

# 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
- Bronchus (Bronchi)
- Alveolar sacs (Aveoli)
- Capillaries
- Diaphragm
- Respiratory muscles
- Diaphragm (Contracting from top to another bronchus)
- Diaphragm

## Right and Left Lungs

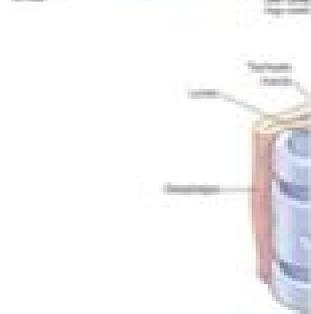
Four lobes - lobes are the main part which air enters the body. Anterior (frontal) lobe, Medial (middle) lobe, Posterior (back) lobe.

The central cavity is made up of four lobes - four and four lobes.

Right lung - four lobes and four lobes.

Left lung - four lobes and four lobes.

Air is inhaled or exhaled by means of respiratory muscles and diaphragm.

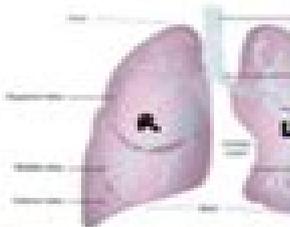


BREATHE IN... BREATHE OUT

## The Bronchus

Right and left bronchi - Right is more direct in length and diameter. Left bronchus is longer and narrower.

- Primary bronchi
- Secondary bronchi
- Tertiary bronchi
- Quaternary bronchi
- Terminal bronchioles
- Respiratory bronchioles

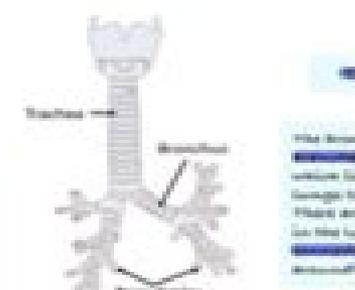


## The Pleura

Visceral pleura and parietal pleura - Visceral pleura (surrounding surface) and parietal pleura (lining the chest wall).

## The Diaphragm

Double layer of serous membrane, separates the thoracic and abdominal cavities. Diaphragm separates the thoracic and abdominal cavities.



A diagram showing the diaphragm.

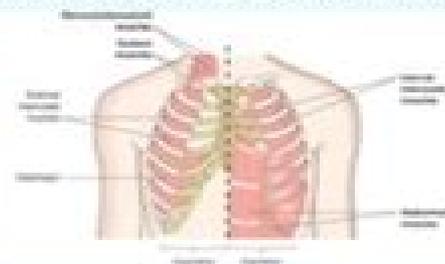
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Inflation and deflation of the lungs depends on the expansion and contraction of the pleura, the contraction and relaxation of the muscles of respiration and the elastic connective tissue.

## The Mechanisms of Respiration

### Inhalation

- Inhalation - The process of respiration, in which air enters the lungs.
- Diaphragm contracts and moves down.
- Ribs move up and out.
- Volume of the thoracic cavity increases.
- Pressure in the thoracic cavity decreases.
- Air enters the lungs.



### Exhalation

- Exhalation - The process of respiration, in which air leaves the lungs.
- Diaphragm relaxes and moves up.
- Ribs move down and in.
- Volume of the thoracic cavity decreases.
- Pressure in the thoracic cavity increases.
- Air leaves the lungs.

**Inhalation:** The muscles of respiration contract and utilize energy to do so, this is an **active** process as it uses energy. Inspiration last approximately **2 seconds**.

**Diaphragm:** contraction of the **intercostal muscles** pull the rib cage upwards and outwards.

**The diaphragm:** contracts when **contracted**, increasing the thoracic cavity.

**As the diaphragm contracts,** the pressure inside decreases, resulting in **negative pressure**, since the negative pressure is below atmospheric pressure, air is drawn in.

**Expiration:** **relaxation** of the **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 diaphragm relaxes** the pressure in the cavity increases, resulting in **positive pressure**, since it increases more than atmospheric pressure, air is forced out.



**Vocal cords:** loss of elasticity of the connective tissues in the lungs will increase breathing effort.

**Diaphragm:** contraction of the diaphragm: high compliance, lung with expand easily. Low compliance, lung with not expand to expansion.

**Diaphragm:** contraction of the diaphragm.

**Diaphragm:** contraction of the diaphragm.

**Residual Volume (RV):** the volume of air remaining in the lungs after maximal expiration.

**Tidal Volume (TV):** the amount 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 from the lungs during maximal 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 air passages and stored at the end of normal expiration.

**Functional Residual Capacity (FRC):** the largest amount of air that can be expired during maximal expiration.

**Total Lung Capacity (TLC):** the amount of air that can be expired from the lungs after forced expiration.

**Compliance:** maximum volume of air which can be moved in and out of the lungs.

**Respiratory rate:** normal, controlled breathing.

**Apnea:** no breathing.

**Hyperpnea:** An abnormally rapid breathing rate of more than six breaths per minute.

**Hypopnea:** An abnormally slow rate of breathing.

Composition of inspired and expired air

Gas	Inspired	Expired
Oxygen	21%	16%
Carbon Dioxide	0.04%	4%
Nitrogen	78%	78%
Water	Variable	Saturated

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**Huangqi Zhang**



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