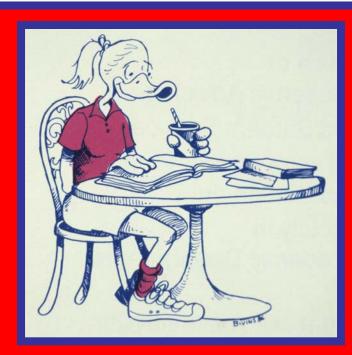
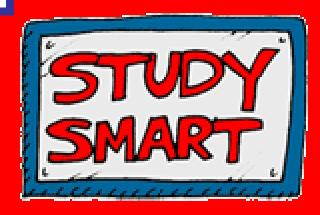
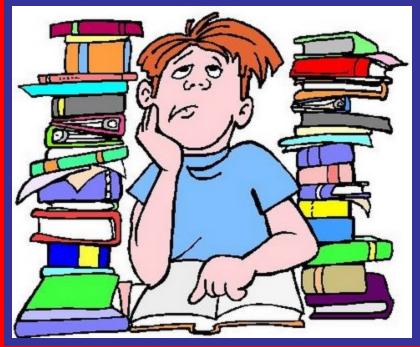
## Midterm Review Slides









...Welcome to Human Physiology – what makes us tick!

#### BI 121 Lecture 1

I. <u>Announcements</u>: Please check & sign attendance roster. Not on list? See Pat during a break or after class. *Lab 1 Histology* tomorrow in 130 HUE: 12 n & 1 pm sections.

- II. <u>Introduction</u>: Staff, office hr, required sources, course overview, grading, expectations & success. Q?
- III. Human Physiology LS ch 1, DC Module 1,
  - A. What? cf: Anatomy LS p 1
  - B. Where?Body Levels of Organization LS pp1-6, DC pp1-5
  - C. How? Different Study Approaches LS p 1
- D. Why? Security+Decision-Making Power LS p xxi, DC p v IV. Homeostasis LS ch 1, DC Module 1
  - A. What? Maintenance of ECF LS p 8
  - B. Where? ECF = Plasma + Interstitium LS fig 1-4 p 8
  - C. How? Simplified Homeostatic Model cf: LS fig 1-7 p 14 Balances LS p 9, DC pp 5-6
  - D. Why? Cell survival! LS fig 1-5 p 9, DC p 5

ANATOMY
STRUCTURE
WHAT?
WHERE?

vs PHYSIOLOGY

vs **FUNCTION** 

vs HOW?

vs WHY?

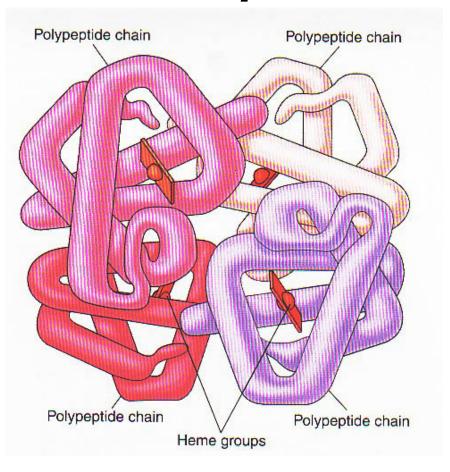


VS

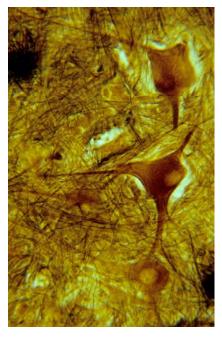


## Structure begets function! Structure gives rise to function! Structure & function are inseparable!

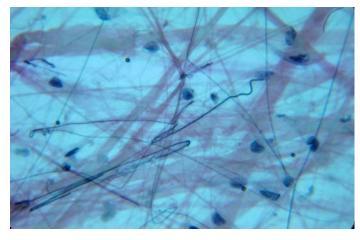




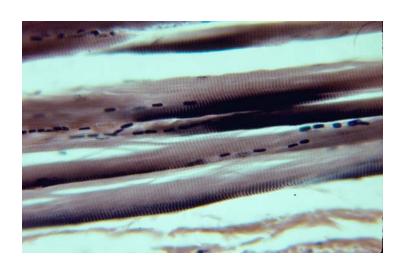
**Body Levels of Organization** 1. Molecular Entire Organism. 2. Cellular 3. Tissue 4. Organ 5. System LS fig 1-1 p 2



**Nerve conducts** 



**Connective connects!!** 

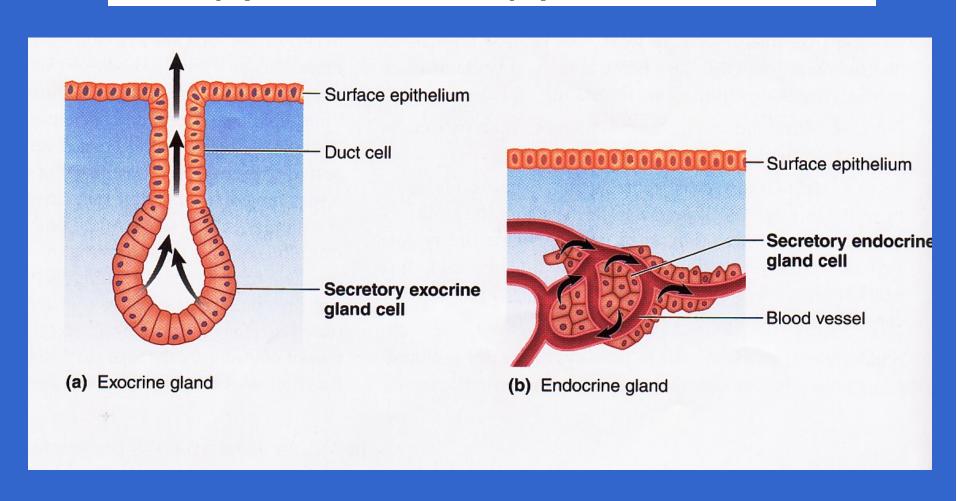


**Muscle contracts** 

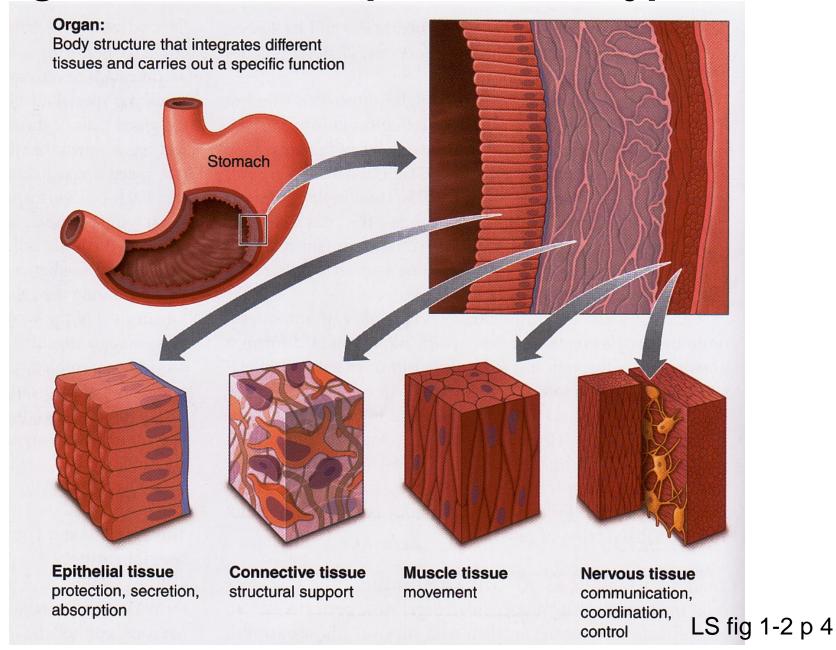


**Epithelial covers** 

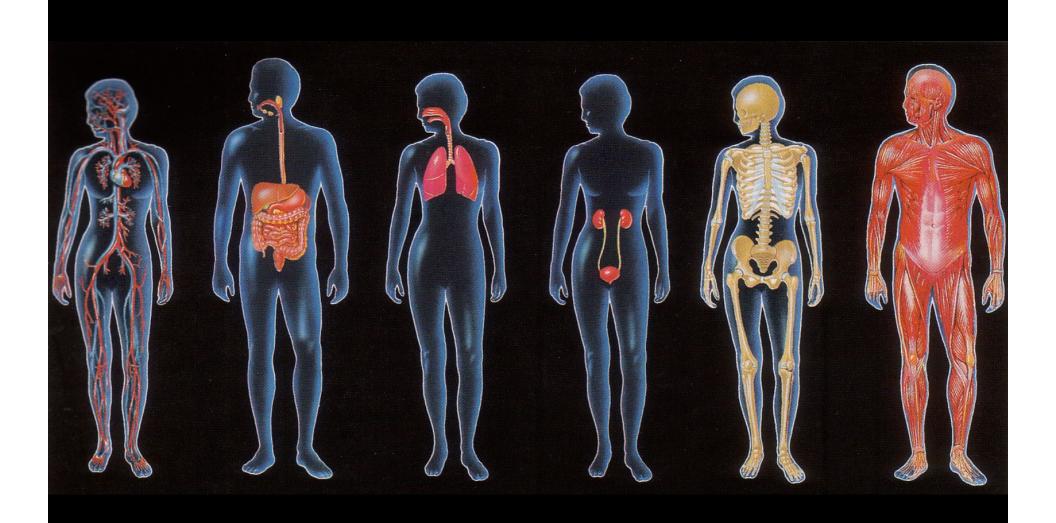
# Epithelial tissue gives rise to glands: (a) exocrine & (b) endocrine



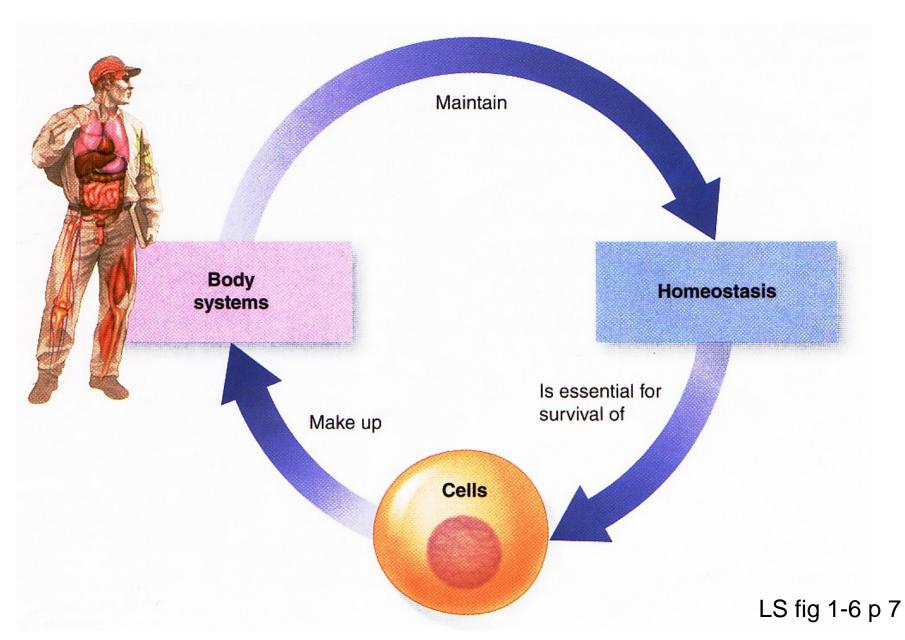
## Organs are made up ≥ 2 tissue types



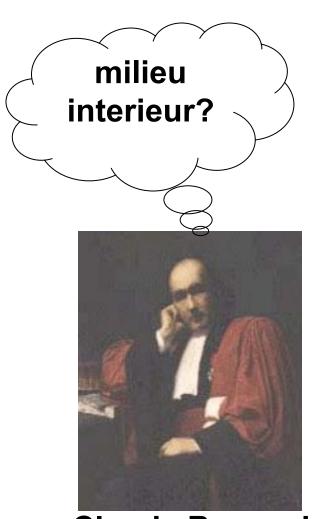
## Which body systems?



