

The Cardiovascular System

1-Blood

2-Heart

3-Blood Vessels

Blood is a liquid **connective** tissue that consists of cells surrounded by a **liquid** extracellular **matrix**.

The extracellular matrix is called **blood plasma**, and it suspends various **cells** and cell **fragments**.

Interstitial fluid is the fluid that bathes body cells and is constantly renewed by the blood.

Blood transports oxygen from the lungs and nutrients from the gastrointestinal tract, which diffuse from the blood into the interstitial fluid and then into body cells. Carbon dioxide and other wastes move in the reverse direction, from body cells to

interstitial fluid to blood.

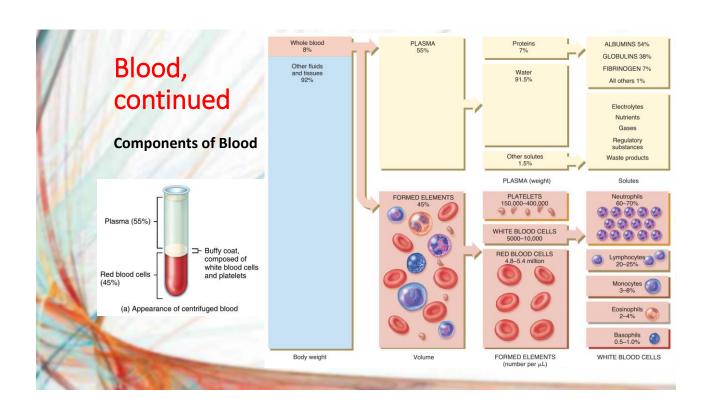
Blood then transports the wastes to various organs—the lungs, kidneys, and skin—for elimination from the body.

Blood, continued

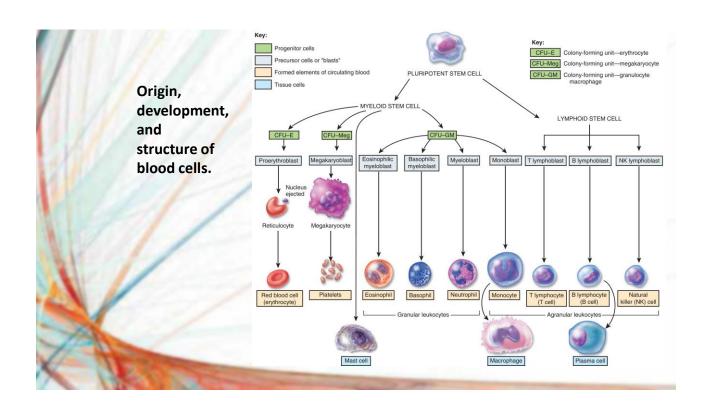
Functions of Blood

Blood has three general functions:

- **1.Transportation**. Blood transports **oxygen** from the lungs to the cells of the body and **carbon dioxide** from the body cells to the lungs for exhalation. It carries **nutrients** from the gastrointestinal tract to body cells and **hormones** from endocrine glands to other body cells. Blood also transports **heat** and **waste products** to various organs for elimination from the body.
- 2. Regulation. Circulating blood helps maintain homeostasis of all body fluids. Blood helps regulate pH through the use of buffers (chemicals that convert strong acids or bases into weak ones). It also helps adjust body temperature through the heat absorbing and coolant properties of the water in blood plasma and its variable rate of flow through the skin, where excess heat can be lost from the blood to the environment. In addition, blood osmotic pressure influences the water content of cells, mainly through interactions of dissolved ions and proteins.
- **3. Protection**. Blood can **clot** (become gel-like), which protects against its excessive loss from the cardiovascular system after an injury. In addition, its white blood cells protect against disease by carrying on **phagocytosis**. Several types of **blood proteins**, including **antibodies**, **interferons**, and **complement**, help protect against disease in a variety of ways.



