Contents

Clinical Connections & Visual Focus vii Preface xviii

Part I Human Organization 1

- **1** Organization of the Body 1
 - 1.1 The Human Body 2
 - 1.2 Anatomical Terms 3
 - 1.3 Body Cavities and Membranes 6
 - 1.4 Organ Systems 8
 - 1.5 Homeostasis 10
 - What's New: Organs for Transplant 9 Medical Focus: Imaging the Body 14

2 Chemistry of Life 17

- 2.1 Basic Chemistry 18
- 2.2 Water, Acids, and Bases 22
- 2.3 Molecules of Life 24
- 2.4 Carbohydrates 24
- 2.5 Lipids 26
- 2.6 Proteins 28

2.7 Nucleic Acids 31Medical Focus: Nutrition Labels 30

3 Cell Structure and Function 35

3.1 Cellular Organization 36
3.2 Crossing the Plasma Membrane 43
3.3 The Cell Cycle 46
Medical Focus: Dehydration and Water Intoxication 45

4 Body Tissues and Membranes 54

- 4.1 Epithelial Tissue 55
- 4.2 Connective Tissue 58
- 4.3 Muscular Tissue 62
- 4.4 Nervous Tissue 64
- 4.5 Extracellular Junctions, Glands, and Membranes 65
- Medical Focus: Classification of Cancers 66

Part II Support, Movement, and Protection 69

5 The Integumentary System 69

- 5.1 Structure of the Skin 70
- 5.2 Accessory Structures of the Skin 72
- 5.3 Disorders of the Skin 74
- 5.4 Effects of Aging 77
- 5.5 Homeostasis 78

Medical Focus: The Link Between UV Radiation and Skin Cancer 77

Human Systems Work Together: Integumentary System 79 Medical Focus: Development of Cancer 80

6 The Skeletal System 83

- 6.1 Skeleton: Overview 84
- 6.2 Axial Skeleton 89
- 6.3 Appendicular Skeleton 97
- 6.4 Joints (Articulations) 104
- 6.5 Effects of Aging 107
- 6.6 Homeostasis 108

Medical Focus: Osteoporosis 88 What's New: Coaxing the Chondrocytes for Knee Repair 107 Human Systems Work Together: Skeletal System 109

7 The Muscular System 113

- 7.1 Functions and Types of Muscles 114
- 7.2 Microscopic Anatomy and Contraction of Skeletal Muscle 116
- 7.3 Muscle Responses 122
- 7.4 Skeletal Muscles of the Body 124
- 7.5 Effects of Aging 134
- 7.6 Homeostasis 136
- Visual Focus: Anatomy of a Muscle Fiber 117

Medical Focus: Benefits of Exercise 135

Human Systems Work Together: Muscular System 137

Part III Integration and Coordination 140

8	The Nervous System 140
	8.1 Nervous System 141
	8.2 Central Nervous System 146
	8.3 Peripheral Nervous System 152
	8.4 Effects of Aging 157
	8.5 Homeostasis 158
	Visual Focus: Synapse Structure and Function 144
	Medical Focus: Alzheimer Disease 145
	Medical Focus: Spinal Cord Injuries 147
	Medical Focus: Left and Right Brain 150
	Visual Focus: Autonomic System Structure and Function 156
	What's New: Pacemakers for Parkinson Disease 158
	Human Systems Work Together: Nervous System 159
9	The Sensory System 163

- 9.1 General Senses 164
- 9.2 Senses of Taste and Smell 166
- 9.3 Sense of Vision 168
- 9.4 Sense of Hearing 178
- 9.5 Sense of Equilibrium 181

Part IV Maintenance of the Body 207

11 Blood 207 11.1 The Composition and Functions of Blood 209 11.2 The Blood Cells 210 11.3 Platelets and Hemostasis 215 11.4 Capillary Exchange 216 11.5 Blood Typing and Transfusions 218 11.6 Effects of Aging 219 Visual Focus: Hematopoiesis 210 What's New: Blood Substitutes 212 Medical Focus: Abnormal Red and White Blood Cell Counts 214 **12** The Cardiovascular System 224 12.1 Anatomy of the Heart 225 12.2 Physiology of the Heart 230 12.3 Anatomy of Blood Vessels 234 12.4 Physiology of Circulation 236 12.5 Circulatory Routes 242 12.6 Effects of Aging 248 12.7 Homeostasis 248 What's New: Infections Causing Atherosclerosis? 229

