

What is a Heartbeat

Millie and Suzie Learn about the Heart

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“Grandma are we going to be at the doctor’s office for a long time?”, Suzie asks as Grandma backs out of the driveway.



“No Suzie, I am going for a quick check up, so we shouldn’t be too long. How about we go to the park after so you girls can play on the swings?”



“Oh I love the swings!” says Suzie.
“I bet I can go really high! Higher than you Millie!”



“Hmm, I don’t think so Suzie. I am definitely going to win. I am excited to go to the park! Grandma, why are you going to get a check up?” Millie asks.

“Well, everyone needs a check up from their doctor every once in a while, in order to make sure that everything is okay.”

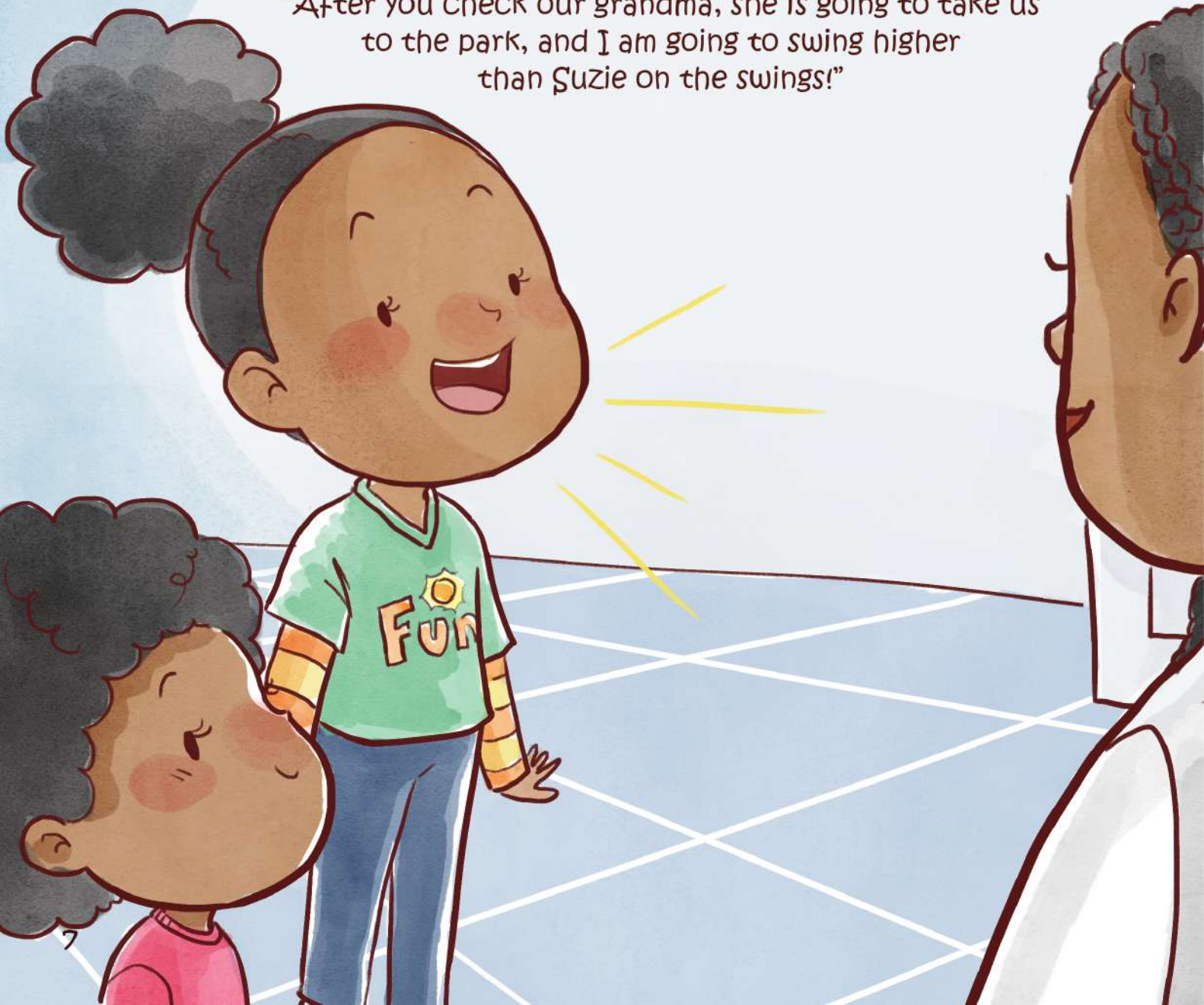


“Well hello! Nice to see you all today!” Dr. DaCosta says
with a big smile.

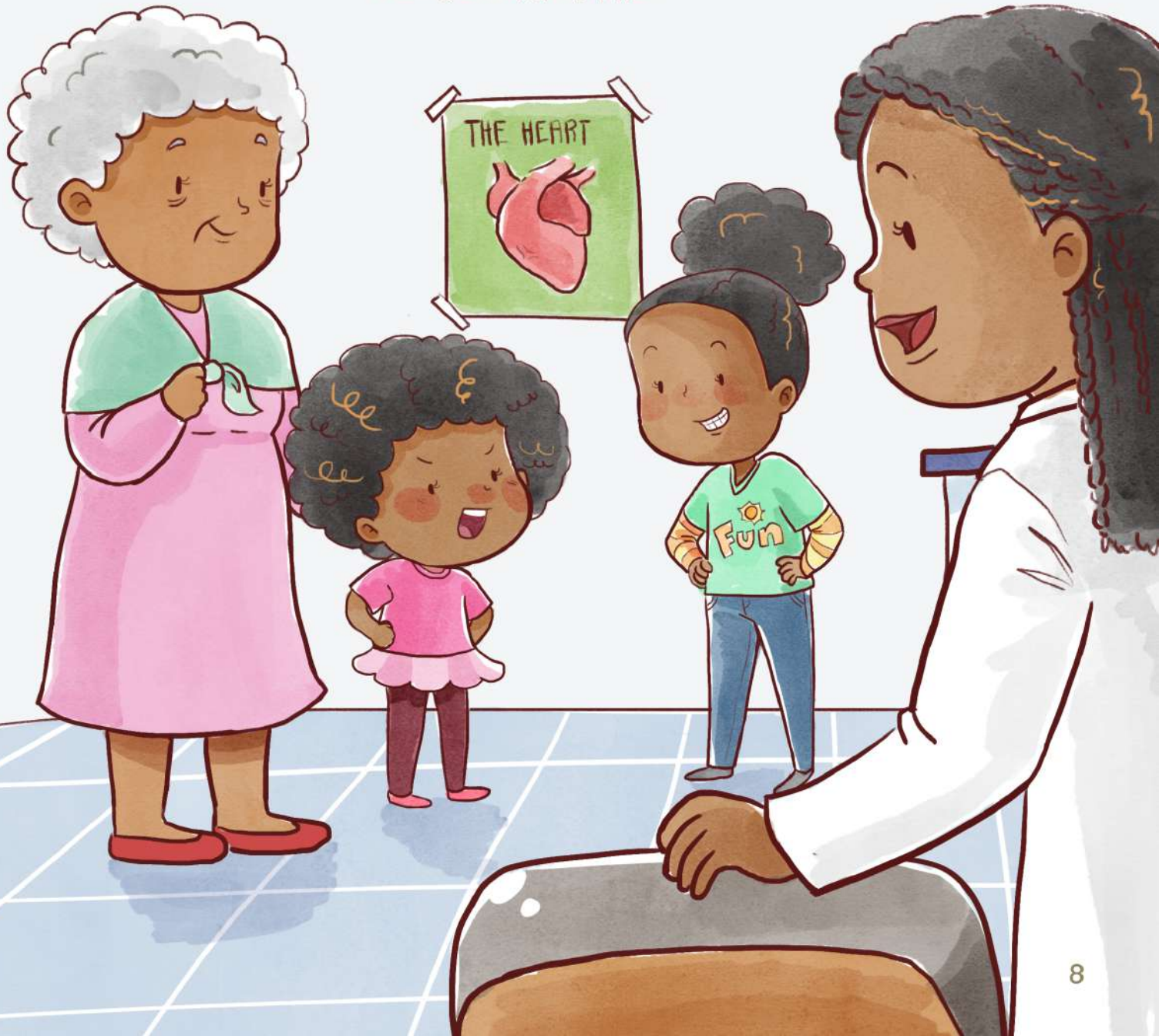


“Nice to meet you Dr. DaCosta.” says Millie.

