

# The Skeletal system

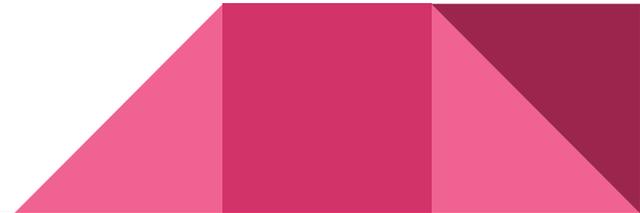
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# Parts and names of the skeletal system simple.

- There are two types of bones compact and spongy.
- **Spongy bone:** also known as trabecular or cancellous, provides structural support and makes it easier for joints and limbs to move. Spongy bone is also light and porous.
- **Compact bone:** is closely packed osteons, which form an extremely hard exterior. Since there are stacked layers and few gaps in this bone it's way stronger than spongy bone
- There are 206 bones in the skeletal system.
- **Tendon:** is a band of connective tissue that connects to bone to muscle and bone to bone.
- **Ligaments:** a fibrous band of connective tissue that bonds joints and other tissues together.
- **Joint:** where 2 or more bones are joined together.
- **Cartilage:** a flexible connective tissue, that is compact. It is used in our ears, nose and trachea.

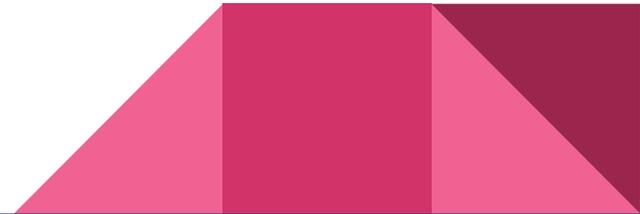
# What does Skeletal system do?

The skeletal system provides protection for your internal organs and give the body shape and form. The system is made up of connective tissues, bones, cartilage, tendons and ligaments. Blood vessels that are contained in the bone canals and delivers nutrients to the bones. The skeletal system stores minerals and fats and also produces blood cells.



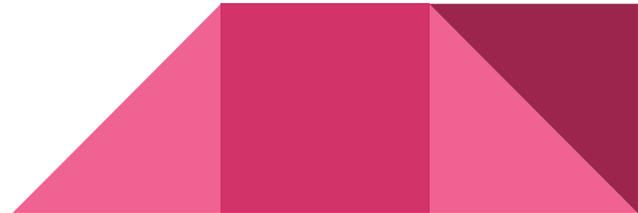
# What is the skeletal system.

Your skeletal system is different types of bone, and tissues that make up your skeleton.



# How is the skeletal system important?

Your skeleton protects your internal organs(such as your lungs, heart, stomach, Kidneys and ect) and provides structure for muscles which enables movement. Bones also have bone marrow which makes red and white blood cells(red blood cells delivers energy to your organs, bones, tissues, muscles and ect. White blood cells protect your body from diseases.)



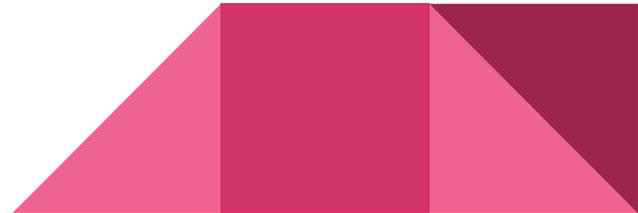
# Disease for the skeletal system.

- Arthritis: is when one or more of your joints get inflamed which causes pain. The only symptom is pain which can develop over time or just suddenly appear. There is no cure but you can take medication for the pain.



# How to keep your skeletal system healthy.

1. Eat calcium rich foods like milk, tofu, sardines, eggnog, almonds and yogurt.
2. Take calcium supplements(pills) this is more optional.
3. Add vitamin D to your day by taking supplements(pills) or walk/play around in the sun.
4. You should exercise like run/jog, play sports and ect.
5. Don't smoke or drink alcohol.
6. Get a bone mineral density test, thing will test to see if your bone are healthy or unhealthy.



## Symptoms that show your skeletal system is being damaged.

1. Receding gums: is when gums go away.

A. To stop receding gums brush using a softer toothbrush and floss brush every night and morning. Also don't chew on your gums or make it bleed.

2. Tingling: When the grip of your hands are weak.

A. To increase your grip strength do pull ups with different grips. Pull ups are also good for you muscles too. You can practice these 1-2 times a week.



# Treatments

3. Weak or brittle finger nails: if your fingernails break often or too easily.

A. to fix weak/brittle nails you should take a break from fake nails, nail polish and using your nails. You can also minimize water exposure to water and stay hydrated, and check your shampoo. Ps also talk to your doctor.

4. cramps , muscle aches, and bone pain.

A. To fix a cramp rub it gently if a leg cramp put pressure on it. For a muscle ache you're gonna need to stay hydrated and do warm ups. Use a cold or hot pack on the hurting area to smooth it, stay hydrated and exercise.

# More treatments

## 5. Height loss

A. Exercising will prevent you from height loss. Never drink, smoke or do any legal drugs. Also sit up with your back straight because you can lose height and it's really bad for you.

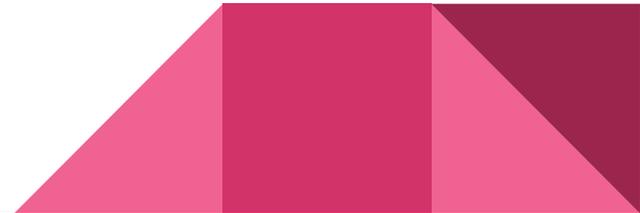
6. And last but not least low overall fitness, you'll get sick easily like brain fog and easily tired.

A. To fix low fitness you will need to exercise more often, stay hydrated and eat healthy.



# How many parts does the skeletal system have?

When your born you have around 270 bones in your body. When you turn 21 years old you will reach maximum density which means your bones will decrease and you will have 206 bones left.



# What if we didn't have a skeletal system?

If we didn't have a skeletal system we wouldn't be able to move a lot or play sports because if someone kicks a ball at your head, face and other parts of your body you have nothing to protect your organs and it will damage your brain nose eyes and it can also fall out easily because there nothing to hold it in. Also the skeletal system protects are tissues and organs so we wouldn't get sick very easily and a higher risk of getting a disease, virus and etc. So let's all be thankful to have a skeletal system.



# sources

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The end thanks for watching! :)