteries continue from the heart down to out lower body. Which leads blood down below, this is just amazing knowing that our heart works with mainly all arteries within the body. It’s good to know what our heart provides blood and the heart helps up preform all our daily tasks.

#  Know we all know that the arteries in our body deal with blood. From top to bottom, all from the heart. Just keep in mind to stay healthy and exercise your body daily. You wouldn’t want your artery wall to rip, which can lead to a stoke. We are dependent on our arteries to supply up with blood. Keep away from fatty foods, thank you for reading.

Work Sited

* Brain Artery

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* Lower body Artery

The author of this information isDr. Tim Kenny. October 31st, 2012 <http://www.patient.co.uk/health/peripheral-arterial-disease-in-legs>. Peripheral Arterial Disease in Legs.