

Name _____

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

Open-Ended Response Answer Key

1. Answers may vary, but in a scenario with a sedentary lifestyle and an unhealthy diet, waste removal in the body may be compromised. The individual may experience sluggishness, a higher risk of infections, and poor overall health. To improve waste removal, they could incorporate regular exercise and consume a diet rich in fruits, vegetables, and whole foods.
2. In a situation where an individual develops lymphedema due to lymphatic system dysfunction, they might experience symptoms such as swelling, discomfort, and limited mobility in the affected area. Daily life challenges could include difficulty with activities like walking or wearing certain clothing.
3. The lymphatic system's role in waste removal is closely linked to its ability to detect and neutralize harmful substances. A well-functioning lymphatic system can help the body fight off infections more effectively and maintain overall health by ensuring waste products and toxins are efficiently eliminated.
4. An interesting fact is that the lymphatic system was once thought to be a passive drainage system. However, recent research has revealed its dynamic role in immune responses, waste removal, and maintaining tissue health.

