

Respiration

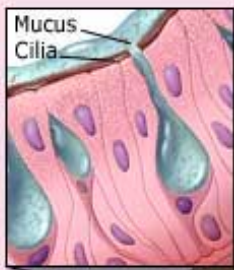




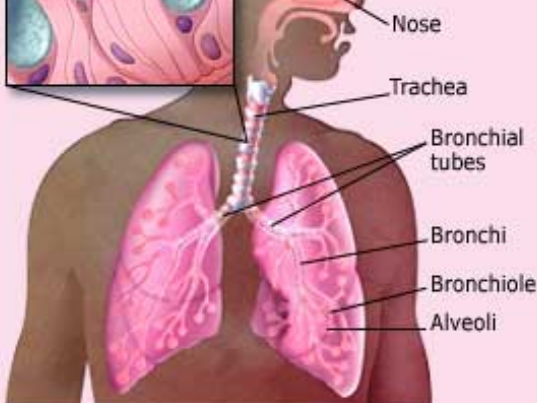
Respiration

The Earth's atmosphere is made up of 78% nitrogen, 21% oxygen, and the remaining 1% is made up of trace gases such as carbon dioxide.

The Respiratory System

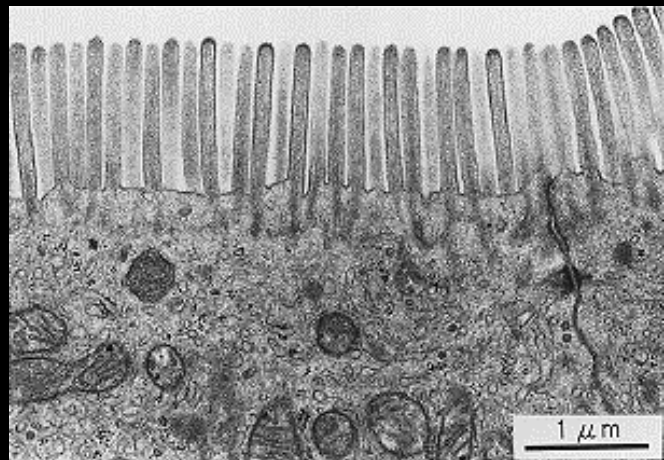


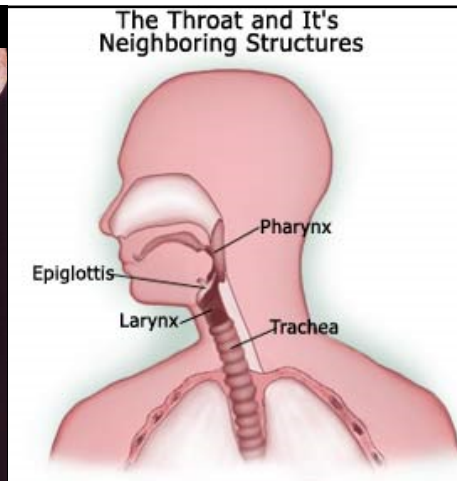
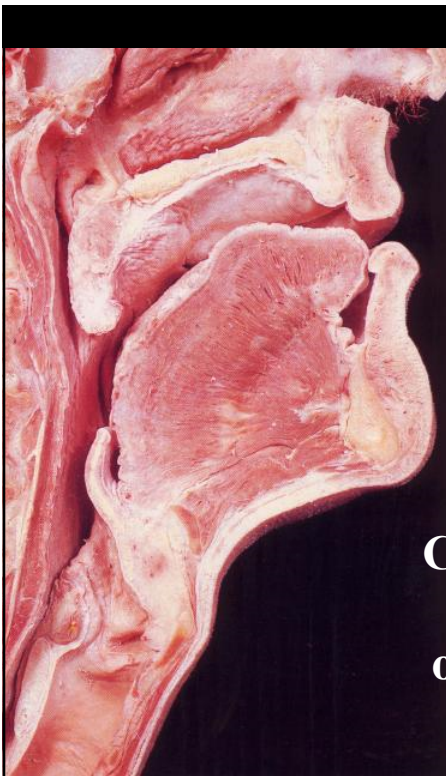
Cilia and mucus lining your air passages, help keep harmful substances from entering your lungs.



