

Human Phys PCB4701

Respiration part 1

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Analysis of Internal Transport in an Organism:

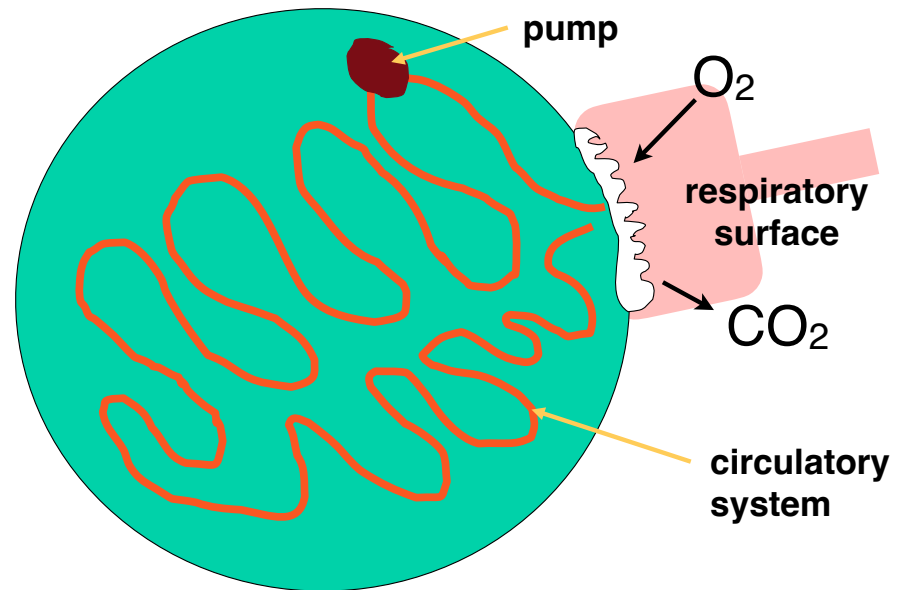
Movement of chemicals from external environment into the body, and between organs of the body.

Tranported Chemicals can be essential metabolic nutrients (O₂, glucose) or toxic waste products (CO₂, 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 (O₂, glucose) or toxic waste products (CO₂, 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, O₂ levels, pH

Respiration

Tuesday

Anatomy of Lungs

Mechanics of Breathing

Lung Volume

Gas Concentrations

Control of Breathing

Thursday:

Role of CO_2 and HCO_3^- (bicarbonate) as buffer

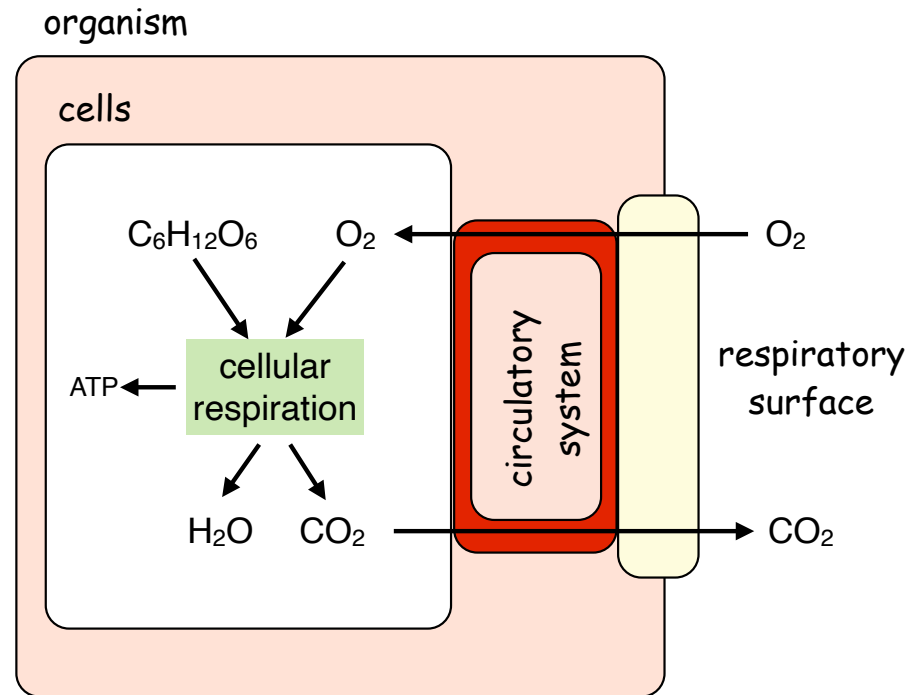
Hemoglobin

Transport of CO_2

Fetal Circulation

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.

Basic Anatomy of the Lungs

glottis

larynx

trachea

right & left bronchus

bronchiole

alveolar sac

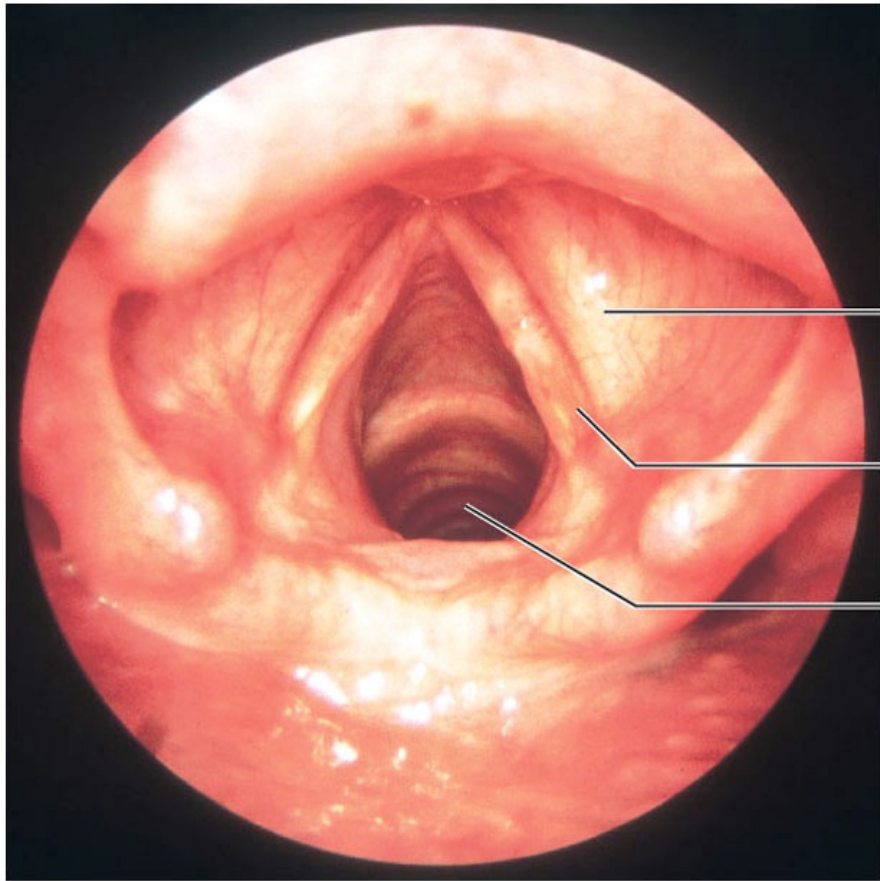
alveoli

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

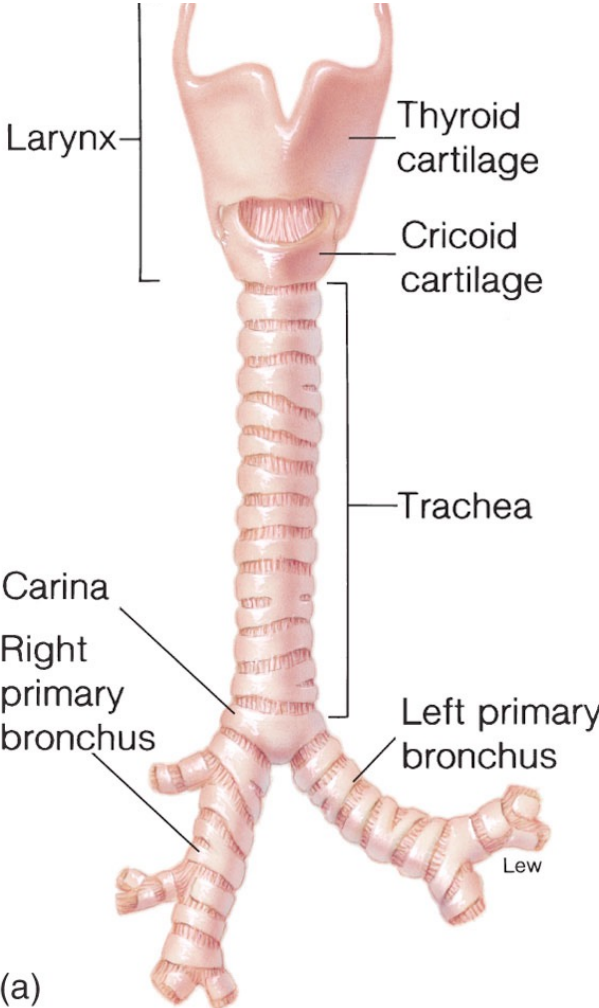


Figure 16.7

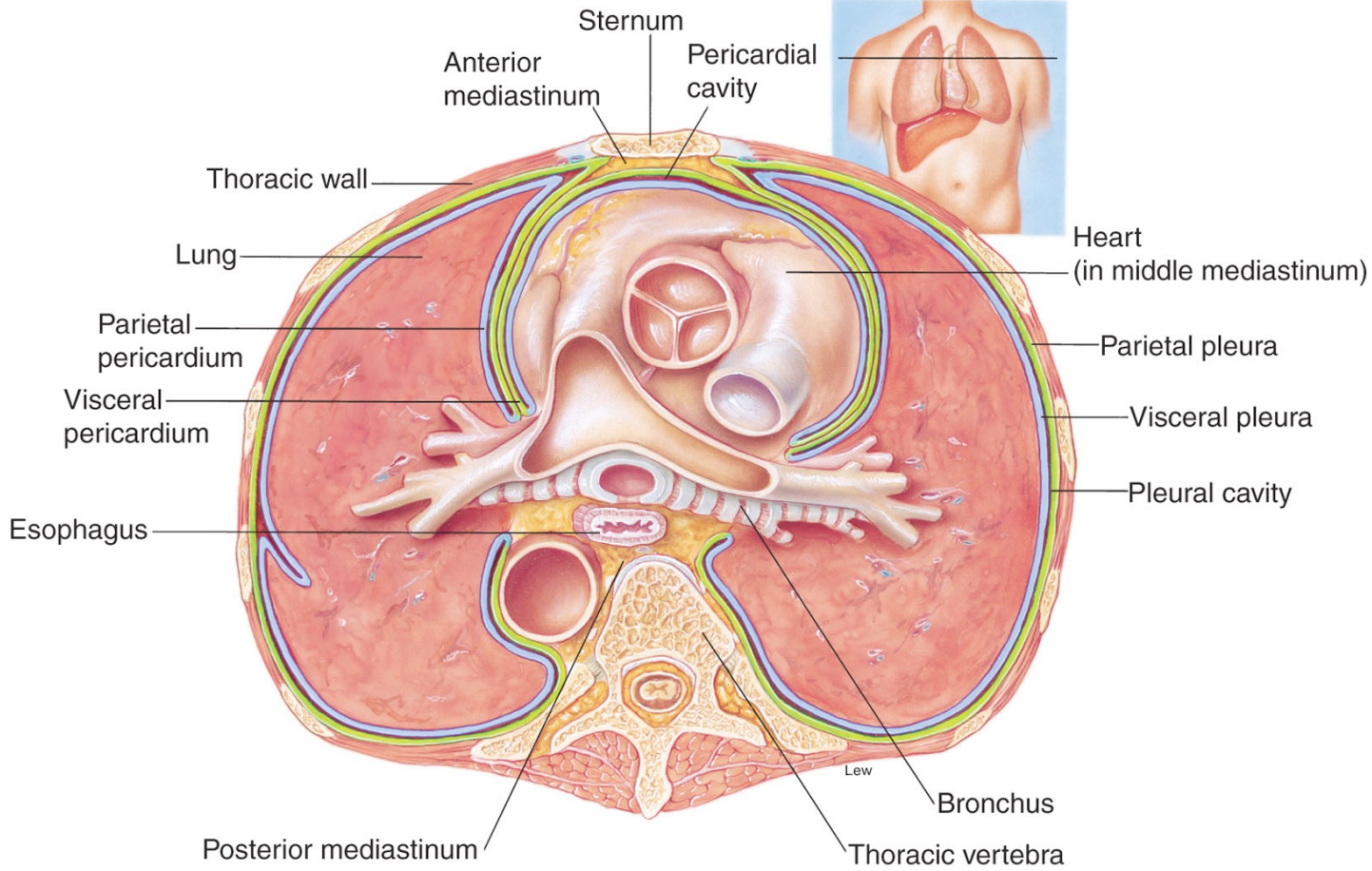
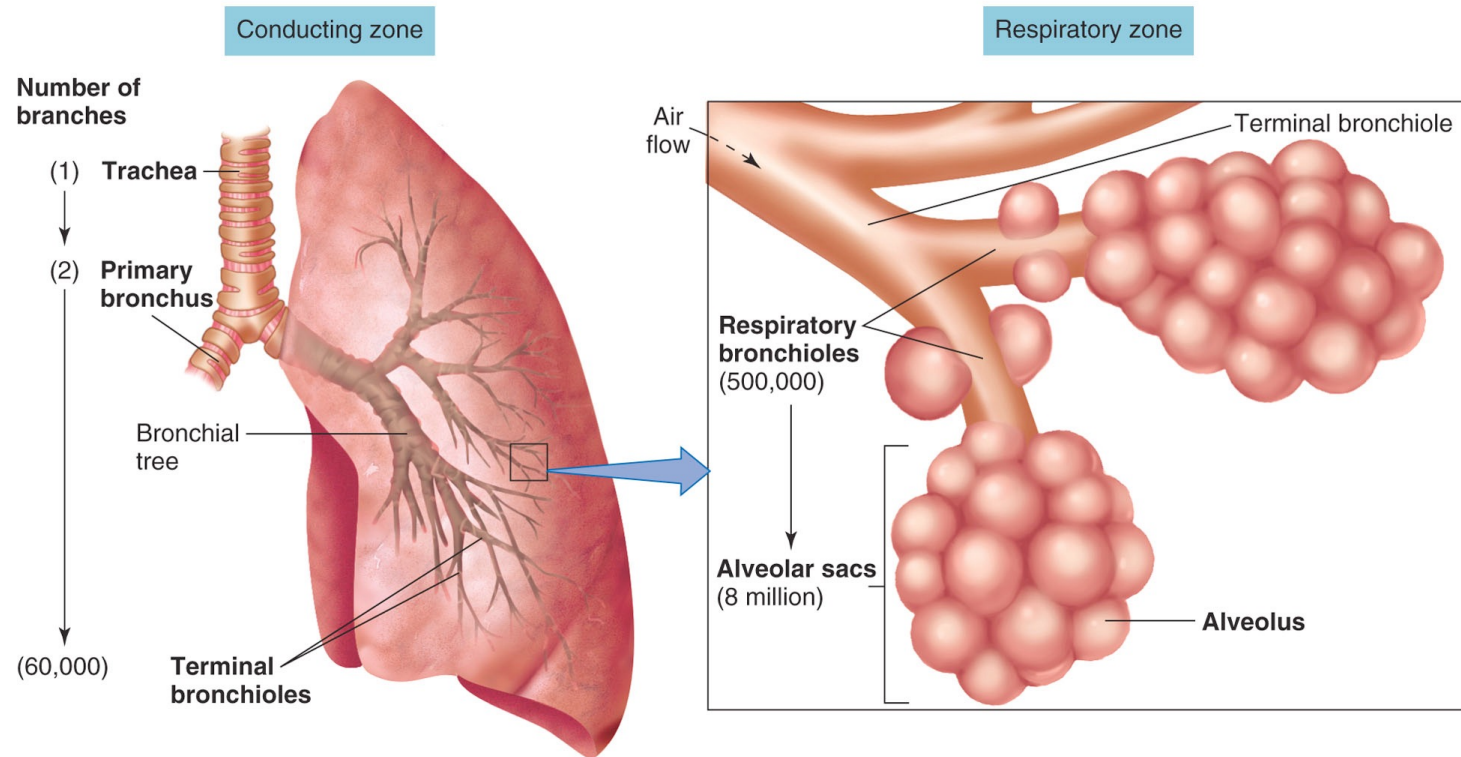


Figure 16.4



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

Figure 16.3a

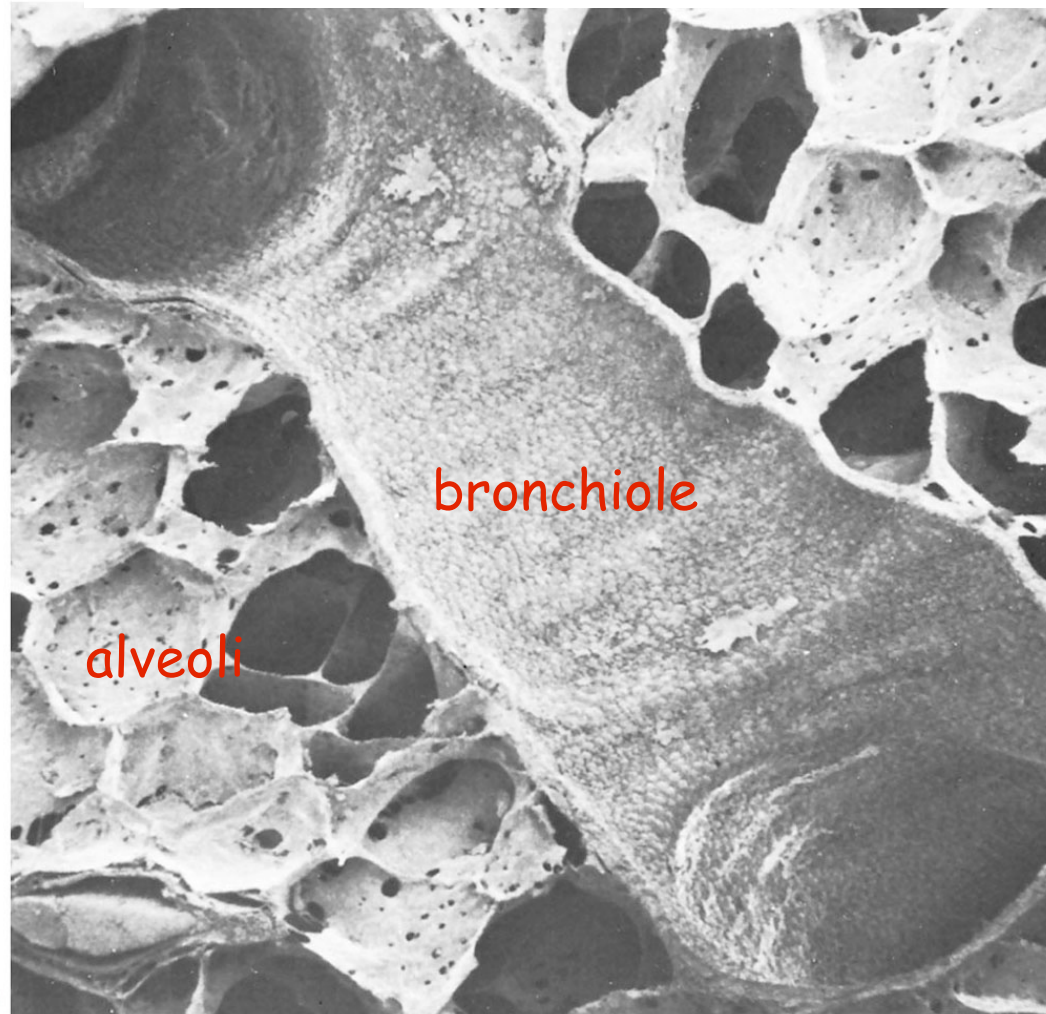
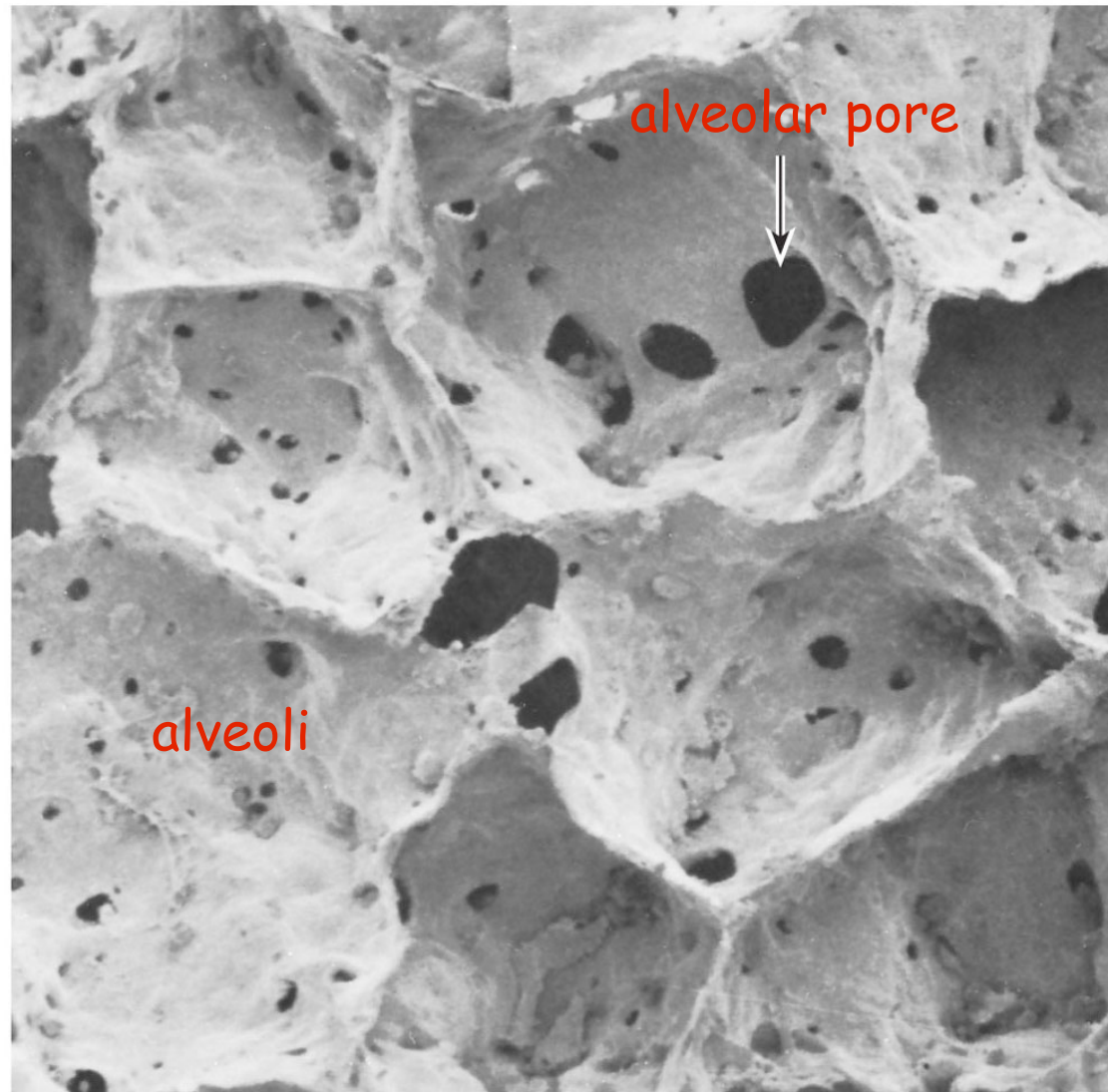


