

# Circulatory System: The Heart

- Overview of Cardiovascular System
- Gross Anatomy of the Heart
- Cardiac Conduction System and Cardiac Muscle
- Electrical and Contractile Activity of Heart
- Blood Flow, Heart Sounds, and Cardiac Cycle
- Cardiac Output

# Circulatory System: The Heart

- **cardiology** – the scientific study of the heart and the treatment of its disorders
- **cardiovascular system**
  - heart and blood vessels
- **circulatory system**
  - heart, blood vessels, and the blood
- major divisions of circulatory system
  - **pulmonary circuit** - right side of heart
    - carries blood to lungs for gas exchange and back to heart
  - **systemic circuit** - left side of heart
    - supplies oxygenated blood to all tissues of the body and returns it to the heart

# Cardiovascular System Circuit

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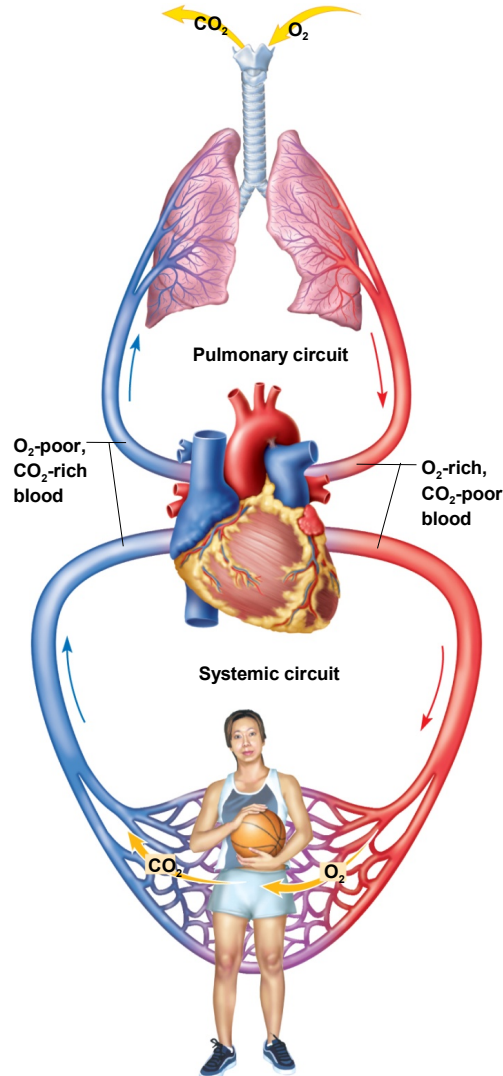


Figure 19.1

- left side of heart
  - fully oxygenated blood arrives from lungs via pulmonary veins
  - blood sent to all organs of the body via aorta
- right side of heart
  - lesser oxygenated blood arrives from inferior and superior vena cava
  - blood sent to lungs via pulmonary trunk

# Position, Size, and Shape

- heart located in mediastinum, between lungs
- **base** – wide, superior portion of heart, blood vessels attach here
- **apex** - inferior end, tilts to the left, tapers to point
- 3.5 in. wide at base, 5 in. from base to apex and 2.5 in. anterior to posterior; weighs 10 oz.

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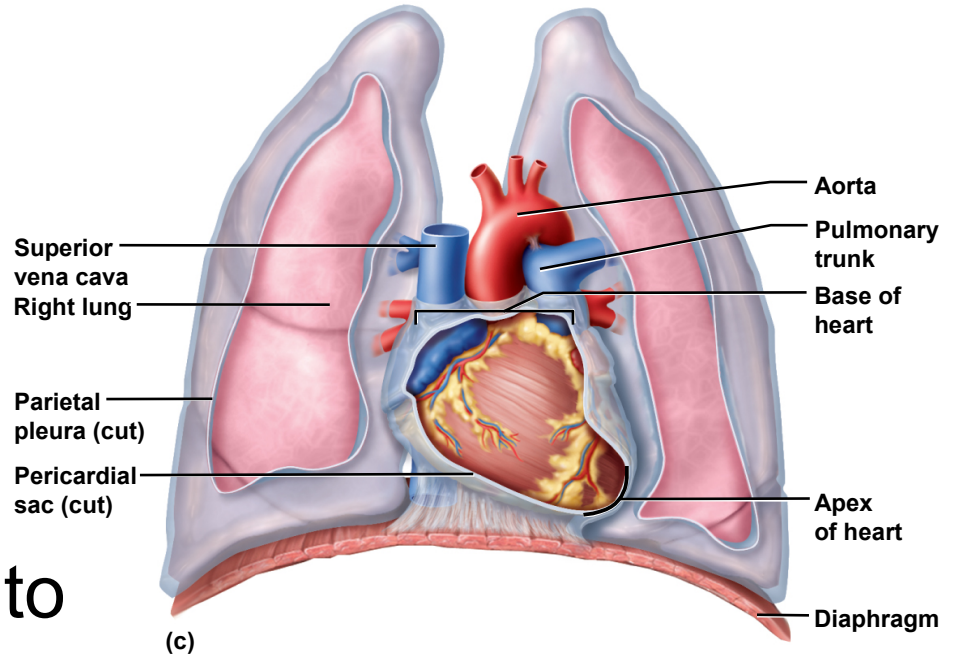
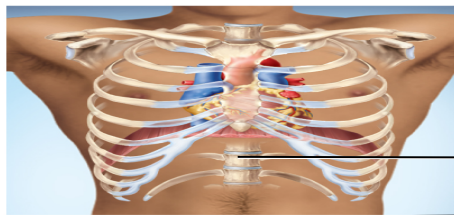


Figure 19.2c

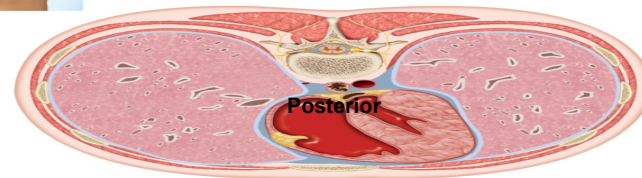
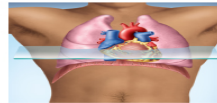
# Heart Position

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Sternum

3rd rib



Posterior

Lungs

Diaphragm

Thoracic  
vertebra

Pericardial  
cavity

Right  
ventricle

Left  
ventricle

Interventricular  
septum

Sternum

Anterior

(a)

(b)

Figure 19.2 a-b

# Pericardium

- **pericardium** - double-walled sac (pericardial sac) that encloses the heart
  - allows heart to beat without friction, provides room to expand, yet resists excessive expansion
  - anchored to diaphragm inferiorly and sternum anteriorly
- **parietal pericardium** – outer wall of sac
  - superficial **fibrous layer** of connective tissue
  - a deep, thin **serous layer**
- **visceral pericardium (epicardium)** – heart covering
  - serous lining of sac turns inward at base of heart to cover the heart surface
- **pericardial cavity** - space inside the pericardial sac filled with 5 - 30 mL of pericardial fluid
- **pericarditis** – inflammation of the membranes
  - painful friction rub with each heartbeat

# Pericardium and Heart Wall

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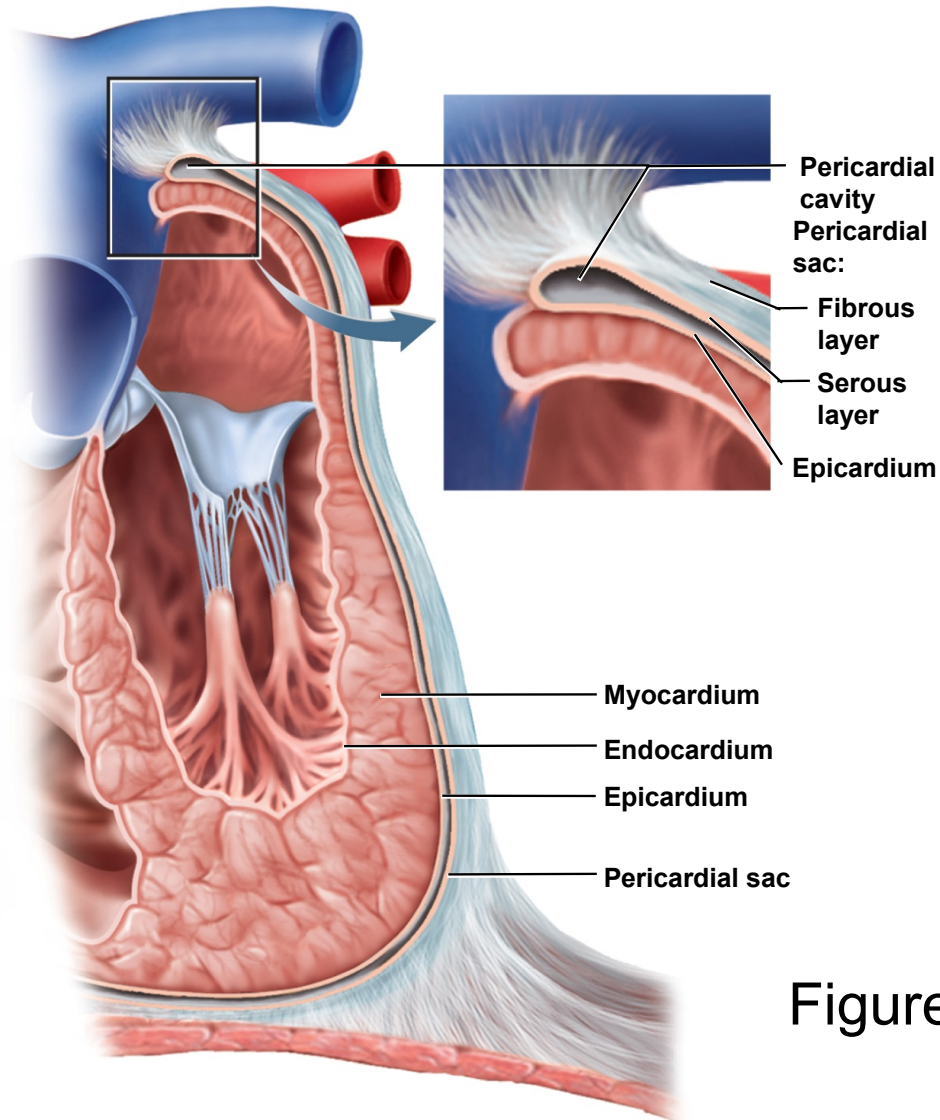
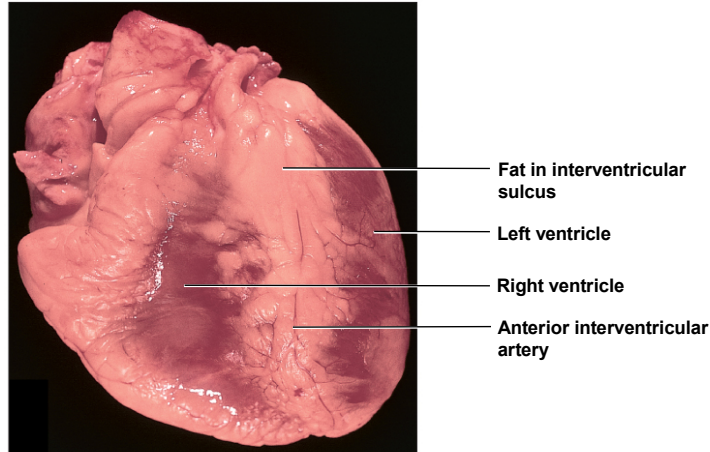