“After you check our grandma, she is going to take us to the park, and I am going to swing higher than Suzie on the swings!”



“No, you aren’t!!!” says Suzie. “Dr. DaCosta, I am a way better swing-er than Millie!”



“I see,” says Dr. DaCosta. “Well there is only one way to settle this I suppose; let me go ahead and take a look at your grandma that way you girls can head over to the park.”

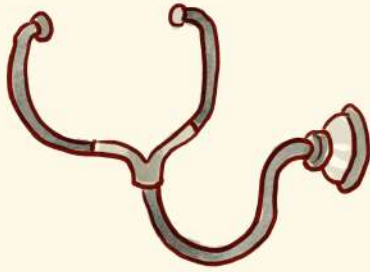




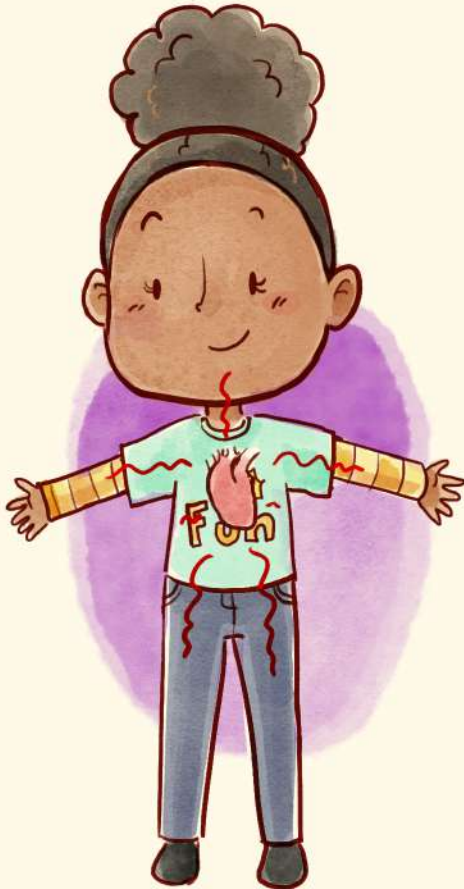
Dr. DaCosta pulls out her
stethoscope to listen to
Grandma's heart.

"What is that?" Millie asks.





“This is my stethoscope. It helps me listen to the rhythm of grandma’s heart. Each time our heart beats it pumps blood to our bodies.” Dr. DaCosta says.



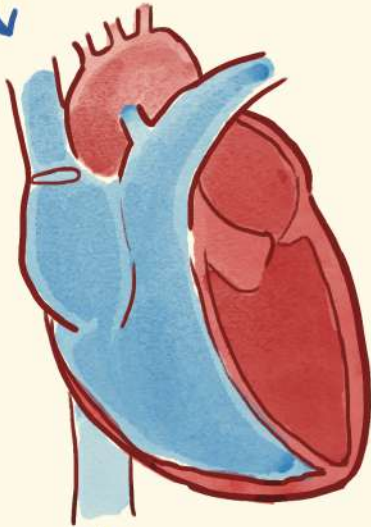
“Cool! Our hearts are like the bottle of ketchup that I squeeze to put ketchup on my french-fries, when I squeeze the bottle ketchup comes out!”



“Yes Suzie, I’ve never heard it explained like that, but you are kind of right!”

"I learned about that in school. My teacher says that veins and arteries are like pipes that carry blood to and from the heart." says Millie.

