

THE LYMPHATIC SYSTEM

The lymphatic system is made up of lymph fluid, lymph vessels, lymph nodes and various tissues and organs. Lymph fluid consists of water, protein molecules, fat cells, salts, white blood cells, bacteria and other potentially harmful substances that enter the body and end up in our tissues. Much of the fluid and proteins come out of the circulatory system but are unable to go back in. The lymphatic system picks up this fluid and moves it through the body towards the heart where it is then returned to the circulatory system. During its journey through the body, the lymph fluid passes through lymph nodes. These nodes filter the waste and harmful substances from the lymph fluid and produce lymphocytes which are important in fighting infection and assisting the body's immune defense. The body has approximately 600-700 lymph nodes throughout.

