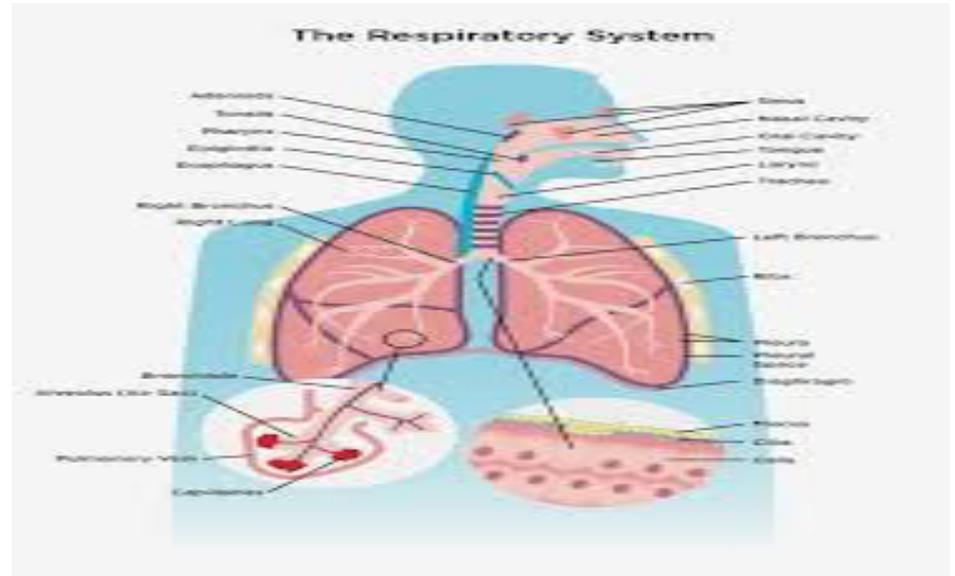


# Respiratory System

**By: Faseeh, Alexis, Hana, Ashleen  
and Raneem**

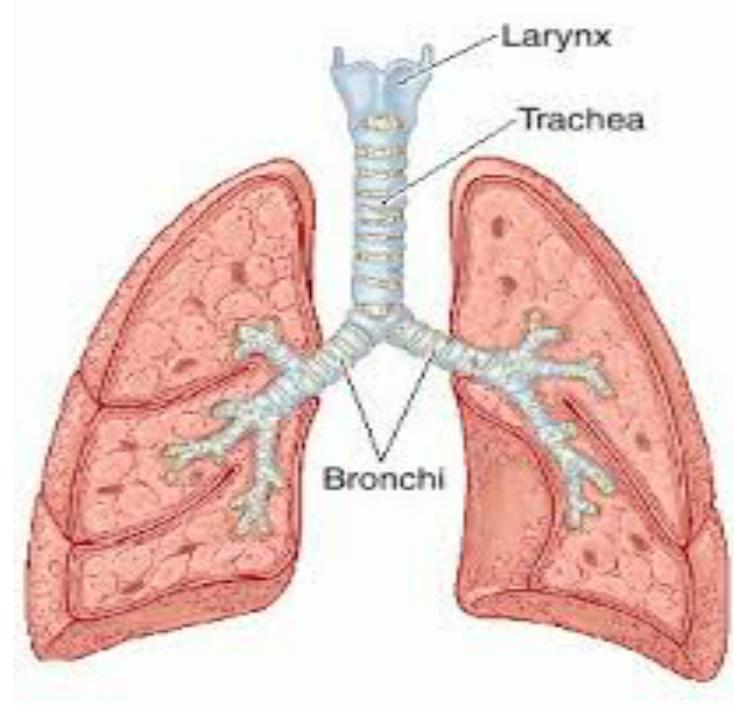
# What Is The Respiratory System

The main organ of the respiratory system is the lungs which take in oxygen and expel carbon dioxide as we breathe throughout the whole body.