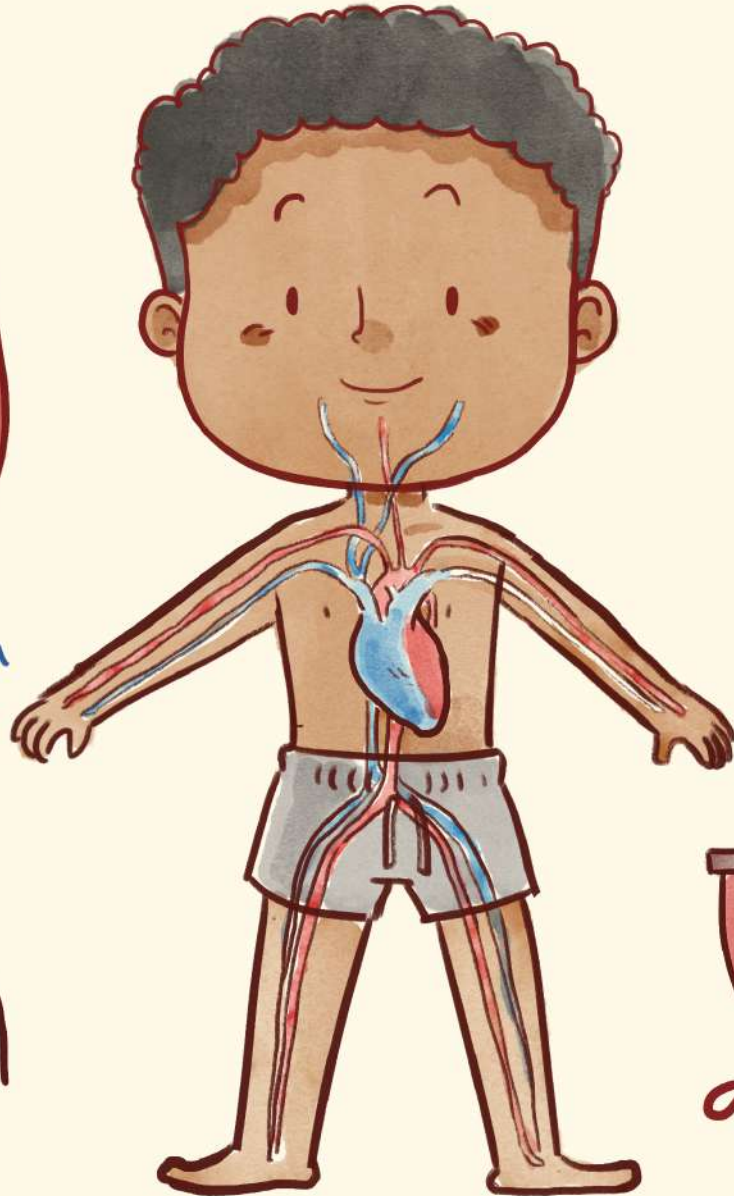
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