Texas Heart® Institute
at St. Luke's Episcopal Hospital

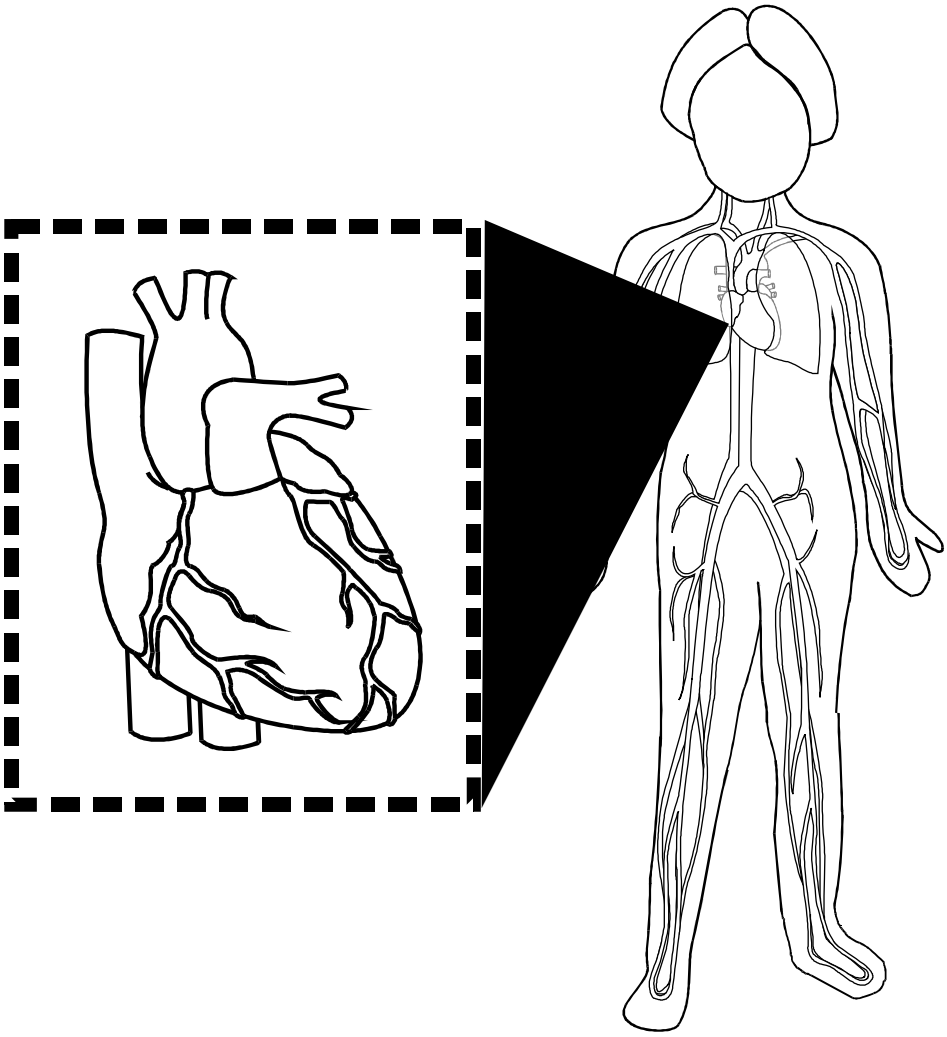
Project Heart
Activities for the Classroom

Anatomy
What Does My Heart Look Like?

Your heart probably doesn't look the way you expected!

Your heart isn't shaped like the ones you see on Valentine's Day cards. In fact, your heart looks very different. It has arteries and veins that move the blood in and out of the heart.

Your heart is about as big as your fist. As you grow, your heart grows too. By the end of a long life, a person's heart may have beat more than 3.5 billion times. In fact, each day, an adult heart beats 100,000 times.



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