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## **World Heart Day**

*Sunday, Sept. 29, 2013*

The United Nations, in collaboration with the World Health Organization, will highlight Sept. 29<sup>th</sup>, 2013, as World Heart Day. This day has been an official observance since 2000. This year's theme, according to the World Heart Federation, will focus on "a life-course approach to the prevention and control of cardiovascular disease (CVD) with a focus on women and children, because healthy children lead to healthy adults and healthy adults lead to healthy families and communities."

With the focus on the entire human "life course," it is important to know the facts about the nascent beginnings of each and every human heart. The human heart begins beating at 18 to 24 days after conception, with regular beats or pulsations by 24 days. At 30 days, regular blood flow occurs within the vascular system. At 40 days the heart energy output is reported to be almost 20 percent of that of an adult. By the seventh week after conception the fetal heart is functionally complete and normal.

A video by Dr. Richard Blandau of the human heart's prenatal development reveals the intricacies of each of our own developing hearts weeks before most of our parents even knew we existed: <http://www.youtube.com/watch?v=5DIUk9IXUaI>

A Doppler audio of the fetal heart beat can be found here:  
<http://www.sonotraxfetaldoppler.com/fetalheartbeat.html>

With the beautiful development of the human heart from the earliest days of life, it is imperative to remember the Universal Declaration of Human Rights that states, "Everyone has the right to life, liberty and security of person." The Declaration of the Rights of the Child declares, "The child, by reason of his physical and mental immaturity, needs special safeguards and care, including appropriate legal protection, before as well as after birth."

MCCL GO is a pro-life NGO global outreach program of the Minnesota Citizens Concerned for Life Education Fund with one goal: to save as many innocent lives as possible from the destruction of abortion. Learn more at [www.mccl-go.org](http://www.mccl-go.org).

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