

Optimal Blood Flow Is Essential

To carry oxygen and nutrients to your body's tissues

To carry carbon dioxide and waste products away from the tissues.

To sustain life and promote the health of all the body's tissues.

There are three main types of blood vessels: **Arteries**, **Veins** and **Capillaries**

Arteries

- The arteries (red) carry oxygen and nutrients away from your heart, to your body's tissues.
- Arteries begin with the aorta, the large artery leaving the heart.
- They carry oxygen-rich blood away from the heart to all of the body's tissues.
- They branch several times, becoming smaller and smaller as they carry blood further from the heart.

Veins

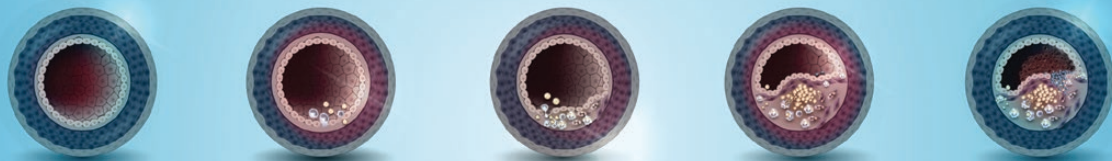
- The veins (blue) take oxygen-poor blood back to the heart.
- These are blood vessels that take oxygen-poor blood back to the heart.
- Veins become larger and larger as they get closer to the heart.
- The superior vena cava is the large vein that brings blood from the head and arms to the heart, and the inferior vena cava brings blood from the abdomen and legs into the heart.

Capillaries

- Capillaries are small, thin blood vessels that connect the arteries and the veins.
- Their thin walls allow oxygen, nutrients, carbon dioxide and waste products to pass to and from the tissue cells.

This vast system of blood vessels - arteries, veins, and capillaries - is over 60,000 miles long.

Blood flows continuously through your body's blood vessels. Your heart is the pump that makes it all possible.



Shows the progression from normal artery to the narrowing of the artery due to endothelial dysfunction and plaque formation.



Modifiable Risk Factors

Risk factors that you can treat or control include:

- High blood pressure (140/90 mm/Hg or higher)
- Uncontrolled diabetes
- Physical inactivity
- Being overweight
- Uncontrolled stress or anger
- Drinking too much alcohol
- Cigarette smoking or exposure to tobacco smoke
- High blood cholesterol and high triglycerides

The more risk factors you have, the greater your risk of developing coronary artery disease.



How is Hormone Imbalance associated with Heart Disease?

Hormones are powerful chemical messengers that play a role in virtually all major bodily systems and functions including your cardiovascular system.

A three minute cardiovascular assessment will provide valuable information to determine your risk for cardiovascular related disease.

CARDIOVASCULAR ASSESSMENT