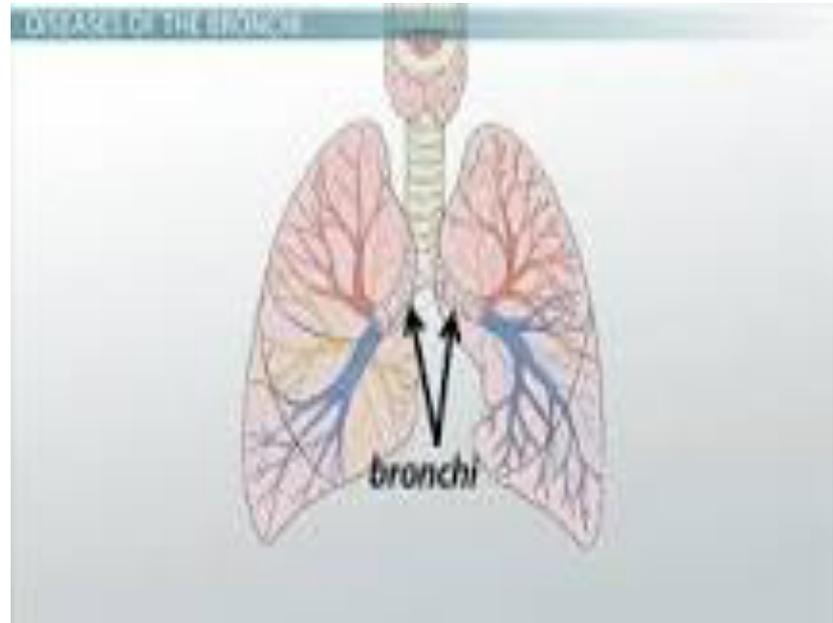
# Trachea

Trachea: The trachea is a tube located in the chest that carries air between the larynx and bronchi to the lungs.



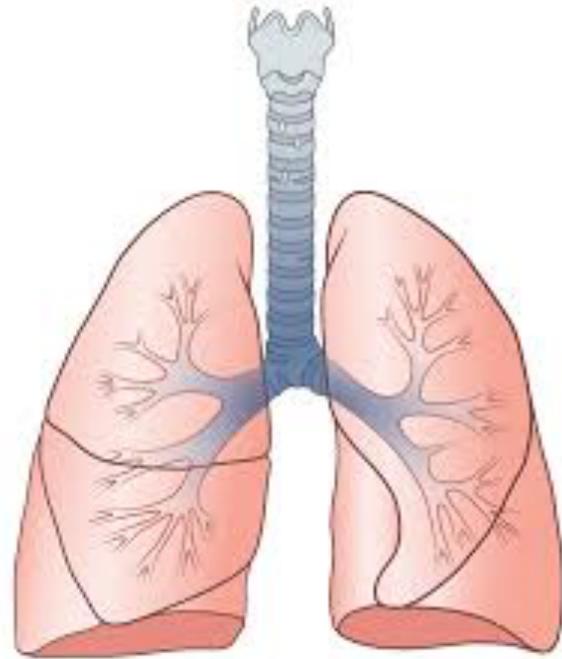
# Bronchioles

**Bronchi:** They are the main airways to the lungs from the trachea which branch out into the lungs. They are tiny air sacs which carry oxygen and later on the lungs deal with the gas exchange.



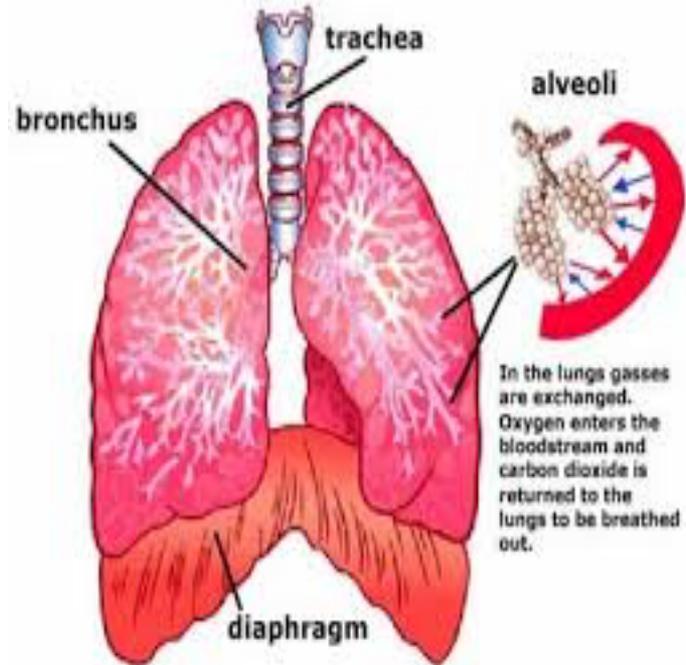
# Lungs

Lungs: The lungs are the main organs in the respiratory system which are in charge of gas exchange. The trachea conducts air into the lungs and then the bronchioles branch out into bronchi.



