
Contents

| | |
|---|-----------|
| Preface..... | xix |
| Acknowledgment..... | xxi |
| About the author..... | xxiii |
| Chapter 1 Physiology and the concept of homeostasis..... | 1 |
| Study objectives..... | 1 |
| 1.1 Introduction..... | 1 |
| 1.2 Homeostasis..... | 1 |
| 1.3 Negative feedback..... | 4 |
| 1.4 Positive feedback..... | 5 |
| Medical terminology..... | 6 |
| Bibliography..... | 6 |
| Chapter 2 Plasma membrane..... | 9 |
| Study objectives..... | 9 |
| 2.1 Introduction..... | 9 |
| 2.2 Structure and function of the plasma membrane..... | 9 |
| 2.3 Membrane transport..... | 13 |
| 2.4 Passive diffusion through the membrane..... | 14 |
| 2.5 Osmosis..... | 15 |
| 2.6 Mediated transport..... | 17 |
| Medical terminology..... | 18 |
| Bibliography..... | 19 |
| Chapter 3 Membrane potential..... | 21 |
| Study objectives..... | 21 |
| 3.1 Introduction..... | 21 |
| 3.2 Development of the resting membrane potential..... | 22 |
| Medical terminology..... | 25 |
| Bibliography..... | 25 |

| | |
|--|-----------|
| Chapter 4 Electrical signals | 27 |
| Study objectives..... | 27 |
| 4.1 Introduction..... | 27 |
| 4.2 Graded potentials | 27 |
| 4.3 Action potentials..... | 29 |
| 4.4 Conduction of the action potential..... | 33 |
| Medical terminology | 37 |
| Bibliography..... | 38 |
| | |
| Chapter 5 Synaptic transmission..... | 41 |
| Study objectives..... | 41 |
| 5.1 Introduction..... | 41 |
| 5.2 Chemical synapses | 41 |
| 5.3 Summation..... | 45 |
| 5.4 Interconnections between neurons | 46 |
| 5.5 Factors affecting synaptic transmission..... | 47 |
| 5.5.1 Altered release..... | 48 |
| 5.5.2 Altered interaction of a neurotransmitter with its receptor..... | 49 |
| 5.5.3 Altered removal of a neurotransmitter from the synaptic cleft | 49 |
| 5.5.4 Replacement of a deficient neurotransmitter | 50 |
| Medical terminology | 50 |
| Bibliography..... | 51 |
| | |
| Chapter 6 The nervous system..... | 53 |
| Study objectives..... | 53 |
| 6.1 Introduction..... | 53 |
| 6.2 Classes of neurons | 54 |
| 6.3 Major levels of central nervous system (CNS) function..... | 55 |
| 6.4 The brain | 57 |
| 6.4.1 Cerebrum..... | 57 |
| 6.4.2 Functional regions of the cerebral cortex | 61 |
| 6.4.3 Basal ganglia..... | 66 |
| 6.4.4 Thalamus..... | 66 |
| 6.4.5 Hypothalamus..... | 67 |
| 6.4.6 Brainstem..... | 68 |
| 6.4.7 Cerebellum..... | 69 |
| 6.5 Glial cells..... | 70 |
| 6.6 Blood–brain barrier | 72 |
| 6.7 Cerebrospinal fluid..... | 73 |
| Medical terminology | 74 |
| Bibliography..... | 75 |