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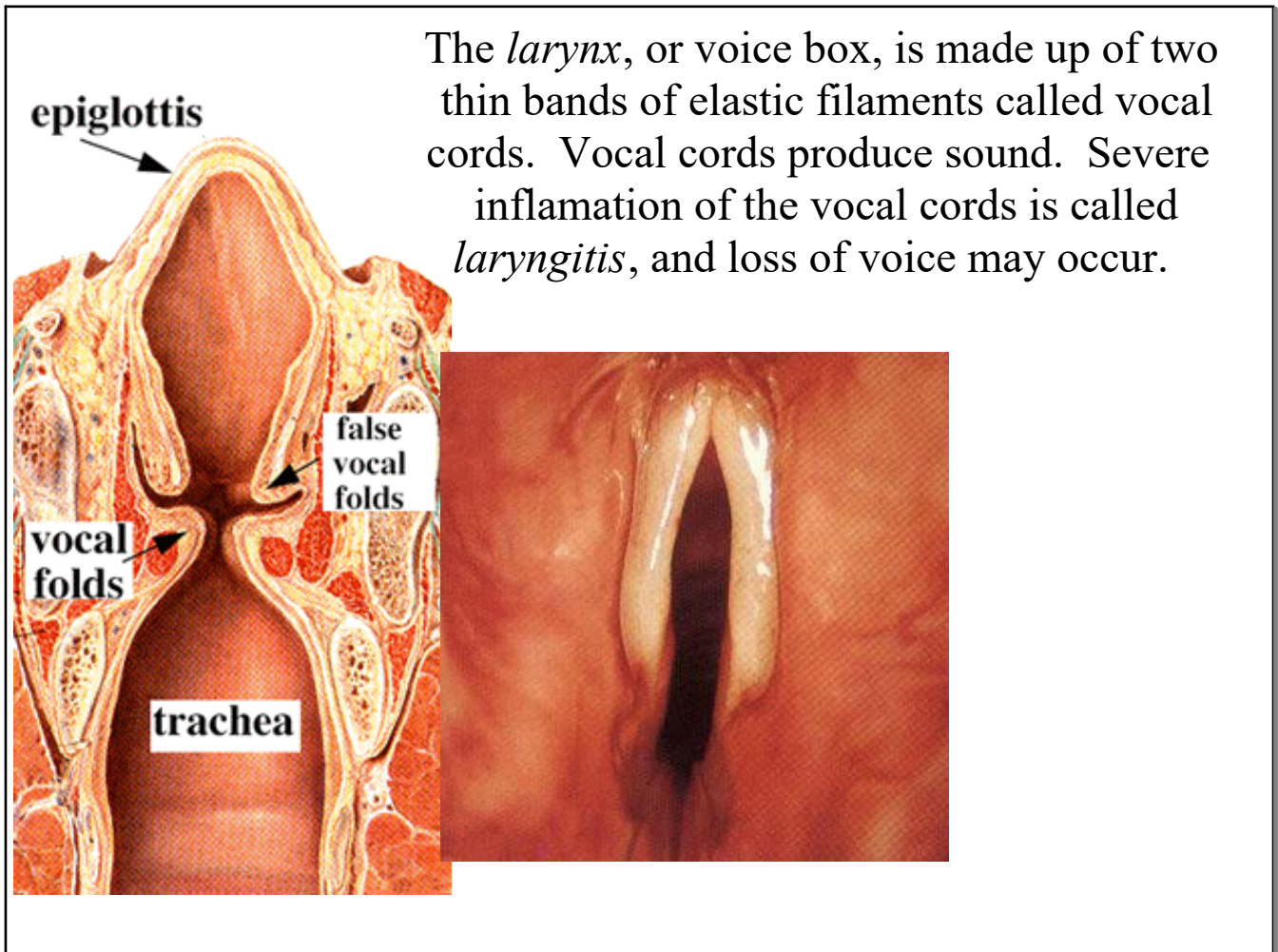
Air enters the respiratory system via the mouth or nose. Tiny hairs line the passageway and act like a filtering system. Mucus is present and traps particles and keeps the cavity moist.

