

Human Phys PCB4701

# Respiration part 1

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## **Analysis of Internal Transport in an Organism:**

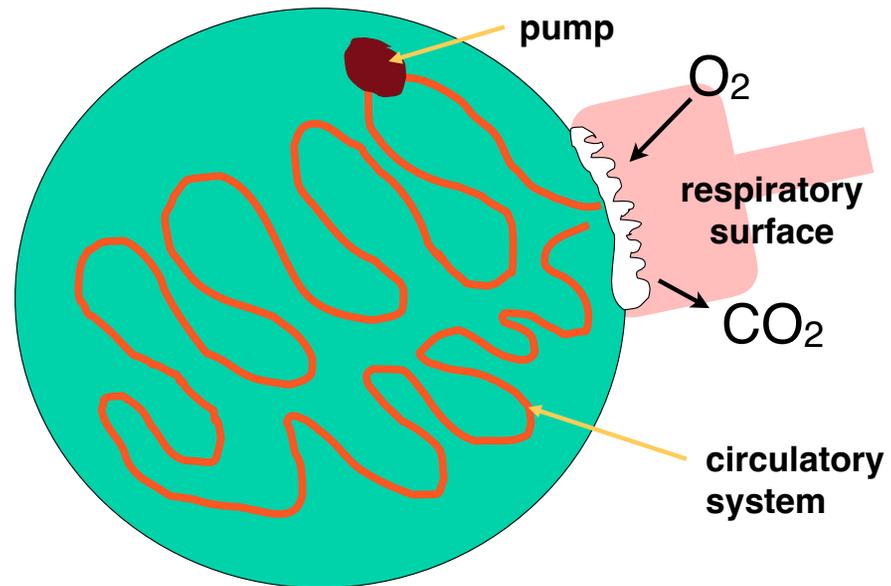
Movement of chemicals from external environment into the body, and between organs of the body.

Tranported Chemicals can be essential metabolic nutrients (O<sub>2</sub>, glucose) or toxic waste products (CO<sub>2</sub>, N (urea), heme (bilirubin) )

1. What is the internal transport system that carries the chemicals from the exchange surface to target tissues?
2. What provides & controls the force to move chemicals through the system?
3. What are the exchange surfaces?
4. How do the chemicals enter/exit the cells of the exchange surface?
5. How are the chemicals unloaded by the transport system and taken up by the target cells?

## Respiration:

Get  $O_2$  from outside environment into deep tissues,;  
get  $CO_2$  out of tissues



## Cellular Respiration:

$O_2$  used by tissues in oxidative phosphorylation;  
 $CO_2$  produced as waste product by glycolysis.

## Analysis of Internal Transport in an Organism:

Movement of chemicals from external environment into the body, and between organs of the body.

Tranported Chemicals can be essential metabolic nutrients (O<sub>2</sub>, glucose) or toxic waste products (CO<sub>2</sub>, N (urea), heme (bilirubin) )

1. What is the internal transport system that carries the chemicals from the exchange surface to target tissues?      lungs, circulation
2. What provides & controls the force to move chemicals through the system?      breathing (suction), regulation by brainstem and pH
3. What are the exchange surfaces?      alveoli, capillaries
4. How do the chemicals enter/exit the cells of the exchange surface?      diffusion
5. How are the chemicals unloaded by the transport system and taken up by the target cells?      hemoglobin, O<sub>2</sub> levels, pH

# Respiration

## **Tuesday**

Anatomy of Lungs

Mechanics of Breathing

Lung Volume

Gas Concentrations

Control of Breathing

## **Thursday:**

Role of  $\text{CO}_2$  and  $\text{HCO}_3^-$  (bicarbonate) as buffer

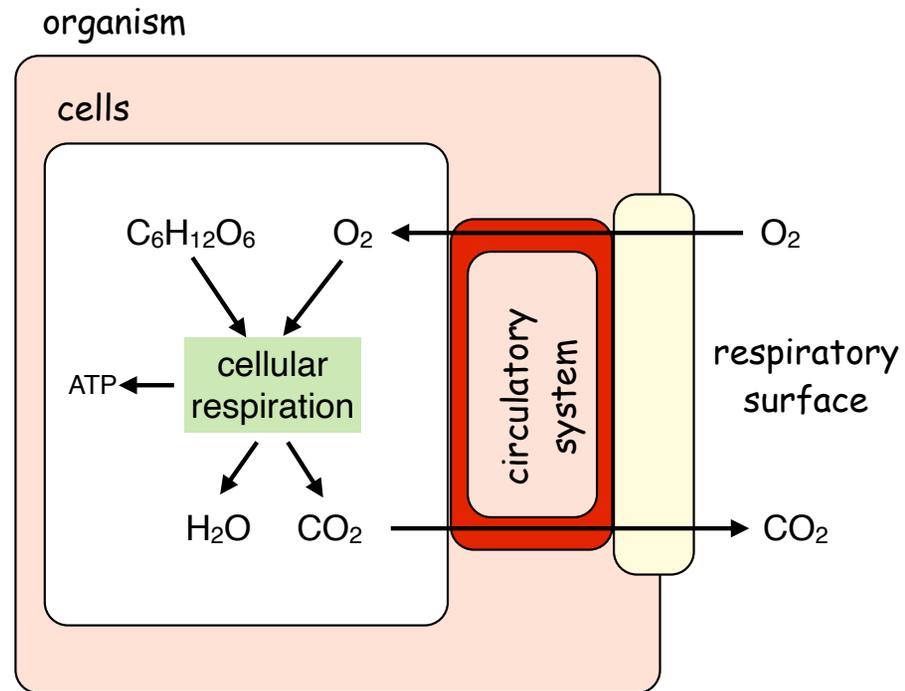
Hemoglobin

Transport of  $\text{CO}_2$

Fetal Circulation

## Respiration:

Get  $O_2$  from outside environment into deep tissues;  
get  $CO_2$  out of tissues



### Cellular Respiration:

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 $CO_2$  produced as waste product by glycolysis.

# Basic Anatomy of the Lungs

**glottis**

**larynx**

**trachea**

**right & left bronchus**

**bronchiole**

**alveolar sac**

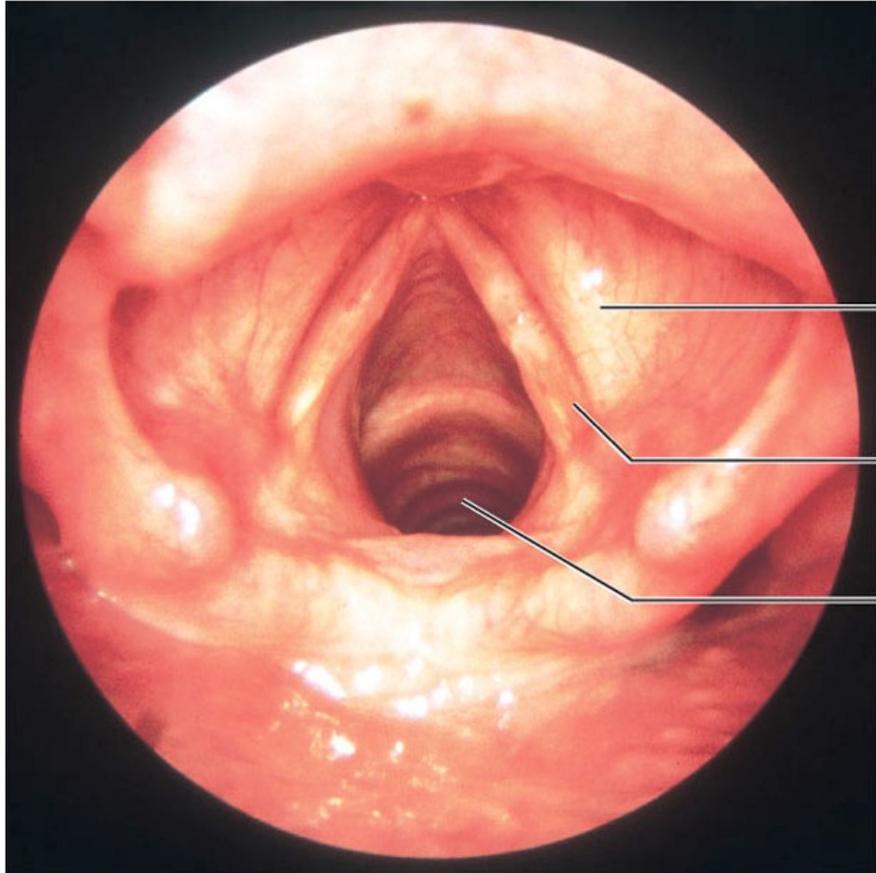
**alveoli**

**Type 1 alveolar cell**

**Type 2 alveolar cell**

**diaphragm** - divides **thoracic** cavity from **abdominopelvic** space

**intrapleural** space - space between outer lining of lungs and inner lining of thorax



Ventricular fold  
(false vocal cord)

Vocal fold  
(true vocal cord)

Glottis

© Phototake

Figure 16.6

Figure 16.5a

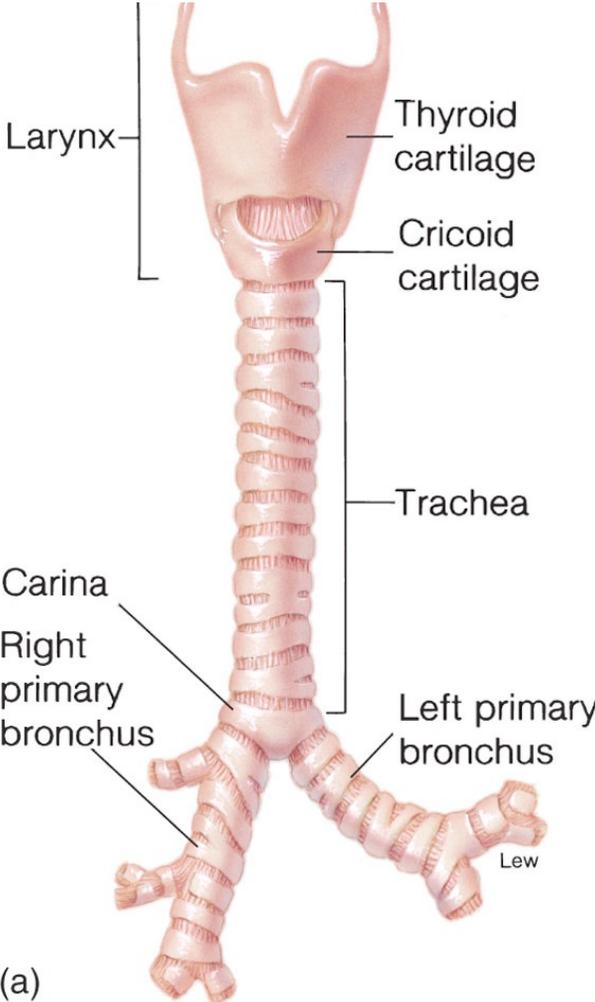


Figure 16.7

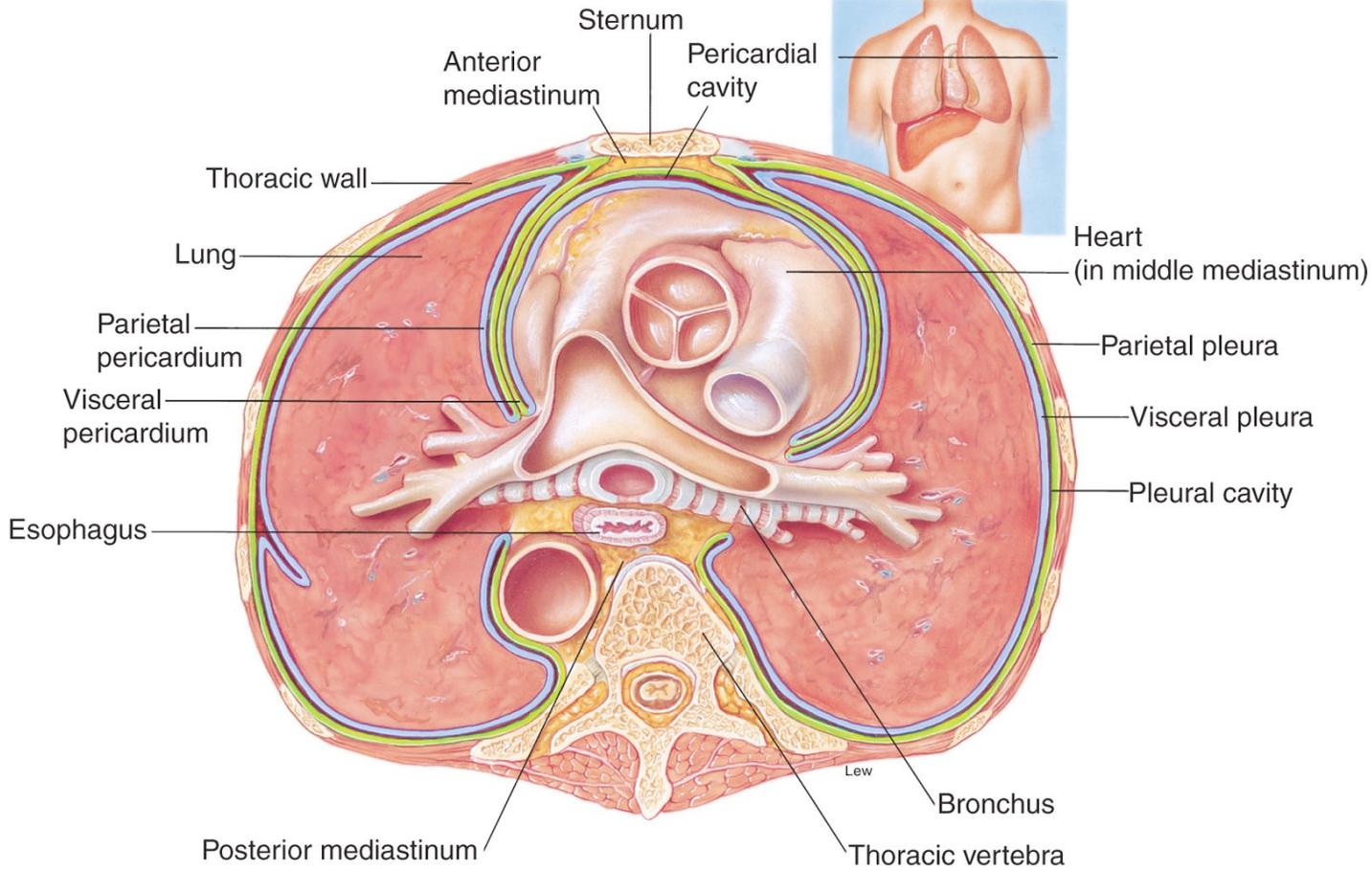
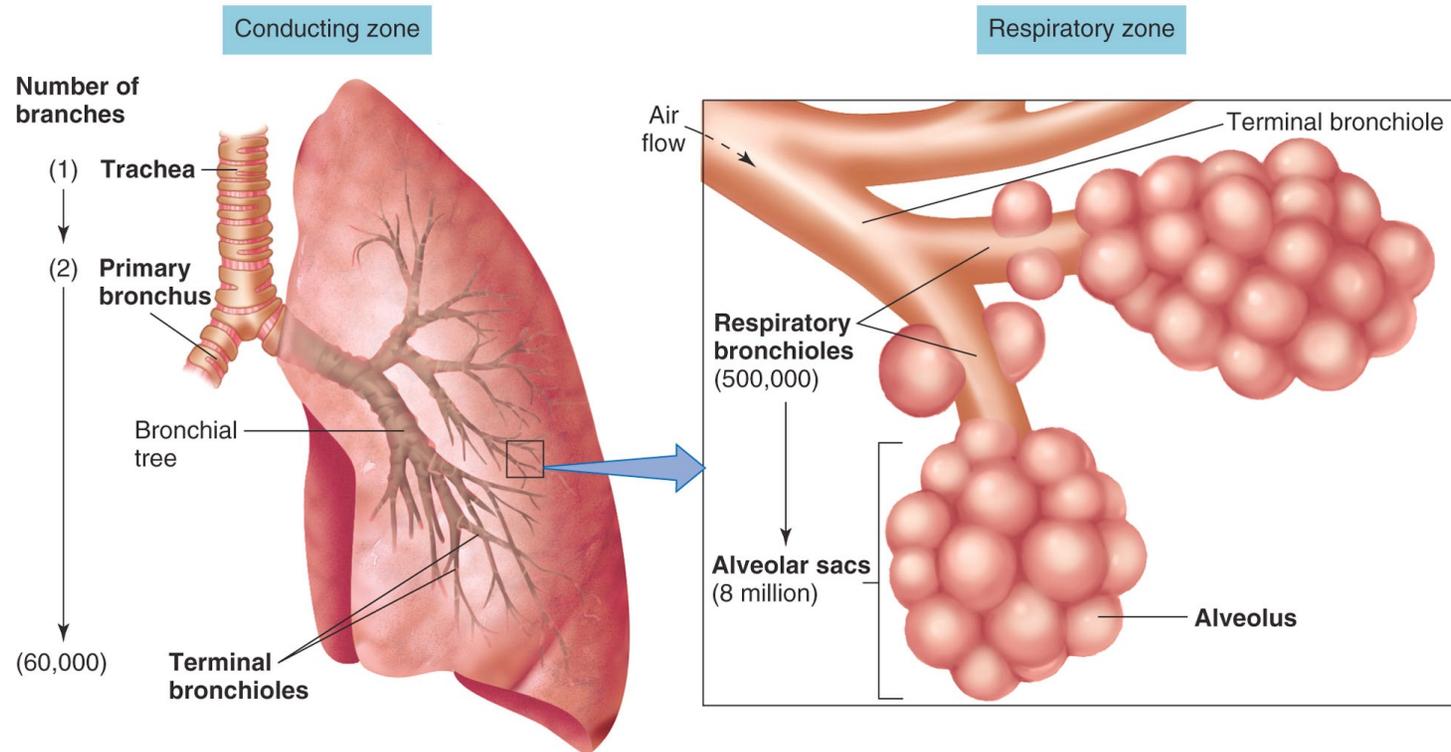


Figure 16.4



Tubes for bulk transport → many small spheres for increased surface area  
1 trachea → 8 million alveoli

Figure 16.3a

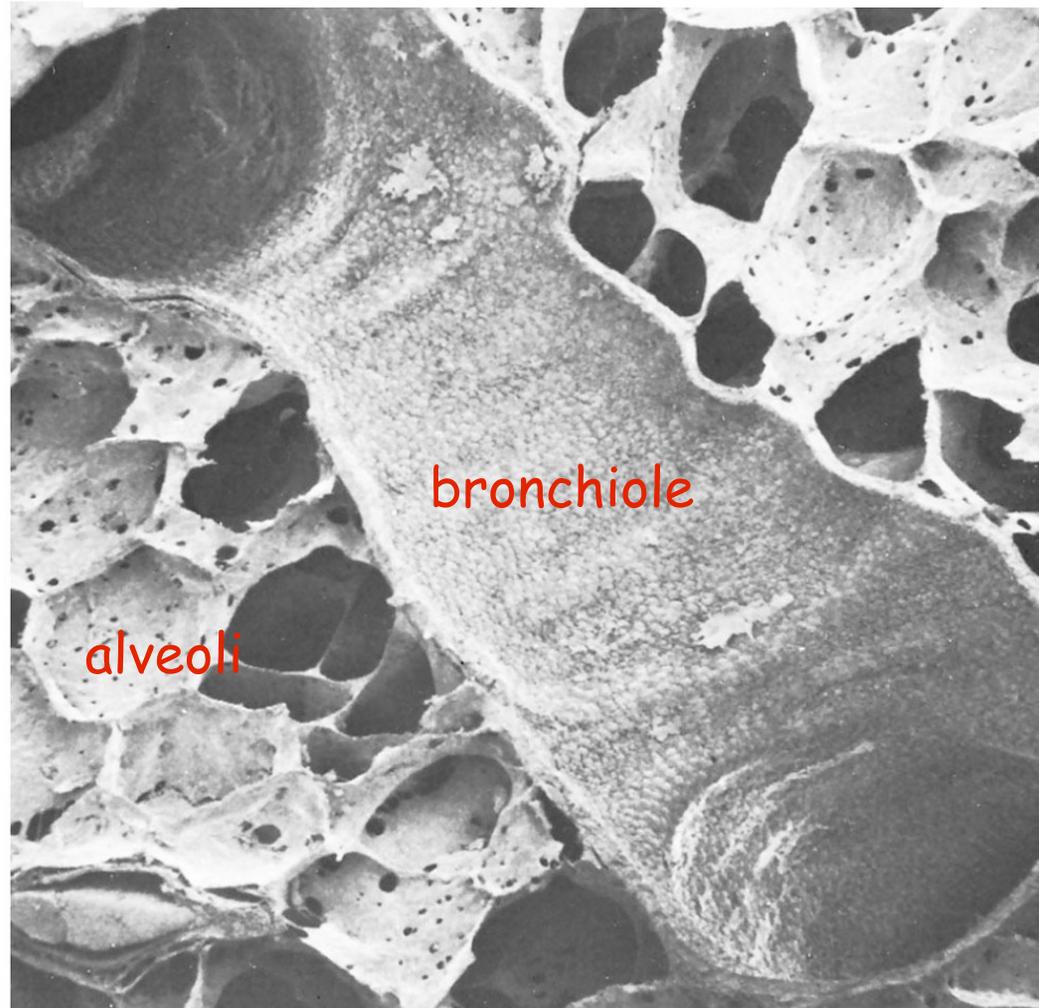
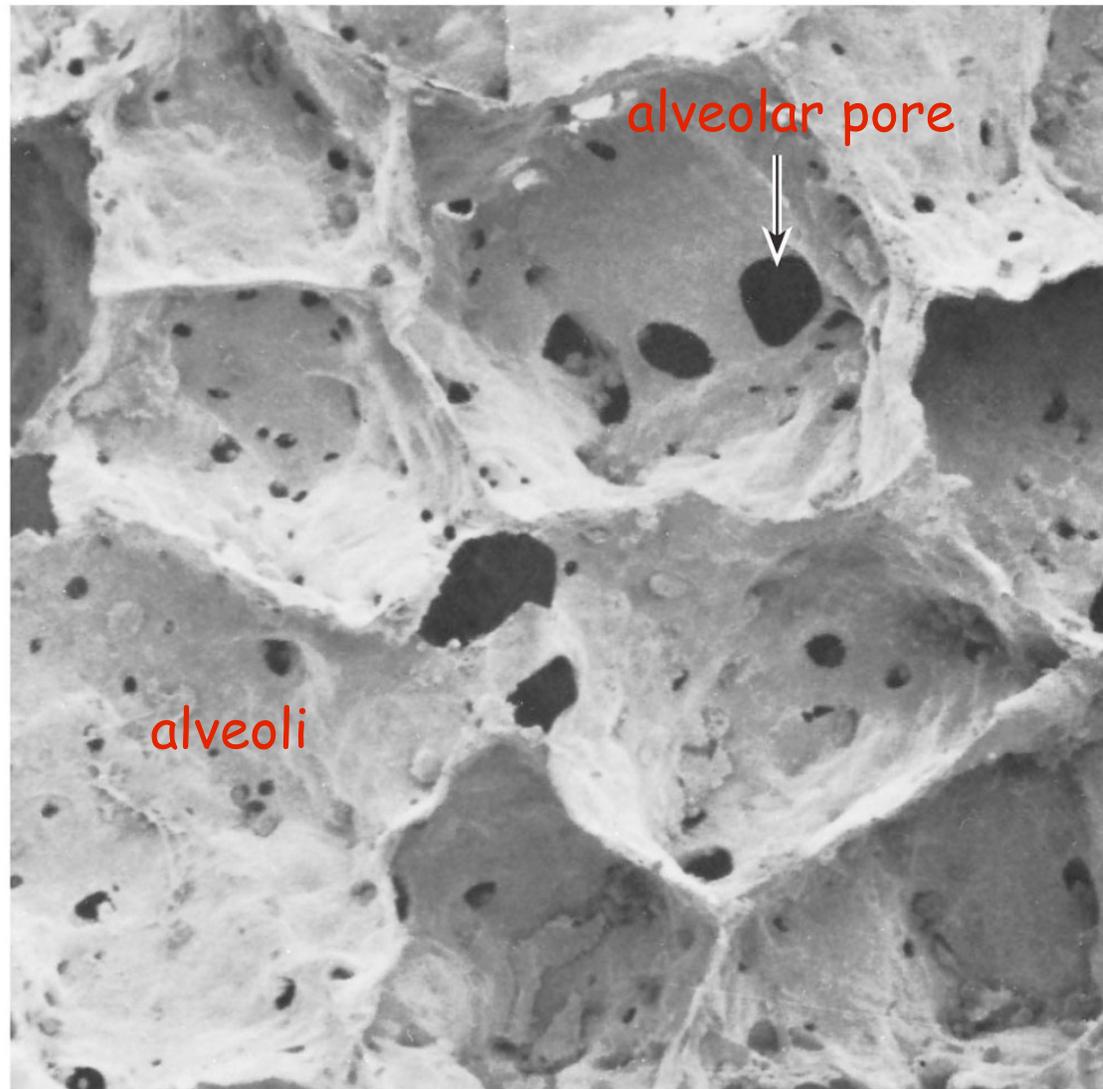