Figure 16.3b



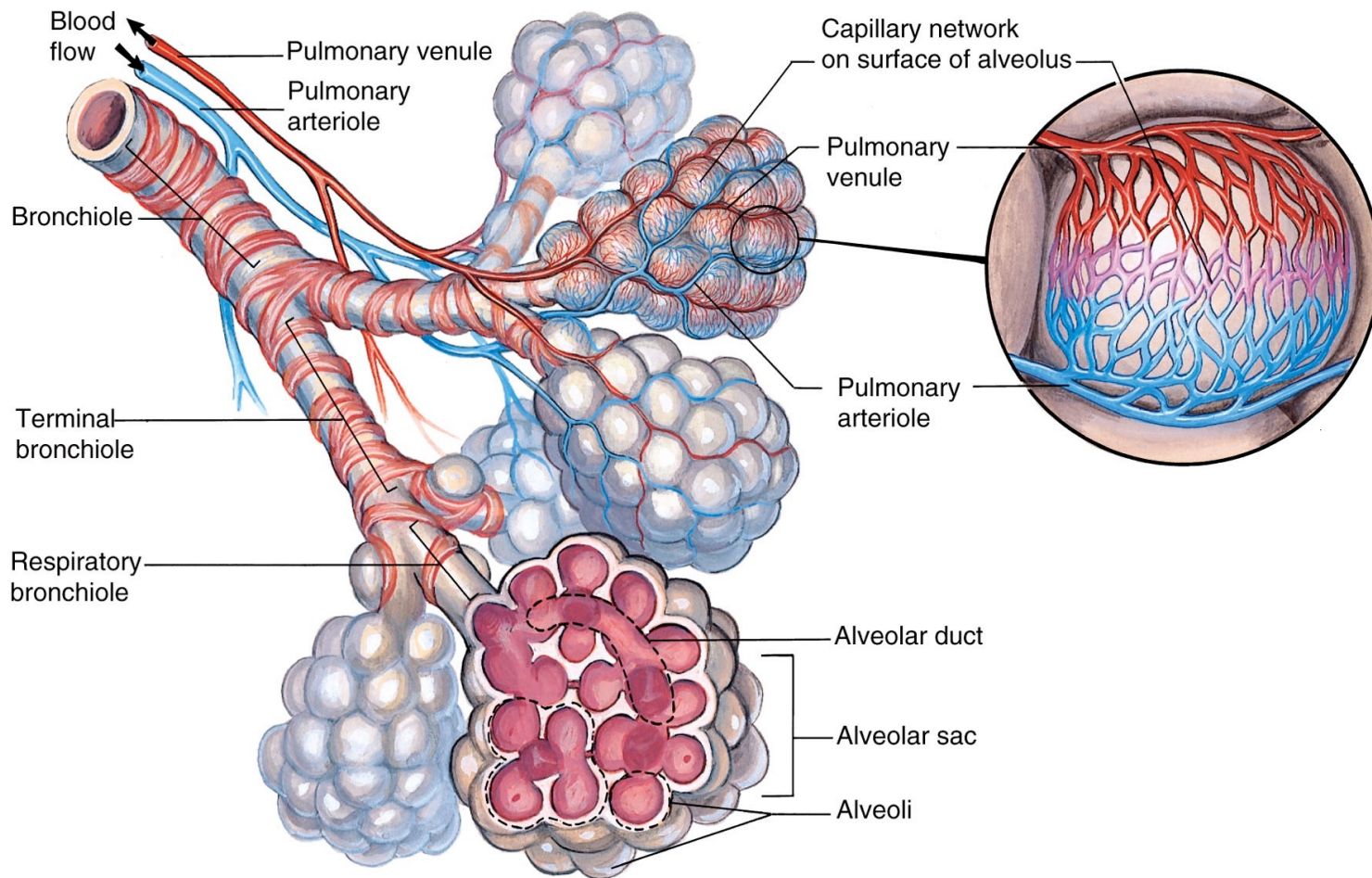


Figure 16.20

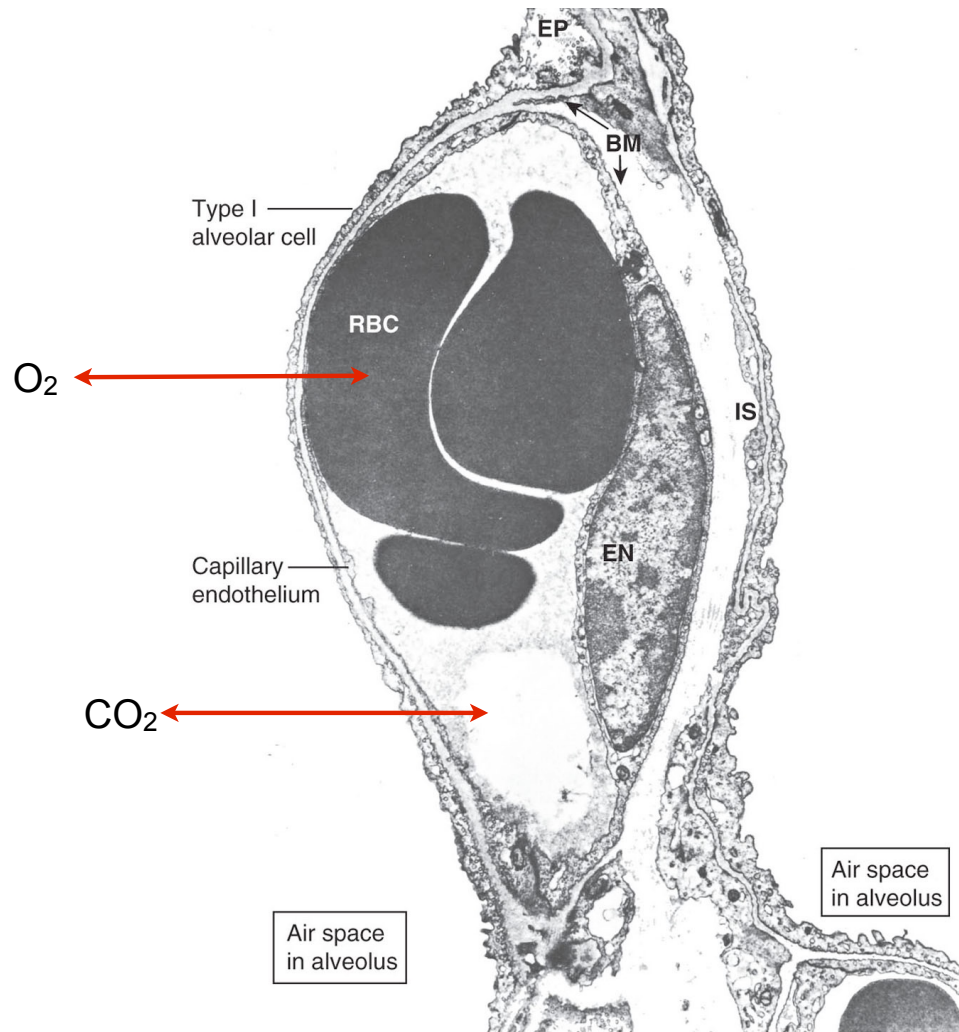


Figure 16.2

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⁻ 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

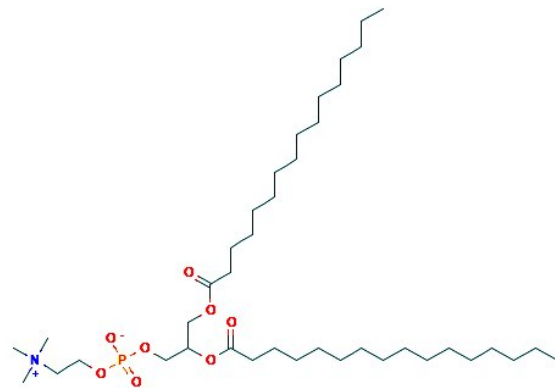
premature infant: surfactant not produced until late in gestation (just before birth), so premature infants have collapsed alveoli unless exogenous surfactant administered.

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.

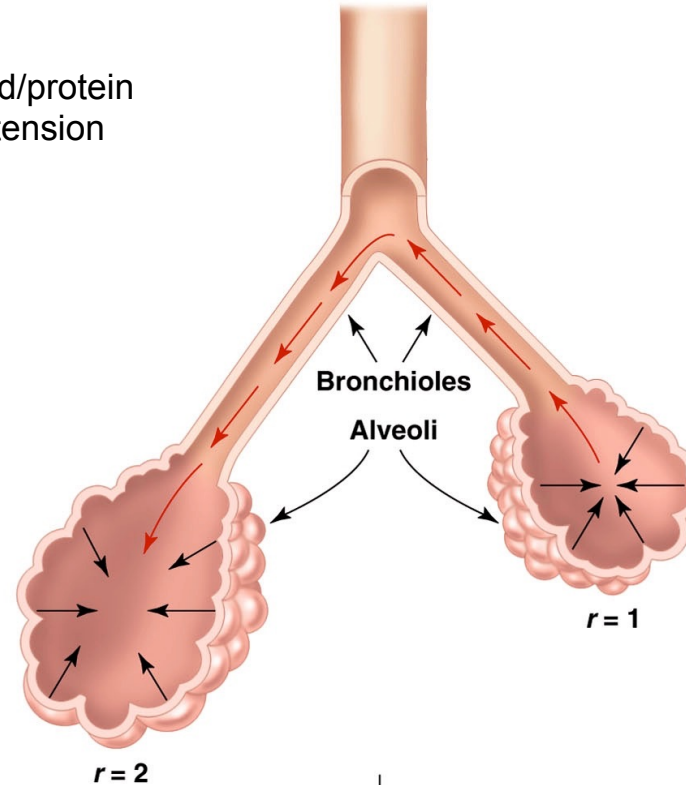
Synthesized by Type II cells in late fetal life, so pre-term babies may not have enough.



1,2-Dipalmitoylphosphatidylcholine

Law of Laplace

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



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

$$P = T$$

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

$$P = 2T$$

Surfactant & premature infant

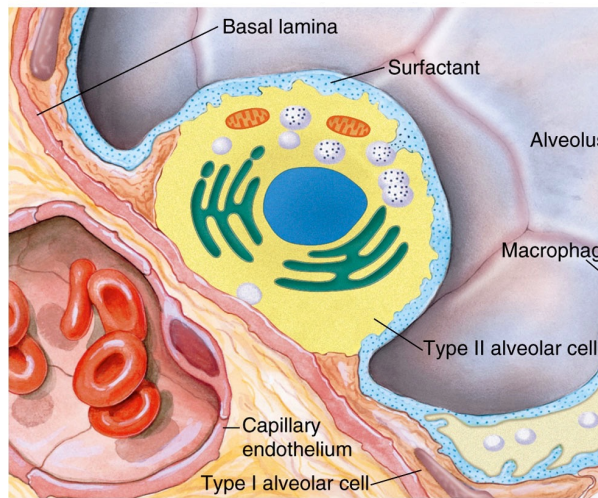
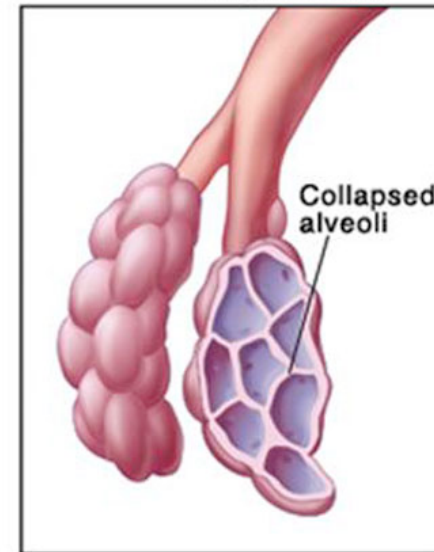
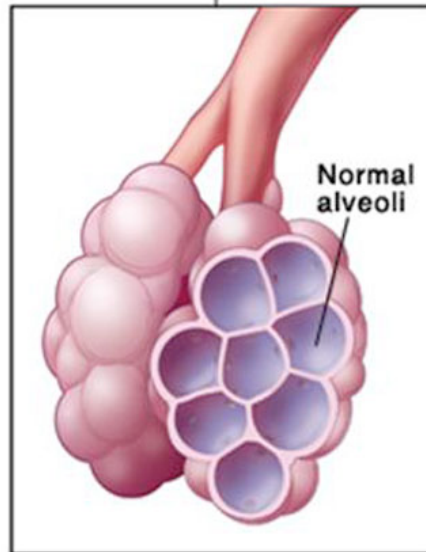
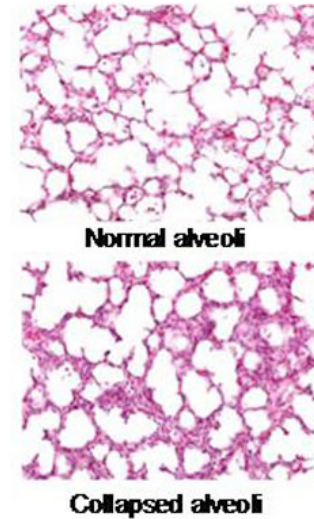
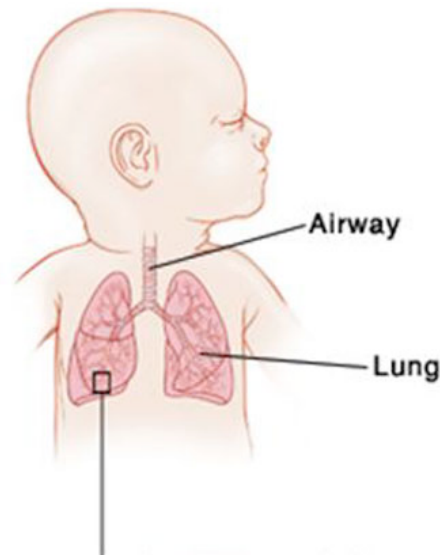
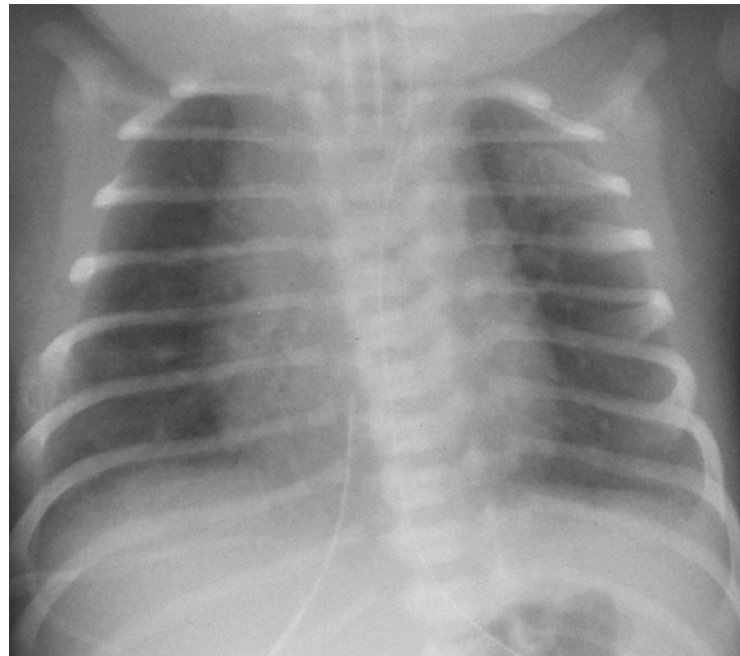
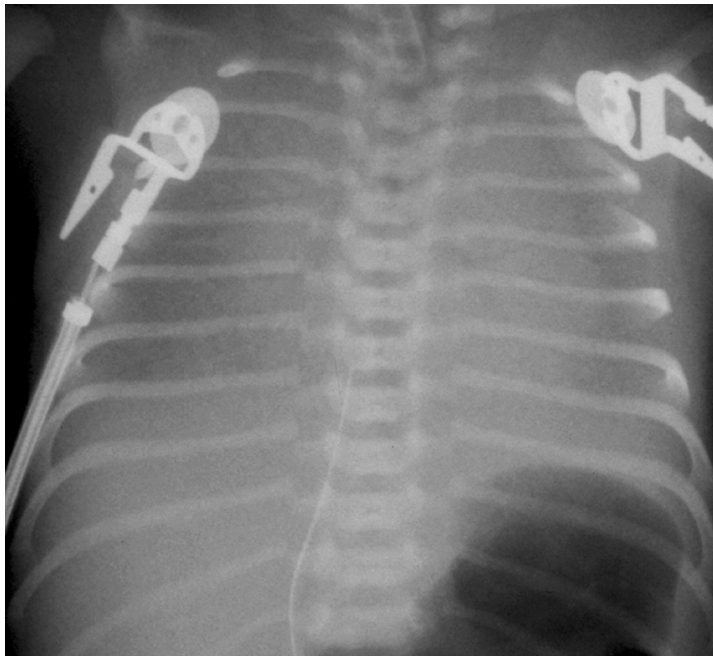


Figure 16.11



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.

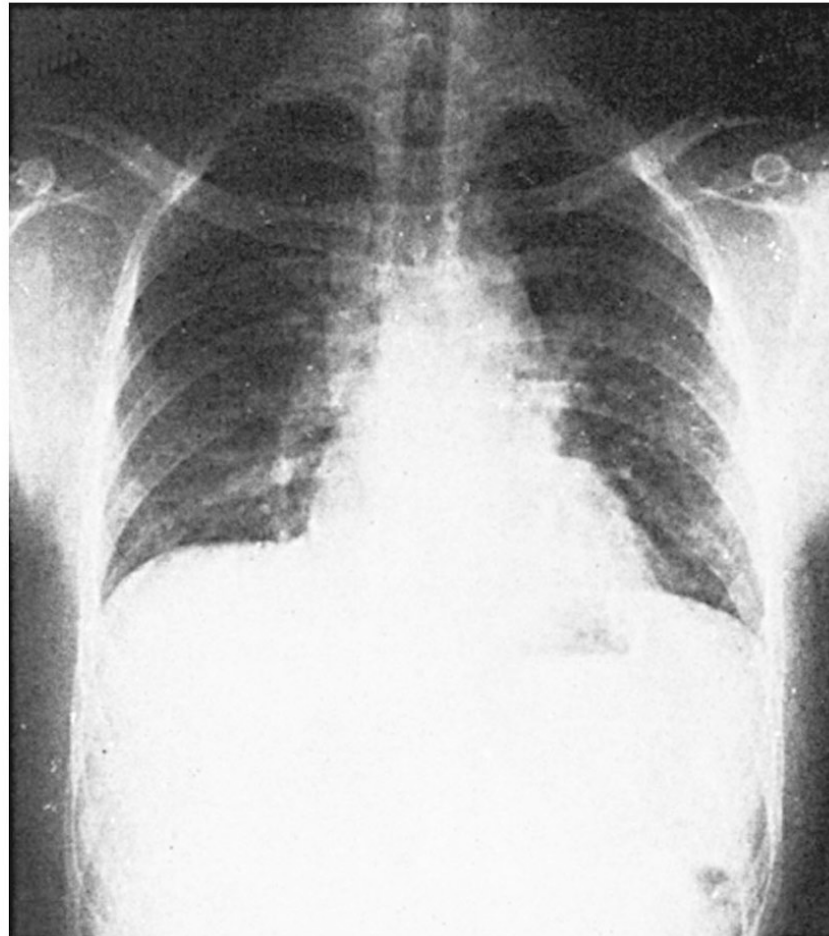
Intrapleural pressure less than atmospheric pressure, so lungs kept inflated up against the inside of chest wall.