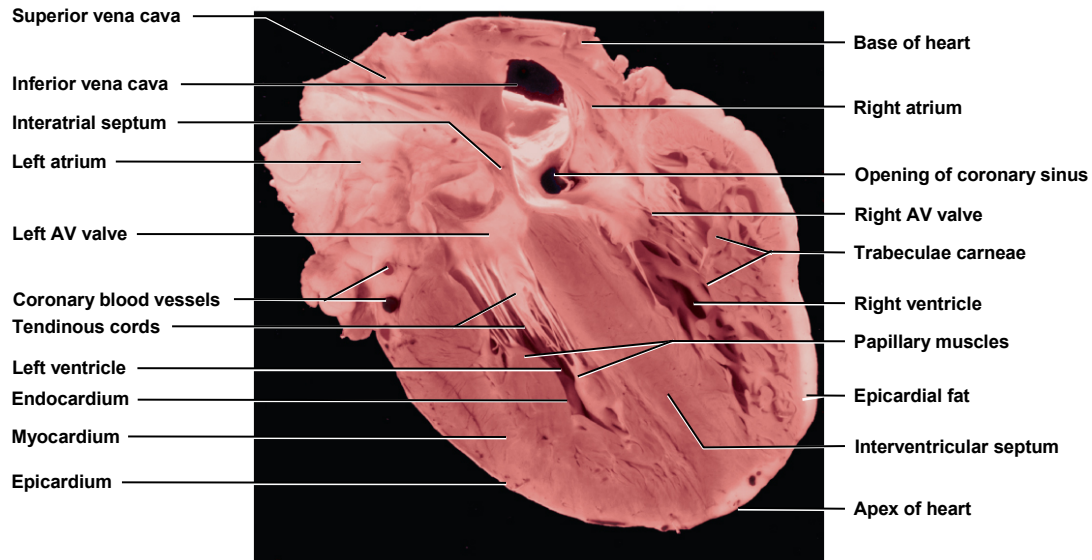
Figure 19.3

# Cadaver Heart

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(a) Anterior view, external anatomy



(b) Posterior view, internal anatomy

Figure 19.4 a-b



# Heart Wall

- **epicardium** (visceral pericardium)
  - serous membrane covering heart
  - adipose in thick layer in some places
  - coronary blood vessels travel through this layer
- **endocardium**
  - smooth inner lining of heart and blood vessels
  - covers the valve surfaces and continuous with endothelium of blood vessels
- **myocardium**
  - layer of **cardiac muscle** proportional to work load
    - muscle spirals around heart which produces wringing motion
  - **fibrous skeleton of the heart** - framework of **collagenous and elastic fibers**
    - provides structural support and attachment for cardiac muscle and anchor for valve tissue
    - electrical insulation between atria and ventricles important in timing and coordination of contractile activity

# Heart Chambers

- **four chambers**
  - **right and left atria**
    - two superior chambers
    - receive blood returning to heart
    - auricles (seen on surface) enlarge chamber
  - **right and left ventricles**
    - two inferior chambers
    - pump blood into arteries

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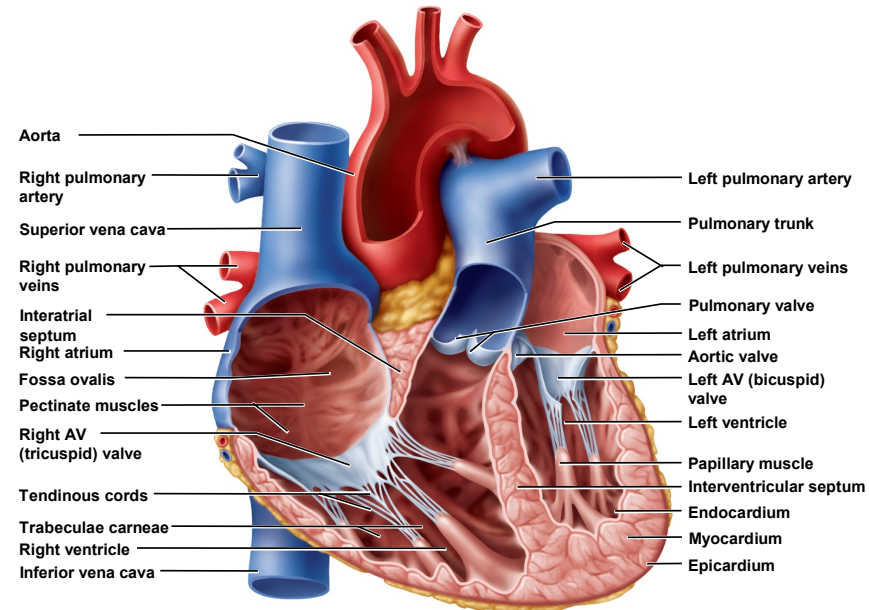
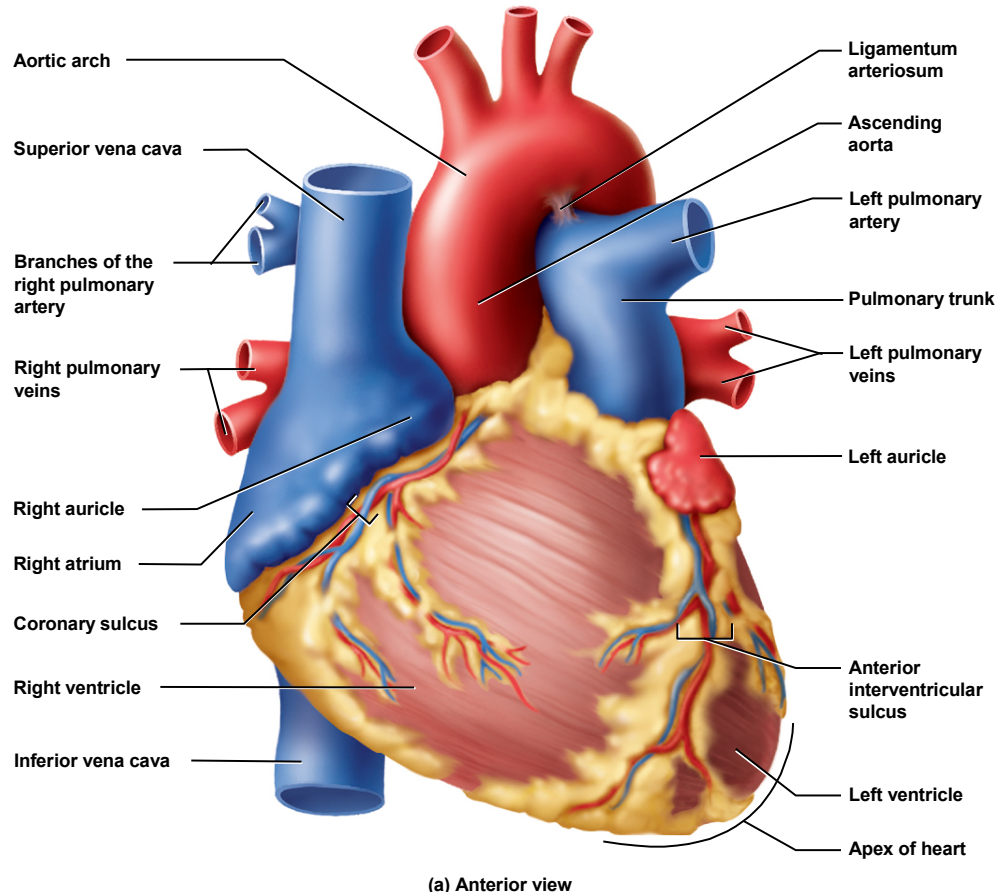


Figure 19.7

# External Anatomy - Anterior

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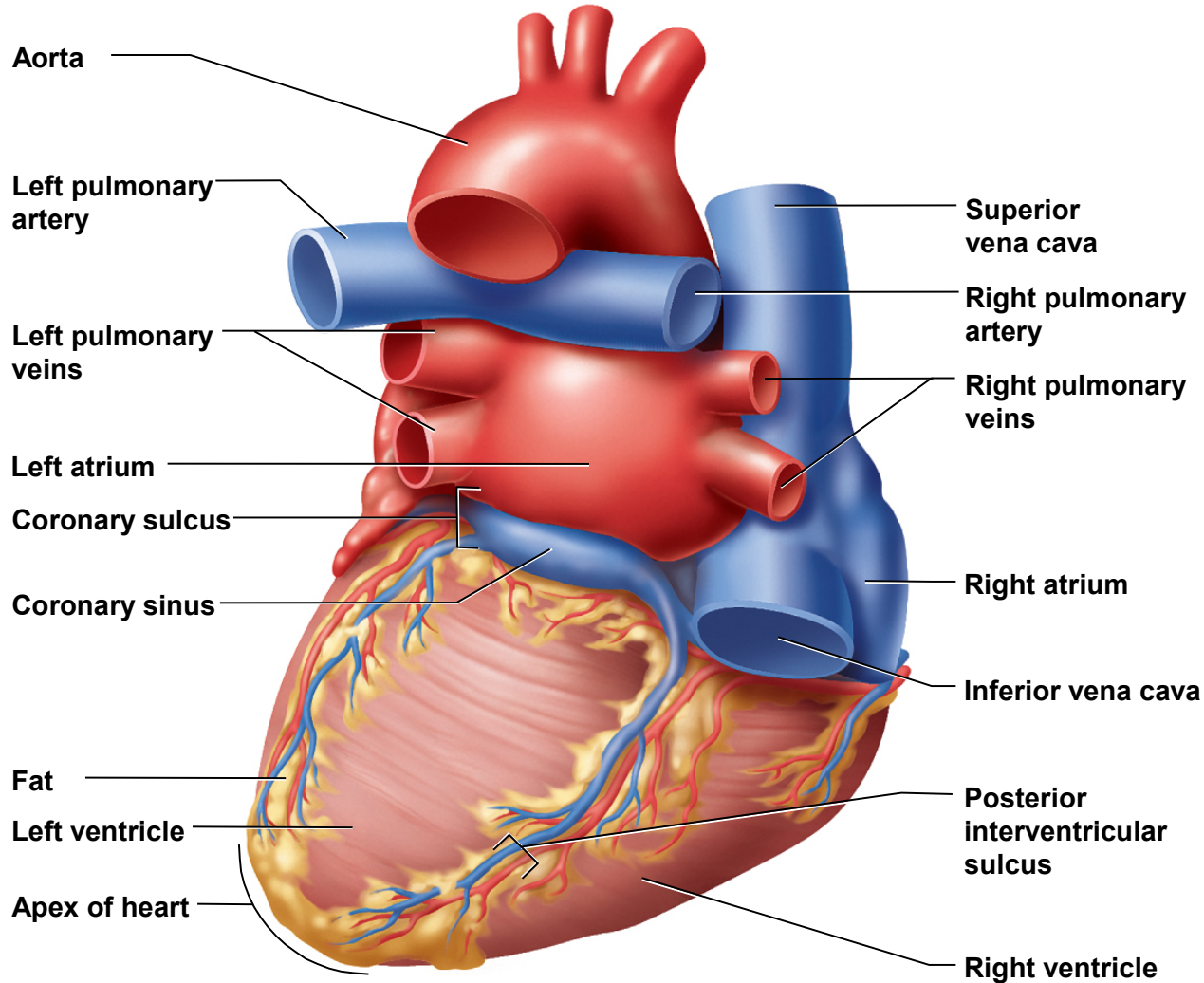


- **atrioventricular sulcus**  
- separates atria and ventricles
- **interventricular sulcus**  
- overlies the interventricular septum that divides the right ventricle from the left
- **sulci contain coronary arteries**

Figure 19.5a

# External Anatomy - Posterior

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(b) Posterior view

Figure 19.5b

# Heart Chambers - Internal

- **interatrial septum**
  - wall that separates atria
- **pectinate muscles**
  - internal ridges of myocardium in right atrium and both auricles
- **interventricular septum**
  - muscular wall that separates ventricles
- **trabeculae carneae**
  - internal ridges in both ventricles