Figure 16.3b



(b)

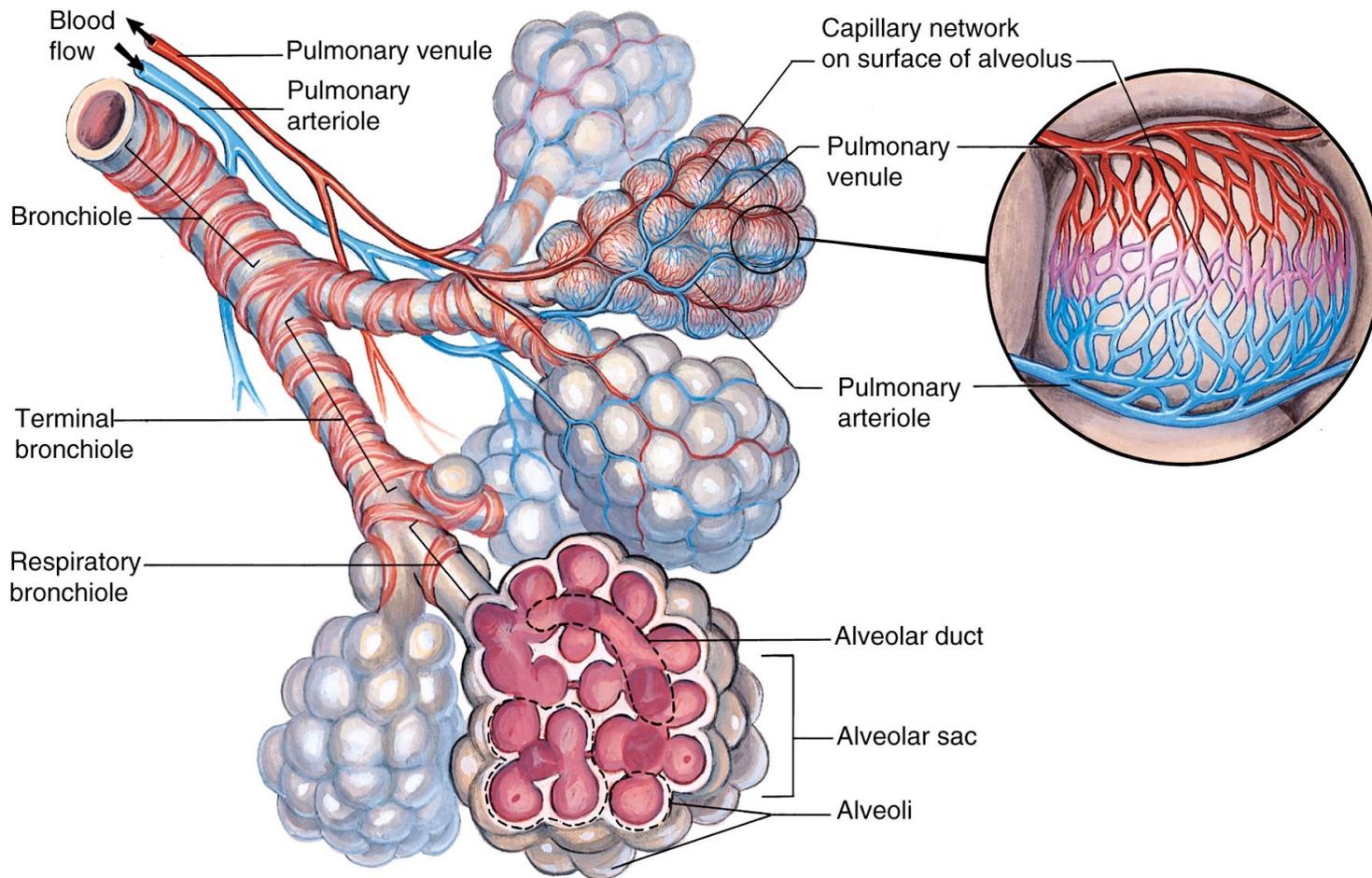


Figure 16.20

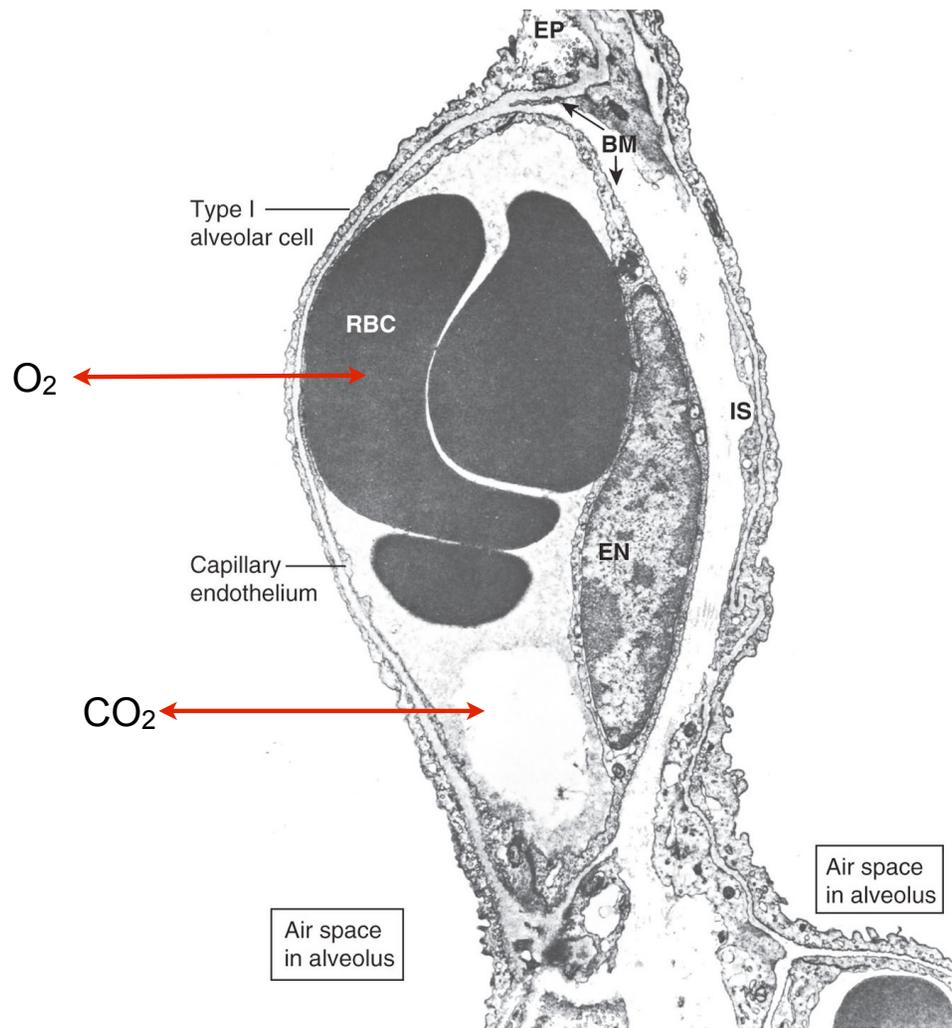


Figure 16.2

# Physical Properties of Lungs

## **Compliance**

amount that lung inflates with given pressure change

## **Elasticity**

amount that lung resists inflation and recoils back to resting state (lungs stuck to chest wall, so always in elastic tension)

## **Surface Tension**

thin film of fluid on inside of alveoli has surface tension (attraction of water molecules), tending to collapse the alveoli. Type 2 alveolar cells produce **surfactant** a phospholipid-protein detergent that breaks surface tension.

## **Disorders of surface tension:**

**cystic fibrosis:** genetic defect of a Cl<sup>-</sup> transporter causes lack of fluid secretion, so airway fluid is excessively viscous

**acute respiratory distress syndrome (ARDS):** inflammation in lungs leads to excessive accumulation of fluid & reduced surfactant release

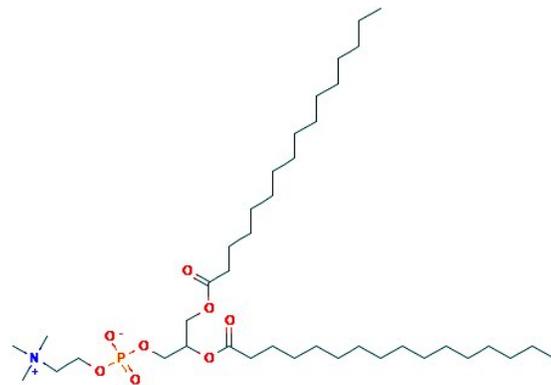
**premature infant:** surfactant not produced until late in gestation (just before birth), so premature infants have collapsed alveoli unless exogenous surfactant administered.

**The smaller the radius, the stronger the pressure exerted by surface tension**

Small, fluid coated alveoli tend to close up because of surface-tension of fluid

surfactant (“surface active agent”) phospholipid/protein acts as natural detergent to break up surface tension make it easier to inflate alveoli.

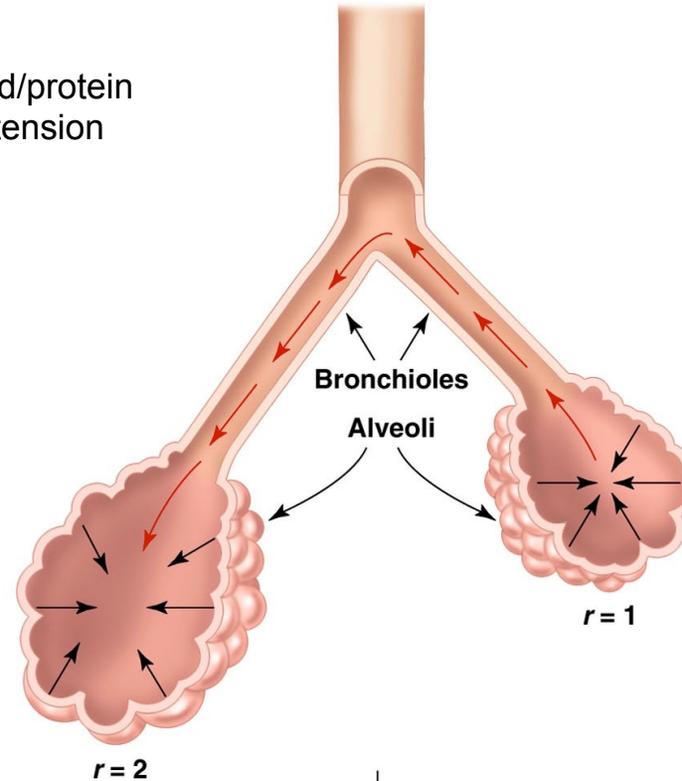
Synthesized by Type II cells in late fetal life, so pre-term babies may not have enough.



1,2-Dipalmitoylphosphatidylcholine

Law of Laplace

$$P = \frac{2 \times T}{r}$$



$P = \frac{2 \times T}{2}$	$P = \frac{2 \times T}{1}$
$P = T$	$P = 2T$

Surfactant & premature infant

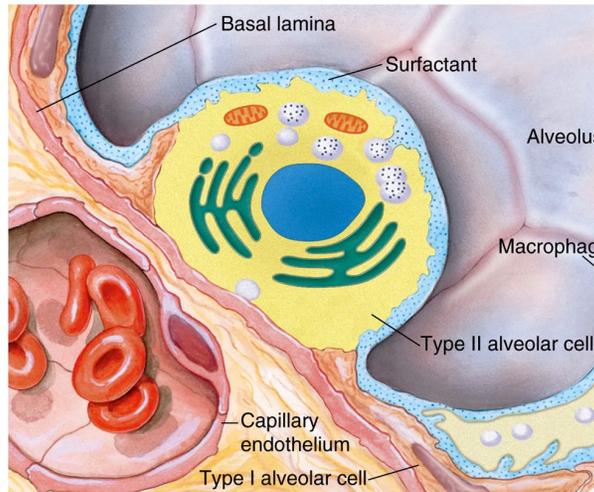
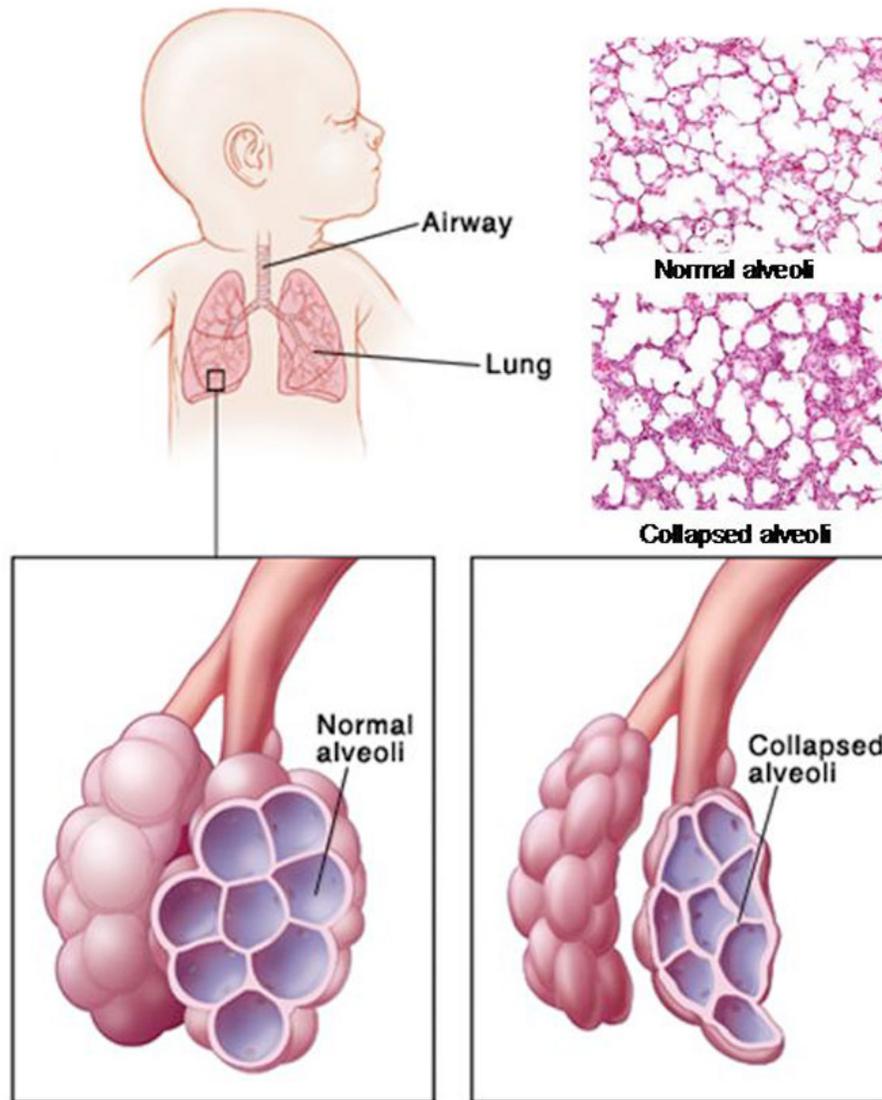
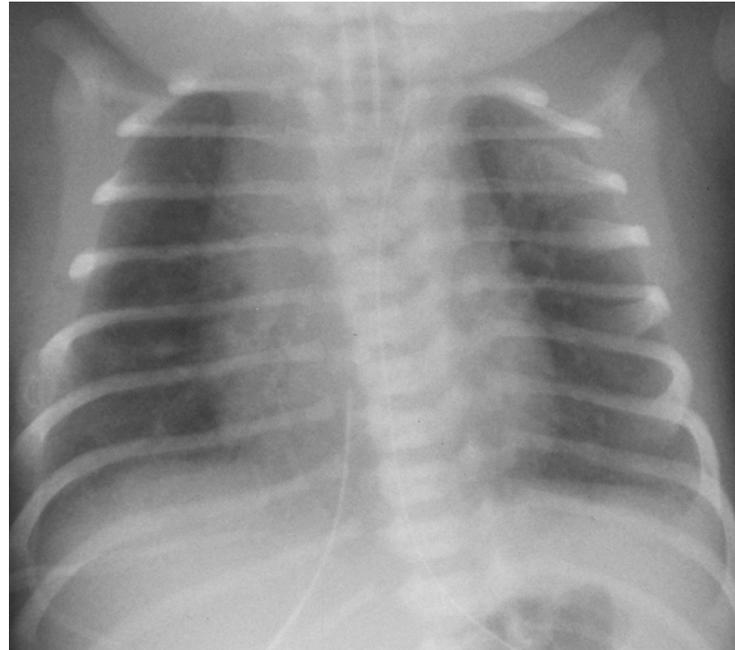
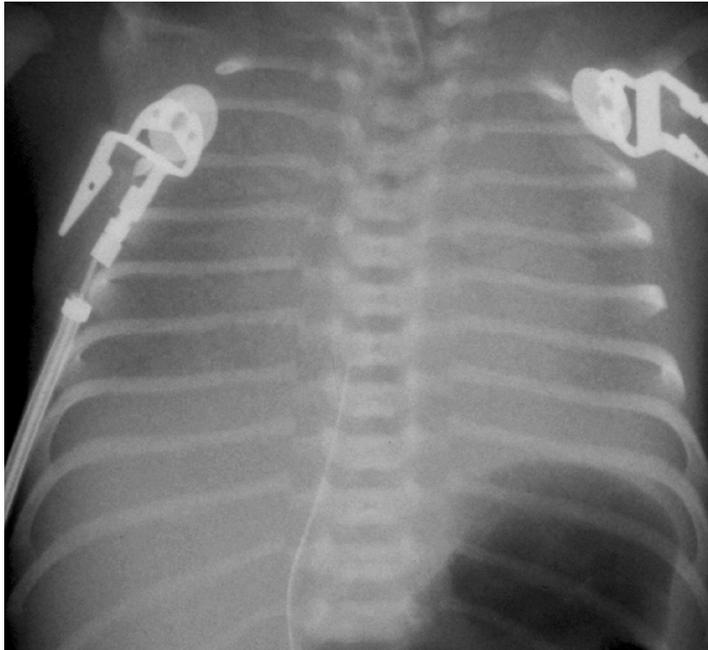


Figure 16.11



Symmetric surfactant effect in a 36-week-gestational age infant of a diabetic mother.

Pretreatment radiograph shows diminished lung expansion, diffuse bilateral reticulogranular opacities, and air bronchograms, findings consistent with severe RDS



Repeat radiograph, obtained 6 hours after endotracheal administration of one dose of surfactant, reveals marked improvement in lung aeration and vascular definition.

# Inspiration & Expiration

Intrapulmonary - inside the lungs

Intrapleural - inside the space between the lungs and the chest wall.

At rest, intrapulmonary pressure = atmospheric pressure.

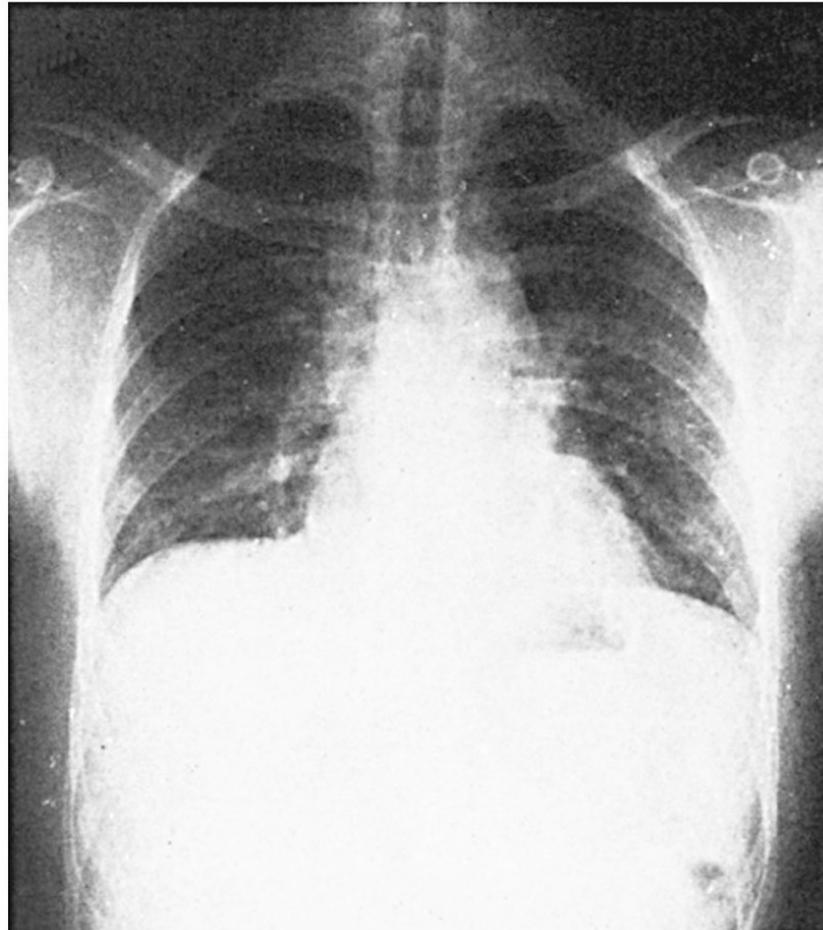
Intrapleural pressure less than atmospheric pressure, so lungs kept inflated up against the inside of chest wall.

**Boyle's Law** - pressure drops as volume increases; so increase in lung volume decreases intrapulmonary pressure -> sucks air into lungs

Lowering diaphragm causes drop in intrapulmonary pressure to less than atmospheric.

Raising diaphragm causes increase in intrapulmonary pressure, forces air out.

