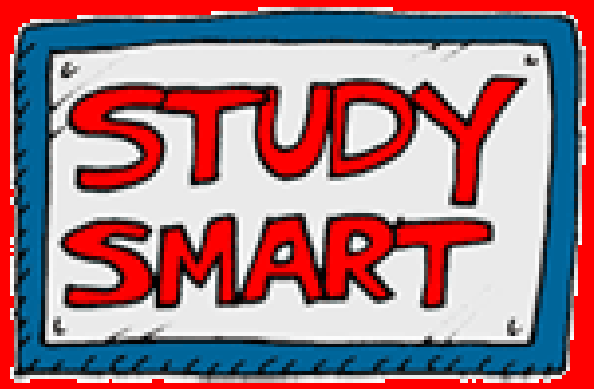
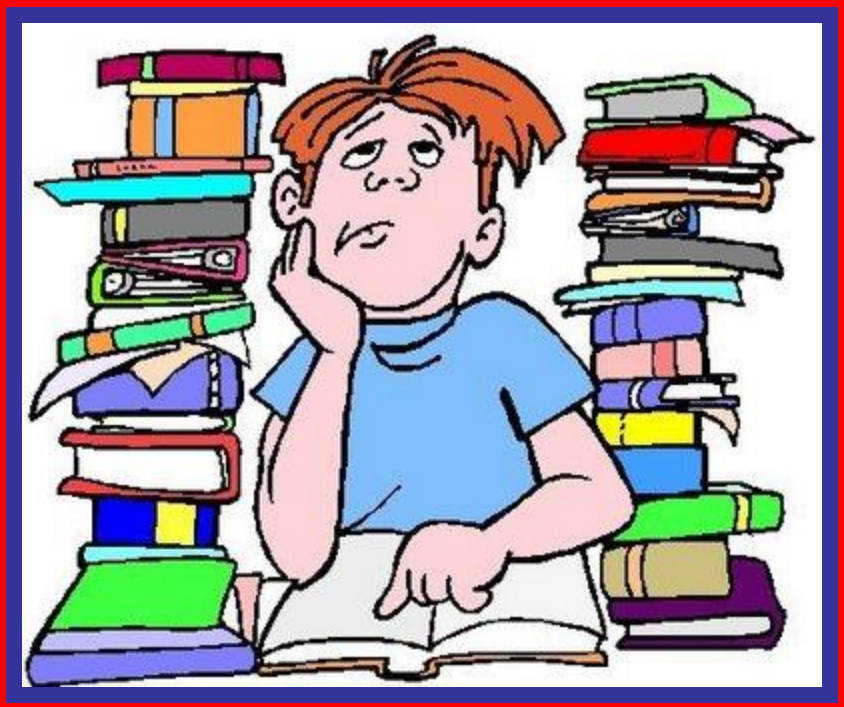
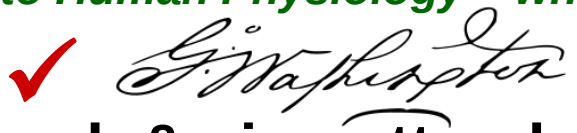
Midterm Review Slides





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

BI 121 Lecture 1



I. *Announcements*: 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. *Introduction*: 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**

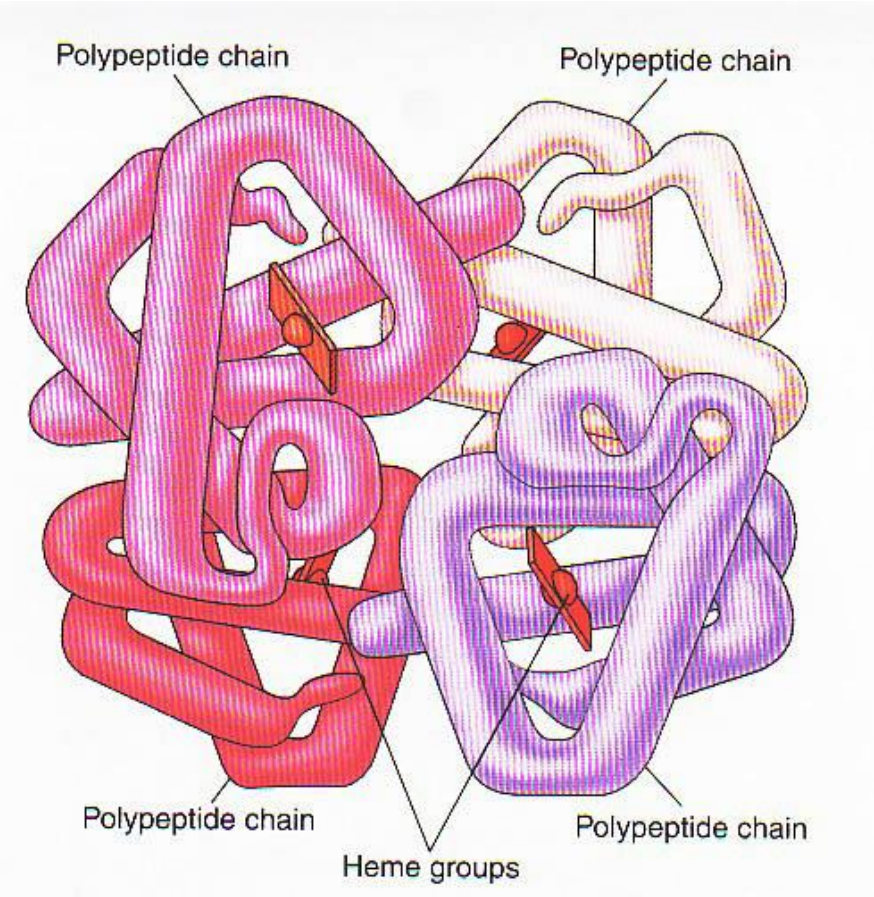
IV. *Homeostasis* LS ch 1, DC Module 1

- **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	vs	PHYSIOLOGY
STRUCTURE	vs	FUNCTION
WHAT?	vs	HOW?
WHERE?	vs	WHY?

vs

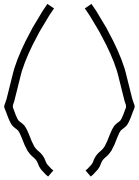
Structure* begets *function!
Structure* gives rise to *function!
***Structure & function* are inseparable!**

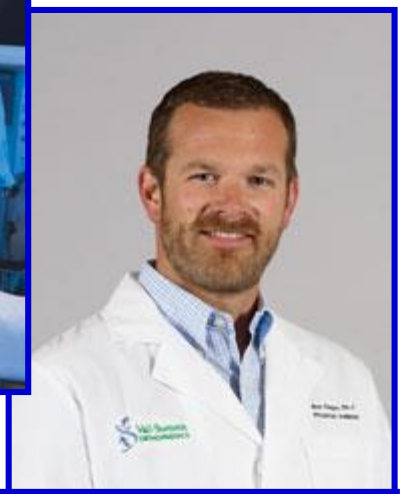


Preoperative Diagnoses: R Knee

Degenerative Joint Disease (DJD) = arthritis

Varus malalignment = bow-leg





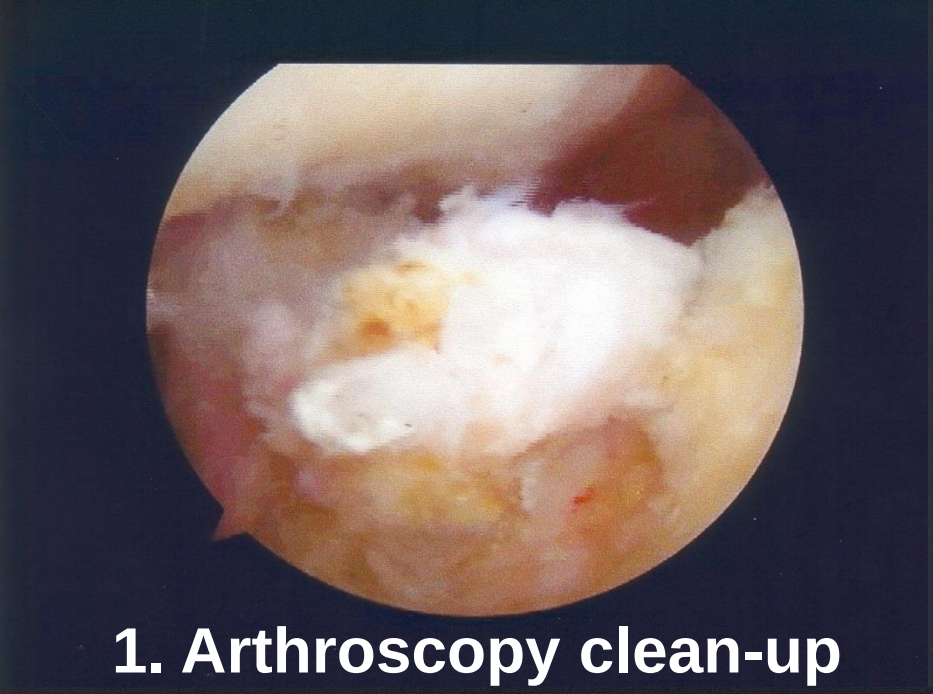
William Sterett, MD
Ben Hogan, PAC
Vail Summit Orthopedics

Procedures:

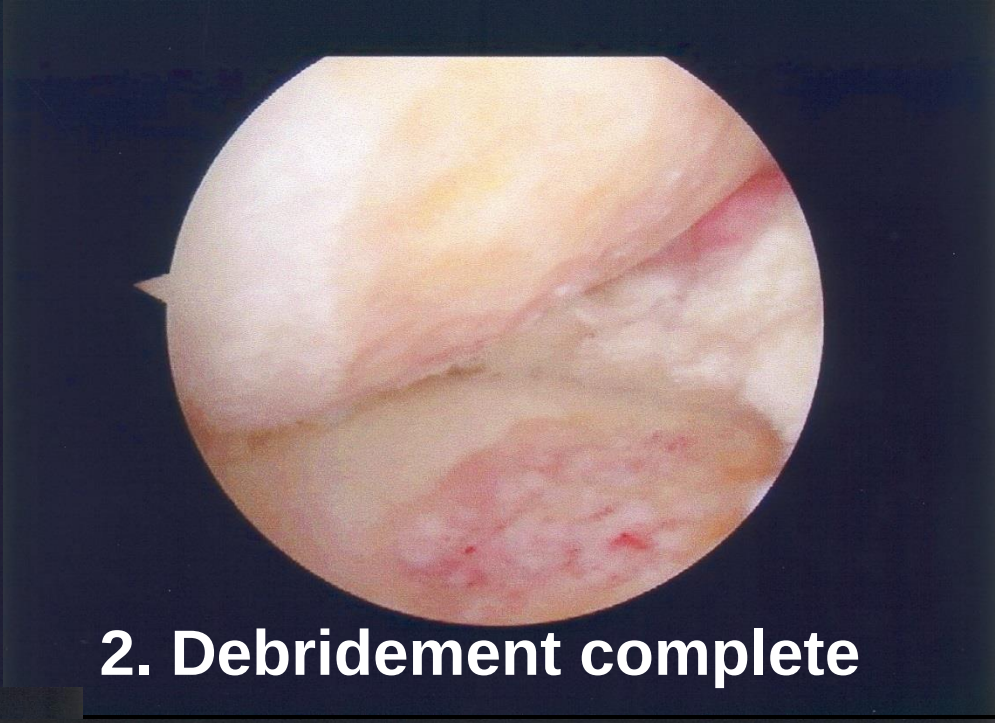
Arthroscopy & microfracture
High Tibial Osteotomy (HTO)
Packing bone graft substitute

Blocks/Medications:

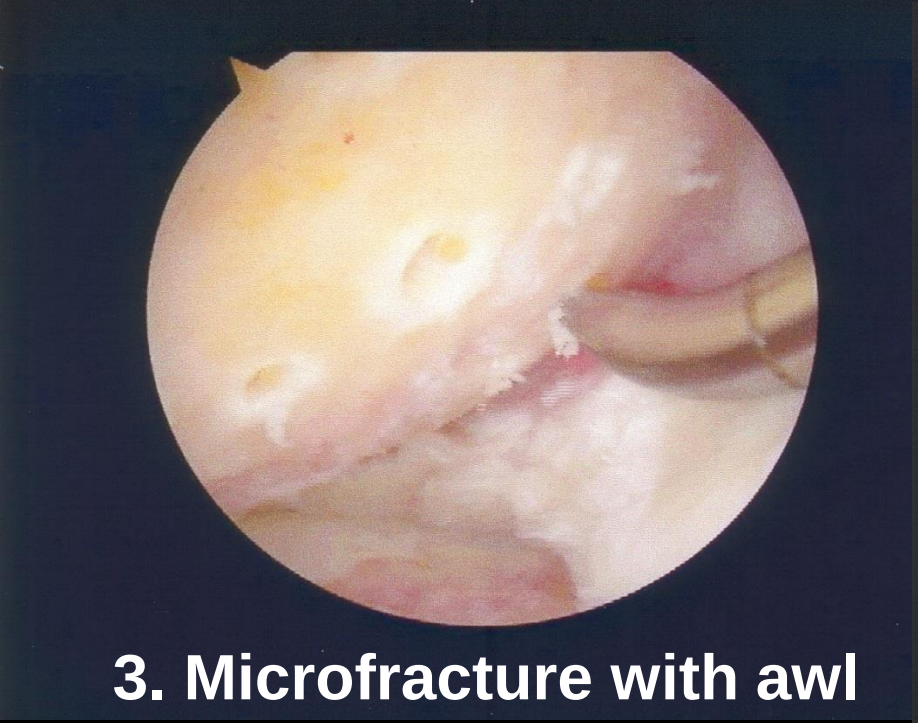
Femoral n. block
General anesthesia
IV Morphine, Oral Oxycontin + Oxycodone, Tylenol, Injectable Lovenox (enoxaparin Na)



