



2 Minute Guide to Blood

How much blood is in your body?

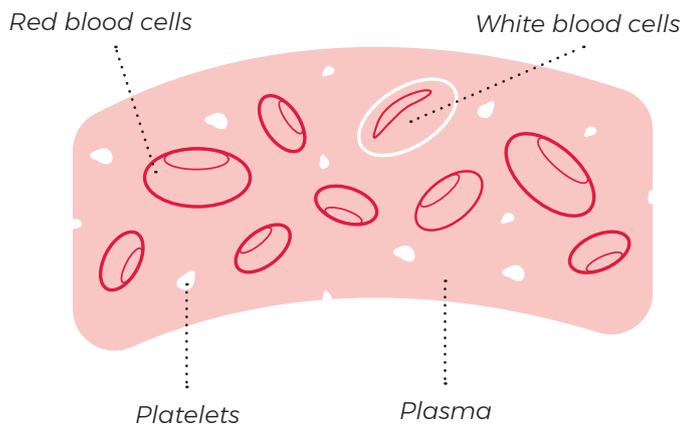
The average person has about 4-6 litres of it.

How fast does the blood travel?

Blood travels at three feet per second when it leaves the heart, but it slows down as it gets into smaller arteries and capillaries. It takes a minute to get around the body.

How does the body make blood?

To make blood, your body makes four ingredients:



Bone marrow, makes the red blood cells, white blood cells, and the platelets.

Plasma is mostly water, which is absorbed from the intestines from what you drink and eat.

How does blood protect your health?

Red Blood Cells

Most of the cells in the blood are red blood cells.

They carry an important chemical called haemoglobin that gives blood its red colour.

The haemoglobin in blood delivers oxygen, which you get from the air you breathe, to all parts of your body. Without oxygen, your body couldn't keep working and stay alive.

White Blood Cells

White blood cells are bigger than red blood cells.

When you're healthy, there aren't usually many white blood cells in your blood. But, once you get sick, your body makes some more to protect you.

These are several types of white blood cells that do different things to keep you well:

Granulocytes Prevent infection.

Lymphocytes Make antibodies.

Monocytes Fight infections.

Platelets

Platelets are tiny round cells that help to make sure you don't bleed too much once you get a cut.

If platelets reach a blood vessel that's been broken open by a cut, they start to stick together and create a clot. The clot keeps your blood inside the vessel while the cut heals up.

Plasma

Plasma is a yellowish liquid that is mostly water that carries important nutrients, hormones, and proteins throughout the body.

Plasma also carries away cell waste, chemicals that the cell doesn't want anymore.



For more information go to www.kabru.org

We donate 50% of all our profits to UK blood charities