Figure 16.12a

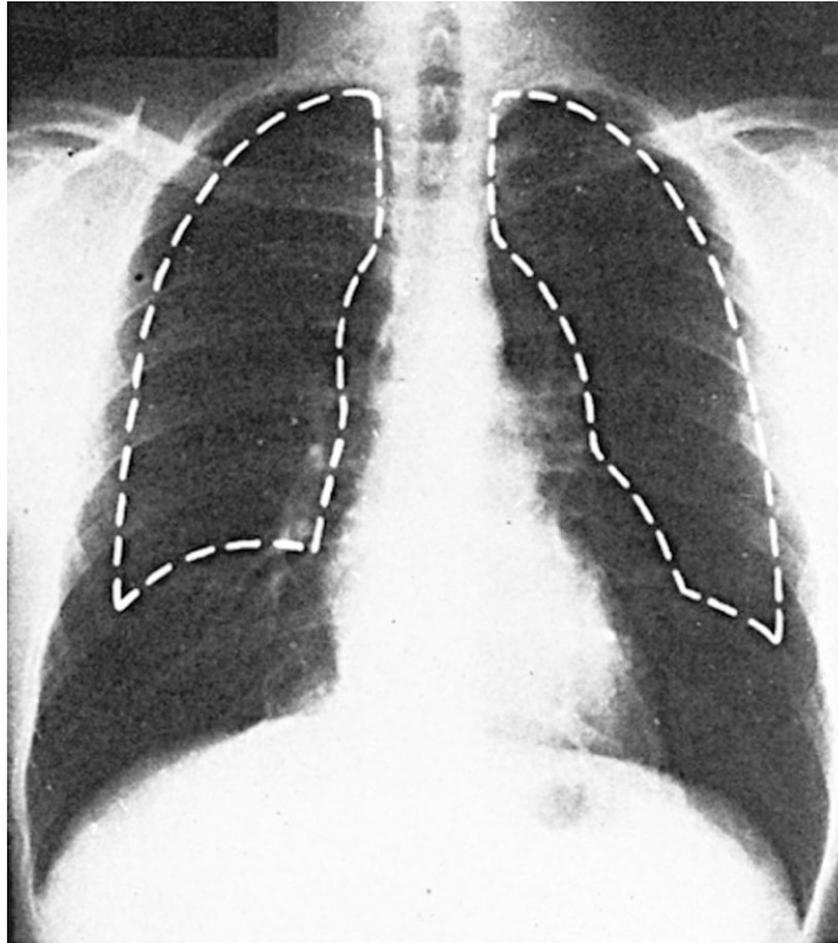


(a)

**Expiration**

From J.H. Comroe, Jr., *Physiology of Respiration: An Introductory Text*, 2nd edition, 1974  
© Yearbook Medical Publishers, Inc. Chicago

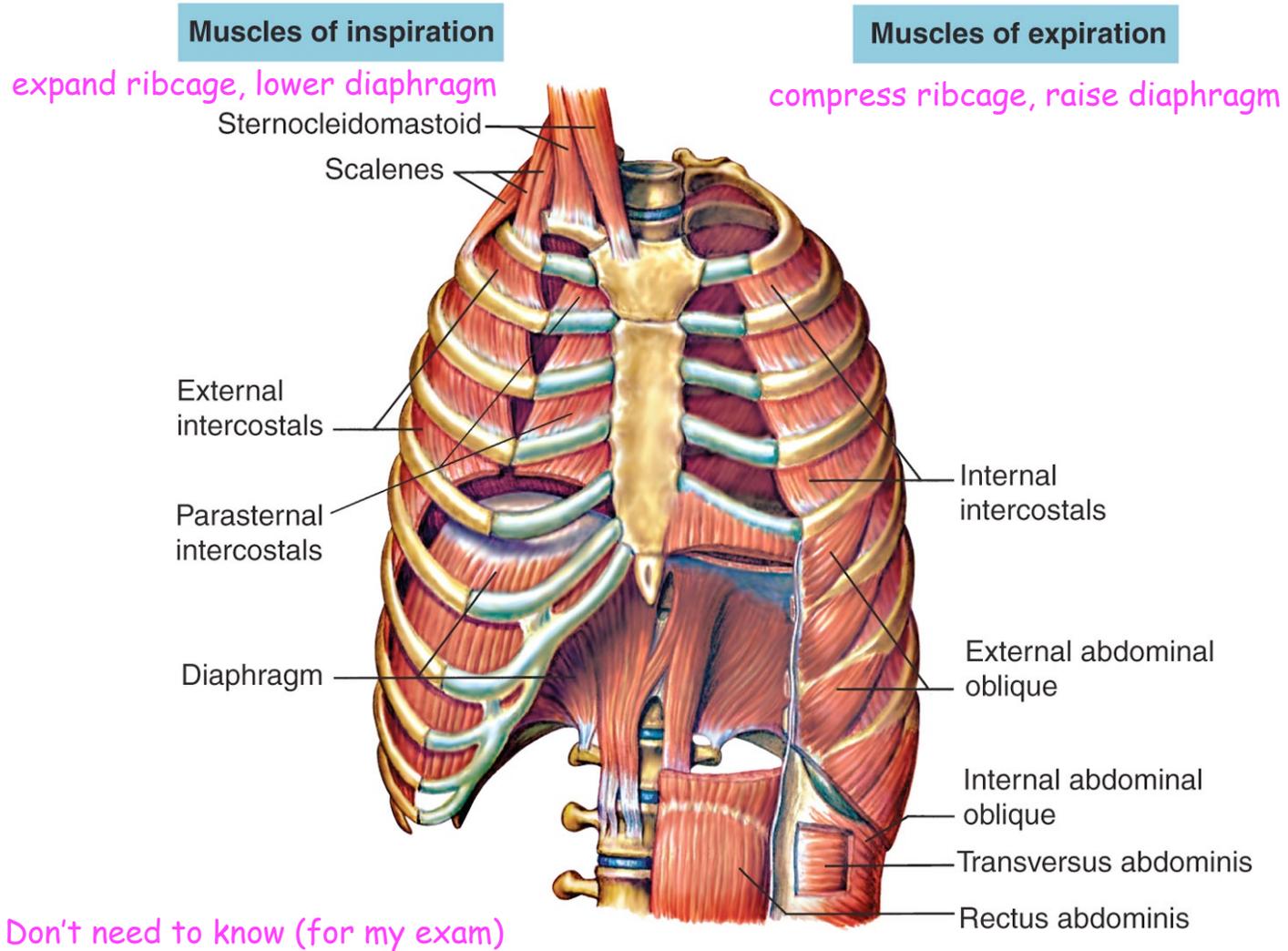
Figure 16.12b



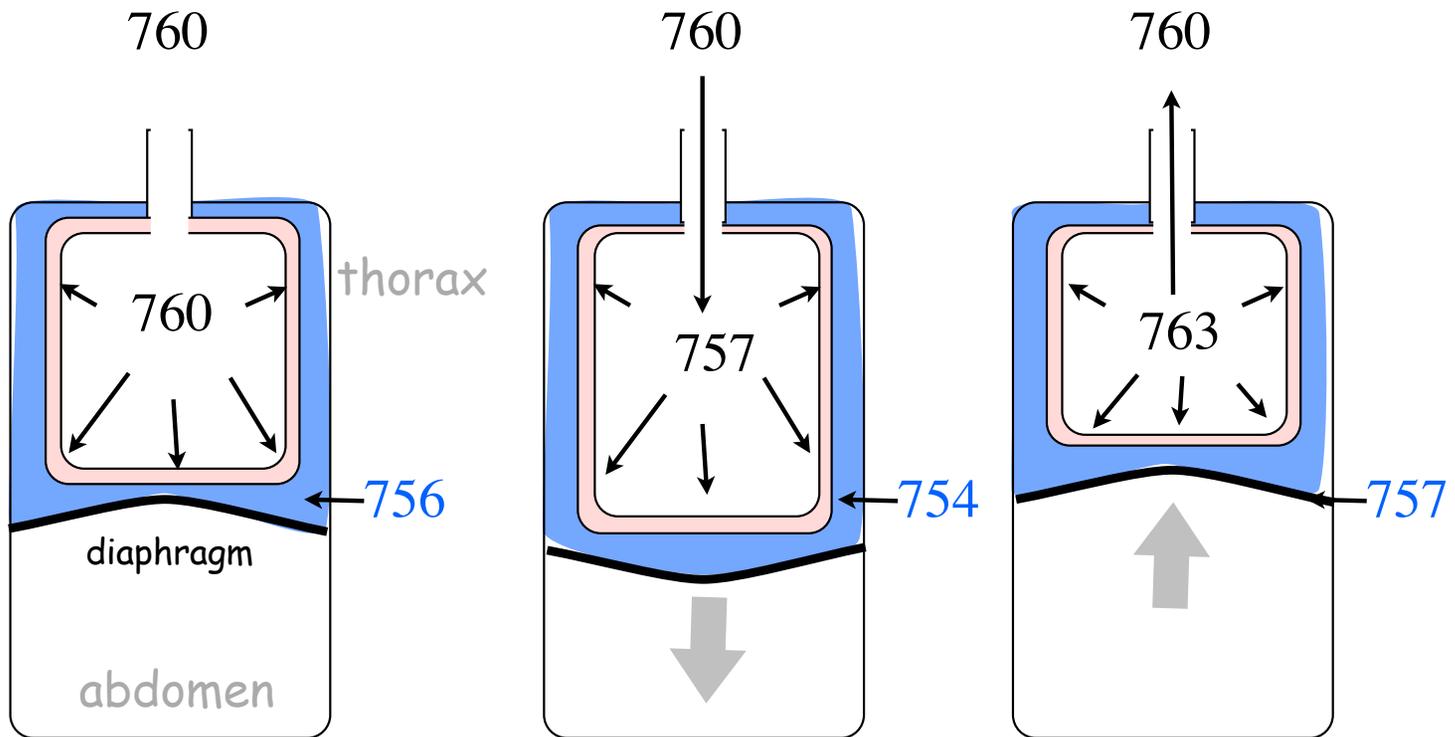
**Inspiration**

From J.H. Comroe, Jr., *Physiology of Respiration: An Introductory Text*, 2nd edition, 1974  
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Figure 16.13



## Pressures on the lungs



what sets up negative pressure in pleural cavity?  
venous return, lymphatic drainage

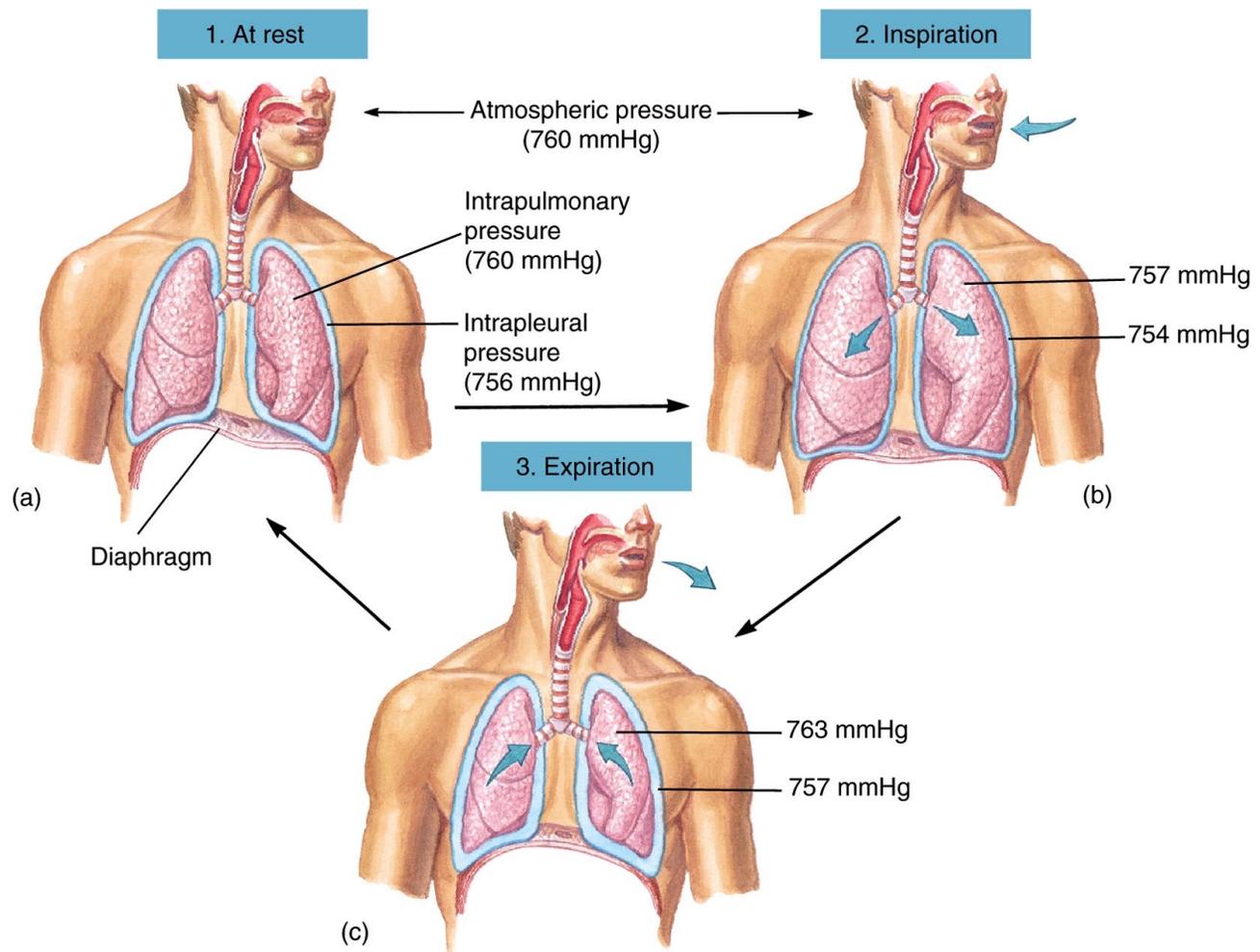
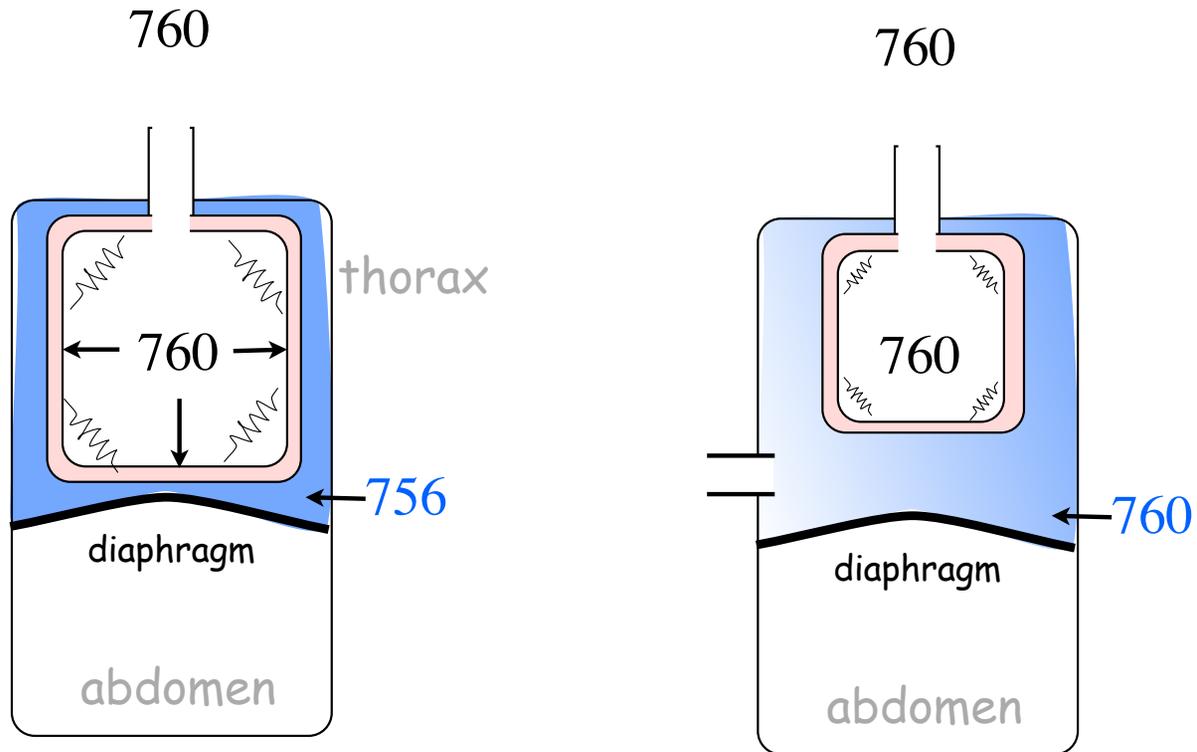


Figure 16.14

## Intrapleural pressure keeps elastic lung inflated.

**Pneumothorax:** air enters intrapleural space, lung collapses

(also, because lung no longer pulled against diaphragm, can't pull air in during inspiration.)



## Pneumothorax - “air chest”

air enters intrapleural space  
and lung collapses

more air on right (so darker),  
more blood on left

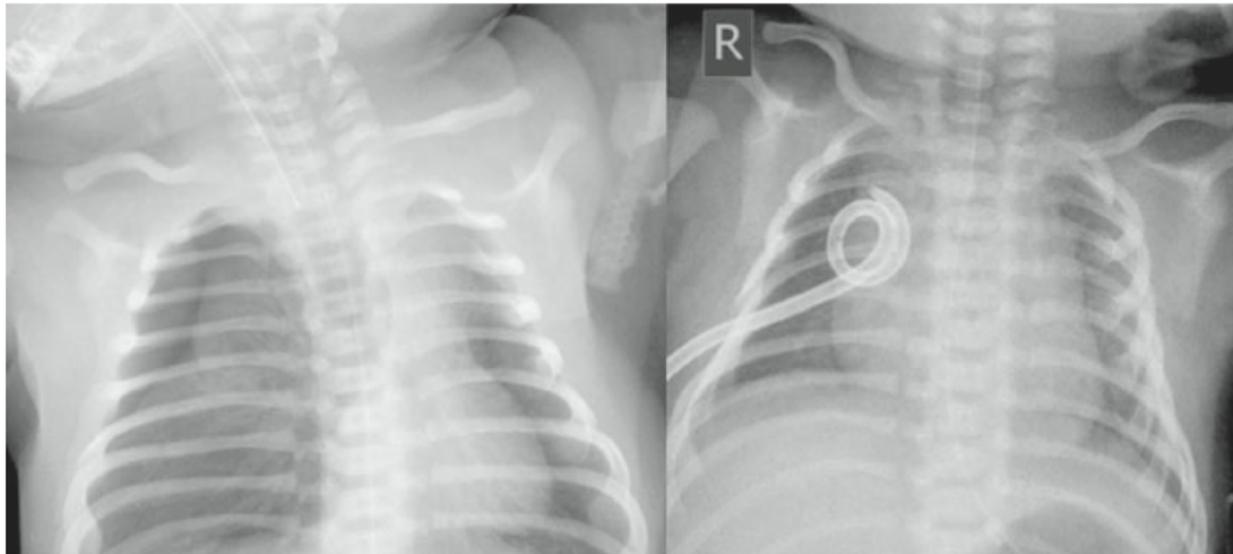
Treatment: insert catheter  
(small tube) and suck air out  
of intrapleural space.



Figure 16.9

## Pneumothorax - “air chest”

pre-term infant with pneumothorax & correction with catheter to remove air from pleural space.



**Figure 3** (A) Right sided pneumothorax. (B) Insertion of pigtail catheter showing resolution of the pneumothorax.

**Algorithm for the management of respiratory distress in the moderately preterm infant in the newborn period.**

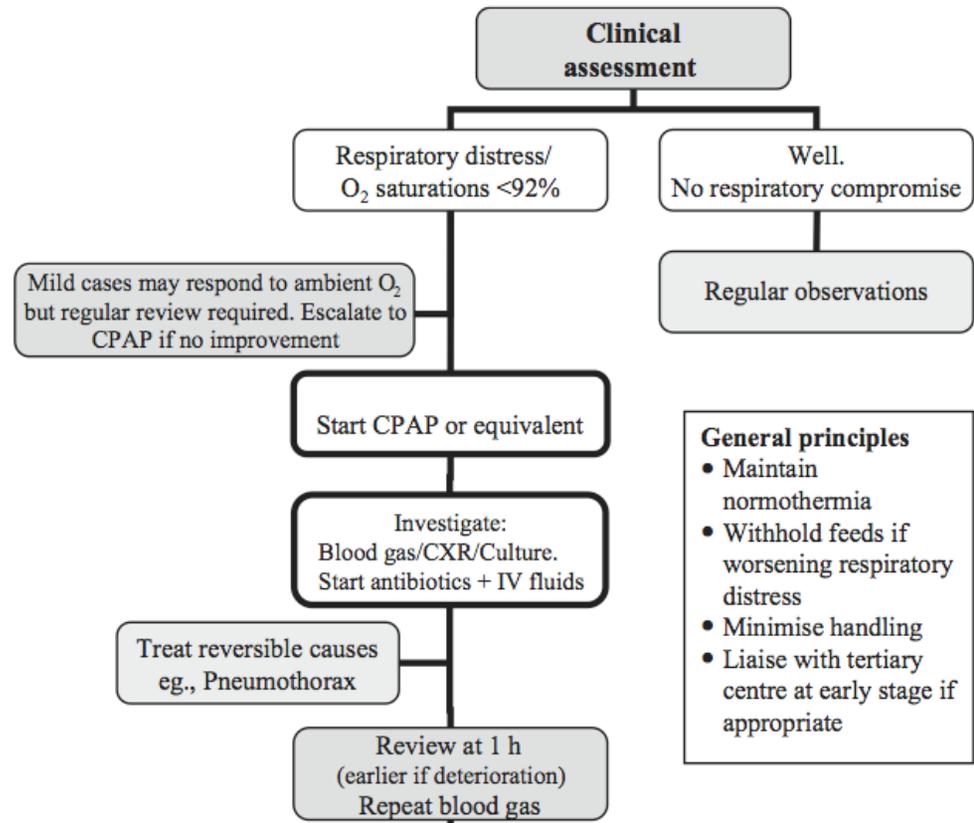


Figure 4 Algorithm for the management of respiratory distress in the moderately preterm infant in the newborn period. CPAP, continuous positive airflow pressure; CXR, chest x-ray; RDS, respiratory distress syndrome.

**Algorithm for the management of respiratory distress in the moderately preterm infant in the newborn period.**

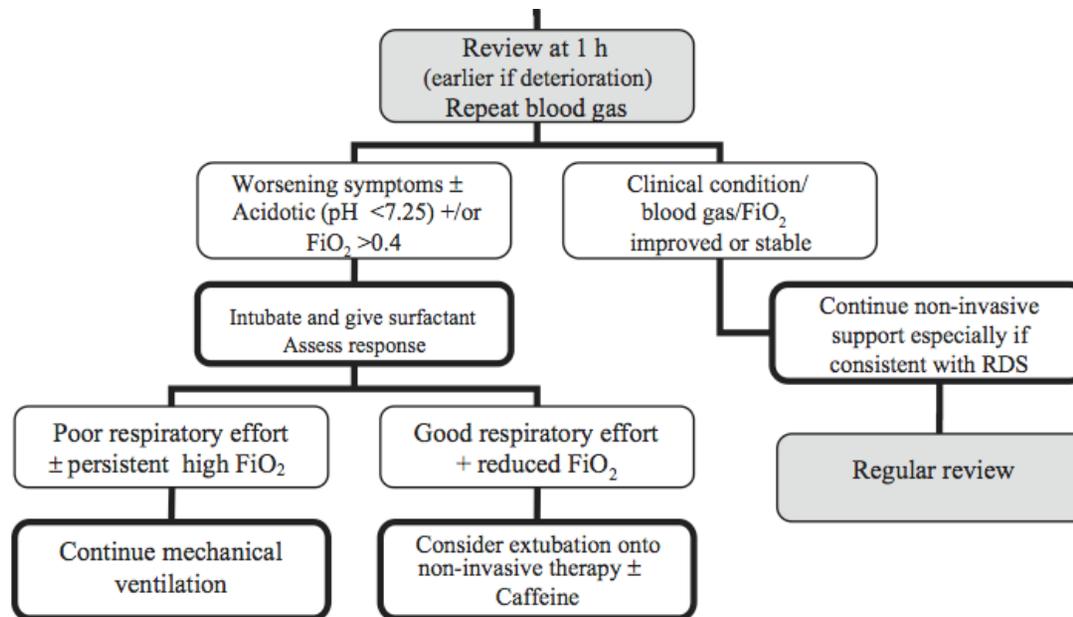


Figure 4 Algorithm for the management of respiratory distress in the moderately preterm infant in the newborn period. CPAP, continuous positive airflow pressure; CXR, chest x-ray; RDS, respiratory distress syndrome.