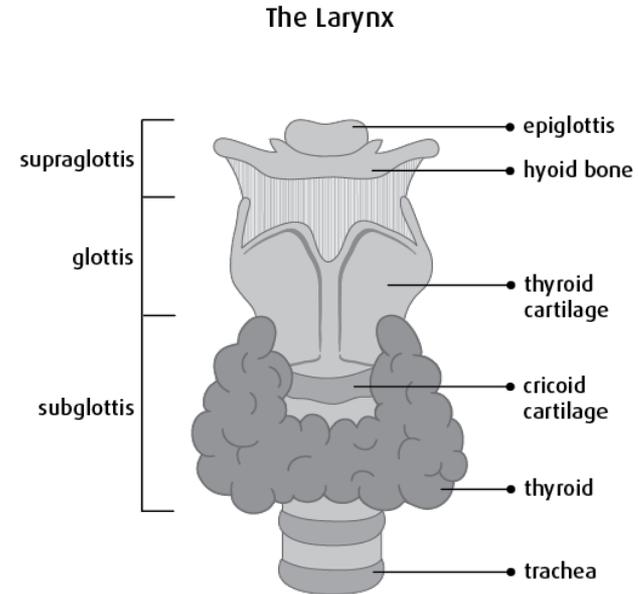
# Diaphragm

Diaphragm: The Diaphragm is a dome-shaped sheet of muscle that separates the chest cavity from the abdomen.



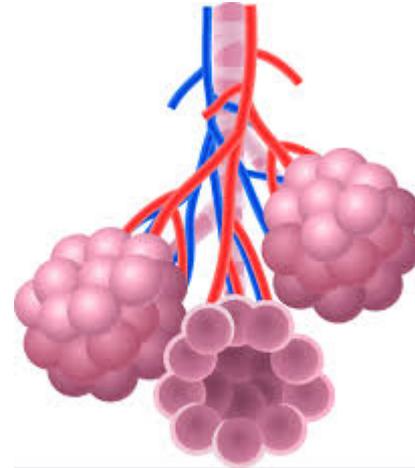
# larynx

The larynx is the home of the vocal cords. An air passage to the lungs, also directs food into the esophagus.



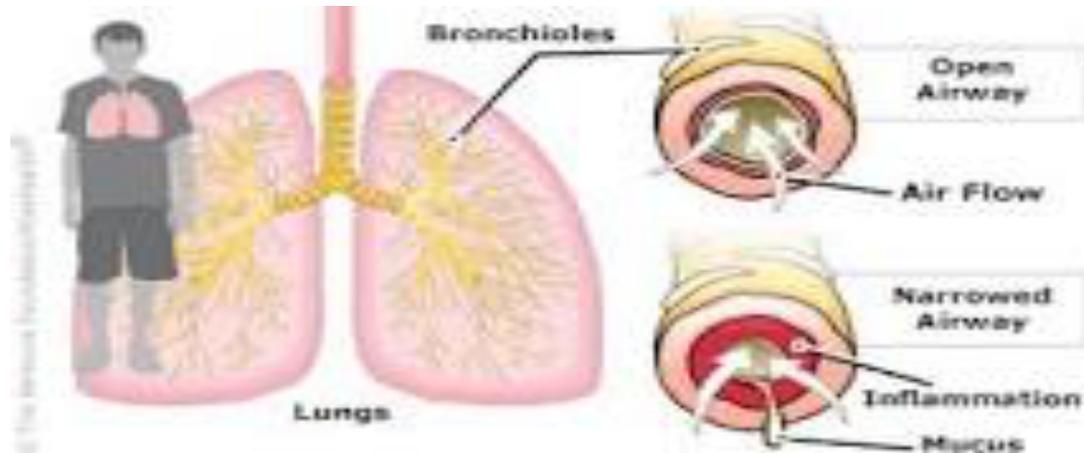
# Alveoli

The alveoli is a tiny air sac that allows carbon dioxide and oxygen to move through our lungs to our blood streams.



# One Disease That Affects The Respiratory System

One of the most common diseases people get in their lungs is asthma. Asthma is when you breath in dust mites or pollen and creates your breathing airways to become and it makes it's hard to breath.



# What Type Of Lifestyle Makes The Respiratory System Healthy

When you exercise it makes your lungs stronger and makes your body better at breathing oxygen. Eating healthy foods, getting enough sleep, and keeping your body active, and not smoking keeps your respiratory system healthy.



# Symptoms Of A Damaged Respiratory System

One of the most common symptoms of having a damaged respiratory wheezing, non stop coughing, chest pain when you cough, and a sore throat are one of the most common symptoms of a damaged or sick respiratory system. Mostly when you breath and their is a shortness of breathing during activities.