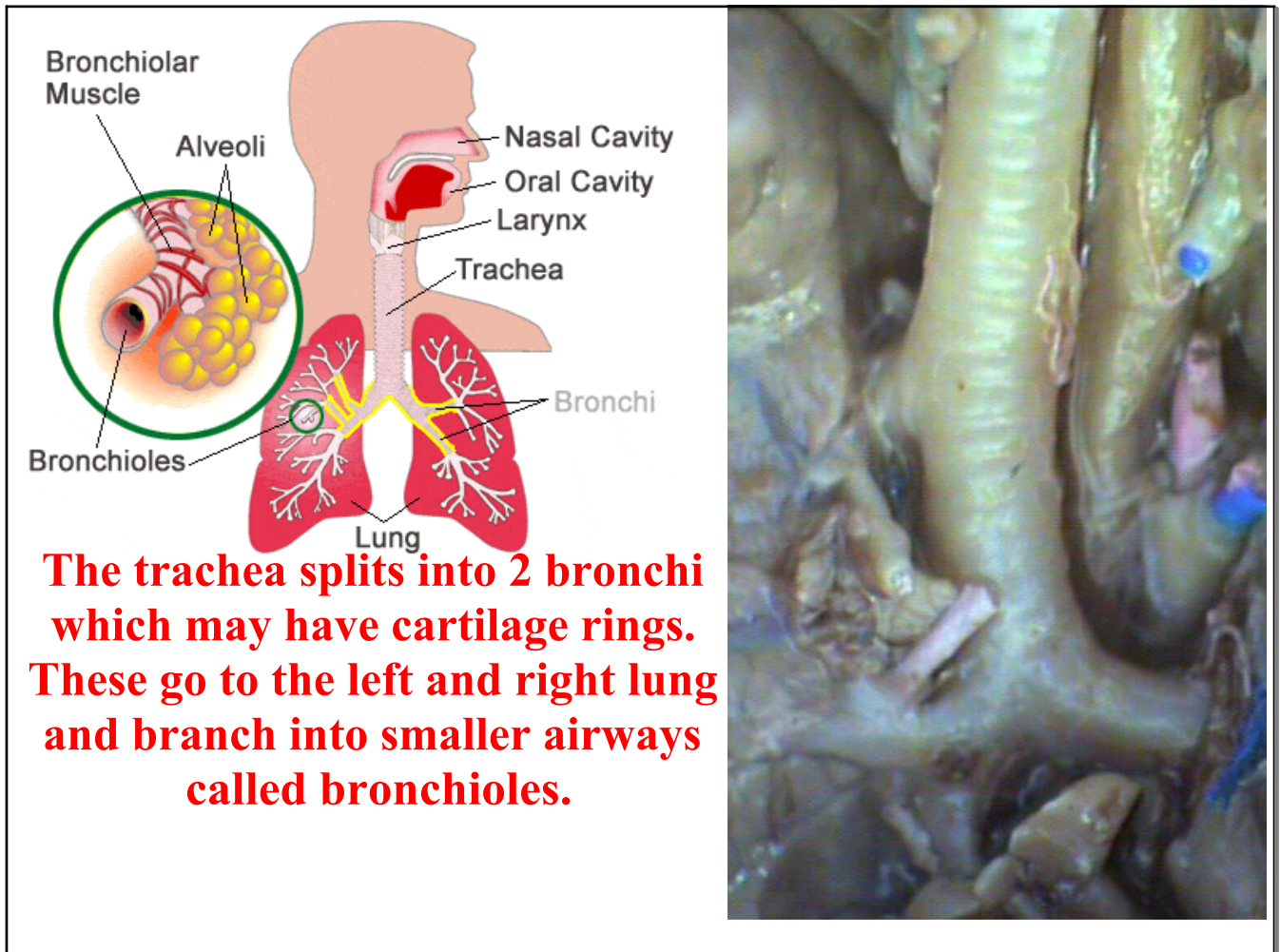


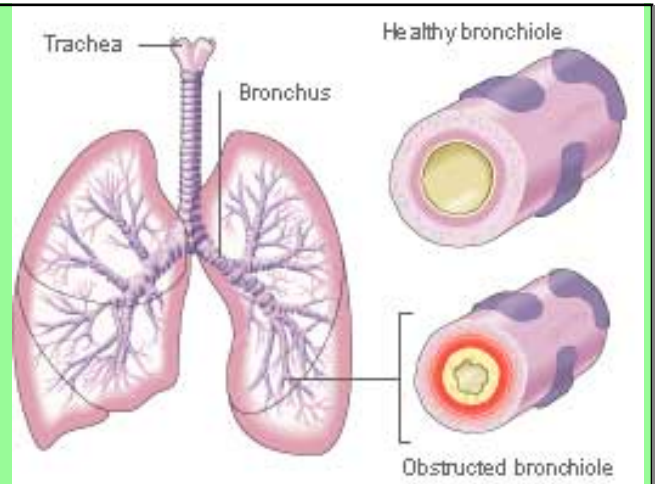
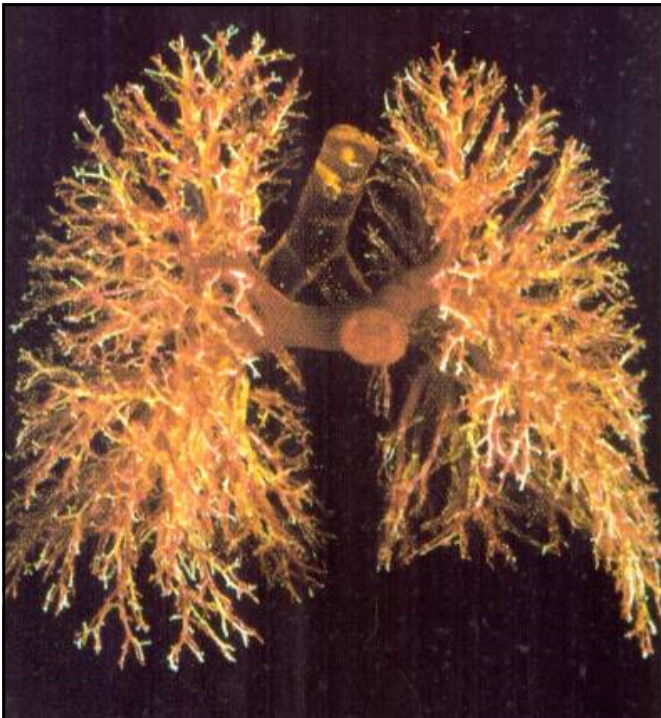


The pharynx is a passageway for both food and air. The pharynx branches into the trachea (windpipe) and esophagus, the passageway for food.

Cilia and mucus line and protect the trachea. The epiglottis covers the opening of the trachea when food is being swallowed. This prevents food or drink from entering the trachea.







Bronchioles do not have cartilage and are controlled by smooth muscle which may decrease their diameter. This increases resistance to air movements and produces wheezing sound.

