Respiratory System Vocabulary

1.	Respi	ratory System- Enables you to <u>Breath</u> and supplies oxygen to your <u>Blood</u> for the body.	
2.	Parts	of the Respiratory System:	
	a.	Lungs- Two large Organs that exchange oxygen and carbon dioxide.	
	b.	Larynx- Voice box	
	C.	Trachea- A passageway in the throat that takes <u>Air</u> into and out of your lungs.	
	d.	Bronchi- Two Passageways that branch from the trachea, one to each lung.	
	e.	Diaphragm- A large, dome shaped Muscle below the lungs that expands and compresses the	
lungs, enabling breathing.			
3.	Carin	g for your Respiratory System:	
	a.	_Avoid Tobacco	
	b.	Stay away from people who smoke	
	C.	Take <u>care</u> of your body	
	d.	Drink plenty of Fluids	
	e.	Be physically <u>Active</u> on a regular basis	
	f.	Eat healthy	
	g.	Manage Stress	
	h.	Protect yourself from infections	
4.	Allerg	y- anExtreme sensitivity to a substance.	
5.	Allergens- A Substance that causes allergic responses.		
6.	6. Histamines- Chemicals that the immune cells <u>Release</u> to draw more blood and lymph to the area		
— Affected— by the allergen.			

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7.	'. Managing Allergies:		
	a.	_Avoid allergen	
	b.	TakeMedication	
	C.	Get injections	
8.	3. Asthma- A chronic <u>Inflammatory</u> disorder of the airways that causes air passages to become		
_Na	arrow	or blocked, making breathing difficult.	
9. Sy	mptor	ns of an asthma attack:	
	а . <u>М</u> ц	a. Muscles lining airways swell	
		sus in the airways makes openings even	
c. Short of breath or tightness in the chest.			