



# Module 8 Study Notes



- **Respiration**
  - The process of breathing air into the lungs and exhaling air out of the lungs.
- **Inspiration**
  - Breathing in.
- **Expiration**
  - Exhaling air out of the lungs.
- **Sputum**
  - Thick mucus coughed up from the lungs.
- **Urinary Incontinence**
  - The inability to control the bladder, which leads to an involuntary loss of urine.
- **COPD**
  - Chronic obstructive pulmonary disease. Two chronic lung diseases are grouped under COPD: chronic bronchitis and emphysema
- **Digestion**
  - The process of preparing food physically and chemically so that it can be absorbed into the cells.
- **Elimination**
  - The process of expelling solid wastes (made up of the waste products of food) that are not absorbed into the cells.
- **Fecal incontinence**
  - The inability to control the bowels, leading to an involuntary passage of stool.



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- **Constipation**
  - The inability to eliminate stool, or the infrequent, difficult, and often painful elimination of a hard, dry stool.
  
- **Ostomy**
  - A surgically-created opening from an area inside the body to the outside.
  
- **Stoma**
  - An artificial opening in the body.
  
- **Colostomy**
  - A surgically-created opening into the large intestine to allow stool to be expelled
  
- **Ileostomy**
  - A surgically-created opening into the end of the small intestine to allow stool to be expelled
  
- **Glands**
  - Organs that produce and secrete chemicals called hormones.
  
- **Hormones**
  - Chemical substances created by the body that control numerous body functions.
  
- **Diabetes**
  - A condition in which the pancreas produces too little insulin or does not properly use insulin.



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- **Insulin**
  - A hormone that converts glucose into energy for the body.
- **Glucose**
  - natural sugar.
- **Common STI's**
  - Chlamydia
  - Syphilis
  - Gonorrhea
  - Genital Herpes