| | |
|---|------------|
| Chapter 7 The spinal cord..... | 77 |
| Study objectives..... | 77 |
| 7.1 Introduction..... | 77 |
| 7.2 Functions of the spinal cord..... | 80 |
| 7.3 Composition of the spinal cord..... | 80 |
| 7.3.1 Gray matter..... | 80 |
| 7.3.2 White matter..... | 82 |
| 7.3.2.1 Ascending tracts..... | 83 |
| 7.3.2.2 Descending tracts..... | 85 |
| 7.4 Spinal reflexes..... | 87 |
| 7.4.1 Withdrawal reflex..... | 88 |
| 7.4.2 Crossed-extensor reflex..... | 90 |
| Medical terminology..... | 90 |
| Bibliography..... | 91 |
| | |
| Chapter 8 Pain..... | 93 |
| Study objectives..... | 93 |
| 8.1 Introduction..... | 93 |
| 8.2 Nociceptors..... | 94 |
| 8.3 Fast pain and slow pain..... | 95 |
| 8.4 Hyperalgesia..... | 96 |
| 8.5 Neurotransmitters of the nociceptive afferent fibers..... | 97 |
| 8.6 Pain pathway..... | 97 |
| 8.7 Endogenous analgesic system..... | 98 |
| 8.8 Gate control theory..... | 99 |
| 8.9 Cutaneous pain..... | 102 |
| 8.10 Deep somatic pain..... | 102 |
| 8.10.1 Tissue ischemia..... | 102 |
| 8.10.2 Muscle spasm..... | 102 |
| 8.11 Visceral pain..... | 102 |
| 8.12 Referred pain..... | 103 |
| 8.13 Phantom pain..... | 104 |
| 8.14 Pharmacologic treatment of pain..... | 105 |
| 8.14.1 Nonnarcotic analgesics..... | 105 |
| 8.14.2 Opioid analgesics..... | 106 |
| 8.14.3 Adjuvant analgesics..... | 106 |
| Medical terminology..... | 107 |
| Bibliography..... | 107 |
| | |
| Chapter 9 The autonomic nervous system..... | 109 |
| Study objectives..... | 109 |
| 9.1 Introduction..... | 109 |
| 9.2 Regulation of autonomic nervous system activity..... | 110 |

| | | |
|---|---|------------|
| 9.3 | Efferent pathways of the autonomic nervous system..... | 111 |
| 9.4 | Divisions of the autonomic nervous system..... | 112 |
| 9.5 | Sympathetic division..... | 113 |
| 9.6 | Parasympathetic division..... | 115 |
| 9.7 | Neurotransmitters of the autonomic nervous system..... | 116 |
| 9.8 | Termination of neurotransmitter activity..... | 116 |
| 9.9 | Receptors for autonomic neurotransmitters..... | 119 |
| 9.10 | Functions of the autonomic nervous system..... | 122 |
| 9.11 | Adrenal medulla..... | 126 |
| | Medical terminology..... | 127 |
| | Bibliography..... | 128 |
| Chapter 10 The endocrine system..... | | 129 |
| | Study objectives..... | 129 |
| 10.1 | Introduction..... | 129 |
| 10.2 | Biochemical classification of hormones..... | 130 |
| 10.3 | Transport of hormones..... | 133 |
| 10.4 | Hormone elimination..... | 133 |
| 10.5 | Functional classification of hormones..... | 134 |
| 10.6 | Hormone interactions..... | 134 |
| 10.7 | Mechanisms of hormone action..... | 135 |
| 10.8 | The pituitary gland..... | 139 |
| 10.9 | Relationship between the hypothalamus and the pituitary gland..... | 140 |
| 10.10 | Negative feedback control of hormone release..... | 144 |
| 10.11 | Hormones of the neurohypophysis..... | 144 |
| | 10.11.1 Antidiuretic hormone (ADH)..... | 144 |
| | 10.11.2 Oxytocin..... | 147 |
| 10.12 | Hormones of the adenohypophysis..... | 148 |
| | 10.12.1 Gonadotropins..... | 148 |
| | 10.12.2 Thyroid-stimulating hormone (TSH)..... | 149 |
| | 10.12.3 Adrenocorticotrophic hormone (ACTH)..... | 149 |
| | 10.12.4 Prolactin (PRL)..... | 149 |
| | 10.12.5 Growth hormone (GH)..... | 150 |
| 10.13 | Thyroid gland..... | 151 |
| | 10.13.1 Thyroid hormones..... | 151 |
| | 10.13.2 Calcitonin..... | 153 |
| 10.14 | Parathyroid glands..... | 154 |
| 10.15 | Adrenal glands..... | 155 |
| | 10.15.1 Adrenal medulla..... | 155 |
| | 10.15.2 Adrenal cortex..... | 156 |
| | 10.15.2.1 Mineralocorticoids..... | 156 |
| | 10.15.2.2 Glucocorticoids..... | 157 |
| | 10.15.2.3 Adrenal androgens..... | 159 |