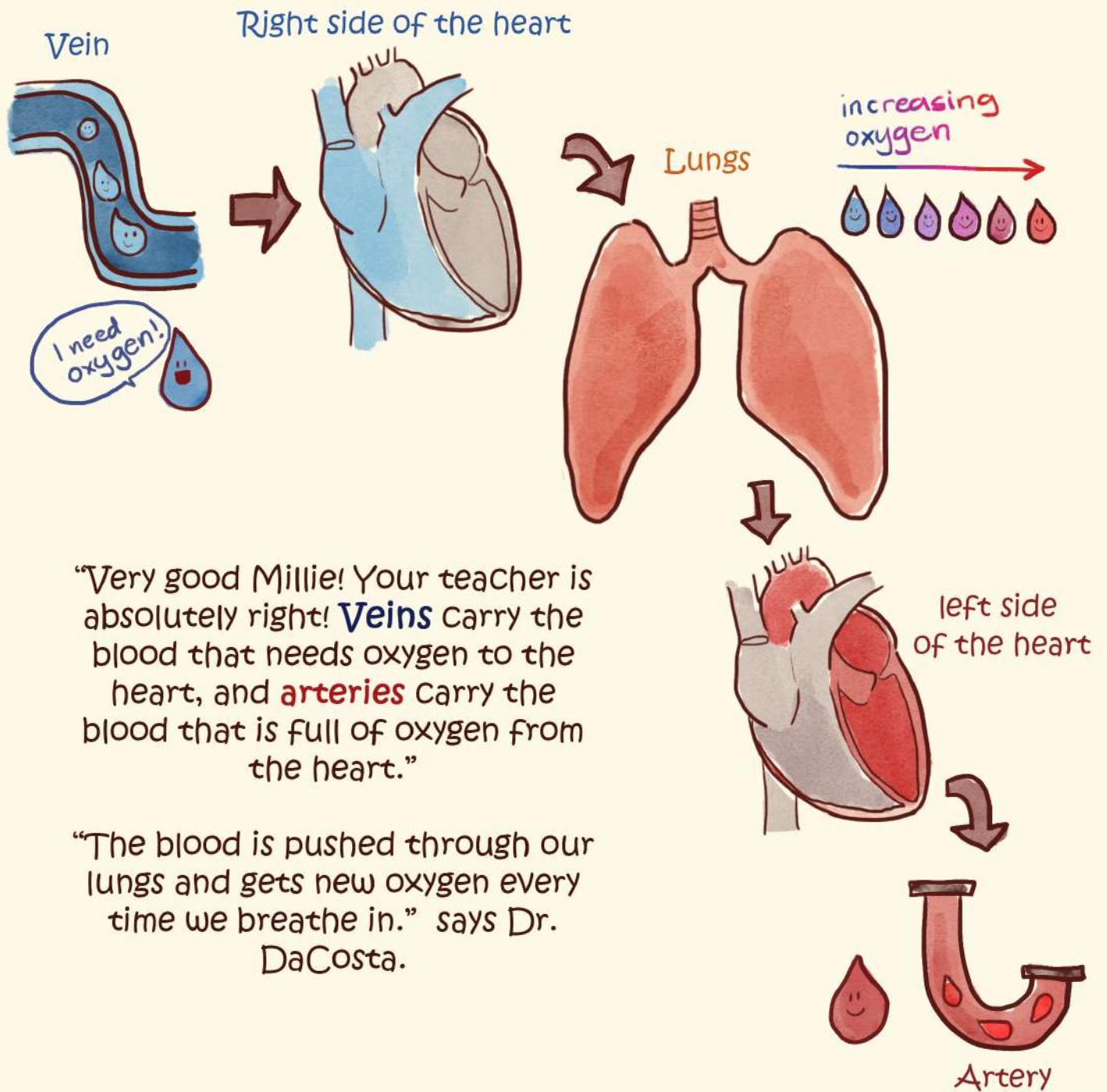
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Veins



