

The Respiratory System

Your respiratory system brings oxygen into your body and helps to remove carbon dioxide. Your lungs are part of your respiratory system. They sit in your chest, protected by your ribcage. Problems with your respiratory system can reduce the oxygen that reaches your lungs, which can make you unwell.

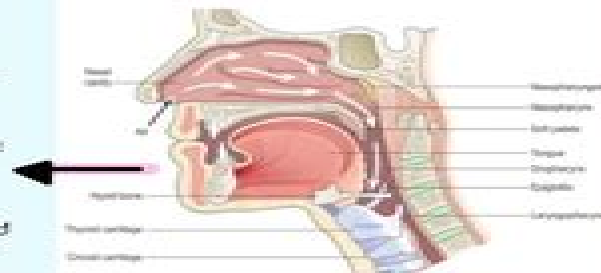
The Parts of the system

The respiratory system is made up of the:

- Nose**
- Pharynx (throat)**
- Larynx (voice box)**
- Trachea (windpipe)**
- Bronchi** (airway branching from the trachea and leading to smaller bronchioles)
- Lungs**

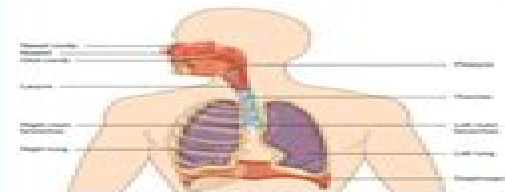
Nose and Nasal Cavity

Our nostrils/noses are the main route in which air enters the body.
 External (anterior) nares.
 Internal (posterior) nares.
 The nasal cavity is made up of:
 Nasal septum - Bone and hyaline cartilage
 Vestibule
 Nasal conchae
 Meatuses - (a) Superior, middle and inferior
 Olfactory region.
 Functions include:
 Air is warmed or cooled to match body temperature, moistened and filtered.
 Olfactory
 Sense of smell.



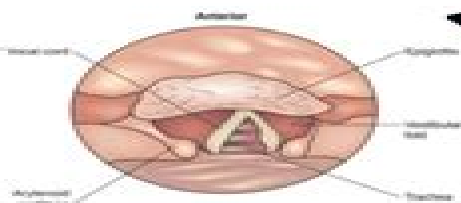
The Main Functions

- Oxygen Supply:** To keep the body constantly supplied with oxygen.
- Elimination:** Removal of carbon dioxide.
- Gas Exchange:** The organs involved in this system oversee the gas exchanges that happen between the blood and the external environment.
- Passageway:** Create a passageway that allows air to reach the lungs.
- Humidifier:** Purify, humidify and warm incoming air.



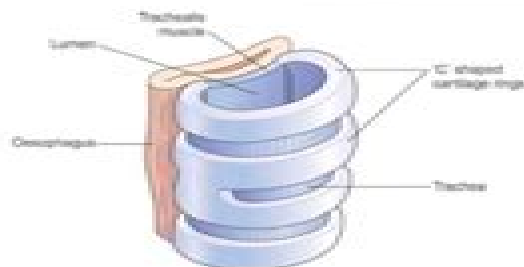
The Pharynx

Found posterior to the nasal cavity and extends down as far as the cricoid cartilage of the larynx. It is around 12-14cm long and lies immediately in front of the cervical vertebrae. It is divided into the:
Nasopharynx - Behind the nasal cavity and superior to the soft palate. Two openings of the auditory tube. On the posterior walls you can find the Pharyngeal tonsils.
Oropharynx - Extends from the soft palate to the level of the hyoid bone.
Laryngopharynx - Starts at the level of the hyoid bone and is the pathway that leads to the Oesophagus and the Larynx.



The Larynx

Larger in males: lies in the region of the 2nd - 5th cervical vertebrae.
 Made up of **9 cartilages**:
 - **a single cartilage:** epiglottis, thyroid and cricoid.
 - **a pair of cartilages:** arytenoid, corniculate and cuneiform and vocal cords.
Functions include:
 - Production of sounds, speech, protection, passage for air, humidifies, filters and warms the air.



The Trachea

- Extends from the larynx to the 5th thoracic vertebra where bifurcation (split in two) occurs.
- **25-30cm long, 2.5cm diameter.**
- **16-20 C-shaped cartilage rings.**
- **Stops at the carina, splits (bifurcates) into the left/right main bronchus.**
- The trachea has 3 layers:
Outer - Fibrous, elastic tissue, encloses the cartilage.
Middle - Cartilage and bands of smooth muscle.
Inner - Ciliated, columnar epithelium with goblet cells (mucus cells).
Functions include: Support/tone, mucociliary escalator (mucus and cilia, moves mucus out of the lungs) and cough reflex.

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

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Elissa Simon



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