# Internal Anatomy - Anterior

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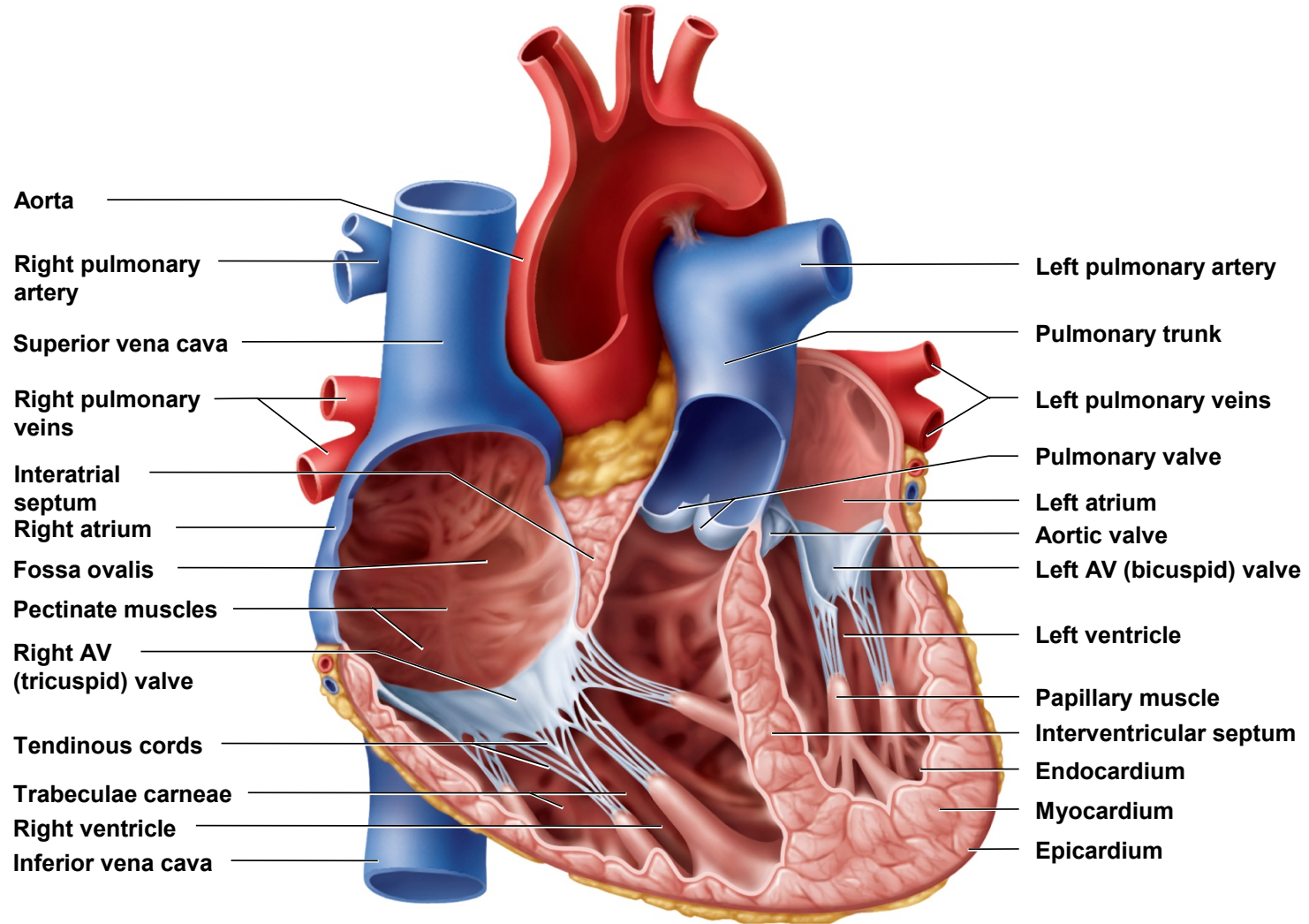


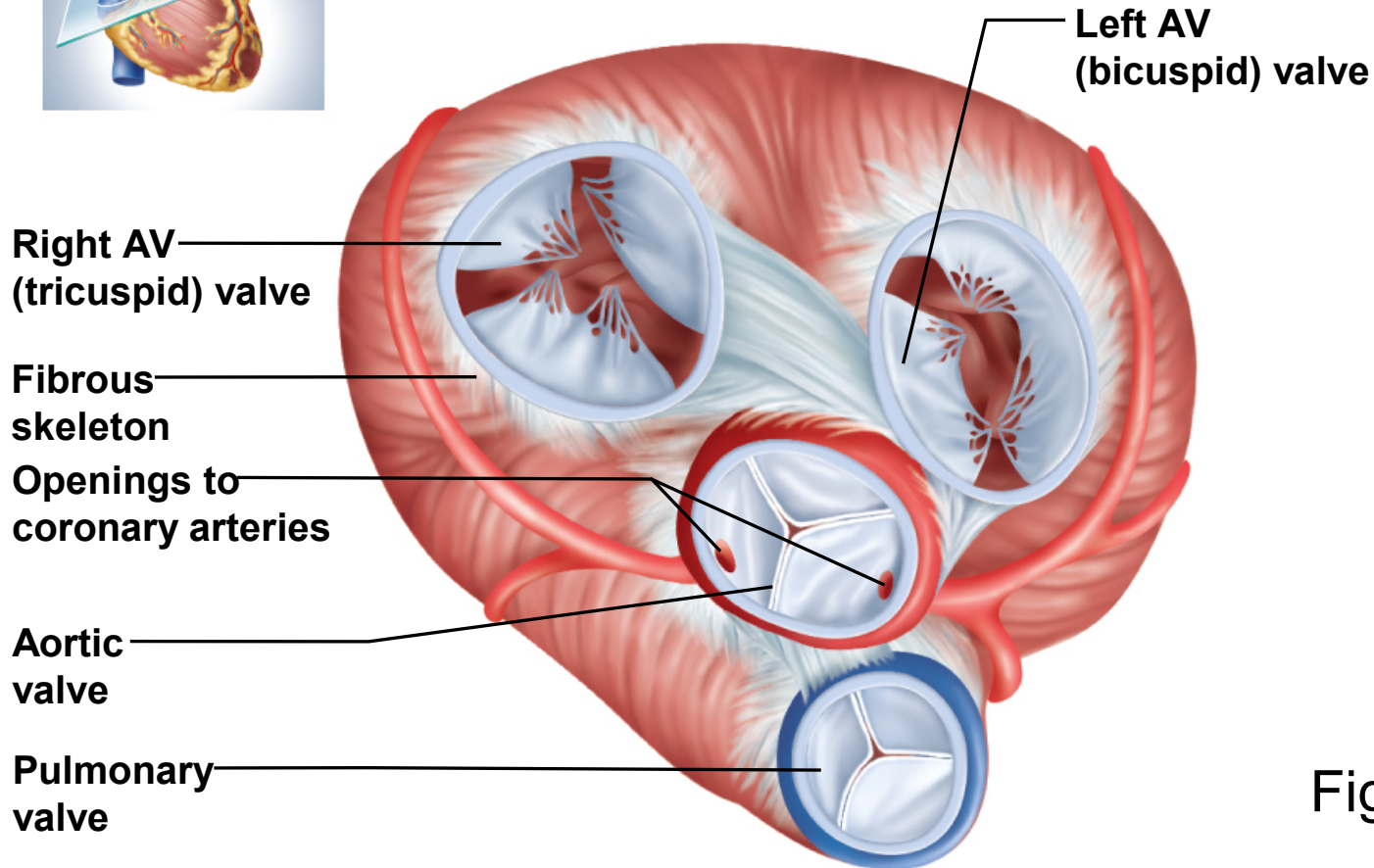
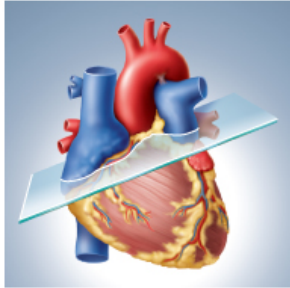
Figure 19.7

# Heart Valves

- valves ensure a one-way flow of blood through the heart
- **atrioventricular (AV) valves** – controls blood flow between atria and ventricles
  - **right AV valve** has 3 cusps (**tricuspid valve**)
  - **left AV valve** has 2 cusps (**mitral or bicuspid valve**)
  - **chordae tendineae** - cords connect AV valves to **papillary muscles** on floor of ventricles
    - prevent AV valves from flipping inside out or bulging into the atria when the ventricles contract
- **semilunar valves** - control flow into great arteries – open and close because of blood flow and pressure
  - **pulmonary semilunar valve** - in opening between right ventricle and pulmonary trunk
  - **aortic semilunar valve** in opening between left ventricle and aorta

# Heart Valves

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Right AV  
(tricuspid) valve

Fibrous  
skeleton

Openings to  
coronary arteries

Aortic  
valve

Pulmonary  
valve

Left AV  
(bicuspid) valve

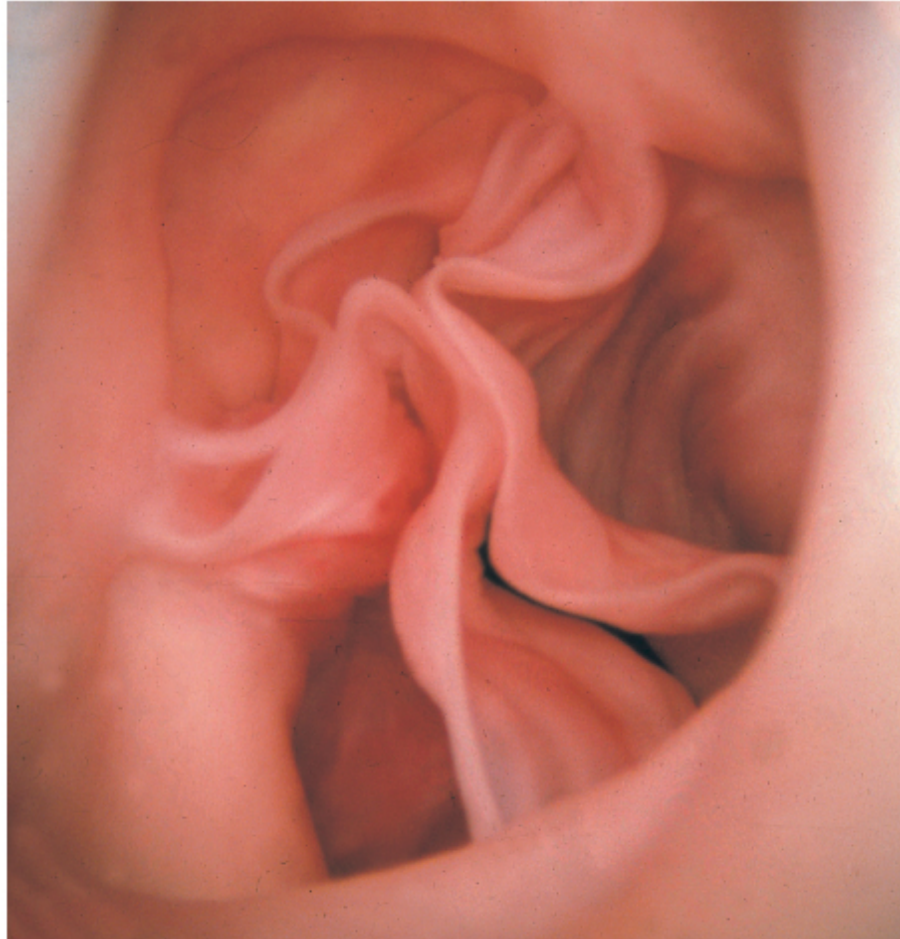
Figure 19.8a

(a)



# Endoscopic View of Heart Valve

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(b)

