

# Respiratory system

## Breathing

What is breathing? Breathing is an instinct, it helps us live, It's the most important thing in our life. We are breathing air, but we only breathe the oxygen, Air goes through our trachea and to our lungs, then, the air goes to bronchial tubes, and spreads to alveoli. Alveoli are little sacks surrounded by capillaries. After that, the oxygen moves into the blood. Last, the other air (carbon dioxide) goes back, and our diaphragm moves upward and we exhale the wasted air.

## The connection to cardiovascular system

Iron is an important element that connects oxygen to heme. In the lungs, the inhaled oxygen combines with red blood cells and is then send through blood vessels to various organs. Therefore, as an important part of the oxygen supply medium, once the supply fails to meet the demand, it will directly lead to the reduction or even disappearance of blood oxygen transport capacity, seriously endangering the human's life.

Many cardiovascular and cerebrovascular diseases are caused by hypertension. And more than half of the hypertension patients are caused by anoxia sleep. When normal people sleep, blood pressure will gradually reduce to the lowest level, but the blood pressure of anoxic sleep people will rise instead of falling. Sleep hypoxia can cause nerve continuous excitation, lead to blood pressure rise, heart rate speed up, so that patients sudden acute myocardial infarction, or even sudden death.

## The physical and intellectual system

My chosen 2-3 wellness areas are: physical and intellectual, they Connect to the respiratory system by our respiratory system's health. In fact, aerobic exercise can make the respiratory system and cardiovascular system better, and aerobic exercise makes you healthier than the little weight you lose! The importance of respiratory system and cardiovascular system needless to say, a

little fat can still be very healthy, and problems of respiratory system and cardiovascular system are fatal in minutes. The most important part of aerobic exercise is that you need to endure intense and uncomfortable breathing to keep exercising for a longer time. The human body is the most loyal fan of the idiom "use in, discard out". If you often breathe violently, it is meaningless. Your whole respiratory system will feel pressure. In order to adapt to this pressure, the whole respiratory system will slowly adjust its state better. When we are meditating, we are breathing in and out. this can let us relax, and makes the heart beating slower and letting us gain energy.

## Lung Cancer

Lung cancer is one of the most malignant tumors that incidence rate and mortality rate increase fastest and is the most dangerous to the health and life of the population. Incidence rate and incidence rate of lung cancer have been significantly increased in recent 50 years. Lung cancer incidence and mortality rate is the first place in all cancers, and the incidence rate of female is second, and the mortality rate is second. The etiology of lung cancer is still not completely clear, a large number of data show that a large number of long-term smoking is closely related to the occurrence of lung cancer. It has been proved that the probability of lung cancer in a large number of long-term smokers is 10-20 times that of non-smokers. The younger the age of starting smoking, the higher the probability of lung cancer. In addition, smoking not only directly affects my health, but also has adverse effects on the health of the surrounding population, resulting in a significant increase in the incidence of lung cancer in passive smokers. The incidence rate of lung cancer in city residents is higher than that in rural areas, which may be related to city air pollution and carcinogens in smoke. Therefore, we should promote non-smoking and strengthen urban environmental health.

In September 2019, British researchers developed a new detection technology combining blood detection and computed tomography (CT), which can detect lung cancer earlier and more accurately and help patients start treatment as early as possible.