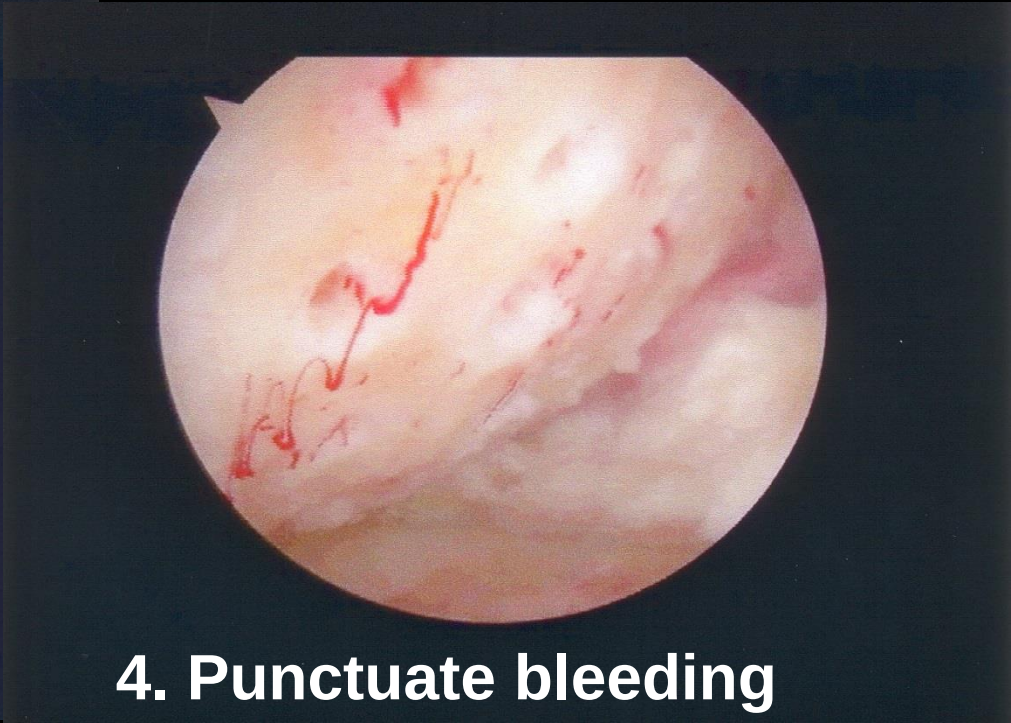
1. Arthroscopy clean-up



2. Debridement complete



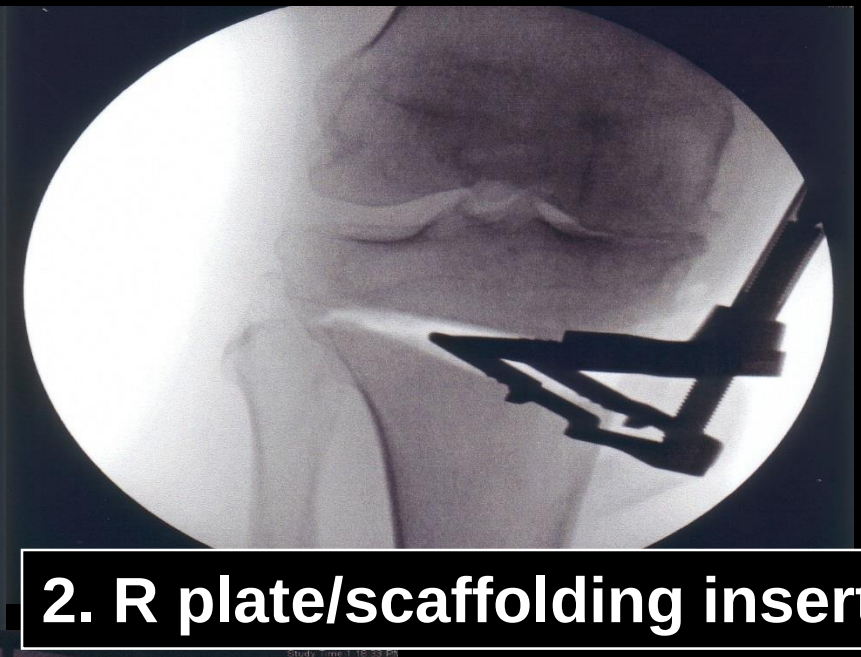
3. Microfracture with awl



4. Punctuate bleeding

High-Tibial Osteotomy (HTO) to Realign the Joint

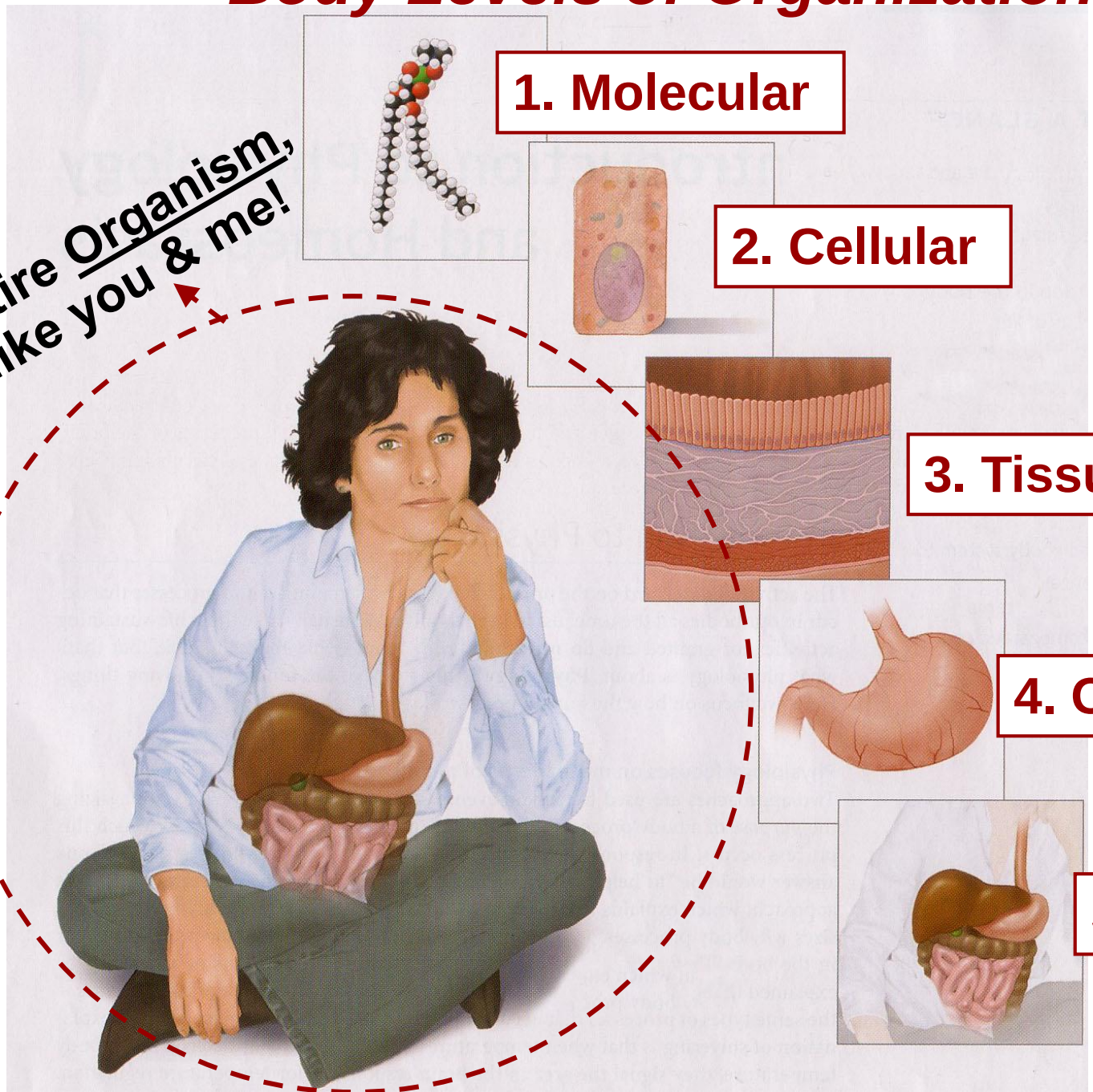
1. Oscillating saw cut



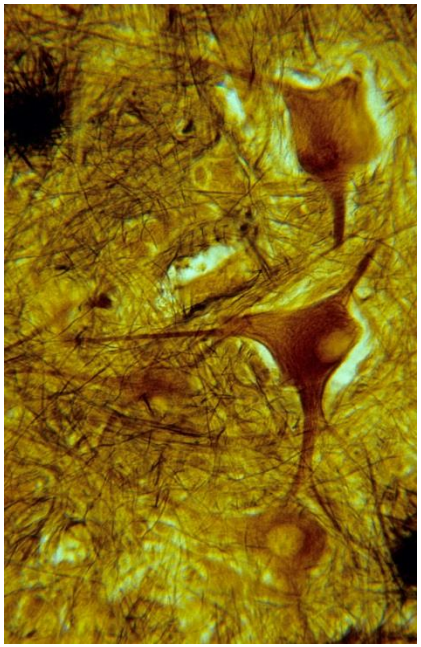
2. R plate/scaffolding insert

3. Align, stabilize w/screws & pack defect

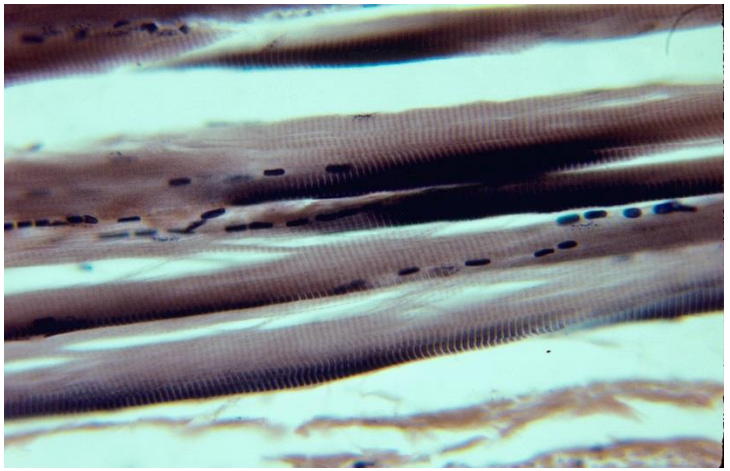
Body Levels of Organization



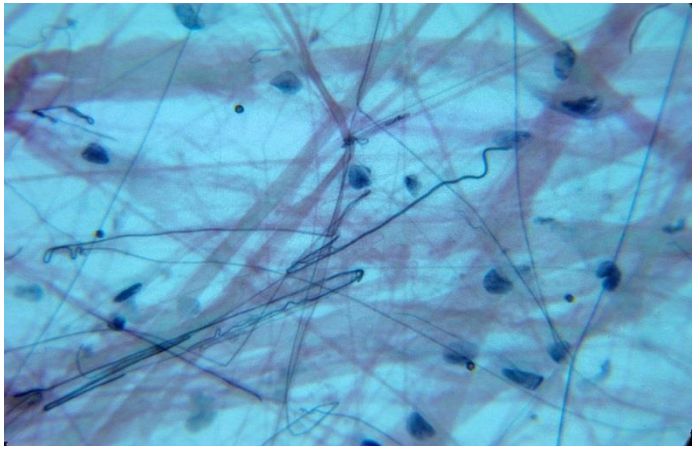
LS fig 1-1 p 2



Nerve conducts



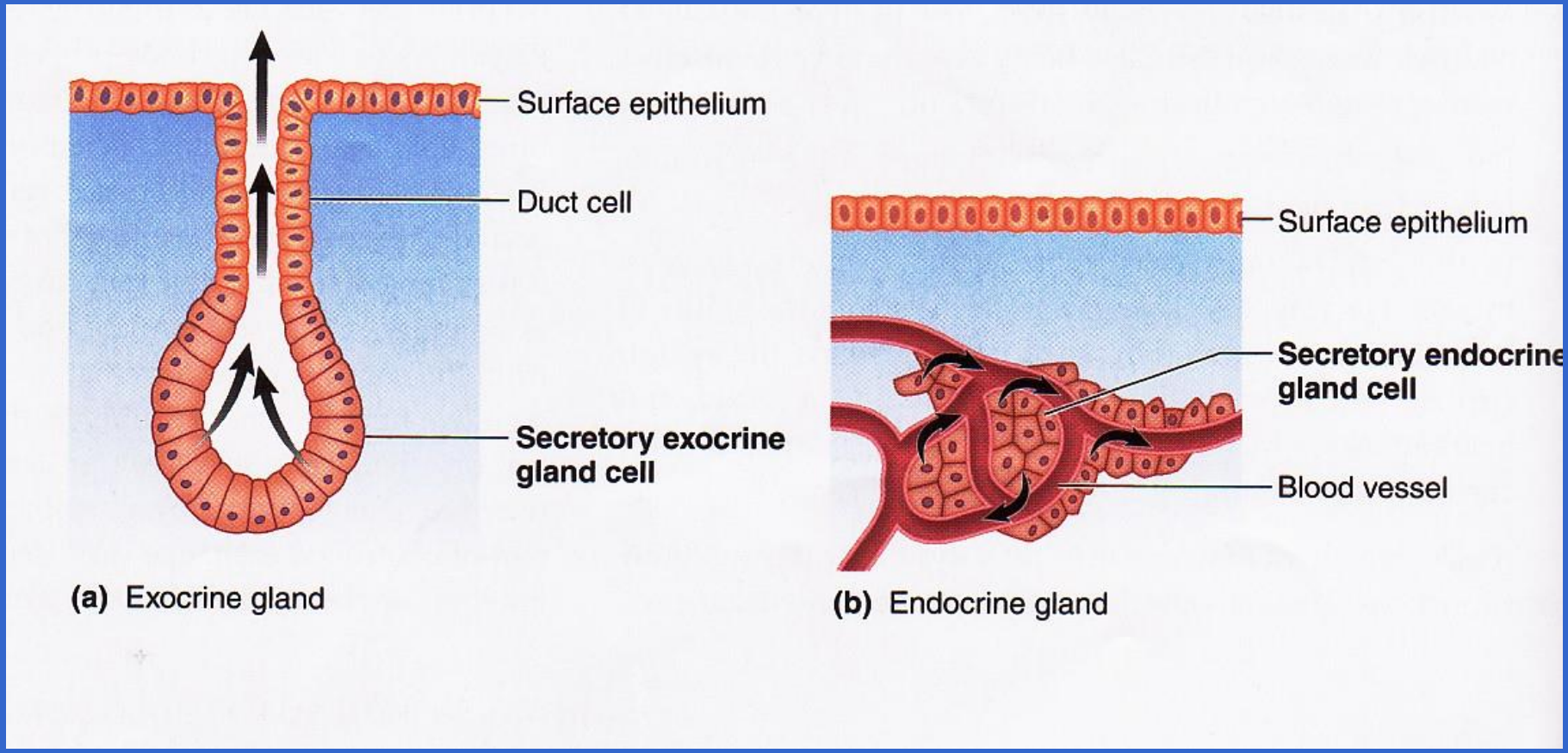
Muscle contracts



Connective connects!!