#### Homeostasis is essential for cell survival!



#### Maintenance of a relative constancy in the Internal environment = ECF = fluid outside of cells



**Claude Bernard** 

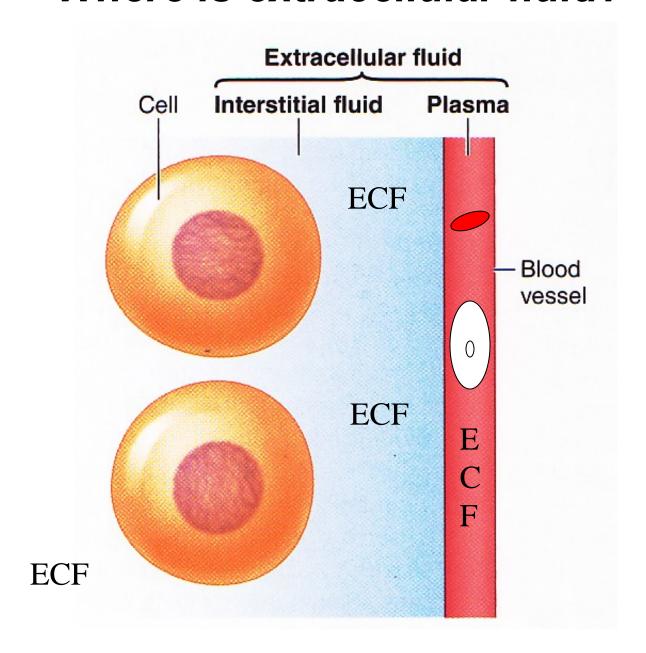


100 trillion cells working intimately



Walter B. Cannon

#### Where is extracellular fluid?



## ...Histology exploratory fun!! Thanks for signing in!



- I. Announcements: Lab today 12 n & 1 pm. Q? from last time?
- II. Physiology in the News Are we like watermelons?
- III. Homeostasis Revisited Dr Evonuk Balances LS pp 5 15
  - A. Simplified Model DO Norris *cf*: fig 1- 8 LS
  - B. Negative feedback? Positive feedback? LS pp 14 15
  - C. Balances & eg H<sub>2</sub>O, T°C, BP Dr Evonuk + LS pp 8 10
- IV. Cell Anatomy, Physiology & Compartmentalization ch 2 (LS)
  - A. How big? What boundaries? Why compartments? pp19-21
  - B. Basic survival skills ch 1 p 3
  - C. Organelles ≡ Membranous, cytoplasmic specialty shops!
    - 1. Endoplasmic Reticulum (ER) 2. Golgi 3. Lysosomes
    - 4. Peroxisomes & 5. Mitochondria. LS 2012 pp 20-34
    - fig 2-1, 2-2, 2-3, 2-4, 2-5, 2-6, 2-7, 2-8 pp 20-7 tab 2-1 p 36
  - D. *Physiol News* Moms eggs execute Dad's mitochondria?
  - E. What about vaults? LS 2006, p 32 + Science News

#### **Drink about 1 L per 1000 calories energy expenditure!!**

10-12 GALLONS 150 lb /68 kg

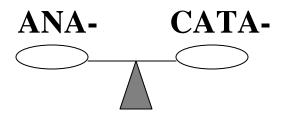
Human  $\sim 2/3 H_2O$ 

 $\sim 60 - 70 \%$ 

NB: So 2000 kcal → drink 2000 mL ≡ 67.63 fl oz ≡ ~ 8 cups!

 $= \sim 40 - 48 \text{ kg H}_2\text{O}$ 

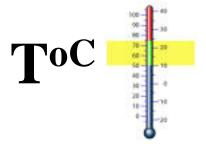
## Metabolic







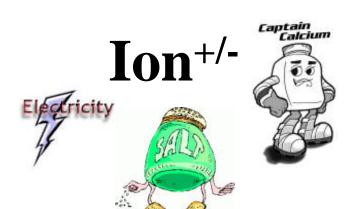


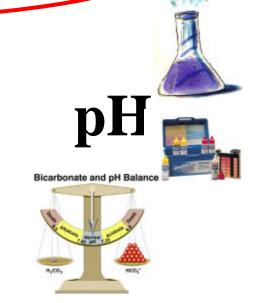


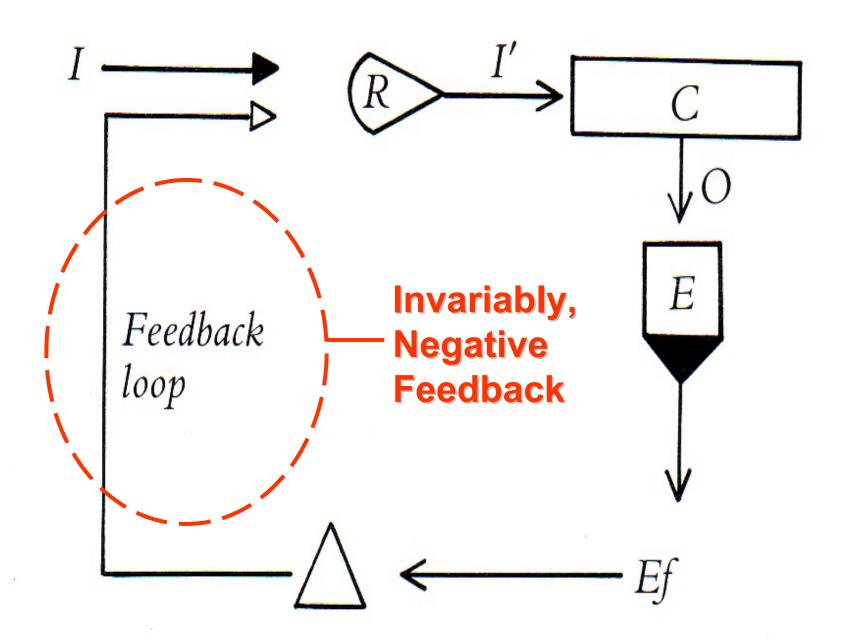
## Dr. Evonuk's 6 Balances

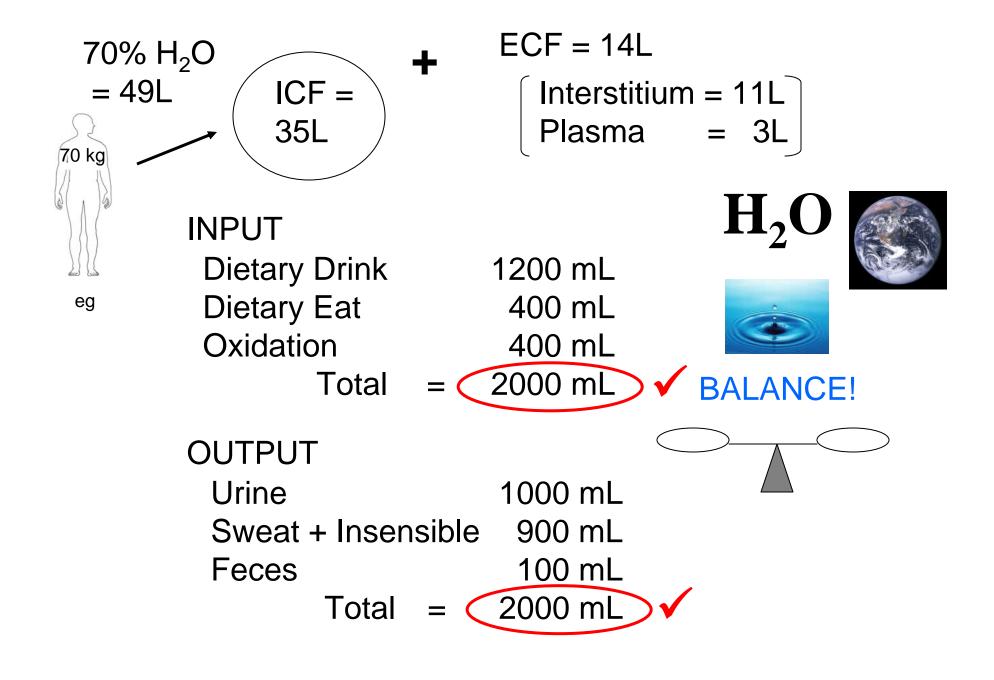
 $O_2/CO_2$ 

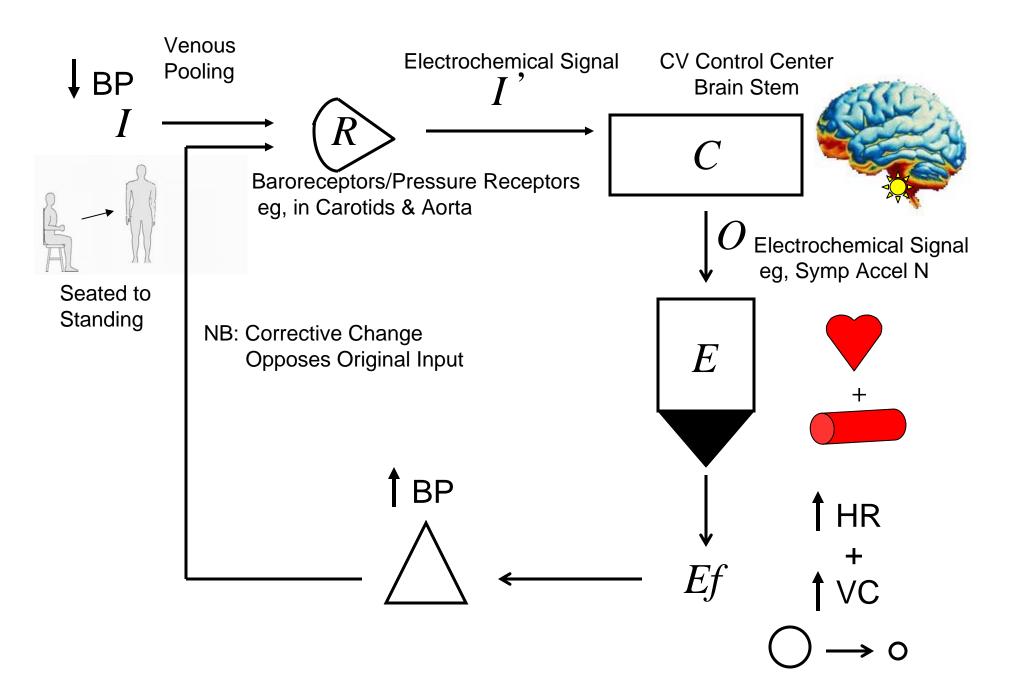




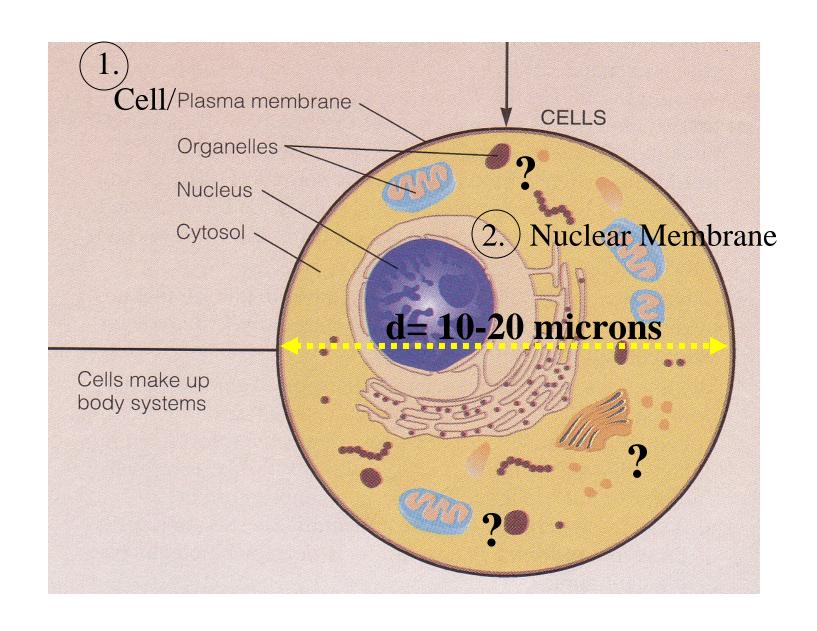






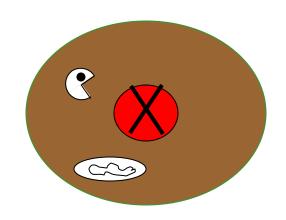


#### **HOW BIG? 100 CELLS LENGTHWISE = 1 mm!!**



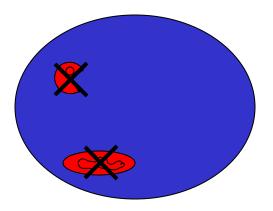
#### Cytoplasm = Cell - Nucleus

[Extract nucleus; includes organelles]



### Cytosol = Cytoplasm - Organelles

[Extract organelles; complex gel-liquid]



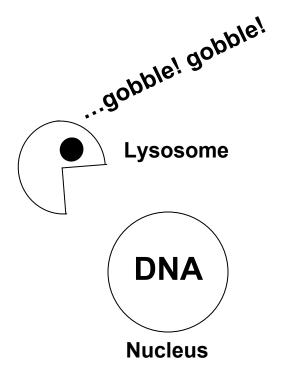
## Why Compartments? Advantage?

