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Immune System – Your Body’s Police Force



What is the immune system?

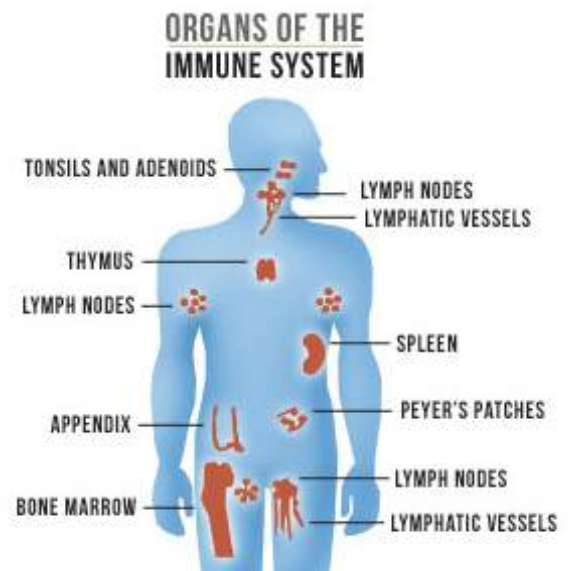
Our **immune system** is made up of the organs, tissues, and cells that fight germs and diseases in our bodies.

What are the different parts of the immune system?

The immune system gets rid of germs and other unwanted and/or harmful substances that may end up in our body. This system has many special cells, **tissues** and organs including:



- Lymph nodes: small organs that store and create **cells** that fight off germs and diseases.
- The Thymus: an organ where some immune cells mature or grow to full strength.
- The Spleen: contains white blood cells and controls the amount of blood that moves around the body. It gets rid of damaged and old blood cells.
- The Bone marrow: found in the center of our bones and produces white blood cells used for fighting sickness.



Immune System: A collection of organs, tissues, and cells that work together to protect the body.

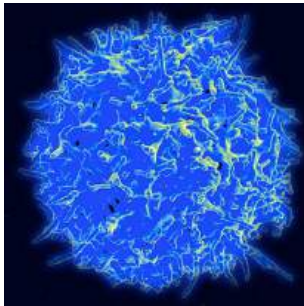
Tissues: Collection of cells that perform a similar function.

Cells: The basic structure of living things that perform the functions of life.

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A healthy T cell



A white blood cell destroying a bacterium

Immune System Disorders:

Autoimmune Diseases:

Autoimmune diseases happen when the body's own immune system mistakes healthy cells for germs and attacks them. One example is Type I Diabetes.

Allergies:

Allergies occur when the body attacks something from outside of the body that is otherwise harmless such as mold, dust, peanuts and/or pollen by mistake. These types of reactions can lead to the victim being unable to breathe.



Peanuts and a Dust Mite

Over and under-reactive immune systems:

Although not an allergy, asthma is similar as your body overreacts to something harmless such as pollen, tobacco smoke, or dust. This causes your airways to close up leading to coughing, wheezing and trouble breathing.

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Antibodies: Created by white blood cells and helps to identify and target germs to be removed.

Autoimmune Disease: Disease where your body's own immune cells attack your healthy cells.

Leukemia:

Leukemia is a type of cancer that affects the cells that make blood (**bone marrow**), mainly the white blood cells that make up the immune system. In people with leukemia, the bone marrow produces white blood cells that don't work properly. Treatments for this type of cancer usually involve chemotherapy, bone marrow transplants, and/or radiation therapy.



How are diseases of the immune system diagnosed and treated?

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What can you do to help your immune system?

- Don't smoke
- Exercise regularly
- Eat healthy foods
- Get enough sleep
- Always wash your hands after using the restroom

Interesting Immune System Facts:

- Having a fever when you're sick is a good thing because it shows that your immune system is doing its job!
- If you don't get enough sleep it can weaken your immune system and cause you to get sick.
- Exercising and having a good attitude can make your immune system better.
- White blood cells only make up about 1% of all the blood in your body!
- Your immune system remembers. After your body fights off an attack, it remembers what the germ looked like and how to beat it. The next time you get the same sickness, your body will get better much easier.

Bone marrow: Cells inside your bones that create blood cells.

Reading Comprehension Questions:

1. What is the immune system?
2. What
3. What are the two different types of blood cells mentioned in the article?
4. Give
5. Why are allergic reactions and asthma very similar?
6. According to the article,
7. What
8. List two things you can do to help your immune system.

Extension Questions:

9. Scientists
10. What is organ rejection? Why does it occur? When does it most often happen? What two main things are usually done to limit organ rejection?
11. Why do

Ecobottle Sample



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