

## Interesting Facts about the Human Heart

- The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.
- Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.
- A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- The volume of blood pumped by the heart can vary over a wide range, from five to 30 liters per minute.
- Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
- Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
- The fetal heart rate is approximately twice as fast as an adult's, at about 150 beats per minute. By the time a fetus is 12 weeks old, its heart pumps an amazing 60 pints of blood a day.
- The heart pumps blood to almost all of the body's 75 trillion cells. Only the corneas receive no blood supply.
- During an average lifetime, the heart will pump nearly 1.5 billion barrels of blood—enough to fill 200 train tank cars.
- The “thump-thump” of a heartbeat is the sound made by the four valves of the heart closing.
- The heart begins beating at four weeks after conception and does not stop until death.
- Grab a tennis ball and squeeze it tightly: that's how hard the beating heart works to pump blood.
- A woman's heart typically beats faster than a man's. The heart of an average man beats approximately 70 times a minute, whereas the average woman has a heart rate of 78 beats per minute.

