

## Respiratory System Vocabulary

1. **Respiratory System-** Enables you to Breath and supplies oxygen to your Blood 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 Air 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. **Caring for your Respiratory System:**
  - a. Avoid Tobacco
  - b. Stay away from people who smoke
  - c. Take care of your body
  - d. Drink plenty of Fluids
  - e. Be physically Active on a regular basis
  - f. Eat healthy
  - g. Manage Stress
  - h. Protect yourself from infections
4. **Allergy-** an Extreme sensitivity to a substance.
5. **Allergens-** A Substance that causes allergic responses.
6. **Histamines-** Chemicals that the immune cells Release to draw more blood and lymph to the area Affected by the allergen.

## Respiratory System Vocabulary

### 7. Managing Allergies:

- a. Avoid allergen
- b. Take Medication
- c. Get injections

8. **Asthma**- A chronic Inflammatory disorder of the airways that causes air passages to become Narrow or blocked, making breathing difficult.

### 9. Symptoms of an asthma attack:

- a. Muscles lining airways swell
- b. Mucus in the airways makes openings even narrower
- c. Short of breath or tightness in the chest.