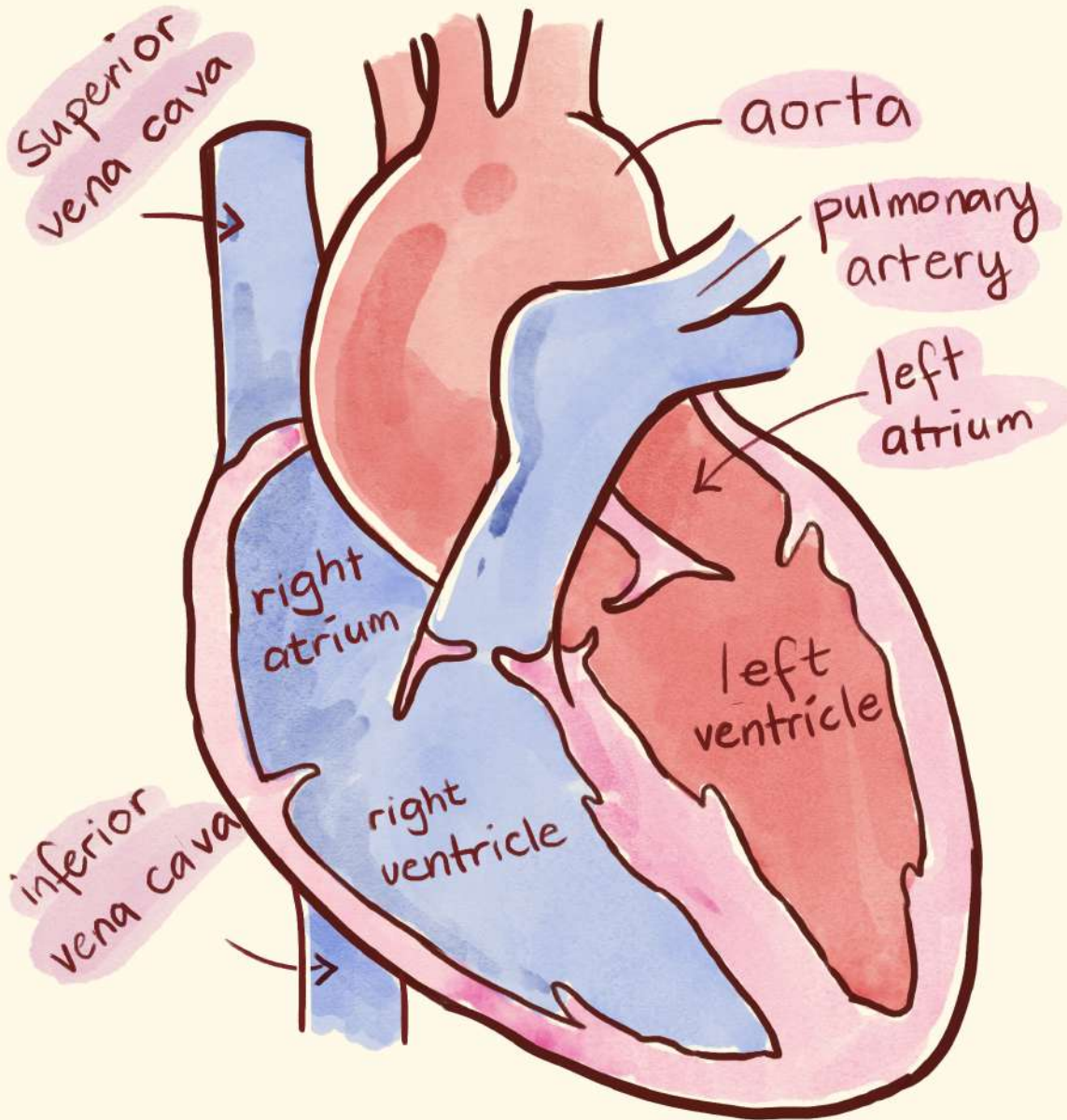
artery



“Very good Millie! Your teacher is absolutely right! **Veins** carry the blood that needs oxygen to the heart, and **arteries** carry the blood that is full of oxygen from the heart.”

“The blood is pushed through our lungs and gets new oxygen every time we breathe in.” says Dr. DaCosta.

