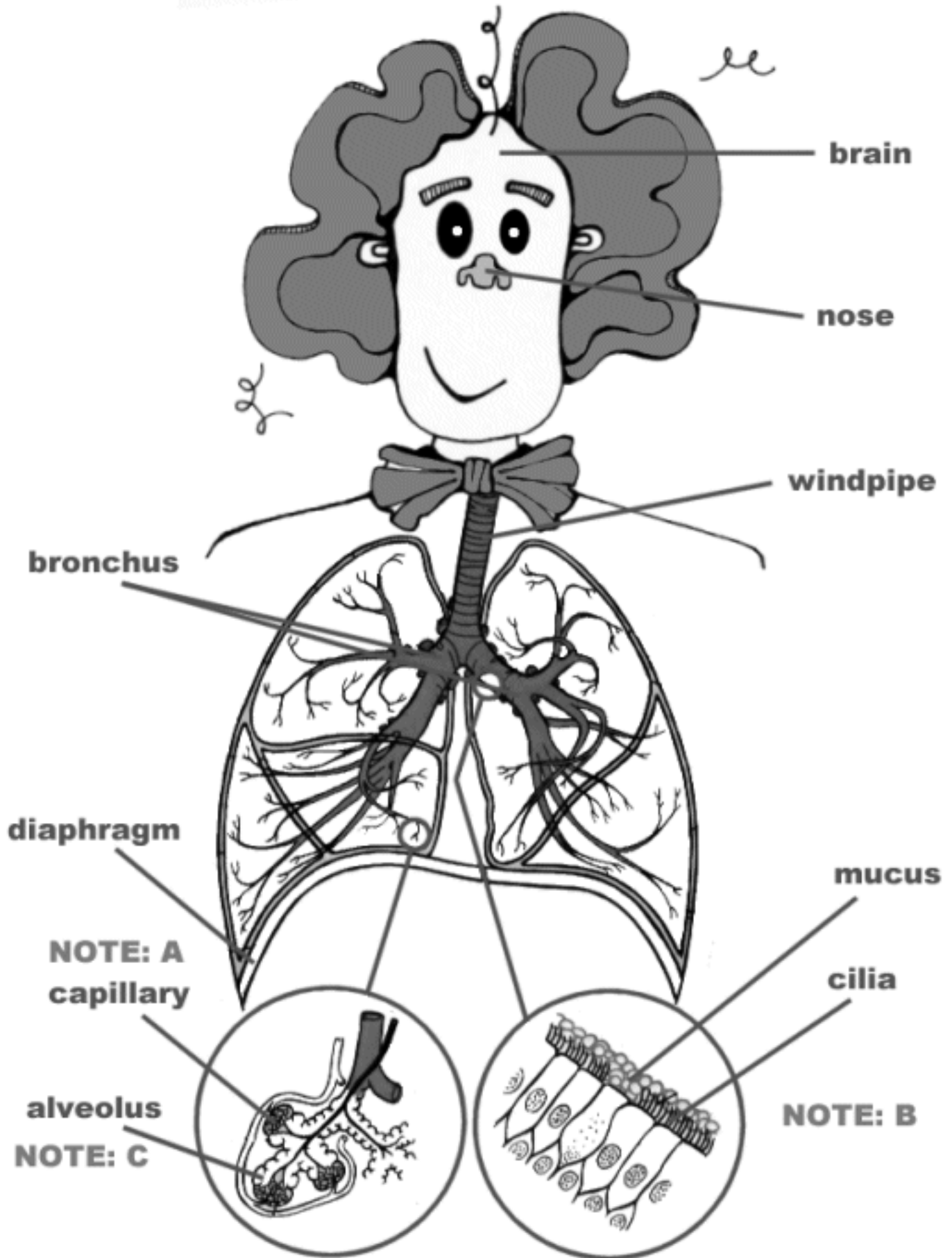


# HOW WE BREATHE



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## NOTE: A

Each airsac is covered in tiny blood vessels (capillaries). Oxygen moves from airsacs onto capillaries. Carbon dioxide moves in the opposite direction. Red blood cells transport these gasses to and from all the cells in our body.

## NOTE: B

If too much mucus is made then the passage way gets smaller and air has a harder time to get through. This can happen in chronic bronchitis and asthma.

## NOTE: C

Air flows from bronchioles into millions of tiny airsacs (alveoli). Destruction of these by cigarette smoking causes emphysema.

## DIAPHRAGM

A large flat muscle that covers the bottom of the chest cage. It falls and rises letting us breathe in and out. A message from the brain cause chest muscles and the diaphragm to expand and contract. This allows air to fill the lungs and then to be exhaled.

## NOSE

Cleans, warms and moistens air.

## WINDPIPE

Bronchial tubes stay wide open in healthy people. Air reaches the airsacs easily. If mucus builds up, breathing becomes difficult and oxygen does not get transferred and energy is not released.

## CILIA

Tiny hairs (cilia) push out sticky mucus holding trapped dirt.