# Anatomy - Circulatory and Respiratory System Cheat Sheet

by baker_fam via cheatography.com/203284/cs/43279/

## Respiratory System Function

To move fresh air into your body while removing **waste gases (carbon dioxide)**. Once in the lungs, **oxygen** is moved into the bloods-tream and carried through your body.

## Parts of the Respiratory System

| |
|---|
| Nose |
| pharynx (throat) |
| larynx (voice box) |
| trachea (windpipe) |
| bronchi |
| lungs |

## Circulatory System Function

The **circulatory system**, also called the **cardiovascular system** moves **oxygen and nutrients** to your body's cells to use for **energy, growth and repair**. It also removes **carbon dioxide and other waste products** that your cells do not need.

## Circulatory System 101

| | |
|---|---|
| Blood low in **oxygen** collects in the heart's **right atrium** | The high in **oxygen** blood moves to the **left atrium** |
| It moves into the **right ventricle** and gets pumped into the **lungs** | It moves into the **left ventricle**. The ventricle pumps the blood through the **aorta** and **arteries**.. |
| **Red blood cells** pick up the oxygen and get rid of the **carbon dioxide** | The blood gathers **nutrients** from the **small intestine** |
| You then **exhale** the carbon dioxide | The blood enters the **capillaries** and makes contact with **tissue and cells**, where it delivers oxygen and removes carbon dioxide and waste. |
| | The blood travels back to the heart's **right atrium** and they cycle starts again. |

## Digestion

Digestion is the process of breaking down complex foods into **simple nutrients that the body can absorb.**

## Physical and Chemical Digestion

| Physical Digestion | Chemical Digestion |
|---|---|
| Slicing, grinding and mixing. Breaking substances into smaller pieces | Using chemical reactions to convert substances into simpler chemicals |
| No new substances are introduced | So that nutrients can be easily absorbed |

## Muscles that aid the respiratory system

Lungs are not muscles and can't move on their own. They are helped by the **diaphragm** and the **intercostal** muscles between the ribs.

## Breathing 101

| What happens when we breathe in | What happens when we breathe out |
|---|---|
| **Inspiration** Happens | **Expiration** Happens |
| You breathe in by **contracting** your **diaphragm**. This causes the **chest to expand**, drawing air in through your **nose**. | The **diaphragm relaxes** |
| The **intercostal muscles contract** to make room for the air. | The **intercostal muscle relaxes** and the air is forced out through the **lungs**. |
| Air then passes into through the **upper airways,** including the trachea (windpipe) and **bronchi** to reach your **lungs**. | Our **chest** becomes smaller as all the air is gone. |

## Key parts of circulatory system

| | |
|---|---|
| Blood | Made up of **red and white blood cells** |
| The heart | a muscular **organ** that pumps blood to all parts of the body |
| Blood vessels | Includes **arteries, capillaries and veins** to carry blood pumped by the heart |

## Difference between arteries and veins.

| | |
|---|---|
| Arteries | **moves blood away** from heart |
| Veins | **carries blood to** the heart |

## The Digestive System

A group of **organs** that food passes through and is broken down called the **Digestive tract**

Other organs that help digestion **saliva glands, liver and pancreas**



Sponsored by **Readable.com**
Measure your website readability!
https://readable.com

| Digestive Tract | |
|---|---|
| Stomach | The stomach is a large muscle that breaks down food with acid |
| Small Intestine | An 11-foot coil of tube where most of the nutrients of food are absorbed |
| Large Intestine | Main job is to extract water from the digested food. **Bacteria produce enzymes** that break down complex carbs |

By **baker_fam**
cheatography.com/baker-fam/

Not published yet.
Last updated 6th May, 2024.


Sponsored by **Readable.com**
Measure your website readability!
https://readable.com