Respiratory System

* Why do we have sinuses?
  + Gaps in the skull make it lighter
  + Sound resonance
* Why do we have a trachea?
  + So that your airway does not collapse on itself
* The process of respiration
  + Ventilation of lungs
  + Exchange of gasses
  + Transport of gasses in blood
* Pulmonary Ventilation
  + Inhalation
  + Compliance
  + Exhalation
  + Lung capacity
* Two types of gas exchange
  + Internal
    - Between alveoli and capillary blood
  + External
    - Between blood and tissues
* Transport of Carbon Dioxide
  + 10% is dissolved in plasma and fluid in red blood cells
  + 15% combine with protein of hemoglobin and plasma
  + 75% dissolves in blood fluids and convert into bicarbonate ions
* Ventilation
  + Breaths per minute
    - Adult: 12-20
    - Children: 20-40
    - Infants: more than 40
  + Hyperventilation
    - High oxygen level and low CO2
    - Increases blood pH
  + Hypoventilation
    - Insufficient air in alveoli
    - Decreases blood pH
* A Spirometer only looks at your Vital Capacity, not your residual volume
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