9.6 Effects of Aging 181
Medical Focus: Corrective Lenses 172
What's New: A Bionic Cure for Macular Degeneration 176
Medical Focus: Hearing Damage and Deafness 182

10 The Endocrine System 185

10.1 Endocrine Glands 186
10.2 Hypothalamus and Pituitary Gland 188
10.3 Thyroid and Parathyroid Glands 191
10.4 Adrenal Glands 193
10.5 Pancreas 196
10.6 Other Endocrine Glands 198
10.7 Chemical Signals 201
10.8 Effects of Aging 202
10.9 Homeostasis 202
Visual Focus: The Hypothalamus and the Pituitary 189
What's New: Pancreatic Islet Cell Transplants 197
Medical Focus: Side Effects of Anabolic Steroids 199
Medical Focus: Glucocorticoid Therapy 202
Human Systems Work Together: Endocrine System 203

Medical Focus: The Electrocardiogram 231 Medical Focus: Preventing Cardiovascular Disease 240 Human Systems Work Together: Cardiovascular System 249

13 The Lymphatic System and Body Defenses 253

13.1 Lymphatic System 254
13.2 Organs, Tissues, and Cells of the Immune System 255
13.3 Nonspecific and Specific Defenses 259
13.4 Induced Immunity 266
13.5 Effects of Aging 270
13.6 Homeostasis 270
Medical Focus: Bone Marrow Transplants 256
Medical Focus: Lymph Nodes and Illnesses 257
Visual Focus: Inflammatory Reaction 258
Medical Focus: AIDS Epidemic 264
Medical Focus: Immunization: The Great Protector 267
What's New: Emerging Diseases 268
Human Systems Work Together: Lymphatic System 271

14 The Respiratory System 275

- 14.1 The Respiratory System 276
 14.2 Mechanism of Breathing 281
 14.3 Gas Exchange and Transport 284
 14.4 Respiration and Health 286
 14.5 Effects of Aging 290
 14.6 Homeostasis 290
 What's New: Lung Volume Reduction for Emphysema 280
 Medical Focus: Respiratory and Nonrespiratory Patterns 284
 Medical Focus: The Most Often Asked Questions About Tobacco and Health 289
 Human Systems Work Together: Respiratory System 291
 The Digestive System 295
- 15.1 Anatomy of the Digestive System 296
- 15.2 Accessory Organs of Digestion 308
- 15.3 Chemical Digestion 311

15

15.4 Effects of Aging 312
15.5 Homeostasis 312
15.6 Nutrition 314
Medical Focus: Human Teeth 297
Medical Focus: Constipation 306
Human Systems Work Together: Digestive System 313
Medical Focus: Antioxidants 315

16 The Urinary System and Excretion 323

16.1 Urinary System 324
16.2 Anatomy of the Kidney and Excretion 326
16.3 Regulatory Functions of the Kidneys 330
16.4 Problems with Kidney Function 334
16.5 Effects of Aging 336
16.6 Homeostasis 336
Visual Focus: Steps in Urine Formation 328
Medical Focus: Illnesses Detected by Urinalysis 334
Human Systems Work Together: Urinary System 337
Medical Focus: Prostate Enlargement and Cancer 338

Part V Reproduction and Development 341

- **17** The Reproductive System 341
 - 17.1 Human Life Cycle 342
 17.2 Male Reproductive System 343
 17.3 Female Reproductive System 349
 17.4 Control of Reproduction and Sexually Transmitted Diseases 358
 17.5 Effects of Aging 364
 17.6 Homeostasis 364
 Visual Focus: Anatomy of Ovary and Follicle 350
 Medical Focus: Ovarian Cancer 352
 Medical Focus: Shower Check for Cancer 357
 What's New: Endocrine-Disrupting Contaminants 361
 Medical Focus: Preventing Transmission of STDs 362
 Human Systems Work Together: Reproductive System 365

18 Human Development and Birth 369

18.1 Fertilization 370
18.2 Development 371
18.3 Birth 384
What's New: Therapeutic Cloning 374
Medical Focus: Premature Babies 380
Medical Focus: Preventing Birth Defects 382

19 Human Genetics 389

19.1 Chromosomal Inheritance 390
19.2 Genetic Inheritance 395
19.3 DNA Technology 399
Medical Focus: Living with Klinefelter Syndrome 394
What's New: Preimplantation Genetic Studies 398
Medical Focus: New Cures on the Horizon 400

Appendix A:Reference Figures: The Human Organism403Appendix B:Understanding Medical Terminology411

Glossary 420 Credits 435 Index 436