

## Smoking and the lungs

- On the walls inside the **lungs**, there are tiny little hairs called **cilia**. These hairs keep the lungs clean and protect them from dust, dirt and germs (like a broom sweeping out the dirt and dust).
- Cigarette smoke kills the **cilia** and they cannot clean the **lungs** properly. This makes it harder to breathe.
- When this happens, mucus or phlegm builds up and can block the nose, throat and **lungs**.
- Because the **lungs** are weak, smokers can get infections like pneumonia.
- They also have other breathing problems like a bad cough, wheezing and they can become short of breath.
- Slowly after years of smoking, the **lungs** have more and more problems working and can be damaged permanently. This can cause illnesses like asthma or emphysema.
- When you breathe, fresh air carries oxygen into the **lungs**. The lungs then send the oxygen to the heart so the blood can carry it around the body.
- When the **lungs** are not working properly, there is not enough oxygen carried to the heart and to the rest of the body. This means the other organs will not work properly.

