



The Respiratory System

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The System

The human respiratory system is a series of organs responsible for taking in oxygen and exhaling carbon dioxide. The primary organ in the respiratory system is the lungs, which make this gas exchange in your body.

The organs and their purpose

Lungs - Allows oxygen into the lungs and then exchange the oxygen into Carbon Dioxide and then breathe it out

Larynx - is a 2-inch long organ in the neck that contains the vocal cords and is nicknamed the “Soundbox”

Trachea - is a hollow tube that is connected from the larynx to the entrance to the lungs and is used as the “oxygen highway”

Heart - Is like a 2-way pump, it carries blood and nutrients to the body and pumps away waste.

Sickness the lungs can get

The lungs are an incredibly important organ in your body, and when you get a disease in your lungs it can sometimes be fatal in serious cases. Some diseases you can get include, Bronchitis, Laryngitis, Lung Cancer, pneumonia, and asthma.

Some doctors you can seek to find help are:

- pulmonologist is a doctor trained for 2-3 years in residency medical school to become a specialist in respiratory system diseases

- pediatrician is a doctor who has received 2-3 more years of training after med school who treats kids from birth to college for every disease, and system disease

Fact

157,423 people died to lung cancer alone in 2012

Your chances are of getting lung cancer are:

1 in 15 for Men

1 in 17 for Women

Anyone can get lung cancer so be careful...

Keeping your respiratory healthy

Washing your hand often, especially after sneezing, coughing, or blowing your nose, help to protect you and others from diseases.

Avoid contact with others when sick because you can spread your sickness and infect other people around you.

Active or exercise

Going outside staying fit and a lot of yoga is good for you, just make sure you eat good food and try your best to stay healthy. You just need a lot of rest as it is an important thing to do if you do not have enough energy each day. A lot of screaming and yelling or anything to put pressure on your throat can be bad.