# Lung Volumes & Capacities

Total Lung Capacity - gas in lungs after maximum expansion

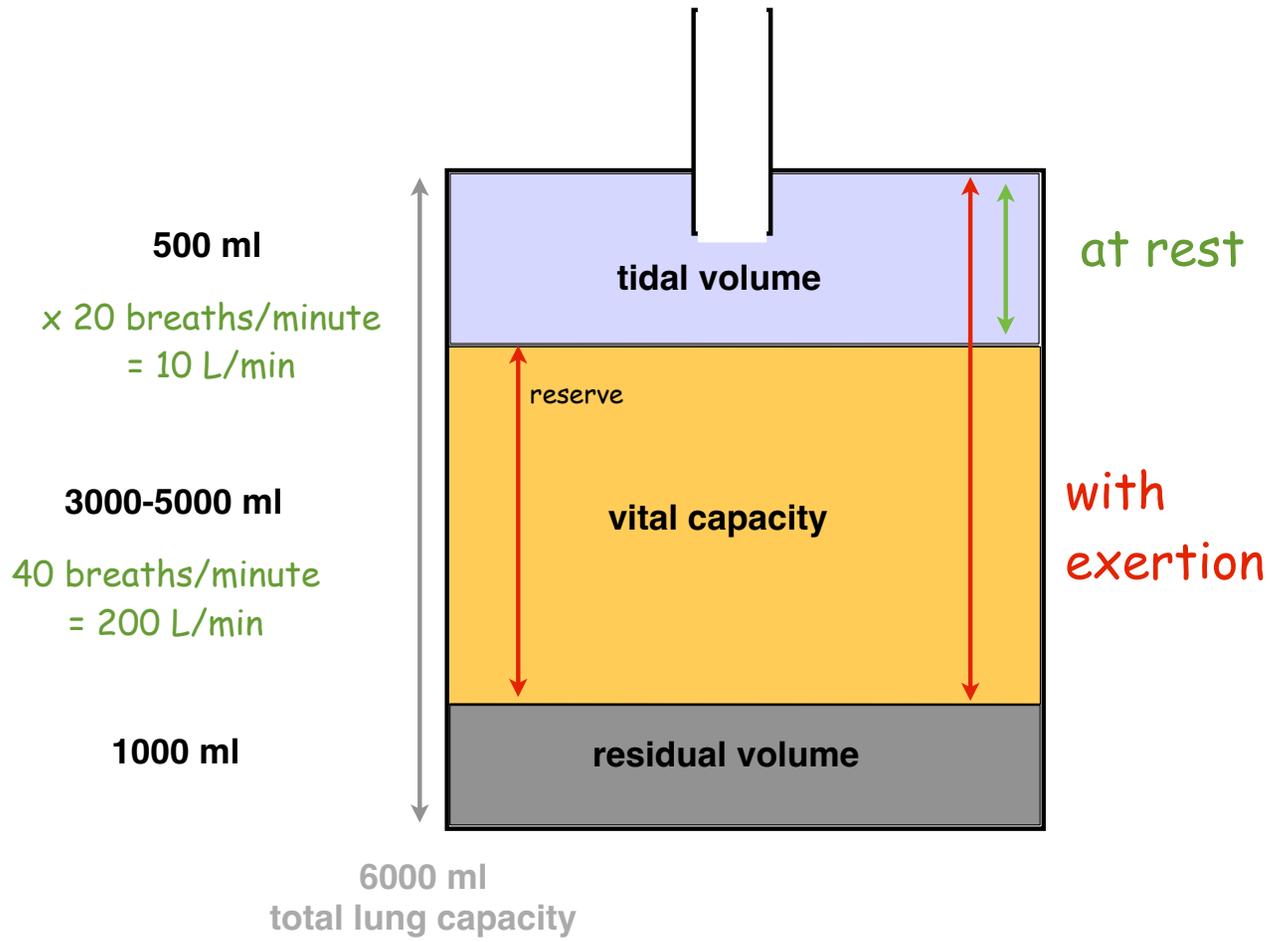
Tidal Volume - gas breathed in and out at rest

Vital Capacity - gas breathed in and out at maximum inspiration

Residual Volume - gas left in lungs after maximum expiration

**Table 16.3 | Terms Used to Describe Lung Volumes and Capacities**

<b>Term</b>	<b>Definition</b>
<i>Lung Volumes</i>	The four nonoverlapping components of the total lung capacity
Tidal volume	The volume of gas inspired or expired in an unforced respiratory cycle
Inspiratory reserve volume	The maximum volume of gas that can be inspired during forced breathing in addition to tidal volume
Expiratory reserve volume	The maximum volume of gas that can be expired during forced breathing in addition to tidal volume
Residual volume	The volume of gas remaining in the lungs after a maximum expiration
<i>Lung Capacities</i>	Measurements that are the sum of two or more lung volumes
Total lung capacity	The total amount of gas in the lungs after a maximum inspiration
Vital capacity	The maximum amount of gas that can be expired after a maximum inspiration
Inspiratory capacity	The maximum amount of gas that can be inspired after a normal tidal expiration
Functional residual capacity	The amount of gas remaining in the lungs after a normal tidal expiration



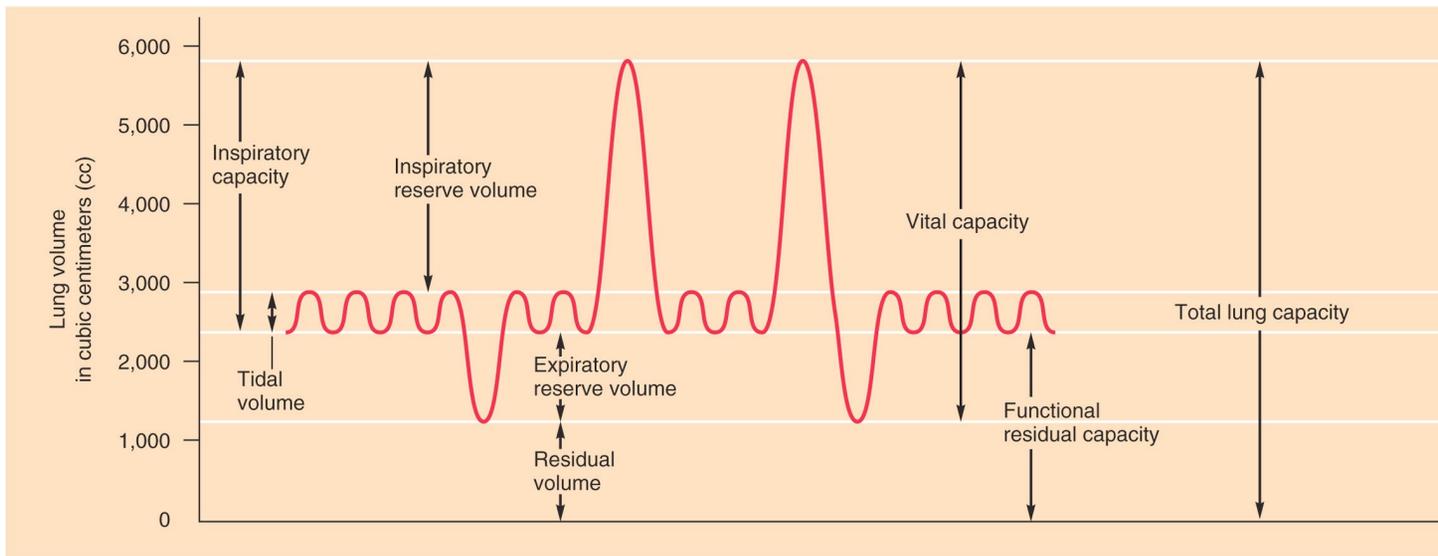


Figure 16.15

**Disease state (like emphysema)**

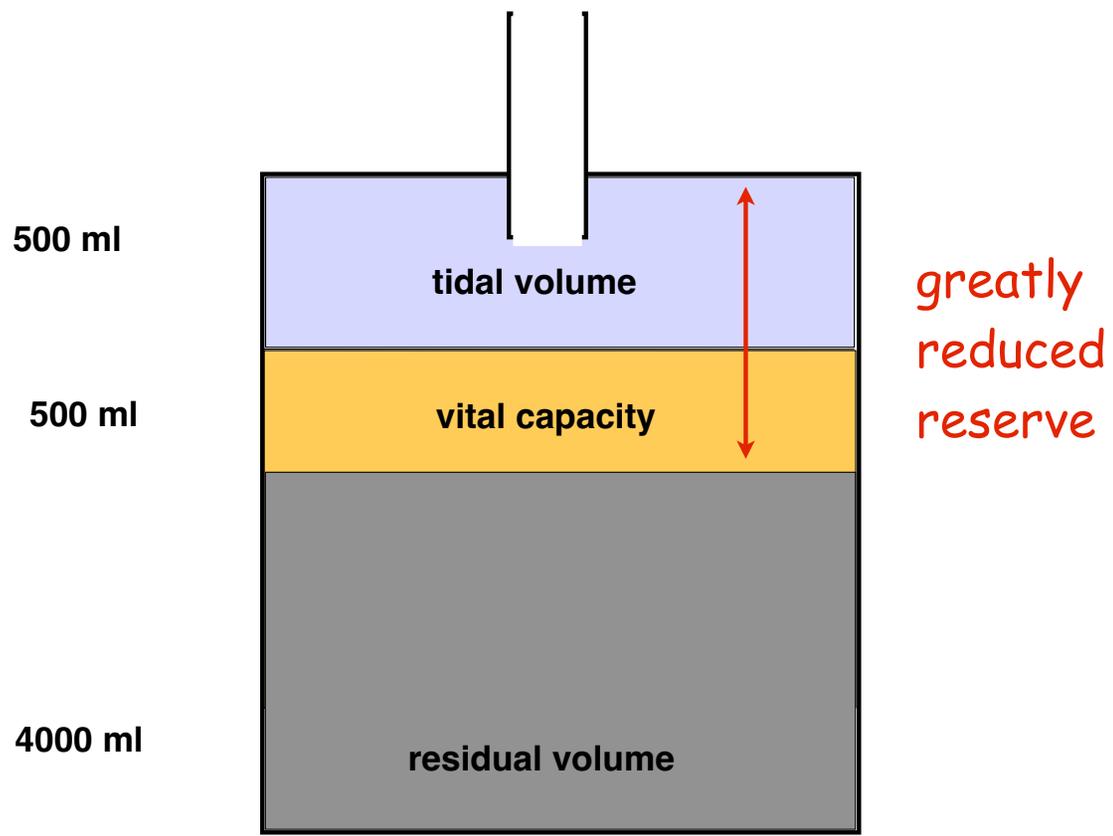
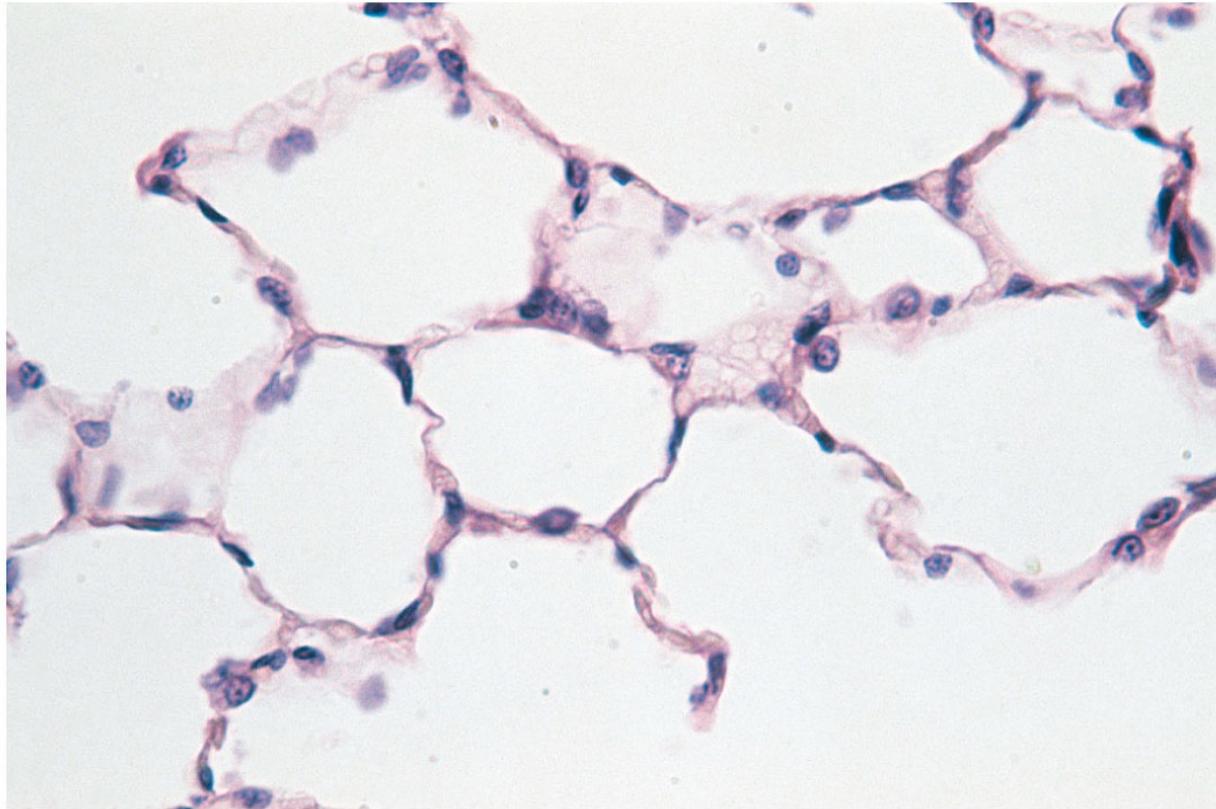


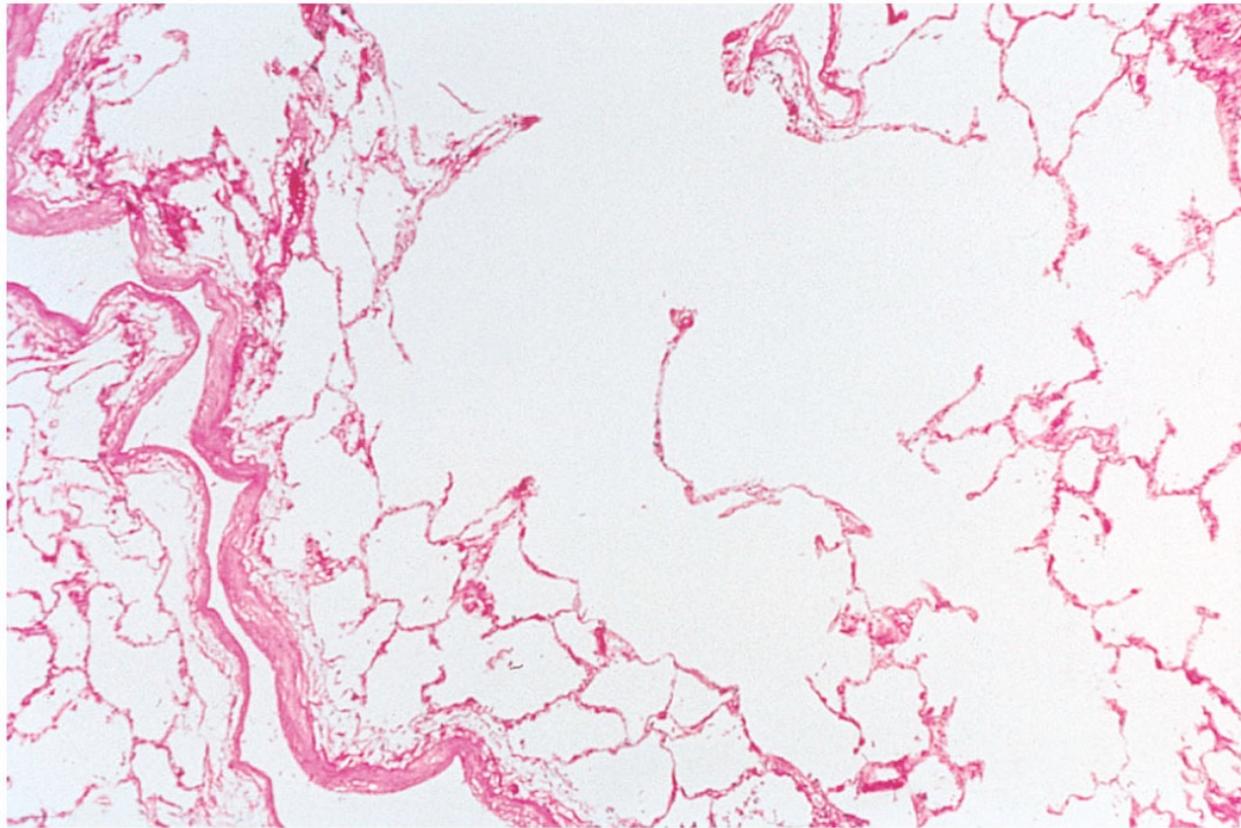
Figure 16.17a



(a)

