

The Re The Respiratory System

Your respiratory system brings

Problems with your resp

The Parts of Lungs

The respiratory system is made up of

- Trachea
- Bronchi (Main)
- Bronchioles (Small)
- Alveoli (Tiny sacs where gas exchange happens)

Right and Left Lungs

Each lung has a main part called the **lobes**. The right lung has three lobes, and the left lung has two lobes.

The main part of each lung is called the **bronchus**. It has a cartilage ring that keeps it open.

At the end of each bronchus are many small sacs called **alveoli**. They are where gas exchange happens.

Air is warmed or cooled by water in the **capillaries** and **alveoli** of the lungs.

The **diaphragm** is a muscle that contracts and relaxes to help breathe.

The **trachea** is the windpipe that carries air in and out of the lungs.

The **bronchi** are the main airways that branch out from the trachea.

The **bronchioles** are the smaller airways that lead to the alveoli.

The **alveoli** are tiny sacs where gas exchange happens.

The **capillaries** are tiny blood vessels that carry blood to and from the alveoli.

The **diaphragm** is a muscle that contracts and relaxes to help breathe.

The **ribs** are bones that protect the lungs and help with breathing.

The **sternum** is a bone in the center of the chest that helps support the lungs.

The **pharynx** is the part of the throat at the back of the mouth where food and air pass.

The Bronchi

The bronchi are the main airways that lead to the lungs. They are made of cartilage and muscle.

The **right bronchus** is larger and wider than the **left bronchus**.

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The **pharynx** is the part of the throat at the back of the mouth where food and air pass.

The **larynx** is the voice box that is at the top of the trachea.

The **epiglottis** is a flap of cartilage that prevents food from going into the trachea.

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The mechanics of respiration involve the contraction and relaxation of the diaphragm and the rib cage. This is dependent on the arrangement of the pleura, the membrane and lubrication of the tissues of respiration and the elastic connective tissue.

Mechanics of Respiration

During normal breathing, the diaphragm contracts and flattens, and the rib cage expands outwards.

This increases the volume of the chest cavity, which decreases the pressure inside the lungs, causing air to flow in.

During exhalation, the diaphragm relaxes and moves up, and the rib cage contracts.

This decreases the volume of the chest cavity, which increases the pressure inside the lungs, causing air to flow out.

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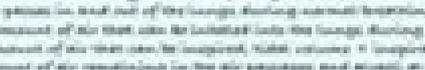
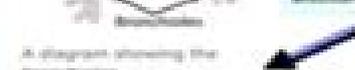
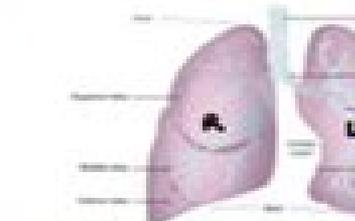
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Inspiring muscles

External intercostals (30 pairs)
Serratus
Abdominal Oblique (lower lateral)
Rectus Abdominus (6 pairs)

Expiring muscles

Diaphragm (10-15 "in and out you see")
Internal intercostal muscles, 10-15



Expiring muscles

Internal intercostals (30 pairs)
Serratus
Abdominal Oblique (upper lateral)
Rectus Abdominus (6 pairs)

Diaphragm (10-15 "in and out you see")
External intercostal muscles, 10-15

Gas volumes

Residual Volume (RV) - the volume of air remaining in the lungs after a normal expiration = 1200ml

Tidal Volume (TV) - the amount of air which passes in and out of the lungs during normal breathing = 500ml

Expiratory Reserve Volume (ERV) - the extra amount of air that can be expired from the lungs during maximal expiration = 1200ml

Inspiratory Reserve Volume (IRV) - the maximum amount of air that can be inspired, tidal volume + inspiratory reserve volume = 2500ml

Vital Capacity (VC) - the amount of air remaining in the lungs after maximal inspiration = 2500ml

Functional Residual Capacity (FRC) - the amount of air that can be expired during normal expiration = 1200ml

Total Lung Capacity (TLC) - the maximum amount of air which can be held in and out of the lungs = 3500ml

Composition of Inspired and Expired Air

Gas	Inspired Air	Expired Air
Oxygen	21%	16%
Carbon Dioxide	0.04%	4%
Nitrogen	78%	78%
Water	Variable	Saturated

BREATHE IN... BREATHE OUT

BREATHE IN... BREATHE OUT

BREATHE IN... BREATHE OUT... BREATHE IN... BREATHE OUT...

Chapter 22 Respiratory System Study Guide

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