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Figure 19.8b

# Heart Valves

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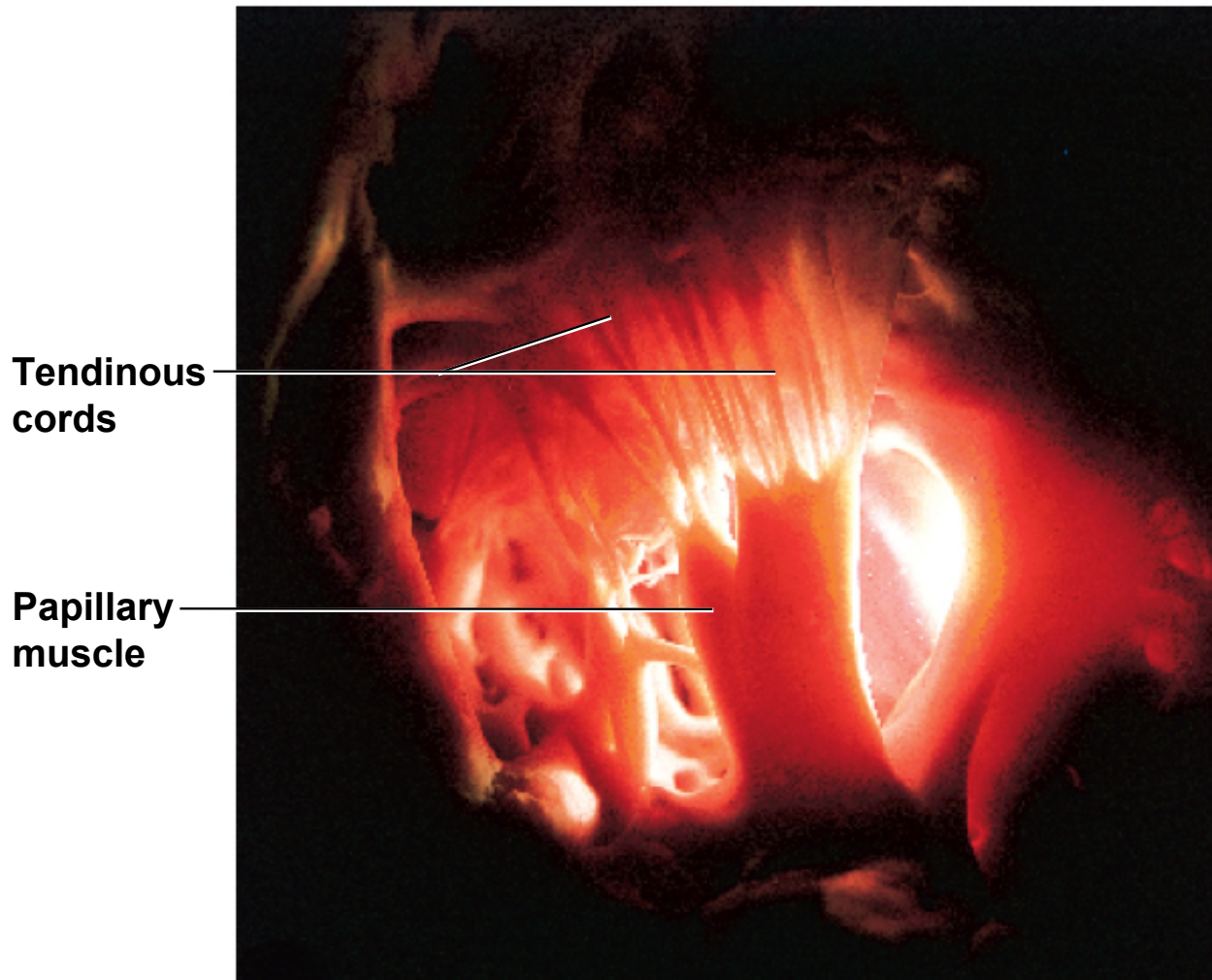


Figure 19.8c

(c)

# AV Valve Mechanics

- ventricles relax
  - pressure drops inside the ventricles
  - semilunar valves close as blood attempts to back up into the ventricles from the vessels
  - AV valves open
  - blood flows from atria to ventricles
- ventricles contract
  - AV valves close as blood attempts to back up into the atria
  - pressure rises inside of the ventricles
  - semilunar valves open and blood flows into great vessels

# Blood Flow Through Heart

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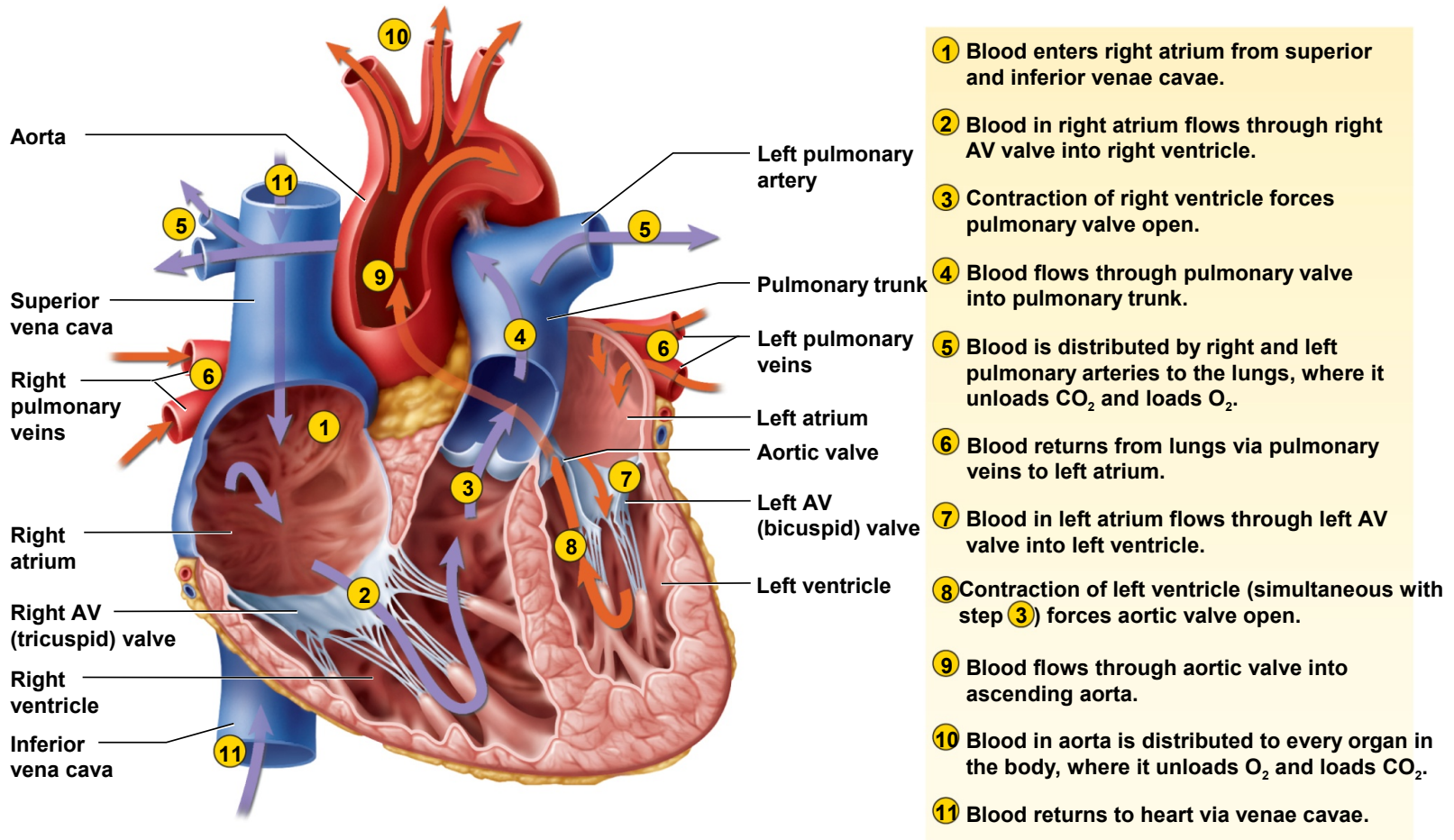


Figure 19.9

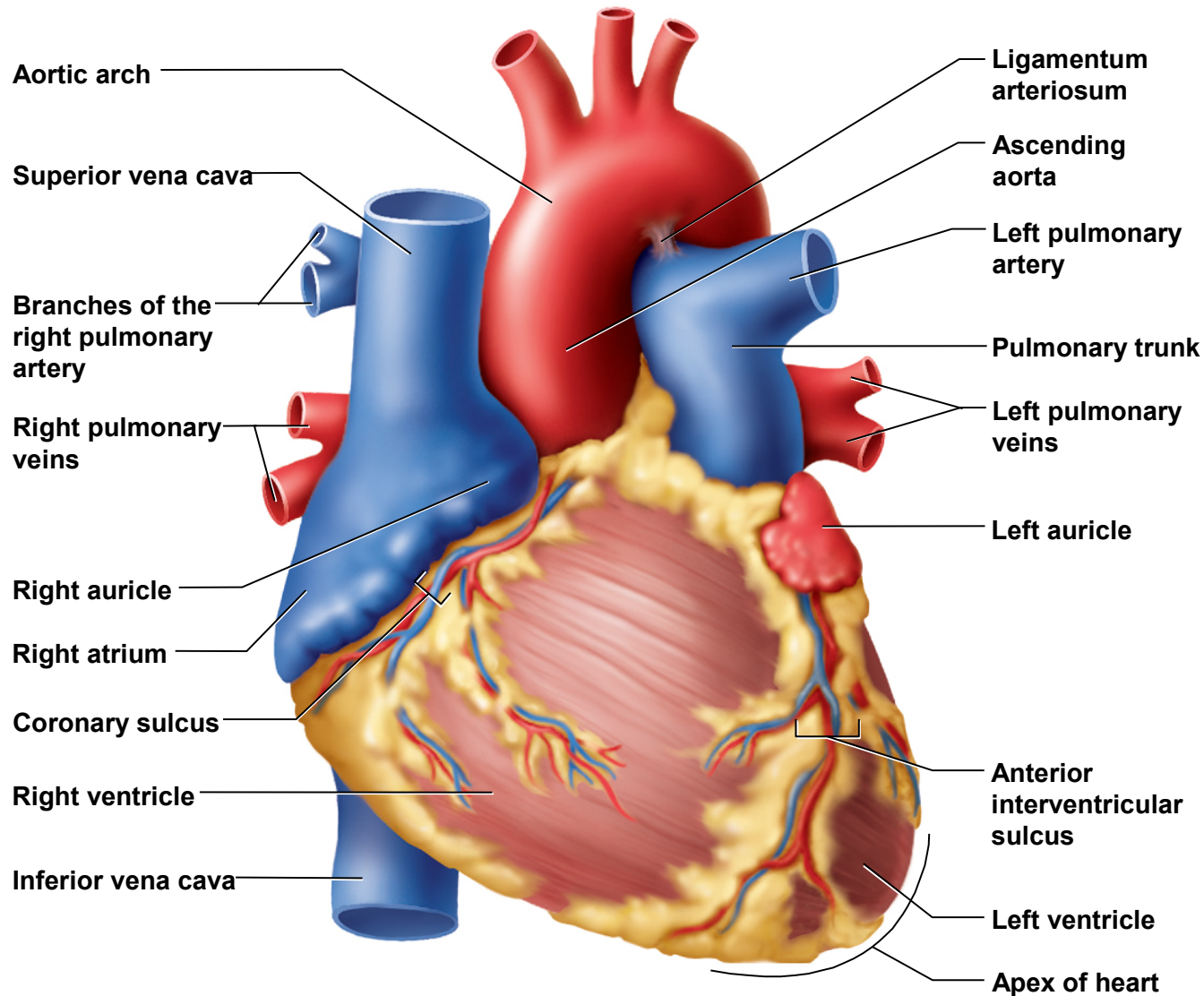
blood pathway travels from the right atrium through the body and back to the starting point

