

FACTS ABOUT LUNGS

Your lungs are located in your chest either side of your heart.

Your rib cage protects your lungs and heart.

The average person breathes in the equivalent of 13 pints of air every minute.

Children laugh about 300 times a day. Adults laugh about 15 to 100 times a day. Laughter is the best medicine, may have some truth. It helps to boost the immune system.

The lungs are the only organs in the human body that would float on water.

If you calculated the surface area of all the internal tubes, air sacks, veins and capillaries- it would be about the same as a tennis court.

De-oxygenated blood is pumped to your lungs by your heart, where it gets rid of carbon dioxide (CO₂) and picks up oxygen, (O₂)

There are hundreds of different diseases that can affect your lungs- most people suffer at least one infection in their lifetime.

Smoking damages the bronchioles and alveoli in the lungs, meaning less oxygen can be transferred into the blood.

Oxygen makes up around 21% of the air around us. When we breathe we only use a small fraction of that oxygen, (around 3-5%)

Seventy percent of waste is eliminated through your lungs just by breathing.

The breathing rate is faster in children and women than in men.

Humans exhale up to 17.5 millilitres of water per hour.

When you breathe in, you take in the bad as well as the good. Each breath contains millions of microbes, bacteria and other microscopic objects. Luckily, a vast majority of them are harmless.

The alveoli in your lungs are tiny air sacks- this is where gasses are transferred from the air to your blood and vice-versa.

Coughing is a way for your lungs to get rid of irritants, such as dust, pollution, mucus or small objects like pollen.

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Asthmatic people suffer from a condition that restricts the airways, including bronchioles.

In human beings, the right lung is larger than the left lung to accommodate the heart.

The internal tubes in your lungs are structured like a tree.

Your lungs are not like a muscle and cannot inflate themselves. The diaphragm is a large muscle underneath your lungs that helps them inflate.

Without oxygen, your body would not be able to turn the food you eat into energy.

Oxygen is carried to all the different parts of your body by the red blood cells in your blood.

There is a whole system of defences in your lungs that help prevent and fight against disease.