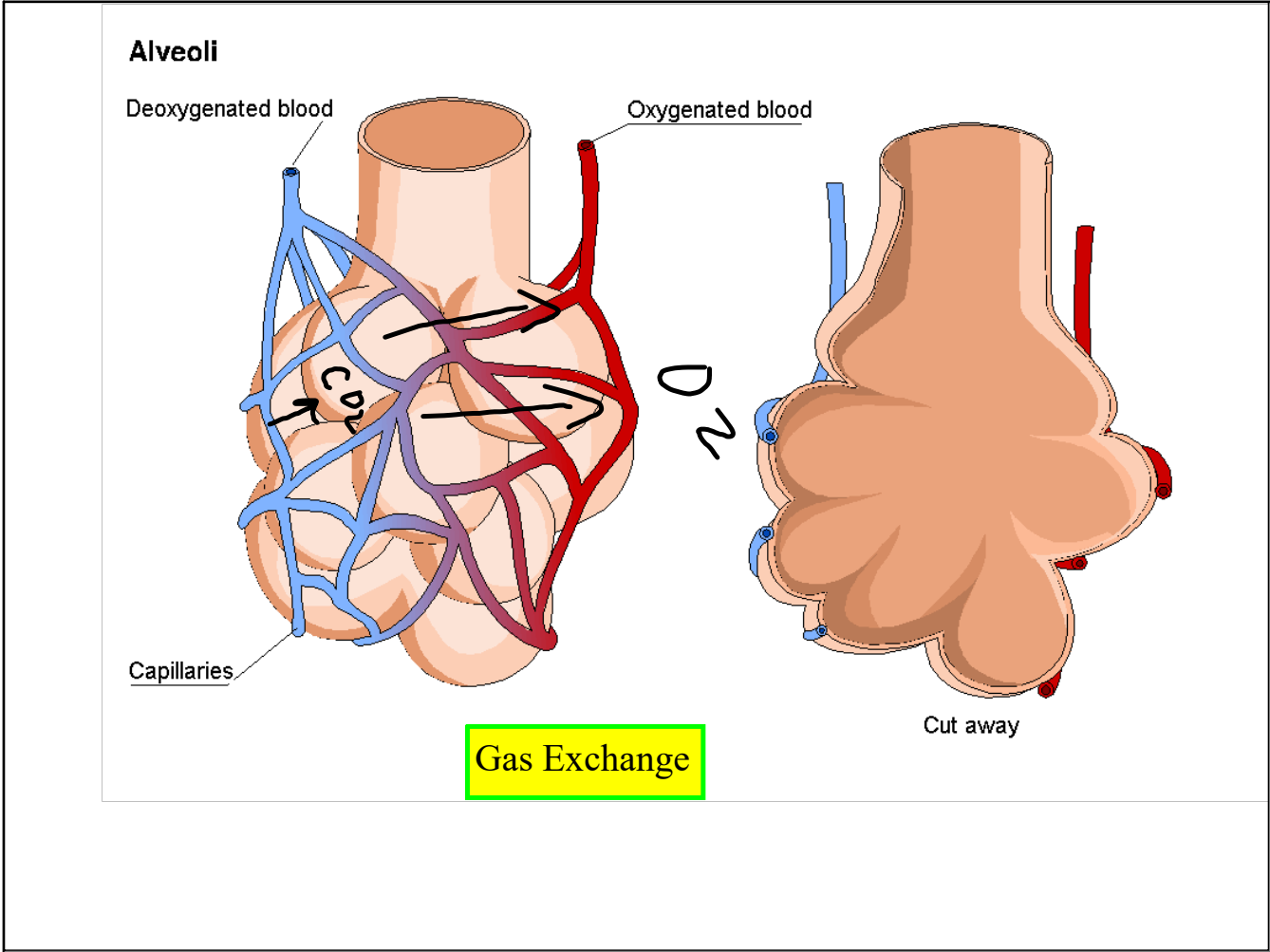
Bronchioles lead to alveoli which are blind ended sacs surrounded by capillaries. Alveoli have a single layer of cells which allows for rapid diffusion of gas.

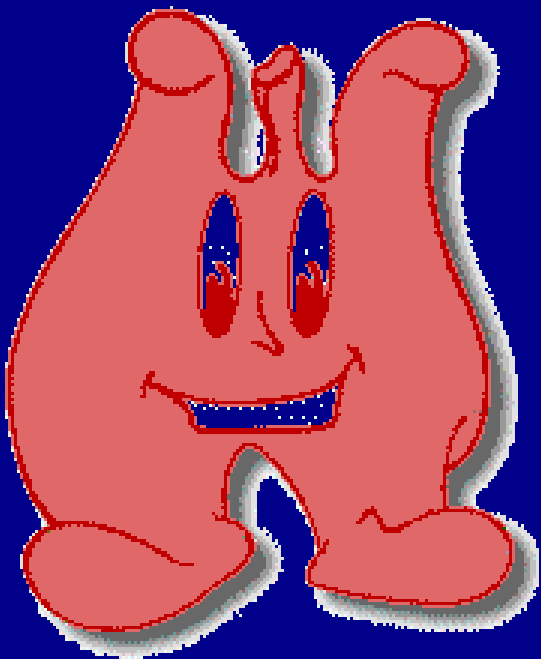
Capillary network
Arteriole
Venule
Terminal bronchiole
Alveoli
Alveolar sac
Alveolar duct

Alveoli

Red cell
Oxygen
Carbon dioxide

Those alveoli must be VERY TINY!