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

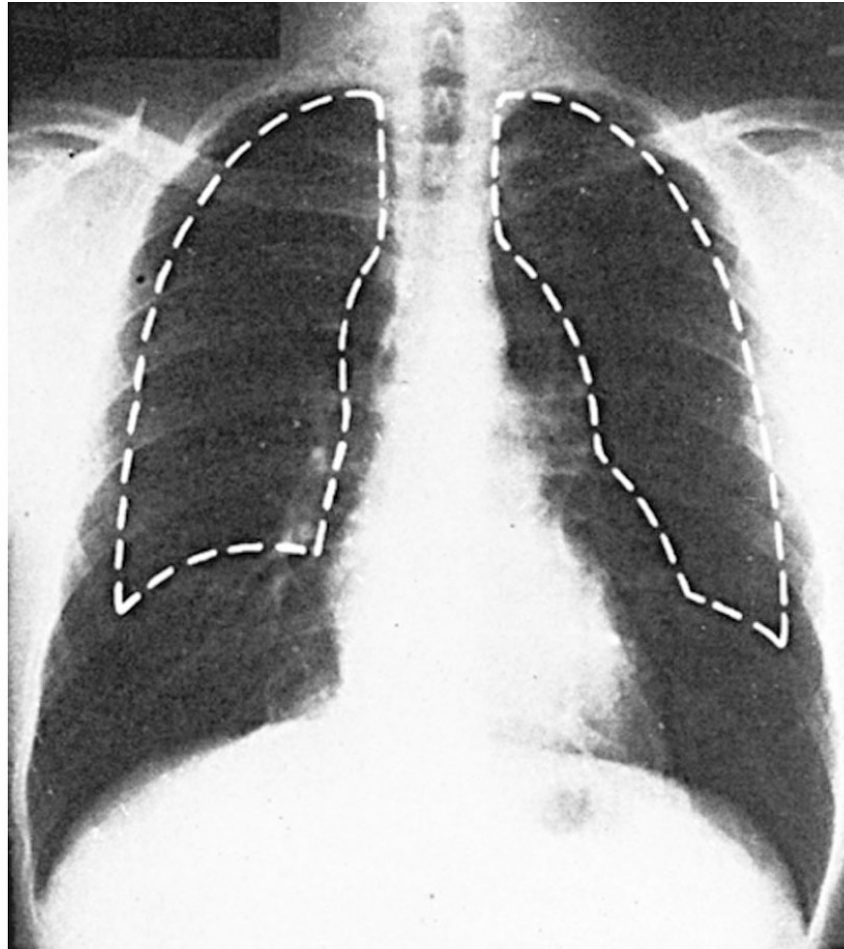


(a)

Expiration

From J.H. Comroe, Jr., *Physiology of Respiration: An Introductory Text*, 2nd edition, 1974
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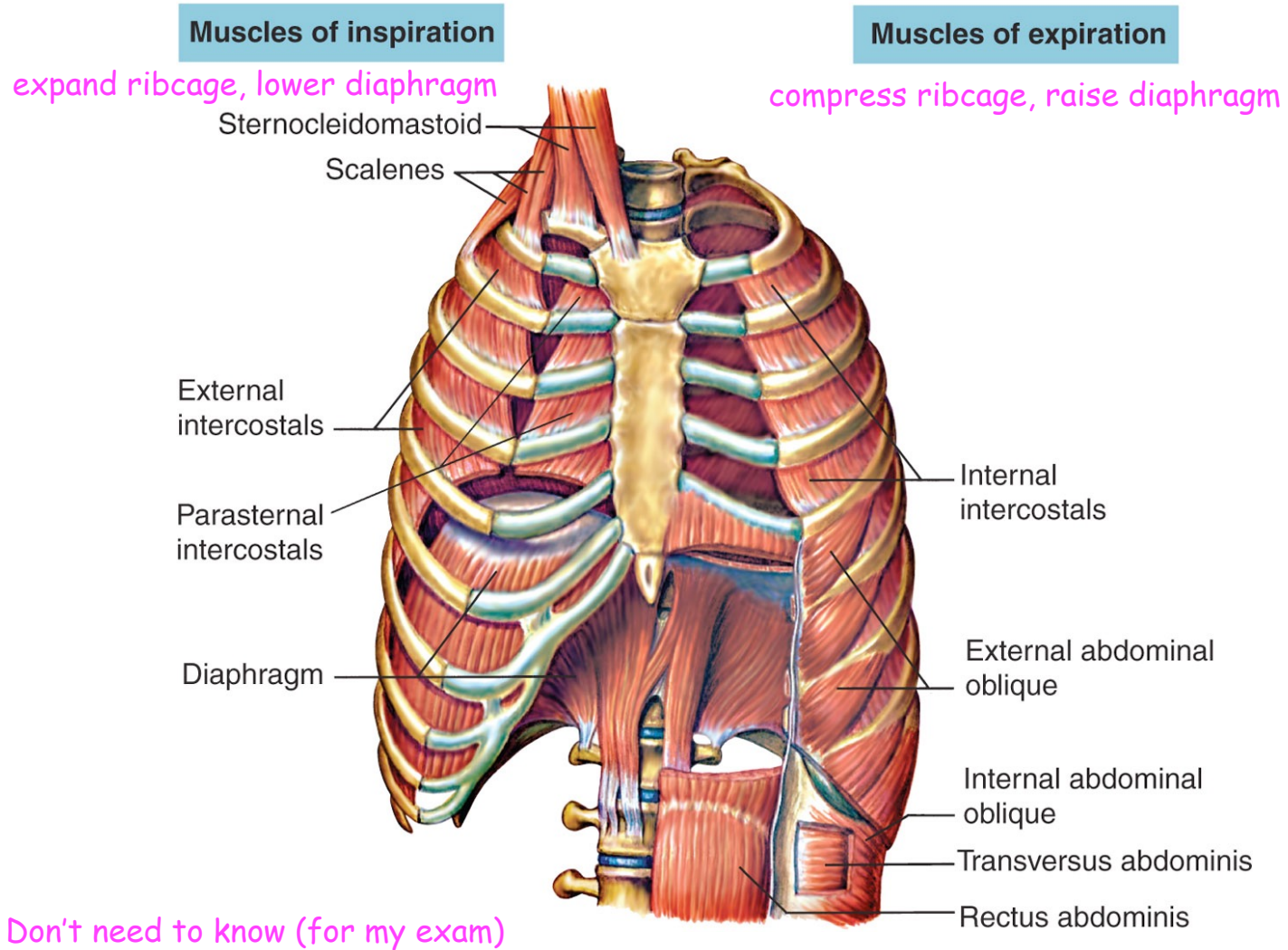
Figure 16.12b



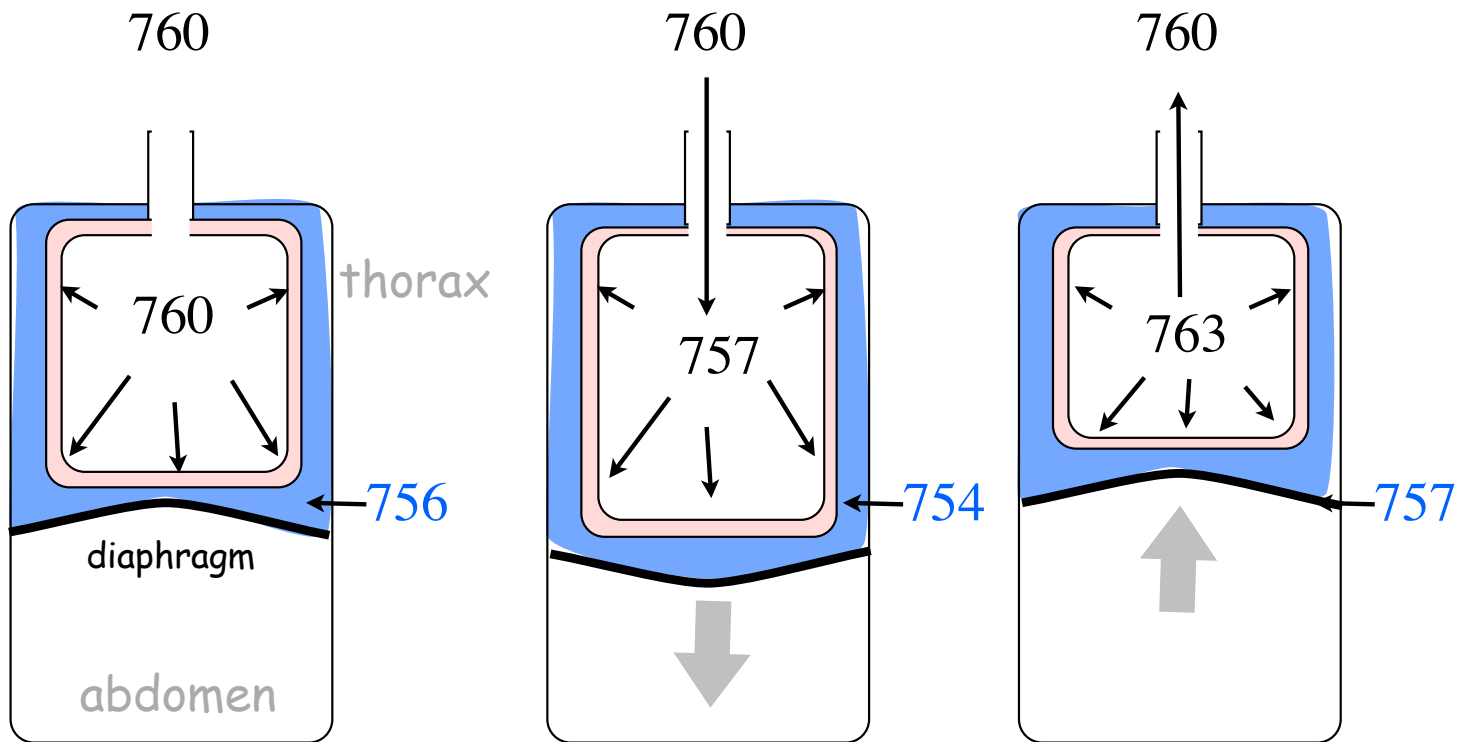
Inspiration

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

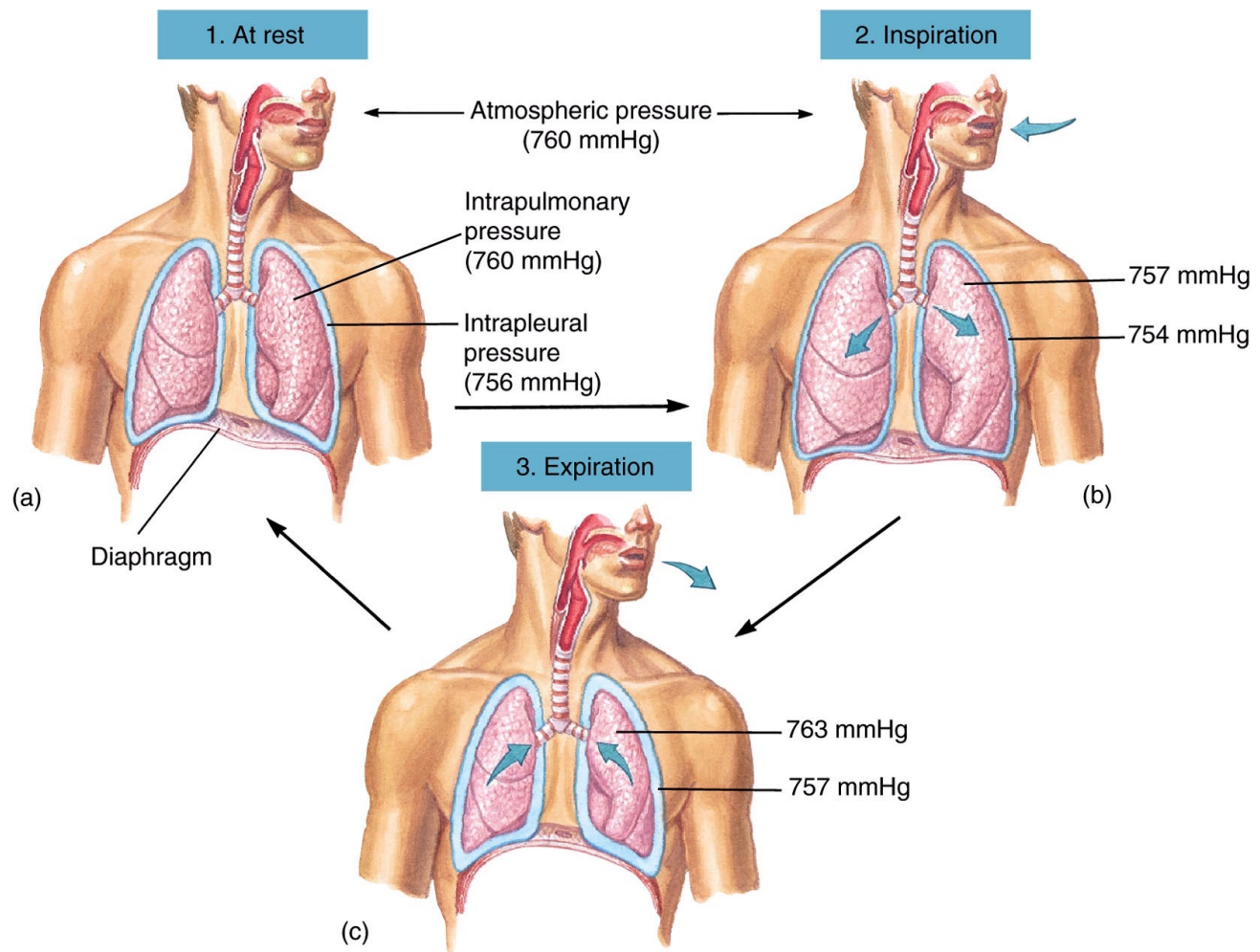
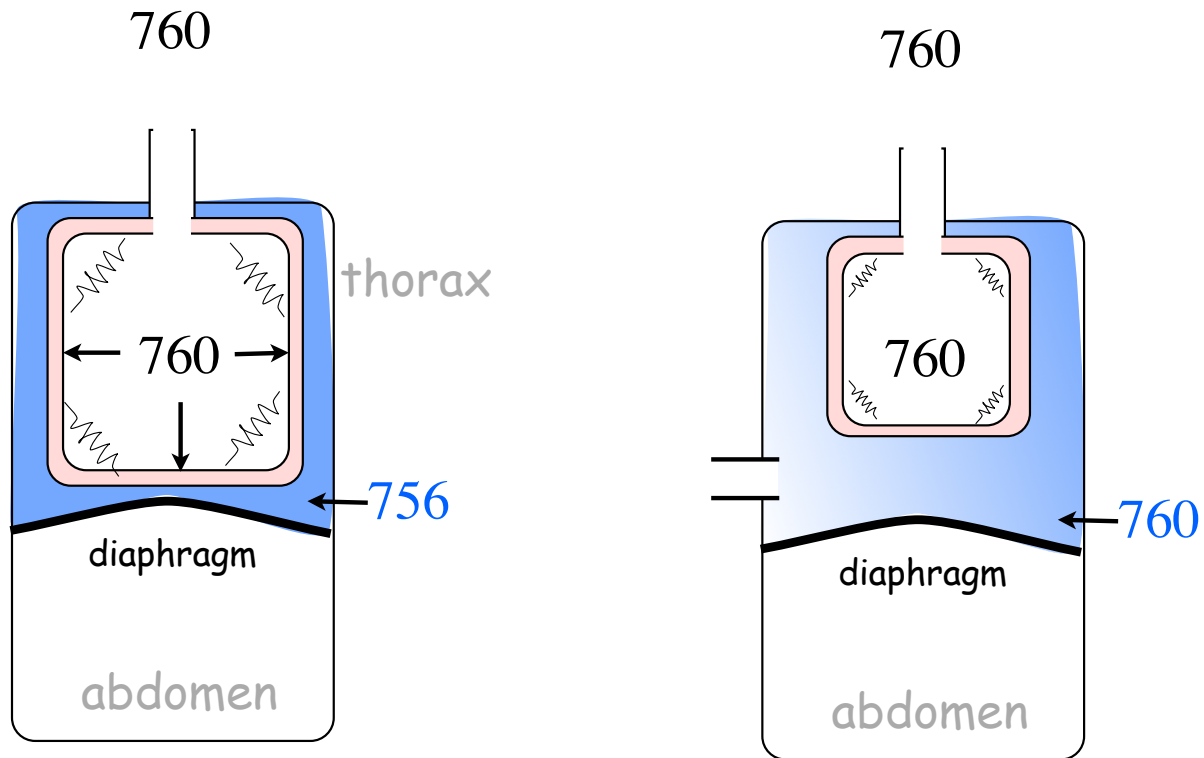


Figure 16.14

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.

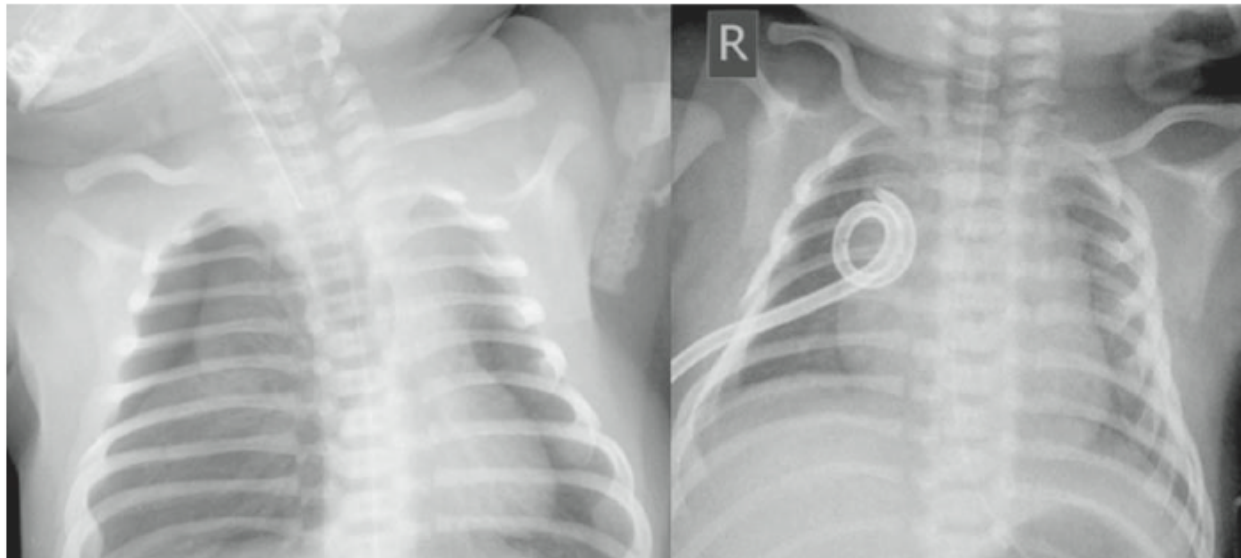


Figure 3 (A) Right sided pneumothorax. (B) Insertion of pigtail catheter showing resolution of the pneumothorax.

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

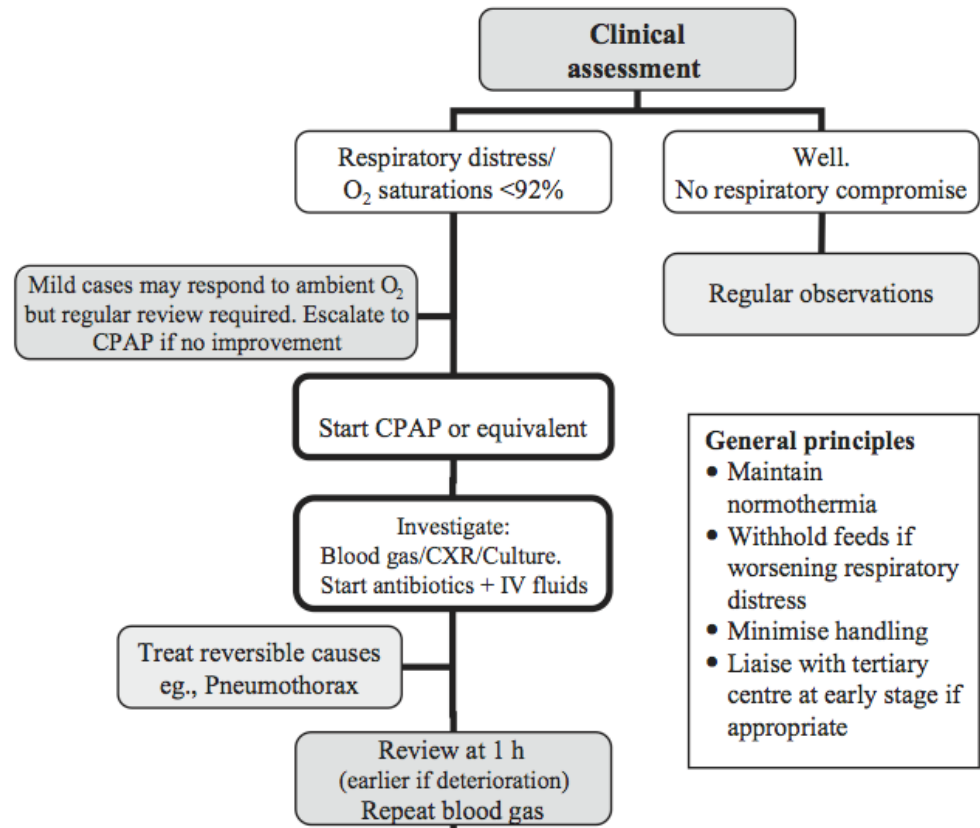


Figure 4 Algorithm for the management of respiratory distress in the moderately preterm infant in the newborn period. CPAP, continuous positive airflow pressure; CXR, chest x-ray; RDS, respiratory distress syndrome.

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

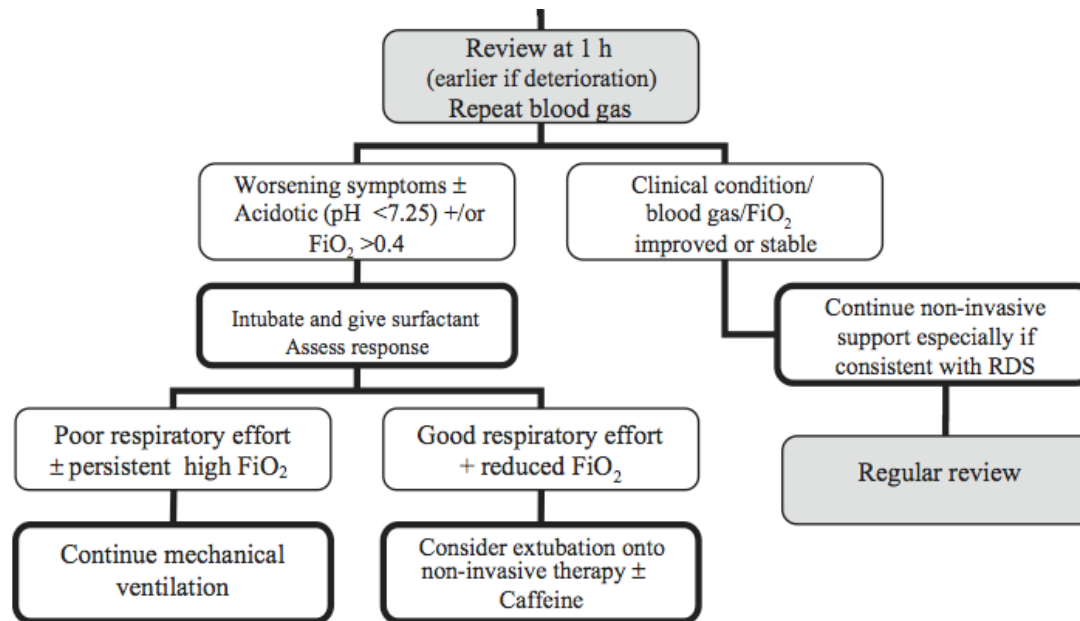


Figure 4 Algorithm for the management of respiratory distress in the moderately preterm infant in the newborn period. CPAP, continuous positive airflow pressure; CXR, chest x-ray; RDS, respiratory distress syndrome.

