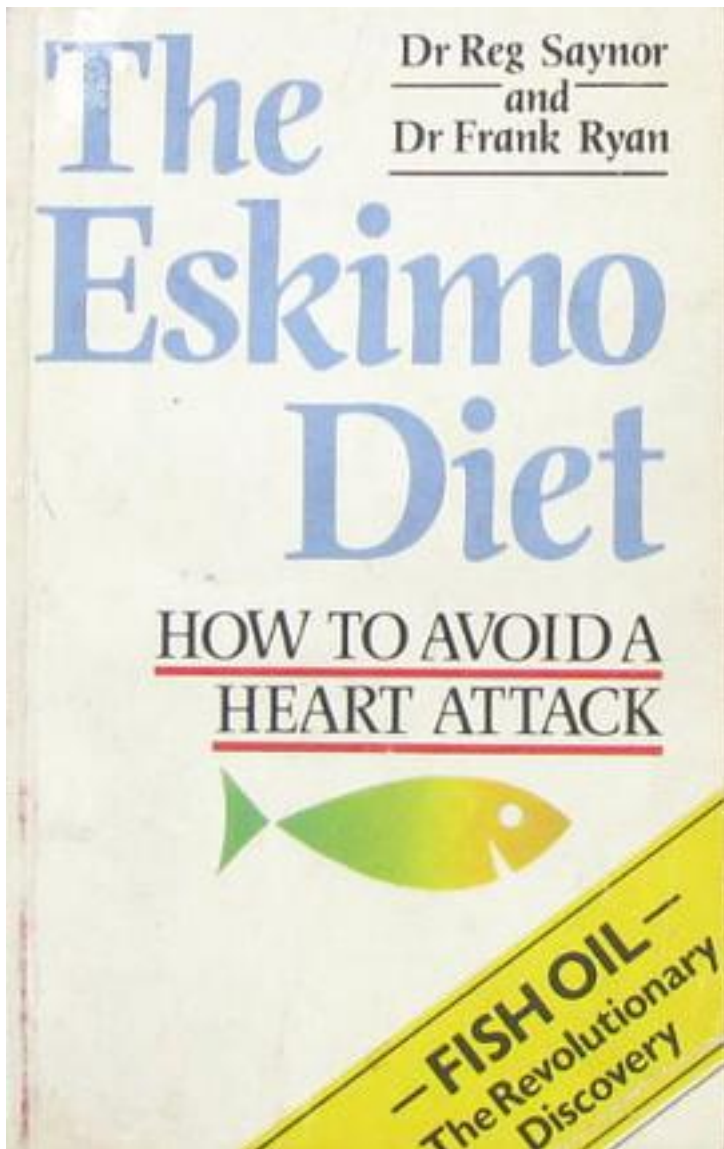


The Eskimo Diet



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What Is a Heart Attack?
 How the heart works
 You don t need a science degree - or even an O-level
 in biology - to understand the mechanics of a heart
 attack. It really is very simple.
 Firsti¼Œ a word about the circulation of the blood. The
 heart is a pump which sends blood on its way through
 the body. Blood goes to the lungs to pick up oxygen
 from the air we breathe. This bright red oxygenated
 blood is then conveyed round the body in the arteries
 and returns to the hearti¼Œ with the oxygen used upi¼Œ via
 the veins as dark redi¼Œ de-oxygenated blood. Then the
 cycle starts all over again.
 Figure 1 is a drawing of the four chambers that make
 up the human hearti¼Œ showing the direction of the blood
 flow.
 The walls of these chambers are composed of a
 special kind of muscle which does not tire. Each side
 of the hearti¼Œ left and righti¼Œ has a thin-walled chamber
 called an atriumi¼Œ which lies over a much bigger and
 stronger chamber called a ventricle. Each atrium is
 separated from its corresponding ventriclei¼Œ which en-
 sures that the blood flows in one direction only. The
 right atrium is separated from the right ventricle by the
 tricuspid valve; while the left atrium is separated from
 the left ventricle by what is called the mitral valvei¼Œ
 because it looks like a bishop s mitre. Notice also that

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