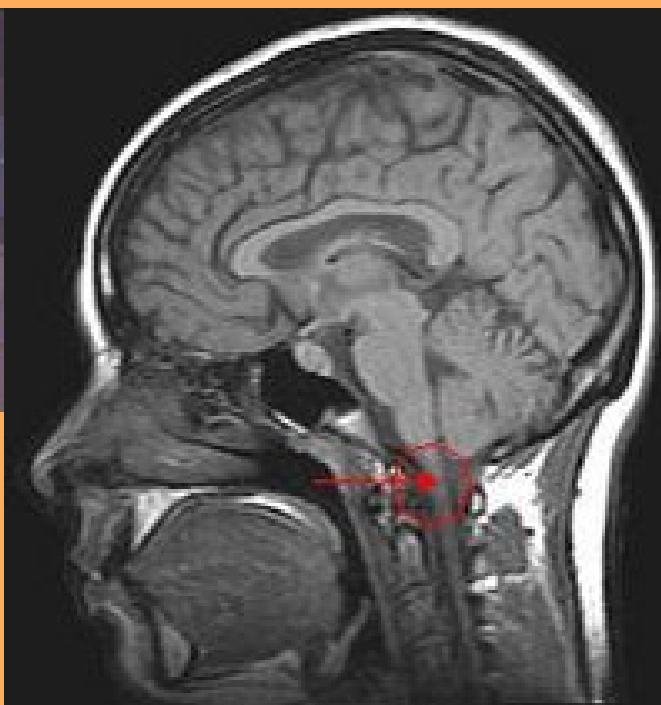


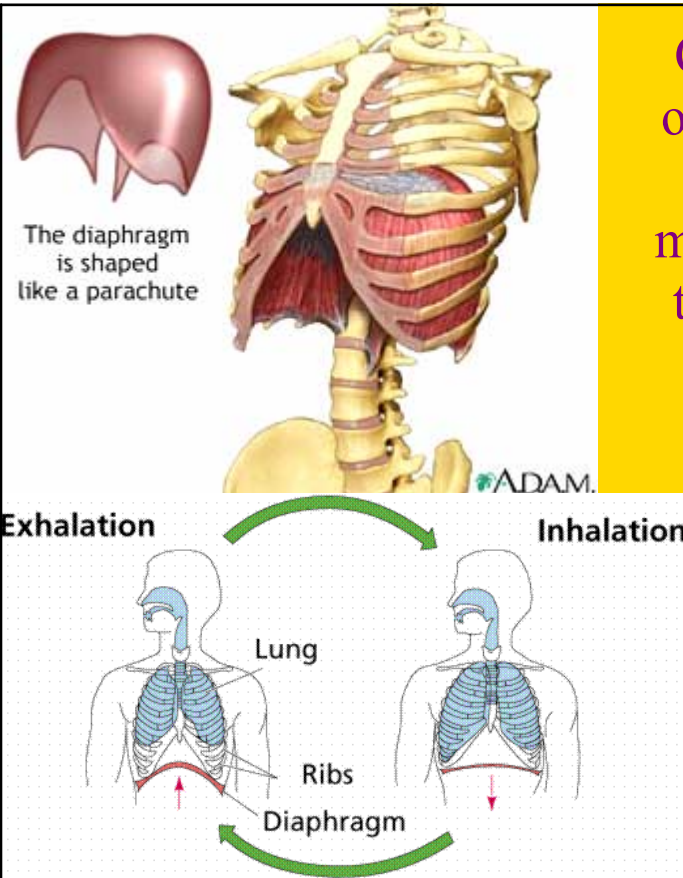
Lungs are surrounded by a thin membrane called the plural membrane. It prevents friction between the lungs and the chest cavity. Build up of fluid in the chest cavity and inflammation of the plural cavity called pleurisy. It is caused by 2 membranes rubbing together. Expiration is easier but inspiration is much more difficult.

Regulation of Breathing Movements



Breathing movements are controlled by a part of the brain called the *medulla oblongata*.





The diaphragm is shaped like a parachute

Chemoreceptors detect levels of oxygen and carbon dioxide. This message is sent to the medulla oblongata, and then to the muscles of the diaphragm and rib cage. This initiates breathing movements.

Exhalation Inhalation

Lung

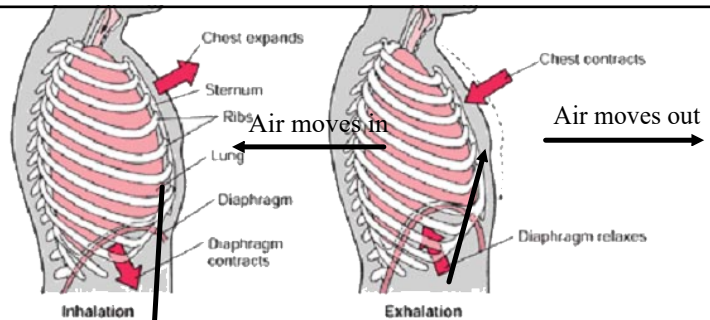
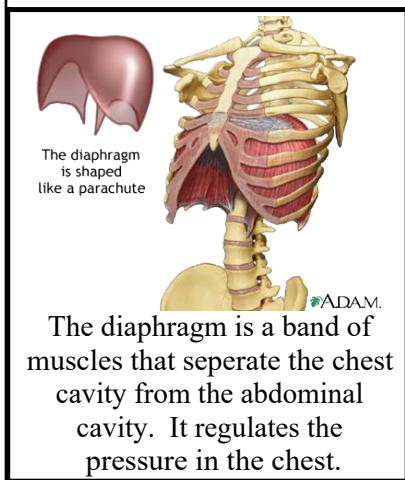
Ribs