Lung Volumes & Capacities

Total Lung Capacity - gas in lungs after maximum expansion

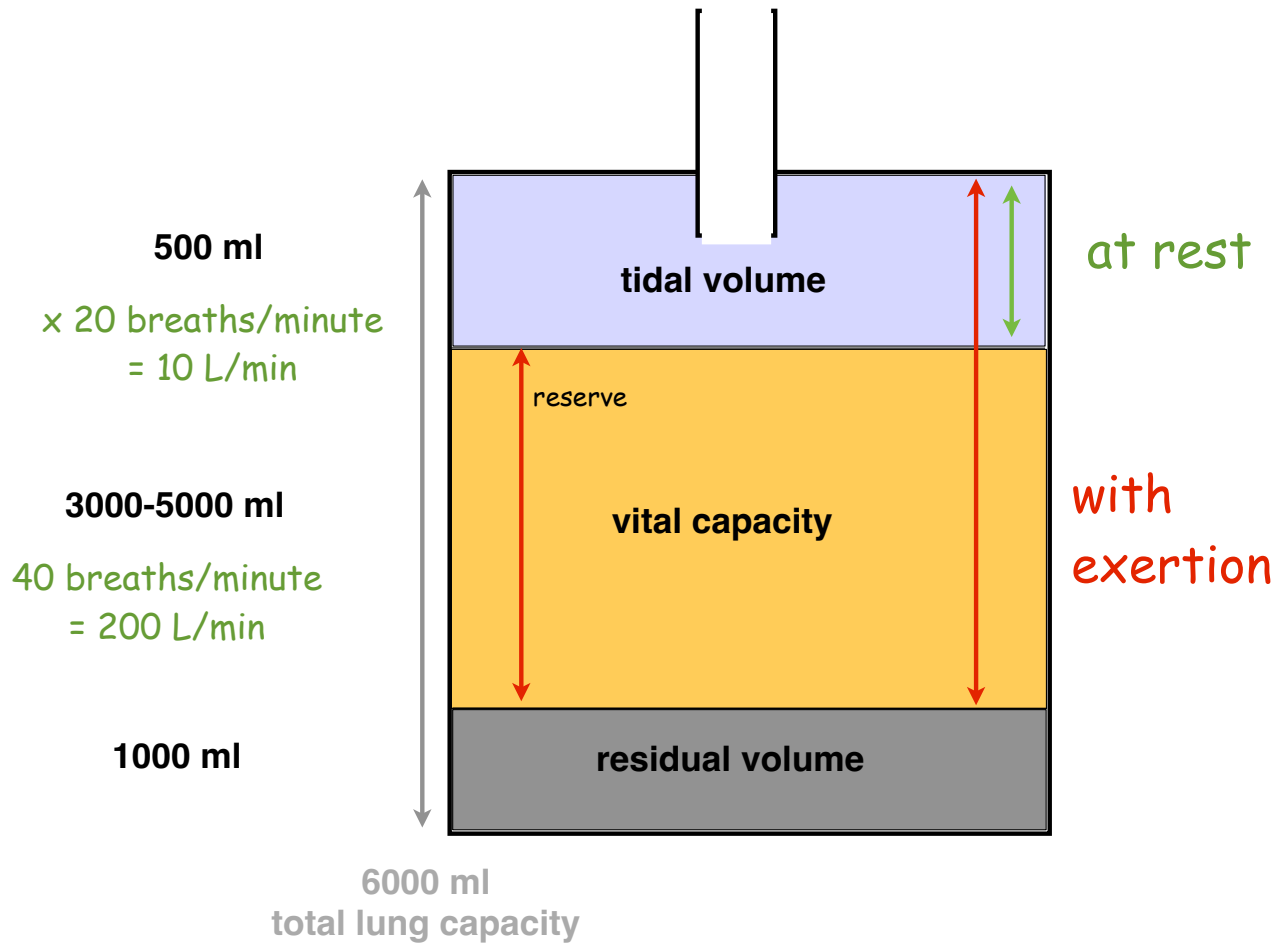
Tidal Volume - gas breathed in and out at rest

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

Term	Definition
<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



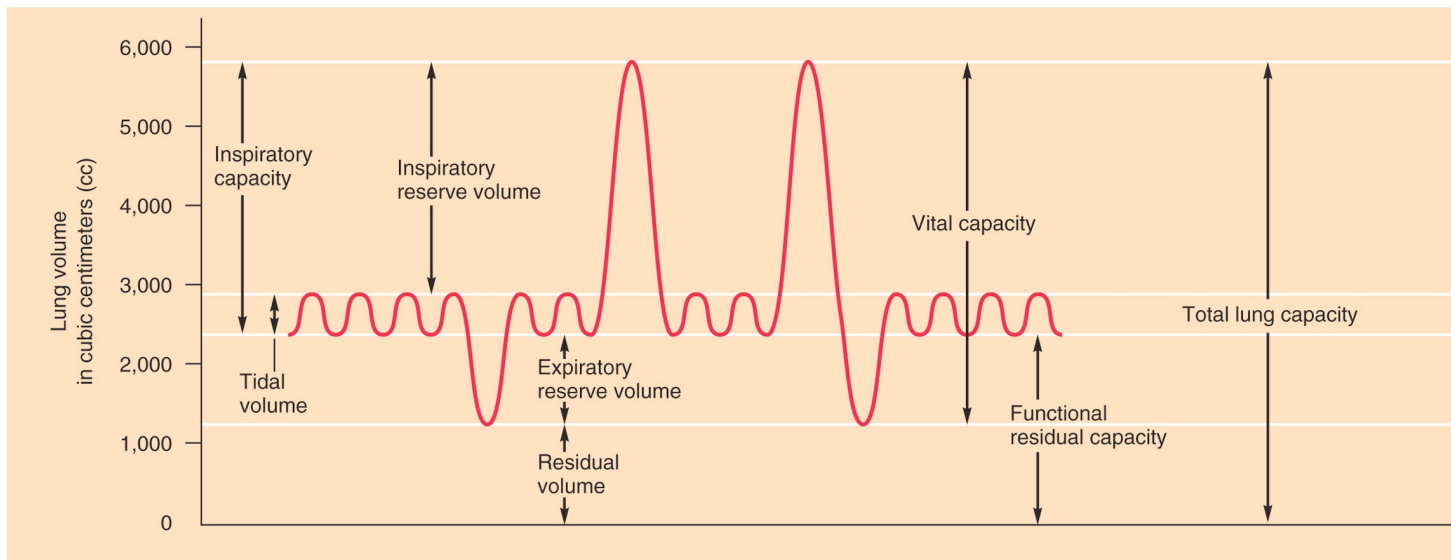


Figure 16.15

Disease state (like emphysema)

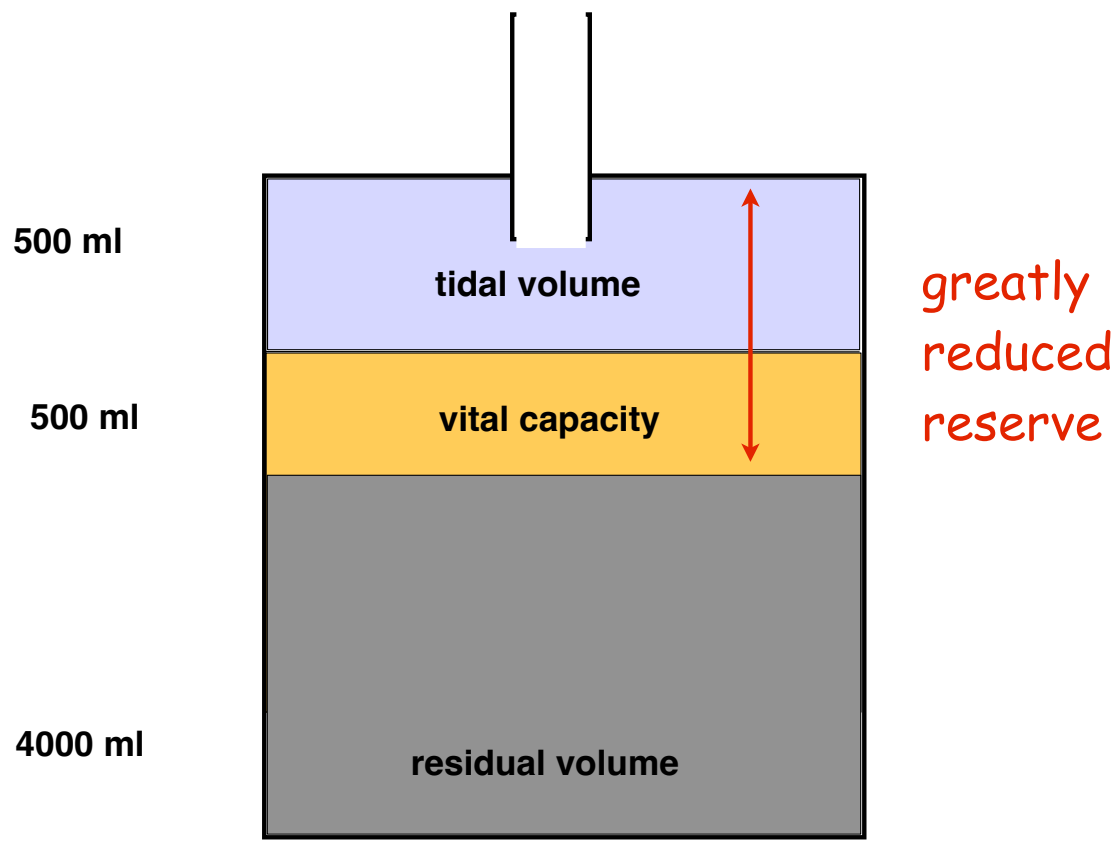
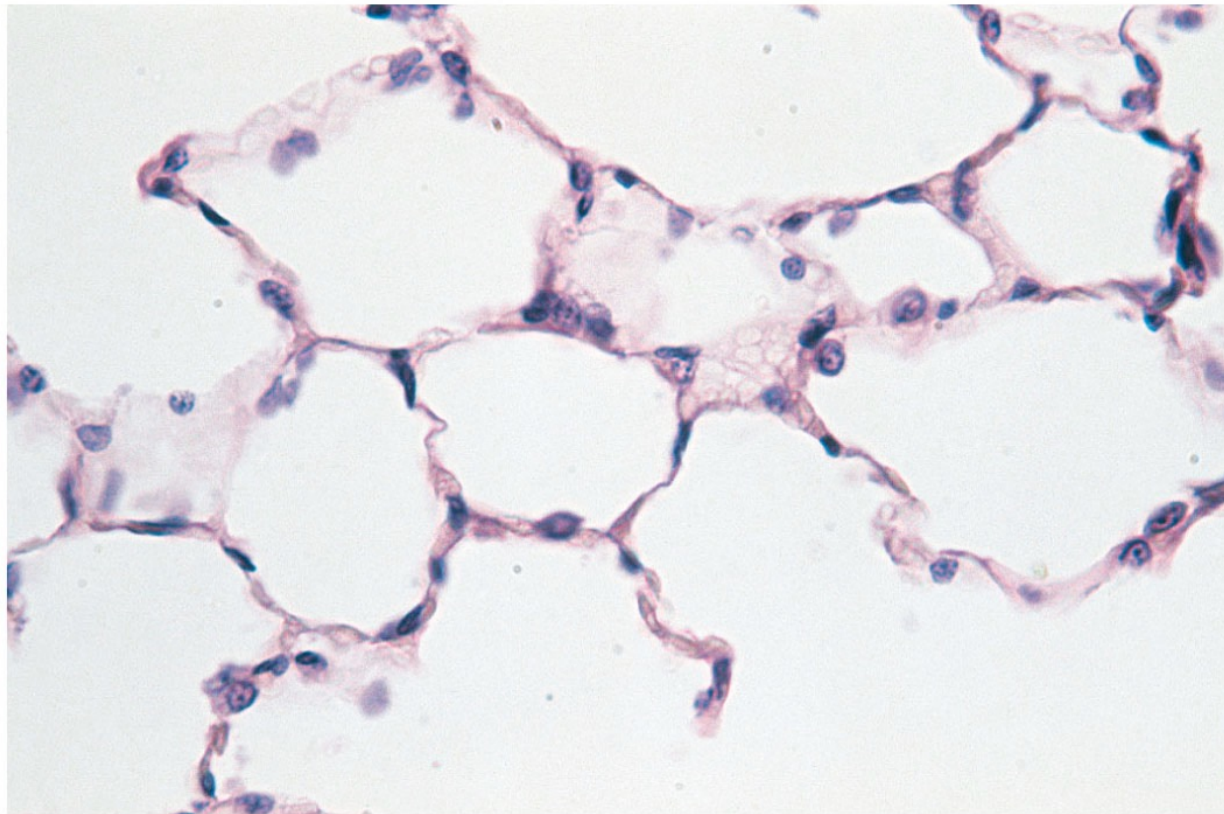


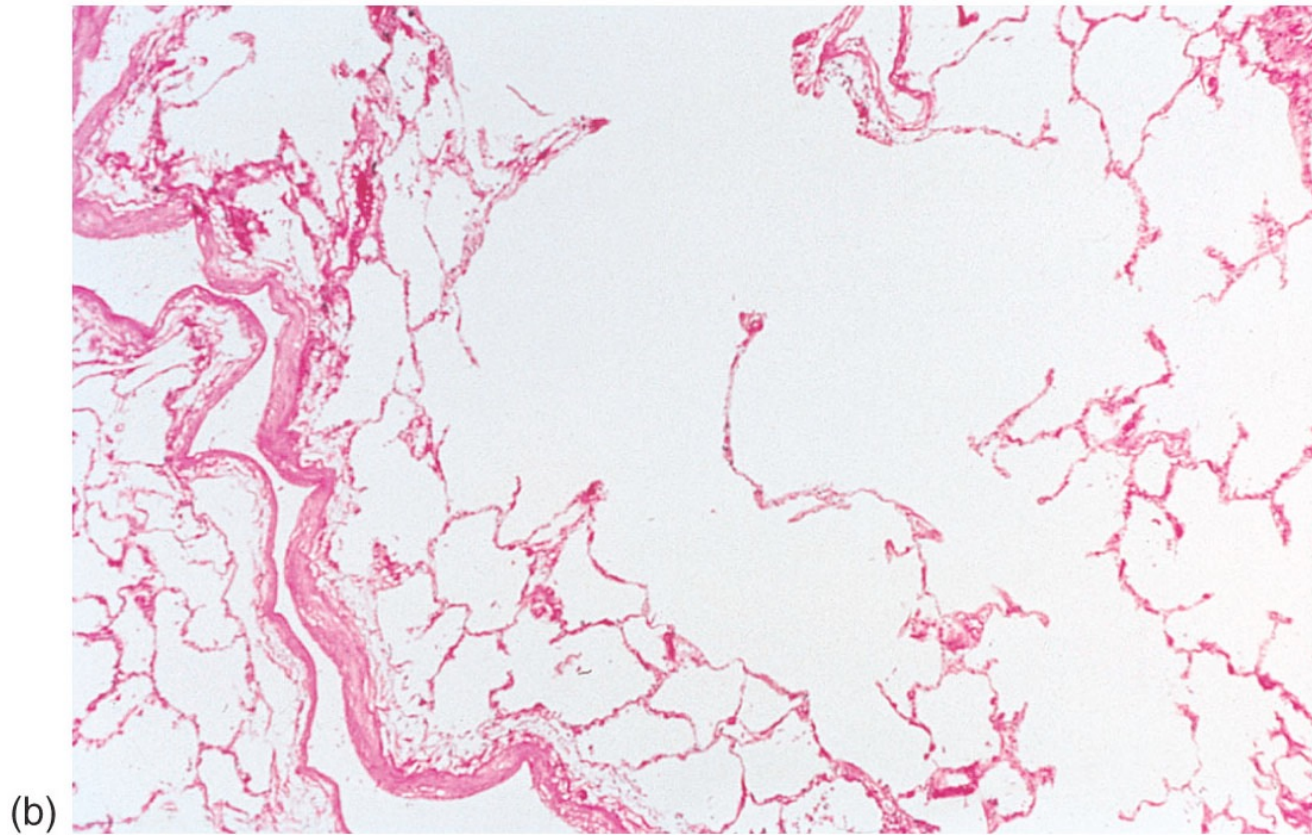
Figure 16.17a



(a)