# **Incompatible** reactions can take place

#### Simultaneously!!







## Basic Cell Survival Skills?

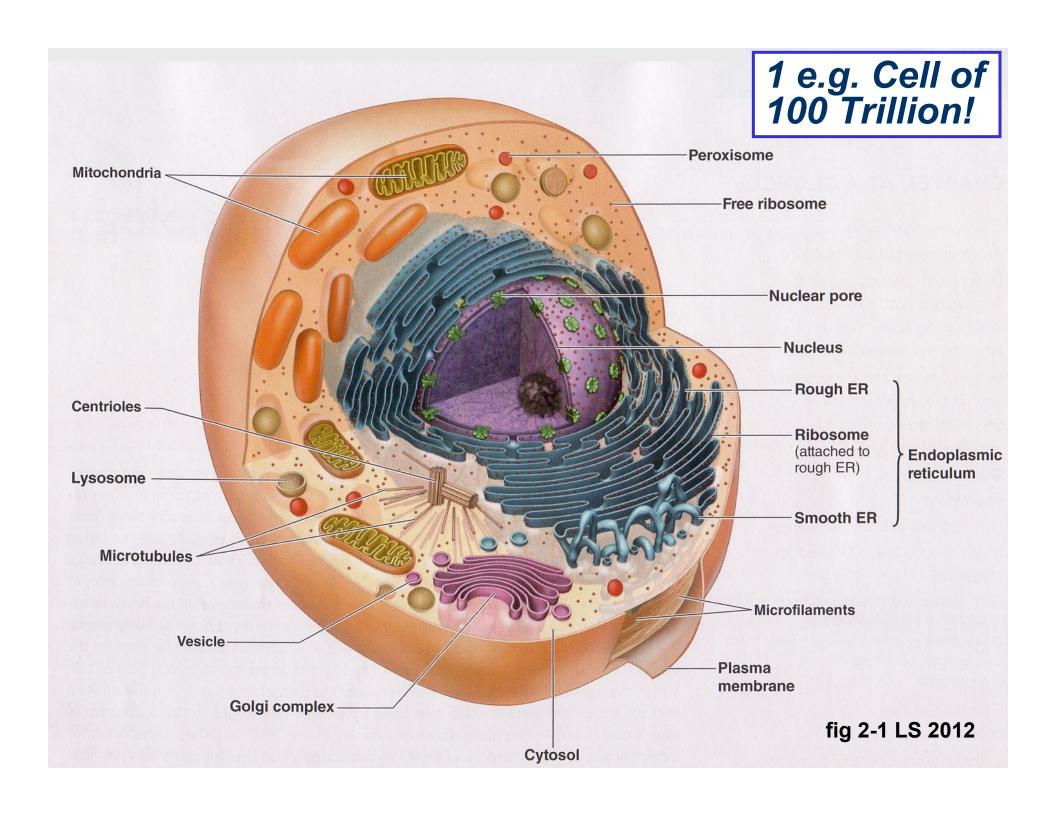
- 1. Get food
- 2. Use food
- 3. Rid wastes

4. Move

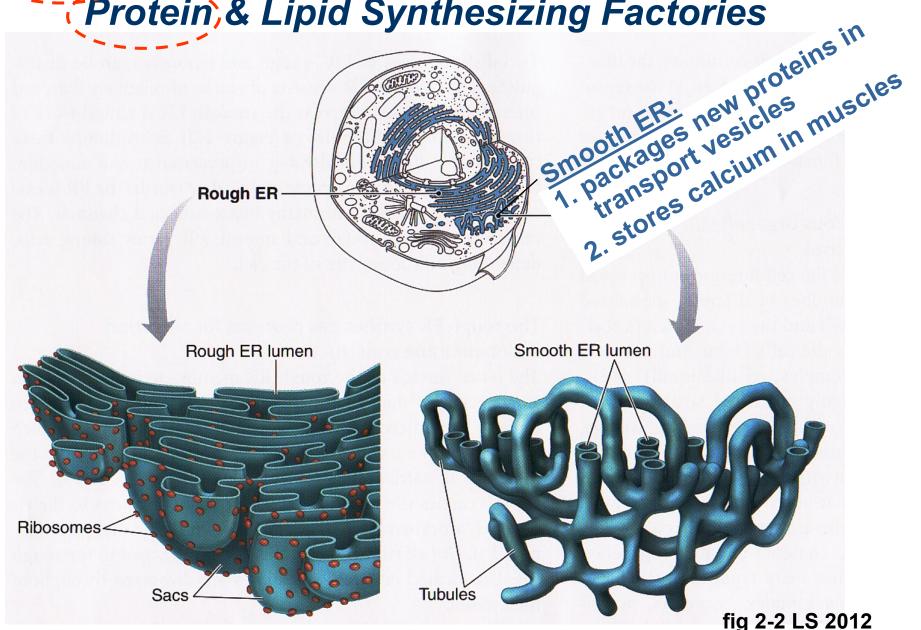
5. Reproduce

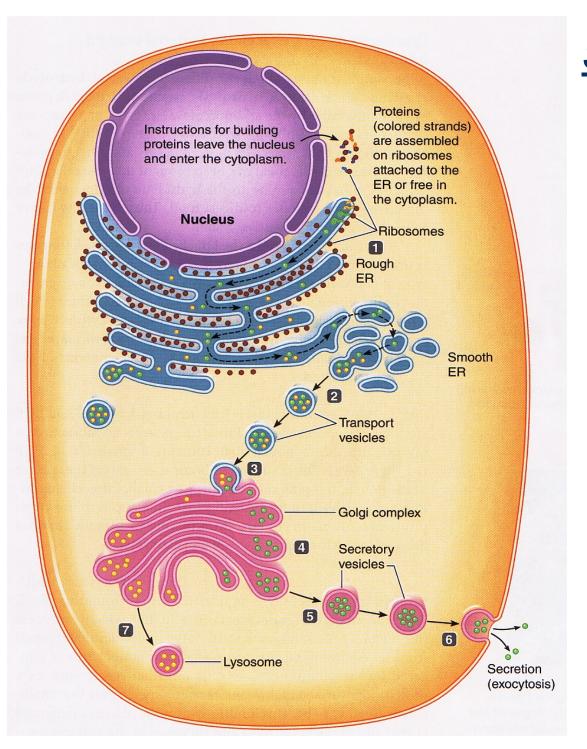
Nucleus or nose?

How to live?



Rough & Smooth Endoplasmic Reticulum (ER):
Protein & Lipid Synthesizing Factories





#### Secretion of Proteins Produced by ER

#### BI 121 Lecture 3 Anatomy & Physiology Lab tomorrow!..

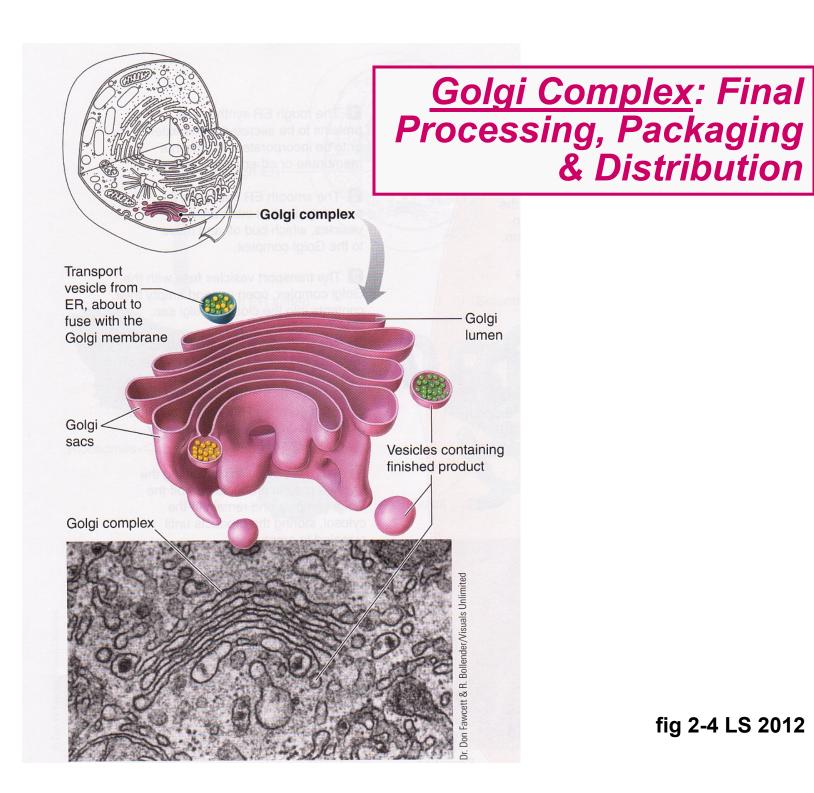
- I. Announcements Q from yesterday lecture or lab?
- II. Cell Physiology (continued) LS 2012 ch 2
  - A. Organelles ≡ Membranous, cytoplasmic specialty shops! ...2. Golgi+ 3. Lysosomes 4. Peroxisomes 5. Mitochondria pp 20-34, fig 2-1 thru 2-8, pp 20-7, tab 2-1 p 36
  - B. *Physiol News* Moms eggs execute Dad's mitochondria?
  - C. What about vaults? LS 2006, p 32 + Science News

#### III. Anaerobic vs Aerobic Metabolism Summary LS ch 2 pp 26-33

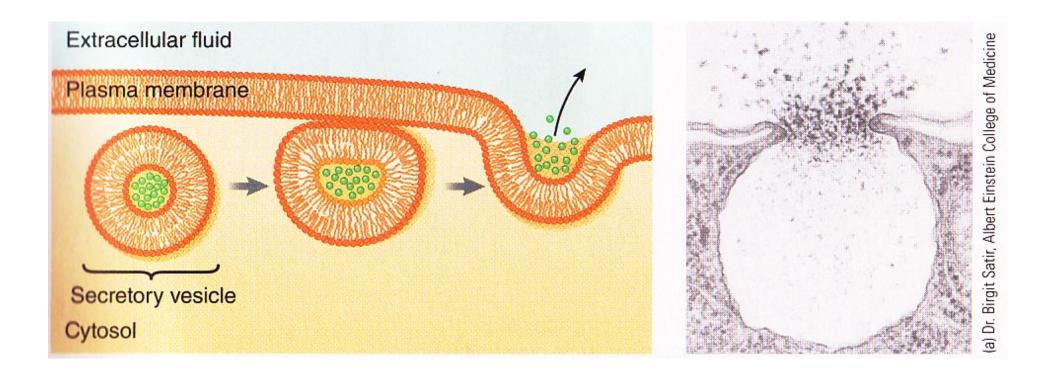
- A. Key differences fig 2-15 + vpl
- B. Selected details: Glycolysis, CAC, ETC, fig 2-9 thru 2-12

#### IV. Introduction to Genetics LS 2012 ch 2 p 20-1 + Appendix C

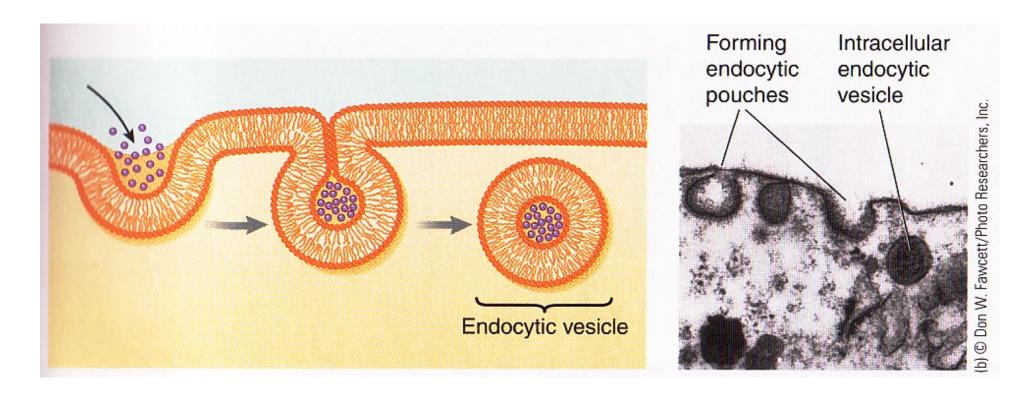
- A. What's a gene? Where? p A-18, fig C-2, C-3
- B. Why are genes important? p A-18
- C. What's DNA & what does it look like? pp A-18 thru A-20
- D. How does information flow in the cell? fig C-6
- E. How does DNA differ from RNA? pp A-20 thru A-22
- F. Genetic code? pp A-22, A-23
- G. How are proteins made? fig C-7, C-9



### **Exocytosis: Primary Means of Secretion**



#### **Endocytosis: Primary Means of Ingestion**



Viruses like HIV & Flu Exploit this Mechanism!