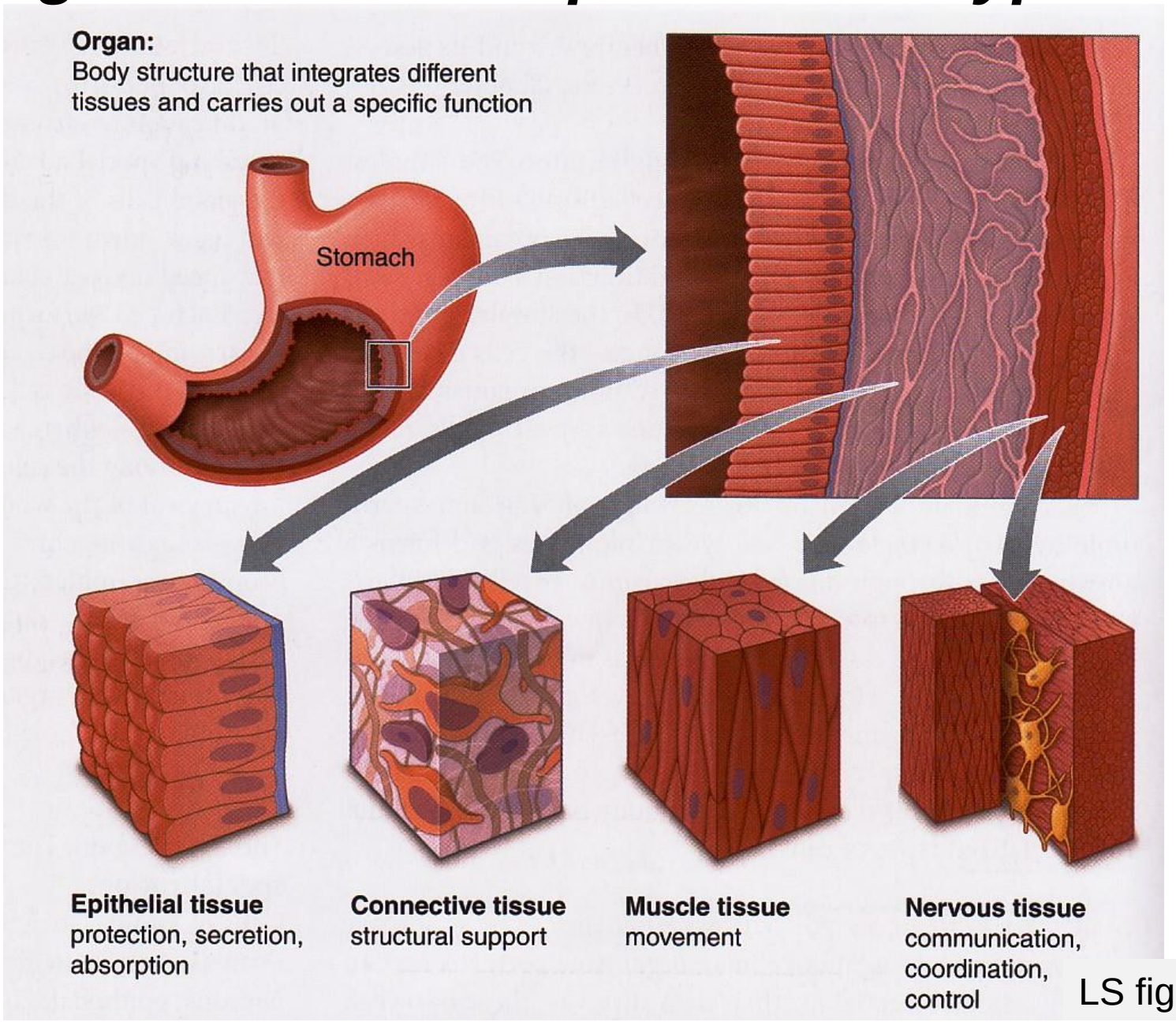
Epithelial covers

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



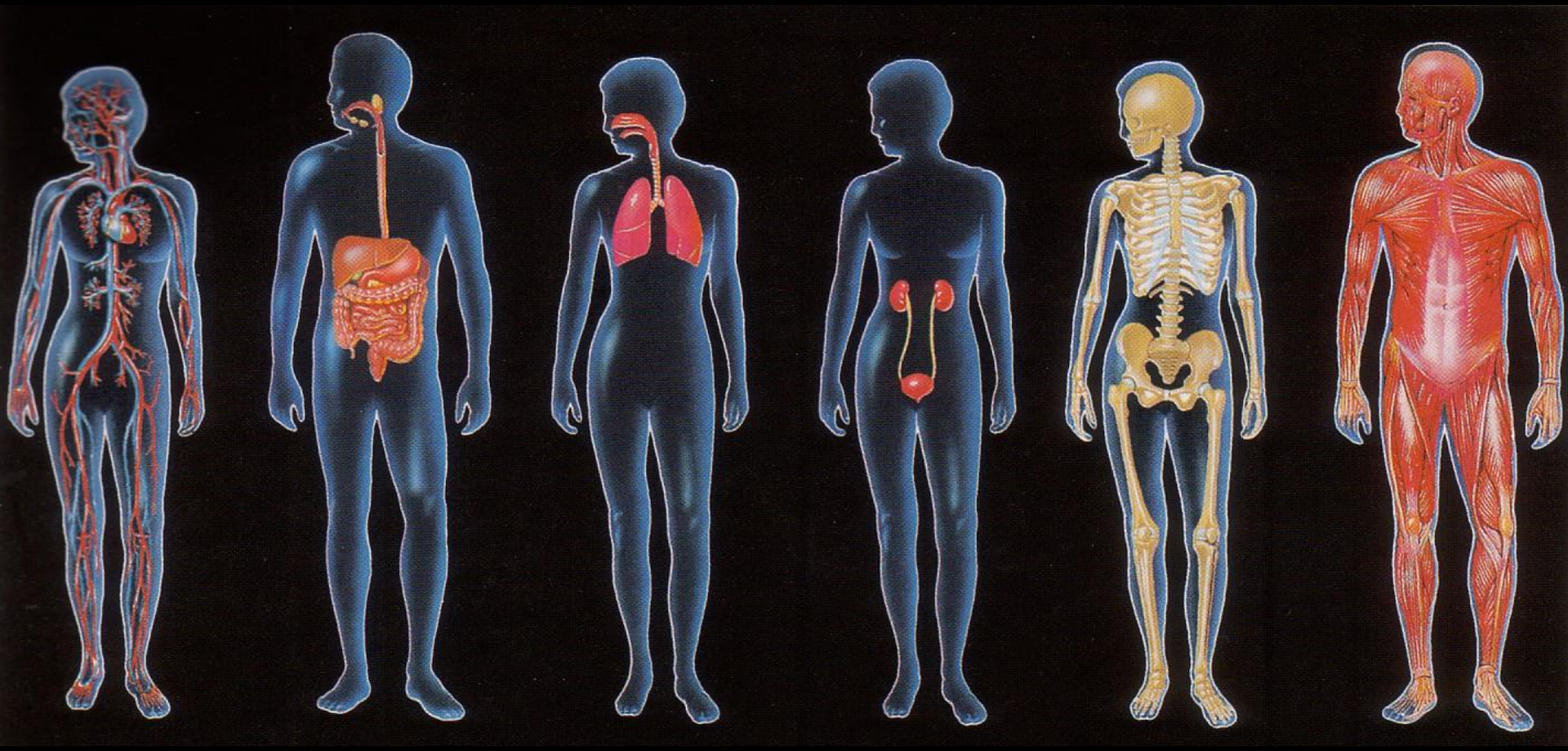
LS fig 1-3 p 4

Organs are made up ≥ 2 tissue types



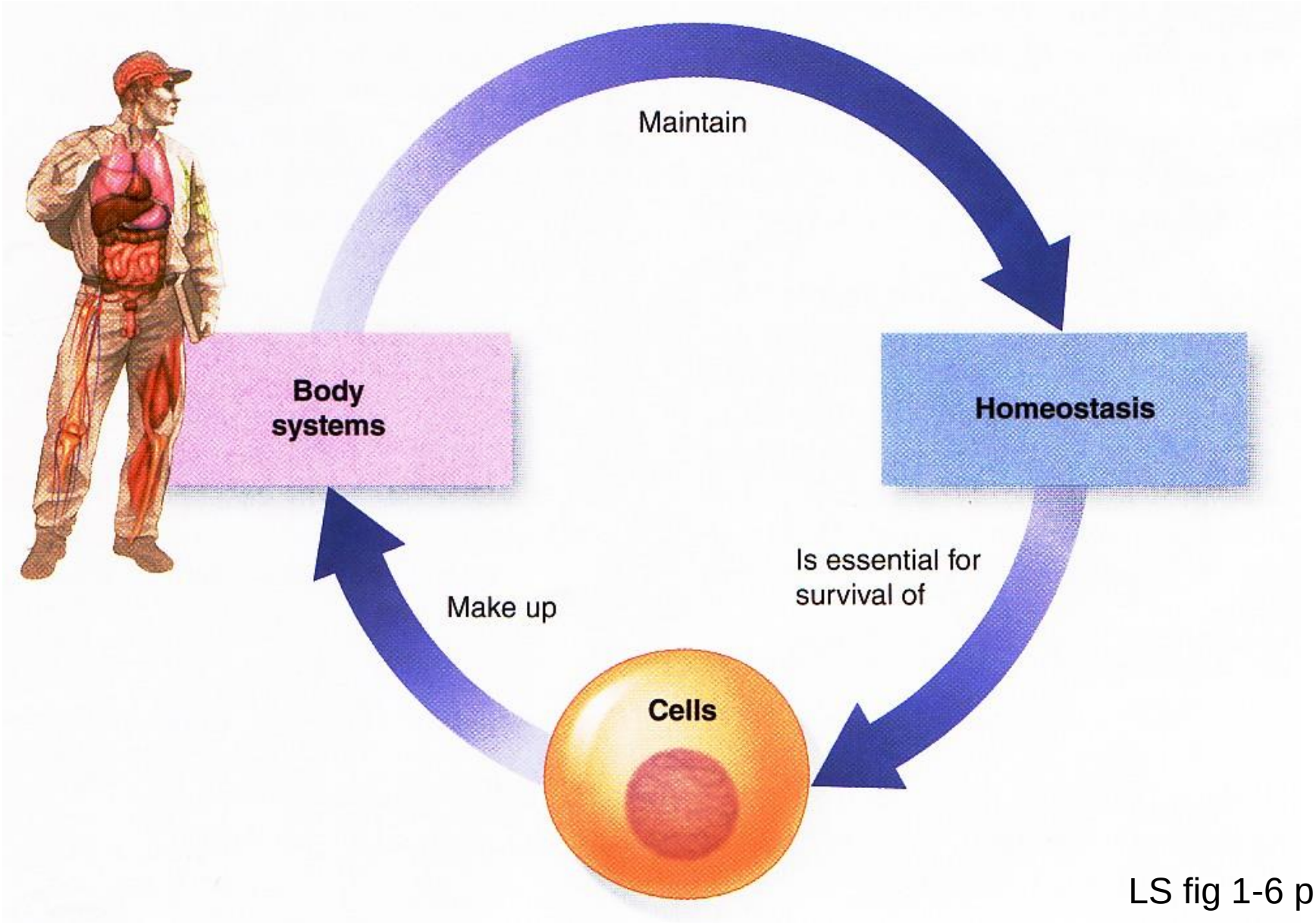
LS fig 1-2 p 4

Which body systems?



LS fig 1-4 p 6

Homeostasis is essential for cell survival!



LS fig 1-6 p 7

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

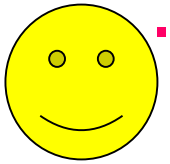
milieu interieur?

Claude Bernard

100 trillion cells working intimately

Walter B. Cannon

BI 121 Lecture 2



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

I. ***Announcements*** Lab today 12 n & 1 pm. Q last time?

II. ***Connections*** Extracellular fluid (ECF) & Homeostasis

A. ECF: Plasma *vs.* Interstitium?

B. Dr Evonuk Balances LS pp 5 - 15

C. ***Physiology in the News*** Are we like watermelons?

D. Simplified Model DO Norris *cf*: fig 1- 8 LS

E. Negative feedback? Positive feedback? LS pp 14 - 15

F. Balances & *e.g.* H_2O, T°C, BP Dr Evonuk + LS pp 8 - 10

III. ***Cell Anatomy, Physiology & Compartmentalization*** ch 2 (LS)

A. How big? What boundaries? Why compartments? pp19-21

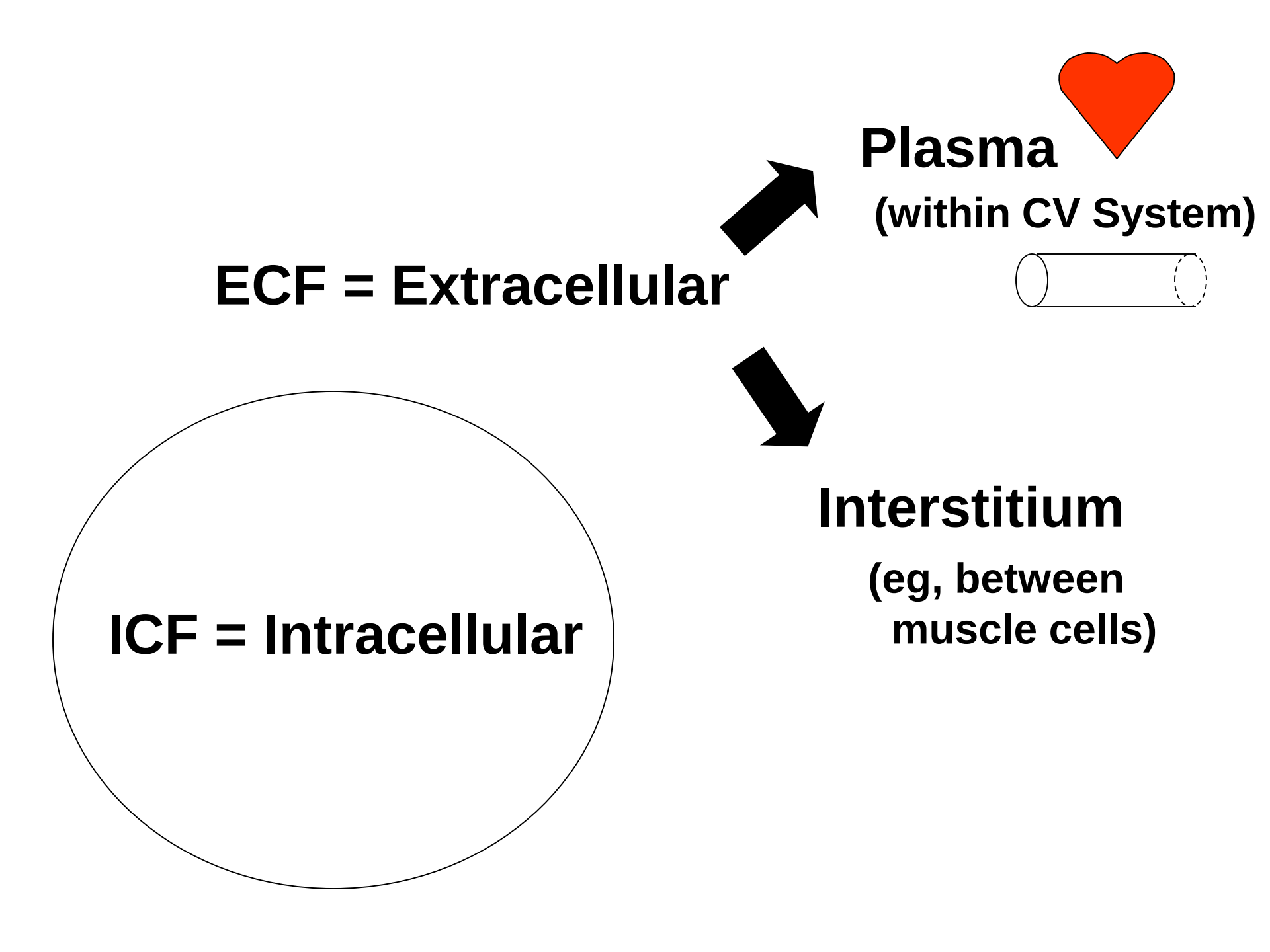
B. Basic survival skills ch 1 p 3

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

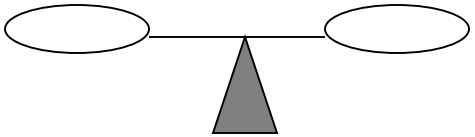
D. ***Physiol News*** Moms eggs execute Dad's mitochondria?

E. What about vaults? LS 2006, p 32 + *Science News*


Plasma
(within CV System)
ECF = Extracellular
Interstitium
(eg, between
muscle cells)
ICF = Intracellular

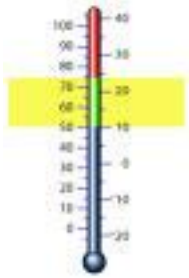
Metabolic

ANA- CATA-



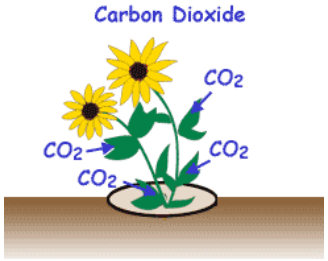
H_2O

T°C



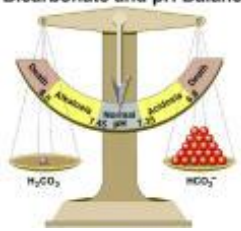
Dr. Evonuk's 6 Balances

O_2/CO_2



$Ion^{+/-}$

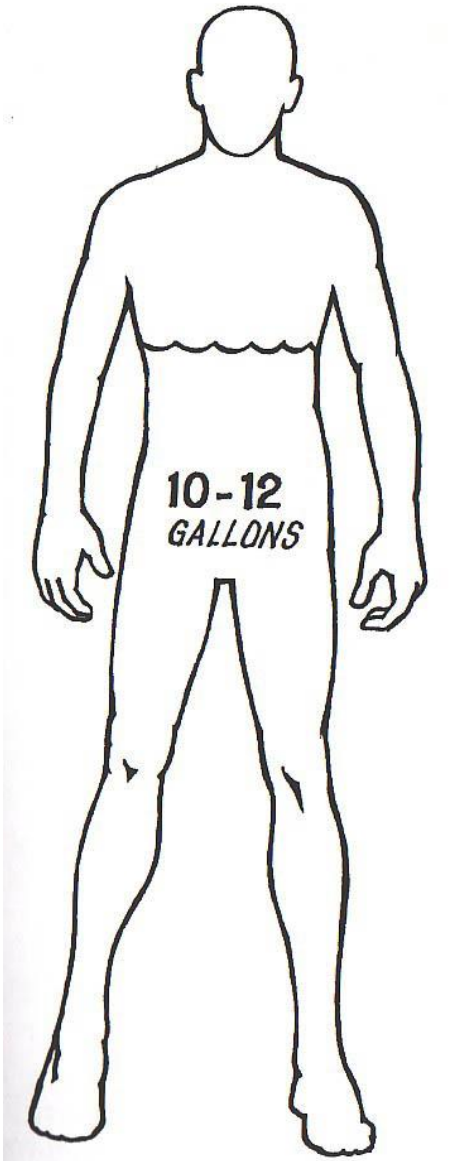
pH



Drink about 1 L per 1000 calories energy expenditure!!

