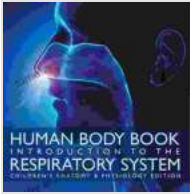


The Respiratory System: A Kid's Introduction to Breathing



Human Body Book I Introduction to the Respiratory System I Children's Anatomy & Physiology Edition

by Baby Professor

★★★★☆ 4.1 out of 5

Language : English

File size : 4374 KB

Screen Reader : Supported

Print length : 40 pages



What is the respiratory system?

The respiratory system is a system of organs that work together to take in oxygen and expel carbon dioxide. It is made up of the lungs, airways, and respiratory muscles.

The lungs are two large organs located in the chest. They are filled with tiny air sacs called alveoli. The alveoli are where oxygen from the air is taken into the bloodstream. The bloodstream then carries the oxygen to all parts of the body.

The airways are a series of tubes that connect the lungs to the nose and mouth. The airways are lined with cilia, which are tiny hairs that help to move air in and out of the lungs.

The respiratory muscles are the muscles that help to move air in and out of the lungs. The main respiratory muscles are the diaphragm and the intercostal muscles. The diaphragm is a large muscle that separates the chest cavity from the abdominal cavity. The intercostal muscles are located between the ribs.

How does the respiratory system work?

When you breathe in, the diaphragm contracts and the intercostal muscles expand. This increases the volume of the chest cavity and draws air into the lungs. The air then travels through the airways and into the alveoli.

In the alveoli, oxygen from the air diffuses into the bloodstream. The bloodstream then carries the oxygen to all parts of the body.

When you breathe out, the diaphragm relaxes and the intercostal muscles contract. This decreases the volume of the chest cavity and forces air out of the lungs. The air then travels through the airways and out of the nose and mouth.

What are some common respiratory problems?

Some common respiratory problems include:

* Asthma * Bronchitis * Pneumonia * Sinus infections * Cystic fibrosis

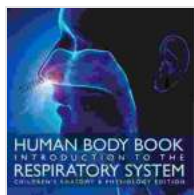
These problems can cause symptoms such as coughing, wheezing, shortness of breath, and chest pain.

How can I keep my respiratory system healthy?

There are a number of things you can do to keep your respiratory system healthy:

* Get regular exercise. Exercise helps to strengthen the respiratory muscles and improve lung function. * Eat a healthy diet. A healthy diet provides the nutrients that the respiratory system needs to function properly. * Avoid smoking. Smoking damages the lungs and increases the risk of respiratory problems. * Get vaccinated. There are a number of vaccines that can protect against respiratory problems, such as the flu vaccine and the pneumonia vaccine. * See your doctor regularly. Your doctor can check your respiratory system for any problems and provide treatment if necessary.

The respiratory system is a vital part of the human body. It is responsible for taking in oxygen and expelling carbon dioxide. By following these tips, you can help to keep your respiratory system healthy and functioning properly.



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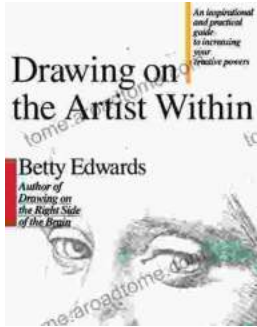
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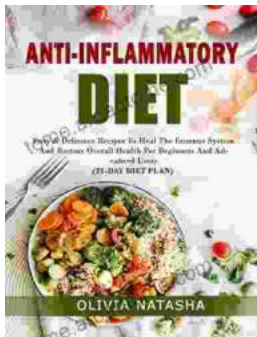
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