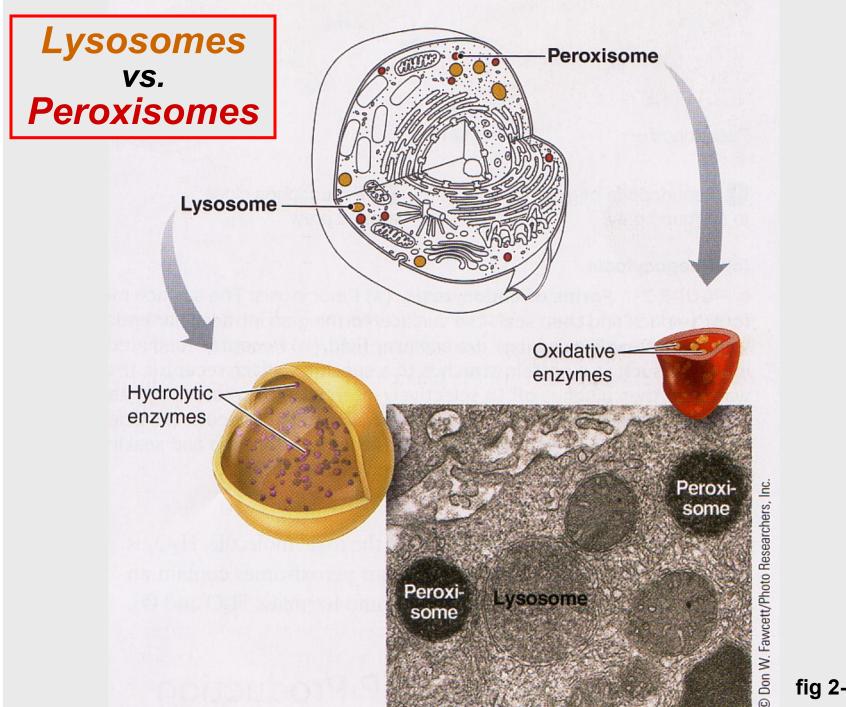
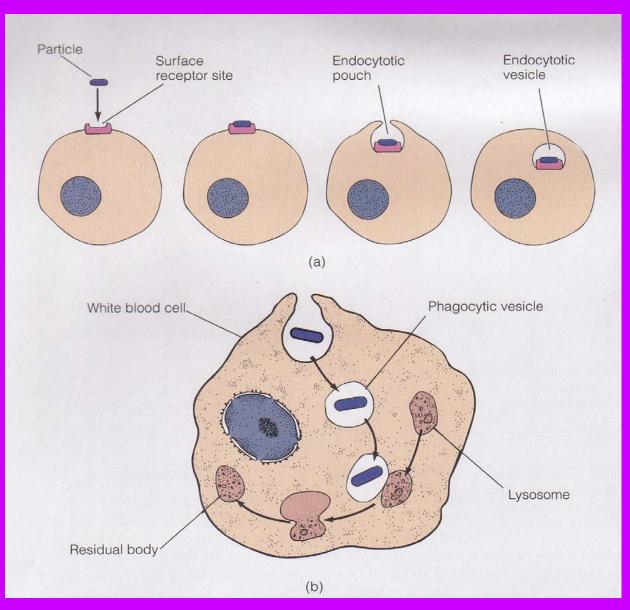
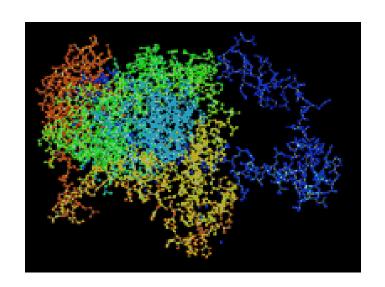


fig 2-6 LS 2012

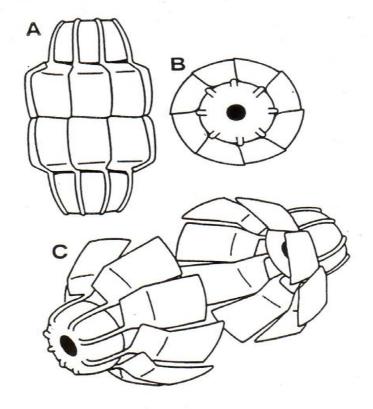
### Phagocytosis: Cell Eating!

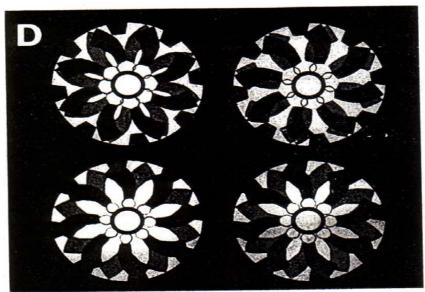


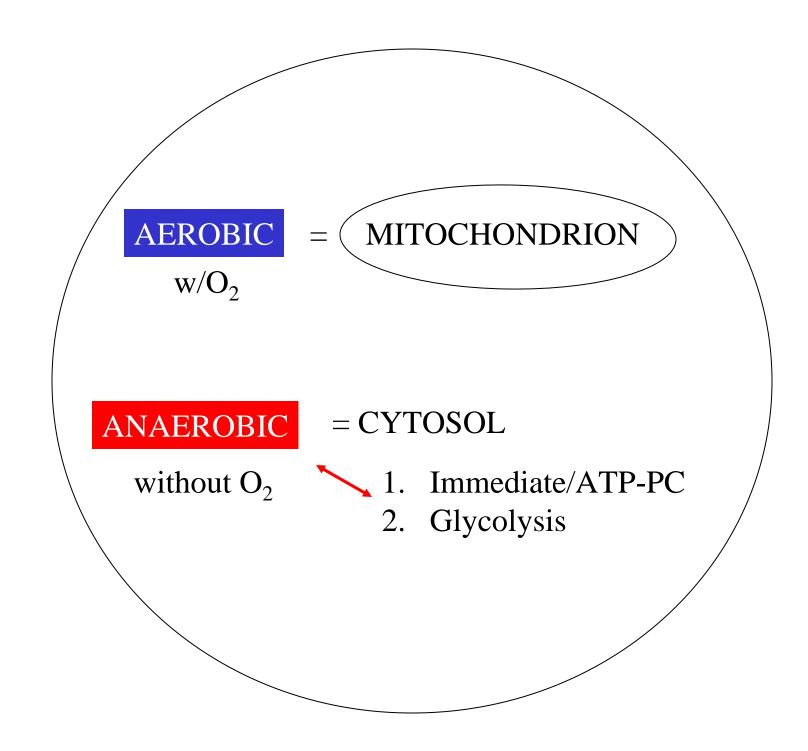
## Catalase Enzyme Reaction in Peroxisomes Neutralize Toxin at Production Site!

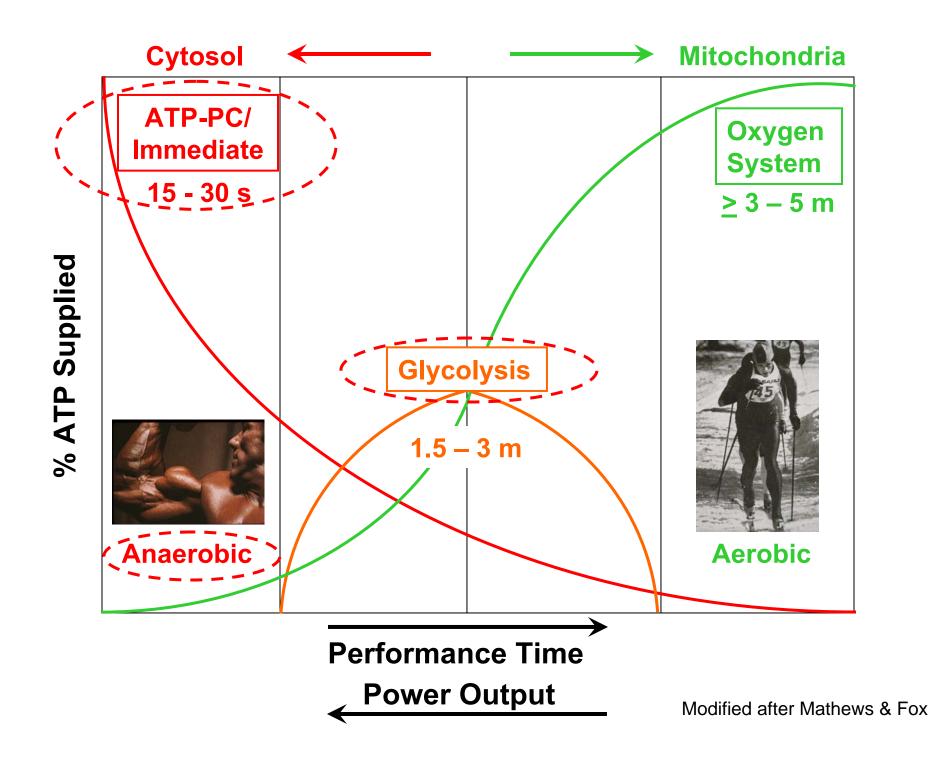


$$\begin{array}{c} Catalase \\ 2H_2O_2 & \longrightarrow 2H_2O + O_2 \end{array}$$



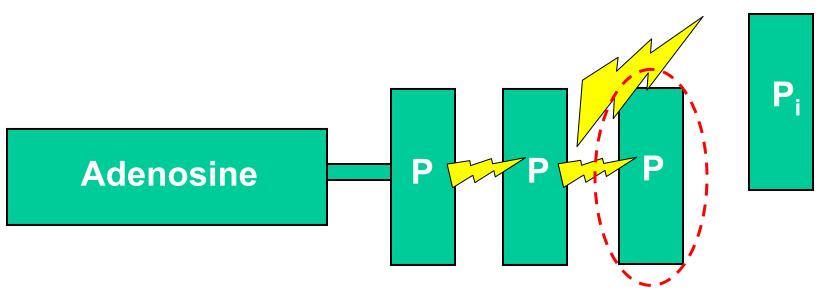






#### Cleave One High Energy Phosphate Bond To Do Work!!

7 – 10 KiloCalories/KCal

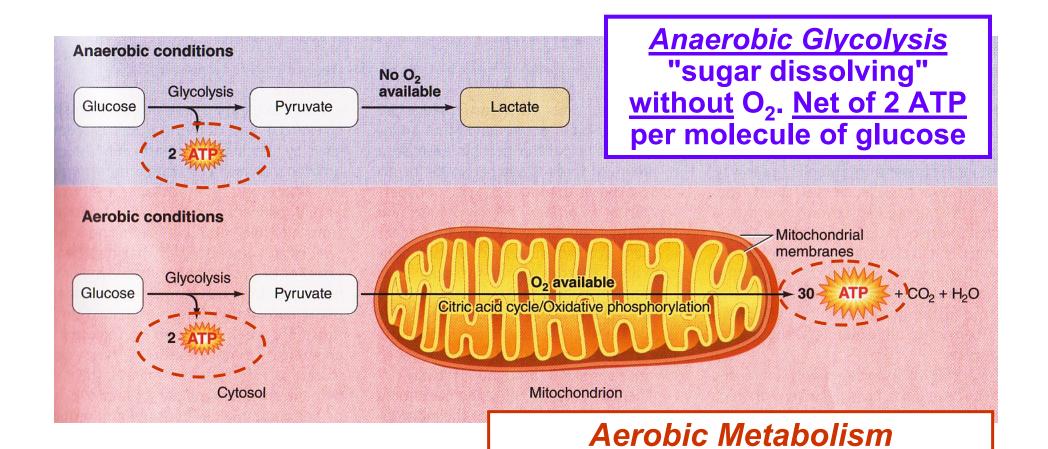


- Synthesis of Macromolecules
- Membrane
  Transport
- Mechanical Work

Make big things from little things!