Diaphragm

The image contains several anatomical diagrams. At the top left, a red, dome-shaped diaphragm is shown with the text 'The diaphragm is shaped like a parachute'. To its right is a skeletal illustration of the human torso showing the rib cage and the diaphragm's position. Below these is a diagram of the breathing cycle. It shows two human figures from the chest up. The left figure is labeled 'Exhalation' and shows the diaphragm moving up (indicated by a red arrow) and the ribs moving inward. The right figure is labeled 'Inhalation' and shows the diaphragm moving down (indicated by a red arrow) and the ribs moving outward. Green curved arrows connect the two figures, indicating the cycle. Labels 'Lung', 'Ribs', and 'Diaphragm' are placed between the two figures. The text 'ADAM.' is visible at the bottom of the skeletal illustration.

Breathing movements

Gas moves from an area of high pressure to an area of low pressure



When the diaphragm contracts, it flattens and pulls downward. As chest volume increases, pressure decreases.

When the diaphragm relaxes, it returns to dome shape. As chest volume decreases, pressure increases.

$$\text{Atmospheric pressure} > \text{Pleural pressure}$$

$$\text{Atmospheric pressure} < \text{Pleural pressure}$$

Differences in pressure between the atmosphere and chest (pleural) determines the movement of gases in and out.

Inspiration, or inhalation-diaphragm contracts and pulls downward, intercostal muscles pull the ribs outward, chest volume is increased which decreases air pressure, air moves into the lungs.

Expiration, or exhalation-diaphragm relaxes and returns to its dome shape, intercostal muscles allow the ribs to move inward, chest volume decreases, air pressure increases, air moves out of the lungs.

A person may control their breathing to some extent, but as carbon dioxide levels build up, the medulla oblongata takes over and forces breathing. *Carotid* and *aortic* bodies are receptors that monitor levels of carbon dioxide. These receptors help keep a person breathing normally.



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Low levels of oxygen are found at high altitude. Carbon monoxide may also take up space in red blood cells, thus reducing oxygen delivery. All respiratory disorders result in decrease of oxygen to tissue.



MILE HIGH STADIUM

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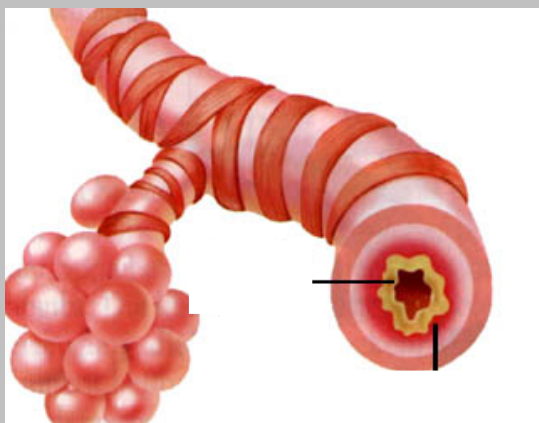
Carbon monoxide

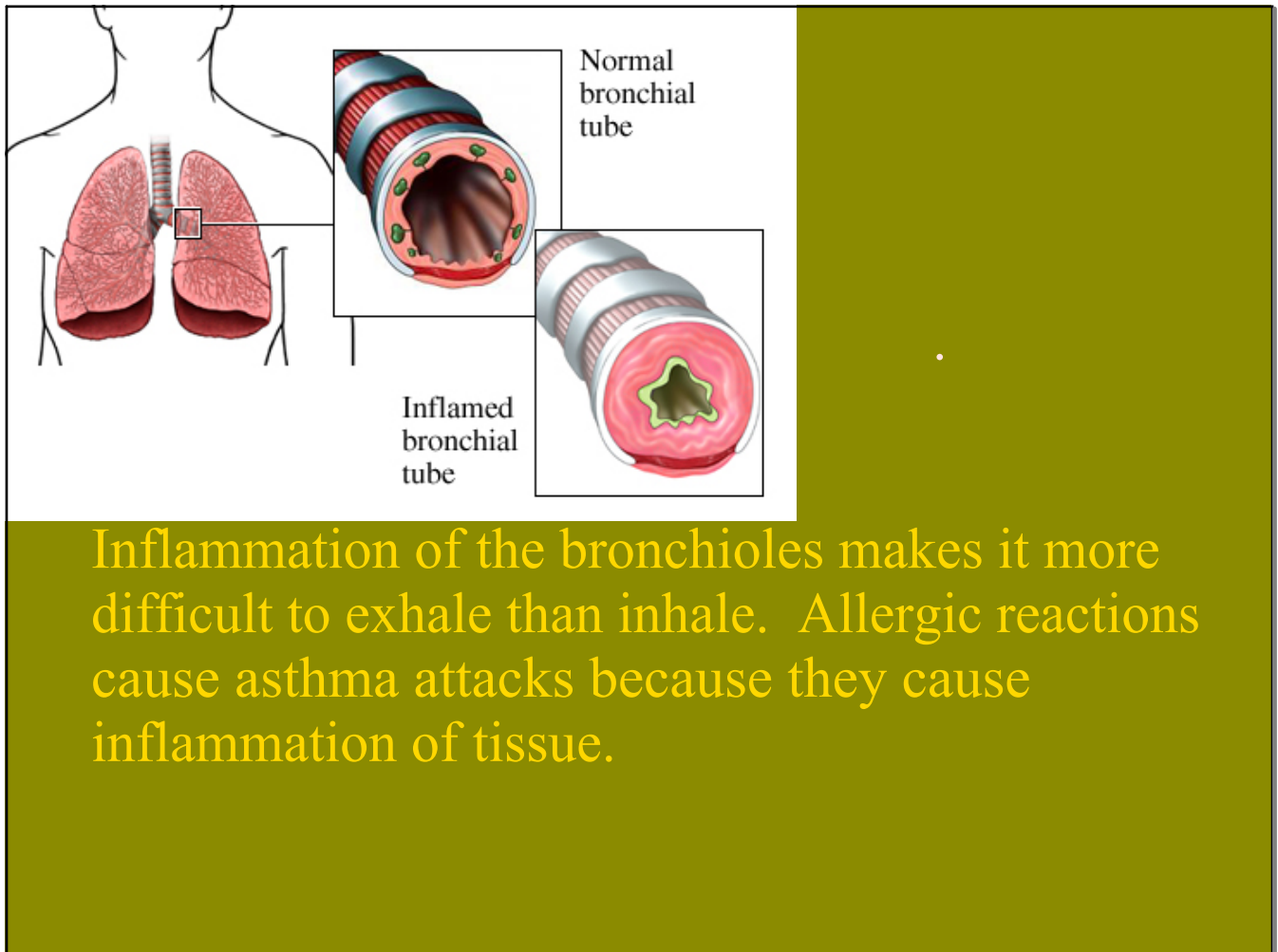
Results from combustion with an inadequate supply of oxygen.