Human ~ 2/3 H_2O

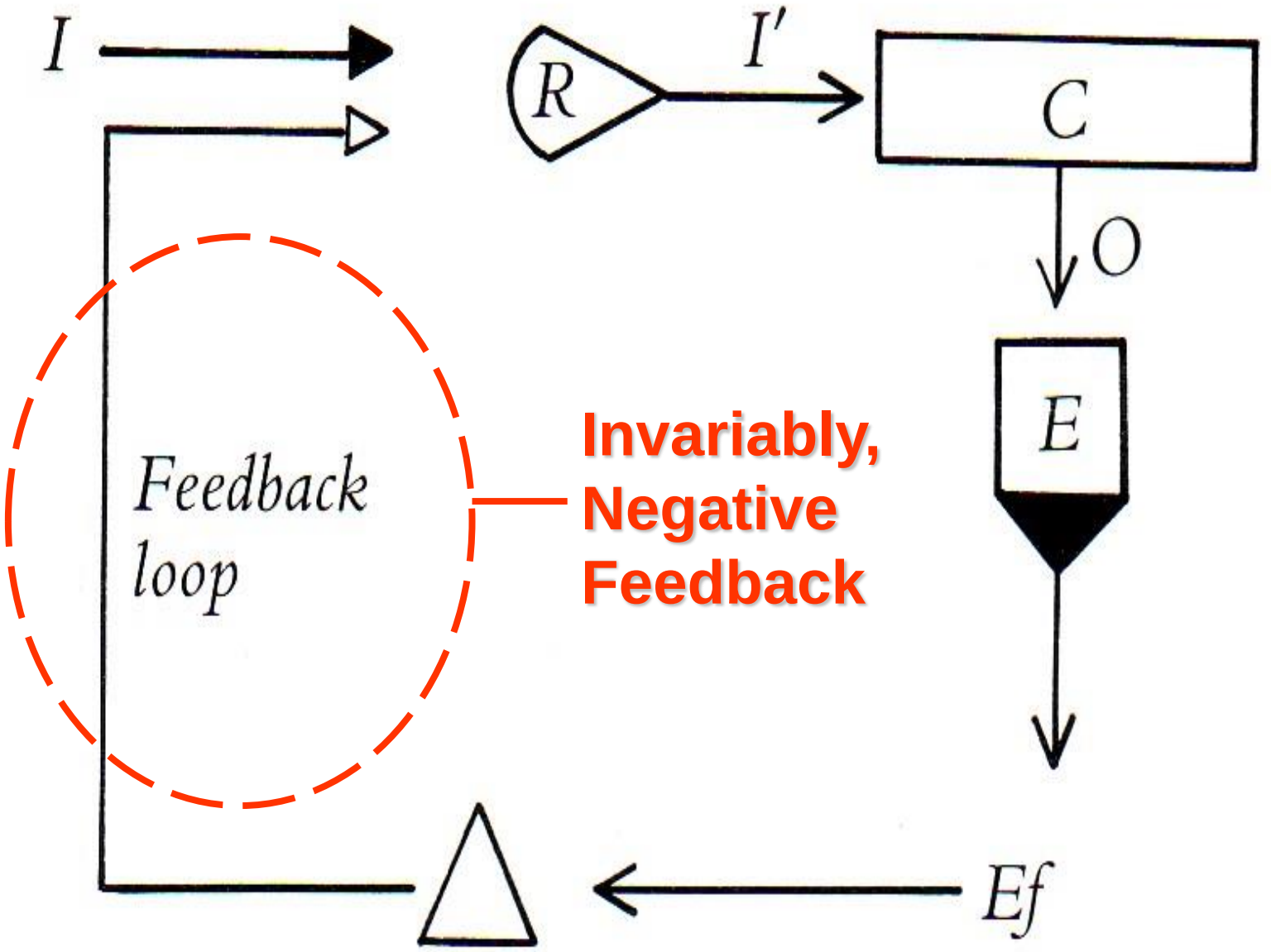
~ 60 – 70 %



150 lb /68 kg

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

= ~40 – 48 kg H_2O

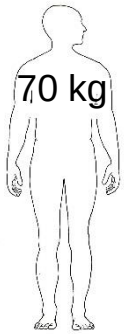

I
R
I′
C
O
E
Feedback loop
Invariably, Negative Feedback
Ef

NB: Though most often negative feedback, there are exceptions:

Selected +FB eg:

LH Surge + Ovulation
Oxytocin + Uterine Contraction
Blood Clotting Cascade
cAMP Cascade
Na+ influx during AP

70% H_2O
= 49L



eg

ICF =
35L

+

ECF = 14L

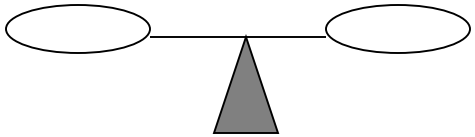
(Interstitium = 11L
Plasma = 3L)

H_2O

INPUT

Dietary Drink	1200 mL
Dietary Eat	400 mL
Oxidation	400 mL
Total =	2000 mL ✓

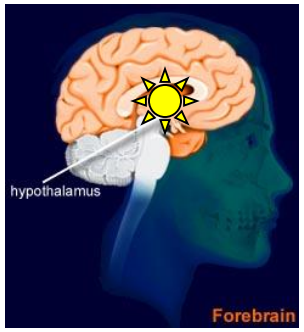
BALANCE!



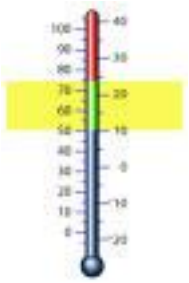
OUTPUT

Urine	1000 mL
Sweat + Insensible	900 mL
Feces	100 mL
Total =	2000 mL ✓

Controller = Hypothalamus with Set Point



ToC



ToC

Lethal

42oC

Protein Denaturation

True Diurnal Variation

110oF

Set Point

37oC

98.6oF

35oC

Mild Hypothermia

Profound Hypothermia

33oC

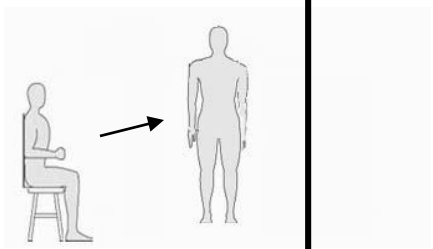
< 30oC

Lethal

29oC

0600 1400 0600 1400

Time of Day



Seated to Standing

↓ BP

I

Venous Pooling

R

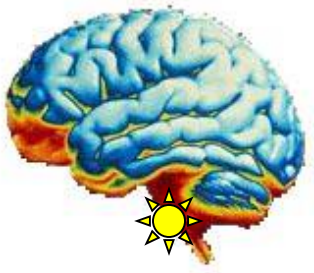
Baroreceptors/Pressure Receptors
eg, in Carotids & Aorta

Electrochemical Signal

I'

C

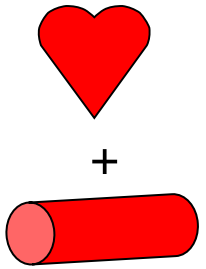
CV Control Center
Brain Stem



O

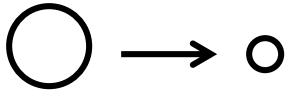
Electrochemical Signal
eg, Symp Accel N

E



Ef

↑ HR
+
↑ VC



↑ BP

NB: Corrective Change
Opposes Original Input

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

I. ***Announcements*** **Q from lecture or lab?**

II. ***Cell Physiology Connections*** **LS ch 2 pp 20-34, fig 2-1…2-8**

- **A. Organelles ≡ ICF specialty shops: 1. Endoplasmic Reticulum 2. Golgi Apparatus 3. Lysosomes 4. Peroxisomes 5. Mitochondria tab 2-1 p 36**
- **B. Exocytosis vs. Endocytosis fig 2-5 a & b, p 25**
- **C. *Physiol News* Moms eggs execute Dad's mitochondria?**
- **D. What about vaults? LS 2006, p 32 + *Science News***

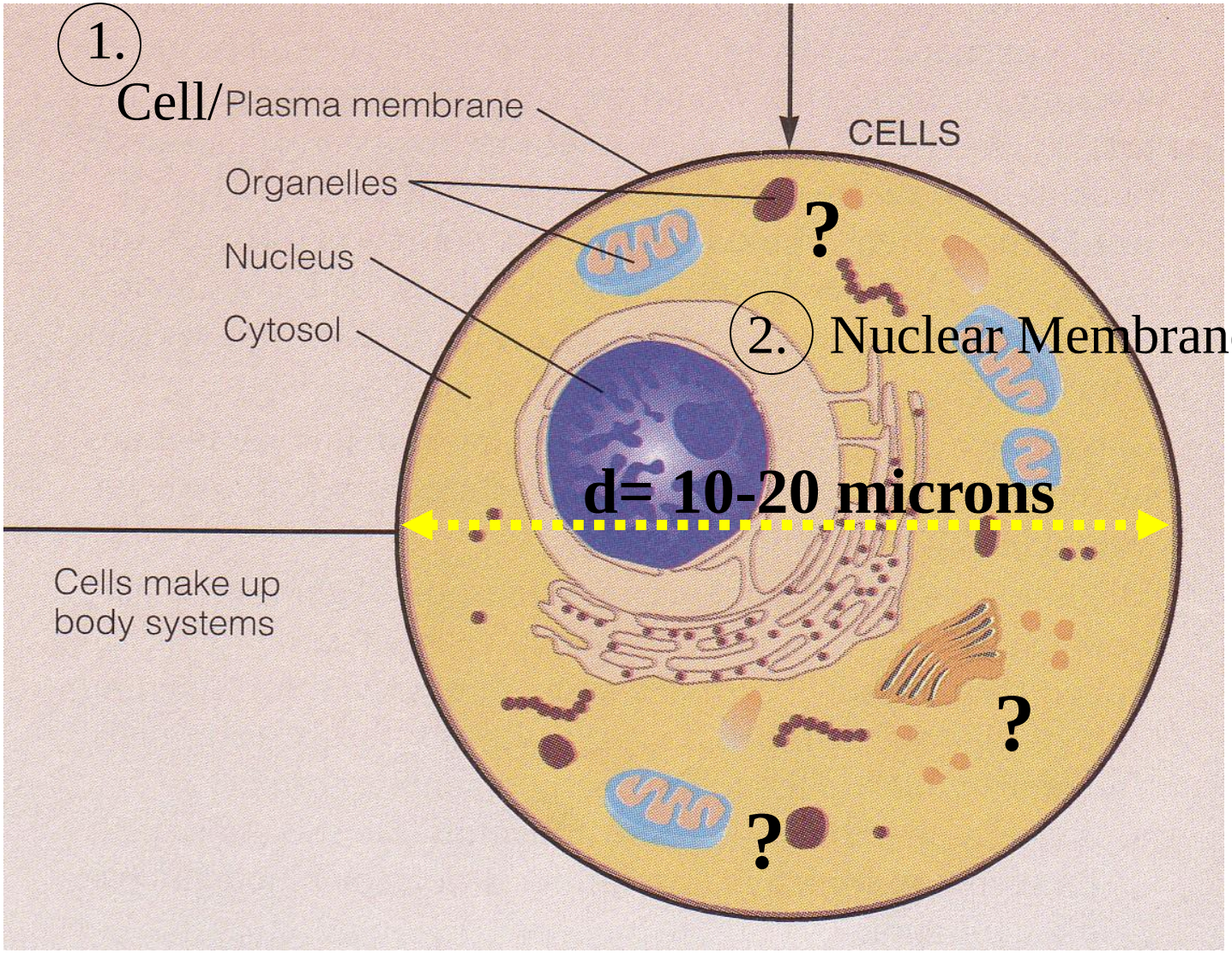
III. ***Anaerobic vs Aerobic Metabolism Summary*** **LS ch 2 pp 26-33**

- **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**

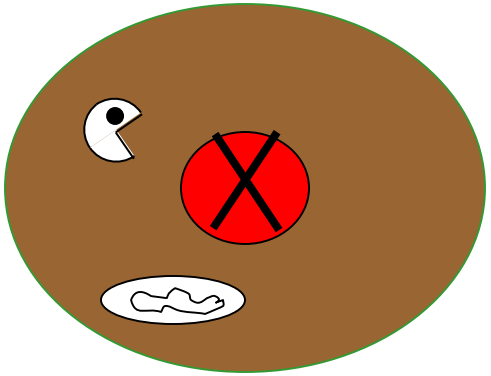
- **A. What's a gene? Where? p A-18, fig C-2, C-3**
- **B. Why are genes important? p A-18**
- **C. What's DNA & what does it look like? pp A-18 thru A-20**
- **D. How does information flow in the cell? fig C-6**
- **E. How does DNA differ from RNA? pp A-20 thru A-22**
- **F. Genetic code? pp A-22, A-23**

HOW BIG? 100 CELLS LENGTHWISE = 1 mm!!



