Name: Date:

**Body Systems Packet Chapter 15**

Chapter 15, Lesson 1: Cardiovascular and Lymphatic Systems

1. As you read, list the problems of the cardiovascular and lymphatic systems on the lefts die under the label "Problems". List preventative health behaviors that can help reduce these problems on the right side, under the label "Prevention".

|  |  |
| --- | --- |
| Problems | Prevention |
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|  |  |
|  |  |
|  |  |

2. Define the following terms:

* Plasma
* Hemoglobin
* Platelets
* Capillaries
* Lymph
* Pathogen
* Blood pressure

3. Compare and Contrast how the cardiovascular and lymphatic systems.

* Similarities:
* Differences:

4. List at least 3 functions of the cardiovascular system.

5. Why is early detection of high blood pressure important?

6. What is the difference between anemia and hemophilia?

7. What are some healthful behaviors that should become regular habits so that you can reduce your risk of many problems with the cardiovascular and lymphatic systems?

8. Disorders to the Lymphatic System can be caused by what two things?

9. What cardiovascular disorder can be avoided through diet?

10. What is the connection between the immune system and HIV?

Chapter 15, Lesson 2: Respiratory System

1. As you read the lesson fill out the following information. In the right hand column list the organs that are found in the Respiratory System. In the left hand column, write that organ's function.

|  |  |
| --- | --- |
| ORGAN | FUNCTION |
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|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

2. Define the following terms:

* Diaphragm:
* Trachea:
* Bronchi:
* Asthma:
* Tuberculosis:
* Emphysema:

3. The process of respiration can be divided into two parts. What are those parts and explain them.

4. Oxygen fuels the brain and does what else?

5. What are two structures that are not directly involved in respiration, but have important functions to the system? Why are these important?

6. What is the worst thing you can do for your respiratory system and why?

7. What problem of the respiratory system is almost always caused by smoking?

8. Describe the main function of the respiratory system.

9. How might increased lung capacity benefit your health?

10. What is sinusitis? What causes it?

Chapter 15, Lesson 3: Digestive System

1. The three column chart is for you to fill out as you read the lesson. In the first column, list the organs of the digestive system. In the second, describe the function of each organ. In the third, list behaviors that contribute to the health of each organ.

|  |  |  |
| --- | --- | --- |
| Digestive Organ | What It Does | How To Keep It Healthy |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

2. Define the following terms:

* Mastication
* Peristalsis
* Gastric Juices
* Bile
* Peptic Ulcer
* Appendicitis

3. What are the main functions of the digestive system?

4. What substance is secreted by the liver and what does it do?

5. What are the functions of the stomach?

6. Describe how peristalsis moves food through the digestive tract.

7. What parts of foods do hydrochloric acid, pepsin, and bile work on?

8. Why is it important to drink plenty of water when you have diarrhea or constipation?

9. Digestion includes two processes. What are the two processes and what do they involve?

10. To maintain your digestive health, what are 4 things that you need to do (they give you 6)?

11. What is the second leading cause of cancer death in the USA?

Chapter 15, Lesson 4: Excretory System

1. Define the following terms:

* Nephrons
* Ureters
* Urethra
* Cystitis
* Urethritis
* Hemodialysis

2. What vital body function do the kidneys provide?

3. Why is it better to drink water rather than soft drinks when you are dehydrated?

4. How are ureter, a urethra, and urethritis different?

5. How can you prevent cystitis and urethritis?

6. What might pain during urination indicate? What should you recommend to a friends who experiences this?

7. Why is it possible to donate a kidney and survive?

8. What role does skin play in excretion?

9. What are the recommended ways to maintain the health of the excretory system?

10. What problem of the urinary system could require hemodialysis?

11. Why might ingesting an unhealthful substance such as alcohol harm the liver first before any other organ?

12. How does practicing good hygiene maintain the health of the urinary system?

13. Why is it important to address even mild cases of cystitis and urethritis?

14. Why would a patient choose a kidney transplant over hemodialysis?