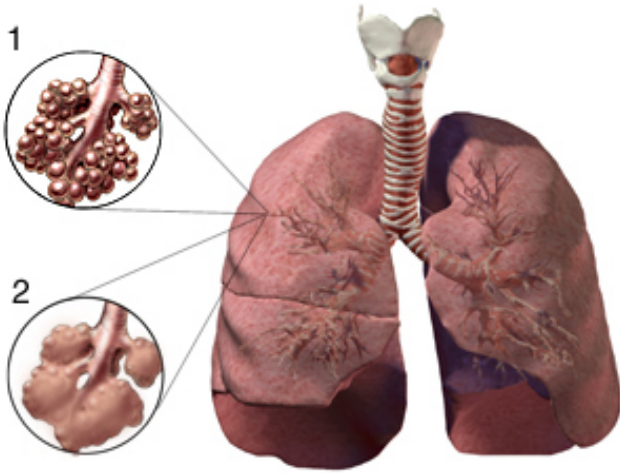


Carbon monoxide (CO) competes with oxygen for the active site on the hemoglobin molecule. CO gains faster access. As CO binds, less oxygen is delivered to the tissues. Carbon dioxide levels tend not to increase, so chemoreceptors are late to react to the low oxygen levels.

Bronchitis is caused by a bacterial or viral infection, which causes mucus secretions to increase. As a result, the airways become narrow, which limits breathing. Mostly occurs in the bronchioles.






