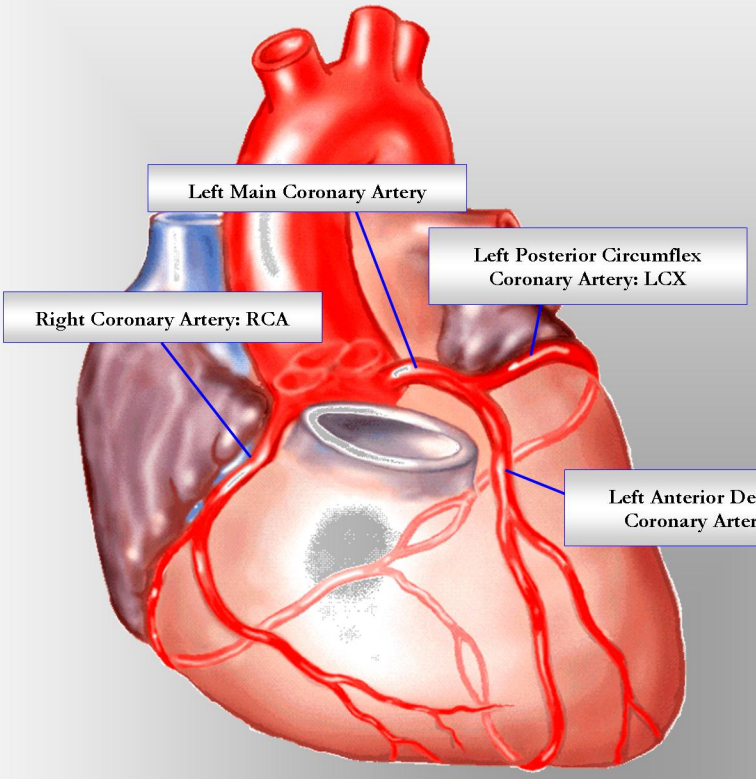
UNDERSTANDING CORONARY ANATOMY AND DISTRIBUTION



Here's how it's done:

1. Make a fist with your right hand, then position it in front of your face so that your relaxed thumb is toward the ceiling and the palm of your hand is facing you. The fingers should be loosely curled. This represents both the size and relative position of the ventricular chambers as they lie in the chest.

The right ventricle (crescentic in shape) is represented in this model by your curled fingers and the left ventricle (which is actually circular in shape) is represented by the palm and heel of your hand.

2. As you hold your fist in front of you, you can picture the heart in your patient's chest: the right ventricle is *anterior*, the left ventricle is *posterior*. The left margin of the hand (as you view it) lies *medial*, the right margin lies *lateral*.

3. Now, you're ready for arteries: Using your left hand, take your first three fingers (thumb, index and middle fingers) and make a claw.

4. Drape your left hand's three claw-like fingers pointed downward over the fist you have made with your right hand. Your left index finger should be resting in the groove between the fingers and heel of your right hand. Relax the other two fingers of your left hand and let them curve gently around the back of your fist.

Congratulations. You have now engineered you own working heart and coronary circulation model. Your right thumb represents the right coronary artery; your left index finger is the left anterior descending, and the middle finger represents the left circumflex artery. Mark them in ink to learn their relationships more quickly.

You can now view the coronary arteries and the structures they feed from the A-P, superior, or even inferior view (simply rotate your two joined hands and look "upward" from the apex of your heart model. This model you can carry with you for the rest of your life.