

Background Information

The Brain



The **brain** controls every part of the body. The biggest part of the brain is made of the cerebrum. The cerebrum allows one to think, and controls voluntary muscles. The cerebrum has two halves with one on each side of the head. The right half helps you think about abstract concepts and allows you to be creative. The left half is thought to be more analytical and supports logical thinking.

The back of the brain is called the cerebellum. It controls balance, movement and coordination. The brain stem below the cerebrum and in front of the cerebellum connects the brain to the spinal cord. The nervous system located in the brain stem controls all of the functions the body needs to stay alive such as digesting food, circulating blood and breathing.

Breathing is automatic and functions without us thinking about it. This however can be altered by drugs or disease. The brain stem sends nerve impulses that cause the chest muscles and diaphragm to contract leading to the expansion of the lungs. After the lungs expand, the brain command to inhale stops and the chest muscles passively return to its resting position. This cycle is repeated on average 12-20 times per minute when a person is at rest.

For more information on the brain, see the following link:

<http://kidshealth.org/kid/htbw/brain.html#>

www.gotlungs.ca/knowtobacco