Normal Lung

Figure 16.17b



Lung w/ Emphysema

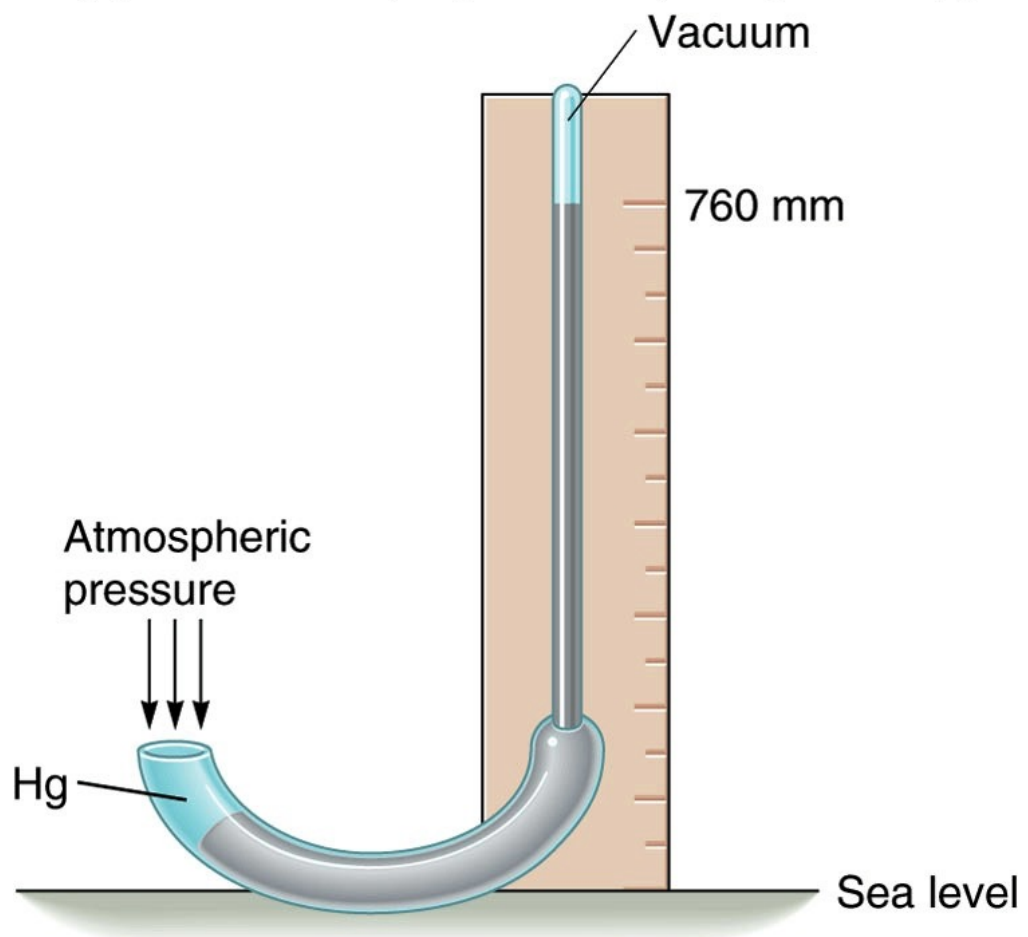


Figure 16.18

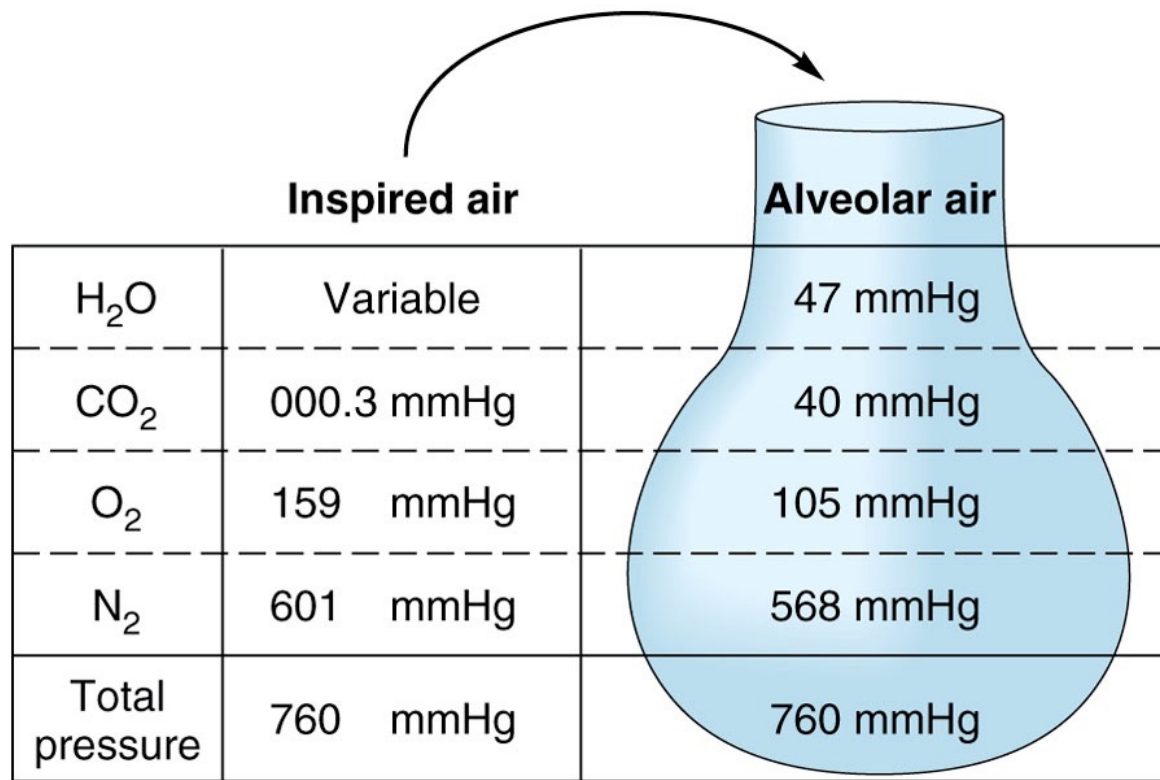


Figure 16.19

Measure P_{O_2} with oxygen sensitive electrode

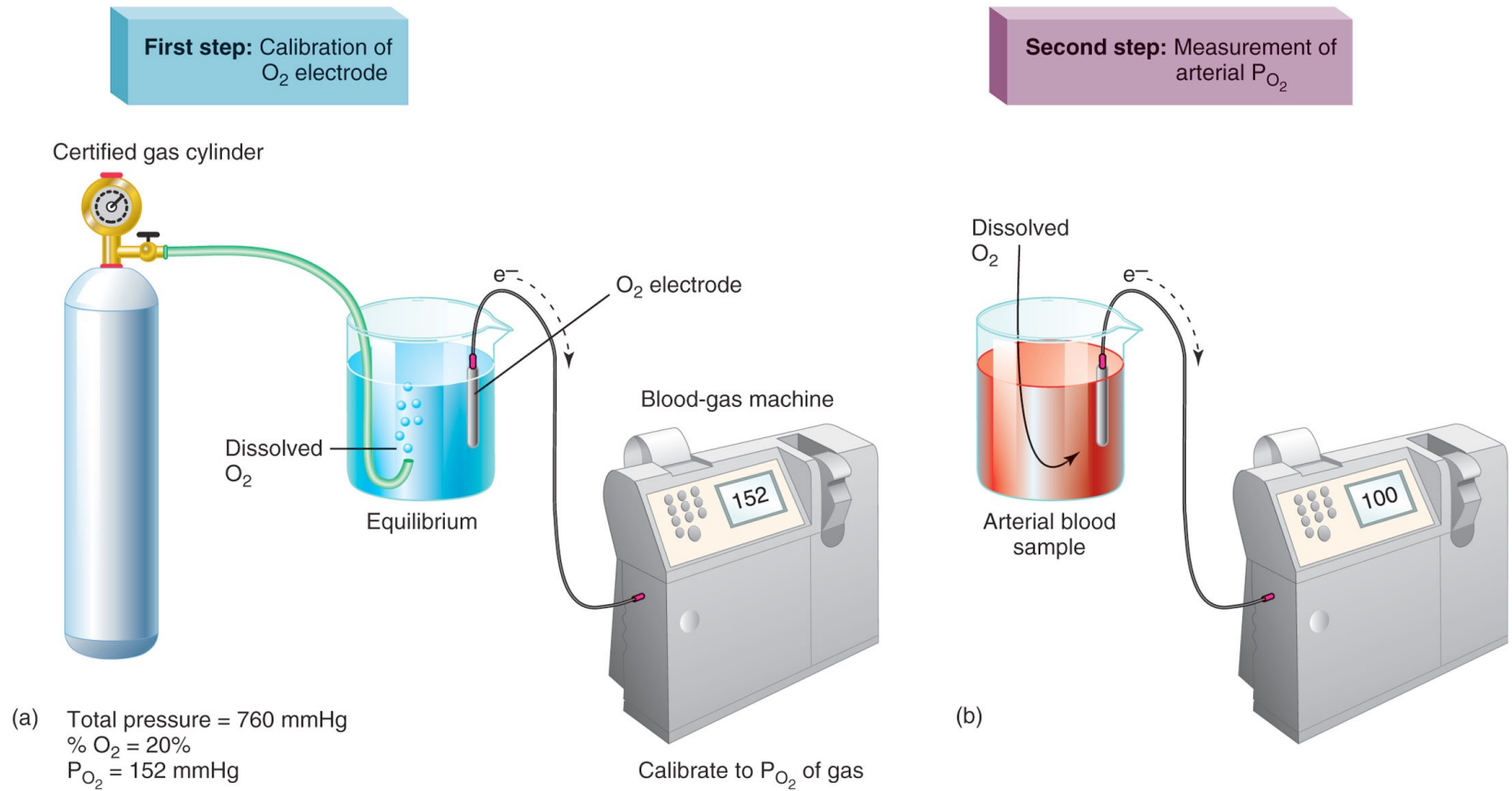


Figure 16.21

Partial Pressure of O₂ (P_{O₂}) in air, lungs and blood

Control of Breathing

Role of CO₂ / 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**
O₂ is 20% of atmosphere
 $P_{O_2} = 0.20 \times 760 = \mathbf{152 \text{ mmHg}}$

Partial pressure determines how much O₂ dissolves in alveolar fluid & diffuses into blood.

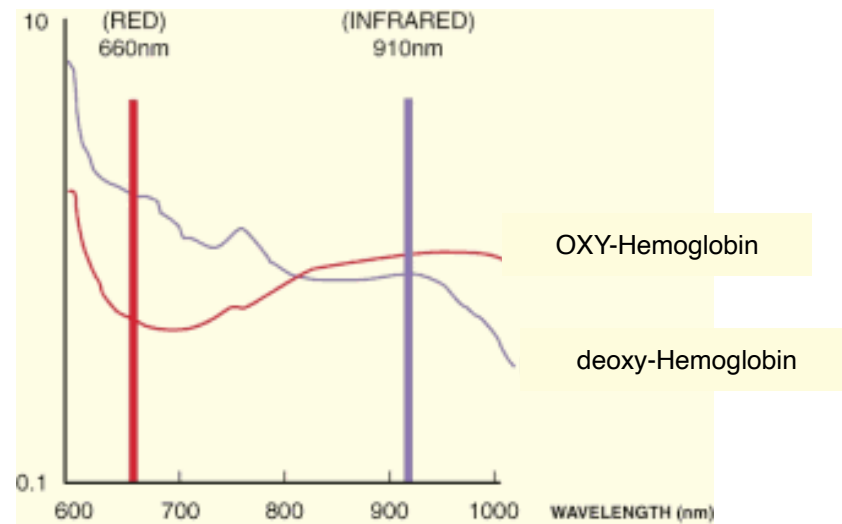
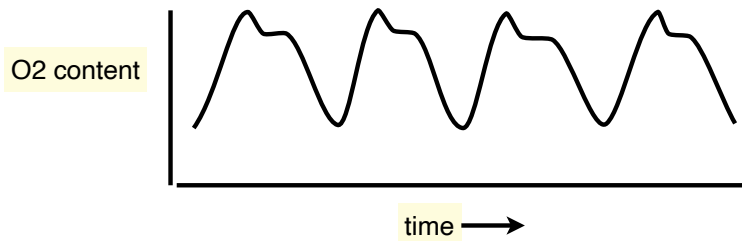
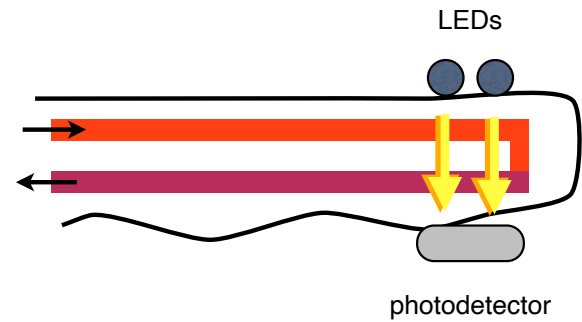
O₂ diffuses from higher P_{O₂} to lower P_{O₂}

Because O₂ is leaving lungs into blood, and CO₂ is entering lungs from blood, P_{O₂} is lower in lungs than in atmosphere, and P_{CO₂} 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_{O₂} is high in blood leaving lungs, P_{O₂} low in blood leaving tissue.
P_{CO₂} is low in blood leaving lungs, P_{CO₂} is high in blood leaving tissue.

Pulse Oximetry



<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-

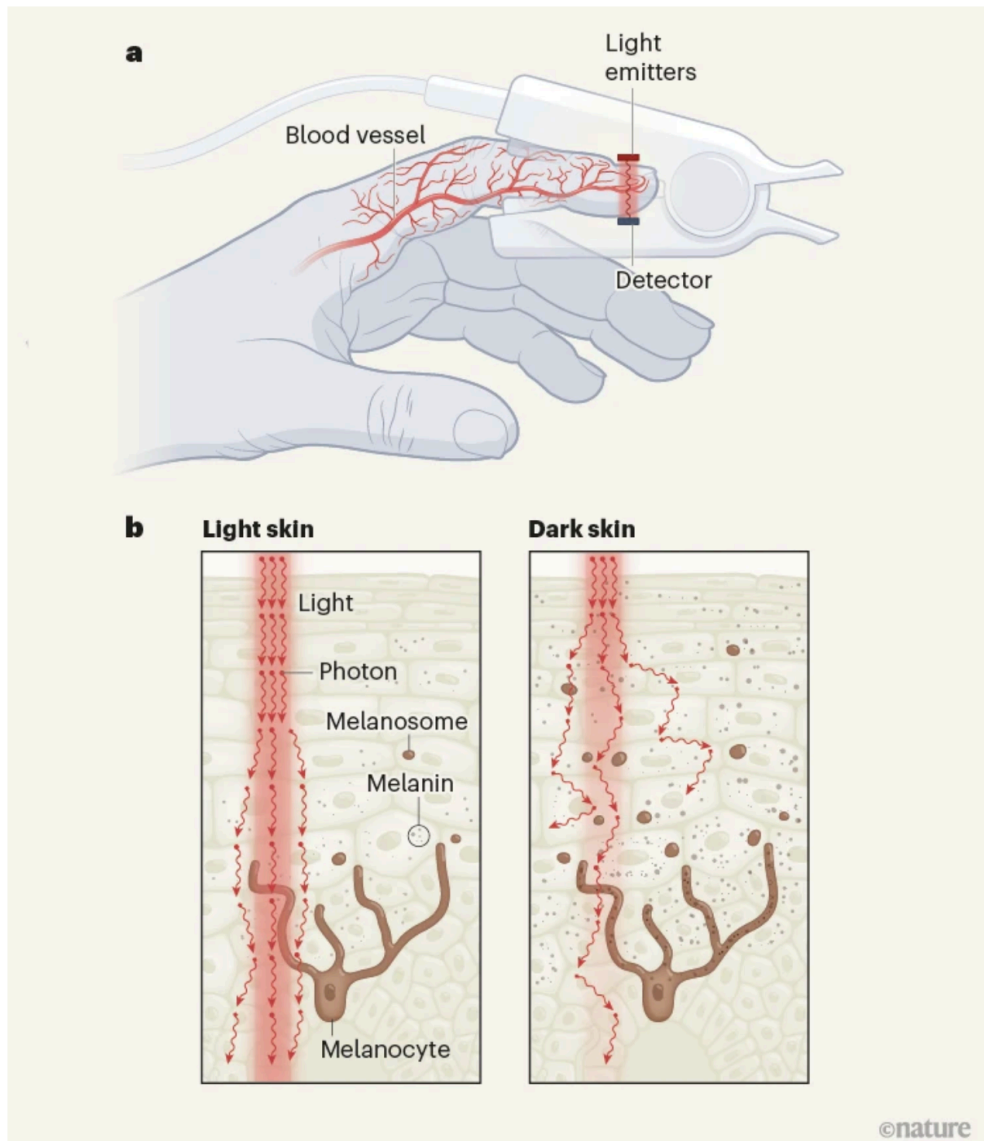
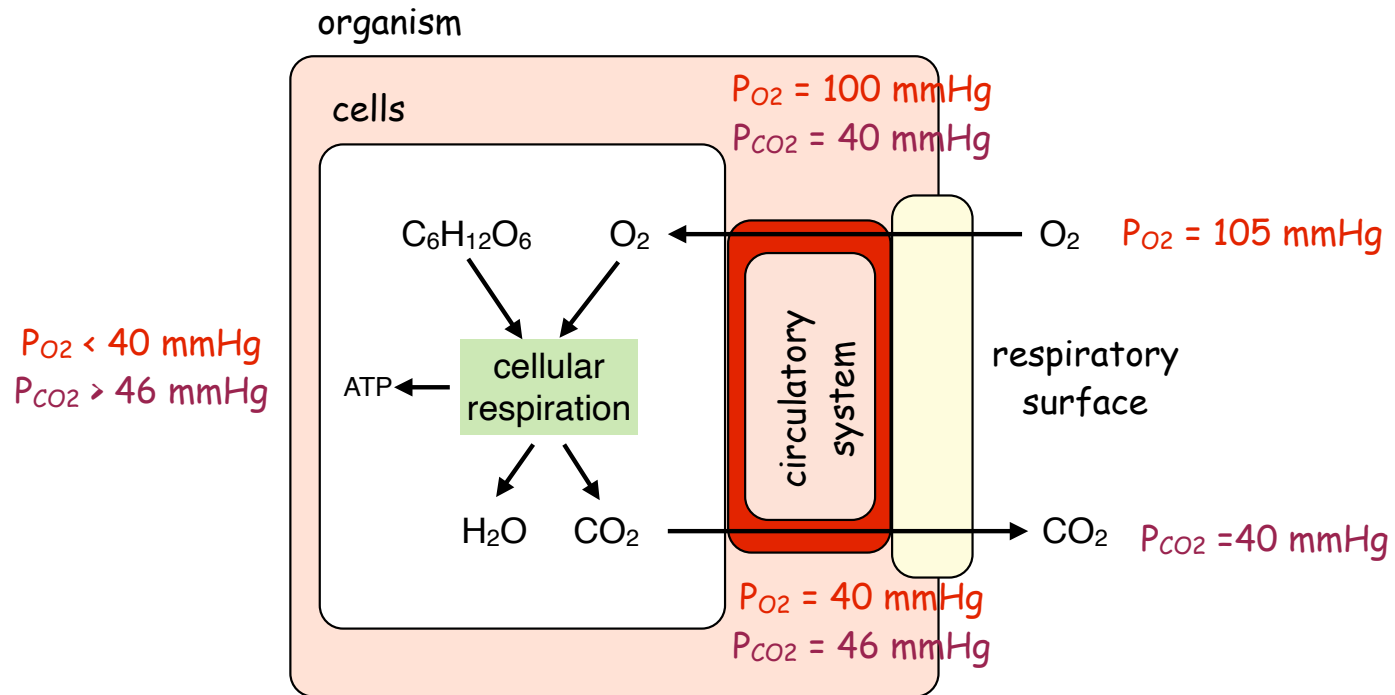


Figure 1 | Pulse-oximetry accuracy varies with skin tone. **a**, Devices known as pulse oximeters estimate the oxygen concentration in a person's blood by shining red and infrared light through their fingertip. Oxygenated haemoglobin absorbs infrared light more efficiently than it does red light, whereas 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.*¹ 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 O₂ from outside environment into deep tissues;
get CO₂ out of tissues



Cellular Respiration:

O₂ used by tissues in oxidative phosphorylation;
CO₂ produced as waste product by glycolysis.

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

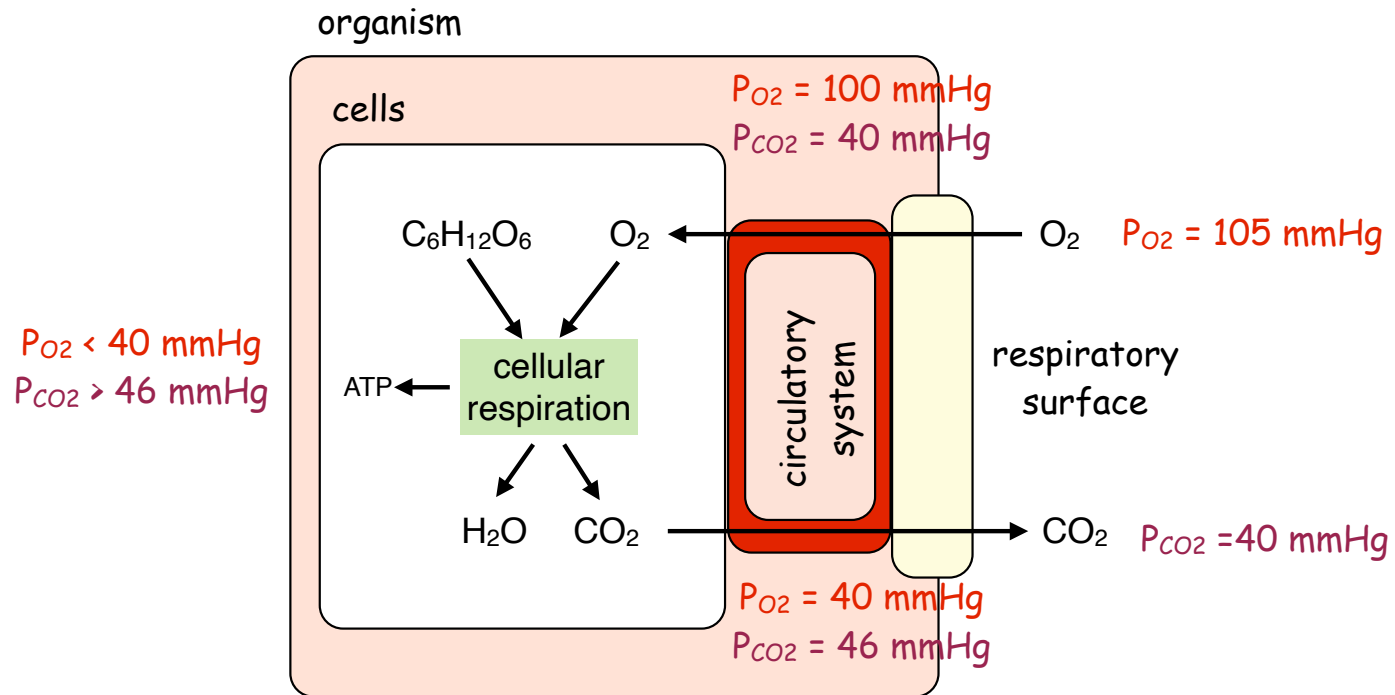
$0.5 \text{ g} = 250 \text{ ml of carbon dioxide / min}$

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

top hat

Respiration:

Get O₂ from outside environment into deep tissues;
get CO₂ out of tissues



Cellular Respiration:

O₂ used by tissues in oxidative phosphorylation;
CO₂ produced as waste product by glycolysis.