Normal Lung

Figure 16.17b



Lung w/ Emphysema

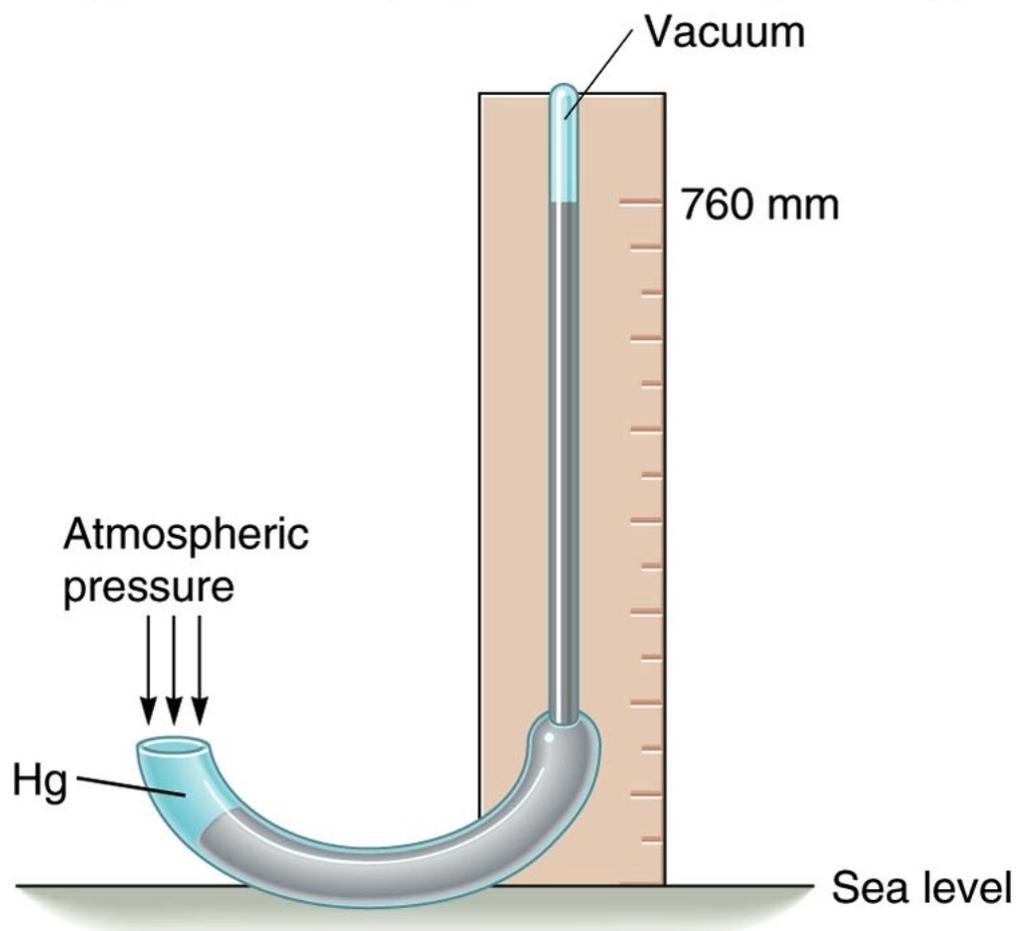


Figure 16.18

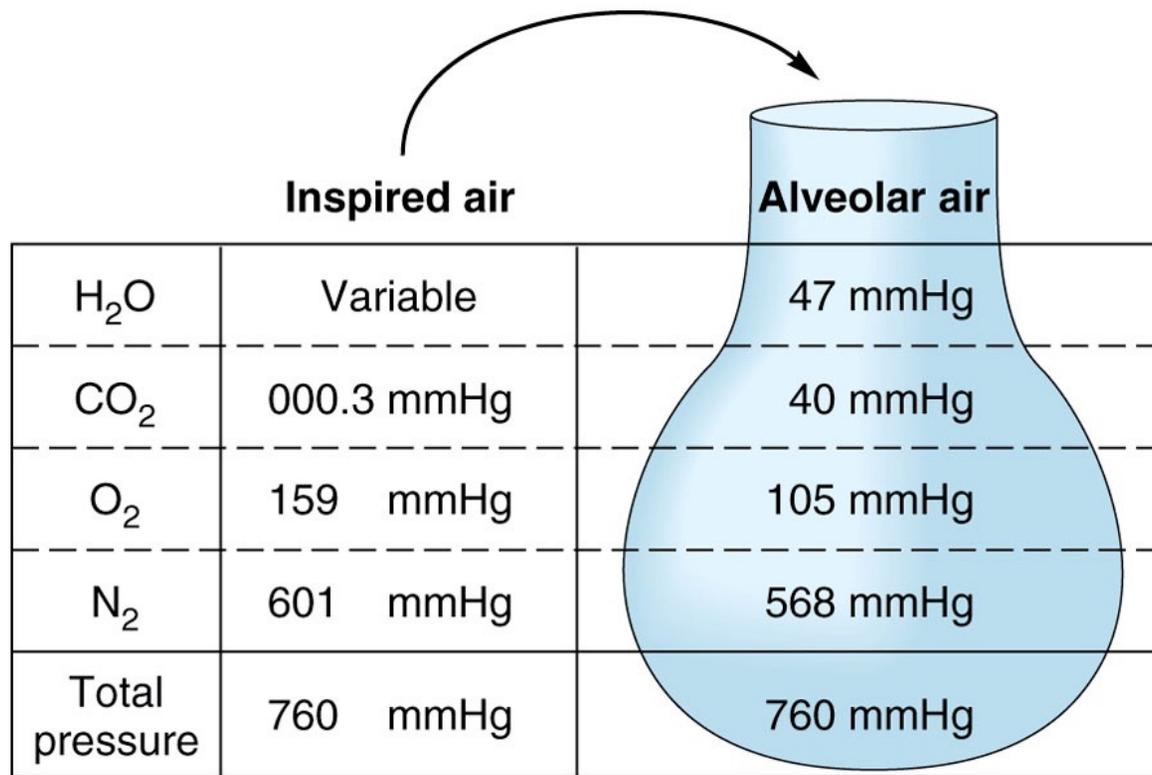


Figure 16.19

## Measure $P_{O_2}$ with oxygen sensitive electrode

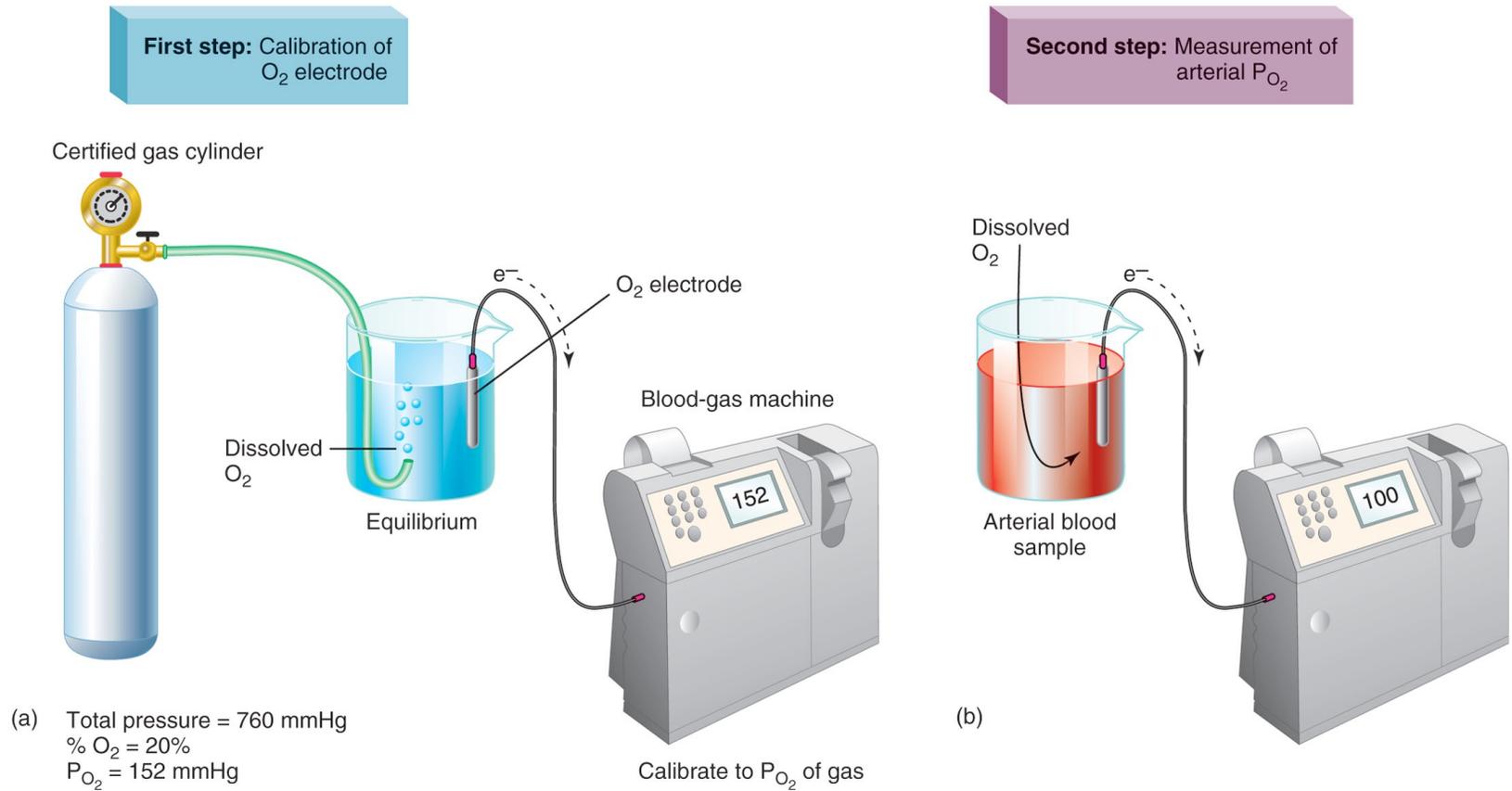


Figure 16.21

Partial Pressure of O<sub>2</sub> (P<sub>O<sub>2</sub></sub>) in air, lungs and blood

Control of Breathing

Role of CO<sub>2</sub> / carbonic acid / bicarbonate and pH

Hemoglobin and Hemoglobin Dissociation Curves

# Measuring Gas Concentration in Air & Blood

Pressure measured in mmHg. At sea level, atmosphere - 760 mmHg.

Gas Concentration is measured as **partial pressure** = fraction of total pressure exerted by particular gas.

for example:

atmospheric pressure is **760 mmHg**  
O<sub>2</sub> is 20% of atmosphere  
 $P_{O_2} = 0.20 \times 760 = \mathbf{152 \text{ mmHg}}$

Partial pressure determines how much O<sub>2</sub> dissolves in alveolar fluid & diffuses into blood.

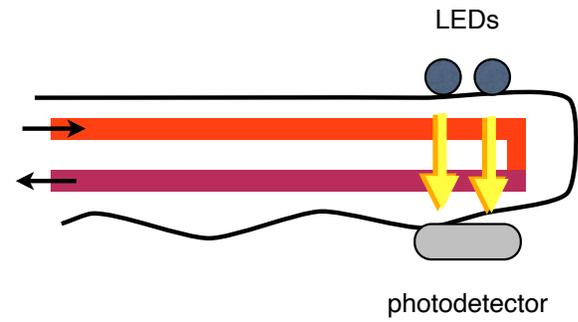
O<sub>2</sub> diffuses from higher P<sub>O<sub>2</sub></sub> to lower P<sub>O<sub>2</sub></sub>

Because O<sub>2</sub> is leaving lungs into blood, and CO<sub>2</sub> is entering lungs from blood, P<sub>O<sub>2</sub></sub> is lower in lungs than in atmosphere, and P<sub>CO<sub>2</sub></sub> is higher in lungs than in blood.

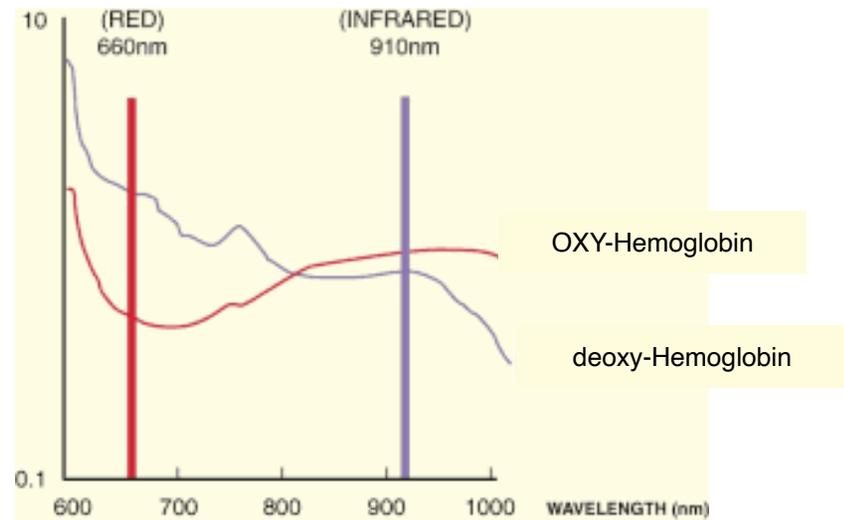
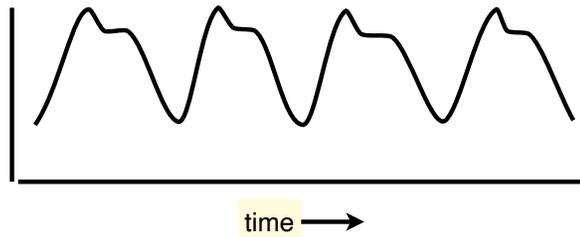
Gas concentration in blood is also measured in partial pressure = pressure required to dissolve that much of the gas in the blood.

P<sub>O<sub>2</sub></sub> is high in blood leaving lungs, P<sub>O<sub>2</sub></sub> low in blood leaving tissue.  
P<sub>CO<sub>2</sub></sub> is low in blood leaving lungs, P<sub>CO<sub>2</sub></sub> is high in blood leaving tissue.

# Pulse Oximetry



O<sub>2</sub> content



<https://www.youtube.com/watch?v=4pZZ5AEEmek>

# Skin colour affects the accuracy of medical oxygen sensors

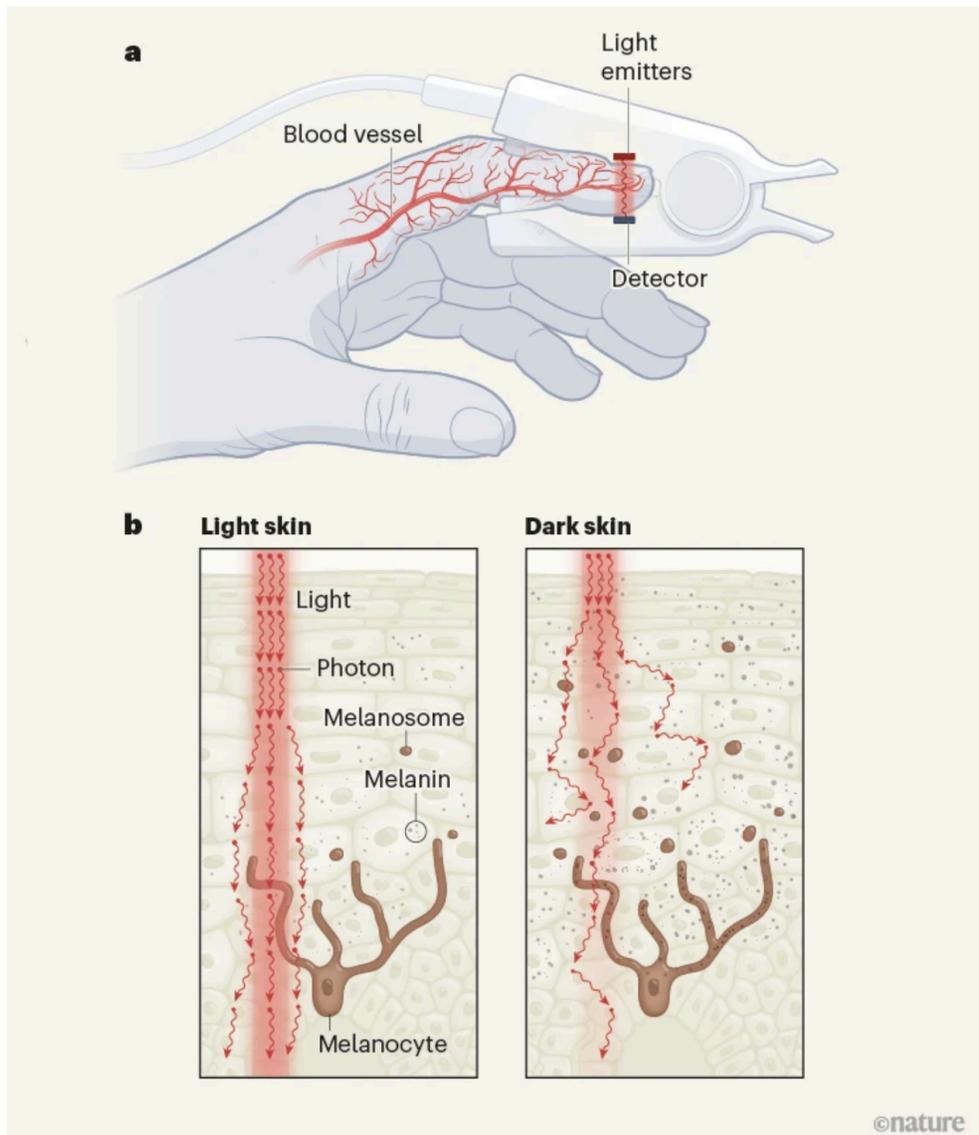
**COVID-19 broadened the use of pulse oximeters for rapid blood-oxygen readings, but it also highlighted the fact that skin pigmentation alters measurements. Two groups of researchers analyse this issue, and its effects on people with dark skin.**

[Matthew D. Keller](#) , [Brandon Harrison-Smith](#) , [Chetan Patil](#)  & [Mohammed Shahriar Arefin](#) 



## **MATTHEW D. KELLER & BRANDON HARRISON-SMITH: Pulse-oximetry errors affect patient outcomes**

The pulse oximeter is a device that estimates a person's oxygen saturation level, a measure of the oxygen concentration in their blood, by shining light through their tissue, typically a fingertip or an earlobe (Fig. 1). As highlighted by the COVID-19 pandemic, accurate pulse-

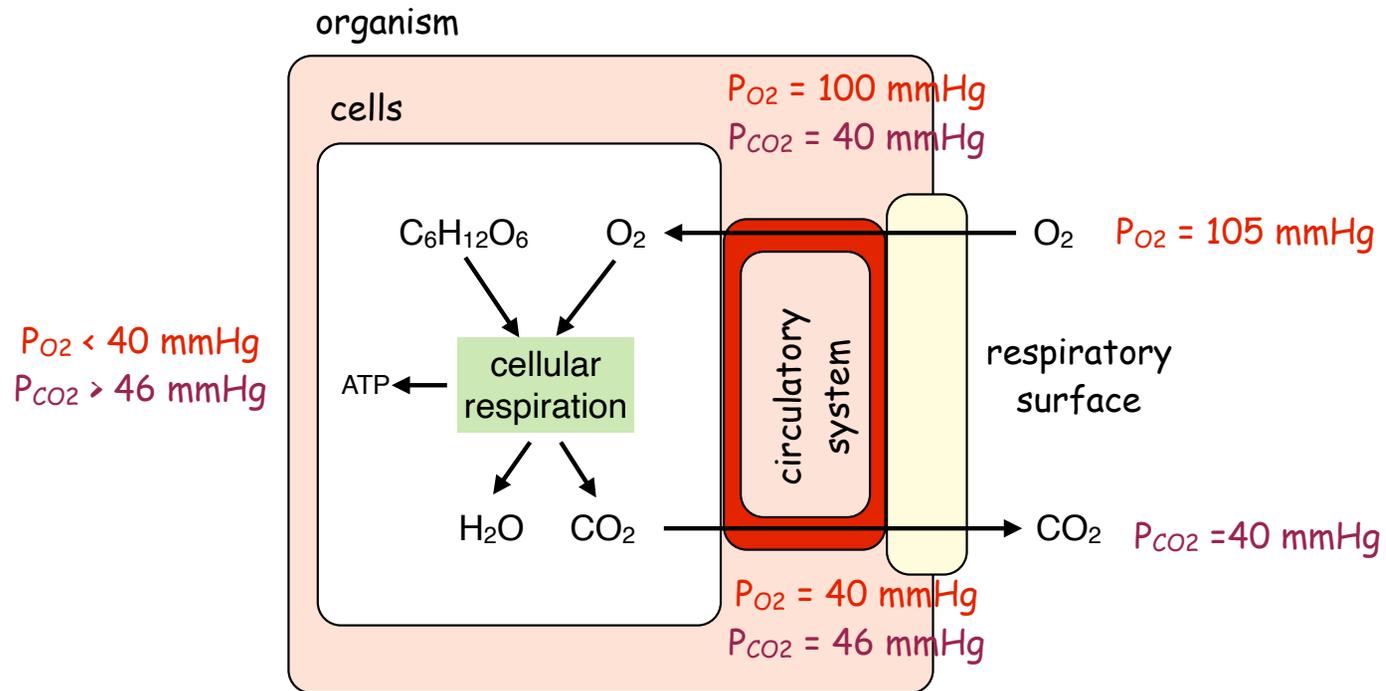


**Figure 1 | Pulse-oximetry accuracy varies with skin tone.** **a**, Devices known as pulse oximeters estimate the oxygen concentration in a person's blood by shining red and infrared light through their fingertip. Oxygenated haemoglobin absorbs infrared light more efficiently than it does red light, whereas the opposite is true for deoxygenated haemoglobin. **b**, These signals are affected by melanin, which is distributed through the skin in structures, known as melanosomes, that are produced by cells called melanocytes. Melanosomes in dark skin are both larger and more numerous than are those in light skin. Long-standing oximetry theory does not fully account for the way in which photons are scattered by the biomolecular content and structure of the tissue, and thus imprecisely corrects for the effect of pigmentation.

Driven by clinical experiences early in the pandemic, Sjoding *et al.*<sup>1</sup> published a retrospective report showing that pulse oximeters overestimate the true oxygen saturation of Black people. This inaccuracy means that diagnoses of hypoxaemia, the condition of having low levels of oxygen in one's blood, are approximately three times more likely to be missed in Black patients than in white patients. Misdiagnosed patients are said to have occult hypoxaemia when arterial blood-gas tests indicate oxygen saturation levels of less than 88% (signalling hypoxaemia), despite pulse oximeters measuring a healthy oxygenation of more than 92%.

# Respiration:

Get  $O_2$  from outside environment into deep tissues;  
get  $CO_2$  out of tissues



## Cellular Respiration:

$O_2$  used by tissues in oxidative phosphorylation;  
 $CO_2$  produced as waste product by glycolysis.

$0.36 \text{ g} = 250 \text{ ml of oxygen / min}$

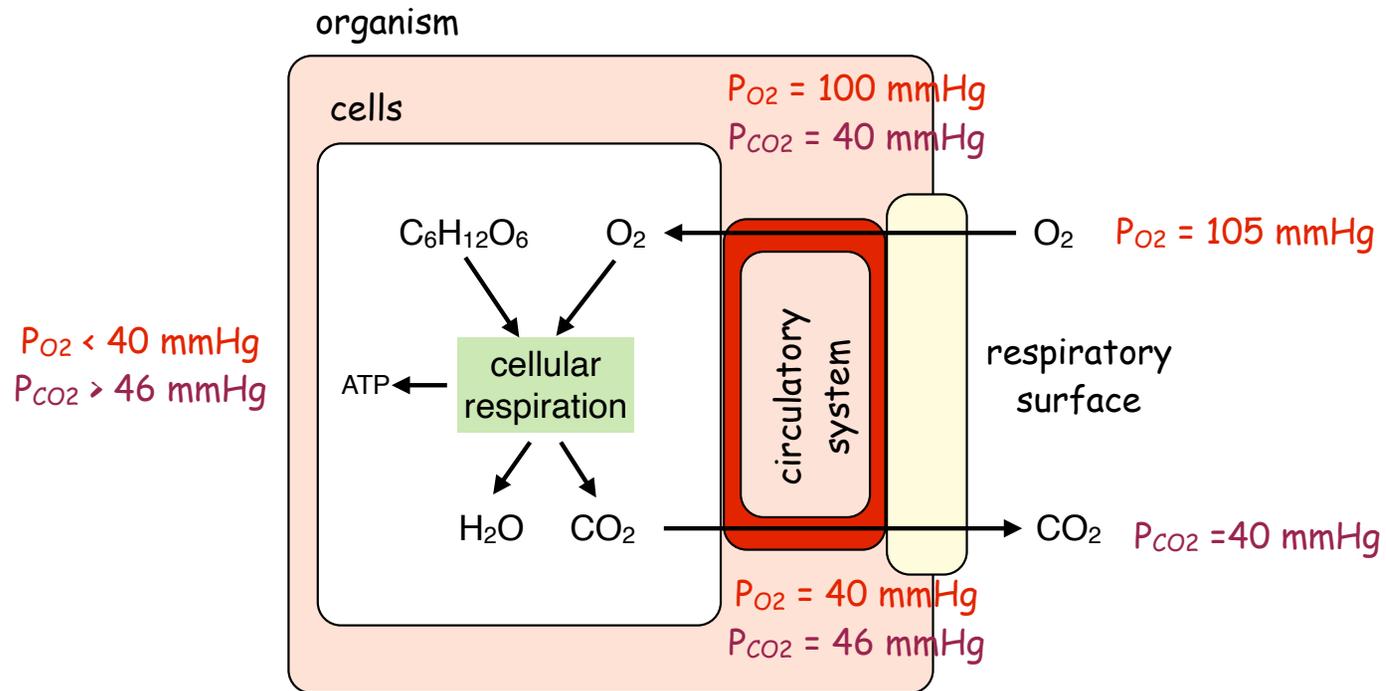
$0.5 \text{ g} = 250 \text{ ml of carbon dioxide / min}$

When a person loses weight (fat mass),  
where does the fat go?

top hat

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Get  $O_2$  from outside environment into deep tissues;  
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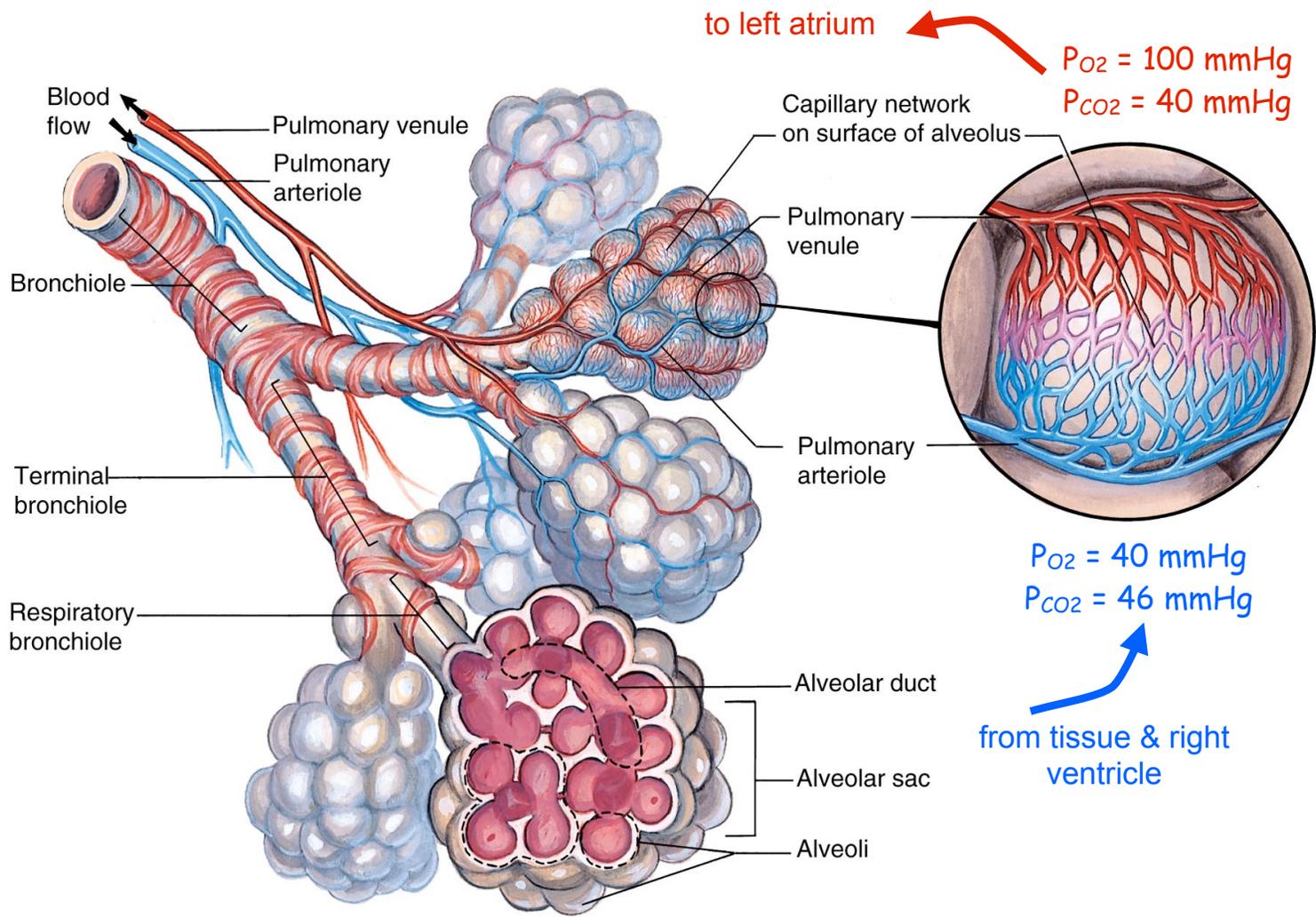