# Coronary Circulation

- 5% of blood pumped by heart is pumped to the heart itself through the coronary circulation to sustain its strenuous workload
  - 250 ml of blood per minute
  - needs abundant O<sub>2</sub> and nutrients
- **left coronary artery (LCA)** branch off the ascending aorta
  - **anterior interventricular branch**
    - supplies blood both ventricles and anterior two-thirds of the interventricular septum
  - **circumflex branch**
    - passes around left side of heart in coronary sulcus
    - gives off **left marginal branch** and then ends on the posterior side of the heart
    - supplies left atrium and posterior wall of left ventricle
- **right coronary artery (RCA)** branch off the ascending aorta
  - supplies right atrium and sinoatrial node (pacemaker)
  - **right marginal branch**
    - supplies lateral aspect of right atrium and ventricle
  - **posterior interventricular branch**
    - supplies posterior walls of ventricles

# Coronary Vessels - Anterior

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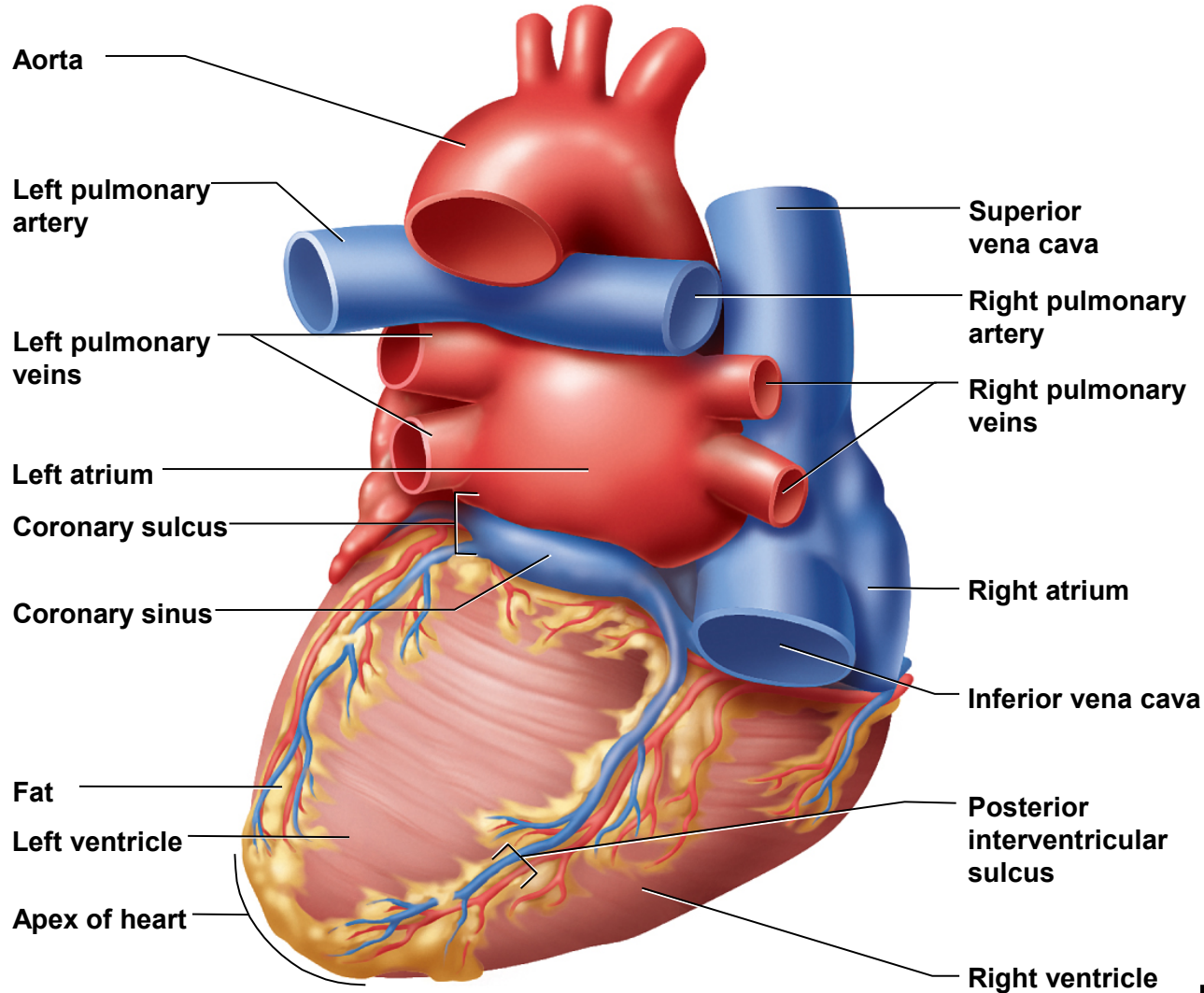


(a) Anterior view

Figure 19.5a

# Coronary Vessels - Posterior

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(b) Posterior view

Figure 19.5b

# Coronary Blood Flow

- blood flow to the heart muscle during ventricular contraction is slowed, unlike the rest of the body
- three reasons:
  - contraction of the myocardium compresses the coronary arteries and obstructs blood flow
  - opening of the aortic valve flap during ventricular systole covers the openings to the coronary arteries blocking blood flow into them
  - during ventricular diastole, blood in the aorta surges back toward the heart and into the openings of the coronary arteries
    - blood flow to the myocardium increases during ventricular relaxation



# Angina and Heart Attack

- **angina pectoris** – chest pain from partial obstruction of coronary blood flow
  - pain caused by ischemia of cardiac muscle
  - obstruction partially blocks blood flow
  - myocardium shifts to anaerobic fermentation producing lactic acid stimulating pain
- **myocardial infarction** – sudden death of a patch of myocardium resulting from long-term obstruction of coronary circulation
  - atheroma (blood clot or fatty deposit) often obstruct coronary arteries
  - cardiac muscle downstream of the blockage dies
  - heavy pressure or squeezing pain radiating into the left arm
  - some painless heart attacks may disrupt electrical conduction pathways, lead to fibrillation and cardiac arrest
    - silent heart attacks occur in diabetics & elderly
  - MI responsible for about half of all deaths in the United States

# Venous Drainage of Heart

- 5 -10% drains directly into heart chambers, right atrium and right ventricle, by way of the **thebesian veins**
- the rest returns to right atrium by way of the coronary sinus:
  - **great cardiac vein, middle cardiac vein, left marginal vein**
    - empty into coronary sinus
- **coronary sinus**
  - large transverse vein in coronary sulcus on posterior side of heart
  - collects blood and empties into right atrium

# Structure of Cardiac Muscle

- **cardiocytes** - striated, short, thick, branched cells, one central nucleus surrounded by light staining mass of glycogen
- **intercalated discs** - join cardiocytes end to end
  - **electrical junctions** - **gap junctions** allow ions to flow between cells – can stimulate neighbors
    - entire myocardium of either two atria or two ventricles acts like single unified cell
- repair of damage of cardiac muscle is almost entirely by **fibrosis** (scarring)

# Metabolism of Cardiac Muscle

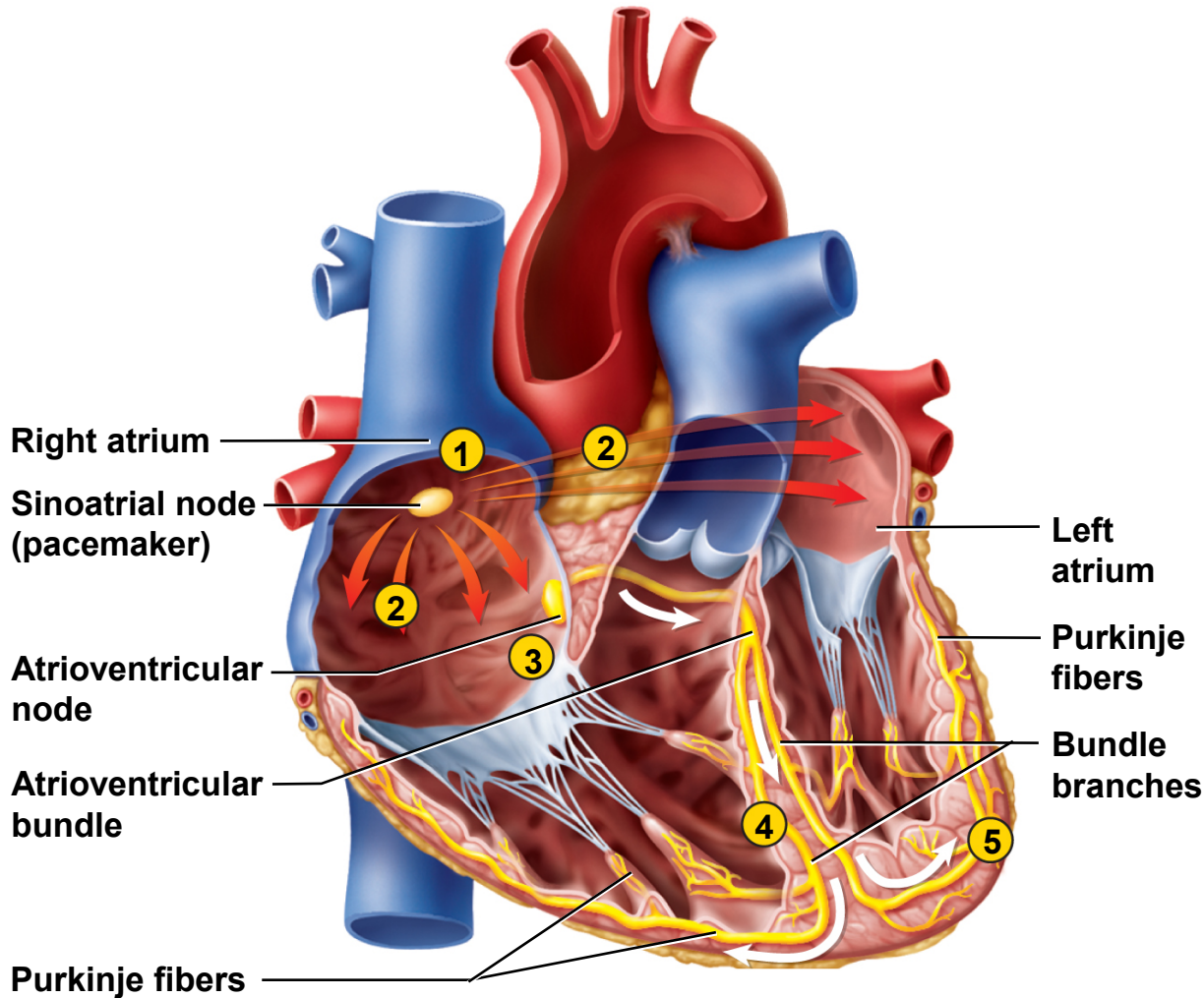
- **cardiac muscle** depends almost exclusively on **aerobic respiration** used to make ATP
  - rich in myoglobin and glycogen
  - huge mitochondria – fill 25% of cell
- **adaptable to organic fuels** used
  - fatty acids (60%), glucose (35%), ketones, lactic acid and amino acids (5%)
  - more vulnerable to oxygen deficiency than lack of a specific fuel
- **fatigue resistant** since makes little use of anaerobic fermentation or oxygen debt mechanisms
  - does not fatigue for a lifetime

# Cardiac Conduction System

- coordinates the heartbeat
  - composed of an **internal pacemaker** and **nervelike conduction pathways** through myocardium
  - generates and conducts rhythmic electrical signals in the following order:
- **sinoatrial (SA) node** - modified cardiocytes
  - initiates each heartbeat and determines heart rate
  - signals spread throughout atria
  - **pacemaker** in right atrium near base of superior vena cava
- **atrioventricular (AV) node**
  - located near the right AV valve at lower end of interatrial septum
  - electrical gateway to the ventricles
  - fibrous skeleton acts as an insulator to prevent currents from getting to the ventricles from any other route
- **atrioventricular (AV) bundle (bundle of His)**
  - bundle forks into right and left bundle branches
  - these branches pass through interventricular septum toward apex
- **Purkinje fibers**
  - nervelike processes spread throughout ventricular myocardium
- signal pass from cell to cell through **gap junctions**

# Cardiac Conduction System

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- 1 SA node fires.
- 2 Excitation spreads through atrial myocardium.
- 3 AV node fires.
- 4 Excitation spreads down AV bundle.
- 5 Purkinje fibers distribute excitation through ventricular myocardium.

