

# Download The Heart All About Our Circulatory System And More

Your heart is a hard-working muscle. Find out more in this article for kids. Both are important, but for those forty and older, systolic is more important than diastolic. Usually the systolic pressure is what increases our risk of having a heart attack, stroke or artery disease in the leg. The circulatory system, also called the cardiovascular system or the vascular system, is an organ system that permits blood to circulate and transport nutrients (such as amino acids and electrolytes), oxygen, carbon dioxide, hormones, and blood cells to and from the cells in the body to provide nourishment and help in fighting diseases, stabilize temperature and pH, and maintain homeostasis. Introduction to the circulatory system and the heart. If you're behind a web filter, please make sure that the domains \*.kastatic.org and \*.kasandbox.org are unblocked.