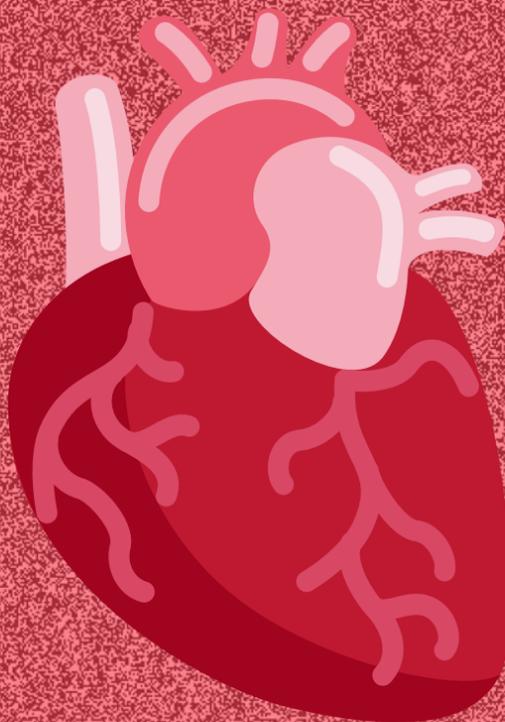


Why is the heart important?

1. Why does the heart keep pumping blood even when you are sleeping?

The heart keeps pumping blood even when we sleep because it's vital for delivering oxygen and nutrients to all parts of the body, it does its daily job of bringing blood with oxygen and nutrients while asleep, it does not mean if we rest, it stops beating forever.



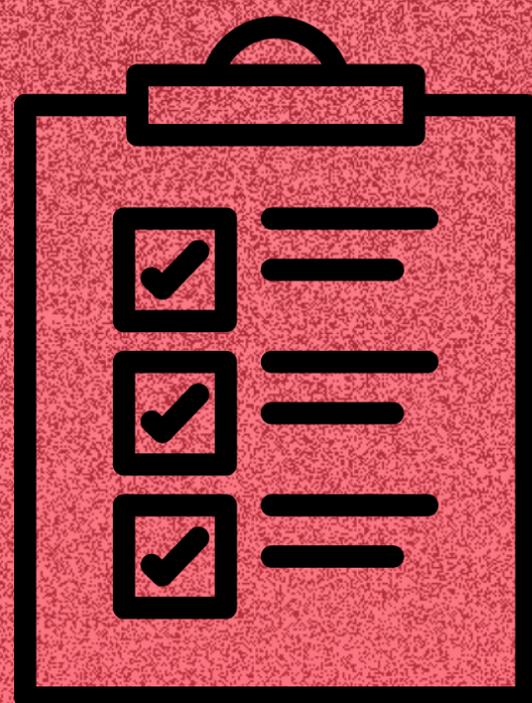
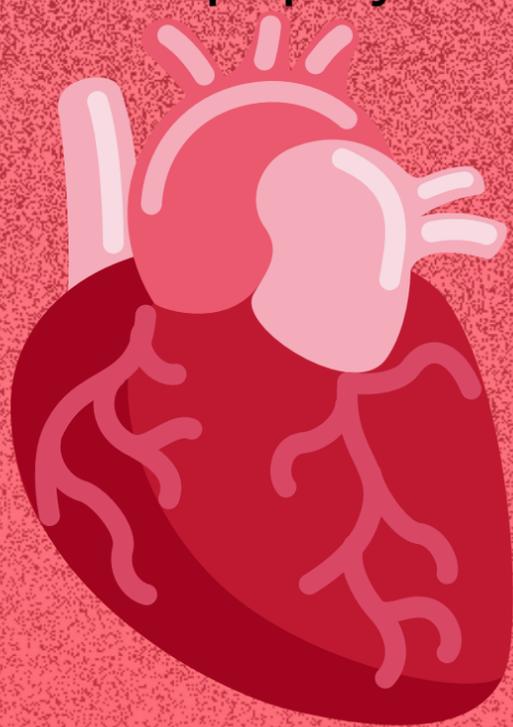
2. Why does the heart beat faster when we exercise?

Your heart is a pump that circulates blood – and with it, oxygen and nutrients – throughout your body. When you work out, your muscles need more oxygen to keep the increased circulation continuously.



3. Why will the heart never stop beating while doing daily tasks?

Cardiac muscles have a higher endurance capacity than skeletal muscles. Fatigue, for muscles, is when a muscle cannot produce enough energy to function properly.



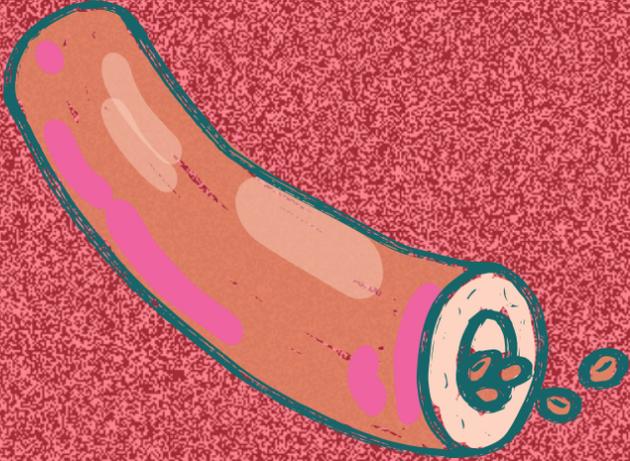
4. When will the heart stop beating?

