Further Readings for Ch. 41

Andersen, J. L.. et al. September 2000. Muscle, genes, and athletic performance. *Scientific American* 283(3):48. Research suggests that some athletic champions have a ratio of fast-to-slow twitch muscle fibers that permits them to excel.

Deyo, R. A. August 1998. Low-back pain. *Scientific American* 279(2):48. Treatment options for low-back pain which don't involve bed rest or surgery are improving.

Halstead, L. S. April 1998. Post-polio syndrome. *Scientific American* 278(4):42. Recovered polio victims are experiencing fatigue, pain, and weakness, resulting from degeneration of motor neurons.

Jordan, V. C. October 1998. Designer estrogens. *Scientific American* 279(4):60. Selective estrogen receptor modulators may protect against breast and endometrial cancers, osteoporosis, and heart disease.

Mader, S. S. 2001. *Human biology.* 7th ed. Dubuque, Iowa: WCB/McGraw-Hill, Inc. A student-friendly text that covers the principles of biology with emphasis on human anatomy and physiology.

Mader, S. S. 2000. *Understanding anatomy and physiology.* 4th ed. Dubuque, Iowa: Wm. C. Brown Publishers. A text that emphasizes the basics for beginning allied health students.

Melton, L. July 2000. Age breakers. *Scientific American* 283(1):16. A compound has been discovered that might rejuvenate hearts and muscles by breaking the stiff sugar-protein bonds that accumulate during the aging process.

Olshansky, S. J. et al. March 2001. If humans were built to last. *Scientific American* 284(3):50. The article illustrates several features that would help human longevity. It also discusses the flaws of the human body as we live longer.

Smith, R. March 1999. The timing of birth. *Scientific American* 280(3):68. A hormone in the human placenta that influences the timing of delivery could yield ways to predict and prevent premature labor.

White, R. September 1998. Weightlessnes and the human body. Scientific American 279(3):58. Space medicine is providing new ideas about treatment of osteoporosis and anemia.