

LESSON 5 SUMMARY

1

White blood cells are the cells of our immune system

2

White blood cells include phagocytes and lymphocytes

3

Phagocytes like macrophages and neutrophils are central to our innate immune response

4

Innate immunity is immediate and fast acting

5

Macrophages recognize pathogens via PRRs that bind PAMPs

6

Lymphocytes are the main soldiers of the Adaptive Immunity

7

Adaptive immunity is more powerful, specific and generates memory

8

Memory protects us when we encounter pathogens a second time

9

Microbiome is an important factor ensuring good health

10

Microflora competes against pathogens