| | | |
|--|---|------------|
| 10.16 | Pancreas..... | 160 |
| 10.16.1 | Insulin..... | 160 |
| 10.16.2 | Glucagon..... | 161 |
| | Medical terminology | 162 |
| | Bibliography..... | 163 |
| Chapter 11 The reproductive system..... | | 165 |
| | Study objectives..... | 165 |
| 11.1 | Introduction..... | 165 |
| 11.2 | Gametogenesis | 166 |
| 11.2.1 | Spermatogenesis..... | 166 |
| 11.2.2 | Oogenesis | 166 |
| 11.3 | Male reproductive system | 166 |
| 11.3.1 | Testes | 167 |
| 11.3.2 | Epididymides..... | 167 |
| 11.3.3 | Vas deferens | 167 |
| 11.3.4 | Ejaculatory ducts | 167 |
| 11.3.5 | Penis | 168 |
| 11.3.6 | Prostate | 168 |
| 11.3.7 | Seminal vesicles..... | 168 |
| 11.3.8 | Bulbourethral glands..... | 168 |
| 11.4 | Testosterone | 169 |
| 11.5 | Female reproductive system | 169 |
| 11.5.1 | Ovaries..... | 170 |
| 11.5.2 | Fallopian tubes | 170 |
| 11.5.3 | Uterus..... | 170 |
| 11.5.4 | Vagina | 171 |
| 11.6 | Ovarian cycle..... | 171 |
| 11.6.1 | Follicular phase | 171 |
| 11.6.2 | Luteal phase | 172 |
| 11.6.3 | Hormonal regulation of the ovarian cycle..... | 173 |
| | Medical terminology | 177 |
| | Bibliography..... | 179 |
| Chapter 12 Skeletal muscle..... | | 181 |
| | Study objectives..... | 181 |
| 12.1 | Introduction..... | 181 |
| 12.2 | Muscle tension and movement | 182 |
| 12.3 | Isometric versus isotonic contraction | 183 |
| 12.4 | Structure of skeletal muscle | 183 |
| 12.4.1 | Sarcomeres | 184 |
| 12.4.2 | Thick filaments..... | 184 |
| 12.4.3 | Thin filaments..... | 184 |

| | | |
|---|---|------------|
| 12.5 | Neuromuscular junction..... | 186 |
| 12.6 | Mechanism of contraction..... | 187 |
| 12.7 | Sources of adenosine triphosphate (ATP) for muscle contraction | 190 |
| 12.8 | Muscle fatigue | 191 |
| 12.9 | Oxygen debt..... | 192 |
| 12.10 | Types of muscle fibers | 193 |
| 12.11 | Muscle mechanics..... | 195 |
| | 12.11.1 Number of muscle fibers contracting..... | 195 |
| | 12.11.2 Amount of tension developed by each contracting muscle fiber | 196 |
| | Medical terminology | 199 |
| | Bibliography..... | 199 |
| Chapter 13 Smooth muscle | | 201 |
| | Study objectives..... | 201 |
| 13.1 | Introduction..... | 201 |
| 13.2 | Structure of smooth muscle | 201 |
| 13.3 | Calcium and the mechanism of contraction..... | 203 |
| 13.4 | Smooth muscle contraction is slow and prolonged | 204 |
| 13.5 | Types of smooth muscle..... | 205 |
| 13.6 | Factors influencing the contractile activity of smooth muscle..... | 206 |
| 13.7 | Length–tension relationship | 208 |
| 13.8 | Hyperplasia | 209 |
| | Medical terminology | 209 |
| | Bibliography..... | 209 |
| Chapter 14 Cardiac physiology..... | | 211 |
| | Study objectives..... | 211 |
| 14.1 | Introduction..... | 212 |
| 14.2 | Functional anatomy of the heart | 212 |
| 14.3 | Myocardial wall | 216 |
| 14.4 | Electrical activity of the heart..... | 220 |
| 14.5 | Electrocardiogram | 226 |
| 14.6 | Cardiac cycle..... | 228 |
| | 14.6.1 Ventricular filling..... | 230 |
| | 14.6.2 Isovolumetric contraction | 230 |
| | 14.6.3 Ejection..... | 231 |
| | 14.6.4 Isovolumetric relaxation..... | 231 |
| | Medical terminology | 232 |
| | Bibliography..... | 233 |
| Chapter 15 Cardiac output..... | | 235 |
| | Study objectives..... | 235 |
| 15.1 | Introduction..... | 235 |