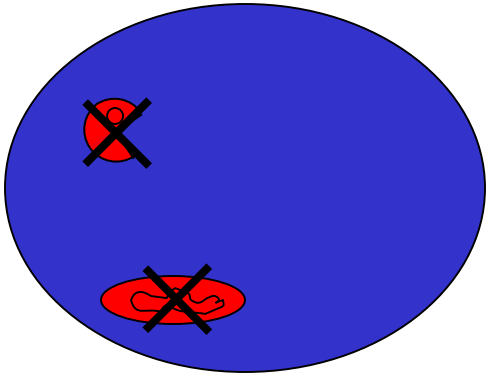
Cytoplasm = Cell - Nucleus

[Extract nucleus; includes organelles]



Cytosol = Cytoplasm - Organelles

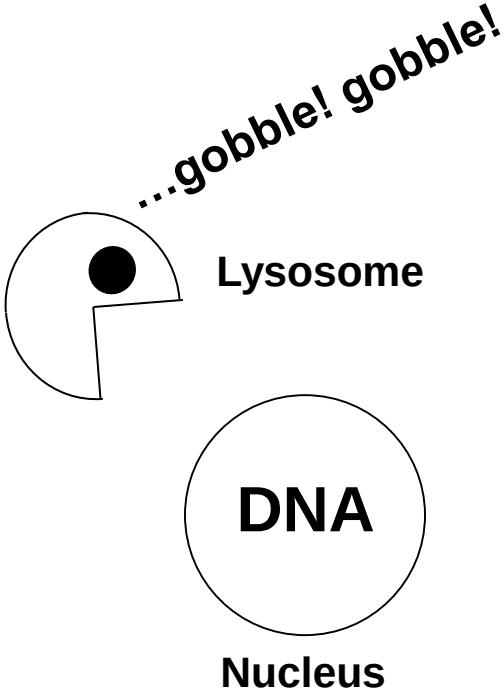
[Extract organelles; complex gel-liquid]



Why Compartments? Advantage?

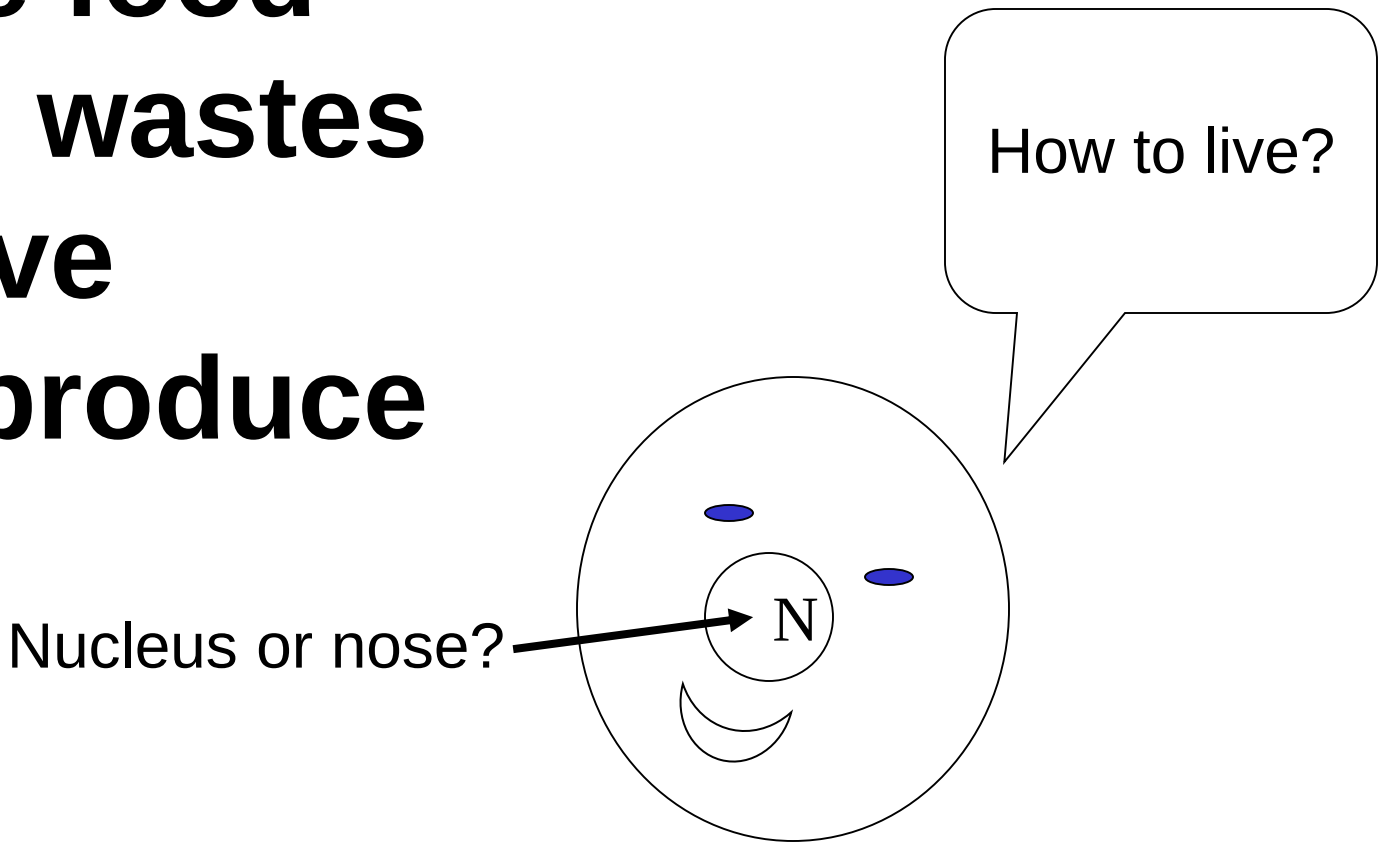
<u>*Incompatible*</u> reactions can take place

<u>*Simultaneously*</u>!!



Basic Cell Survival Skills?

1. **Get food**
2. **Use food**
3. **Rid wastes**
4. **Move**
5. **Reproduce**



1 e.g. Cell of 100 Trillion!

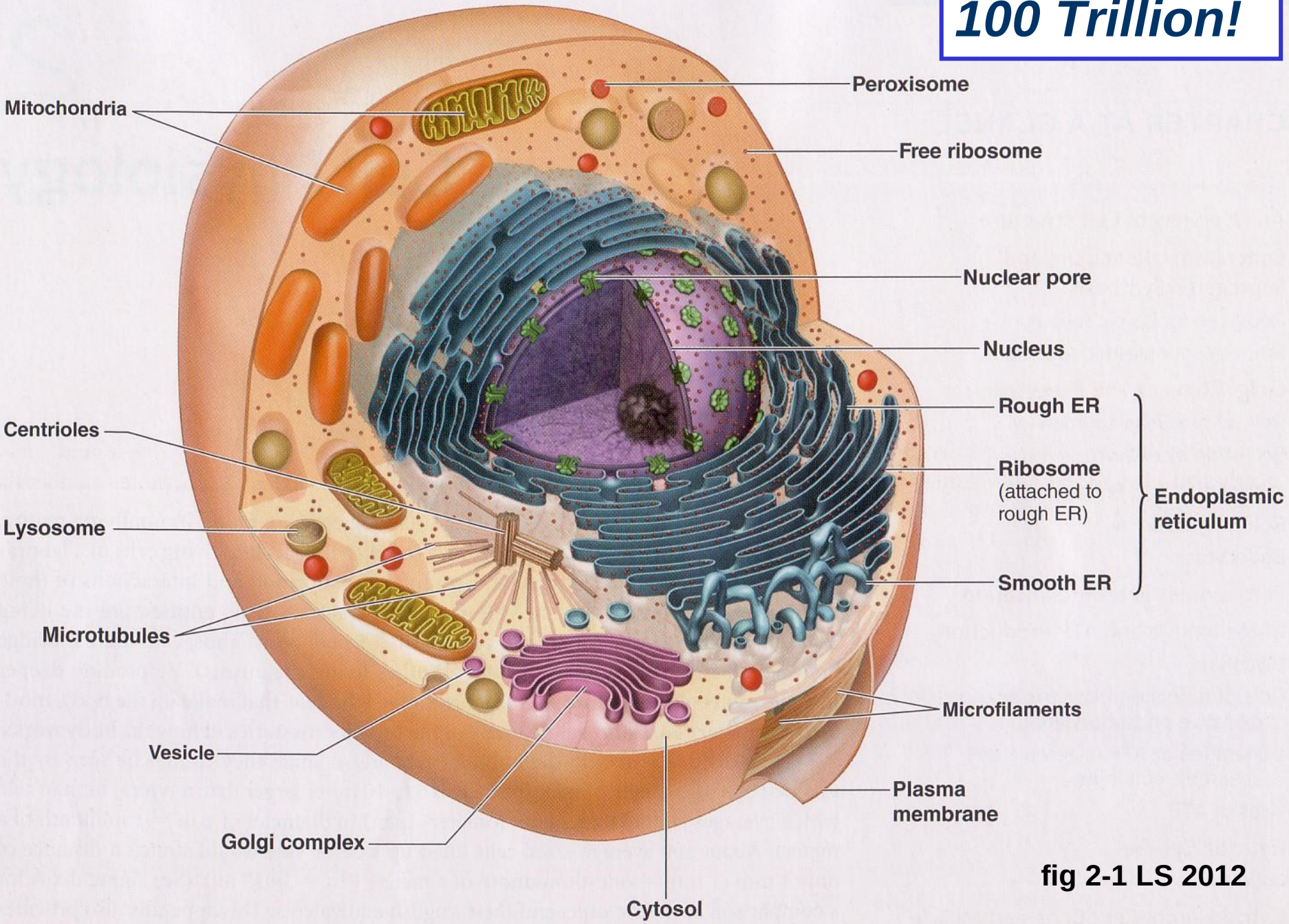
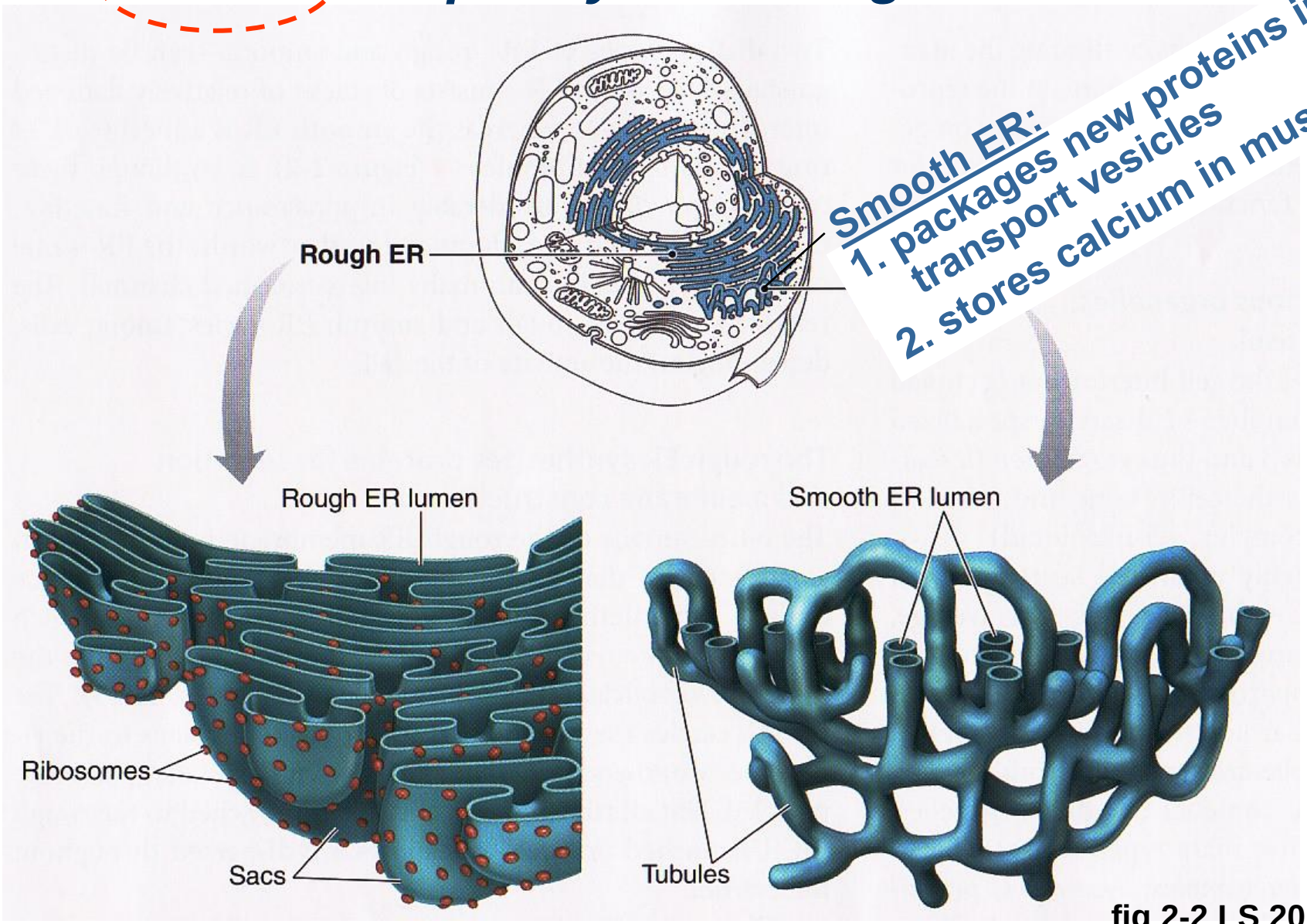


