

Five Important Organs of the Human Body

Tips to Help Keep Your Health On Track!

We go about our daily lives perhaps never giving a second thought to the importance of the internal organs in our body. While not visible to the human eye, they can't be overlooked because keeping them healthy is vital to our existence. Over the next 5 months, we will focus on five different organs that are essential for survival: the brain, the heart, the lungs, the liver, and kidneys. Learning what may be done to help keep these organs healthy will be the focus of these articles. The chart below includes the location of the organ in the human body, a brief description of the organ, the organ's main function, and how the organ's loss of function may affect your life.

What are five body organs essential for survival?

Five important body organs essential for your survival are the brain, heart, lungs, liver, and kidneys: ⁽¹⁾

Brain Controls all other organs	Heart Pumps blood through body	Lungs Feed oxygen to the blood	Liver Rids toxins from the blood	Kidneys Clean the blood
<p>The brain is located inside the skull and is the organ that allows us to learn, think, and create. It is where our consciousness is located. Information passes to and from the brain to the rest of the body along the nerves of the spinal cord.</p> <p>The brain is divided into four main areas: the cerebrum, cerebellum, diencephalon, and brain stem.</p> <p>The brain's main function is to control all of the other organs of the body and to ensure they work together as a unit.</p> <p>Many serious health issues can occur if the brain is impaired. Life cannot be sustained without this organ functioning properly.</p>	<p>The heart is located slightly to the left of the chest and between the lungs. Unlike other body organs, the heart never tires. However, the heart can develop congestive heart failure when impaired, thus affecting its pumping capability.</p> <p>The heart's main purpose is to pump oxygenated blood around the body and then return the un-oxygenated blood to the lungs. In order to pump blood, the heart contracts and relaxes about seventy times per minute.</p> <p>If the heart stops pumping, death can occur in seconds without cardio pulmonary resuscitation (CPR). An artificial pump may be considered but would only be a temporary option for patients awaiting a heart transplant.</p>	<p>The lungs, located inside the ribcage and on each side of the heart, are part of the respiratory system.</p> <p>The lungs are a pair of spongy organs that operate like air bags; breathing in expands the lungs and breathing out contracts them.</p> <p>The main function of the lungs is to exchange the oxygen with the carbon dioxide that is present in the blood. Once the air is in the lungs, it eventually passes into tiny bubbles called alveoli which are covered with tiny blood vessels one cell thick.</p> <p>Life is not possible without the lungs, and if they are not healthy, your quality of life is seriously compromised.</p>	<p>The liver is located in the upper right quadrant of the abdomen and filters blood coming from the digestive tract before passing it to the rest of the body. It is the largest gland in your body and weighs about 3 pounds.</p> <p>In addition, the liver releases a substance called bile that is necessary for digesting food and absorbing nutrients.</p> <p>The liver's main function is to store vitamins, iron, and sugar to supply the body with energy. It also serves to cleanse the blood of toxic substances, such as waste products and drugs, and to produce and remove cholesterol.</p> <p>The body can survive only one or two days with a failing liver, and once it fails, so do all of the organs in the body.</p>	<p>The kidneys are two bean-shaped organs located in the lower part of the back. The kidneys pull water and other substances from the blood and disperse waste products through the urine.</p> <p>Urine travels from each kidney through a tube called the urethra into your bladder. When your bladder is full, it signals the urge to urinate.</p> <p>The main function of the kidneys is to keep your blood clean and the level of water in your body under control.</p> <p>You can live a normal life with one kidney, but if both are injured and over 90 percent of function is gone, you can exist only with dialysis – a machine that performs the blood cleaning function of a real kidney.</p>

⁽¹⁾ www.wikipedia.org/

This is informational only, not a replacement for the medical advice of your physician.