| | | |
|---|--|------------|
| 15.2 | Control of heart rate | 237 |
| 15.3 | Control of stroke volume | 240 |
| 15.4 | Effect of exercise on cardiac output | 245 |
| | Medical terminology | 246 |
| | Bibliography | 247 |
| Chapter 16 The circulatory system..... | | 249 |
| | Study objectives..... | 249 |
| 16.1 | Introduction..... | 250 |
| 16.2 | The blood vessels | 251 |
| 16.3 | Blood pressure throughout the systemic circulation | 254 |
| 16.4 | Blood flow through a vessel | 256 |
| 16.5 | Regulation of arterial pressure | 258 |
| 16.6 | Autonomic nervous system..... | 261 |
| | 16.6.1 Vasomotor center..... | 262 |
| | 16.6.2 Baroreceptors | 263 |
| | 16.6.3 Chemoreceptors..... | 264 |
| | 16.6.4 Low-pressure receptors..... | 266 |
| 16.7 | Vasoactive substances | 266 |
| | 16.7.1 Vasoconstrictors | 267 |
| | 16.7.2 Vasodilators..... | 271 |
| 16.8 | Venous return..... | 272 |
| | 16.8.1 Blood volume | 274 |
| | 16.8.2 Sympathetic stimulation of the veins..... | 275 |
| | 16.8.3 Skeletal muscle activity | 275 |
| | 16.8.4 Respiratory activity..... | 275 |
| 16.9 | Effects of gravity on the circulatory system | 276 |
| 16.10 | Regulation of blood flow through tissues | 277 |
| | 16.10.1 Active hyperemia | 277 |
| | 16.10.2 Autoregulation..... | 278 |
| 16.11 | Effects of acute exercise on the circulatory system..... | 278 |
| 16.12 | Capillary exchange..... | 280 |
| | Medical terminology | 285 |
| | Bibliography..... | 286 |
| Chapter 17 Blood and hemostasis | | 289 |
| | Study objectives..... | 289 |
| 17.1 | Introduction..... | 289 |
| 17.2 | Plasma..... | 289 |
| 17.3 | Erythrocytes | 291 |
| 17.4 | Blood types | 292 |
| 17.5 | Leukocytes..... | 294 |
| 17.6 | Platelets..... | 296 |