fig 2-1 LS 2012

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



Smooth ER:
1. packages new proteins in transport vesicles
2. stores calcium in muscles

fig 2-2 LS 2012

Secretion of Proteins Produced by ER

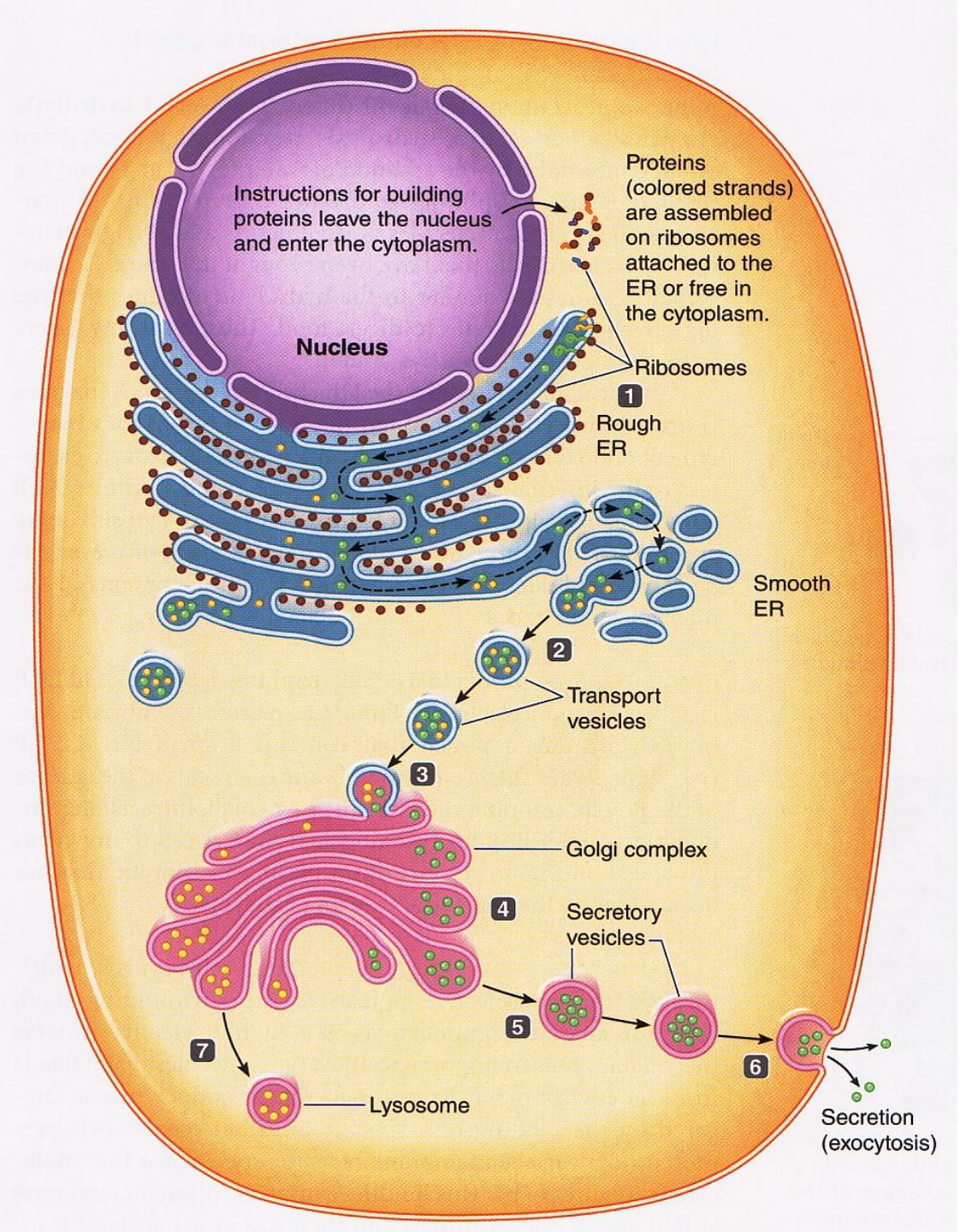


fig 2-3 LS 2012

Lysosomes vs. *Peroxisomes*

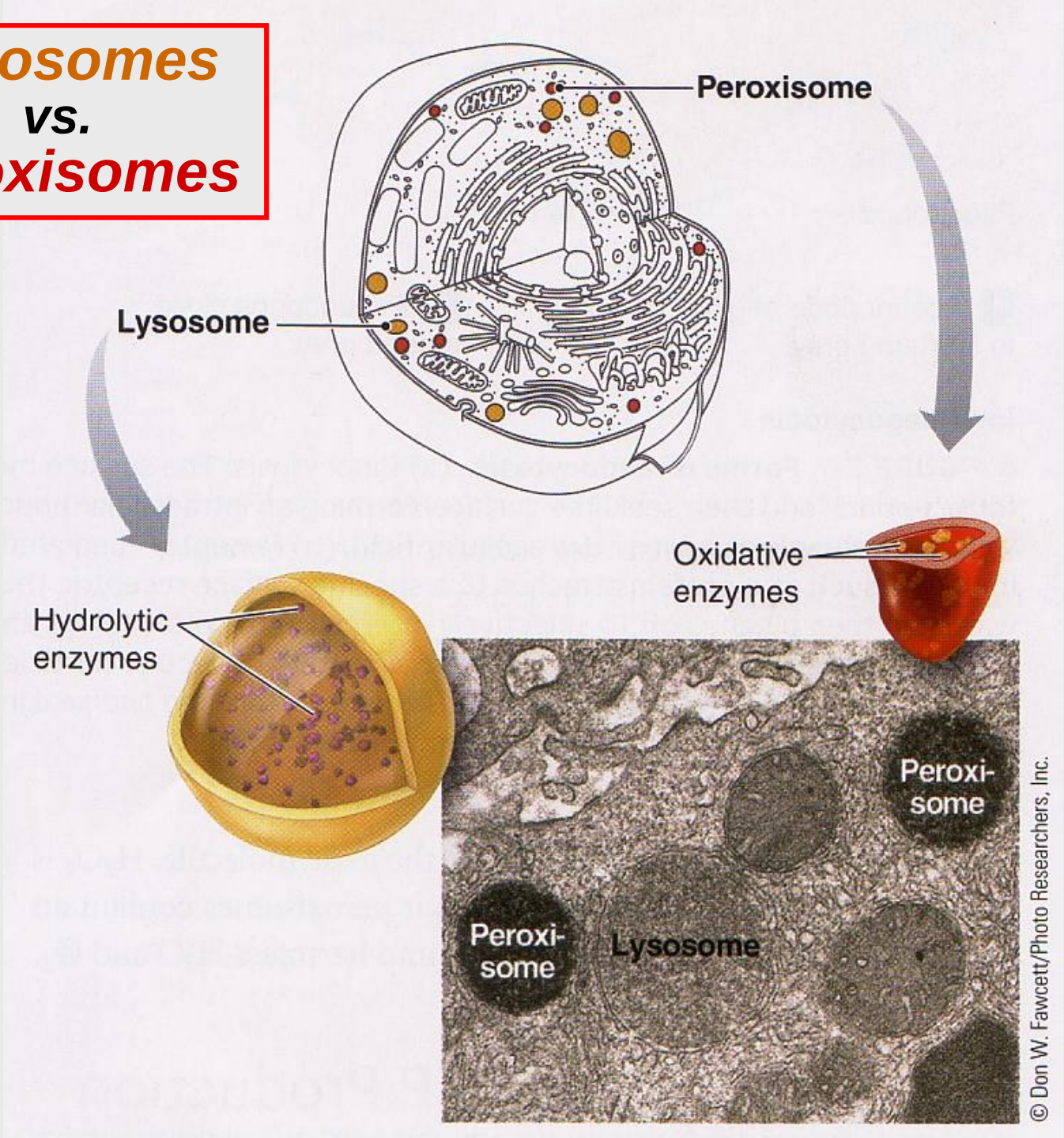
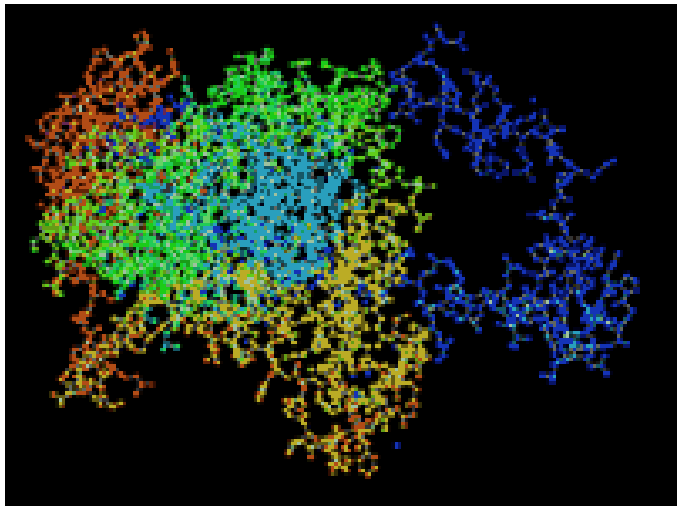


fig 2-6 LS 2012

Catalase Enzyme Reaction in Peroxisomes Neutralize Toxin at Production Site!



Catalase

$$2H_2O_2 \longrightarrow 2H_2O + O_2$$

Mitochondria: Energy Organelles

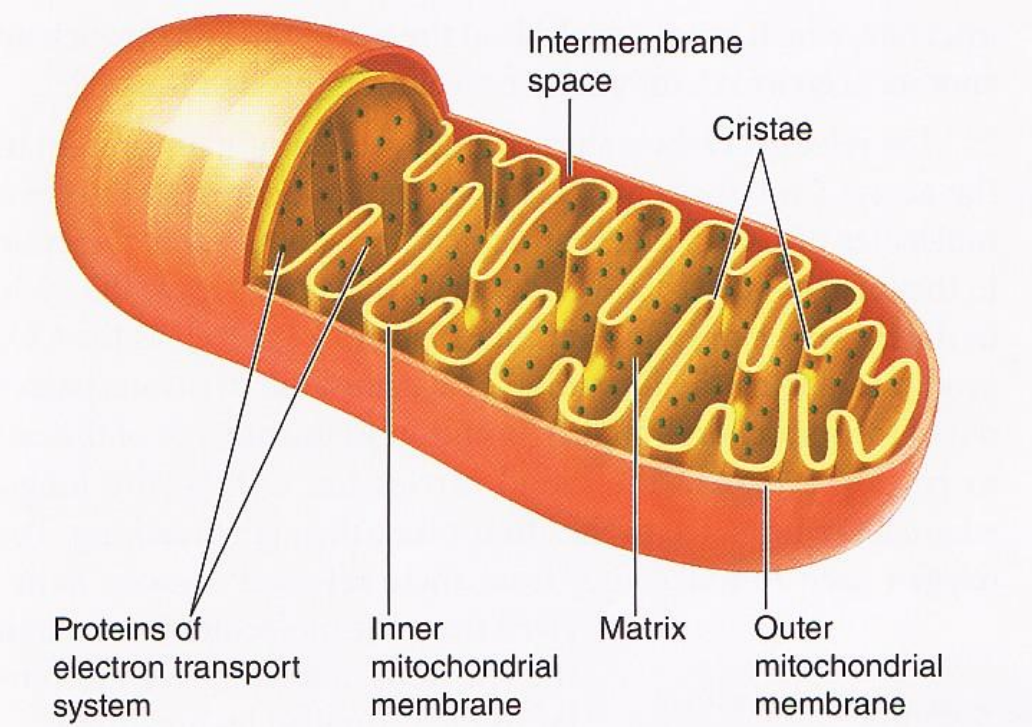


fig 2-8 LS 2012

Inside a fertilized egg, with its two sets of chromosomes (blue), the protein ubiquitin (red) tags sperm mitochondria (yellow).

