1. The heart has four **chambers** that are enclosed by thick, muscular walls.

2. The upper part of the heart is made up of two chambers, called the right and left **atria**, which receive the blood entering the heart.

3. The bottom part of the heart is divided into two chambers, called the right and left **ventricles**, which pump blood out of the heart.

4. **Pulmonary circulation** is a short loop from the heart to the lungs and back again.

5. **Systemic circulation** sends blood from the heart to all the other parts of the body and back again.

6. Blood vessels that carry blood away from the heart are called **arteries**.

7. Blood vessels that carry blood back to the heart are called **veins**.

8. A network of tiny **capillaries** connects the arteries and veins, delivers nutrients and oxygen to the cells, and removes waste products such as carbon dioxide.

9. In the lungs, gases are exchanged between capillary walls and millions of tiny air sacs called **alveoli**.

10. High blood pressure is also called **hypertension**.