| | | |
|---|--|------------|
| 17.7 | Hemostasis | 297 |
| 17.7.1 | Vascular constriction | 297 |
| 17.7.2 | Formation of a platelet plug | 298 |
| 17.7.3 | Blood coagulation..... | 299 |
| 17.7.4 | Positive feedback nature of clot formation..... | 301 |
| 17.7.5 | Clot dissolution..... | 301 |
| 17.7.6 | Prevention of blood clotting and platelet aggregation in the normal vascular system..... | 302 |
| | Medical terminology | 303 |
| | Bibliography..... | 303 |
| Chapter 18 The immune system | | 305 |
| | Study objectives..... | 305 |
| 18.1 | Introduction | 305 |
| 18.2 | Agents of infectious disease..... | 306 |
| 18.3 | Effector cells of the immune system | 307 |
| 18.4 | Immune responses..... | 308 |
| 18.5 | Innate immune system..... | 308 |
| 18.6 | Inflammation..... | 308 |
| 18.6.1 | Defense by tissue macrophages | 309 |
| 18.6.2 | Localized vasodilation | 309 |
| 18.6.3 | Increased capillary permeability | 309 |
| 18.6.4 | Localized edema | 309 |
| 18.6.5 | Walling off of the inflamed area | 310 |
| 18.6.6 | Infiltration of phagocytes..... | 310 |
| 18.6.7 | Opsonization..... | 310 |
| 18.6.8 | Phagocytosis | 311 |
| 18.7 | Interferon | 311 |
| 18.8 | Natural killer cells | 313 |
| 18.9 | Complement system | 313 |
| 18.10 | Adaptive immune system..... | 314 |
| 18.11 | Antibody-mediated immunity | 315 |
| 18.11.1 | Classification of antibodies..... | 315 |
| 18.11.2 | Structure of antibodies..... | 315 |
| 18.11.3 | Actions of antibodies | 316 |
| 18.11.4 | Clonal selection theory..... | 319 |
| 18.11.5 | Primary versus secondary responses | 320 |
| 18.11.6 | Active versus passive immunity | 321 |
| 18.12 | Cell-mediated immunity | 321 |
| 18.12.1 | Types of T cells..... | 322 |
| 18.12.2 | Actions of T cells | 323 |
| 18.12.3 | MHC molecules..... | 325 |
| | Medical terminology | 326 |
| | Bibliography..... | 328 |

| | |
|---|------------|
| Chapter 19 The respiratory system | 329 |
| Study objectives..... | 329 |
| 19.1 Introduction..... | 330 |
| 19.2 Blood–gas interface..... | 330 |
| 19.3 Airways | 331 |
| 19.3.1 Epithelium..... | 332 |
| 19.3.2 Cartilage | 332 |
| 19.4 The pleura | 333 |
| 19.5 Mechanics of breathing..... | 333 |
| 19.5.1 Thoracic volume | 333 |
| 19.5.2 Inspiration..... | 333 |
| 19.5.3 Expiration | 334 |
| 19.5.4 Lung volume | 335 |
| 19.5.5 Pulmonary pressures..... | 335 |
| 19.6 Elastic behavior of the lungs | 337 |
| 19.7 Interdependence..... | 340 |
| 19.8 Airway resistance | 342 |
| 19.8.1 Lung volume | 343 |
| 19.8.2 Airway obstruction..... | 343 |
| 19.8.3 Bronchial smooth muscle tone | 344 |
| 19.9 Ventilation..... | 346 |
| 19.9.1 Standard lung volumes | 346 |
| 19.9.2 Total ventilation..... | 349 |
| 19.9.3 Alveolar ventilation | 349 |
| 19.9.4 Dead space..... | 350 |
| 19.10 Diffusion | 350 |
| 19.11 Partial pressures of oxygen and carbon dioxide | 353 |
| 19.12 Ventilation–perfusion matching..... | 355 |
| 19.13 Gas transport in the blood..... | 357 |
| 19.13.1 Transport of oxygen | 358 |
| 19.13.2 Factors affecting the transport of oxygen..... | 360 |
| 19.13.3 Transport of carbon dioxide | 363 |
| 19.14 Regulation of ventilation | 364 |
| 19.14.1 Chemoreceptor response to decreased arterial PO_2 | 367 |
| 19.14.2 Chemoreceptor response to increased arterial PCO_2 | 368 |
| 19.14.3 Chemoreceptor response to increased arterial hydrogen ion concentration..... | 369 |
| 19.15 Ventilatory response to exercise | 370 |
| Medical terminology | 371 |
| Bibliography..... | 372 |
| | |
| Chapter 20 The digestive system | 375 |
| Study objectives..... | 375 |
| 20.1 Introduction..... | 375 |

