

## — Cardiovascular Health

The circulatory system, also known as the cardiovascular system (CVS), is a vast network of organs and vessels that are responsible for the flow of blood, nutrients, oxygen, other gases, and hormones to and from cells. Without the circulatory system, the body would not be able to fight disease or maintain a stable internal environment like a proper temperature and pH, referred to as homeostasis. The cardiovascular system is made up of three independent systems that work together: the heart (cardiovascular), lungs (pulmonary) and arteries, veins, coronary and portal vessels (systemic).

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## Coagulation

Normally, if you get hurt, your body forms a blood clot to stop the bleeding. For blood to clot, your body needs cells called platelets and proteins known as clotting factors. If you have a bleeding disorder, you either do not have enough platelets or clotting factors or they don't work the way they should. Bleeding disorders can be the result of other diseases, such as severe liver disease. They can also be inherited as by example Hemophilia is an inherited bleeding disorder. Bleeding disorders can also be a side effect of medicines.

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