

Vascular Health Quiz

(NAPSA)—**How many blood vessels are in your body?**

Your blood vessels include arteries, veins and associated capillaries. Together, it is estimated they range from 60,000 miles in a child to almost 100,000 miles in an adult. Since the circumference of the Earth at the equator is about 25,000 miles, this means if all your blood vessels were lined up end to end, they could encircle the Earth almost four times. Most of these blood vessels are represented by about 40 billion microscopic capillaries that are quite short but numerous.



How long does it take to circulate blood through your body?

It is estimated that it takes your red blood cells about one minute at rest to start from your heart and return back to it. The length of time it takes blood to circulate in the body varies with age, body size, physical condition and whether you are resting or physically active.

Visit VascularWeb.org, the Web site of the Society for Vascular Surgery.