

Study Guide: Major Body Systems to Know in Healthcare

Overview

There are many body systems you should be aware of if you are going to be working in healthcare, but there are two important ones:

- The Cardiovascular System
- The Respiratory System

The Cardiovascular System

Definition: The cardiovascular system has the responsibility to deliver blood to different parts of our bodies.

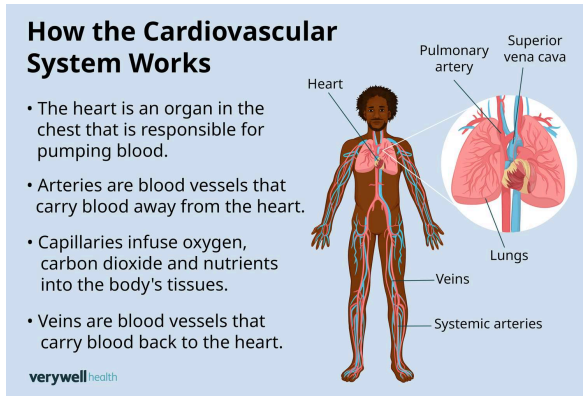
Anatomy: The cardiovascular system has different organs and tissues which include:

- **The heart:** Our heart is a muscle that pumps blood around our bodies
- **A closed system of blood vessels:** There are three types of blood vessels that the cardiovascular system has which include:
 - **Arteries:** Carry blood away from the heart
 - **Veins:** Vessels that bring blood back to the heart
 - **Capillaries:** Tiny vessels that branch off from the arteries to deliver blood to all blood tissues

Blood Circulatory Systems

There are two types of blood circulatory systems in the human body:

1. **The Systemic Circulatory System:** The main blood circulatory system. This system's job is to transport blood to all of our tissues, organs, and cells.
2. **The Pulmonary Circulatory System:** Moves blood between the heart and lungs. This is where oxygen enters the blood and carbon dioxide leaves the blood



The Respiratory System

Definition: The structures and organs in your body that let you breathe. There are many parts of the respiratory system of the human body that work together so that we can breathe.

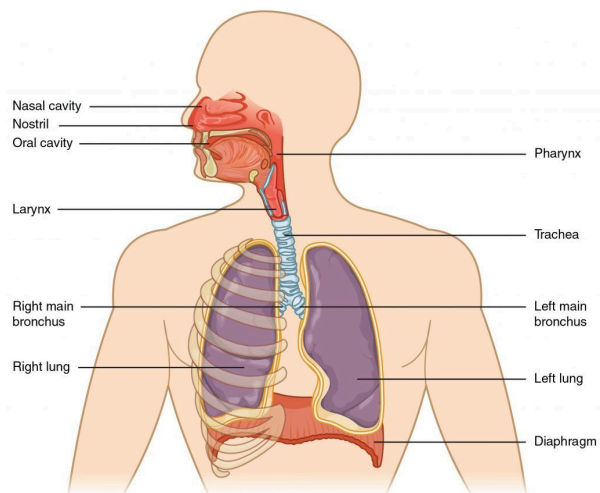
Functions: The respiratory system has many functions:

- Pulls in oxygen from your body's cells and gets rid of carbon dioxide
- Protects your body from particles you breathe in
- Allows us to talk
- Helps us smell

(Note: These are not all of the functions, only some of them.)

Anatomy: The main organ of your respiratory system is the lungs, but many other organs also work together so that we can breathe:

- Nose and nasal cavity
- Mouth and oral cavity
- Sinuses
- Throat, in medical terms: pharynx
- Voice box, in medical terms: larynx. This is a hollow tube in the middle of your neck
- Windpipe, in medical terms: trachea
- Large airways, in medical terms: bronchi
- Diaphragm: sits under your lungs, separates your chest cavity from your abdomen.



References

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