

# Healthy Lungs

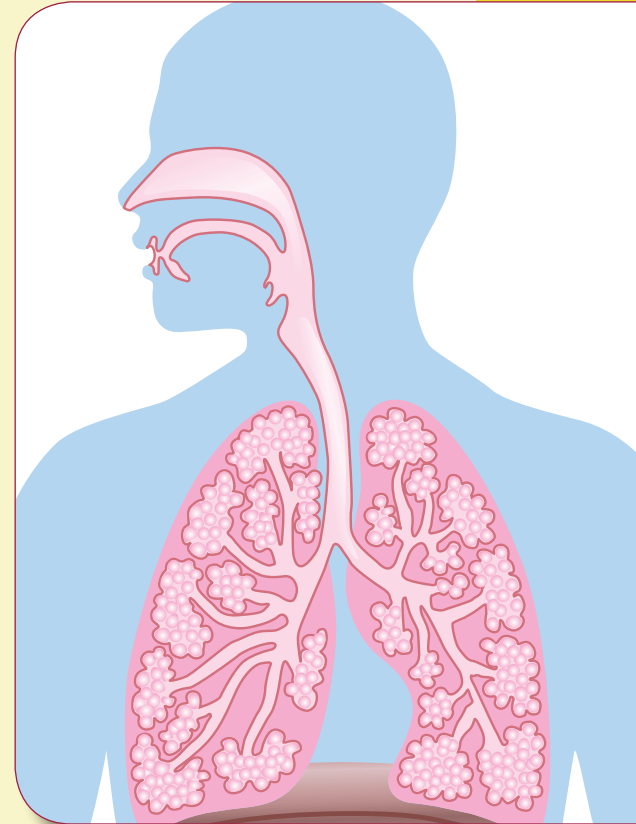
## What do your lungs do?

Your lungs help keep you alive and well. They have very important jobs to do in your body. Your lungs do two things when you breathe in and out:

- Bring healthy air (oxygen [ox-ih-gen]) to your other organs, muscles, and tissues
- Take unhealthy waste air (carbon dioxide [car-bun die-ox-ide]) out of your body

Your lungs are made up of many different kinds of cells. When you breathe, the cells

- Trap dust and other waste materials you may breathe in
- Keep the insides of your airways clean
- Help fight off infection



## Did you know ?

**The lungs are the largest part of the respiratory (ress-per-uh-tor-ee) system.**

Ask your healthcare practitioner (prak-tih-shun-er) any questions you have about how your lungs work.

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