Figure 19.12

# Cardiac Rhythm

- cycle of events in heart – special names
  - **systole** – atrial or ventricular contraction
  - **diastole** – atrial or ventricular relaxation
- **sinus rhythm** - normal heartbeat triggered by the SA node
  - set by SA node at 60 – 100 bpm
  - adult at rest is 70 to 80 bpm
- **ectopic focus** - another parts of heart fires before SA node
  - caused by hypoxia, electrolyte imbalance, or caffeine, nicotine, and other drugs

# Abnormal Heart Rhythms

- spontaneous firing from some part of heart not the SA node
  - **ectopic foci** - region of spontaneous firing
    - **nodal rhythm** – if SA node is damaged, heart rate is set by AV node, 40 to 50 bpm
    - **intrinsic ventricular rhythm** – if both SA and AV nodes are not functioning, rate set at 20 to 40 bpm
      - this requires pacemaker to sustain life
- **arrhythmia** – any abnormal cardiac rhythm
  - failure of conduction system to transmit signals (heart block)
    - bundle branch block
    - total heart block (damage to AV node)



# Cardiac Arrhythmias

- **atrial flutter** – ectopic foci in atria
  - atrial fibrillation
  - atria beat 200 - 400 times per minute
- **premature ventricular contractions (PVCs)**
  - caused by stimulants, stress or lack of sleep
- **ventricular fibrillation**
  - serious arrhythmia caused by electrical signals reaching different regions at widely different times
    - heart can't pump blood and no coronary perfusion
  - kills quickly if not stopped
    - **defibrillation** - strong electrical shock whose intent is to depolarize the entire myocardium, stop the fibrillation, and reset SA nodes to sinus rhythm

# Impulse Conduction to Myocardium

- signal from **SA node** stimulates two atria to contract almost simultaneously
  - reaches AV node in 50 msec
- signal slows down through **AV node**
  - thin cardiocytes have fewer gap junctions
  - delays signal 100 msec which allows the ventricles to fill
- signals travel very quickly through **AV bundle** and **Purkinje fibers**
  - entire ventricular myocardium depolarizes and contracts in near unison
    - papillary muscles contract an instant earlier than the rest, tightening slack in chordae tendineae
- ventricular systole progresses up from the apex of the heart
  - spiral arrangement of cardiocytes twists ventricles slightly
  - like someone wringing out a towel

# Electrocardiogram (ECG or EKG)

- composite of all action potentials of nodal and myocardial cells detected, amplified and recorded by electrodes on arms, legs and chest

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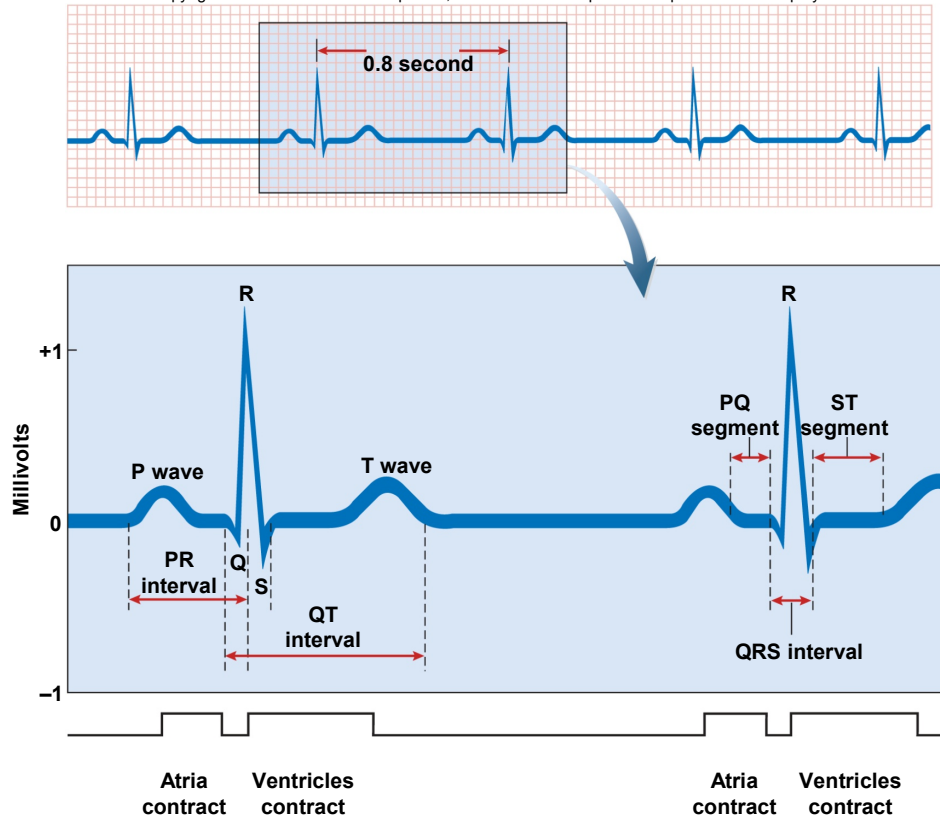


Figure 19.15

# ECG Deflections

- **P wave**
  - SA node fires, **atria depolarize** and contract
  - atrial systole begins 100 msec after SA signal
- **QRS complex**
  - **ventricular depolarization**
  - complex shape of spike due to different thickness and shape of the two ventricles
- **ST segment - ventricular systole**
  - plateau in myocardial action potential
- **T wave**
  - **ventricular repolarization** and relaxation

# Normal Electrocardiogram (ECG)

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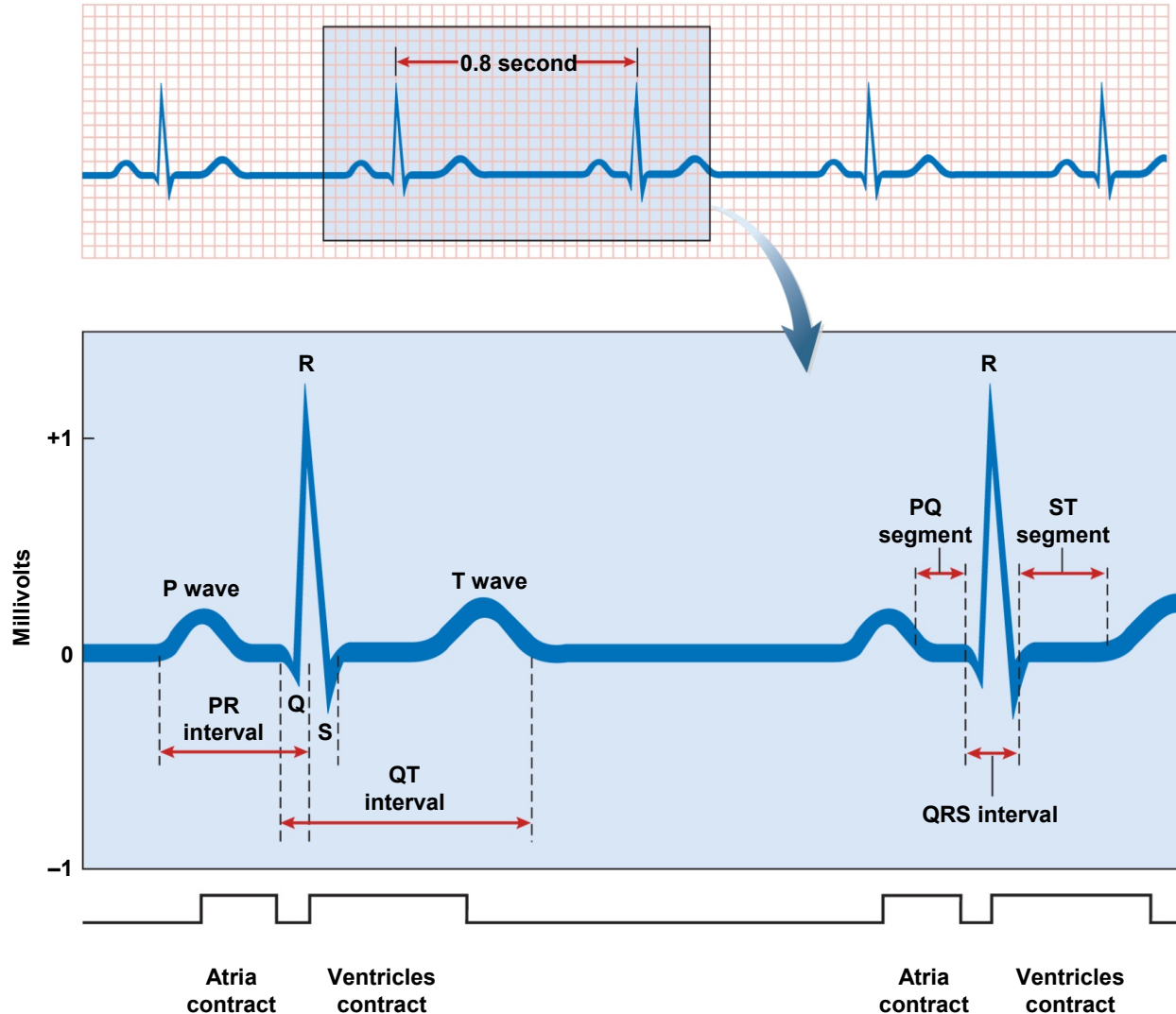


Figure 19.15

# Electrical Activity of Myocardium

- 1) atrial depolarization begins
- 2) atrial depolarization complete (atria contracted)
- 1) ventricles begin to depolarize at apex; atria repolarize (atria relaxed)
- 1) ventricular depolarization complete (ventricles contracted)
- 1) ventricles begin to repolarize at apex
- 6) ventricular repolarization complete (ventricles relaxed)

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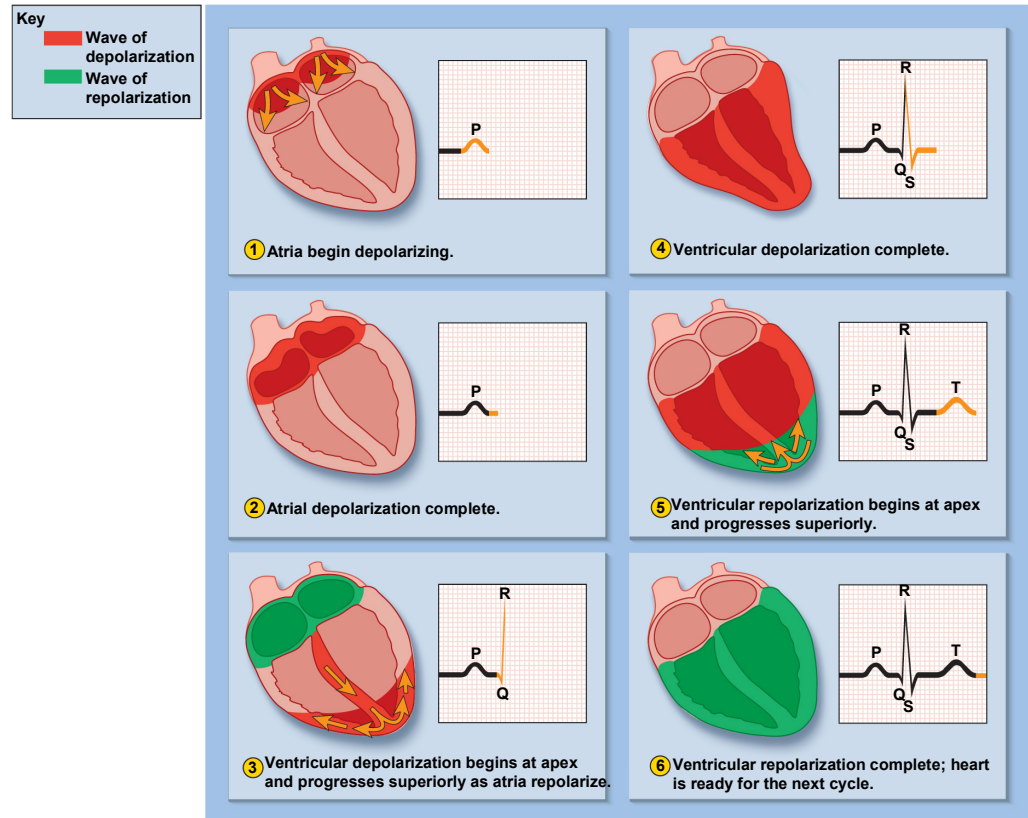