Figure 16.20

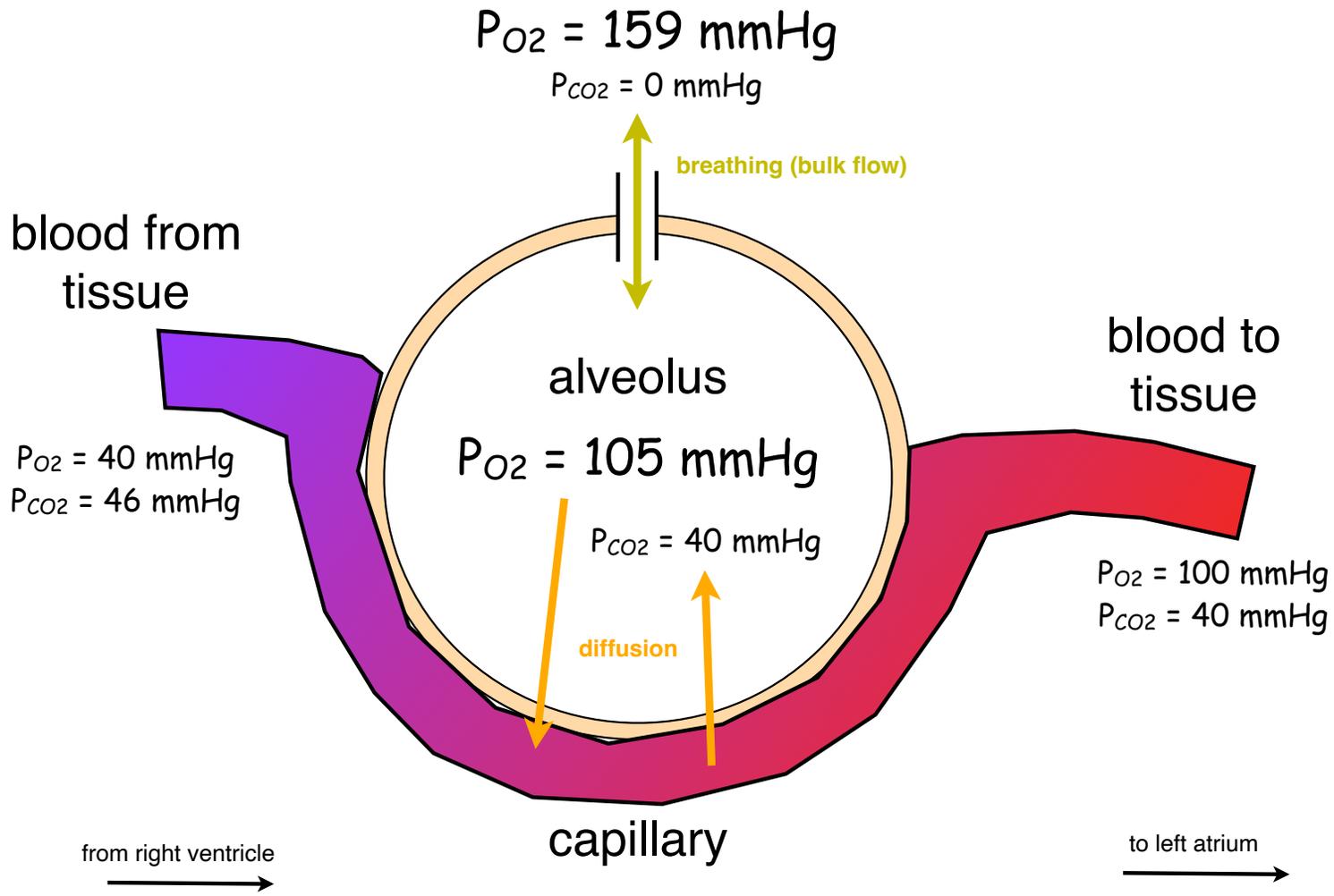
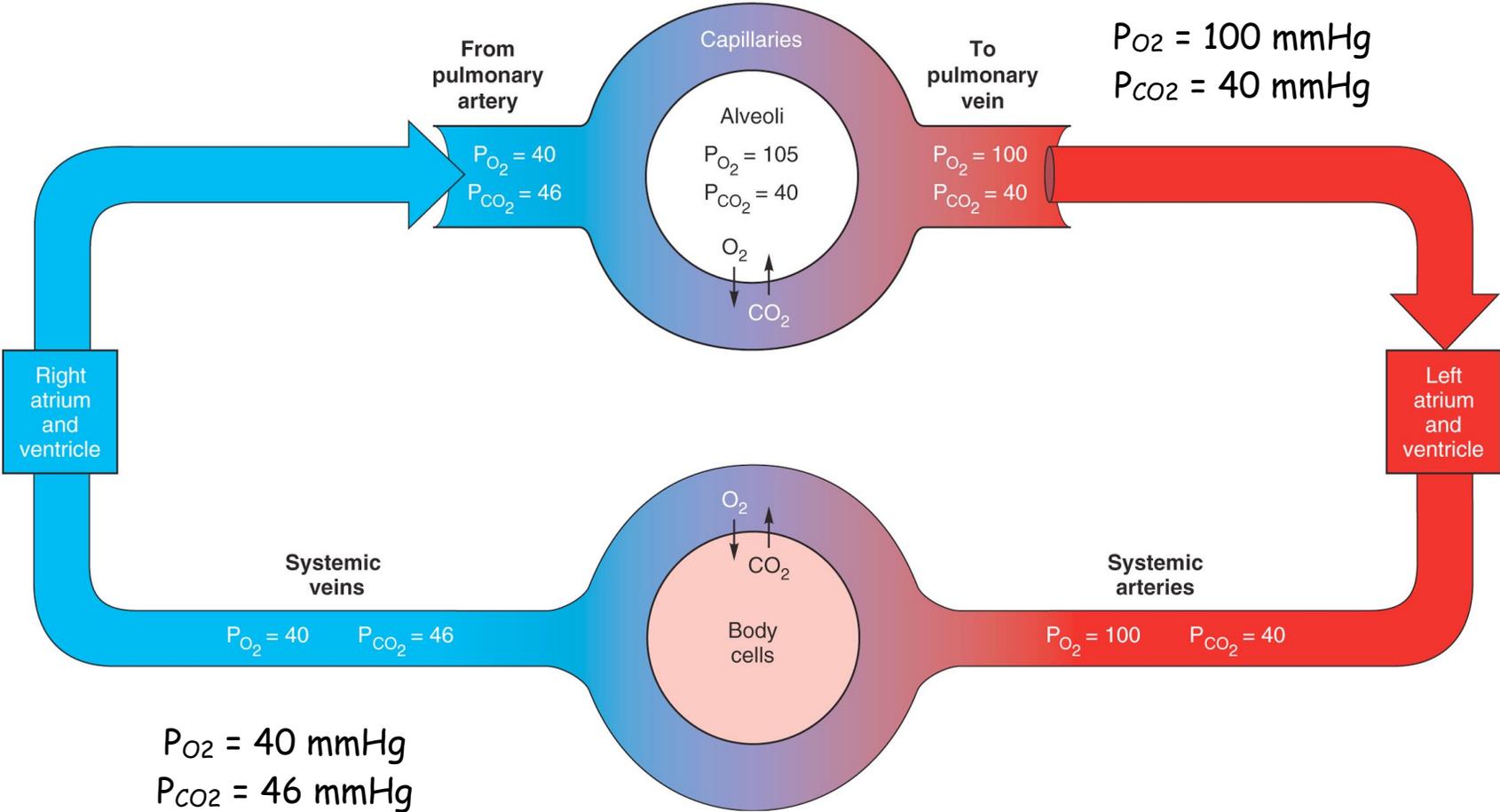


Figure 16.22



Lower air pressure -> lower  $P_{O_2}$  -> less diffusion of  $O_2$  into blood

**Table 16.5 | Effect of Altitude on Partial Oxygen Pressure ( $P_{O_2}$ )**

Altitude (Feet Above Sea Level)*	Atmospheric Pressure (mmHg)	$P_{O_2}$ in Air (mmHg)	$P_{O_2}$ in Alveoli (mmHg)	$P_{O_2}$ in Arterial Blood (mmHg)
0 Florida	760	159	105	100
2,000	707	148	97	92
4,000	656	137	90	85
6,000 Colorado	609	127	84	79
8,000	564	118	79	74
10,000	523	109	74	69
20,000	349	73	40	35
30,000 Mt Everest	226	47	21	19

\*For reference, Pike's Peak (Colorado) is 14,110 feet; Mt. Whitney (California) is 14,505 feet; Mt. Logan (Canada) is 19,524 feet; Mt. McKinley (Alaska) is 20,320 feet; and Mt. Everest (Nepal and Tibet), the tallest mountain in the world, is 29,029 feet.

*$P_{CO_2}$  in atmosphere always 0, so always good diffusion of  $CO_2$  out of blood*

Table 16.5

# Control of Breathing

## 1. Restful Breathing:

Rhythmicity area in brainstem sets up rhythm.

Periodic inhalation caused by rhythmic firing of **I motor neurons** -> lowering of diaphragm -> inspiration

Inhalation is terminated by feedback from lung stretch sensors that inhibit the I motor neurons, and excite **E motor neurons** -> expiration.

## 2. Modulation:

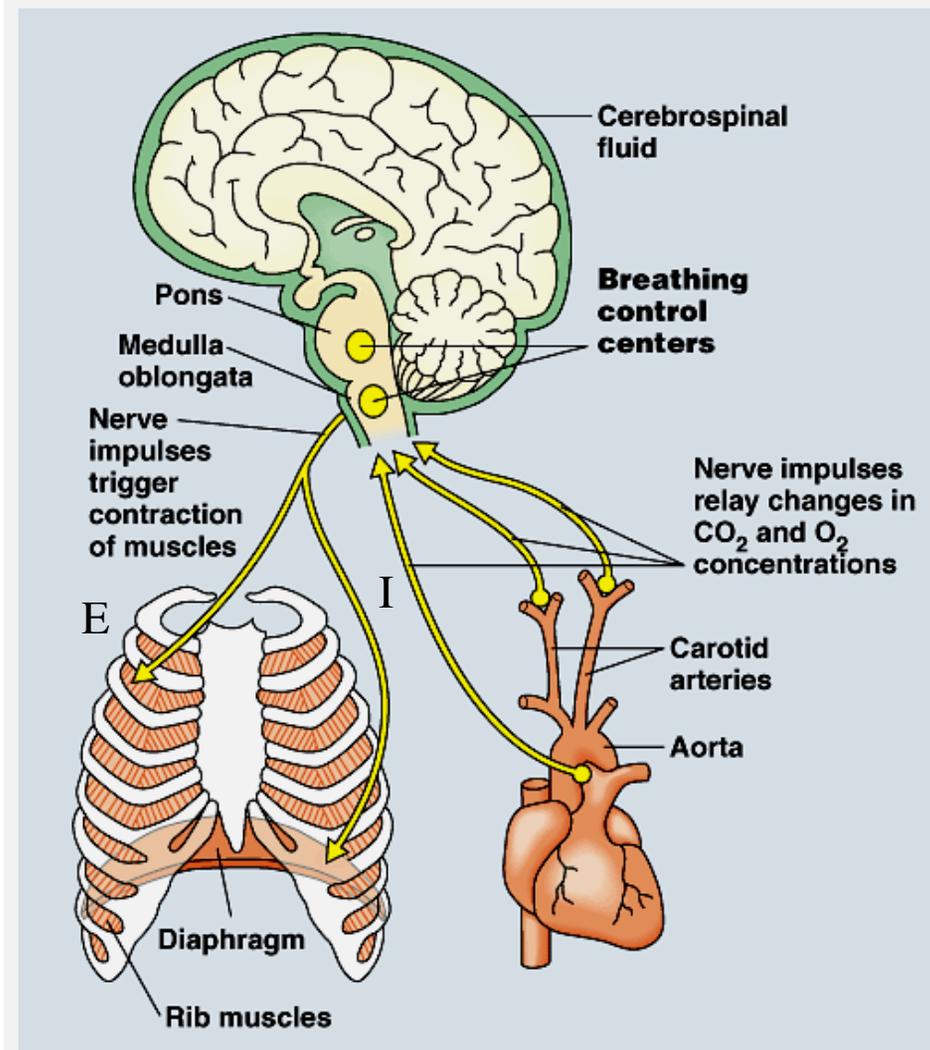
Rhythmic breathing modulated by:

- 2 centers in pons: **pneumotaxic** (inhibits I) & **apneustic** (stimulates I)
- Voluntary control from cortex
- **Chemoreceptors** in aorta, carotid body, and brainstem.

If  $P_{CO_2}$  gets too high,  $CO_2 \rightarrow H^+ HCO_3^- \rightarrow$  lower pH (more acidic).

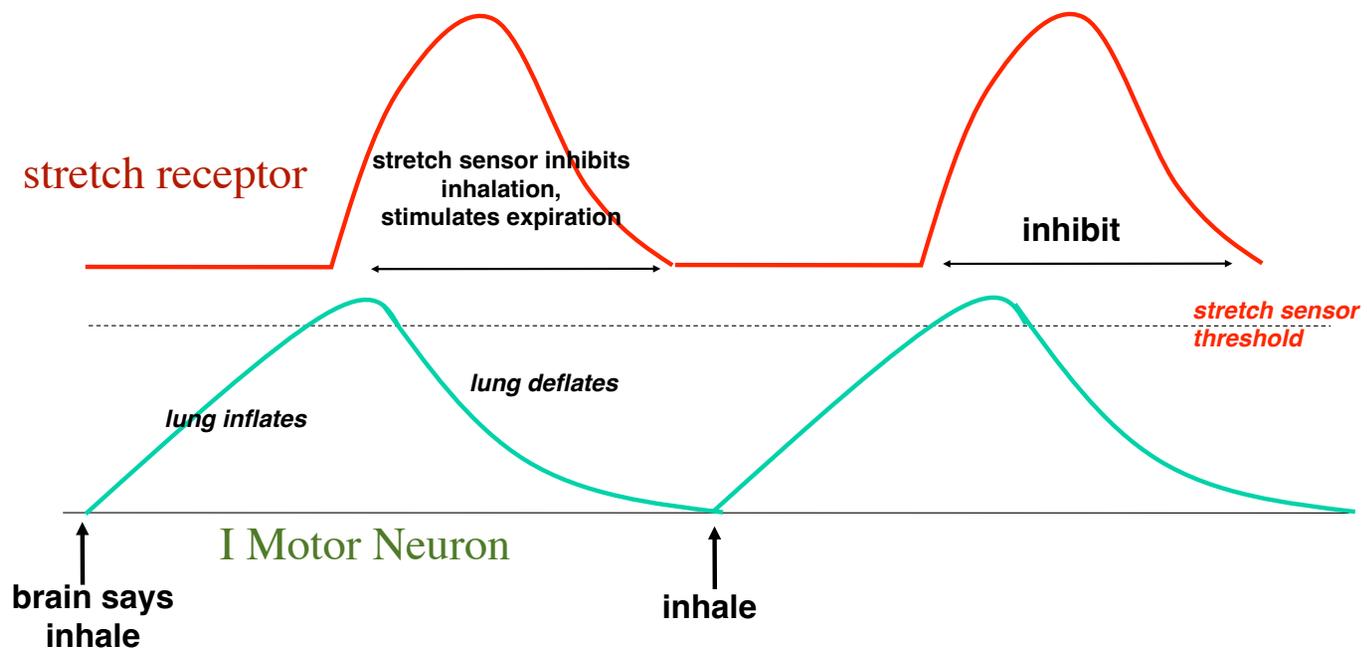
**Drop in pH in brain makes respiratory control centers speed up breathing.**

Figure 42.26 Automatic control of breathing



# Control of Breathing

Control centers in brain set up rhythm:  
periodic inhalation that is terminated by feedback from lung stretch sensors.



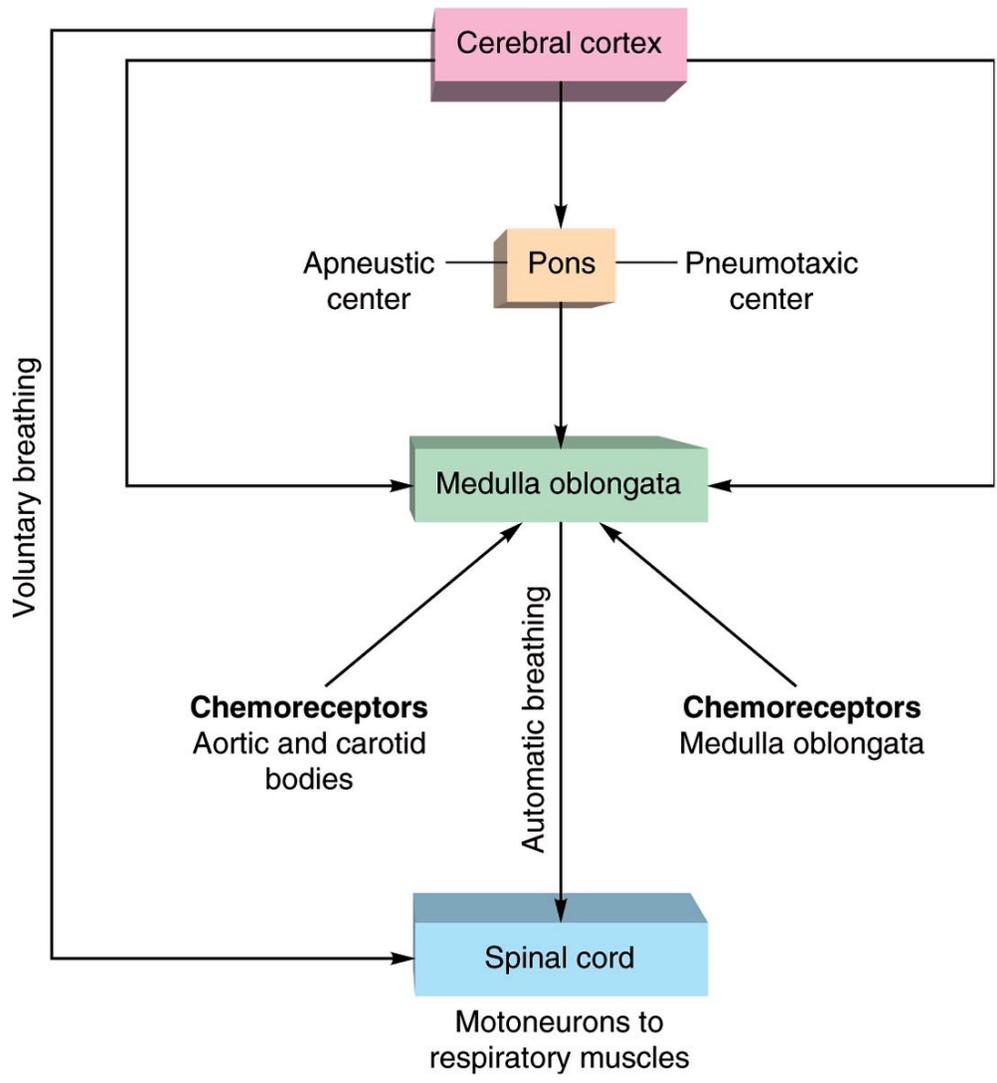
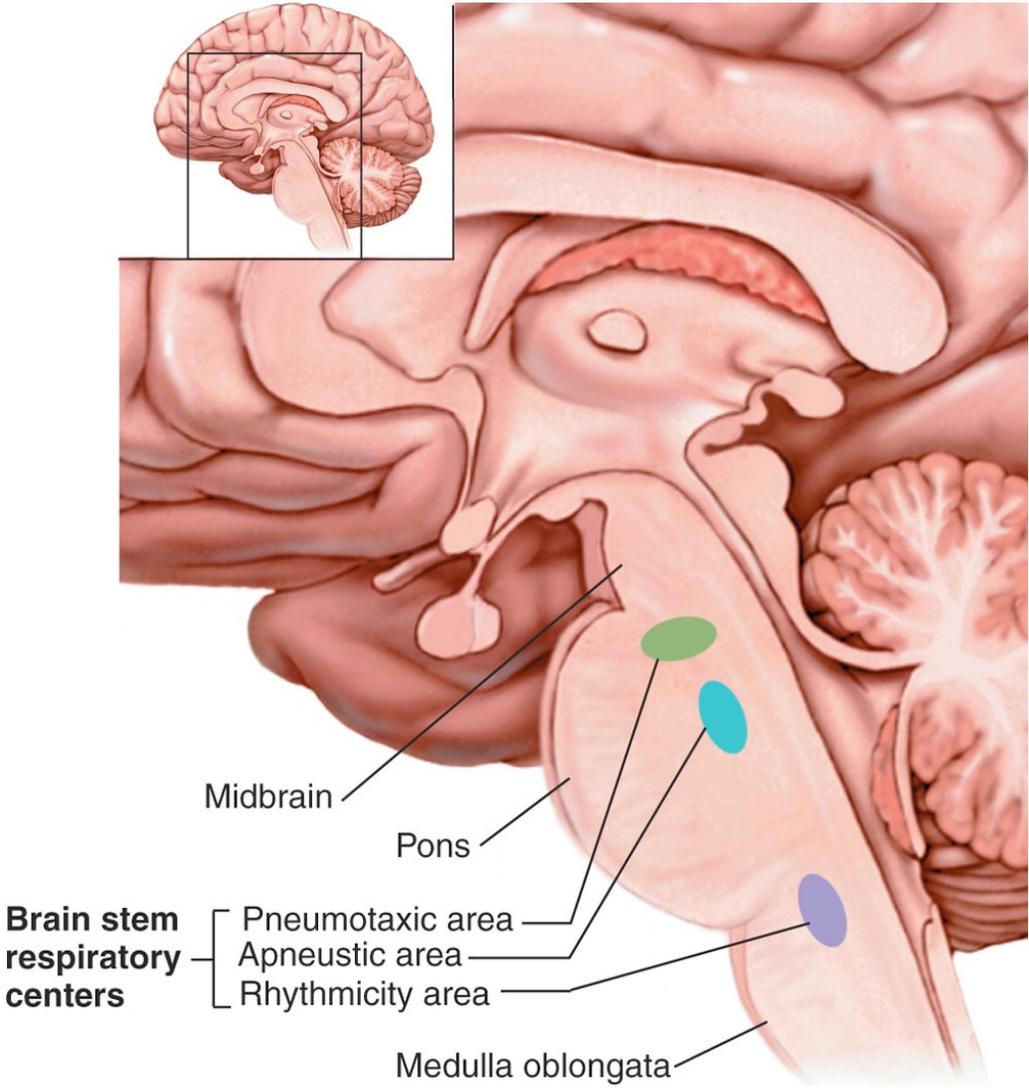


Figure 16.26

Figure 16.24



## Breathing rate is regulated by blood pH and CO<sub>2</sub>

*breathing reduces plasma [CO<sub>2</sub>]; plasma [CO<sub>2</sub>] increases breathing.*

- When CO<sub>2</sub> levels are high, breathing rate increases to blow off CO<sub>2</sub>
- In low CO<sub>2</sub> conditions, CO<sub>2</sub> is easily blown off, so breathing rate does not change (even if O<sub>2</sub> levels are dangerously low)

Examples:

1. breathing into a sealed container

-> decreased O<sub>2</sub>, increased CO<sub>2</sub> in the container

-> faster, deeper breathing as body tries to blow off excess CO<sub>2</sub>

2. breathing into a sealed container **with CO<sub>2</sub> filter**

-> decreased O<sub>2</sub>, but no CO<sub>2</sub> in the container

-> normal breathing, because brain does not detect elevated CO<sub>2</sub>

-> until body runs out of O<sub>2</sub>

3. *pilots at high altitude: low O<sub>2</sub>, low CO<sub>2</sub>*

Jonathan Miller, *The Body in Question*, part 4 (6/6)