CONSTITUENT	DESCRIPTION	FUNCTION	
Water (91.5%)	Liquid portion of blood.	Solvent and suspending medium. Absorbs, transports, and releases heat.	
Plasma proteins (7%)	Most produced by liver.	Responsible for colloid osmotic pressure. Major contributors to blood viscosity. Transport hormones (steroid), fatty acids, and calcium. Help regulate blood pH.	
Albumins	Smallest and most numerous plasma proteins.	Help maintain osmotic pressure, an important factor in the exchange of fluids across blood capillary walls.	
Globulins	Large proteins (plasma cells produce immunoglobulins).	Immunoglobulins help attack viruses and bacteria. Alpha and beta globulins transport iron, lipids, and fat-soluble vitamins.	
Fibrinogen	Large protein.	Plays essential role in blood clotting.	
Other solutes (1.5%)			
Electrolytes	Inorganic salts; positively charged (cations) Na ⁺ , K ⁺ , Ca ²⁺ , Mg ²⁺ ; negatively charged (anions) Cl ⁻ , HPO ₄ ²⁻ , SO ₄ ²⁻ , HCO ₃ ⁻ .	Help maintain osmotic pressure and play essential roles in cell functions.	
Nutrients	Products of digestion, such as amino acids, glucose, fatty acids, glycerol, vitamins, and minerals.	Essential roles in cell functions, growth, and development.	
Gases	Oxygen (O2).	Important in many cellular functions.	
	Carbon dioxide (CO ₂).	Involved in the regulation of blood pH.	
	Nitrogen (N ₂).	No known function.	
Regulatory substances	Enzymes.	Catalyze chemical reactions.	
	Hormones.	Regulate metabolism, growth, and development.	
	Vitamins.	Cofactors for enzymatic reactions.	
Waste products	Urea, uric acid, creatine, creatinine, bilirubin, ammonia.	Most are breakdown products of protein metabolism that are carried by the blood to organs of excretion.	



Summary of Formed Elements in Blood	NAME AND APPEARANCE	NUMBER	CHARACTERISTICS*	FUNCTIONS
	RED BLOOD CELLS (RBCS) OR ERYTHROCYTES	4.8 million/ μ L in females; 5.4 million/ μ L in males.	$7{-}8~\mu m$ diameter, biconcave discs, without nuclei; live for about 120 days.	Hemoglobin within RBCs transports most oxygen and part of carbon dioxide in blood.
	WHITE BLOOD CELLS (WBCS) OR LEUKOCYTES	$5000-10,000/\mu L.$	Most live for a few hours to a few days. $^{\uparrow}$	Combat pathogens and other foreign substances that enter body.
	Granular leukocytes Neutrophils Eosinophils Basophils	60–70% of all WBCs. 2–4% of all WBCs. 0.5–1% of all WBCs.	10–12 μm diameter; nucleus has 2–5 lobes connected by thin strands of chromatin; cytoplasm has very fine, pale lilac granules. 10–12 μm diameter; nucleus usually has 2 lobes connected by thick strand of chromatin; large, red-orange granules fill cytoplasm. 8–10 μm diameter; nucleus has 2 lobes;	Phagocytosis. Destruction of bacteria with lysozyme, defensins, and strong oxidants, such as superoxide anion, hydrogen peroxide, and hypochlorite anion. Combat effects of histamine in allergic reactions, phagocytize antigen-antibody complexes, and destroy certain parasitic worms. Liberate heparin, histamine, and serotonin in
			large cytoplasmic granules appear deep blue-purple.	allergic reactions that intensify overall inflammatory response.
	Agranular leukocytes Lymphocytes (T cells, B cells, and natural killer cells)	20–25% of all WBCs.	Small lymphocytes are 6–9 μ m in diameter; large lymphocytes are 10–14 μ m in diameter; nucleus is round or slightly indented; cytoplasm forms rim around nucleus that tooks sky blue; the larger the cell, the more cytoplasm is visible.	Mediate immune responses, including antigen-antibody reactions. B cells develop into plasma cells, which secrete antibodies. T cells attack invading viruses, cancer cells, and transplanted tissue cells. Natural killer cells attack wide variety of infectious microbes and certain spontaneously arising tumor cells.
	Monocytes	3–8% of all WBCs.	$12{-}20~\mu m$ diameter; nucleus is kidney- or horseshoe-shaped; cytoplasm is blue-gray and appears foamy.	Phagocytosis (after transforming into fixed or wandering macrophages).
	PLATELETS	150,000–400,000/ μ L.	2–4 μm diameter cell fragments that live for 5–9 days; contain many vesicles but no nucleus.	Form platelet plug in hemostasis; release chemicals that promote vascular spasm and blood clotting.

