

# Veins: Built for low pressure flow

## ■ Veins

- ◆ thinner-walled
- ◆ wider diameter
- blood travels back to heart at low velocity & pressure
- lower pressure
  - ◆ distant from heart
  - ◆ blood must flow by skeletal muscle contractions when we move
    - squeeze blood through veins

## ◆ valves

- in larger veins **one-way valves** allow blood to flow only toward heart

