

Name _____

Cleaning Up the Body's Act: The Lymphatic System's Role in Waste Removal

Short Answer Key

1. Lymphatic vessels collect lymph, waste materials, and toxins from the tissues. One-way valves in these vessels ensure that lymph flows in one direction, toward the heart, preventing any backward flow.
2. The liver processes and detoxifies many substances, including those carried by lymph. The kidneys filter waste products and excess substances from the blood, excreting them in urine.
3. Sweating assists in the elimination of waste products and toxins by releasing them through sweat glands in the skin. It typically occurs during physical activity or exposure to heat.
4. Lifestyle choices that promote waste removal through the lymphatic system include maintaining a balanced diet, staying hydrated, and engaging in regular exercise. These choices support the liver, kidneys, and overall lymphatic system function.
5. Potential consequences of lymphatic system dysfunction may include infections, inflammation, the accumulation of waste materials and toxins in the body, and conditions like lymphedema.

