

SYSTOLE

Meaning: Systole is the phase of the cardiac cycle during which the heart muscles contract, resulting in the pumping of blood into the arteries.

1. Systole is the phase of the heartbeat when the heart muscles contract and pump blood.
2. During systole, the pressure in the arteries rises as blood is expelled from the ventricles.
3. Doctors often measure blood pressure during systole to assess cardiovascular health.
4. Understanding systole is crucial for diagnosing various heart conditions.
5. The term 'systole' originates from the Greek word meaning "to contract."

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