

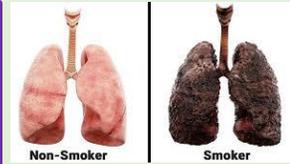
# B8.2 - Our Lungs

## Impact on health of smoking

**Tar** - carcinogen causing Lung cancer and smokers cough

**Nicotine** - Narrows blood vessels + causes Heart Disease

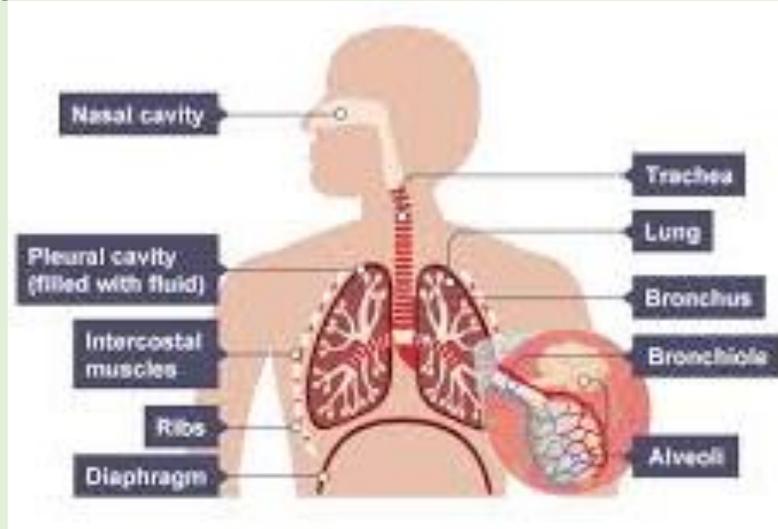
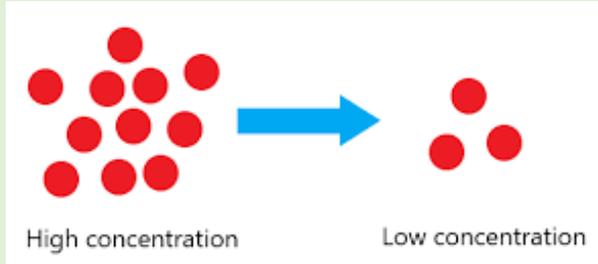
**Carbon Monoxide** - reduces the oxygen in the blood causing shortage of breath on exercise



## DIFFUSION

The movement of particles from an area of high concentration to low concentration.

This is known as the **Concentration gradient**



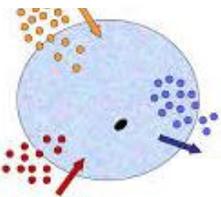
Gas in the air	Amount (%)
Nitrogen	78%
Oxygen	21%
Carbon Dioxide	0.04%
Inert (non-reactive) gases	1%

**Smoking Cannabis** is strongly linked to:

- **Schizophrenia** & long term mental health issues
- Memory Loss
- Longer reaction times
- Decreased immune system
- Increased impact of tar.

## Diffusion at CELLS

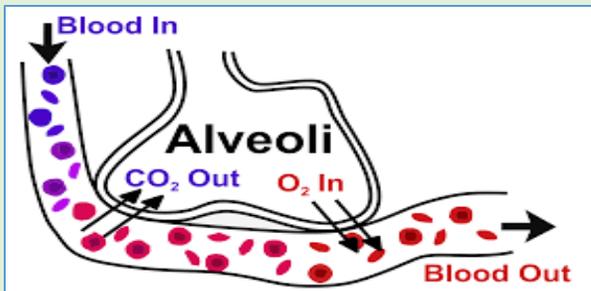
Food molecules



Oxygen molecules

Carbon dioxide molecules

## Diffusion at LUNGS



Structure	Function
Trachea	Held open by C shaped cartilage rings
Bronchioles	Small tubes dividing from bronchi to supply alveoli
Alveoli	Tiny air sacs surrounded by blood capillaries
Ribs	Bones protecting the lungs
Intercostal Muscles	Between the ribs. Contract to move the rib cage for deeper breathing.
Diaphragm	Sheet of Muscle controlling breathing in and out
Pleural cavity	Lungs are sealed by two pleural membranes

## Effect of Asthma