| | | |
|---------|--|------------|
| 20.2 | The digestive tract wall..... | 377 |
| 20.2.1 | Mucosa..... | 377 |
| 20.2.2 | Submucosa..... | 377 |
| 20.2.3 | Muscularis externa..... | 377 |
| 20.2.4 | Serosa..... | 379 |
| 20.3 | Regulation of gastrointestinal function..... | 379 |
| 20.3.1 | Intrinsic nerve plexuses..... | 380 |
| 20.3.2 | Extrinsic autonomic nerves..... | 380 |
| 20.3.3 | Gastrointestinal hormones..... | 381 |
| 20.4 | Mouth..... | 381 |
| 20.5 | Pharynx..... | 384 |
| 20.6 | Esophagus..... | 385 |
| 20.7 | Stomach..... | 385 |
| 20.7.1 | Gastric motility..... | 386 |
| 20.7.2 | Gastric secretion..... | 389 |
| 20.8 | Liver..... | 392 |
| 20.9 | Gallbladder..... | 394 |
| 20.10 | Pancreas..... | 395 |
| 20.11 | Transport of bile and pancreatic juice to the small intestine..... | 396 |
| 20.12 | Small intestine..... | 396 |
| 20.12.1 | Motility of the small intestine..... | 397 |
| 20.12.2 | Digestion and absorption in the small intestine..... | 397 |
| 20.12.3 | Carbohydrates..... | 399 |
| 20.12.4 | Proteins..... | 399 |
| 20.12.5 | Lipids..... | 400 |
| 20.12.6 | Water and electrolytes..... | 401 |
| 20.13 | Large intestine..... | 401 |
| 20.13.1 | Motility of the large intestine..... | 402 |
| 20.13.2 | Secretion of the large intestine..... | 403 |
| | Medical terminology..... | 403 |
| | Bibliography..... | 404 |
| | Chapter 21 The renal system..... | 407 |
| | Study objectives..... | 407 |
| 21.1 | Introduction..... | 408 |
| 21.2 | Functional anatomy of the kidneys..... | 409 |
| 21.2.1 | Vascular component..... | 409 |
| 21.2.2 | Tubular component..... | 410 |
| 21.3 | Basic renal processes..... | 412 |
| 21.4 | Glomerular filtration..... | 413 |
| 21.4.1 | Filtration barrier..... | 413 |
| 21.4.2 | Determinants of filtration..... | 414 |
| 21.5 | Tubular reabsorption..... | 416 |
| 21.5.1 | Sodium reabsorption..... | 418 |
| 21.5.2 | Chloride reabsorption..... | 420 |

| | | |
|----------|---|------------|
| 21.5.3 | Water reabsorption..... | 420 |
| 21.5.4 | Production of urine of varying concentrations..... | 421 |
| 21.6 | Vasa recta | 425 |
| 21.7 | Tubular secretion | 426 |
| 21.7.1 | Potassium ion secretion..... | 426 |
| 21.7.2 | Hydrogen ion secretion | 427 |
| 21.8 | Plasma clearance..... | 427 |
| 21.9 | Renal blood flow | 429 |
| 21.9.1 | Autoregulation..... | 430 |
| 21.9.2 | Myogenic mechanism..... | 430 |
| 21.9.3 | Tubuloglomerular feedback..... | 430 |
| 21.9.4 | Resistance of the afferent arteriole | 432 |
| 21.9.4.1 | Sympathetic nerves | 432 |
| 21.9.4.2 | Angiotensin II | 434 |
| 21.9.4.3 | Prostaglandins | 436 |
| 21.10 | Control of sodium excretion: regulation of plasma volume..... | 436 |
| 21.11 | Control of water excretion: regulation of plasma osmolarity | 439 |
| | Medical terminology | 441 |
| | Bibliography..... | 442 |
| | Index | 443 |