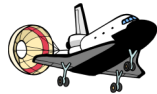
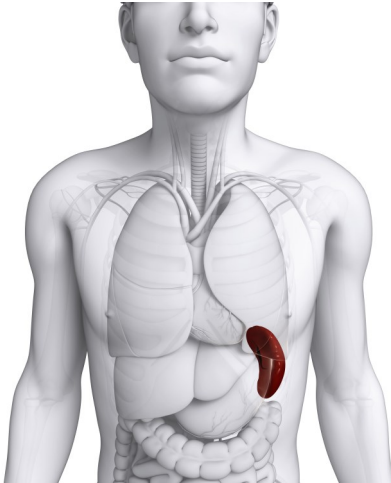


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10 Minutes with Science

The Spleen



The spleen is a little-known but important organ. It is located on the left side of the abdomen, below the ribs. It has 2 colors of tissues: red pulp and white pulp. It has a flattened shape and its length varies slightly from one person to another. It usually weighs between 100 and 250 grams.

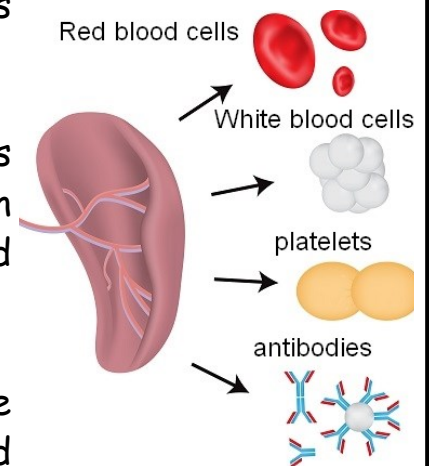
Although it is not very large, about the size of a fist, it has two essential functions: it helps in digestion and filters the blood to protect our immune system.

The immune system makes our body defend against infections that cause different diseases. It is very important because it allows us to be healthy.

The second function mentioned, filtering the blood, is important. The spleen is responsible for the destruction of old red blood cells, so new ones can replace them, and it maintains a reservoir of blood.

To care for the spleen, it is important to follow these tips: drink plenty of water, eat natural and unprocessed food, avoid sugary drinks and sodas, eat foods rich in fluorine, get the necessary hours of rest and physical exercise.

Although it is often an organ few know, some people come to live without a spleen. This happens when they have had an illness or accident and have to have the spleen removed. These people survive, but they are much more likely to get sick. That function simply becomes part of the liver's tasks. No one can say that the human body is not smart.

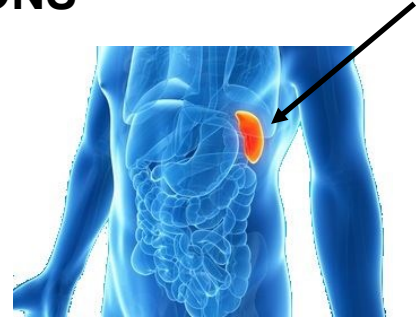


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ANSWER THE QUESTIONS

1. What does the spleen do?

- a. Aids digestion
- b. Filters blood
- c. Protects our immune system
- d. All the answers are correct



2. How much does the spleen weigh and where is it located?

- a. It weighs between 100 and 250 grams and is on top of the ribs
- b. It weighs less than 250 grams and is in the left rib
- c. It weighs between 100 and 250 grams and is on the left side of the abdomen
- d. It weighs more than 100 grams and is ahead of the ribs

3. Why is the spleen important to the immune system?

- a. The spleen helps the body defend itself against the infections that cause different diseases.
- b. We need to be able to beat diseases if they take away our spleen.
- c. The spleen filters the saliva so as not to catch diseases.
- d. The spleen protects the diseases that cause infections

4. There are people who can come to live without a spleen, so your liver has to work less.

- a. True
- b. False

5. How can we take care of the spleen?

- a. Eat natural foods and drink lots of soda
- b. Do not eat processed food and do not exercise.
- c. Eat foods high in fluoride and drink little water
- d. All answers are incorrect

