

STERNUM

Meaning: Sternum: the flat bone located in the center of the chest, also known as the breastbone, which serves as a point of attachment for ribs and plays a role in the structure of the rib cage.

1. The sternum is commonly referred to as the breastbone in human anatomy.
2. During the CPR training, we learned how to locate the sternum for proper chest compressions.
3. An injury to the sternum can cause significant pain and difficulty in breathing.
4. The sternum serves as an important attachment point for several ribs and muscles.
5. In some medical procedures, access to the sternum may be necessary for heart surgery.

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