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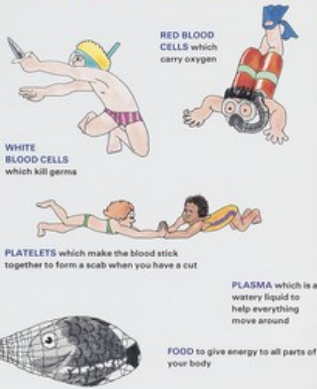
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## YOUR BLOOD CONTAINS:



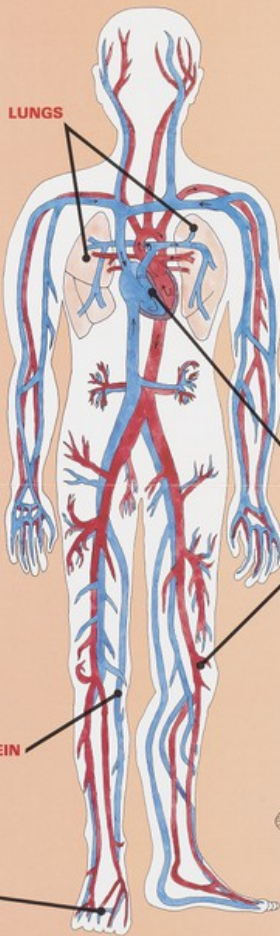
Your heart is a muscle that works like a pump to keep blood going round and round your body. It is about the size of your fist and has hollow spaces inside.

Your heart is divided into two parts which work together. The right side of the heart receives the blue blood and sends it to the lungs to collect fresh oxygen; this makes the blood red again. The left side of the heart receives the fresh blood from the lungs and sends it around your body.

Every part of your body needs blood to make it work properly because the blood brings oxygen and food and takes away the waste.

Each time your heart beats it pushes the fresh blood which is full of oxygen and coloured red through the arteries which then divide into smaller branches called capillaries which are all over your body. The blood then loses its oxygen and returns through the veins a blue colour.

DETAIL OF CAPILLARY



Sometimes children are born with hearts that do not work properly. They have what is called **Congenital Heart Disease**. Sometimes the heart gets better as the child grows up, but other children may need an operation to help them.



A few years ago children usually died if they were born with this sort of problem. Since then medical knowledge has increased a lot but unfortunately a quarter of these children will still die, many of them before they are one year old. More research still needs to be done.



## How Does The British Heart Foundation Help?



The British Heart Foundation was formed in 1961 to raise money for Heart Research. The BHF also helps to keep doctors and the public informed about the results of this research and helps hospitals to buy life-saving equipment.

### What is Research?

Scientists do heart research to find new ways of helping people who suffer from heart disease and to try and find the cause so that in future we can prevent people from suffering or dying at an early age. About 50 years ago hundreds of children died or became crippled from a disease called Polio-myelitis. It is entirely due to research done by scientists that we are now free from this illness in Britain. Now we want to do the same for heart disease.



### How Can You Help?

Research is very expensive. In order to continue this vital work the Foundation needs to raise as much money as possible. One way is to persuade your school teacher to allow your class to take part in a sponsored fun run or bicycle ride.

### Can You Help Your Heart?

YES. There are many things you can do or not do to help your heart work well and as it is the busiest part of your body it needs all the help it can get!



### NEVER START TO SMOKE

Smokers are twice or three times more likely to die from a heart attack than non-smokers. People who do smoke and then decide to stop will, within a year of stopping, greatly reduce their chances of suffering a heart attack.

You will also find that many people do not like to sit in clouds of smoke produced by others! It is a fact that 2 out of 3 16-19 year olds are non-smokers - it is no longer fashionable, so if people try to persuade you to smoke, why not persuade them not to?



### DON'T GET FAT

Overweight people are more likely to suffer from high blood pressure which may lead to heart problems. Obesity also places a great strain on the heart and the fat may block up the arteries which then leads to a heart attack.

### TAKE EXERCISE

Keeping fit helps your muscles, including your heart, to work well, and plays an important part in controlling your weight. Do you take regular exercise? If not, now is the time to start. Why don't you try swimming, dancing, cycling, or playing a game such as football, netball or tennis?