Move things! Move things! Microscopic! ← → Macroscopic!

#### Anaerobic vs. Aerobic Metabolism

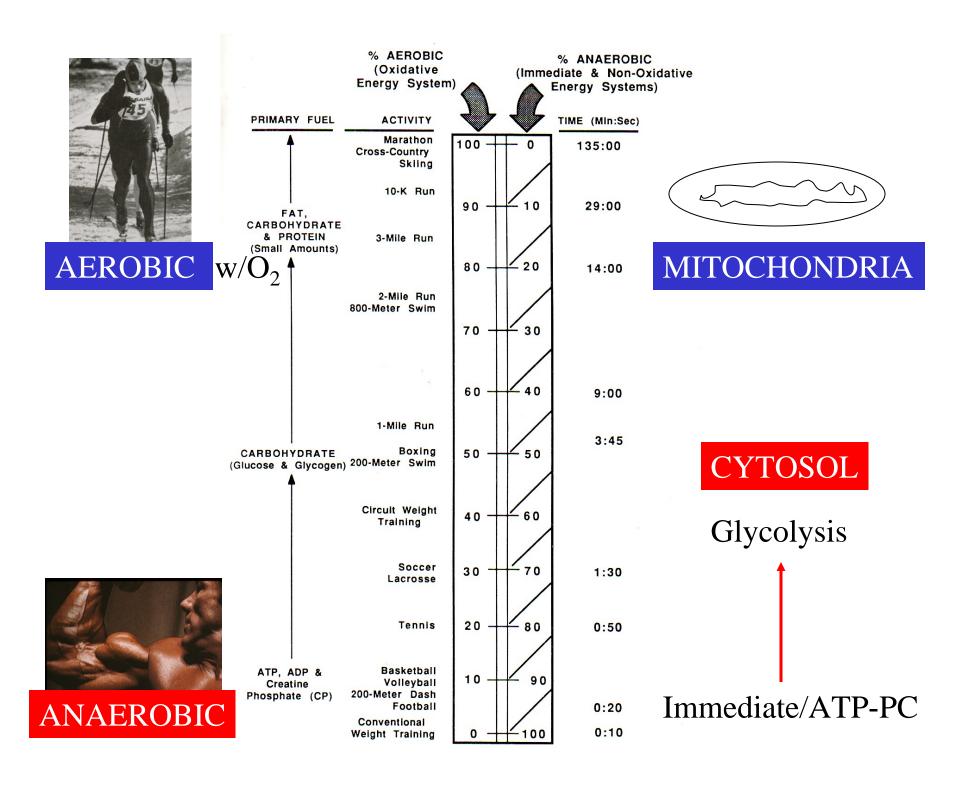


+mitochondrial processing of

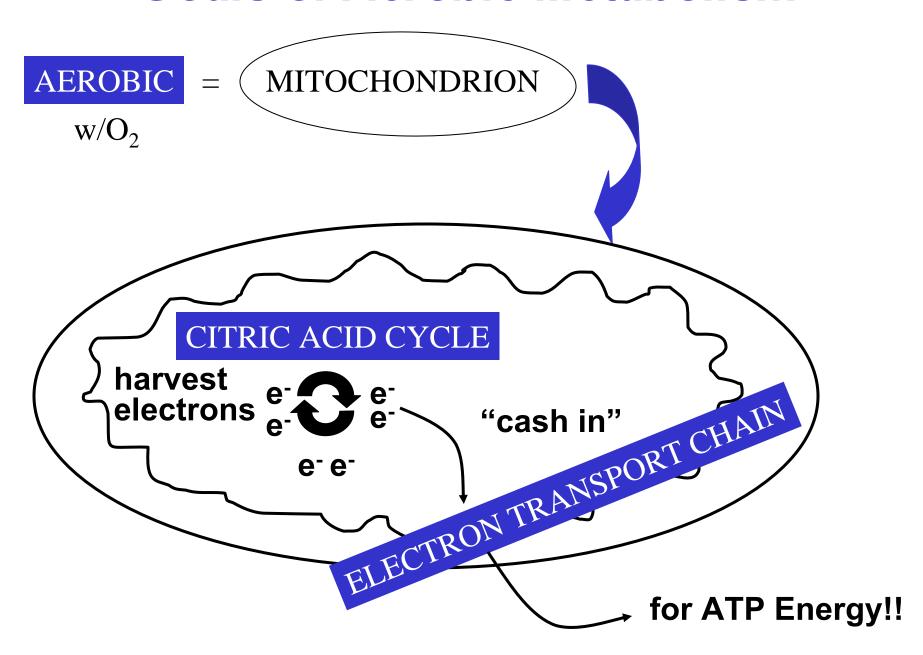
glucose with O2. Net of 32 ATP

per molecule of glucose

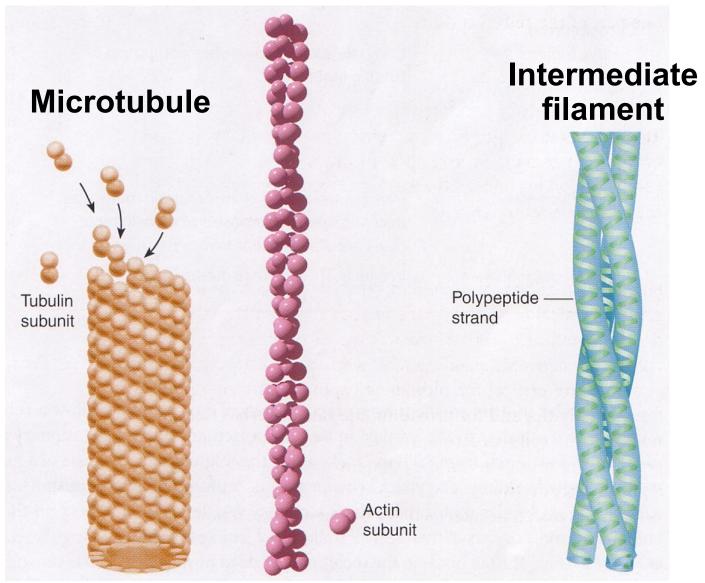
fig 2-15 LS 2012



#### Goals of Aerobic Metabolism

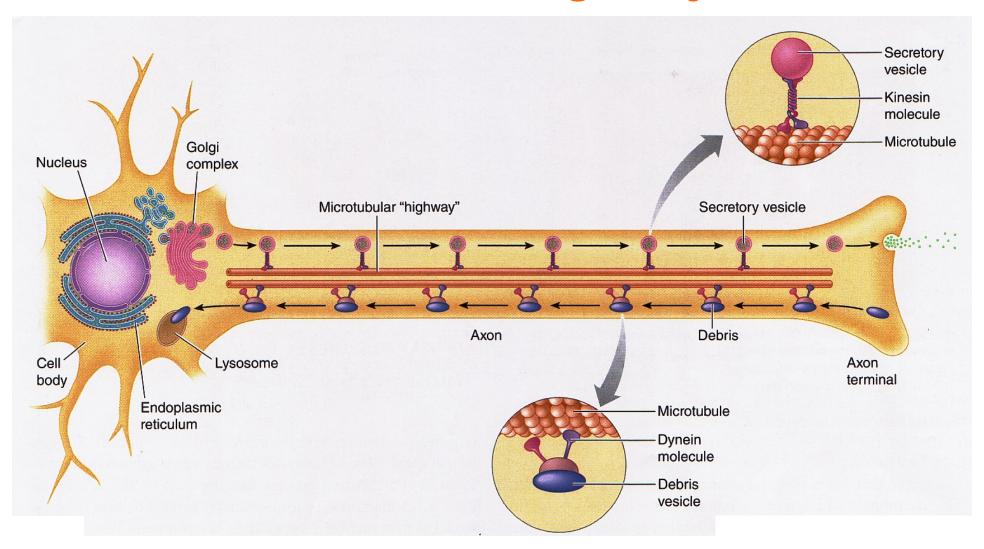


## Cytoskeleton: Cell "Bone & Muscle"

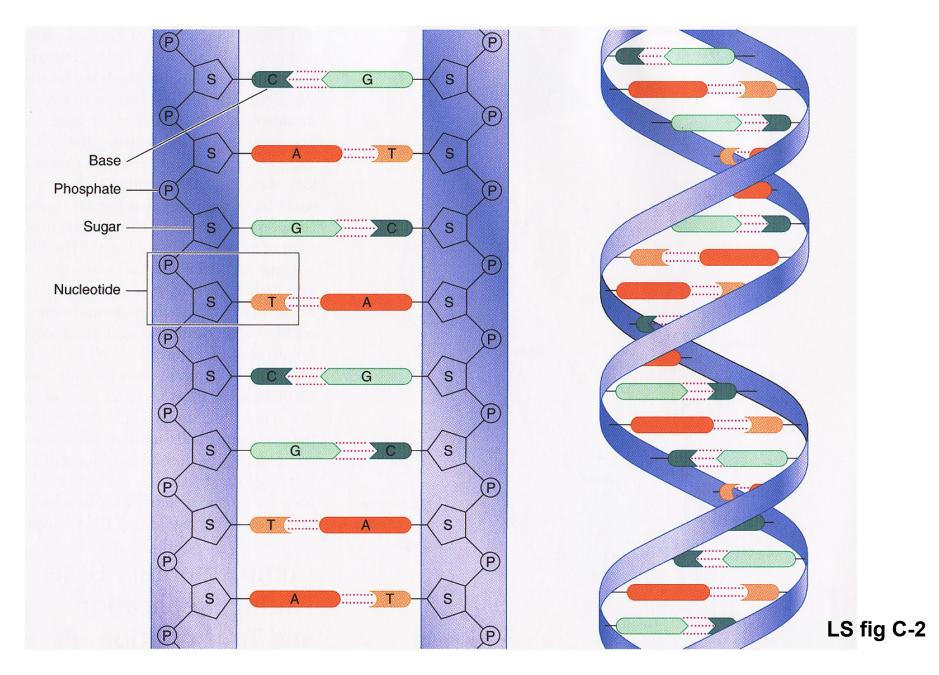


**Microfilament** 

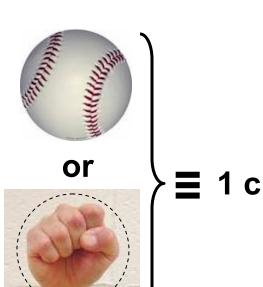
# Microtubular Highway!!



