Unit 2b Key Area 5

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| **Arteries** | Have a narrow central lumen so blood is under high pressure |
| **Vasoconstriction** | When the smooth middle muscular layer of the arterioles contract to control blood flow |
| **Vasodilation** | When the smooth middle muscular layer of the arterioles dilate to control blood flow |
| **Capillaries** | Made of a single layer of epithelium cells |
| **Veins** | Contain valves which prevent blood flowing backwards |
| **Plasma** | A watery yellow fluid containing blood cells, glucose, amino acids and other proteins |
| **Tissue fluid** | A watery yellow fluid that does not contain proteins |
| **Substances such as glucose and oxygen** | Diffuse from tissue fluid into cells |
| **Substances such as CO2 and wastes** | Diffuse out of the cells into tissue fluid |
| **Most tissue fluid** | Returns to the blood in the capillaries at the venule side of the capillary bed |
| **Excess tissue fluid** | Is absorbed by lymphatic vessels and is now called lymph |
| **The lympathic system** | Returns lymph fluid to the circulatory system |