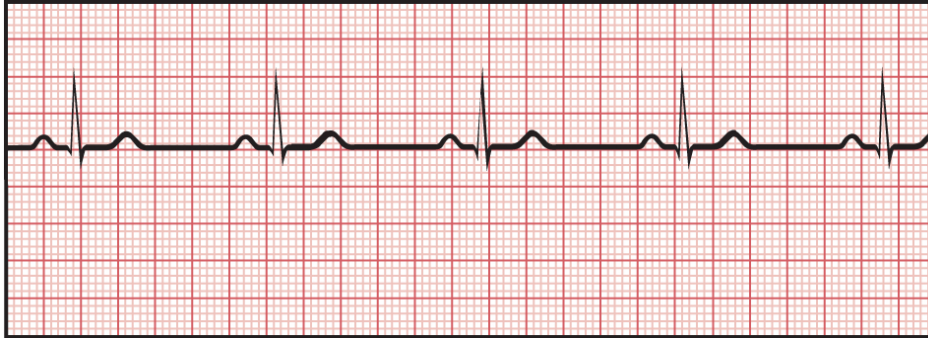
Figure 19.16

# Diagnostic Value of ECG

- abnormalities in conduction pathways
- myocardial infarction
- nodal damage
- heart enlargement
- electrolyte and hormone imbalances

# ECGs: Normal and Abnormal

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(a) Sinus rhythm (normal)



(b) Nodal rhythm—no SA node activity

- abnormalities in conduction pathways
- myocardial infarction
- heart enlargement
- electrolyte and hormone imbalances

Figure 19.17 a-b

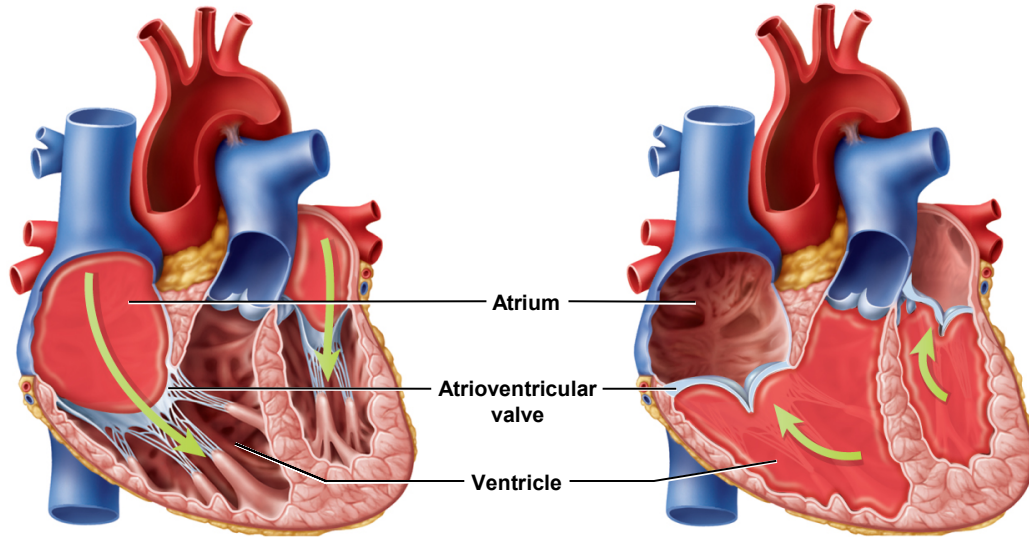


# Cardiac Cycle

- **cardiac cycle** - one complete contraction and relaxation of all four chambers of the heart
- atrial **systole** (contraction) occurs while ventricles are in **diastole** (relaxation)
- atrial **diastole** occurs while ventricles in **systole**
- **quiescent period** all four chambers relaxed at same time
- questions to solve – *how does pressure affect blood flow?* and *how are heart sounds produced?*

# Operation of Heart Valves

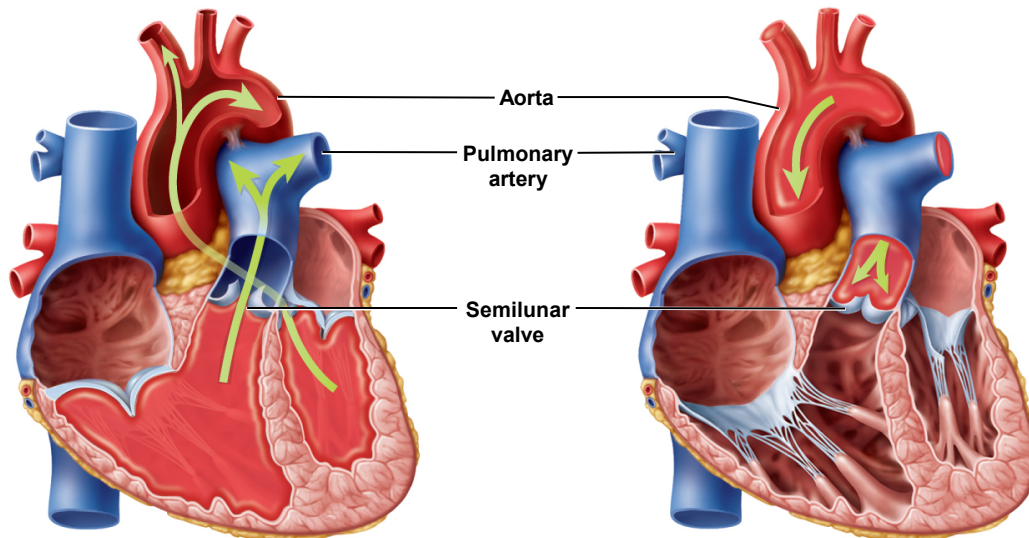
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Atrioventricular valves open

Atrioventricular valves closed

(a)



Semilunar valves open

Semilunar valves closed

(b)

Figure 19.19

# Valvular Insufficiency

- **valvular insufficiency** (incompetence) - any failure of a valve to prevent reflux (regurgitation) the backward flow of blood
  - **valvular stenosis** – cusps are stiffened and opening is constricted by scar tissue
    - result of **rheumatic fever** autoimmune attack on the mitral and aortic valves
    - heart overworks and may become enlarged
    - **heart murmur** – abnormal heart sound produced by regurgitation of blood through incompetent valves
  - **mitral valve prolapse** – insufficiency in which one or both mitral valve cusps bulge into atria during ventricular contraction
    - hereditary in 1 out of 40 people
    - may cause chest pain and shortness of breath

# Heart Sounds

- **auscultation** - listening to sounds made by body
- **first heart sound** ( $S_1$ ), louder and longer “lubb”, occurs with closure of AV valves, turbulence in the bloodstream, and movements of the heart wall
- **second heart sound** ( $S_2$ ), softer and sharper “dupp” occurs with closure of semilunar valves, turbulence in the bloodstream, and movements of the heart wall
- $S_3$  - rarely heard in people over 30
- exact cause of each sound is not known with certainty

# Phases of Cardiac Cycle

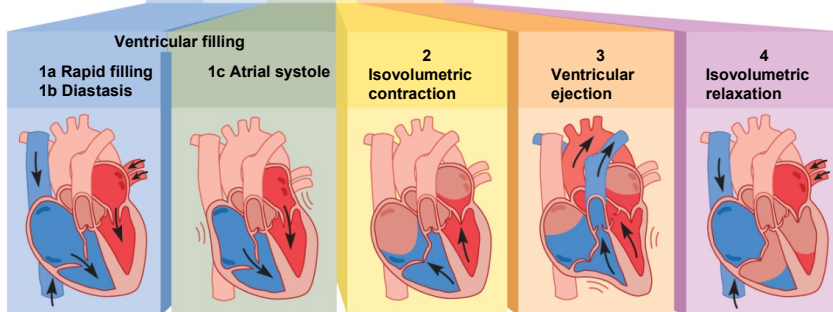
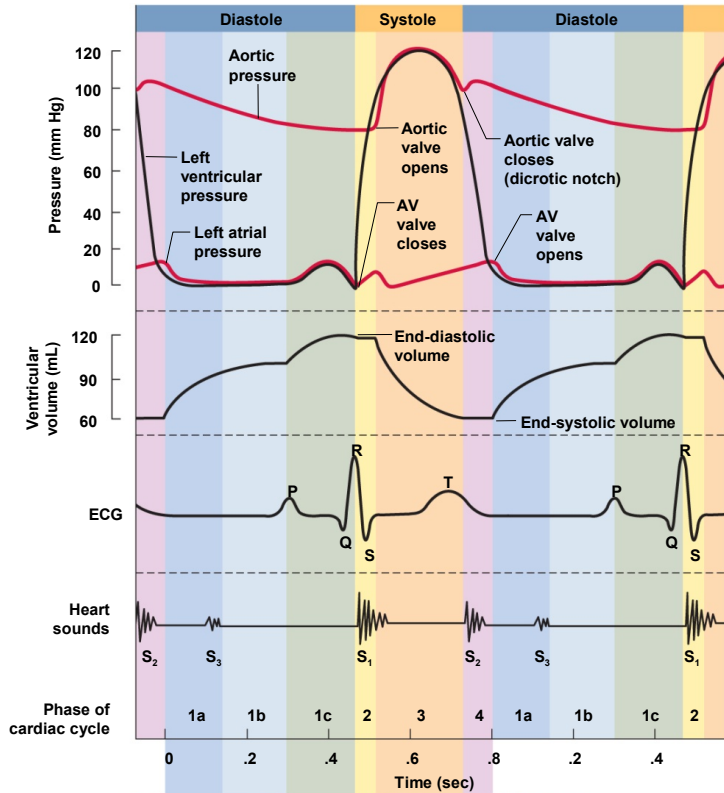
- ventricular filling
- isovolumetric contraction
- ventricular ejection
- isovolumetric relaxation
  
- all the events in the cardiac cycle are completed in less than one second!