#### What does DNA look like? Double-helix!!



- I. <u>Announcements</u> Nutrition Analysis Lab next Tuesday! Please record diet on p 3-7 LM & begin analysis using <a href="https://www.supertracker.usda.gov/">https://www.supertracker.usda.gov/</a> Estimating quantities. Q?
- II. Introduction to Genetics LS 2012 ch 2 p 20-1 + Appendix C
  - A. What's a gene? Where located? Why important? p A-18, fig C-2, C-3
  - B. How does information flow in the cell? fig C-6
  - C. How does DNA differ from RNA? pp A-20 thru A-22
  - D. Genetic code? pp A-22, A-23
  - E. How & where are proteins made? fig C-7, C-9
  - F. Class skit: Making proteins @ ribosomes!
- III. Nutrition Primer Sizer & Whitney (S&W) Sci Lib
  - A. Essential Nutrients: H<sub>2</sub>O, 1º Carbohydrates, 2º Fats, 3º Proteins, Vitamins, Minerals; Macro- vs Micro-?
  - B. Dietary Guidelines: USDA, AICR, Eat Like the Rainbow!
  - C. Diet or exercise? Diet composition & endurance?Fasting? Zuti & Golding 1976; Sacks <u>AHA NPAM Council</u> 2009; AMDR? Adjusted Macronutrient Distribution Range!
  - D. Beware of Nutrition Quackery S. Kleiner & Monaco 1990



#### $4 \text{ oz} \rightarrow 3 \text{ oz}$





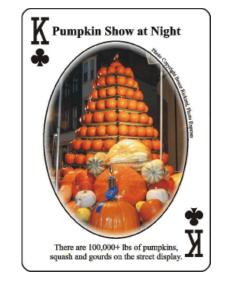








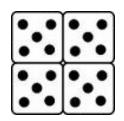
#### **Deck of Cards**



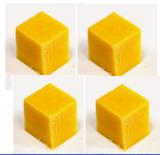
raw → cooked



**=** 1/3 c









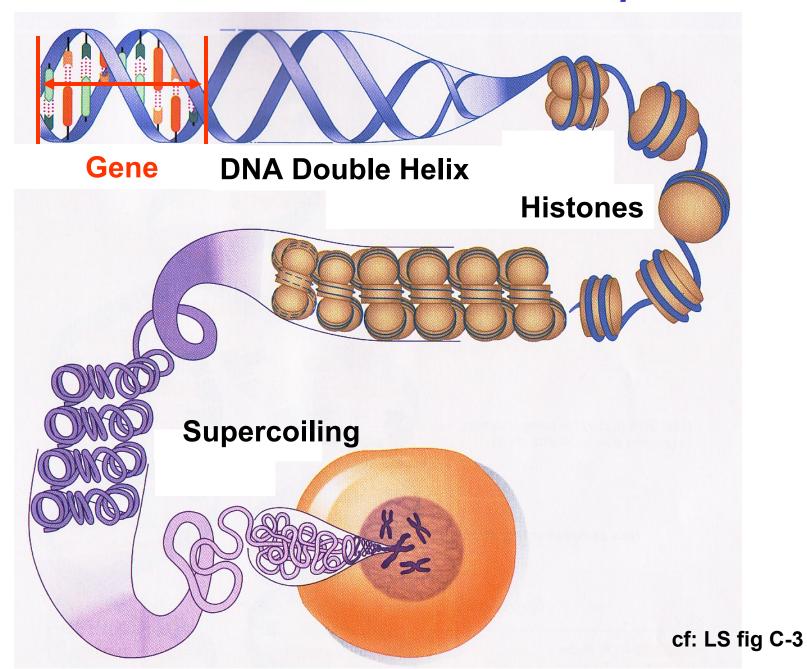
**≡** 1/4 **c** 



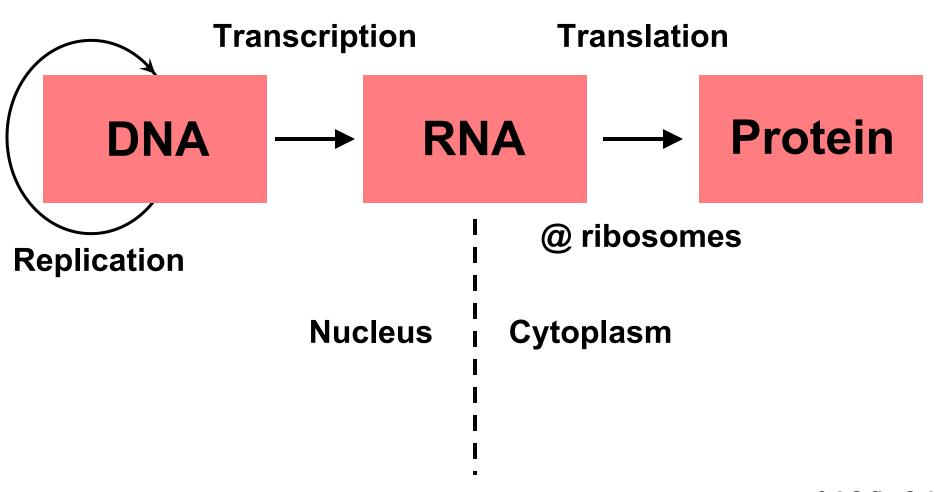
**■**1.5 oz



#### Gene = Stretch of DNA that codes for a protein



## What does DNA do, day-to-day?



cf: LS fig C-6

#### DNA vs RNA?

- 1. Double-stranded
- 2. Deoxyribose (without oxygen)
- 3. A, <u>T</u>, C, G <u>T</u>hymine
- 4. Self-replicative (can copy itself)
- 5. Nucleus (+mitochondria)

- 1. Single-stranded
- 2. Ribose (with oxygen)
- 3. A, <u>U</u>, C, G <u>U</u>racil
- 4. Needs DNA as template
- 5. 1º Cytoplasm (but Nucleus origin)
- 6. mRNA, rRNA, tRNA

# Triplets of bases code for amino acids, the building blocks of proteins

<u>DNA</u> <u>mRNA</u> <u>tRNA</u>

code word codon anti-codon

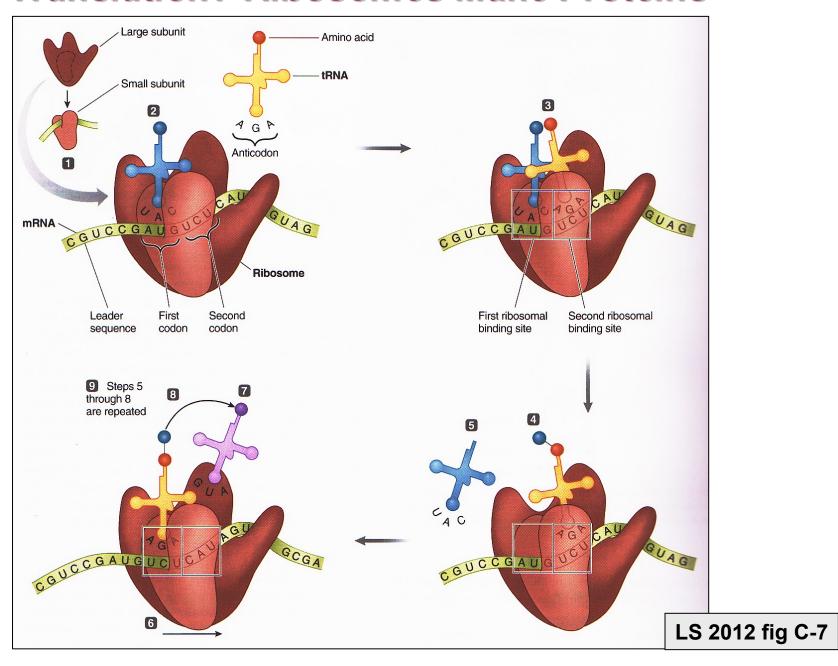
TAT AUA UAU

ACG UGC ACG

TTT AAA UUU

TAC AUG UAC

#### Translation? Ribosomes Make Proteins



### Macronutrients & Micronutrients Essential for Life

#### **Macronutrients**

H<sub>2</sub>O/Water

- **√**1º Carbohydrates
- **√** 2º Fats/Triglycerides/Lipids
- **√**3<sup>0</sup> Proteins

#### Sample Food Sources

Water, other drinks, fruits & vegetables Grains, vegetables, fruits, dairy products Meats, full-fat dairy products, oils Meats, vegetables, legumes

Micronutrients NB: Need only minute quantities!

Vitamins (A, D, E, K; C + B)

Minerals (K<sup>+</sup>, Na<sup>+</sup>, Ca<sup>2+</sup>, Mg<sup>2+</sup> Fe<sup>2+</sup>, Zn<sup>2+</sup>,....

Vegetables, vegetable oils, fruits, dairy, citrus, grains Fruits, processed foods, dairy, nuts, vegetables, grains, meats

Energy nutrients = yield ATP

## MyPlate launches June 2, 2011!

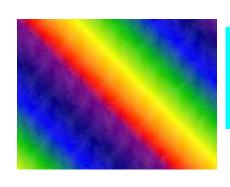
2. Focus on fruits.
Whole fruit
preferable to
juice, but any
fruit counts!
Fill ½ your plate
with fruits &
vegetables!



3. Make at least ½ of your grains whole grains!

5. Get your calcium-rich foods. Buy skim or 1% milk. Go easy on cheese!

- 1. Vary your veggies. Fill ½ your plate with fruits & vegetables!
- 4. <u>Go lean with protein</u>. Keep protein to < ¼ plate! Nuts, beans, peas, seeds, poultry, lean meat, seafood,...



# Eating the Rainbow Hawaiian Style!!



Your plate should be the size of a Frisbee, not a manhole cover.

When it comes to colorful foods, Fruit Loops don't count.

A surprising number of people get 1/5 of their calories from sodas or other liquids.

If you look at the label & need a chemistry degree to read it, put the item back on the shelf!



**SOURCE:** P. Rath, *Honolulu Advertiser*, Sept 11, 2008 citing D. Chong & N. Kerr.



# Yes, more fun!...

#### BI 121 Lecture 5

- I. <u>Announcements</u> Lab 3 tomorrow Nutritional Analyses. Thanks for recording dietary data on LM p 3-7 & exploring <u>https://www.supertracker.usda.gov/</u>. Sample MT Questions.
- II. Nutritional Physiology in the News
  - UCB Wellness Letter, June 2011, Salt-beyond hypertension
- III. Nutrition Primer (continued) DC Module 2, S&W +...
  - A. Fasting? Dr. Sacks AHA NPAM Council 2009; AMDR?
  - B. Beware of Nutrition Quackery S. Kleiner & Monaco 1990
- IV. <u>Digestion</u> LS 2012 ch 15, pp 437-9, DC Module 3 pp 17-23
  - A. Steps of digestion Dr. Evonuk + LS pp 437-9; DC p 23
  - B. Hydrolysis: the central linking theme! LS p 438, Fox 2009
  - C. What's missing? LS fig 15-1 p 438
  - D. GI-Donut analogy? Dr. Lorraine Brilla WWU
  - E. Gut secretions: What? Where? Why? LS p 438, 440-1
  - F. Organ-by-organ review LS tab 15-1 pp 440-1 + DC fig 3-1
  - G. Histology & control of the gut LS fig 15-2, 15-3 p 442-3
  - H. Stomach protein digestion + zymogens? LS fig 15-7, 15-9
  - I. Pancreas & liver accessory organs; Recycling! LS pp 457-63
  - J. Small intestine? Ulcers? LS fig 15-20,15-22 pp 467-8 <a href="http://www.cdc.gov/ulcer">http://www.cdc.gov/ulcer</a> LS Beyond the Basics p 456

#### More Reasons to Shake the Salt Habit



- 2 Ca<sup>2+</sup> excretion bone loss, risk of osteoporosis & fractures.
- May directly impair kidney function & Trisk of kidney stones.
- 4) GI cancer risk, inflammation?





I'm outta

UCB Wellness Letter Jun 2011 p 5

60-day Fast???

Lost 60 lb!! Wow!!

Yet
76.7% 26 lb Water
20 lb Lean Body Mass
14 lb Fat
Fat < 1/4 total wt loss!

# Potential Complications of Total Fasting Nausea, diarrhea, persistent vomiting, postural hypotension, nutritional deficiencies, menstrual irregularities, and...sudden death.

Positive Aspect??
General loss of appetite within first 2 days, maintained throughout fasting period.

#### Dr. Sacks' Conclusions:

We conclude that healthful diets with varying emphases on carbohydrate, fat & protein levels can all achieve clinically meaningful weight loss & maintenance of weight loss over a 2-yr period. The results give people who need to lose weight the flexibility to choose a diet that they can stick with, as long as it's heart healthy. Such diets can also be tailored for individuals based on their personal & cultural preferences & in this regard may have the best chance for long-term success.

