

Distinguish, differentiate, compare and explain what is the Difference between Systole and Diastole. Comparison and Differences.

## **Difference between Systole and Diastole**

1. Systole is the contraction of the heart chambers to drive blood into the aorta and the pulmonary artery. Systole is the relaxation of the heart chambers between two contractions. During diastole, the chambers are filled with blood.
2. Systole decreases the volume of the heart chambers and forces the blood out of them. Diastole brings the heart chambers back into their original sizes to receive more blood.

Steady Run