

Name _____

Navigating the Lymphatic Highway: Understanding Compromises and Blockages

Open-Ended Response Questions

1. Consider a scenario where someone experiences chronic inflammation due to an autoimmune condition. How might this inflammation affect their lymphatic system, and what strategies could they explore to manage this challenge?
2. Think about a situation where an individual develops lymphedema in their legs after surgery. Describe the challenges they might face in their daily life and the treatment options available to improve their condition.
3. How might a balanced lifestyle, including regular exercise, hydration, and a healthy diet, benefit the lymphatic system beyond waste removal? What other aspects of health can be positively impacted by these choices?
4. Research and share an interesting fact or discovery related to the lymphatic system and its role in maintaining health that you find intriguing.

