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Week 5 Reflection Activity

Anatomy & Physiology II

I really enjoyed learning about the respiratory system this week. As a person that has struggled with respiratory problems in my life, from having asthma as a child to getting frequent pneumonia as an adult, I thought that I pretty much knew everything there was to know about the lungs and respiration. I was very wrong! There was so much that I had no idea about and learned a great deal more than I thought I would going into the assignment this week. As with all the systems we have learned about so far, it still amazes me just how intricate all of these systems are and how every organ, cell and tissue has a precise and specific purpose and if any of those things gets even the slightest bit off kilter, it will send the whole system out of whack and sometimes it can take a while to figure out exactly what the problem is, and even then, it sometimes takes a while to fix the issue and get everything running smoothly again. Sometimes doctors will have to try several treatments or a combination of treatments in order to get it right. There is so much information to be learned about the entire human body.

This information will be very valuable in my future career and my personal life. It's very good to know how everything works and what can be the cause of certain illnesses and diseases and how it can be prevented in the future.