

STERNAL

Meaning: Sternal refers to the area of the chest that is related to or located near the sternum (breastbone).

1. The doctor explained that the sternal area is crucial for assessing heart health.
2. During the examination, she noted tenderness in the sternal region of the patient's chest.
3. In yoga class, we focused on deep breathing that expanded the sternal cavity.
4. The sternal notch is an important landmark for medical students learning anatomy.
5. He experienced discomfort in his sternal area after the intense workout session.

Source: sentences.whatistheurl.com

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