

# The 25 interesting facts about HEART may not be known to you

Did you know when a choir chooses to sing, their hearts beat at the same beat? Here are 25 interesting facts about HEART you may not know.

1. Do you know why wedding rings are always worn on the ring finger?
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**The heart** is one of the most important parts of the human body, and is also the most muscular muscle group in the body, able to function throughout life without a moment of rest. Besides, there are many other interesting facts about the heart that you may not know. For example, do you know when a choir chooses to sing, does their heart beat at the same beat? Here are **25 interesting facts about HEART you may not know** . Invite you to consult!

25. On average each day, the energy that an adult's heart makes is enough for a truck to run a distance of 32km.



24. In a lifetime, the above path is equivalent to a round trip to the Moon.



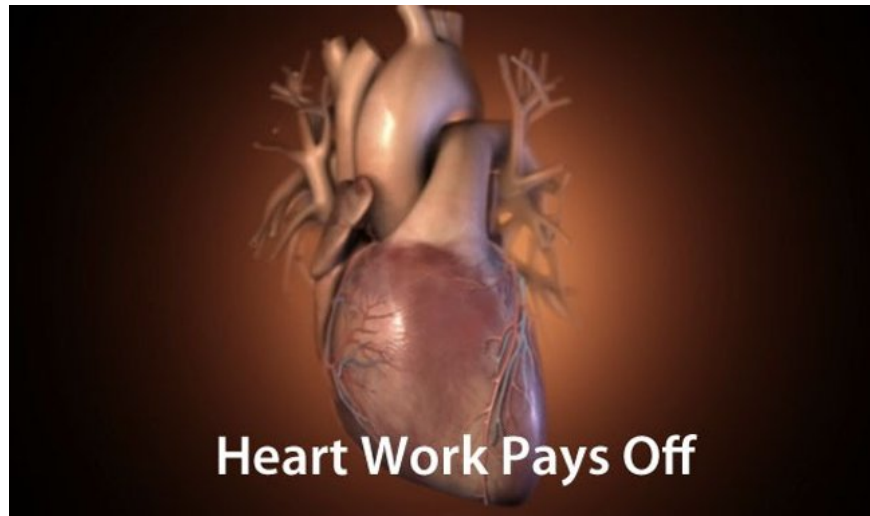
23. A heart can pump up to 75 trillion cells in the body.



22. Cornea is the only part of the body that cannot pump blood.



21. The heart must work the most in all the muscles of the body.



20. On average, a heart pumps about 1.5 million barrels of blood throughout life, enough to fill 200 train cars.



19. During embryogenesis, the first heart cell begins to beat from week 4.



18. Blue whale has the largest heart of all animals, weighs about 680kg.



17. The more you study, the more knowledge you have, the less likely you are to have cardiovascular diseases.



16. Heart disease is the biggest threat to health and is a health-related cause for most deaths.



15. An intact heart was found in a 3,000-year-old Egyptian mummy.



14. A happy life, low stress, positive exercise and a balanced diet will help you have an extremely healthy heart.



13. The number of heart attacks often increases dramatically at Christmas, followed by December 26 and the new year ( *solar calendar* ).



12. You are also more likely to have a heart attack on Monday morning than any other day of the week.



11. Human heart valves are about the same size as a 0.5 USD coin.



10. The first heart attack machines ( *cardiogenic shockers* ) must be plugged into an electrical outlet. So far, there are only portable and battery-powered cardiac machines.



9. The heart has its own electrical impulse, so it only needs to supply oxygen when it is outside the body.



8. In 1929, German surgeon **Werner Forssmann** examined the inside of his own heart by inserting a catheter into the main vein in his arm. This is the first case using cardiac catheterization technology, which is later widely used to diagnose heart disease.



7. On December 3, 1967, Dr. **Christiaan Barnard** conducted the first successful heart transplant in the world, although the patient later only lived for another 18 days.



6. Try squeezing a tennis ball, it's like the heart has to do every day to pump blood throughout the body.



5. Women's hearts beat faster than men's hearts.



4. When we laugh, the amount of blood pumped from the heart increases by about 20% and dilates blood vessels, so laughter works very well with the body.



3. No one can explain why the heart symbol is attached to love, according to many records its origin comes from Greece.



2. Heart failure or negative emotions can cause fatal heart attacks, because stress hormones pass into the blood and lead to the heart.



1. Research has proven: When a choir chooses to sing, their heart will beat at the same beat.



See also: 26 interesting facts about human psychology you've never known

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