The heart stops beating during cardiac arrest. This happens when the heart's electrical system malfunctions, causing it to stop pumping blood effectively. Without immediate treatment, it will directly lead to death.

5. Why will the heart stop pumping blood once we die?

Cardiac arrest disrupts this finely tuned system. It's not a heart attack (which involves a blockage in blood flow to the heart muscle). Instead, it's an electrical malfunction where the heart's rhythm becomes chaotic or ceases altogether. Without a coordinated beat, the heart can't effectively pump blood.

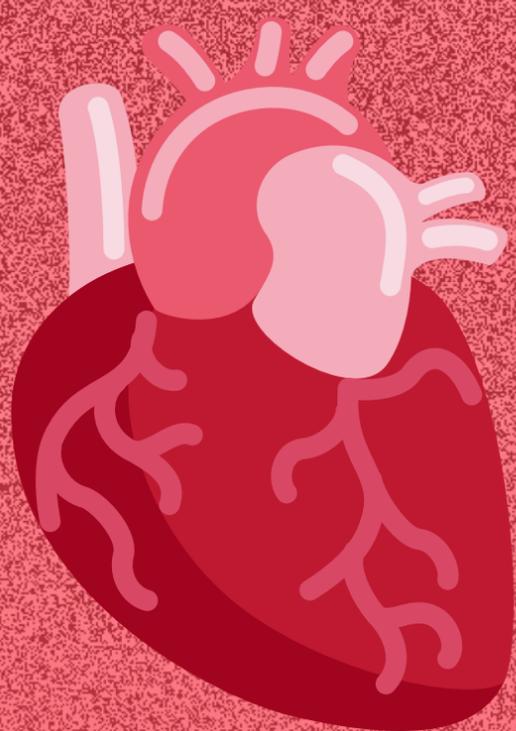
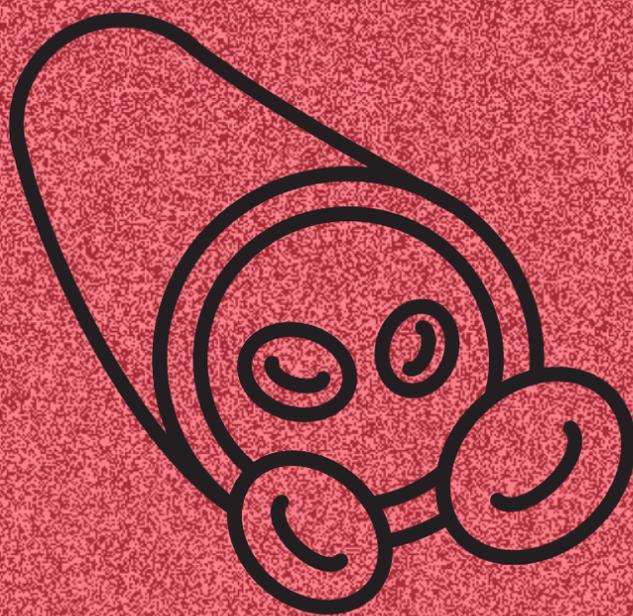




6. What causes blocked arteries?
It is by the formation of plaque in the arteries that make a blood clot inside the inner wall of the arteries. It is known as Atherosclerosis and this plaque is made of cholesterol, fats and other substances. They narrow the arteries leading to the blockage of that artery.

7. How can blood flow be disrupted from going in and out of the heart?

This is caused by a number of issues like artery blockages, heart muscle weakness, heart valve problems and electrical malfunctions.

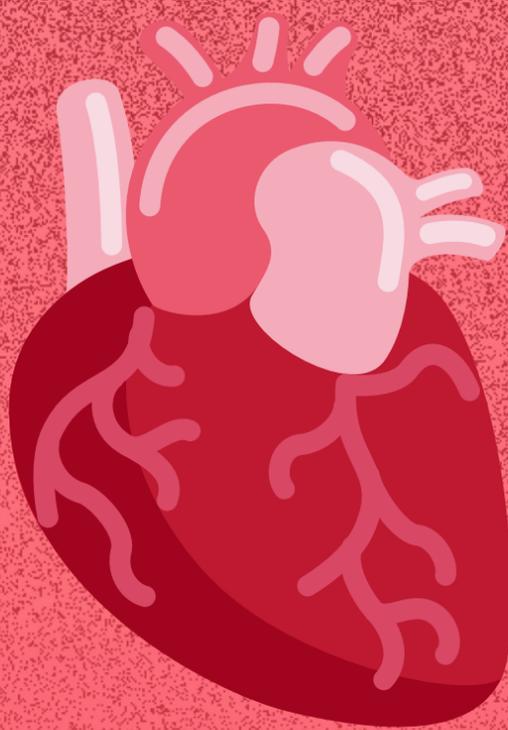


8. Why will the heart stop once we die?

The reason behind it is because of a disruption of the body's circulatory and respiratory systems which leads to a lack of oxygen and nutrients for the vital organs and the heart muscle.

9. Why can't we live without the heart?

If we don't have a heart, it means that the oxygen and nutrients cannot reach the blood cells and nothing can supply oxygen and nutrients to the body which is why it is vital. No one can live without it.



10. How can we keep the heart healthy?

We should do these things:

1. Eat a heart-healthy diet
2. Exercise
3. Stay at a healthy weight
4. Don't smoke or stay near secondhand smoke
5. Keep cholesterol, sugar, and blood pressure levels at controllable levels
6. Moderately drink alcohol
7. Manage your stress
8. Get enough sleep