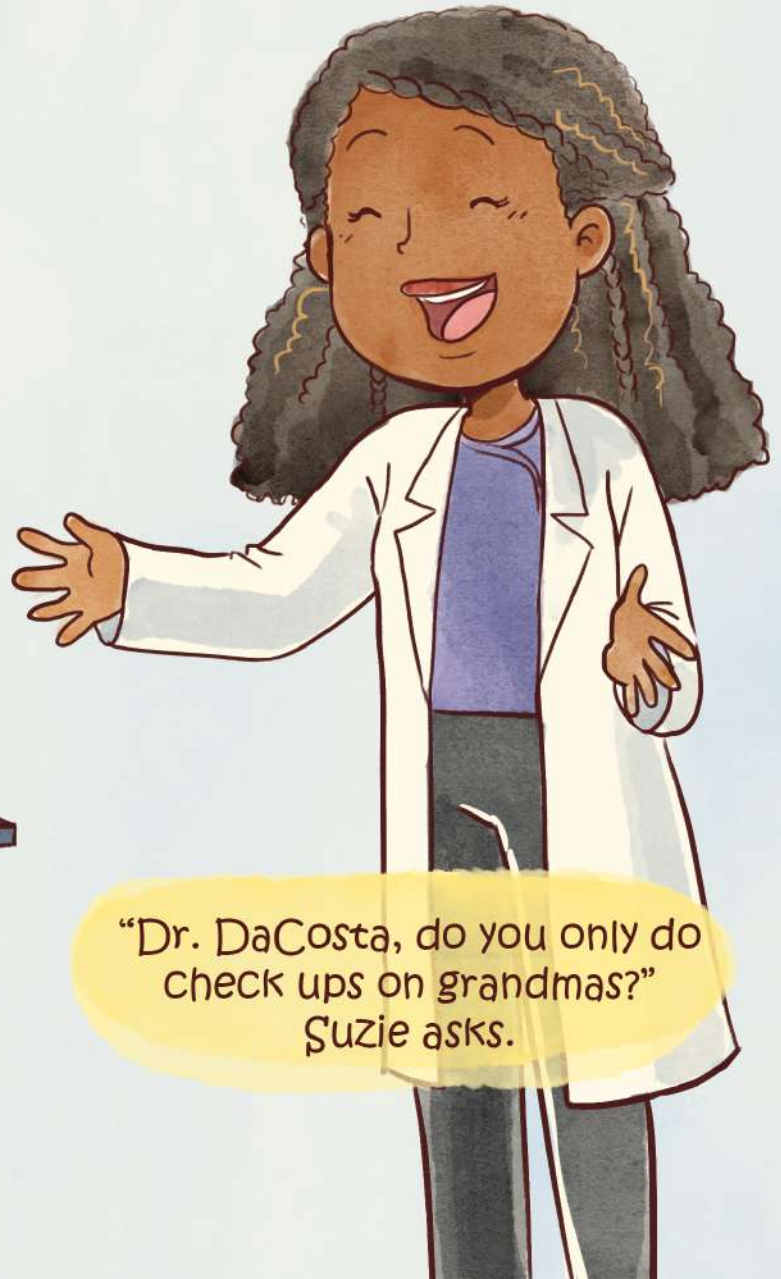
“The heart has 4 chambers; two atriums at the top and two ventricles at the bottom. They all help the heart to pump.”



“So, blood goes from the veins to heart to the lungs. Then the heart takes the blood from the lungs and pumps it back to everywhere else through the arteries.”



“That is right, Millie. You are so smart!”
says Dr. DaCosta with a smile.



“Dr. DaCosta, do you only do
check ups on grandmas?”
Suzie asks.

“Great question, Suzie! As a family medicine doctor, I do not only do checkups on grandmas, I see all different ages of patients



from little tiny babies,

to children like you and Millie,



to Mommies and Daddies.”



“They can come to me for check ups, or if they aren’t feeling good and I can give them medication to help them feel better.”



“And I am happy to report that your grandma’s heart sounds great girls. Would you each like to take a listen with my stethoscope?”
Dr. DaCosta asks.





“Oh boy!” Suzie says. “It looks so cool!” as she takes her turn listening to grandma’s heart.



“I can hear it go boom-boom as it beats”, Millie says when it is her turn to listen.

After Dr. DaCosta finishes her check up on grandma, she lets Millie and Suzie pick out stickers before they go to the park.



“Thank you for doing our grandma’s checkup Dr. DaCosta. And thank you for teaching us all about the heart! May I please have a heart sticker?” Millie says.



“Me too!” says Suzie with a smile as she places her sticker right next to her heart.

Millie and Suzie's Career Spotlight!



Dr. James L. Hutchinson

is a family medicine doctor in California. He has been a great influence in the field as he has been taking care of patients for more than 60 years and was the first African American doctor in the state. Dr Hutchinson is one of the oldest practicing doctors in the United States!

Look out for our next learning adventure with Millie and Suzie, coming soon!

