

Respiratory system

Respiratory system	Układ oddechowy
Pharynx	Gardło
Larynx	Krtani
Trachea (windpipe)	Tchawica
Bronchi	Oskrzele
Brionchioles	Oskrzeliki
Supply	Dostarczać
Oxygen	Tlen
Carbon dioxide	Dwutlenek węgla
Membrane	Błona
Covering	Pokrywająca
Pleura	Opłucna
Branches	Gałąż
Terminate	Zakończenie
Alveoli	Pęcherzyki płucne
Capillaries	Naczynia włosowate
Diffuses	Dyfunduje , przenika
Blood stream	Przepływ krwi
Opposite direction	Przeciwny kierunek
Tissue	Tkanki
Sinuses	Zatoka
Influenza (flu)	Grypa
Rhinitis	Katar
Pharyngitis	Zapalenie gardła
Tonsillitis	Zapalenie migdałków
Sinusitis	Zapalenie zatok
Laryngitis	Zapalenie krtani
Bronchitis	Zapalenie oskrzeli
Pneumonia	Zapalenie płuc
Pleuritis	Zapalenie opłucnej
Asthma	Astma
Cancer	Rak
Bronchospasm	Skurcz oskrzeli
Dust	Kurz
Pollen	Pyłek
Chills	Dreszcze
Cattarh (runny nose)	Katar
Hoarseness	Chrypka
Dyspnoea	Duszności
Cyanosis	Sinica /sinienie
Haemoptysis	Krwio plucie

The respiratory system (RS) is consist os the :

- nose
- pharynx
- larynx
- trachea (windpipe)
- bronchi
- bronchioles
- lungs

The function of RS is to supply oxygen to the body and to eliminate carbon dioxide.
The lung are the main organs of breatching.
The lungs are situated in thoracic cavity on the either side of the heart.
The membrane covering the lung is called pleura.
The lungs are built like tree , with branches that get smaller and saller, called bronchi.
The bronchi terminate the air bag , called alveoil. The wall of alveoil is rich in capillares.
Air enters through the nose and mouth.
Then the pharynx, larynx, trachea, bronchi,bronchioles it passes into the lungs.
In the alevole of the lungs oxygen diffuses into the blood stream where is absorbed by the erythrocytes.
They carry oxygen to the lungs capillaries to all cells of the body.
Carbox dioxide is carried by the blood in the opposite direction, hat is from tissues to the lungs.
It passes from the lung capillaries into air bags and is finally exhaled from the lungs. In one minute, we take eighteen to twenty breaths of air.

Most of the diseases of RS are classified as upper or lower respiratory tract infections, which caused by viruses or beacteria.

Upper respiratory tract infections affect the nose , pharynx, larynx, sinuses, throat.

The most common are a cold , influenza (flu) , pharyngitis , rhinitis, laryngitis, tonsillitis, sinusitis.

Diseases of the lower respiratory track affect the trachea , bronchi, brionchioles, lungs are more serious.

They include bronchitis, pneumonia, asthma, pleuritis and cancer.

The lung cancer is caused mainly by cigarette smoking.

Asthma , which is very common nowadays , is a sudden bronchospasm caused by various stimuli , such as dust , pollen, food, medicines, chemicals.

Respiratory system include fever, chills, sore throat , runny nose (catarrh) , cought , hoarseness,dyspnoea (difficulty in breathing) , cyanosis (bluish colour of the lips and fingernails) haemoptysis (coughing with blood) and noisy breathing.

UPPER TRACT INFECTION

Cold

Influenza (flu)

Tonsillitis

Laryngitis

Rhinitis

Sinusitis

Pharyngitis

LOWER TRACT INFECTION

Pneumonia

Ashma

Bronchitis

Cancer

Pleuritis

SYMPTOMS OTHER DISEASES

Fever	Cyanosis	Chicken pox--varicella	Ospa
Chills	Haemoptysis	German measles—rubella	Różyczka
Runny nose (catarrh)	Headache	Hay fever—allergic rhinitis	Katar sienny
Cought	Noisy breath	Measles--rubeola	Odra
Sore throat		Mumps--parotitis	Świnka
Hoarseness		Whooping cought—pertusis	Krztusiec
Dyspnoea		Catarrh --Rhinitis	Nieżyt nosa

Bibliografia :

Ewa Donesch-Jeżo -English for Nurses

Ewa Donesch-Jeżo - English for Medical Students