# Timing of Cardiac Cycle

- in a resting person
  - **atrial systole** last about **0.1 sec**
  - **ventricular systole** about **0.3 sec**
  - **quiescent period**, when all four chambers are in diastole, **0.4 sec**
- **total duration of the cardiac cycle** is therefore **0.8 sec** in a heart beating **75 bpm**

# Major Events of Cardiac Cycle

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- **ventricular filling**
- **isovolumetric contraction**
- **ventricular ejection**
- **isovolumetric relaxation**

Figure 19.20

# Congestive Heart Failure

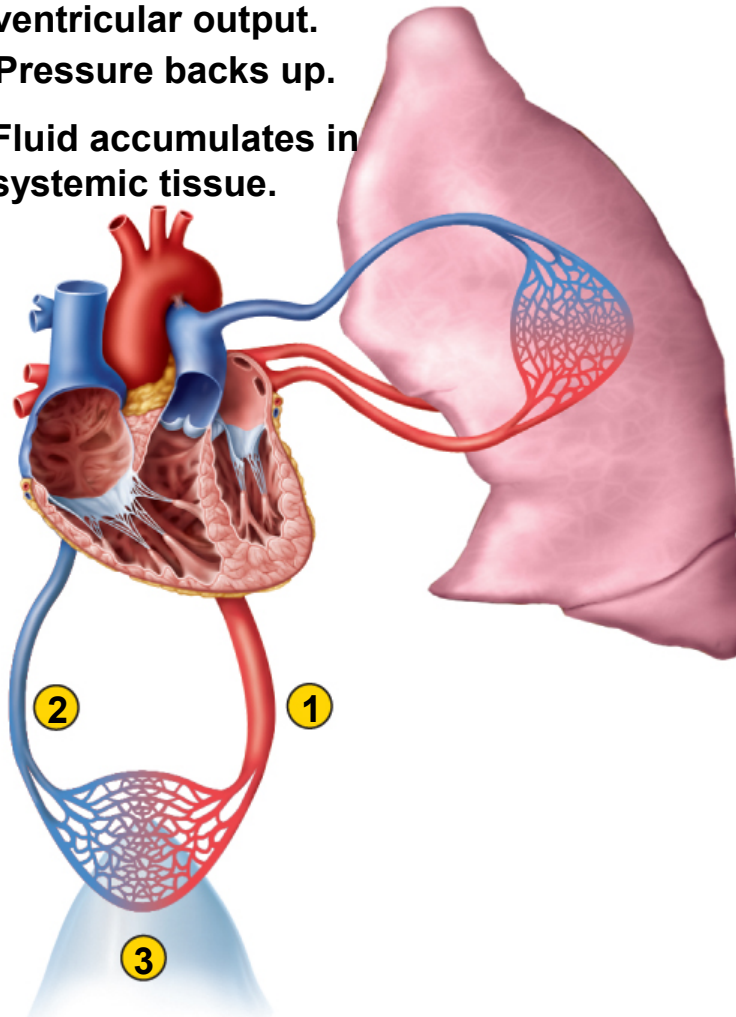
- **congestive heart failure (CHF)** - results from the failure of either ventricle to eject blood effectively
  - usually due to a heart weakened by myocardial infarction, chronic hypertension, valvular insufficiency, or congenital defects in heart structure.
- **left ventricular failure** – blood backs up into the lungs causing pulmonary edema
  - shortness of breath or sense of suffocation
- **right ventricular failure** – blood backs up in the vena cava causing systemic or generalized edema
  - enlargement of the liver, ascites (pooling of fluid in abdominal cavity), distension of jugular veins, swelling of the fingers, ankles, and feet
- eventually leads to total heart failure



# Unbalanced Ventricular Output

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- 1 Left ventricular output exceeds right ventricular output.
- 2 Pressure backs up.
- 3 Fluid accumulates in systemic tissue.



peripheral edema

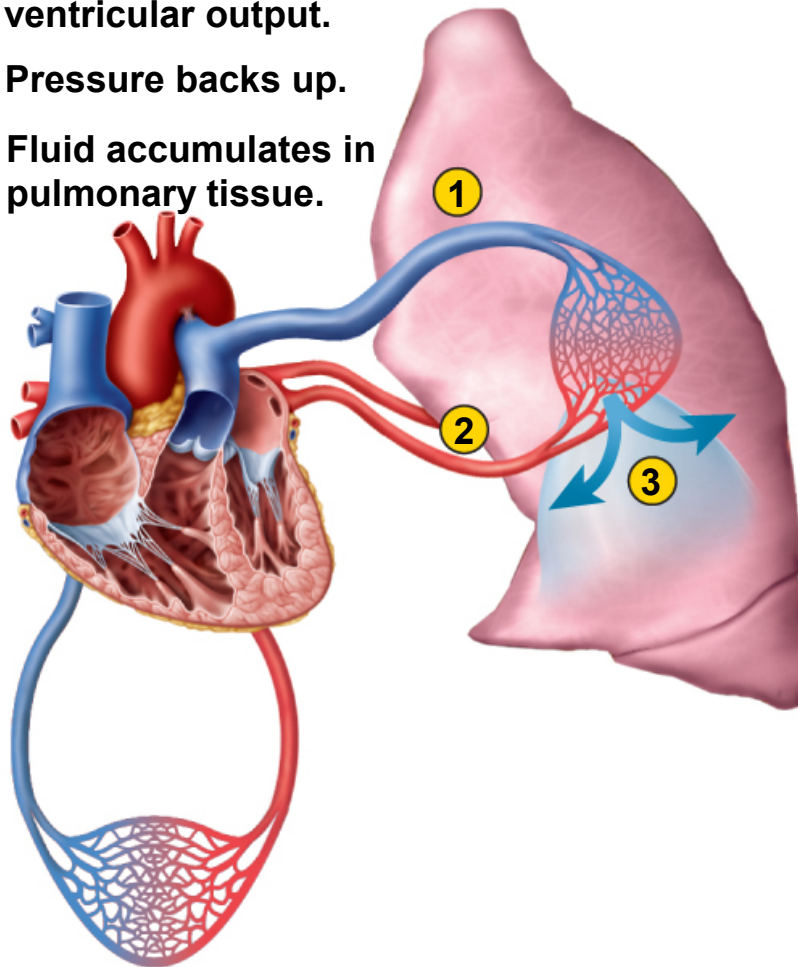
Figure 19.21b

(b) Systemic edema

# Unbalanced Ventricular Output

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- 1 Right ventricular output exceeds left ventricular output.
- 2 Pressure backs up.
- 3 Fluid accumulates in pulmonary tissue.



pulmonary edema

Figure 19.21a

# Cardiac Output (CO)

- **cardiac output (CO)** – the amount ejected by ventricle in 1 minute
- **cardiac output = heart rate x stroke volume**
  - about **4 to 6 L/min at rest**
  - a RBC leaving the left ventricle will arrive back at the left ventricle in about 1 minute
  - vigorous exercise increases CO to 21 L/min for fit person and up to 35 L/min for world class athlete
- **cardiac reserve** – the difference between a person's maximum and resting CO
  - increases with fitness, decreases with disease

# Heart Rate

- **pulse** – surge of pressure produced by each heart beat that can be felt by palpating a superficial artery with the fingertips
  - infants have HR of 120 bpm or more
  - young adult females avg. 72 - 80 bpm
  - young adult males avg. 64 to 72 bpm
  - heart rate rises again in the elderly
- **tachycardia** - resting adult heart rate above 100 bpm
  - stress, anxiety, drugs, heart disease, or fever
  - loss of blood or damage to myocardium
- **bradycardia** - resting adult heart rate of less than 60 bpm
  - in sleep, low body temperature, and endurance trained athletes

# Chronotropic Effects of the Autonomic Nervous System

- **sympathetic**
  - release **norepinephrine**
  - binds to  **$\beta$ -adrenergic fibers** in the heart
  - **accelerated depolarization of SA node**
  - cardiocytes **relax more quickly**
  - by accelerating both contraction and relaxation, heart rate increases as high as 230 bpm
  - diastole becomes too brief for adequate filling
  - both stroke volume and cardiac output are reduced

# Chronotropic Effects of the Autonomic Nervous System

- **parasympathetic vagus nerves**
  - **Release acetylcholine (ACh)** binds to **muscarinic receptors**
  - **hyperpolarized** nodal cells fire less frequently
  - **heart slows down**
  - parasympathetics work on the heart faster than sympathetics
    - parasympathetics do not need a second messenger system
- without influence from the cardiac centers, the heart has a **intrinsic “natural” firing rate of 100 bpm**
- **vagal tone** – holds down this heart rate to 70 – 80 bpm at rest
  - steady background firing rate of the **vagus nerves**

# Inputs to Cardiac Center

- **cardiac centers in the medulla** receive input from many sources and integrate it into the 'decision' to speed or slow the heart
- **higher brain centers** affect heart rate
  - **cerebral cortex, limbic system, hypothalamus**
    - sensory or emotional stimuli
- medulla also receives input from muscles, joints, arteries, and brainstem
  - **proprioceptors** in the muscles and joints
    - inform cardiac center about changes in activity, HR increases before metabolic demands of muscle arise
  - **baroreceptors** signal cardiac center
    - pressure sensors in **aorta and internal carotid arteries**
    - blood pressure decreases, signal rate drops, cardiac center increases heart rate
    - if blood pressure increases, signal rate rises, cardiac center decreases heart rate

# Chronotropic Chemicals

- chemicals affect heart rate as well as neurotransmitters from cardiac nerves
  - blood born adrenal catecholamines (NE and epinephrine) are potent cardiac stimulants
- **drugs** that stimulate heart
  - **nicotine** stimulates catecholamine secretion
  - **thyroid hormone** increases number adrenergic receptors on heart so more responsive to sympathetic stimulation
  - **caffeine** inhibits cAMP breakdown prolonging adrenergic effect



# Chronotropic Chemicals

- electrolytes
  - $K^+$  has greatest chronotropic effect
    - **hyperkalemia** – excess  $K^+$  in cardiocytes
      - myocardium less excitable, heart rate slows and becomes irregular
    - **hypokalemia** – deficiency  $K^+$  in cardiocytes
      - cells hyperpolarized, require increased stimulation
  - calcium
    - **hypercalcemia** – excess of  $Ca^{2+}$ 
      - decreases heart rate and contraction strength
    - **hypocalcemia** – deficiency of  $Ca^{2+}$ 
      - increases heart rate and contraction strength

# Stroke Volume (SV)

- the other factor that in cardiac output, besides heart rate, is **stroke volume**
- three variables govern stroke volume:
  1. preload
  2. contractility
  3. afterload
- example
  - increased preload or contractility causes increases stroke volume
  - increased afterload causes decrease stroke volume

# Exercise and Cardiac Output

- exercise makes the heart work harder and increases cardiac output
- **proprioceptors** signal cardiac center
  - at beginning of exercise, signals from joints and muscles reach the cardiac center of brain
  - sympathetic output from cardiac center increases cardiac output
- increased muscular activity increases venous return
  - increases preload and ultimately cardiac output
- increase in heart rate and stroke volume cause an increase in cardiac output
- exercise produces ventricular hypertrophy
  - increased stroke volume allows heart to beat more slowly at rest
  - athletes with increased cardiac reserve can tolerate more exertion than a sedentary person

# Coronary Artery Disease

- **coronary artery disease (CAD)** – a constriction of the coronary arteries
  - usually the result of **atherosclerosis** – accumulation of lipid deposits that degrade the arterial wall and obstruct the lumen
  - endothelium damaged by hypertension, virus, diabetes or other causes
  - monocytes penetrate walls of damaged vessels and transform into macrophages
    - absorb cholesterol and fats to be called **foam cells**
      - look like fatty streak on vessel wall
      - can grow into atherosclerotic plaques (**atheromas**)
  - platelets adhere to damaged areas and secrete platelet-derived growth factor
    - attracting immune cells and promoting mitosis of muscle and fibroblasts, and the deposition of collagen
- bulging mass grows to obstruct arterial lumen

# Affects of Atheromas

- causes **angina pectoris**, intermittent chest pain, by obstructing 75% or more of the blood flow
- immune cells of atheroma stimulate inflammation – may rupture – traveling clots or fatty emboli may result
- inflammation transforms atheroma into a hardened complicated plaque called **arteriosclerosis**

# Risk

- major risk factor for atherosclerosis is excess of low-density lipoprotein (LDL) in the blood combined with defective LDL receptors in the arterial walls
  - protein-coated droplets of cholesterol, neutral fats, free fatty acids and phospholipids
- most cells have LDL receptors that take up these droplets from blood by receptor-mediated endocytosis
  - dysfunctional receptors in arterial cells accumulate excess cholesterol
- familial hypercholesterolemia
  - dominant gene makes no receptors for LDL
    - heterozygous individual suffer heart attacks by 35
    - homozygous individuals suffer heart attacks by 2
- unavoidable risk factors - heredity, aging, being male
- avoidable risk factors – obesity, smoking, lack of exercise, anxious personality, stress, aggression, and diet

# Prevention and Treatment

- treatment
  - coronary bypass surgery
    - great saphenous vein
  - balloon angioplasty
  - laser angioplasty