

Dear Parent or Guardian,

Your teen's health class is currently studying the cardiovascular and respiratory systems. A major goal in this chapter is for the students to understand how their health behaviors affect these systems. Your teen will learn about the structures, functions, and disorders of the cardiovascular, lymphatic, and respiratory systems. The chapter includes a study of the heart, blood, blood vessels, lymph, lungs, and other structures of the respiratory system. Your son or daughter will analyze the relationship between healthful habits and the prevention of cardiovascular and respiratory diseases.

Some questions your teen will explore in this chapter include: *What are the structures and functions of the cardiovascular system? How does the blood circulate throughout the heart and body? What is the relationship between healthful habits and prevention of cardiovascular disease? Why is it important to detect problems early? What problems can occur in the cardiovascular and lymphatic systems and how can they be treated? What are the structures and functions of the respiratory system? How do we breathe? What are some problems and diseases of the respiratory system? How can they be prevented and treated? What are some of the warning signs? What is the most important decision you can make for your respiratory health?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Discuss with your son or daughter any cardiovascular problems or diseases that family members have experienced, such as heart disease, high blood pressure, anemia, and any others. Discuss prevention, symptoms, care, and treatment of these diseases.
- Review healthful habits your teen needs to practice to help reduce many of the risk factors associated with cardiovascular problems. Make a list and go over them as a family.
- Discuss with your son or daughter any respiratory problems or diseases that family members have experienced, such as asthma, allergies, and lung cancer, as well as other respiratory diseases such as sinusitis, bronchitis, pneumonia, and emphysema. Discuss prevention, symptoms, care, and treatment of these diseases.
- Discuss the dangers of smoking. Emphasize that the single most important decision your teen can make for his or her health, both cardiovascular and respiratory, is **DO NOT SMOKE**. Ask whether any of his or her friends smoke and, if so, talk about ways to resist peer pressure. If your teen already smokes, discuss which method for quitting will work best for him or her.

Please plan other activities you think will help your teen understand the cardiovascular and respiratory systems and how to keep them healthy. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher