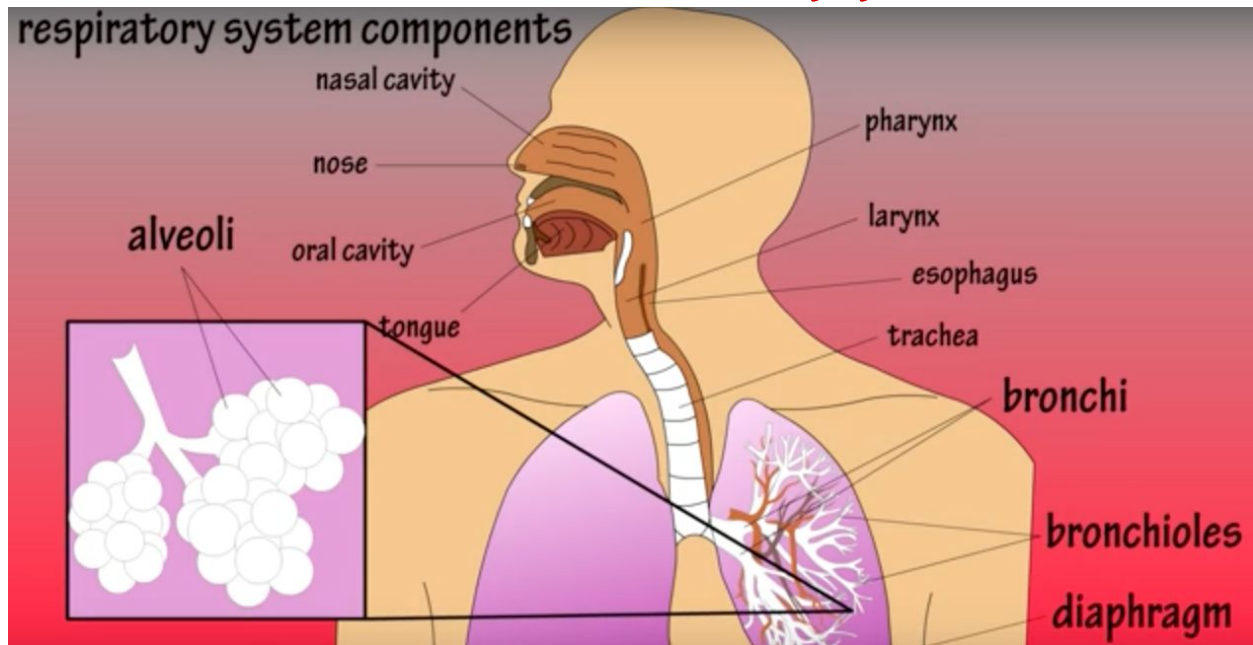


The Respiratory System – Video Notes

Function:

- to transport air into and out of lungs
- protect against inhaled particles
- exchange of oxygen and carbon dioxide

Components of the respiratory system:



Nasal cavity (nose): – the area of the body where air passes in / out through the nostrils

Conchae: help humidify and warm air, and keep particles from passing into the trachea

Oral cavity (mouth): – the area of the body where air passes in / out through the mouth

Pharynx: part of the respiratory system that connects the oral & nasal cavities to the esophagus & trachea

Larynx (voice box): part of the air passage containing the vocal cords

Epiglottis: flap that opens and closes to allow air into the trachea, and to keep food out.

Trachea: (wind pipe): part of the respiratory that helps air pass through the larynx, and into the lungs. (It is kept open, and protected by rings of cartilage.)

Bronchi: the main air passage of the lungs, which are connected to the trachea

Bronchioles: the branches of the bronchi, which lead to the alveoli

Alveoli: tiny air sacs within the lungs which allow for the exchange of oxygen and carbon dioxide

Lungs: a pair of organs which allow for breathing, and the exchange of oxygen into the bloodstream, and for carbon dioxide to be removed from the body.

Diaphragm: muscle that contracts to allow lungs to fill with air, and relaxes to exhale carbon dioxide.

Respiratory illnesses & diseases:

Minor disorders:

- Common cold
- Influenza
- Acute bronchitis
- Pneumonia

Major disorders:

- Chronic bronchitis
- Emphysema
- Lung cancer

Ways to maintain a healthy respiratory system:

- Maintain a healthy weight
- Drink more water
- Consume a healthy diet
- Limit exposure to allergens
- Maintain good hygiene
- Be more active
- Have indoor plants