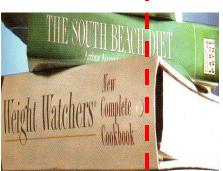
#### Kleiner's & Monaco's Top 10 Hit List for Nutrition Quackery

- 1. Treatment based on <u>unproven theory</u> calling for non-toxic, painless therapy.
- 2. Author's/purveyor's <u>credentials aren't recognized</u> in scientific community.
- 3. No reports in scientific, peer-reviewed literature but rather mass media used for marketing.
- 4. Purveyors claim <u>medical establishment is against them</u> & play on public's paranoia about phantom greed of medical establishment.
- 5. Treatments, potions, drugs manufactured according to <u>secret</u> <u>formula</u>.
- 6. Excessive claims promising <u>miraculous cures</u>, disease prevention or life extension.
- 7. <u>Emotional images</u> rather than facts used to support claims.
- 8. Treatments <u>require special nutritional support</u> including health food products, vitamins and/or minerals.
- 9. Clients are cautioned about discussing program to avoid negative.
- 10. Programs based on <u>drugs or treatments not labeled</u> for such use.

#### NOT PEER-REVIEWED =

#### **TRADE BOOKS**













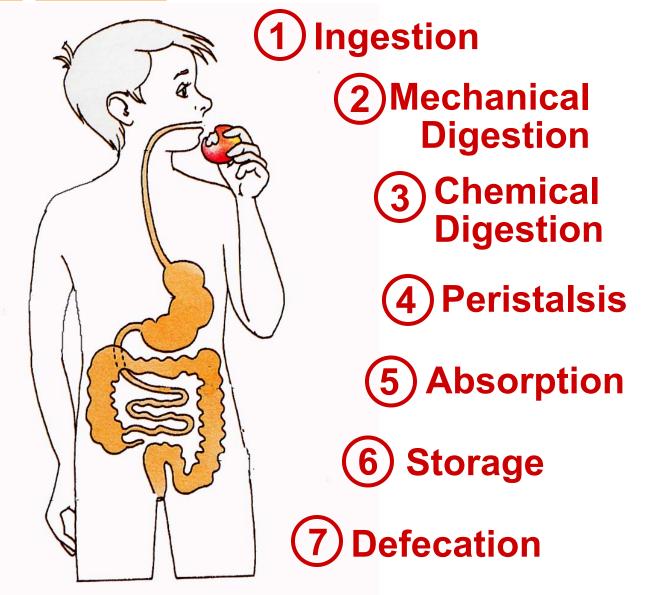






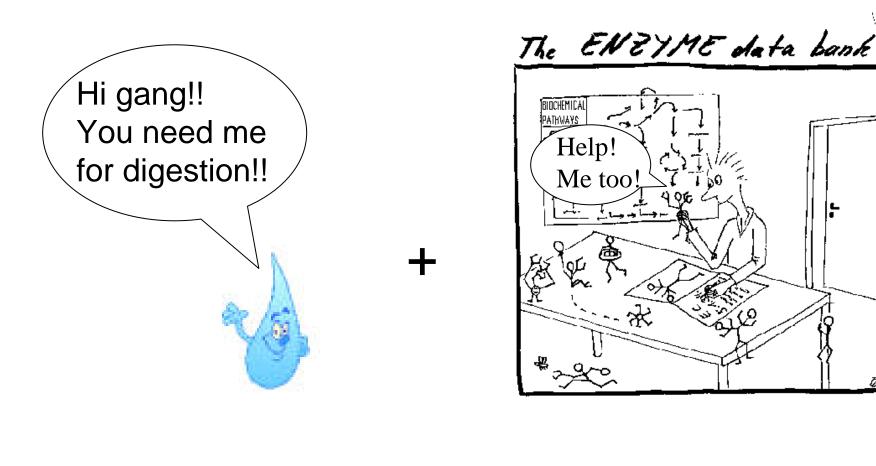
ADEQUACY
BALANCE
CONSISTENCY
& MODERATION

# **Digestion Steps**



SOURCE: Dr. Eugene Evonuk, 1989. cf. L Sherwood, 2012 pp 437-8.

# Hydrolysis of Energy Nutrients



 $H_2O$  +

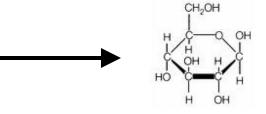
Enzyme

# Polymer to Monomer (Many to One)

Carbohydrate

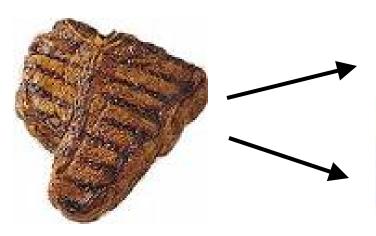
...Central-linking theme!!

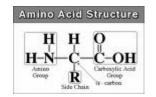




Glucose

Protein + Fat

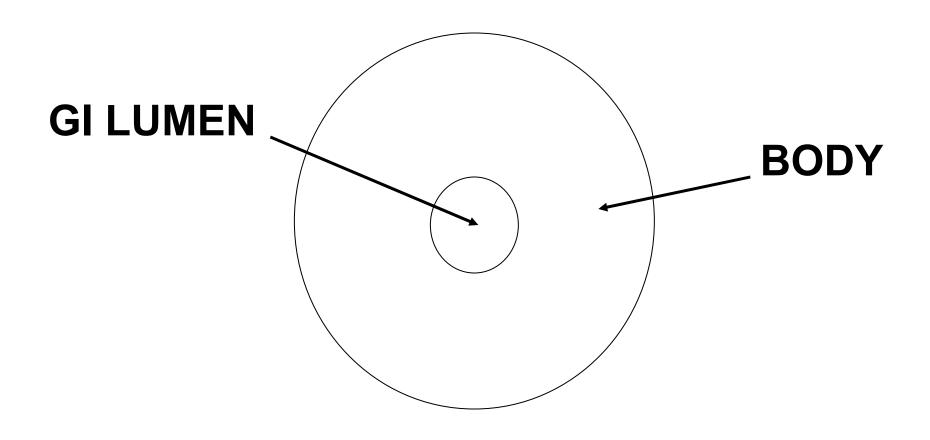




Amino Acids



## **GI-DONUT ANALOGY**



## **Gut Secretions**

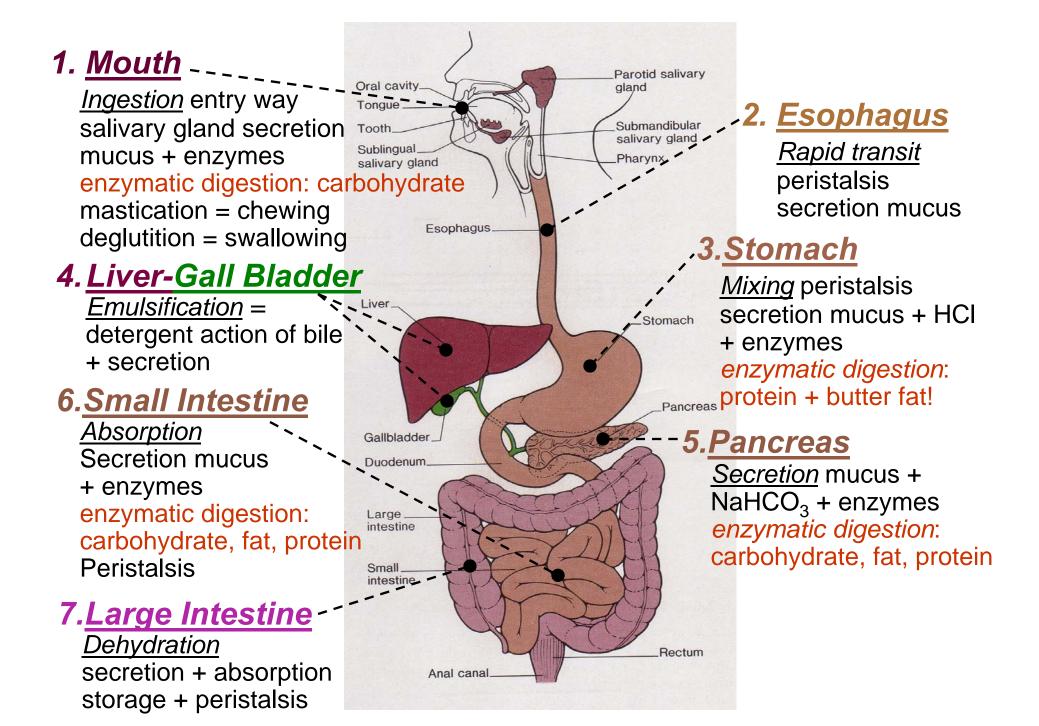
<u>Secretion</u> <u>Release Site</u>

1. Mucus into GI Lumen

2. Enzymes into GI Lumen

3. H<sub>2</sub>O, acids, bases+ into GI Lumen

4. Hormones into Blood





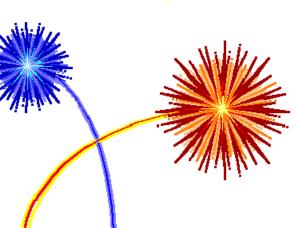


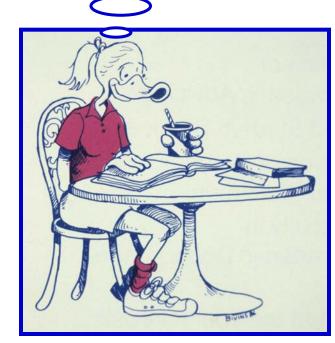


- II. <u>Nutrition in the News</u> Be a whiz at healthy grilling! American Institute for Cancer Research, Grilling Quiz!
- III. <u>Digestion Connections</u> LS ch 15, DC Module pp 17-23
  - A. Histology & control of the gut LS fig 15-2, 15-3 p 442-3
  - B. Stomach protein digestion + zymogens? LS fig 15-7, 15-9
  - C. Accessory organs: Pancreas & Liver + Recycling! LS pp 457-63
  - D. Small intestine? Ulcers? LS fig 15-20,15-22 pp 467-8 <a href="http://www.cdc.gov/ulcer">http://www.cdc.gov/ulcer</a> Beyond the Basics LS p 456
  - E. Summary of chemical digestion LS tab 15-5 p 466
  - F. Large intestine? LS fig 15-24 pp 472-4
- IV. Midterm Review Discussion + Q?

