5.16: Glossary

**Allergies:** Allergies occur when the immune system reacts to a foreign substance and makes antibodies that identify a particular allergen as harmful, even though it isn’t.

**Anaphylaxis:** A severe, potentially life-threatening allergic reaction. It can occur within seconds or minutes of exposure to something you’re allergic to, such as peanuts or bee stings.

**Cyanotic:** A bluish or purplish discoloration (as of skin) due to deficient oxygenation of the blood.

**Gas Exchange:** The process at the alveoli level where blood is oxygenated and carbon dioxide, the waste product of cellular respiration, is removed from the body.

**Pallor:** A deficiency of color especially of the face; paleness.

**Paradoxical Effect:** An effect that is opposite to what is expected.

**Respiratory Rate:** The total number of breaths, or respiratory cycles, that occur each minute. A child under 1 year of age has a normal respiratory rate between 30 and 60 breaths per minute, but by the time a child is about 10 years old, the normal rate is closer to 18 to 30. By adolescence, the normal respiratory rate is similar to that of adults, 12 to 18 breaths per minute.

**Sputum:** Matter expectorated from the respiratory system and especially the lungs that is composed of mucus but may contain pus, blood, fibrin, or microorganisms (such as bacteria) in diseased states.