

Homework Help – Heart Disease

Fun Facts

A heart beats about 100,000 times a day and pumps about 7,200 liters (1,900 gallons) of blood.

An adult's body holds about five liters of blood. That's about five big pop bottles full of blood!

If you stretched all your blood vessels out, it would be 96,000 km long. That's enough to go around the world nearly four times.

Sample heart rates:

- Mouse: 850 beats/minute
- Baby: 140 beats/minute
- Youth: 70-100 beats/minute
- Adult: 60-100 beats/minute
- Athletes: as low as 40 beats/minute
- Elephant: 35 beats/minute

During an average lifetime (70 years), the human heart will beat more than 2.5 billion times.

Source: Heart Healthy Kids curriculum, Heart & Stroke Foundation

Serious Stats

Cardiovascular disease is the leading cause of death for Canadians.

In 2004, 31% of all male deaths and 33% of all female deaths were due to cardiovascular disease.

Cardiovascular deaths are caused by:

- coronary artery disease
- stroke other forms of heart disease such as problems with the electrical system of the heart, viral heart infections, and heart muscle disease
- problems such as high blood pressure and hardening of the arteries

According to report by Health Canada, a cardiovascular disease costs the Canadian economy over \$18 billion a year.

*Source: Incidence of Cardiovascular Disease (2/4/2002), Heart & Stroke Foundation
(<http://ww2.heartandstroke.ca/Page.asp?PageID=33&ArticleID=1077&Src=news&From=SubCategory>)*