<https://youtu.be/yUBQjnQVJ4U?t=2589>

Holding breath (hypoventilation) allows build up of CO<sub>2</sub>.  
Faster breathing (hyperventilation) blows off more CO<sub>2</sub> (lowers P<sub>CO<sub>2</sub></sub> in blood)

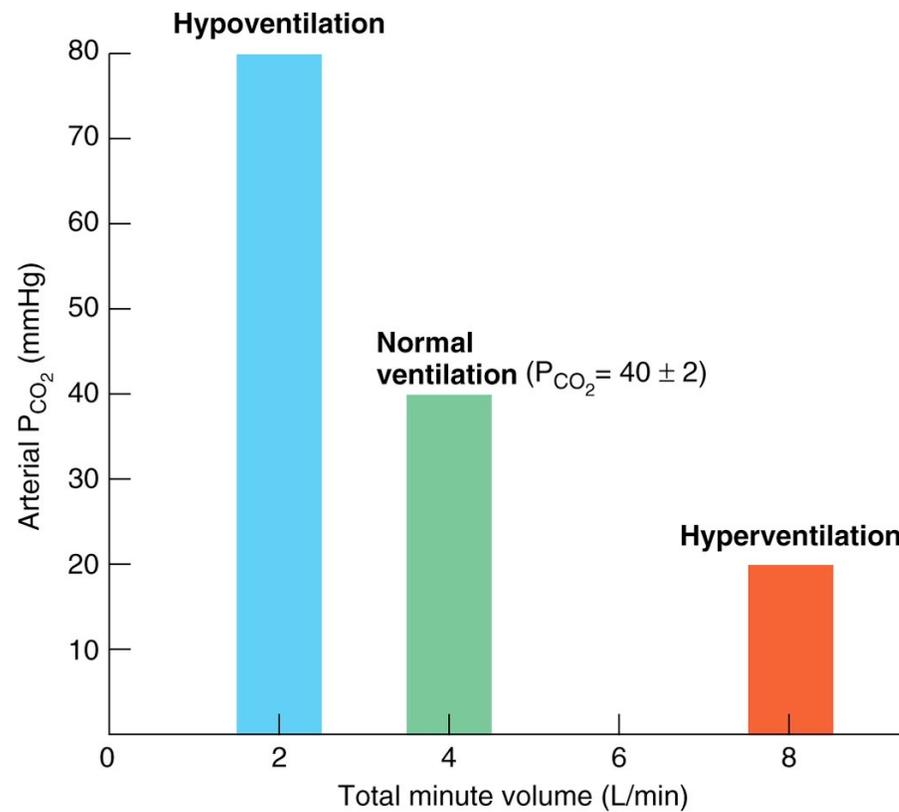


Figure 16.27

Chemoreceptors in:

Medulla

Carotid Bodies

Aortic Bodies

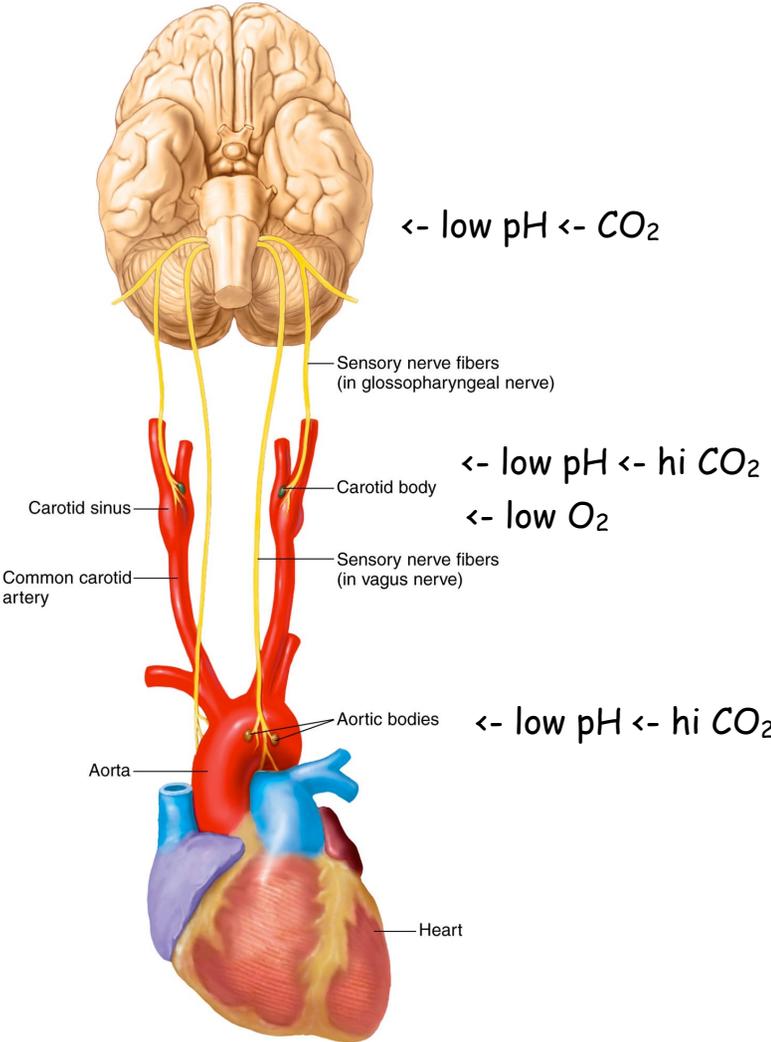
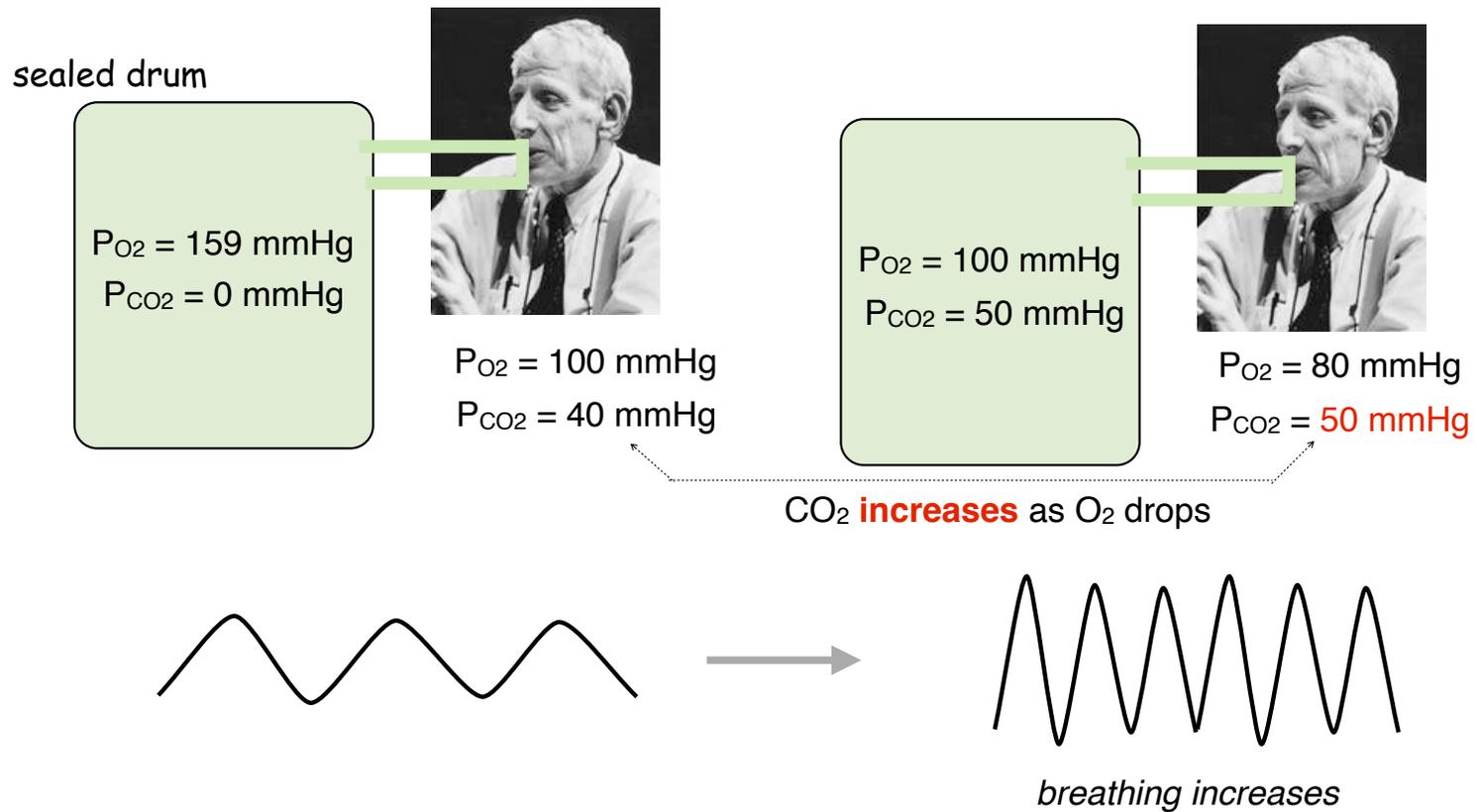


Figure 16.25

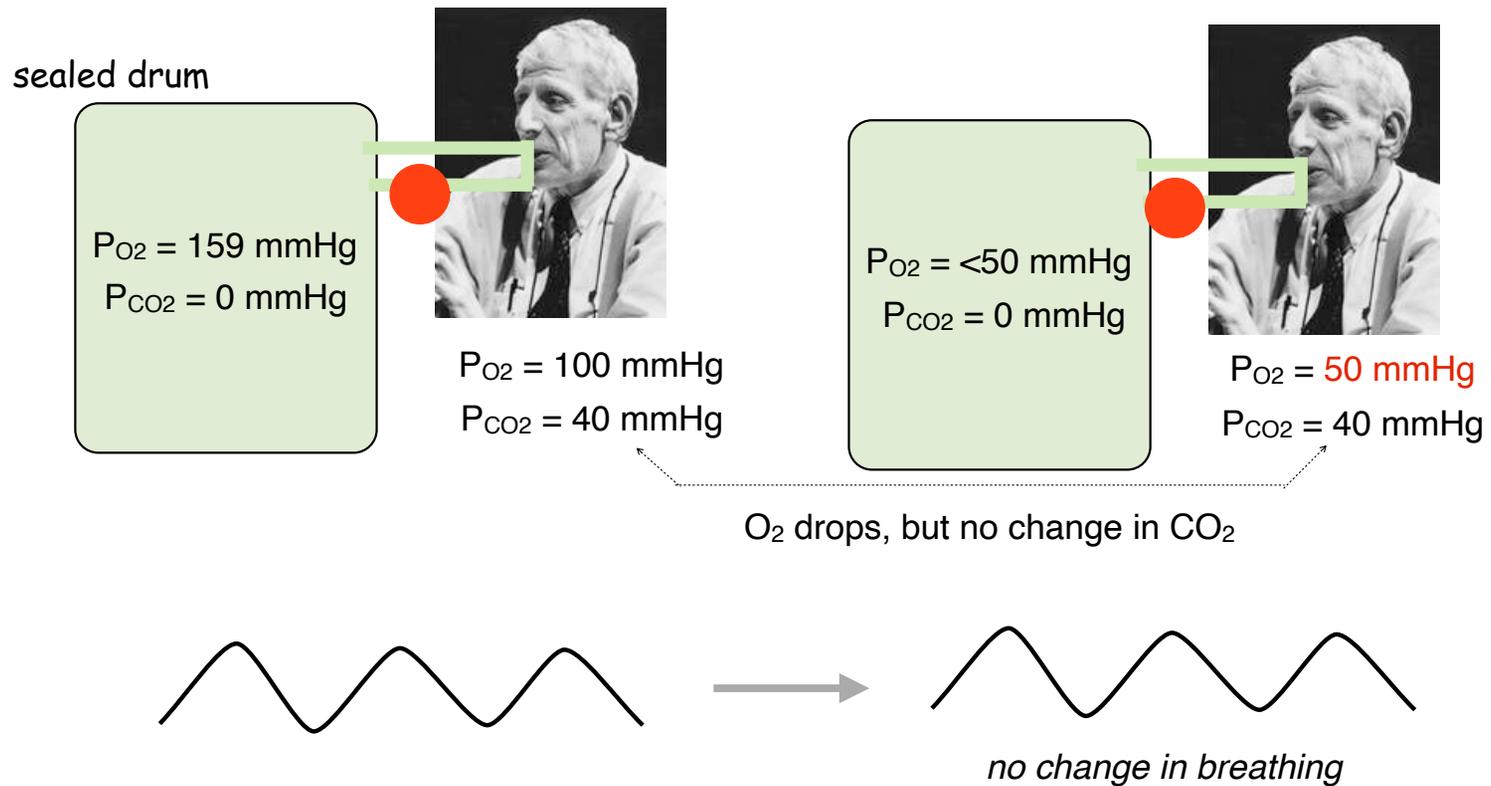


Jonathan Miller, *The Body in Question*, part 4

Rebreathing air: CO<sub>2</sub> **increases** as O<sub>2</sub> drops; breathing rate **increases**

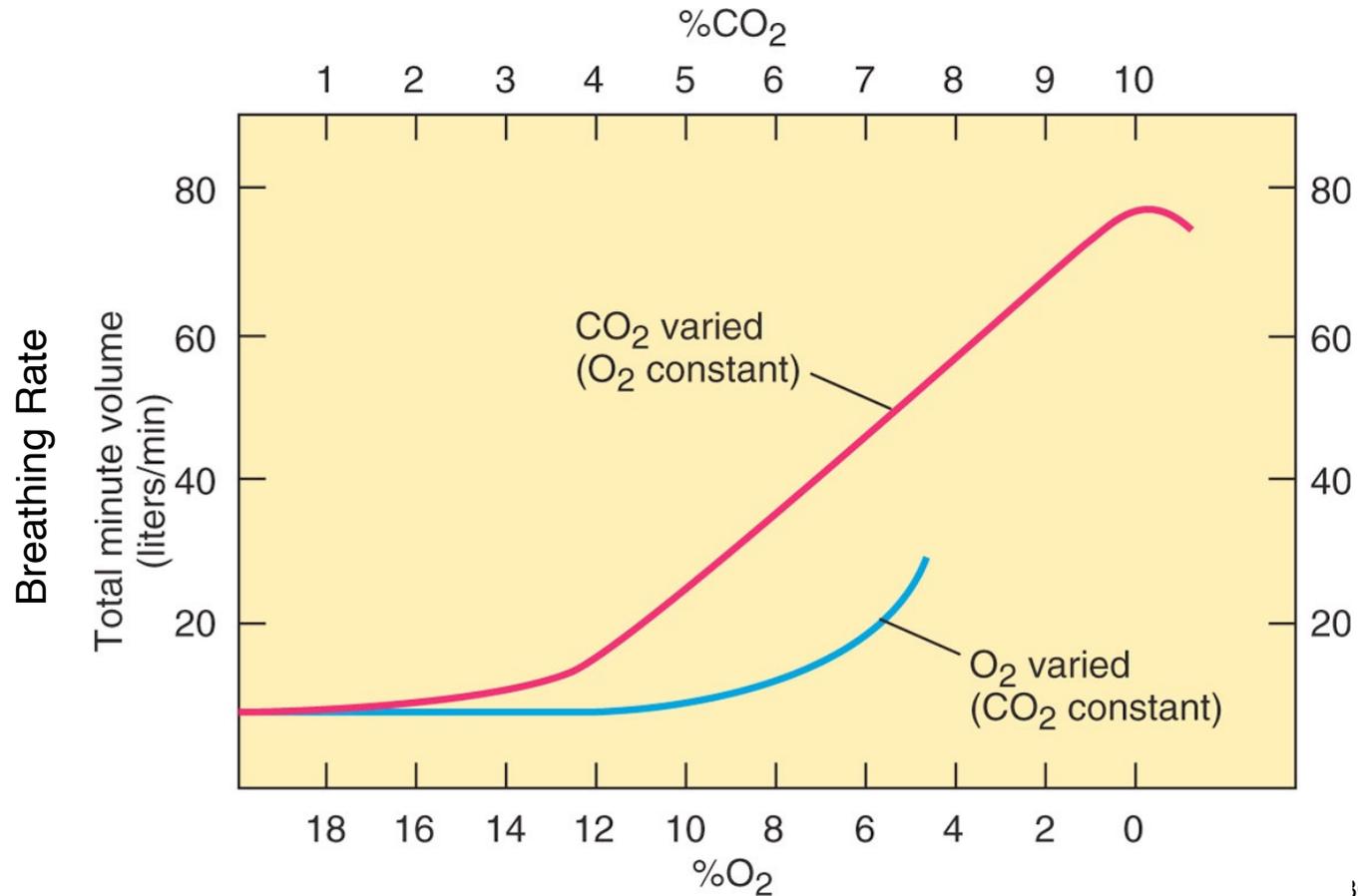


Rebreathing air with **CO<sub>2</sub> filter**: O<sub>2</sub> drops but CO<sub>2</sub> stays low.  
Breathing rate does **not** increase, and brain runs out of oxygen



## CO<sub>2</sub> levels control breathing:

Increasing CO<sub>2</sub> causes bigger change in breathing than lowering O<sub>2</sub>



## CO<sub>2</sub> and Bicarbonate act as a pH Buffer in the blood

Buffer - a chemical added to a solution to keep the pH constant by preventing rapid changes in [H<sup>+</sup>]

As acid is added to a buffer, it absorbs the new [H<sup>+</sup>].

---> so little or no change in pH

As base is added to a buffer, it gives up [H<sup>+</sup>] to replace the ones sucked up by the base.

---> so little or no change in pH

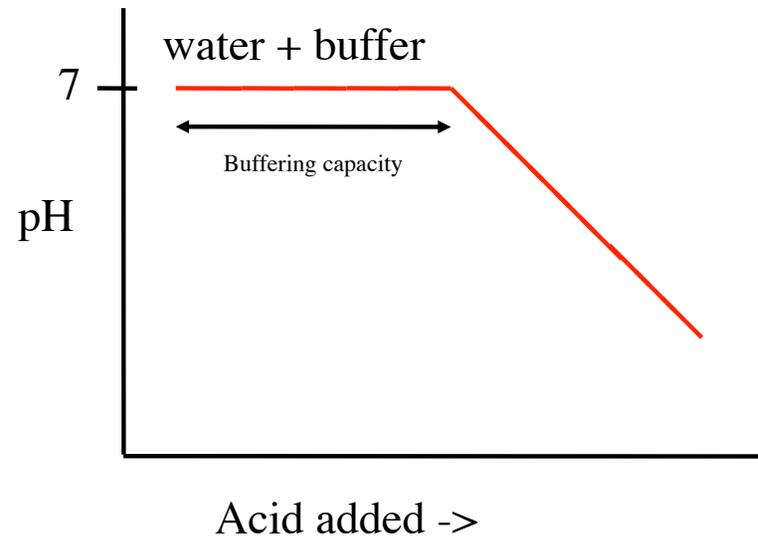
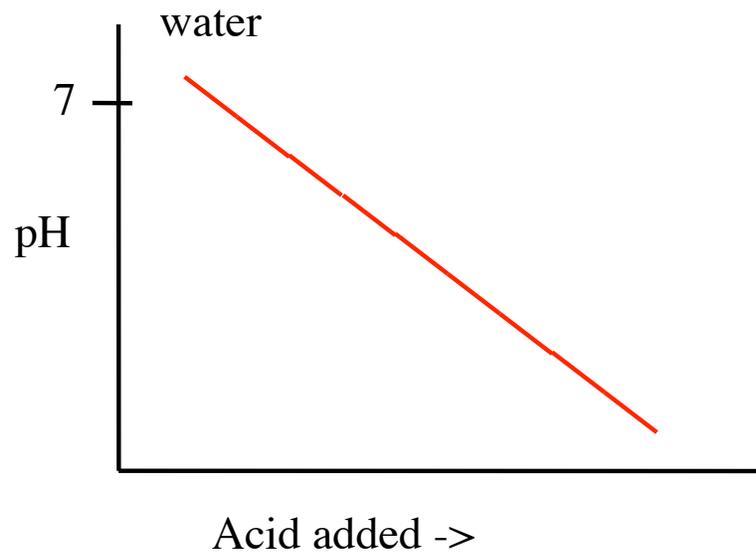