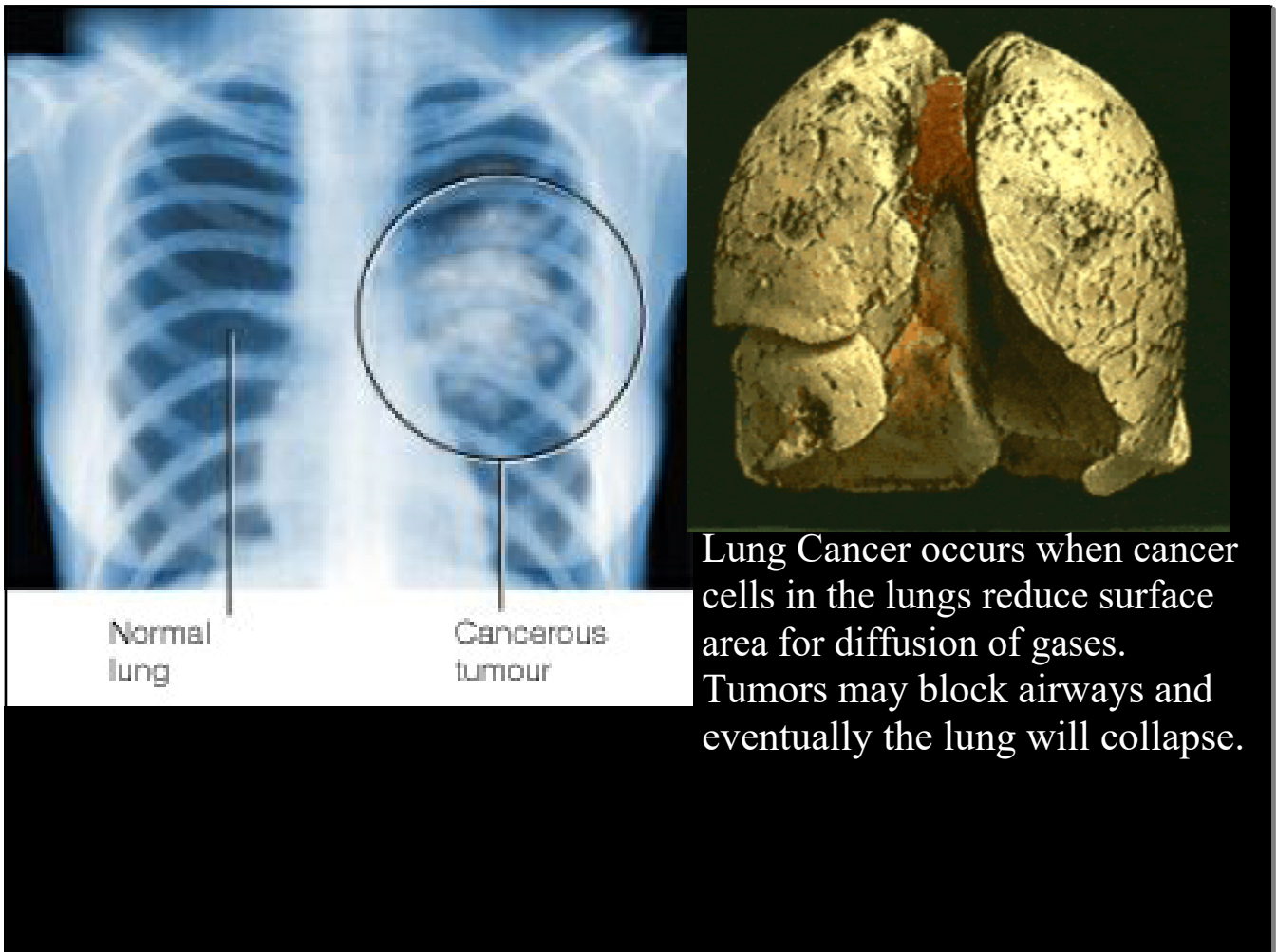


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Emphysema is associated with chronic, or recurring bronchitis. Air pressure builds up in the lungs and stretches the alveoli. If they rupture, there is less surface area for gas exchange. As a result, there is less oxygen in the body, and a person breathes faster to make up for low levels of oxygen. As the alveoli rupture, capillaries are destroyed and scar tissue forms. This makes the lungs less elastic and breathing more difficult. Heart rate may also increase to accommodate low oxygen levels.

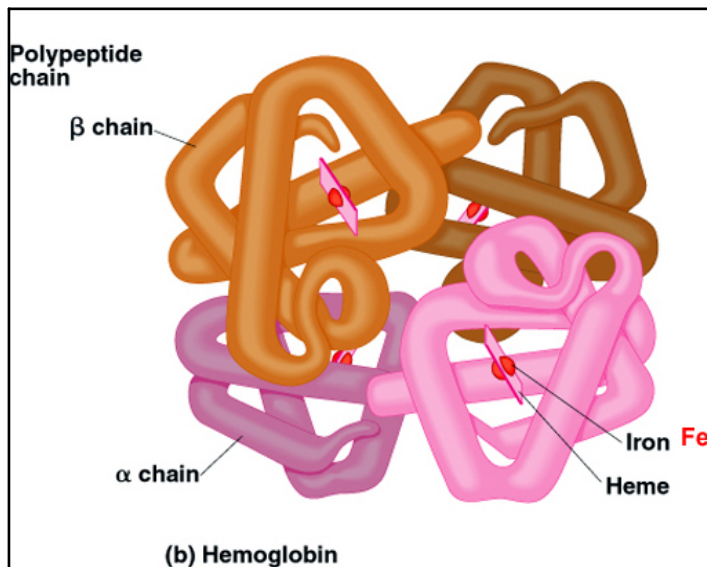




Normal lung

Cancerous tumour

Lung Cancer occurs when cancer cells in the lungs reduce surface area for diffusion of gases. Tumors may block airways and eventually the lung will collapse.



Oxygen Transport

Oxygen moves from the atmosphere to the alveoli.

With the help of hemoglobin, oxygen can be carried in large amounts. Hemoglobin does not give up much oxygen until it reaches tissues where the level is low. This is when diffusion takes place.

Carbon Dioxide Transport

9 % of carbon dioxide is carried in the plasma. 27% of the body's carbon dioxide combines with hemoglobin to form carbominohemoglobin. The remaining 64% combines with water in the plasma to form Carbonic acid.

Hemoglobin is essential to ensure low levels of CO₂ in the blood. As it binds with CO₂, and some CO₂ binds with water, partial pressure of CO₂ remains low. This allows diffusion to continue into the blood. If this mechanism did not work properly, there would be an overaccumulation of CO₂ in the blood and diffusion of CO₂ would occur back into body cells.

The second function of hemoglobin is to act as a buffer. When CO₂ and water form carbonic acid the Ph level of the blood lowers. This can be dangerous to blood vessels and tissues and therefore must be buffered. Carbonic acid is unstable and dissociates into bicarbonate ions and hydrogen ions. Once oxygen is dislodged from hemoglobin, the hydrogen ions attach to form reduced hemoglobin. This ensures Ph levels remain stable as the bicarbonate ions and hydrogen ions do not recombine until they reach the lungs. After reaching the lungs, oxygen dislodges the hydrogen ions which bind with bicarbonate ions to reform CO₂. CO₂ can now be safely exhaled from the body.