

how do **lungs** work?

presented by

lovinourlungs 

The cells in your body need oxygen to function properly. Your cells also produce carbon dioxide which must be removed from the body. The main function of the lungs is to bring oxygen into your body and remove carbon dioxide.

Over 90% of your energy comes from your breathing! Pretty impressive, right?

We breathe in and out about 22,000 times a day, processing about 300 cubic feet of air.

1

Air is breathed in through the mouth and nose.

2

After entering the nose or the mouth, air travels down the trachea or 'windpipe'.

3

The trachea divides into two breathing tubes called bronchi, one leading to the left lung, one leading to the right lung.

4

The bronchi then divide into even smaller tubes called bronchioles.

5

The bronchioles end in tiny air sacs called alveoli.

6

Around each alveoli are tiny blood vessels called capillaries.

7

Oxygen enters the bloodstream through the capillaries, while carbon dioxide exits the bloodstream through the capillaries.

8

Blood that has picked up oxygen in your lungs goes to the left side of the heart and is pumped to the cells around the body.

9

As blood delivers oxygen to the cells in your body it picks up carbon dioxide and returns to the right side of your heart.

10

Your heart then pumps the blood to your lungs, to get rid of carbon dioxide and pick up more oxygen for the process to start over.

This initiative is supported by 

For more information visit www.lovinourlungs.ie