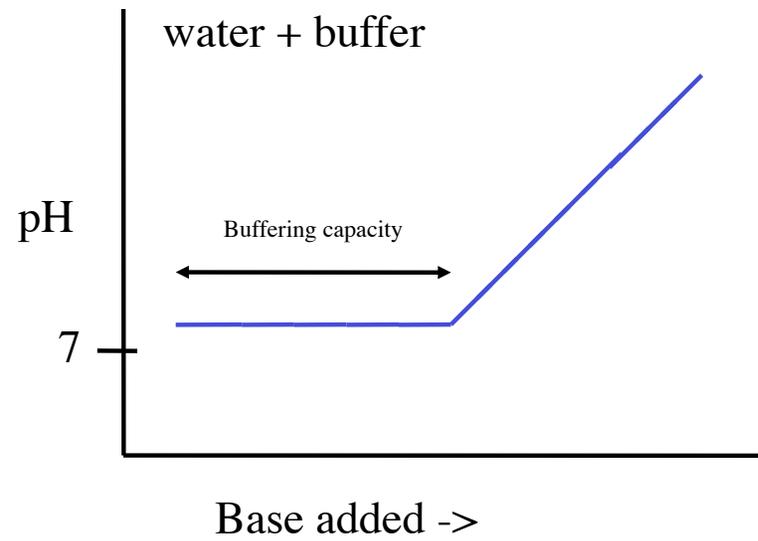
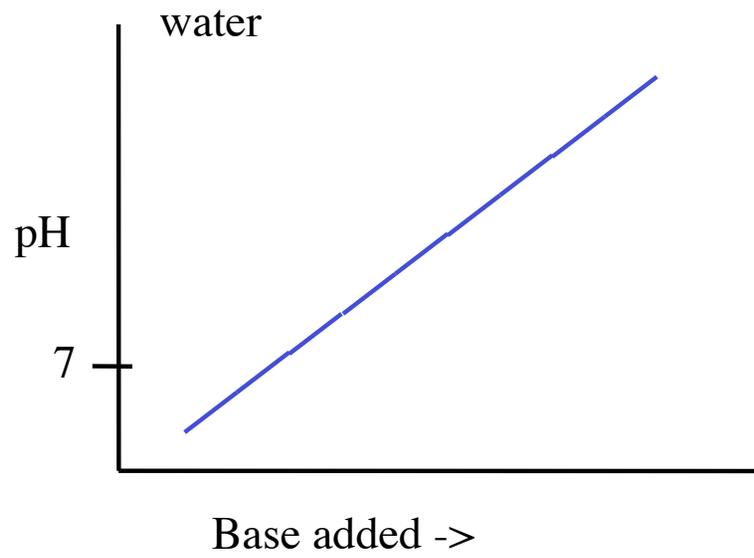
**If blood pH is too high (basic) breathe less to retain CO<sub>2</sub>:**

more CO<sub>2</sub> -> more bicarbonate + more H<sup>+</sup> -> more acid

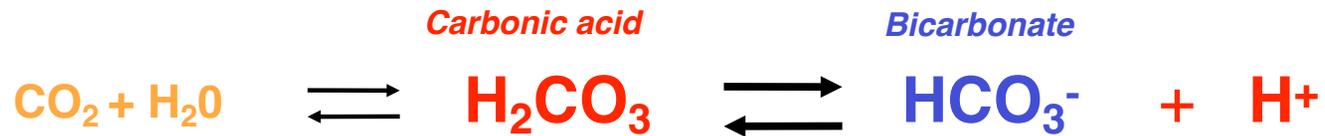
**If blood pH is too low (acidic) breathe more to blow off CO<sub>2</sub>:**

less CO<sub>2</sub> -> less bicarbonate + less H<sup>+</sup> -> less acid





## Bicarbonate: The natural buffer in the blood

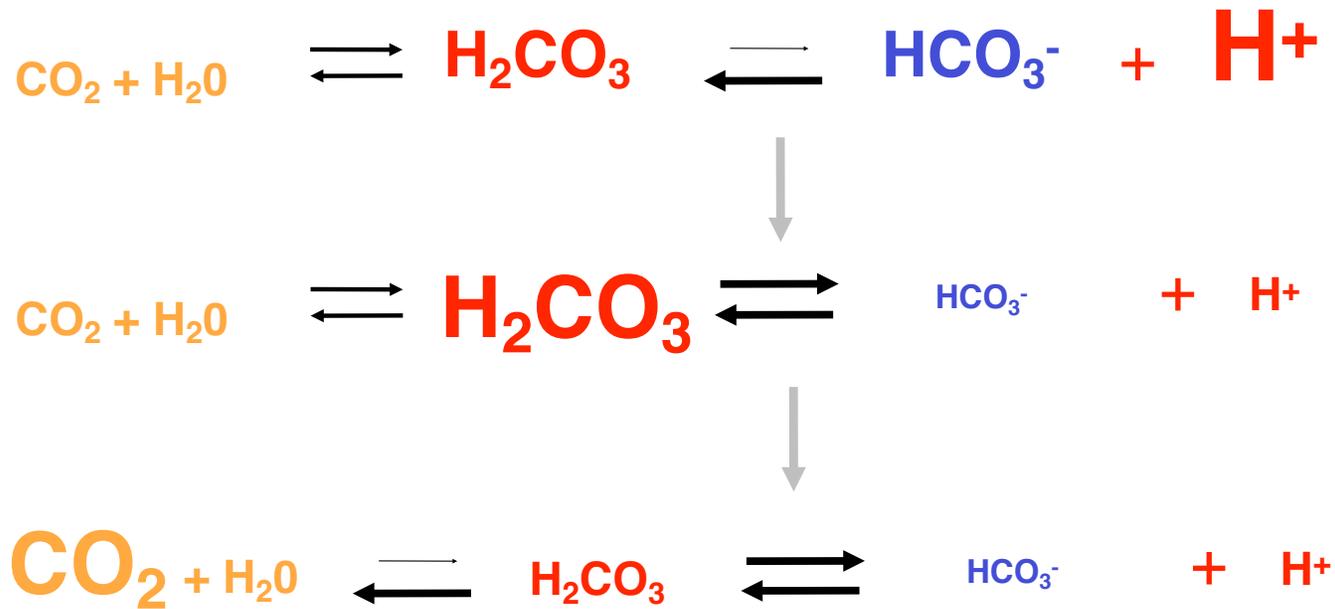


if pH  $\uparrow$  , then need more  $\text{H}^+$



So if blood pH rises (more basic), keep  $\text{CO}_2$  -- *don't* breathe out

*if pH ↓ , then need to absorb more H<sup>+</sup>*



So if blood pH drops (more acidic), breath **off** CO<sub>2</sub>

## pH and Breathing

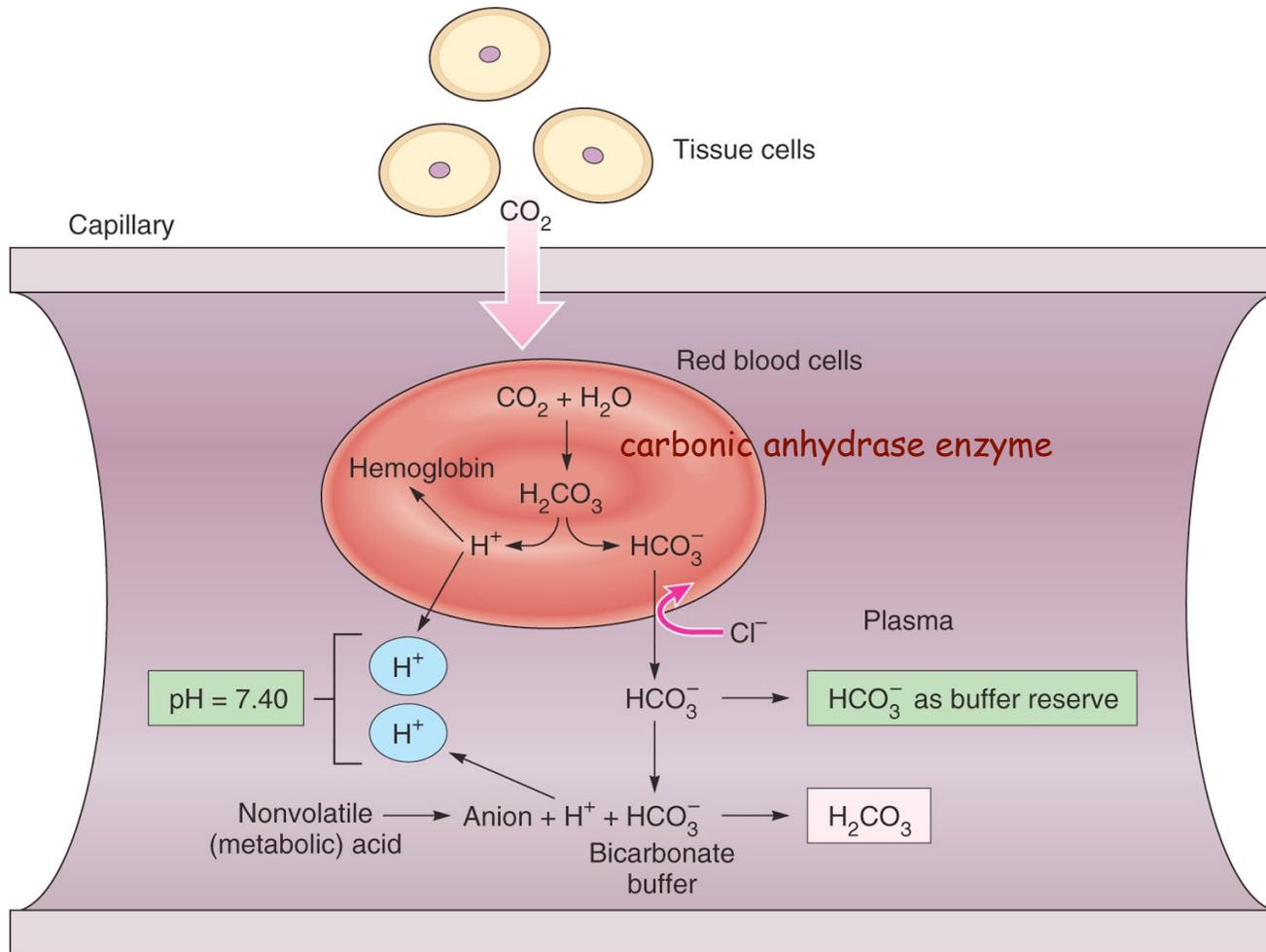
**If blood pH is too high (basic) breathe less to retain CO<sub>2</sub>:**

more CO<sub>2</sub> -> more bicarbonate + more H<sup>+</sup> -> more acidic

**If blood pH is too low (acidic) breathe more to blow off CO<sub>2</sub>:**

less CO<sub>2</sub> -> less bicarbonate + less H<sup>+</sup> -> less acidic

Figure 16.40



Chemoreceptors in:

Medulla

Carotid Bodies

Aortic Bodies

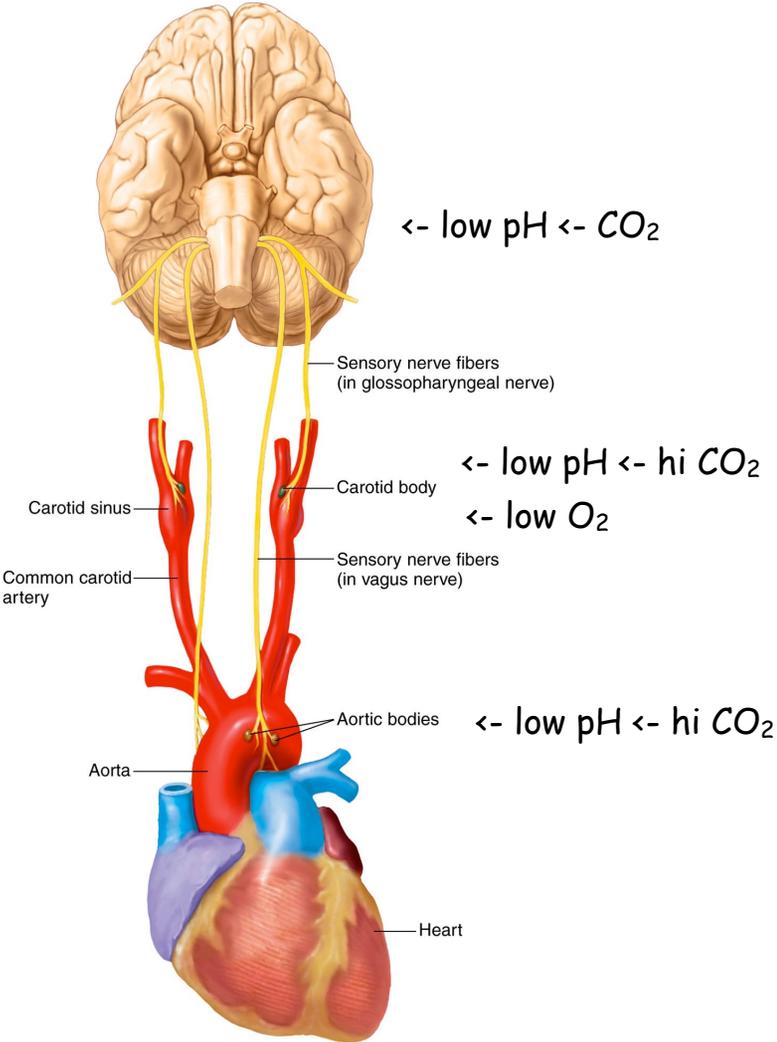
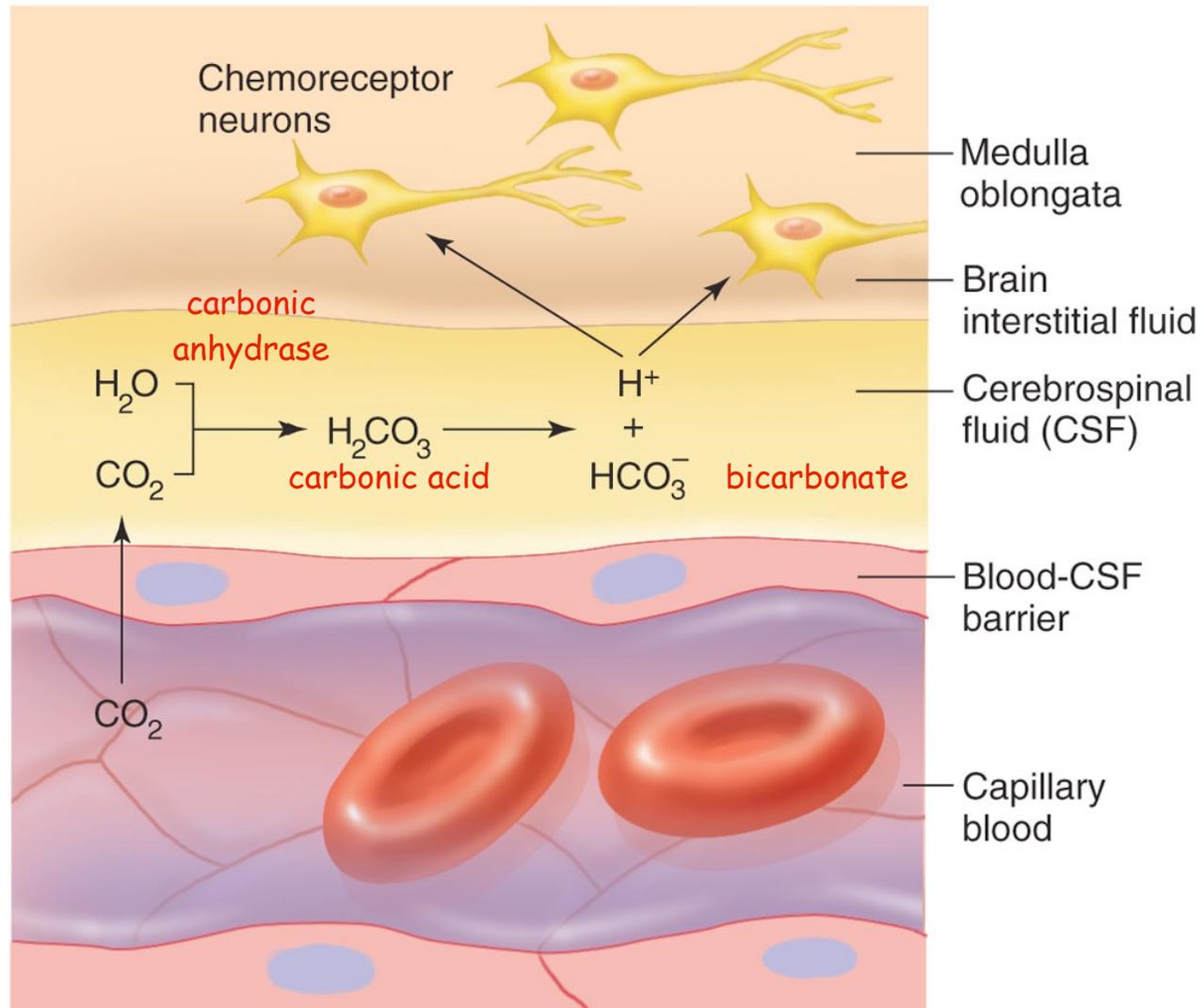
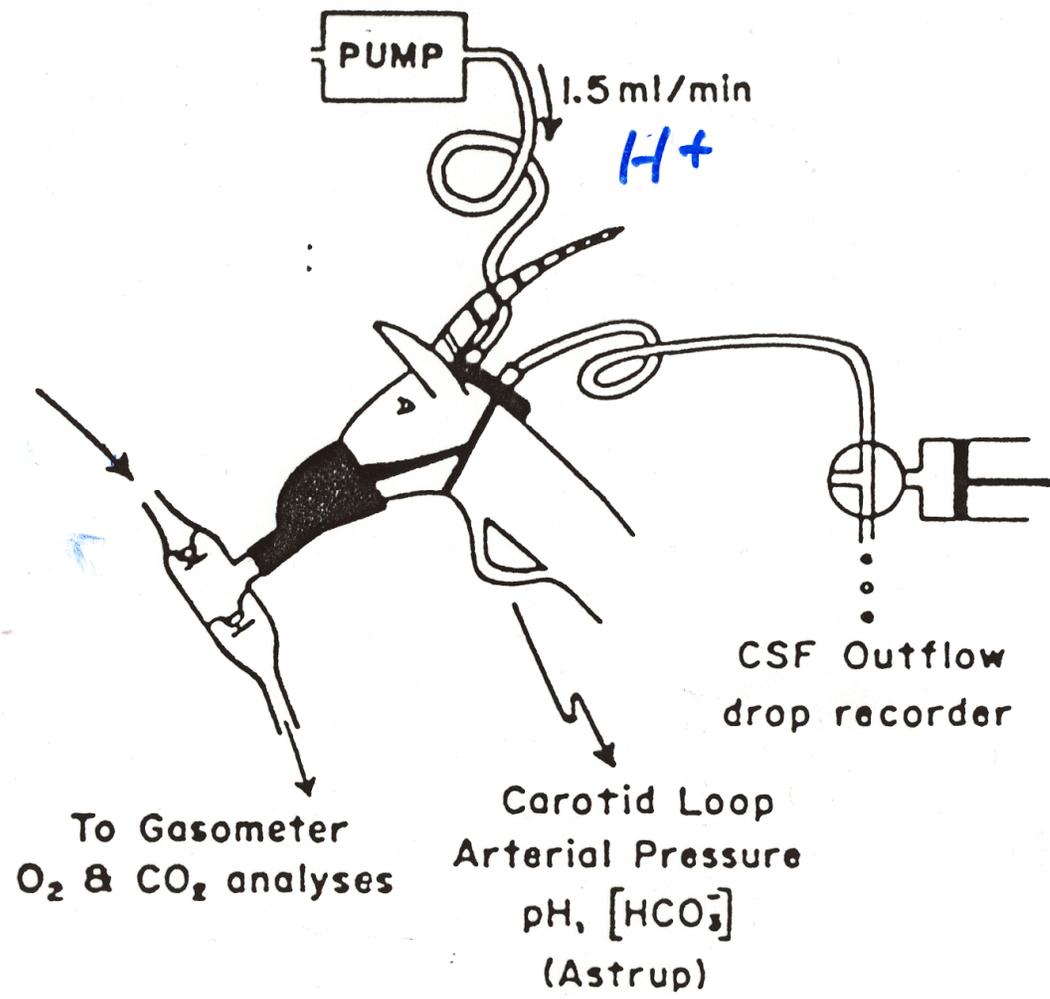


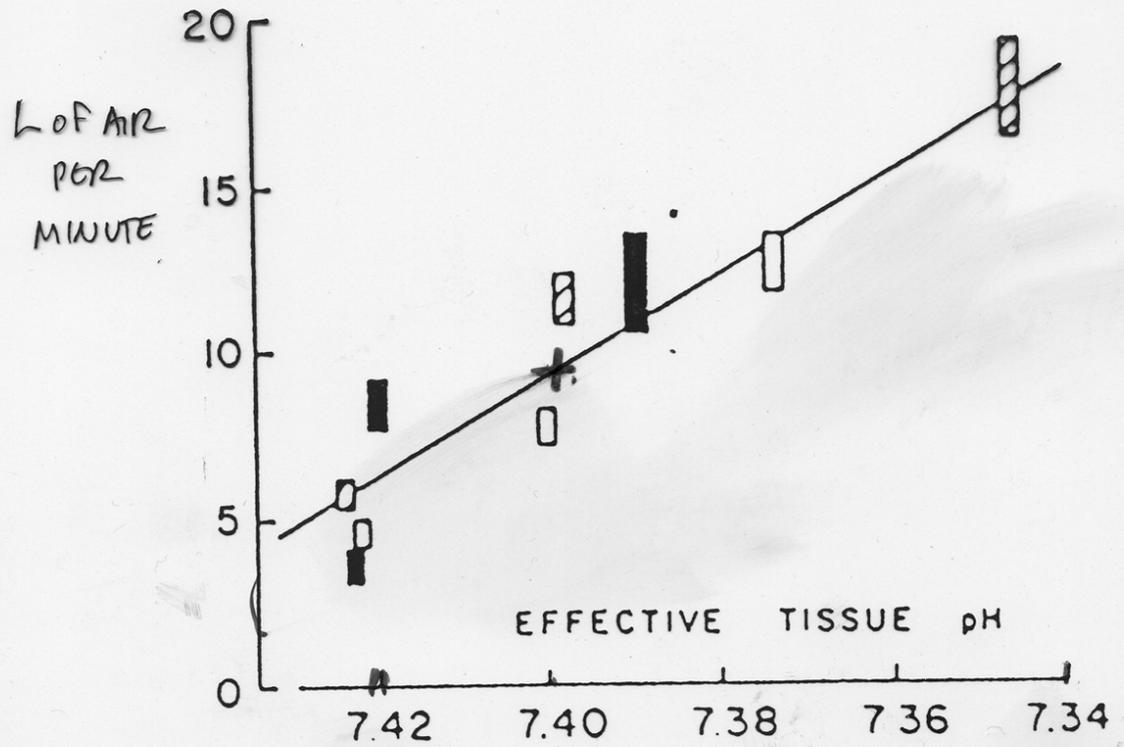
Figure 16.25

Figure 16.29





# Brain pH $\rightarrow$ BREATHING RATE IN GOATS



$\rightarrow [H^+]$

Table 16.6

**Table 16.6 | Sensitivity of Chemoreceptors to Changes in Blood Gases and pH**

Stimulus	Chemoreceptor	Comments
$\uparrow P_{\text{CO}_2}$	Medullary chemoreceptors; aortic and carotid bodies	Medullary chemoreceptors are sensitive to the pH of cerebrospinal fluid (CSF). Diffusion of $\text{CO}_2$ from the blood into the CSF lowers the pH of CSF by forming carbonic acid. Similarly, the aortic and carotid bodies are stimulated by a fall in blood pH induced by increases in blood $\text{CO}_2$ .
$\downarrow \text{pH}$	Aortic and carotid bodies	Peripheral chemoreceptors are stimulated by decreased blood pH independent of the effect of blood $\text{CO}_2$ . Chemoreceptors in the medulla are not affected by changes in blood pH because $\text{H}^+$ cannot cross the blood-brain barrier.
$\downarrow P_{\text{O}_2}$	Carotid bodies	Low blood $P_{\text{O}_2}$ (hypoxemia) augments the chemoreceptor response to increases in blood $P_{\text{CO}_2}$ and can stimulate ventilation directly when the $P_{\text{O}_2}$ falls below 50 mmHg.

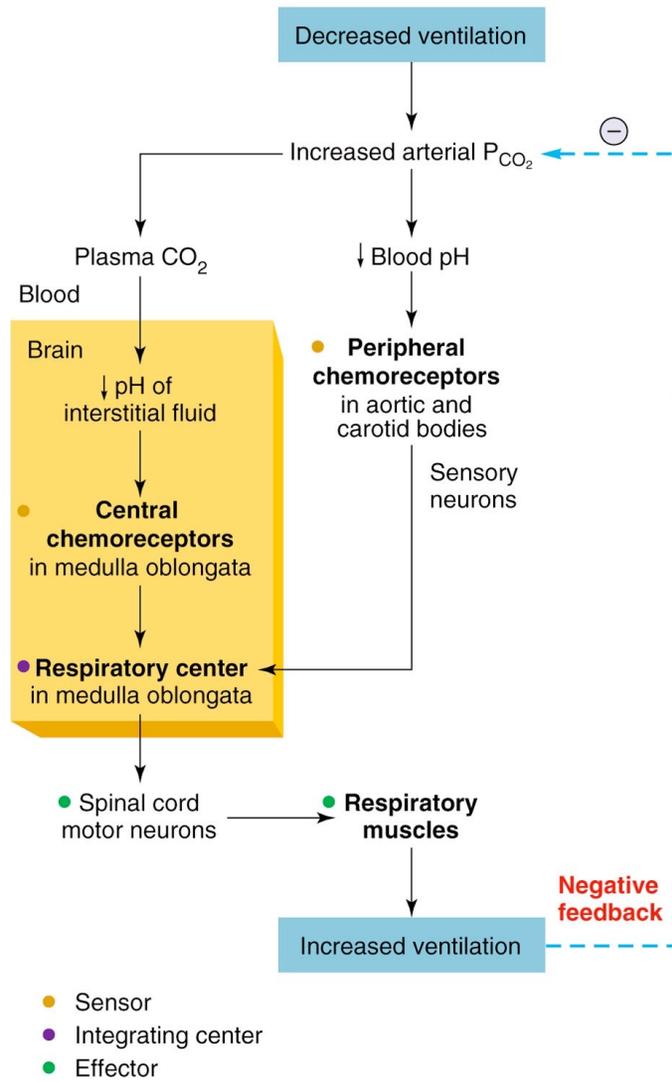


Figure 16.28