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

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

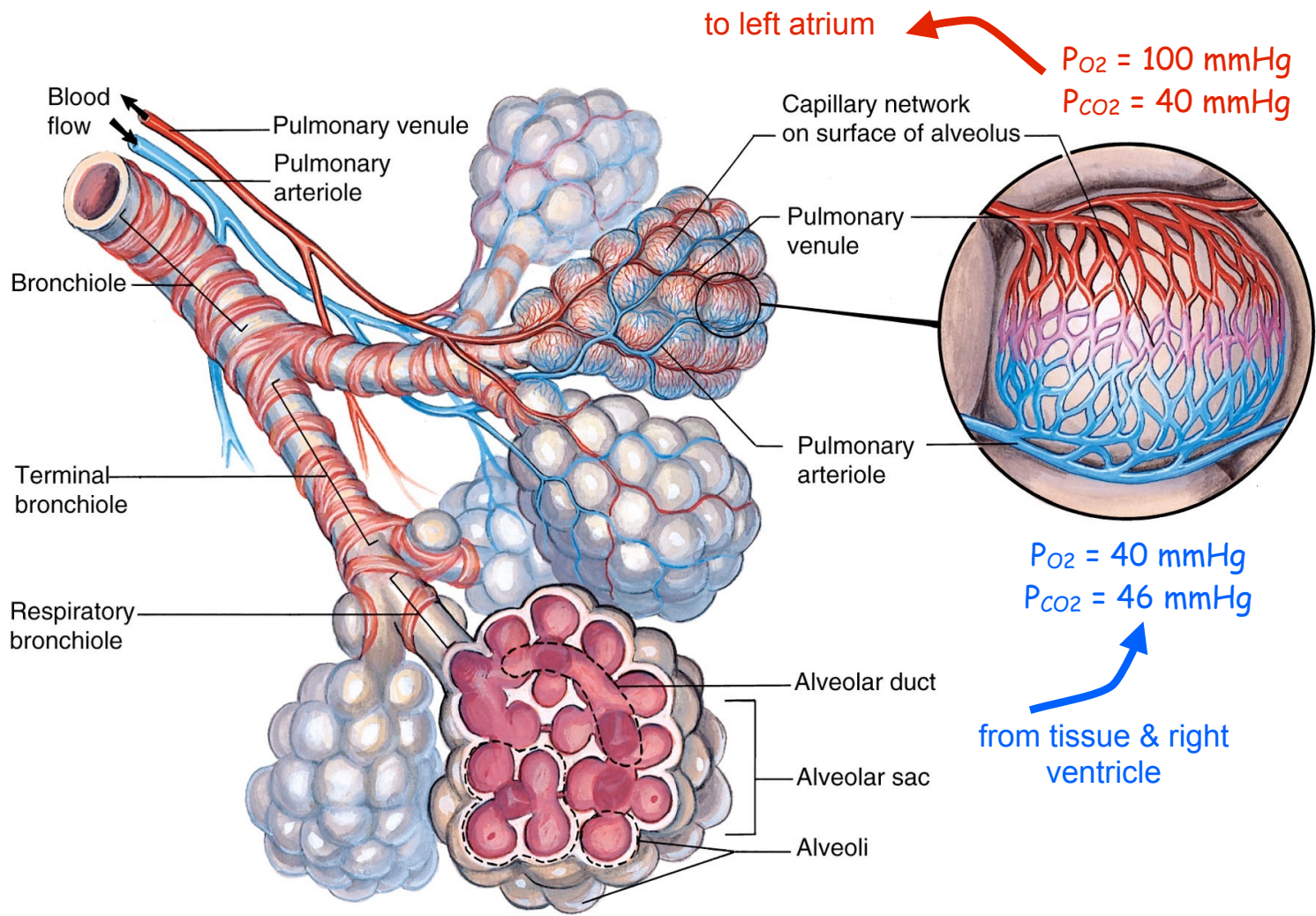


Figure 16.20

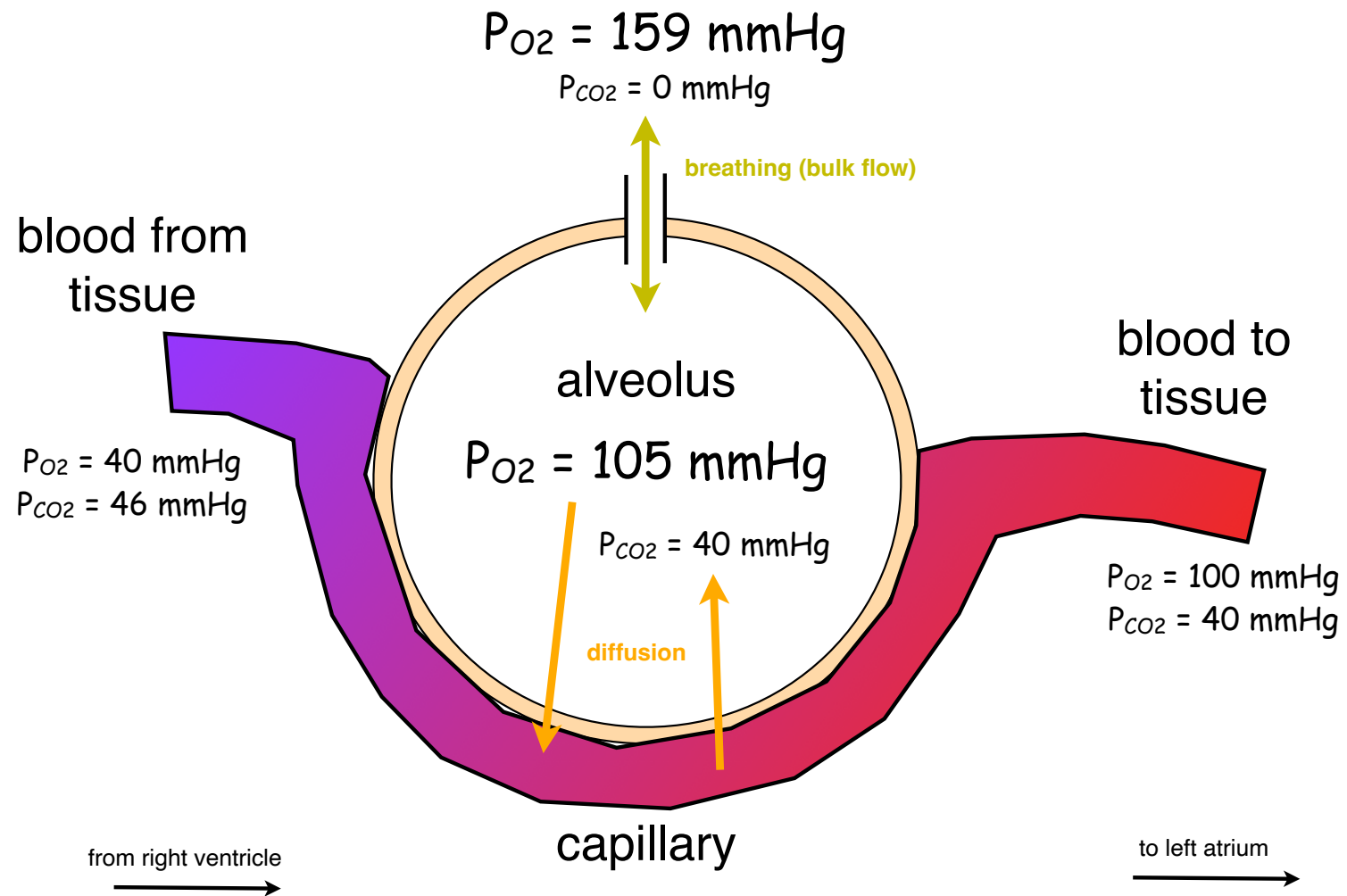
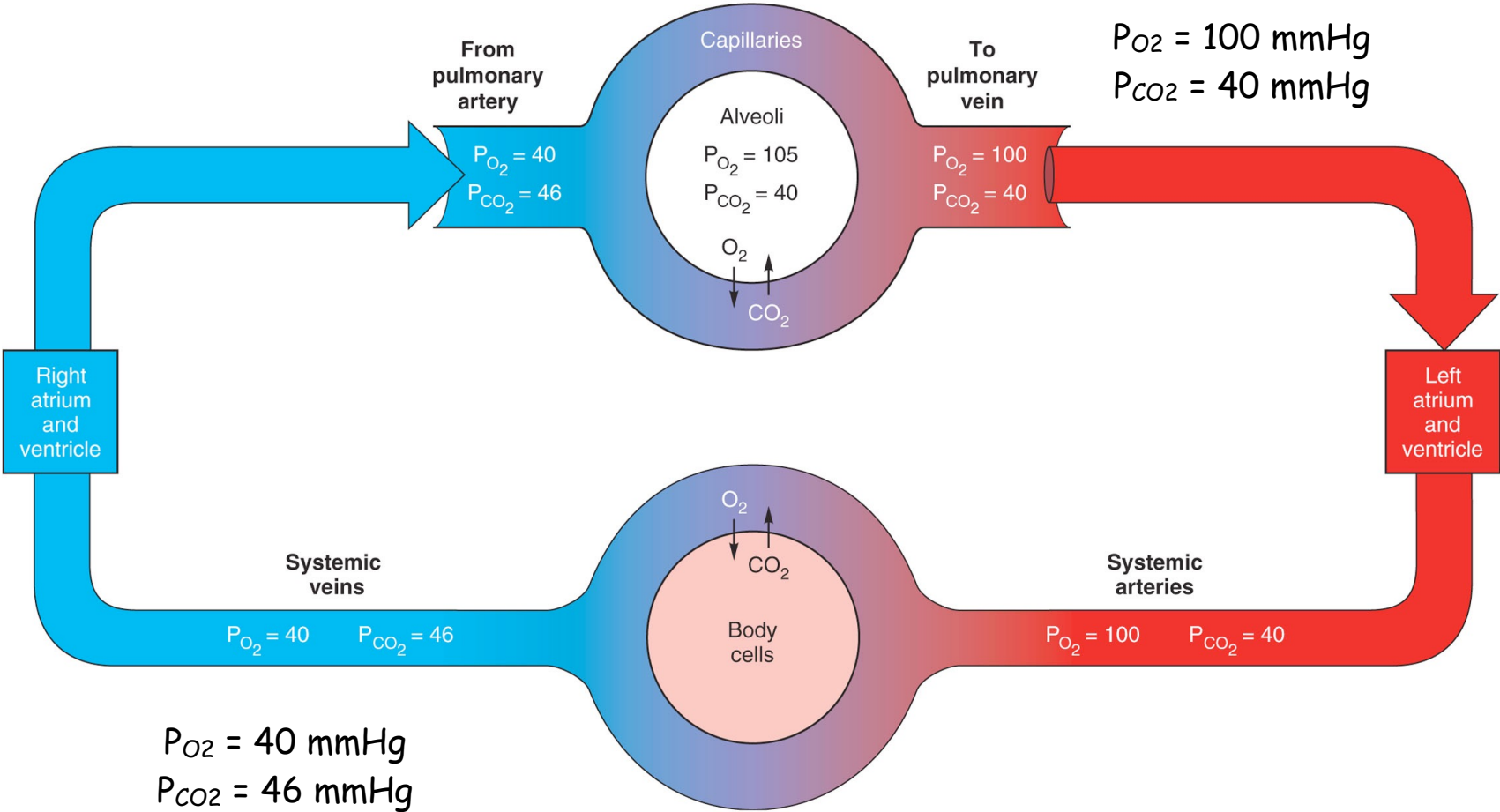


Figure 16.22



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:

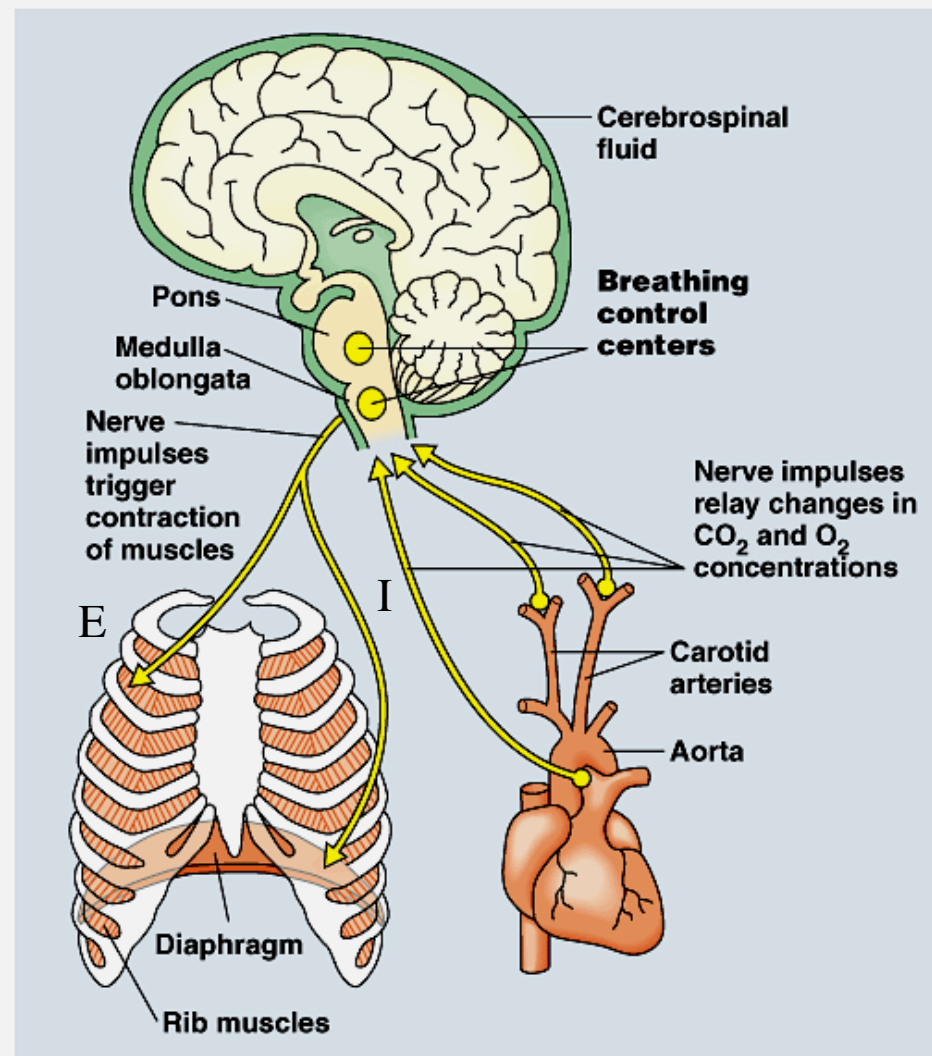
Rhythmic breathing modulated by:

- 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).

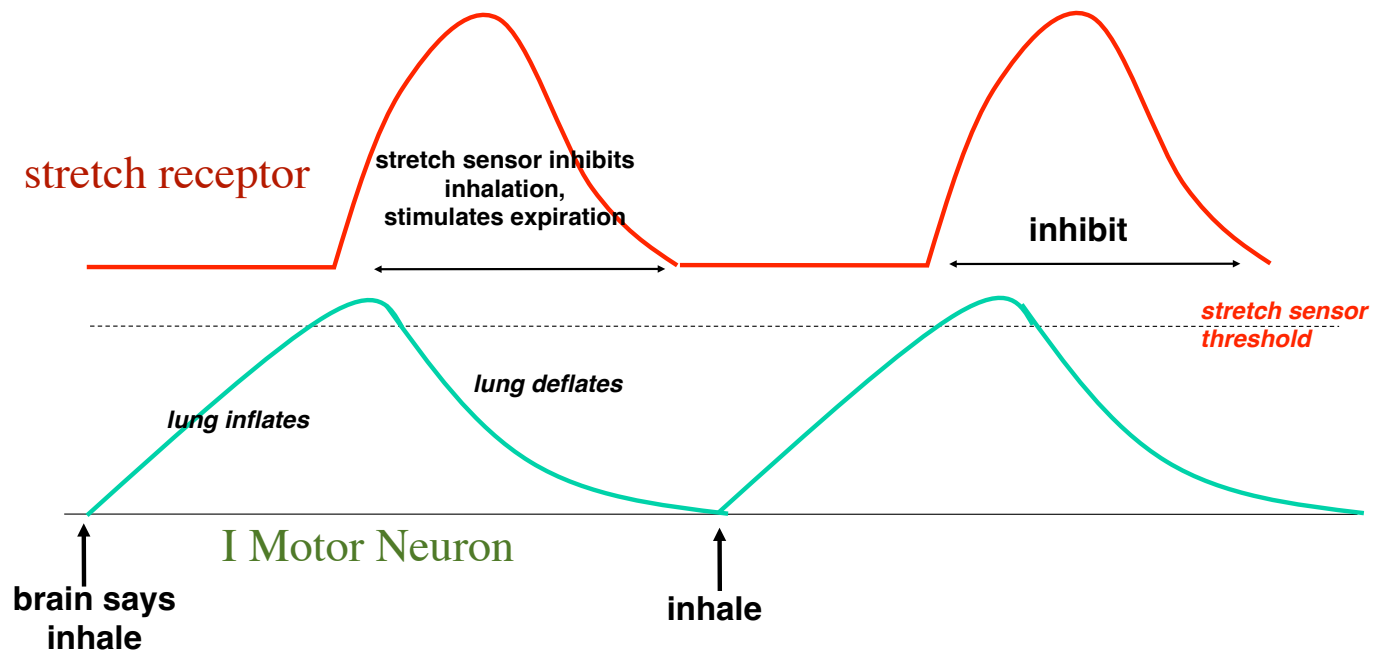
Drop in pH in brain makes respiratory control centers speed up breathing.

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.



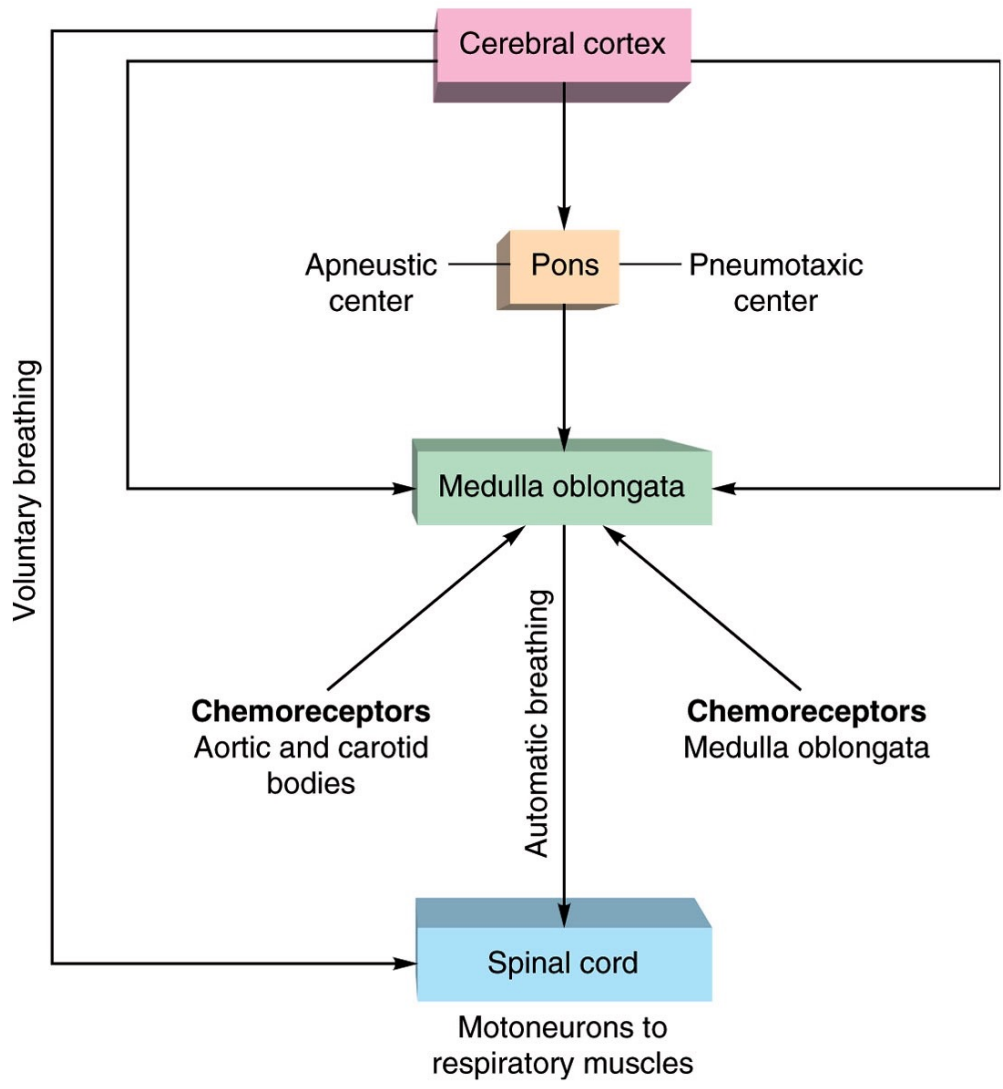
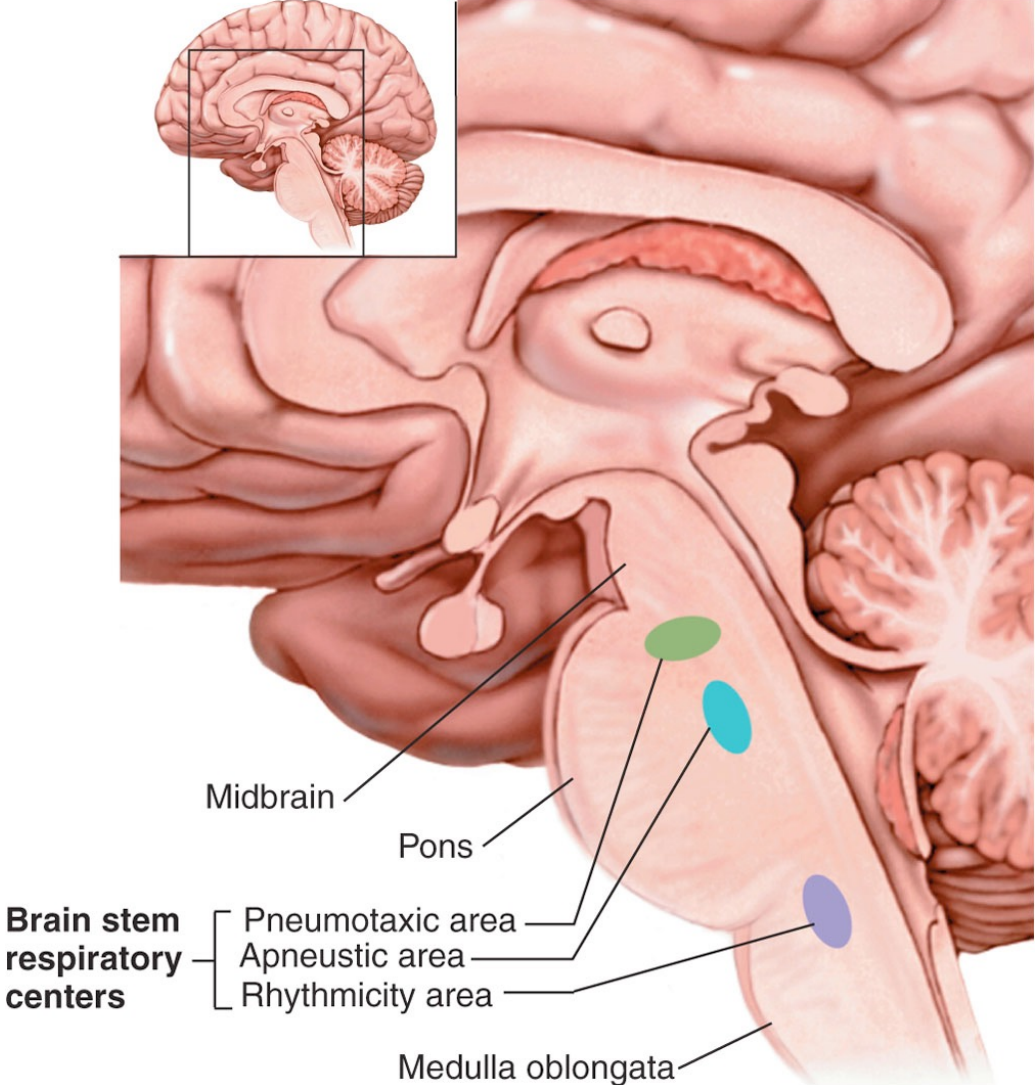


Figure 16.26

Figure 16.24



Breathing rate is regulated by blood pH and CO₂

breathing reduces plasma [CO₂]; plasma [CO₂] increases breathing.

