

NERVOUS SYSTEM



The **nervous system** is the control and communication system of the body. Its job is to send and receive messages. Your nervous system controls all your thoughts and movements.

TWO MAIN SYSTEMS

- Central nervous system (CNS)
- Peripheral nervous system (PNS)

Central Nervous System (CNS)

The **brain** is the command center of your entire body. The **brain** is the body's main information center. It is made of billions of neurons. The brain helps the body respond to the information it receives from the senses. The brain also processes thoughts. When you think, neurons in your brain are working.

The brain has three main parts. The largest is the cerebrum, which controls vision, touch, and other senses. It also handles movements you have control over. Thinking takes place in the cerebrum. The cerebellum is another section of the brain. The cerebellum helps control balance and coordination. Another part of the brain is called the brain stem. The brain stem is the link to the spinal cord and it also controls digestion, breathing, and heartbeat.

The **spinal cord** is a tube of neurons that runs up the spine and attaches to the brain stem. Information from nerves that branch out to the rest of the body goes to the spinal cord. Some messages are processed by the spinal cord but most information is sent on to the brain.

Peripheral nervous system (PNS)

Neurons are cells that make up the nervous system are called **neurons**. Long, stringy **neurons** are perfect for carrying the electrical messages that are the "language" of the nervous system. The messages move from one neuron to another to keep the body functioning.

COMMON PROBLEMS OF NERVOUS SYSTEM

- Epilepsy
- Meningitis
- Multiple sclerosis
- Parkinson's disease
- Sciatica
- Shingles
- Stroke