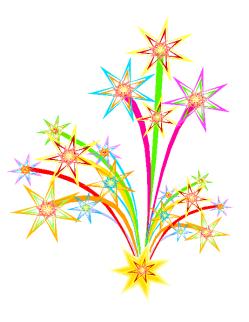












# How Do I Calculate the % of Total Calories from <u>Carbohydrate</u>, <u>Fat</u> & <u>Protein</u>?

Carbohydrate 46 g x 4 kcal/g = 184 kcal % Carbohydrate =  $184/567 = 0.326 \equiv (\sim 33\%)$ 

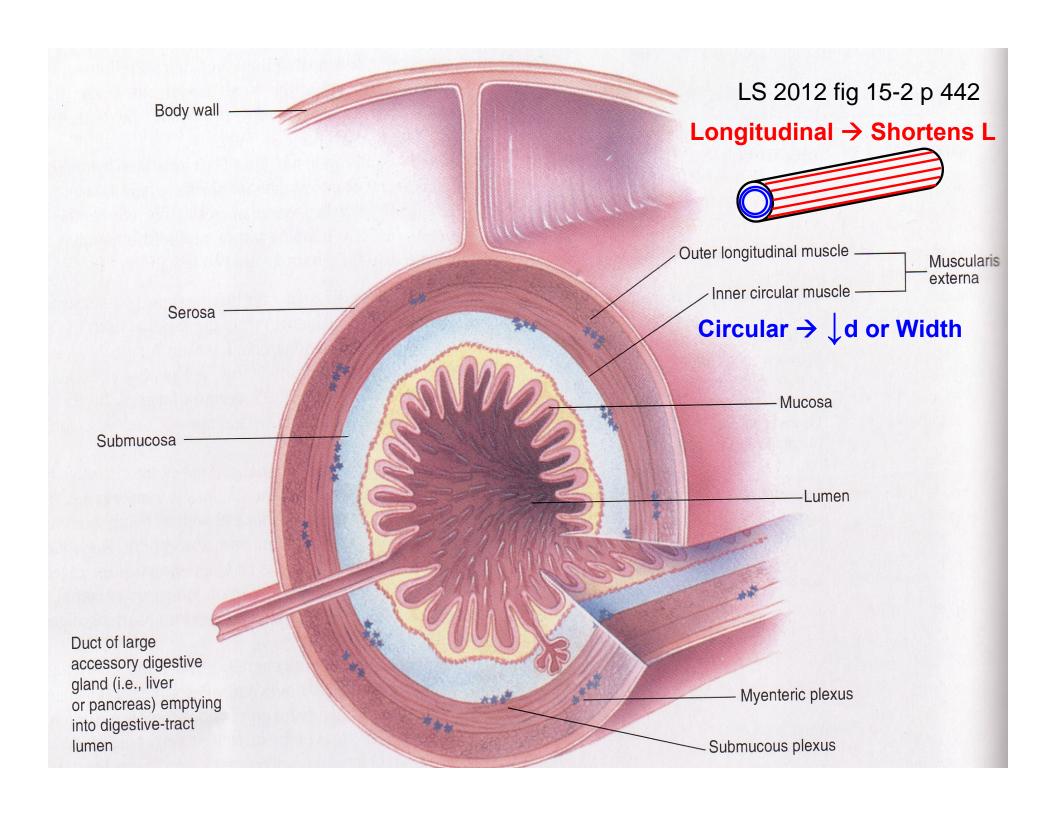
Fat 39 g x 9 kcal/g = 351 kcal % Fat = 351/567 = 0.619 
$$\equiv (\sim 62\%)$$

Protein 8 g x 4 kcal/g = 32 kcal % Protein =  $32/567 = 0.056 \equiv (\sim 6\%)$ 

 $\sum$  = 567 kcal

# American Institute for Cancer Research (AICR) Healthy Grilling Quiz Summary

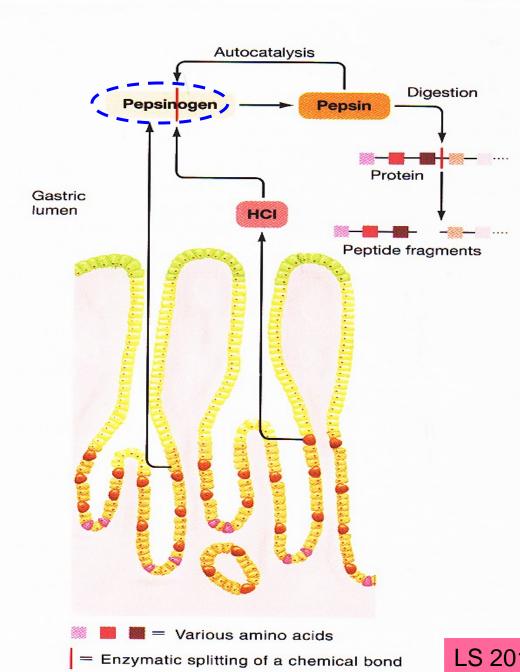
- 1. Marinade, marinade! By doing so, you can decrease carcinogens formed during grilling by ≤ 96%!
- 2. Cover the grill with aluminum foil, turn gas down or wait for low-burning embers, cook to the side.
- 3. Best choices for grilling include vegetables and fruits (no HCAs + enzymes to inactivate HCAs!), and lean meats (eg, fish & skinless chicken | PAHs).
- 4. Flip meat every minute to reduce charring & remove charred portions prior to eating.
- 5. To limit cancer risk, eat no more than 3 oz grilled red meat. Cook small portions/kebabs.



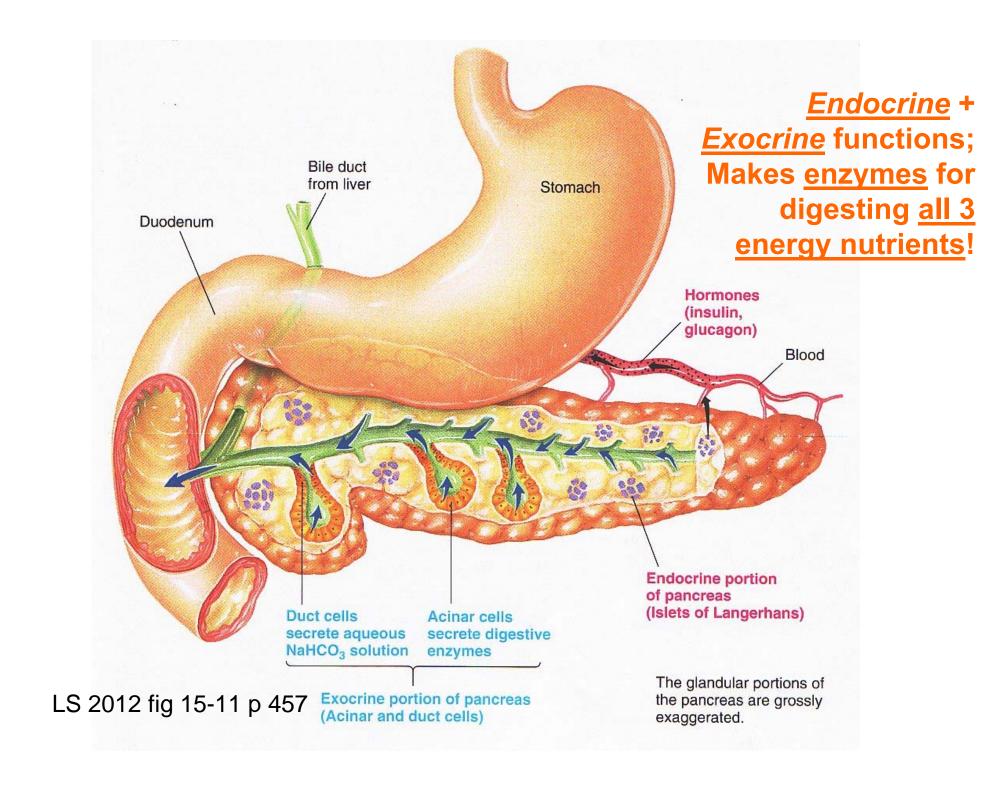
# Common Control Mechanisms

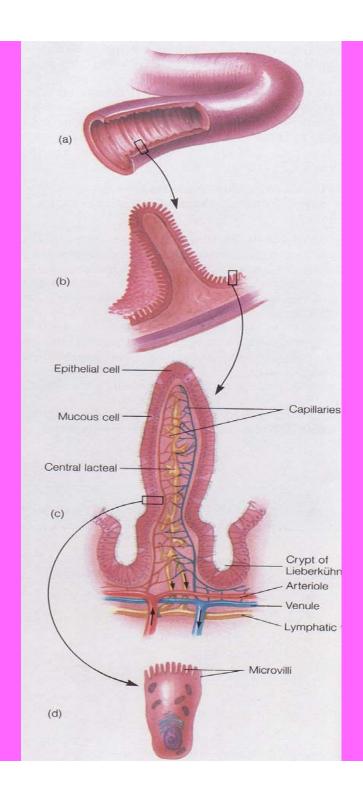
- 1. Local (autoregulation)
- 2. Nervous (rapidly-acting)
- 3. Hormonal (slower-acting/reinforcing)

Zymogen= an inactive precursor



LS 2012 fig 15-9 p 452





LS 2012 fig 15-20 p 467

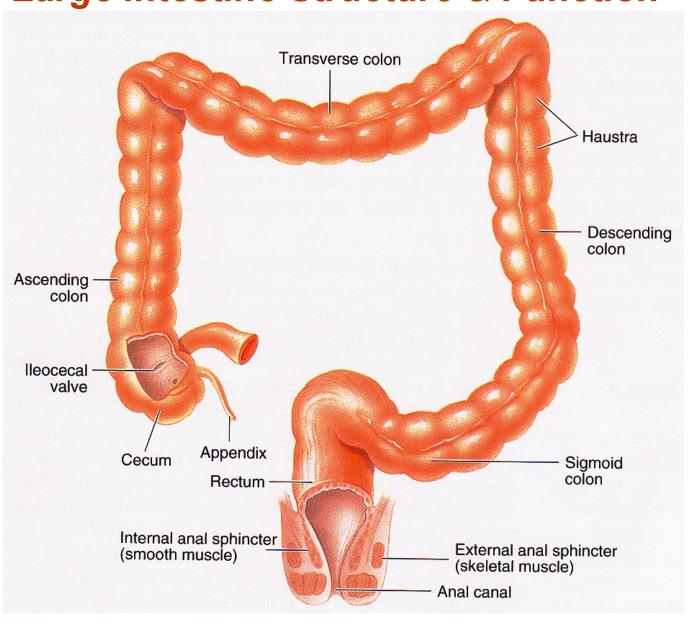
#### **Ulcer Facts**

- •Most ulcers are caused by an infection, not spicy food, acid or stress.
- •The most common ulcer symptom is burning pain in the stomach.
- •Your doctor can test you for *H. pylori* infection.
- •Antibiotics are the new cure for ulcers.
- •Eliminating *H. pylori* infections with antibiotics means that your ulcer can be cured for good.

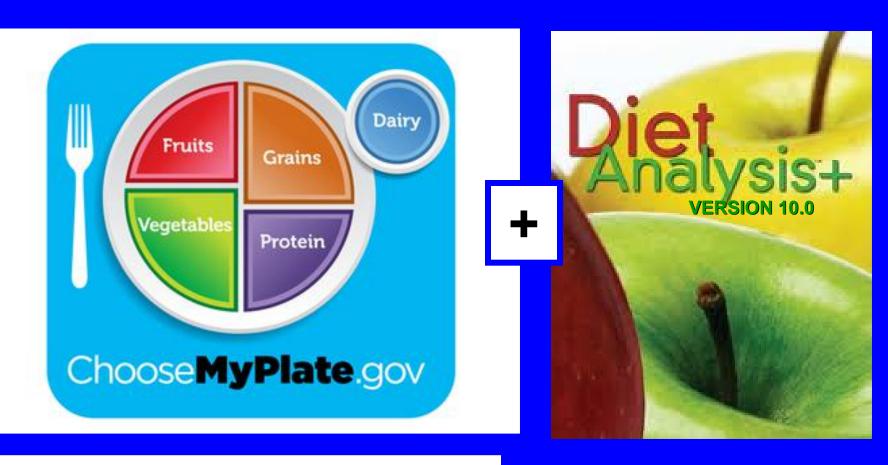
▲ Table 15-5 Digestive Processes for the Three Major Categories of Nutrients

Nutrients	Enzymes for Digesting the Nutrients	Source of Enzymes	Site of Action of Enzymes	Action of Enzymes	Absorbable Units of the Nutrients
Carbohydrates	Amylase	Salivary glands	Mouth and (mostly) body of stomach	Hydrolyzes polysaccha- rides to disaccharides (maltose)	
		Exocrine pancreas	Small-intestine lumen		
	Disaccharidases (maltase, sucrase, lactase)	Small-intestine epithelial cells	Small-intestine brush border	Hydrolyze disaccharides to monosaccharides	Monosaccharides, especially glucose
Proteins	Pepsin	Stomach chief cells	Stomach antrum	Hydrolyzes protein to peptide fragments	
	Trypsin, chymo- trypsin, carboxy- peptidase	Exocrine pancreas	Small-intestine lumen	Attack different peptide fragments	
	Aminopeptidases	Small-intestine epithelial cells	Small-intestine brush border	Hydrolyze peptide frag- ments to amino acids	Amino acids
Fats	Lipase	Exocrine pancreas	Small-intestine lumen	Hydrolyzes triglycerides to fatty acids and monoglycerides	Fatty acids and monoglycerides
	Bile salts (not an enzyme)	Liver	Small-intestine lumen	Emulsify large fat glob- ules for attack by pan- creatic lipase	

#### Large Intestine Structure & Function



#### Lab 3: Nutritional Analyses via 2 Programs



https://www.supertracker.usda.gov/