1)

Until a vaccine is available, our immune systems will need to adapt unaided to COVID-19.

The immune system is the body's multi-level defence network against potentially harmful bacteria, viruses and other organisms.

A healthy lifestyle helps one's immune system to be in the best shape possible to tackle pathogens, but it's better to stop them entering the body in the first place.

The coronavirus pandemic has turned the world's attention to the immune system, the body's defence force against disease-causing bacteria, viruses and other organisms that we touch, ingest and inhale every day.

2)

The adductor canal (Hunter's canal, subsartorial canal) is a narrow conical tunnel located in the thigh.

It is approximately 15cm long, extending from the apex of the femoral triangle to the adductor hiatus of the adductor magnus. The canal serves as a passageway from structures moving between the anterior thigh and posterior leg.

The adductor canal is bordered by muscular structures:

Anteromedial: Sartorius.

Lateral: Vastus medialis.

Posterior: Adductor longus and adductor magnus.

The adductor canal runs from the apex of the femoral triangle to the adductor hiatus – a gap between the adductor and hamstring attachments of the adductor magnus muscle.

The adductor canal serves as a passageway for structures moving between the anterior thigh and posterior leg.

It transmits the femoral artery, femoral vein (posterior to the artery), nerve to the vastus medialis and the saphenous nerve – the largest cutaneous branch of the femoral nerve.

As the femoral artery and vein exit the canal, they are called the popliteal artery and vein respectively.

3)

The extraocular muscles are located within the orbit, but are extrinsic and separate from the eyeball itself. They act to control the movements of the eyeball land the superior eyelid.

There are seven extraocular muscles – the levator palpebrae superioris, superior rectus, inferior rectus, medial rectus, lateral rectus, inferior oblique and superior oblique. Functionally, they can be divided into two groups:

Responsible for eye movement – Recti and oblique muscles.

Responsible for superior eyelid movement – Levator palpebrae superioris.

The intraocular muscles include the ciliary muscle, the sphincter pupillae, and the dilator pupillae. The ciliary muscle is a smooth muscle ring that controls accommodation by altering the shape of the lens, as well as controlling the flow of aqueous humor into Schlemm's canal. Hence the subsequent nerve supply (innervation) of the eye muscles is from three cranial nerves.