

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)

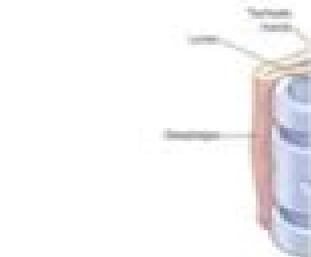
Right and Left Lungs

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 is made up of **lobules**. Each lobule is made up of **alveoli**.

Alveoli - tiny air sacs where gas exchange happens.

Each alveolus is covered by a **thin layer of cells** called the **alveolar wall**.

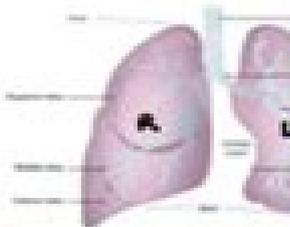


BREATHE IN... BREATHE OUT

The Bronchi

The **trachea** leads to the **bronchi**. The bronchi are made of **cartilage** and **muscle**. They branch out into the **lungs**.

- Primary bronchi
- Secondary bronchi
- Tertiary bronchi
- Bronchioles
- Terminal bronchioles
- Alveoli (terminal respiratory units) are tiny sacs.



The Pleura

The **pleura** is a thin layer of **membrane** that covers the **lungs** and the **inner surface of the chest wall**. It contains **fluid** to reduce friction.

The Diaphragm

The **diaphragm** is a **muscle** that separates the **chest** from the **abdomen**. It contracts and relaxes to help with breathing.



A diagram showing the diaphragm.

BREATHE IN... BREATHE OUT

Inflation and deflation of the lungs require changes in the volume of the thoracic cavity, which is dependent on the contraction and relaxation of the muscles of respiration and the elastic connective tissue.

The Mechanisms of Respiration

Inhalation

- During normal quiet breathing the **diaphragm contracts and flattens**.
- External intercostal muscles contract**.
- Volume of thoracic cavity increases**.
- Pressure in thoracic cavity falls**.
- Air enters the lungs**.

Inhalation - The process of respiration, which involves taking in air, is an **active process** as it uses energy. Inhalation lasts approximately **2 seconds**.

External intercostal muscles - These muscles pull the rib cage upwards and outwards.

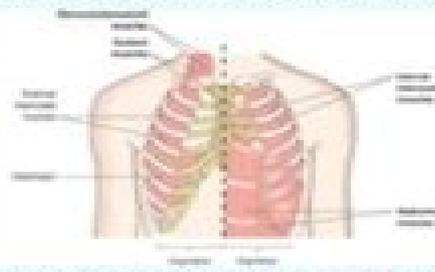
The diaphragm contracts and flattens, increasing the thoracic cavity.

As the chest expands, the pressure inside decreases, creating **negative pressure**, and the negative pressure is below atmospheric pressure, air is drawn in.

Expiration - This process does not use energy.

Relaxation of the external intercostal muscles allows the rib cage to move down and in and the **relaxation of the diaphragm** reduces the size of the thoracic cavity.

As the chest contracts, the pressure in the chest increases, resulting in **positive pressure**, and if it becomes more than atmospheric pressure, air is forced out.



Inspiring muscles

- External intercostals (24 pairs)
- Diaphragm
- Abdominal oblique (lower lateral)
- Rectus abdominus (6 pairs)

Expiring muscles

- Diaphragm (up) (24-25 "in" and "out" per day)
- Internal intercostal muscles (12-14)



Volume and Pressure

- Inhalation** - Volume of thoracic cavity of the chest increases, pressure in the lungs falls.
- Expiration** - Volume of the thoracic cavity falls, pressure in the lungs rises.
- Pressure** - Pressure in the thoracic cavity is lower than atmospheric pressure.
- Volume** - Volume of the thoracic cavity is greater than atmospheric volume.
- Pressure** - Pressure in the thoracic cavity is greater than atmospheric pressure.
- Volume** - Volume of the thoracic cavity is greater than atmospheric volume.

Flow Rates

- Residual Volume (RV)** - The volume of air remaining in the lungs after a normal expiration.
- Tidal Volume (TV)** - The volume of air which passes in and out of the lungs during normal breathing.
- Expiratory Reserve Volume (ERV)** - The extra amount of air that can be expired after a normal expiration.
- Inspiratory Capacity (IC)** - The maximum amount of air that can be inspired, tidal volume + inspiratory reserve volume.
- Vital Capacity (VC)** - The amount of air remaining in the lungs after a normal expiration + expiratory reserve volume.
- Functional Residual Capacity (FRC)** - The volume of air remaining in the lungs after a normal expiration + residual volume.
- Total Lung Capacity (TLC)** - The maximum amount of air which can be held in and out of the lungs.

Flow Rates

- Normal** - Normal, unforced breathing.
- Quiet** - Quiet breathing.
- Maximum** - An abnormally rapid breathing rate of more than 20 breaths per minute.
- Minimum** - An abnormally slow rate of breathing.

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...

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