- When CO₂ levels are high, breathing rate increases to blow off CO₂
- In low CO₂ conditions, CO₂ is easily blown off, so breathing rate does not change (even if O₂ levels are dangerously low)

Examples:

1. breathing into a sealed container

-> decreased O₂, increased CO₂ in the container

-> faster, deeper breathing as body tries to blow off excess CO₂

2. breathing into a sealed container **with CO₂ filter**

-> decreased O₂, but no CO₂ in the container

-> normal breathing, because brain does not detect elevated CO₂

-> until body runs out of O₂

3. *pilots at high altitude: low O₂, low CO₂*

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

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

Holding breath (hypoventilation) allows build up of CO₂.
Faster breathing (hyperventilation) blows off more CO₂ (lowers P_{CO₂} in blood)

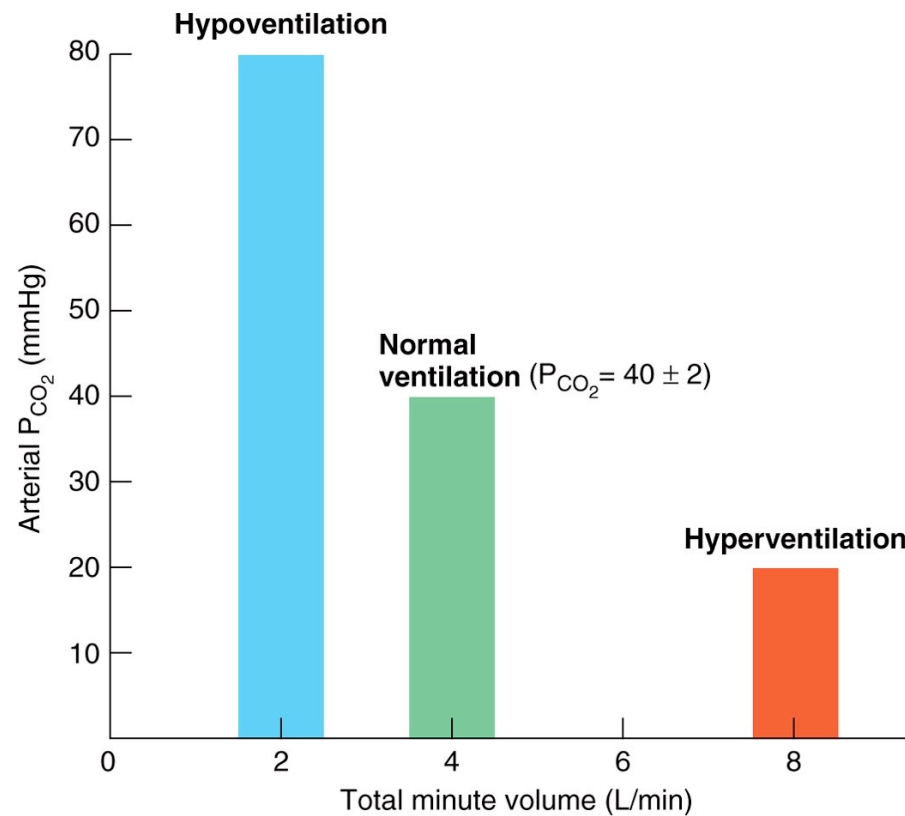


Figure 16.27

Chemoreceptors in:

Medulla

Carotid Bodies

Aortic Bodies

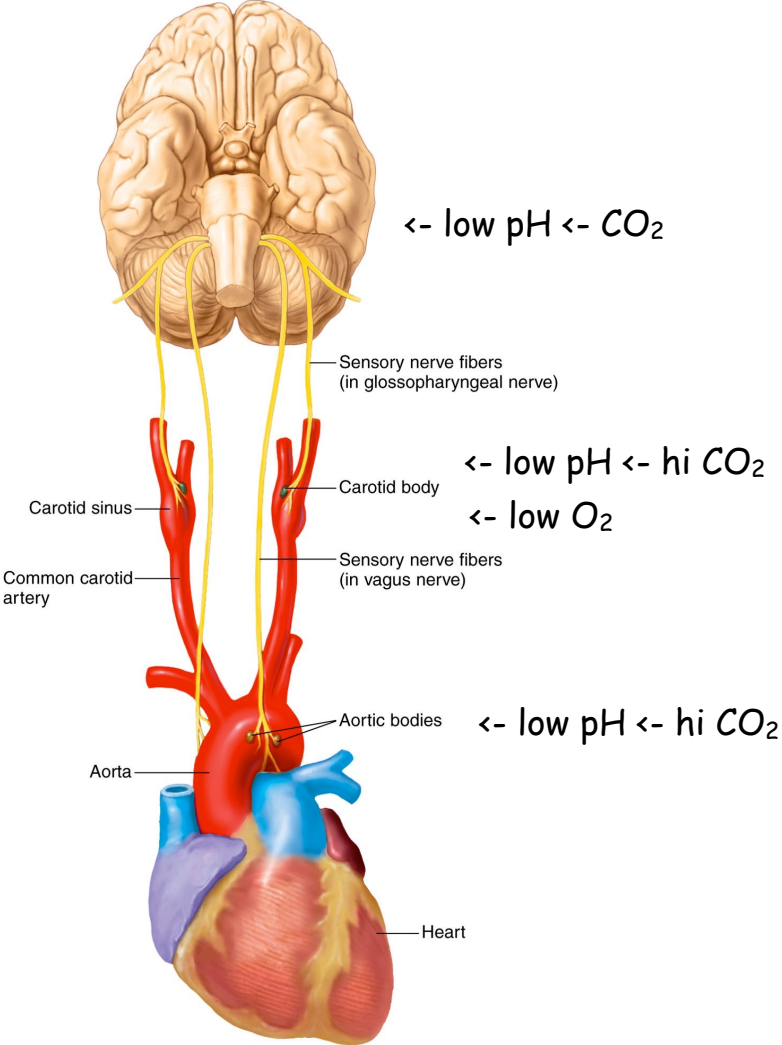
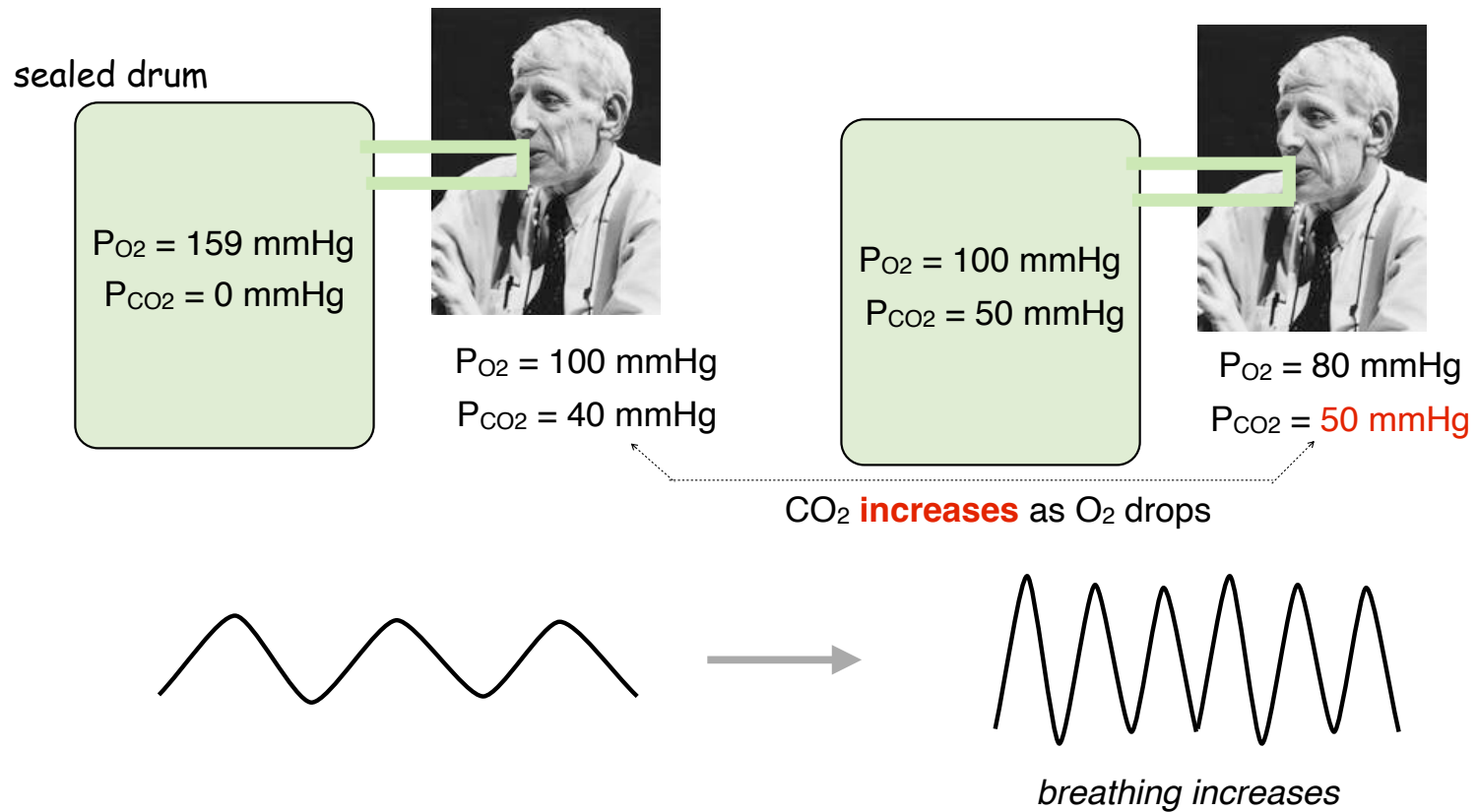


Figure 16.25

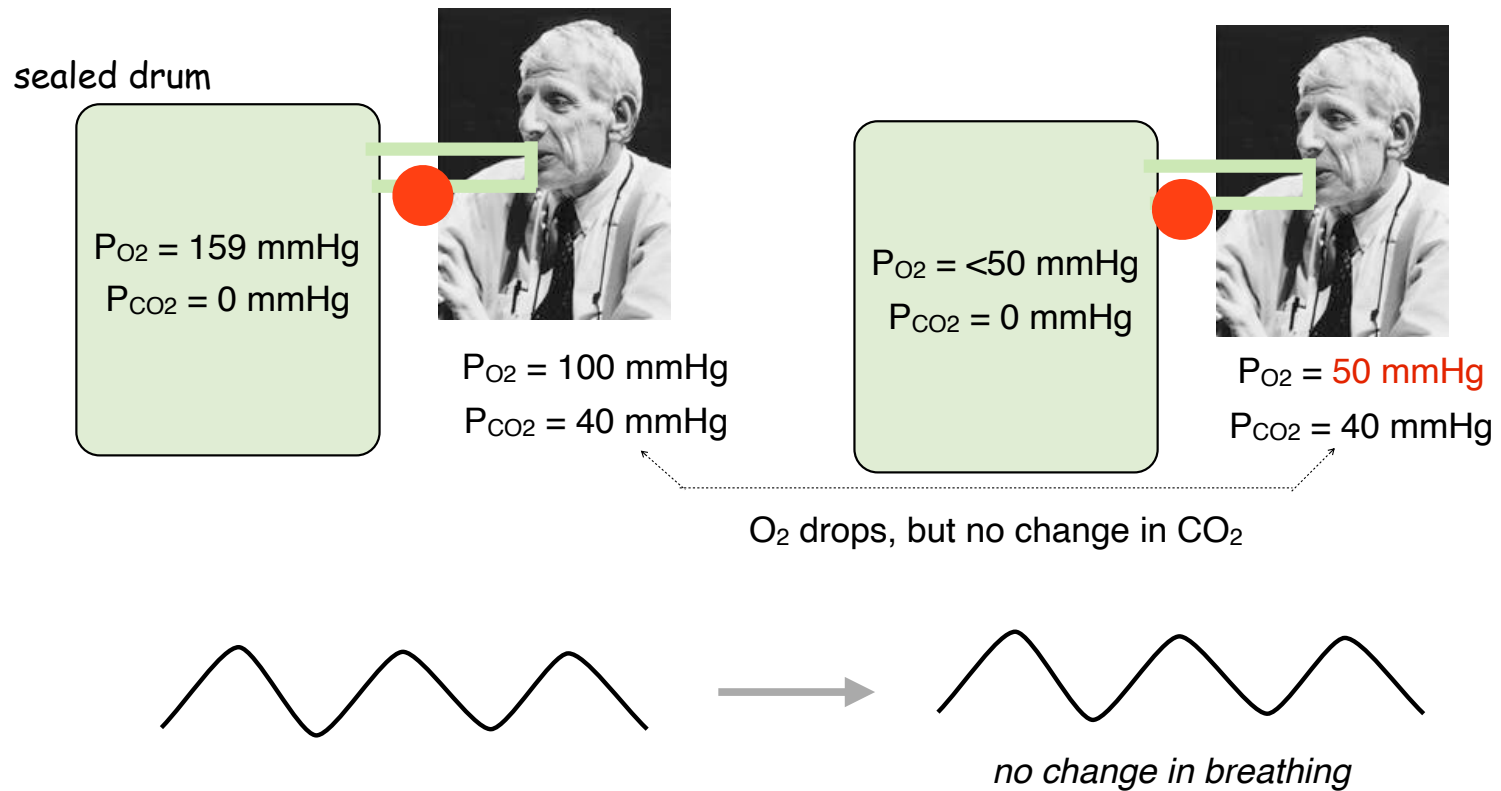


Jonathan Miller, *The Body in Question*, part 4

Rebreathing air: CO₂ **increases** as O₂ drops; breathing rate **increases**

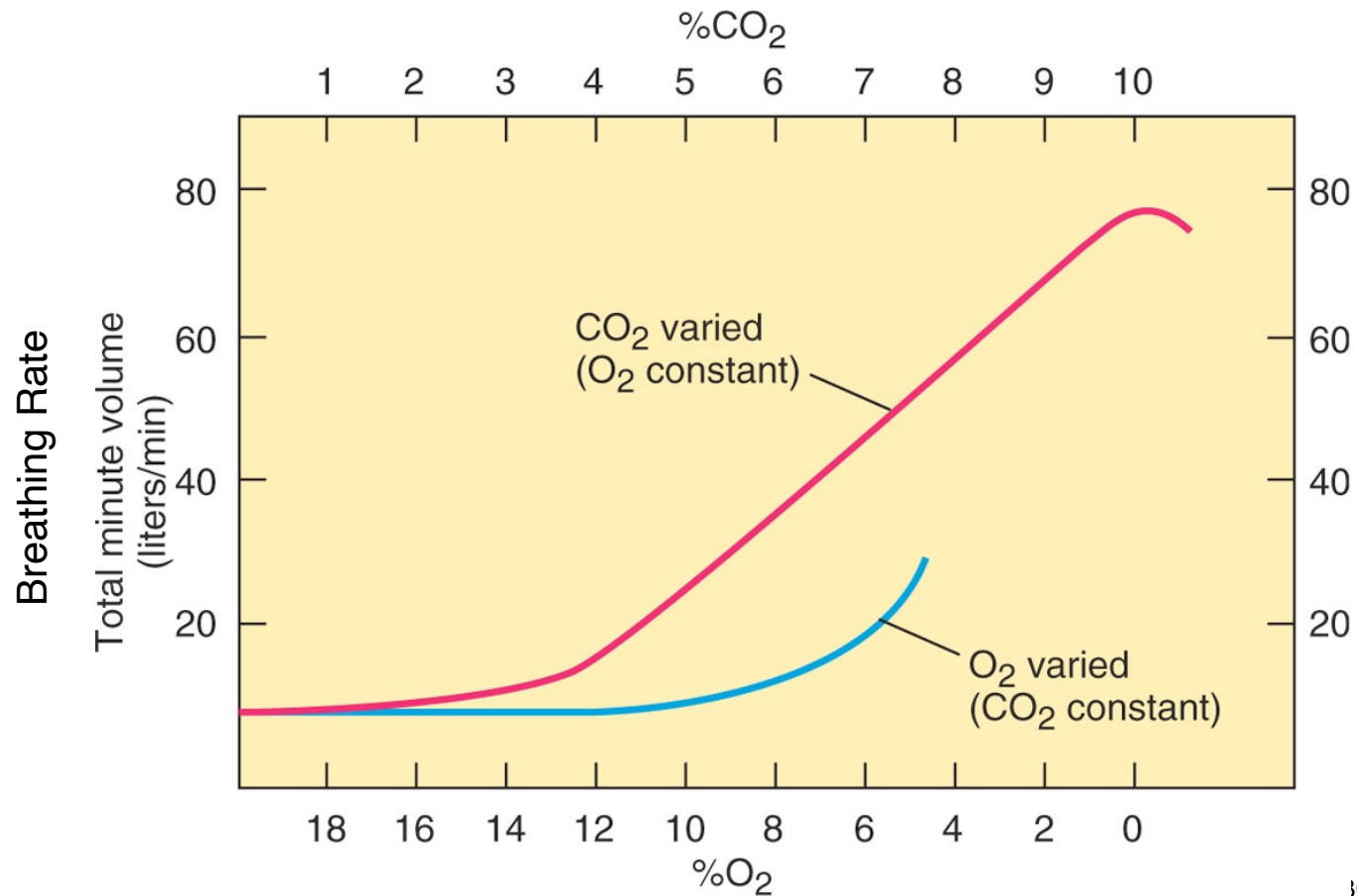


Rebreathing air with **CO₂ filter**: O₂ drops but CO₂ stays low.
Breathing rate does **not** increase, and brain runs out of oxygen



CO₂ levels control breathing:

Increasing CO₂ causes bigger change in breathing than lowering O₂



CO₂ and Bicarbonate act as a pH Buffer in the blood

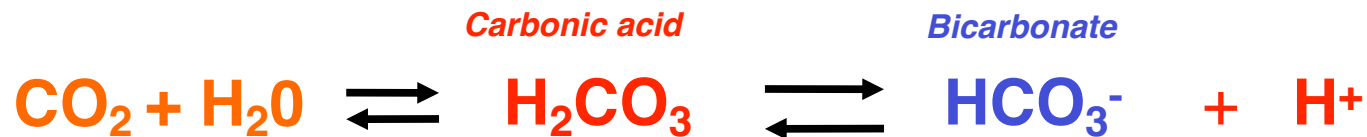
Buffer - a chemical added to a solution to keep the pH constant by preventing rapid changes in [H⁺]

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

---> so little or no change in pH

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

---> so little or no change in pH

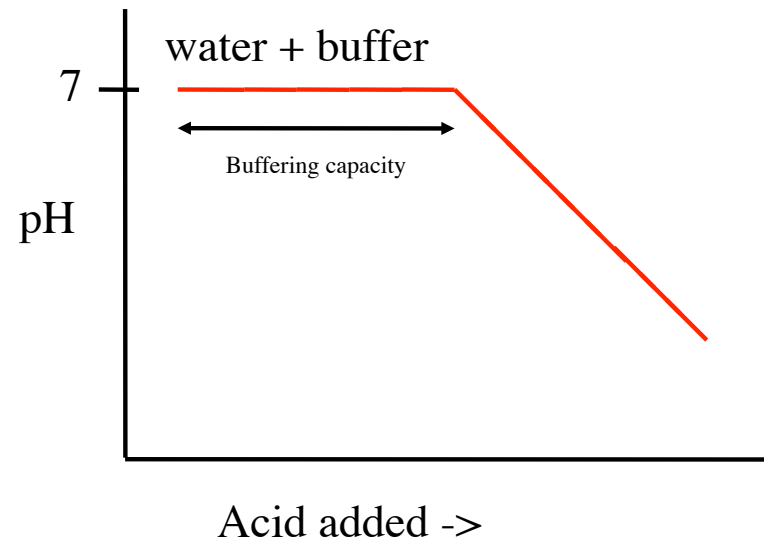
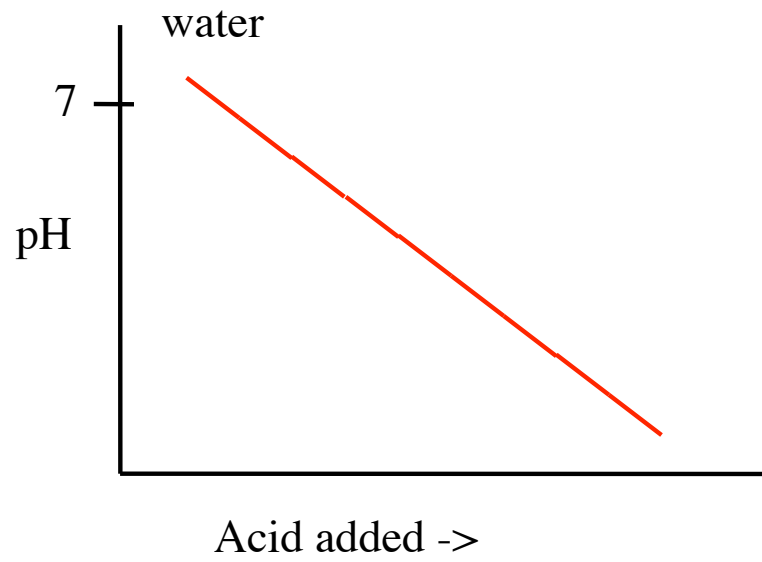


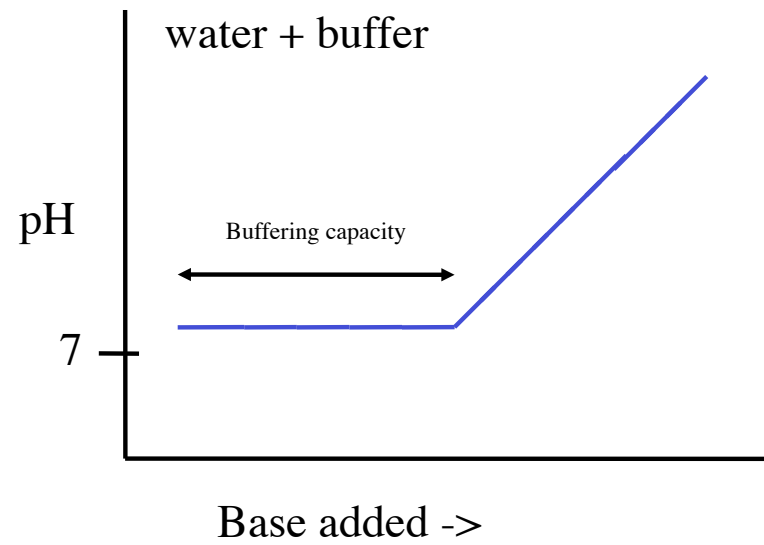
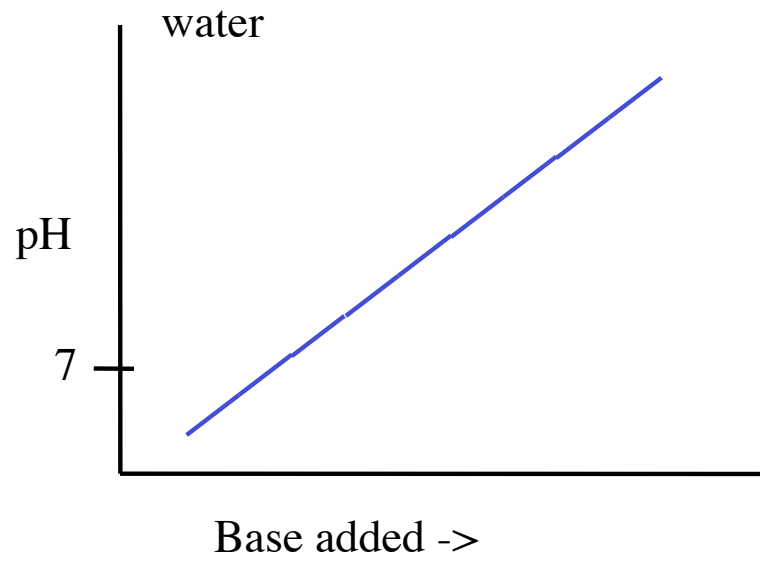
If blood pH is too high (basic) breathe less to retain CO₂:

more CO₂ -> more bicarbonate + more H⁺ -> more acid

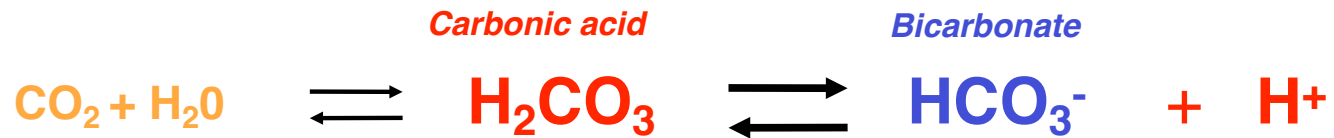
If blood pH is too low (acidic) breathe more to blow off CO₂:

less CO₂ -> less bicarbonate + less H⁺ -> less acid





Bicarbonate: The natural buffer in the blood

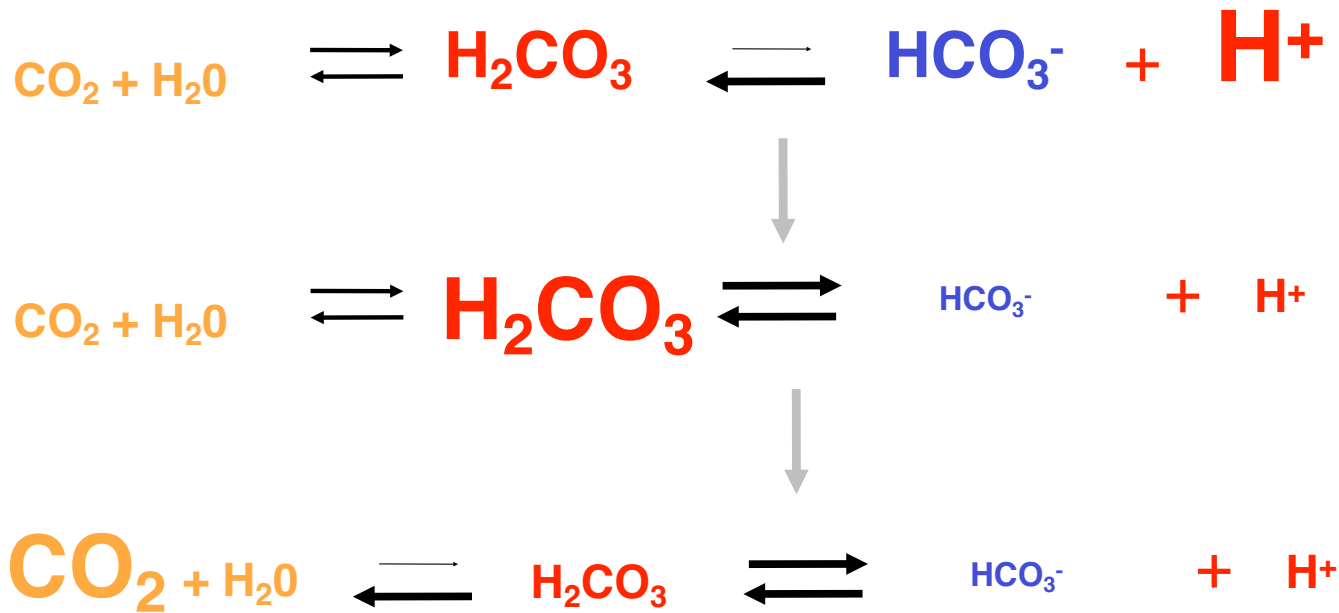


if pH \uparrow , then need more H^+



So if blood pH rises (more basic), keep CO_2 -- *don't* breathe out

if pH ↓ , then need to absorb more H⁺



So if blood pH drops (more acidic), breath **off** CO₂

pH and Breathing

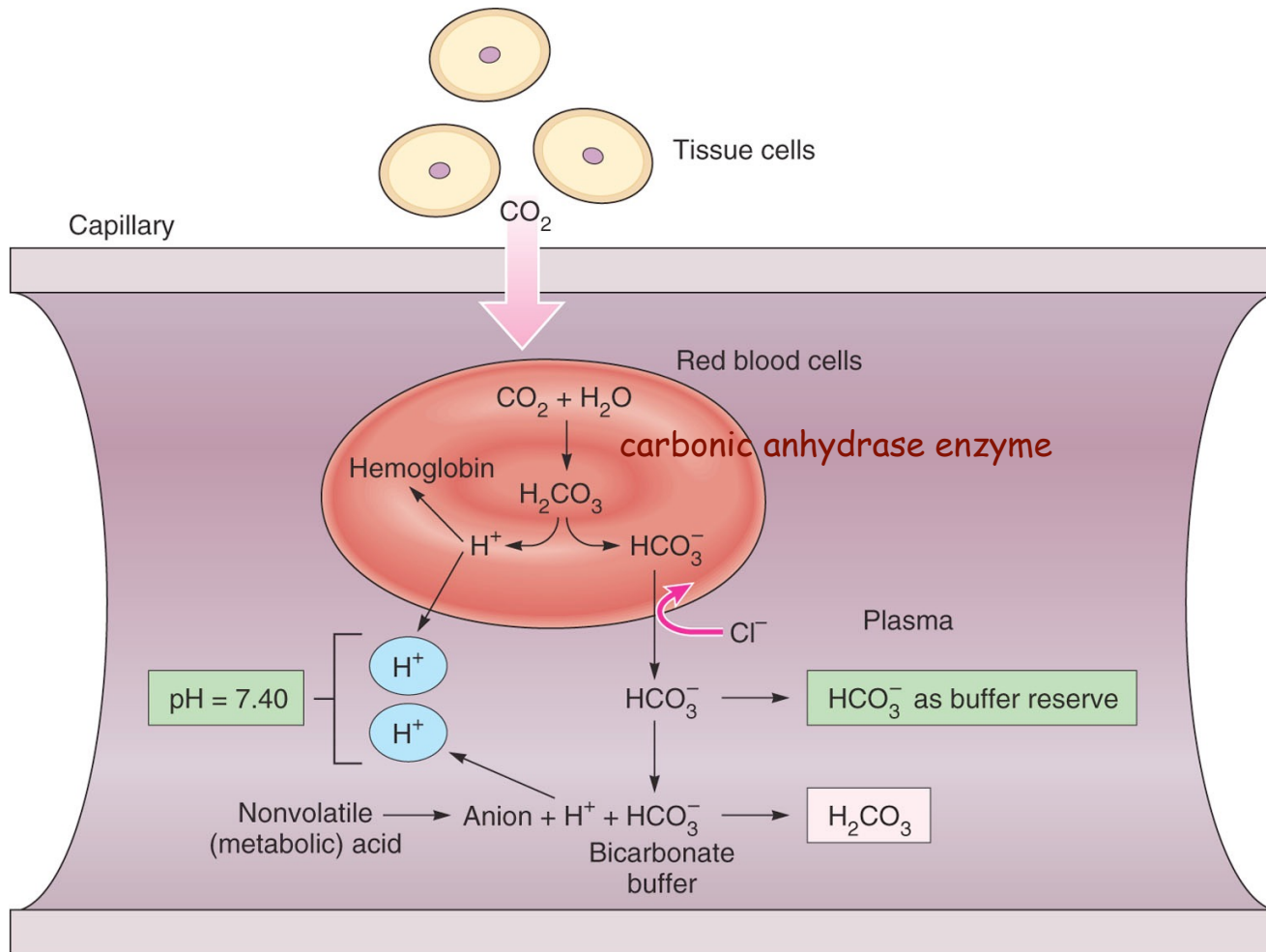
If blood pH is too high (basic) breathe less to retain CO₂:

more CO₂ -> more bicarbonate + more H⁺ -> more acidic

If blood pH is too low (acidic) breathe more to blow off CO₂:

less CO₂ -> less bicarbonate + less H⁺ -> less acidic

Figure 16.40



Chemoreceptors in:

Medulla

Carotid Bodies

Aortic Bodies

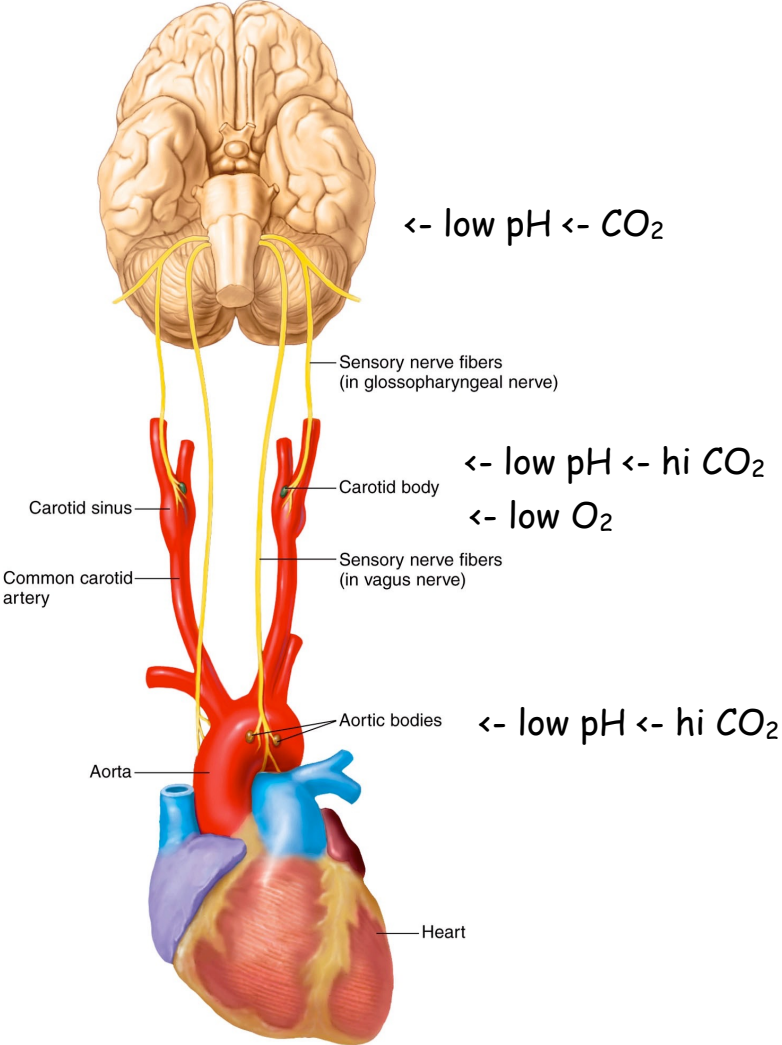
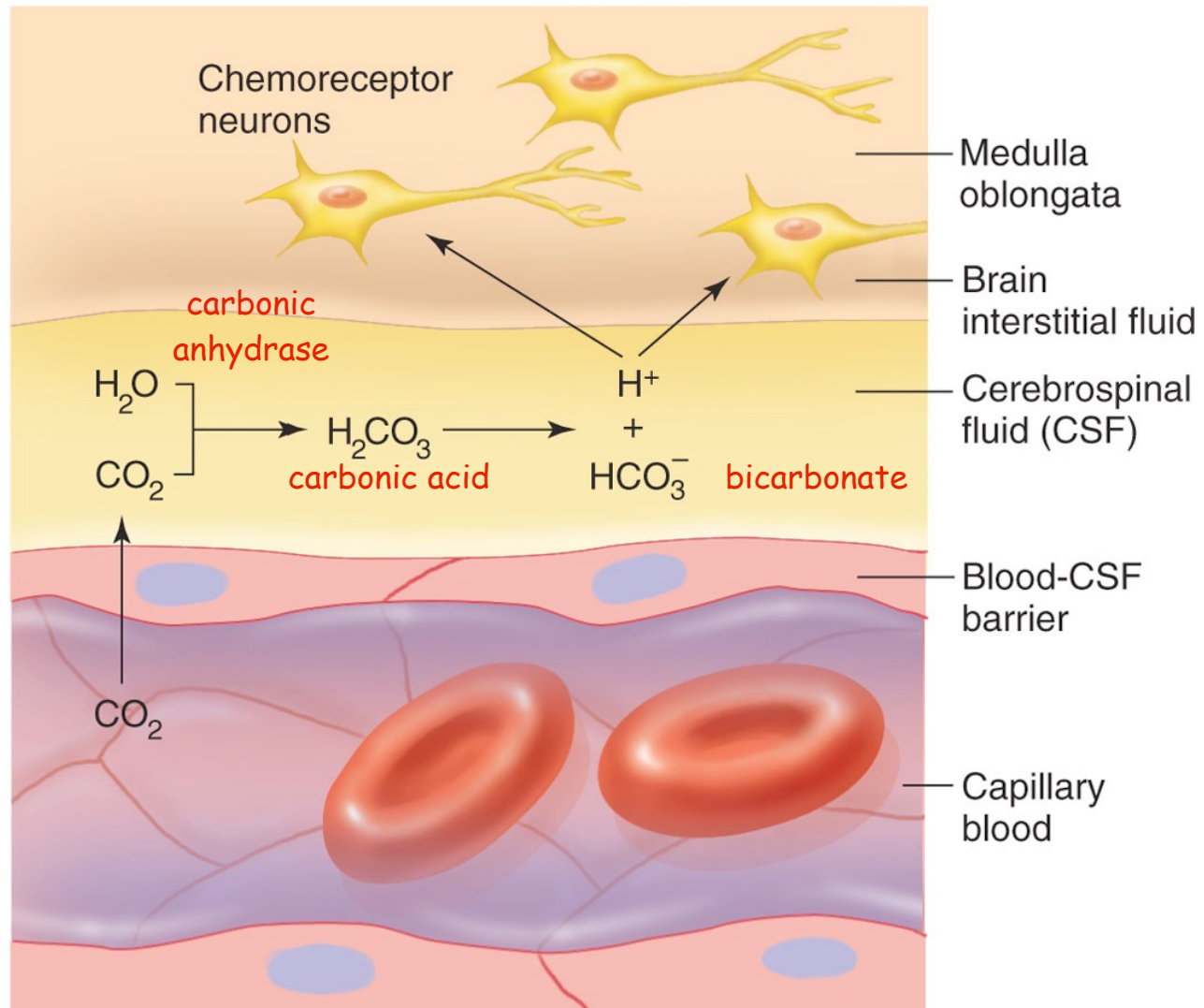
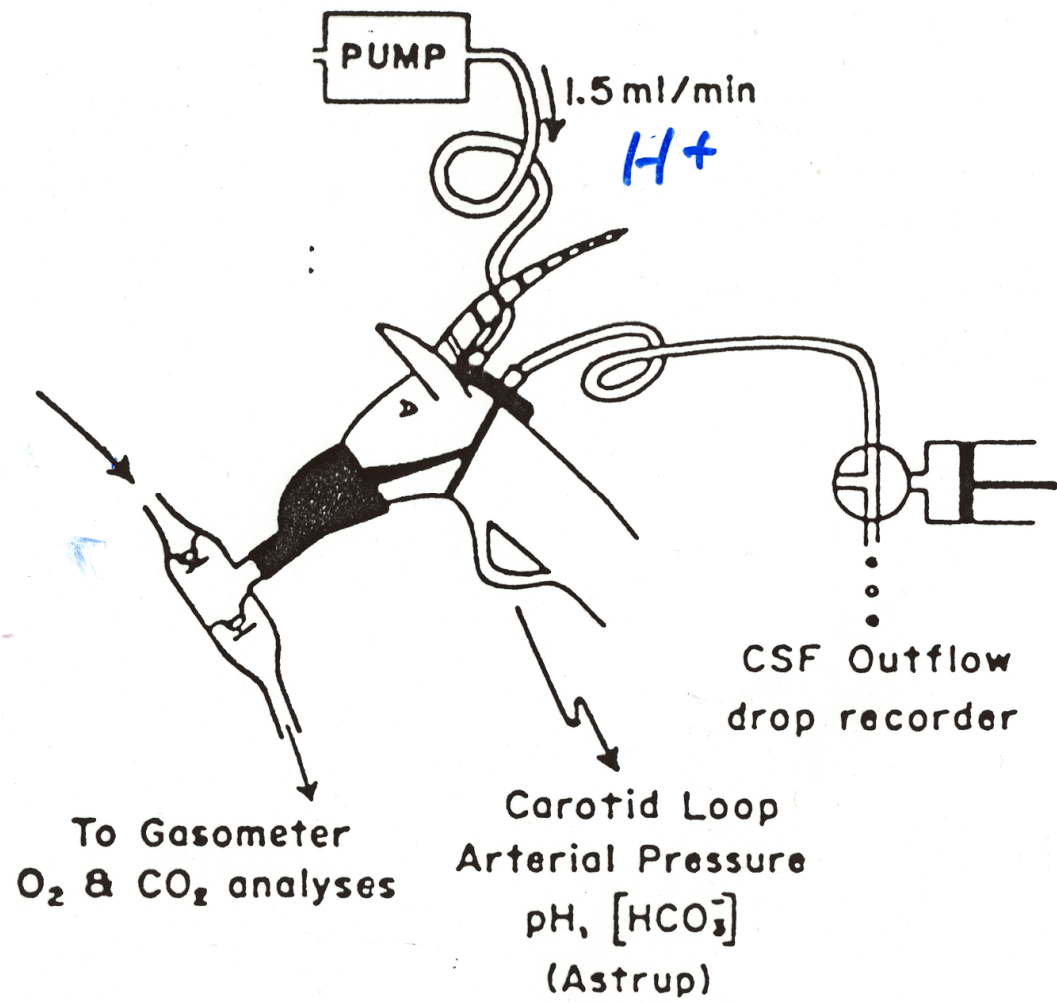


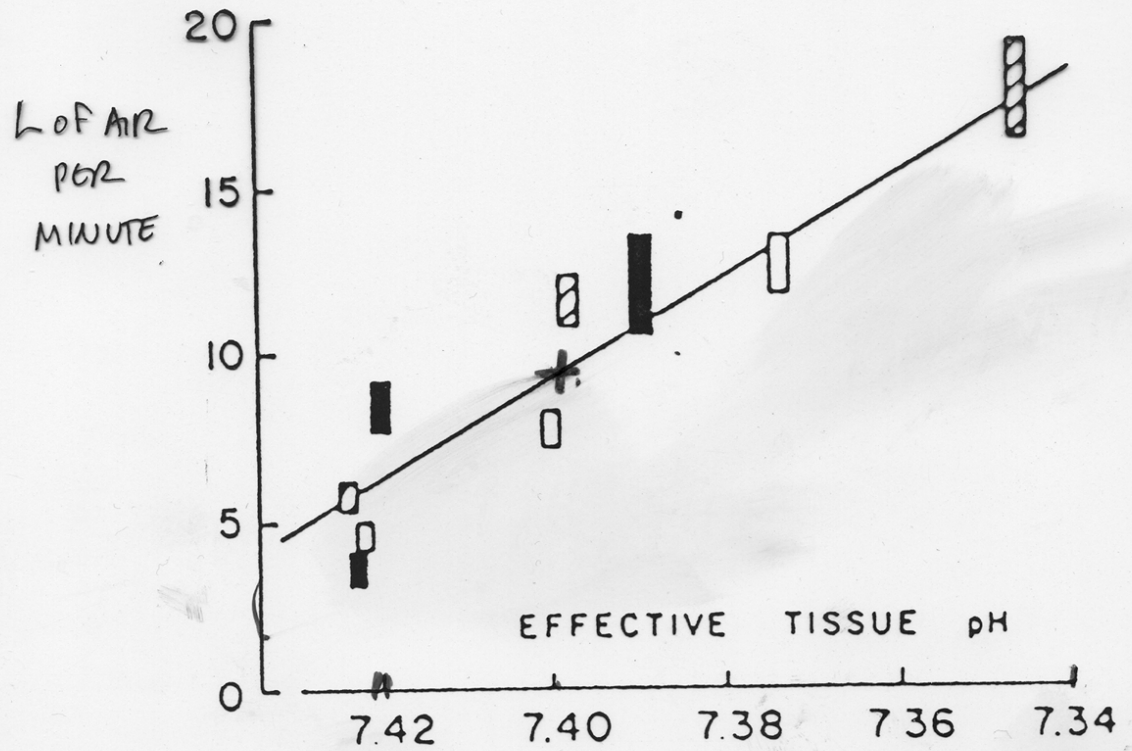
Figure 16.25

Figure 16.29





Brain pH → BREATHING RATE IN GOATS



→ [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 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 CO_2 .
$\downarrow \text{pH}$	Aortic and carotid bodies	Peripheral chemoreceptors are stimulated by decreased blood pH independent of the effect of blood CO_2 . Chemoreceptors in the medulla are not affected by changes in blood pH because H^+ cannot cross the blood-brain barrier.
$\downarrow P_{\text{O}_2}$	Carotid bodies	Low blood P_{O_2} (hypoxemia) augments the chemoreceptor response to increases in blood P_{CO_2} and can stimulate ventilation directly when the P_{O_2} falls below 50 mmHg.

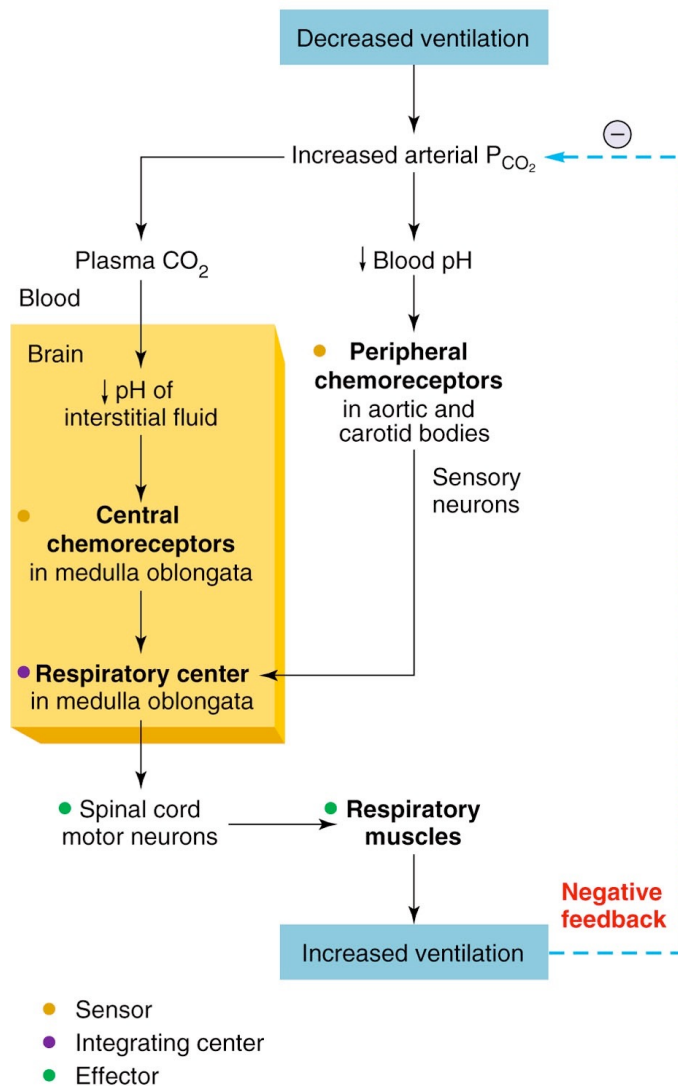


Figure 16.28