***SOURCE*: Sutovsky P, Moreno RD, Ramalho-Santos J, Dominko T, Simerly C, Schatten G. *Nature* 1999;402(6760), 371-2.**

What's in the Vault?

An ignored cell component may often account for why chemotherapy fails

By JOHN TRAVIS

Can you imagine exploring the anatomy of the human body and missing the heart, the organ that sends life-giving blood coursing through the body? Of course not. Or not noticing the brain, the custodian of memories and creator of thoughts? Don't be ridiculous.

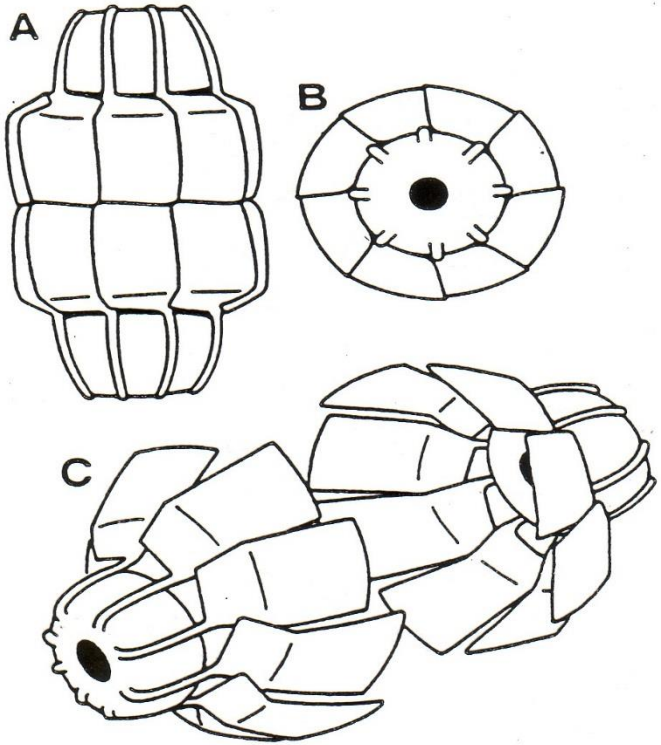
Yet cell biologists may soon have to acknowledge an equally unimaginable oversight in their field. For decades, their powerful microscopes have failed to spot a basic cell component of animals and perhaps any organism with a nucleus. Known as vaults, the barrel-shaped particles are three times the size of ribosomes, the eas-

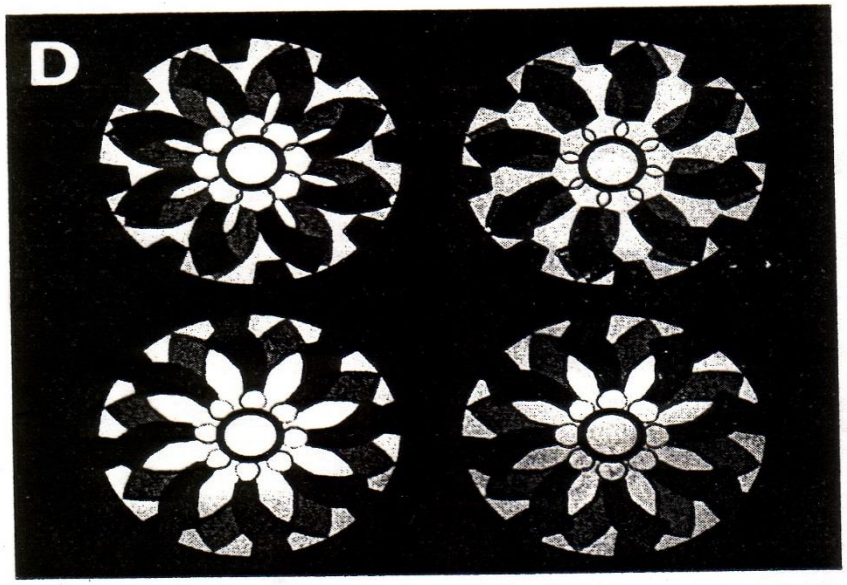
through a microscope. But if it were contaminated with objects that shrug off the stain, that sea would be dotted with white islands. Rome likens the strategy to finding an invisible person by looking for an unexplained shadow in the beam of a spotlight.

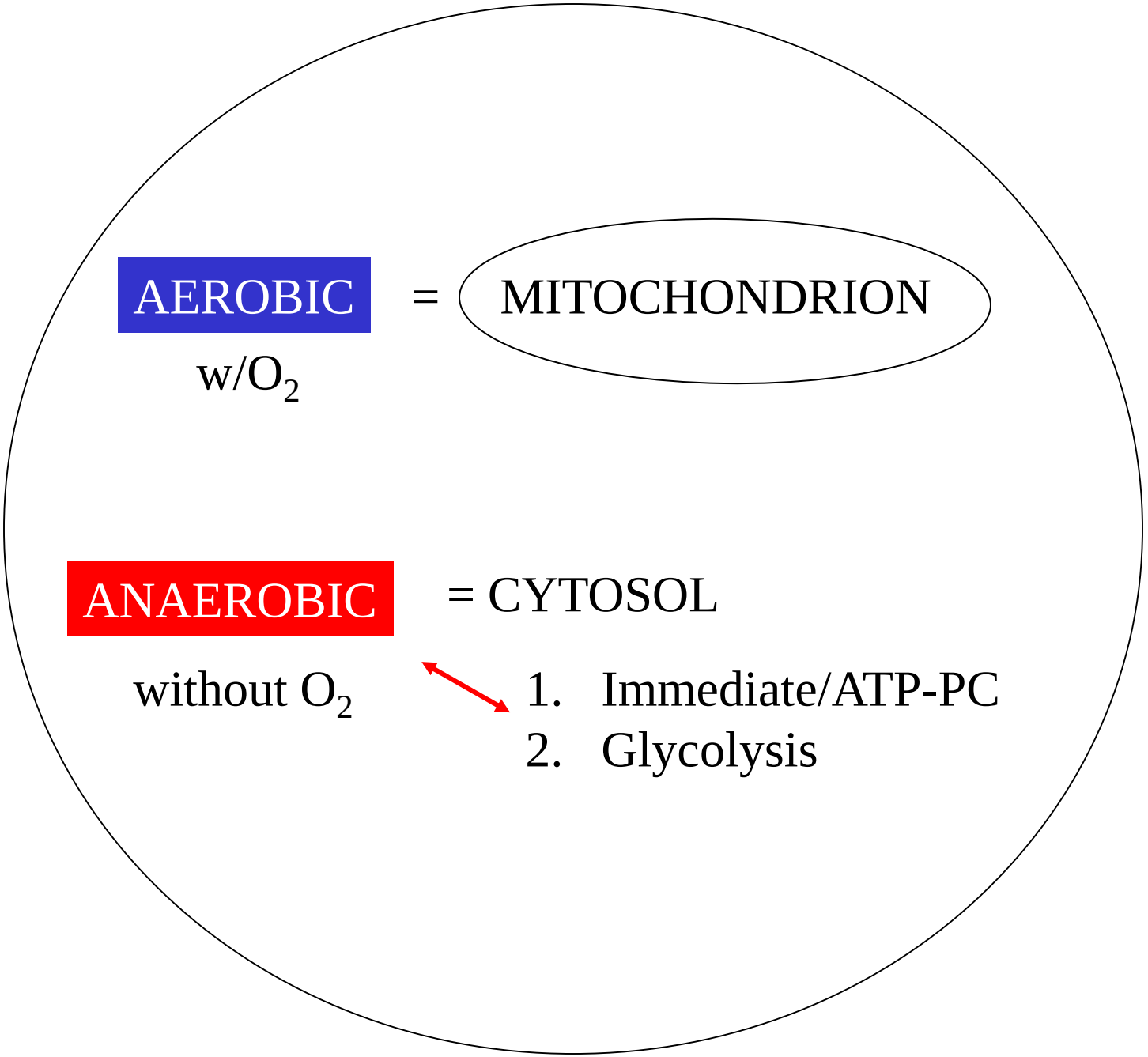
To Kedersha's surprise, unstained ovoid objects appeared among her coated vesicles. Since some of the stain settled into furrows on top of the unexpected shapes, the negative staining revealed fine details of the exterior of these mysterious interlopers, including arches that reminded Rome and Kedersha of the coil

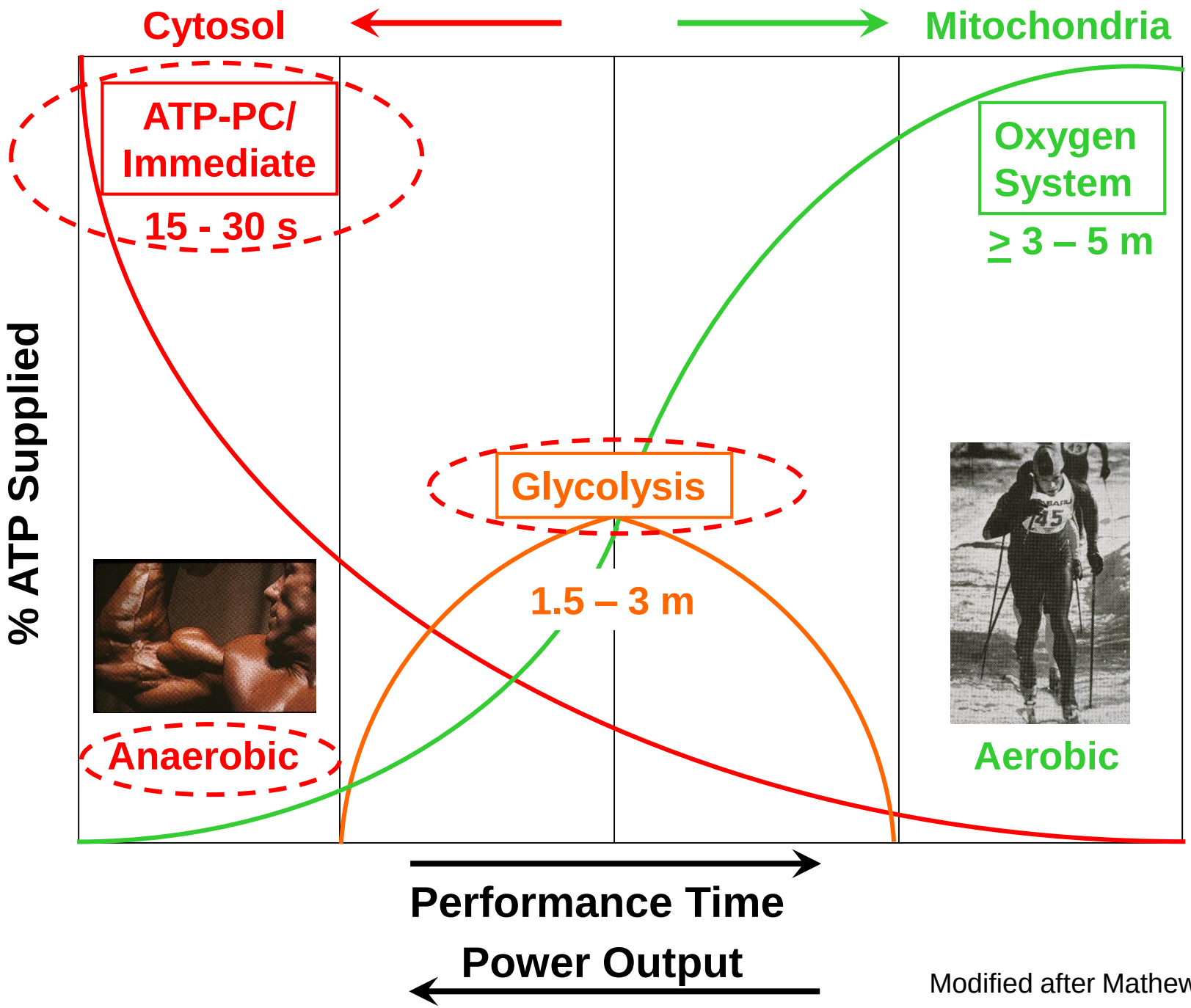
us something by this incredible structure. And the one thing we might surmise from the structure [of vaults] is that they might contain something," says Rome.

That shape also hints that vaults may pick up their unknown cargo at the nuclear membrane, the barrier that separates the cell's cytoplasm from its nucleus. The nucleus is a fluid-filled sac containing DNA and the machinery required to translate the instructions encoded by that DNA into molecules called messenger RNA. These mRNA strands, as well as other molecules,


A
B
C


D

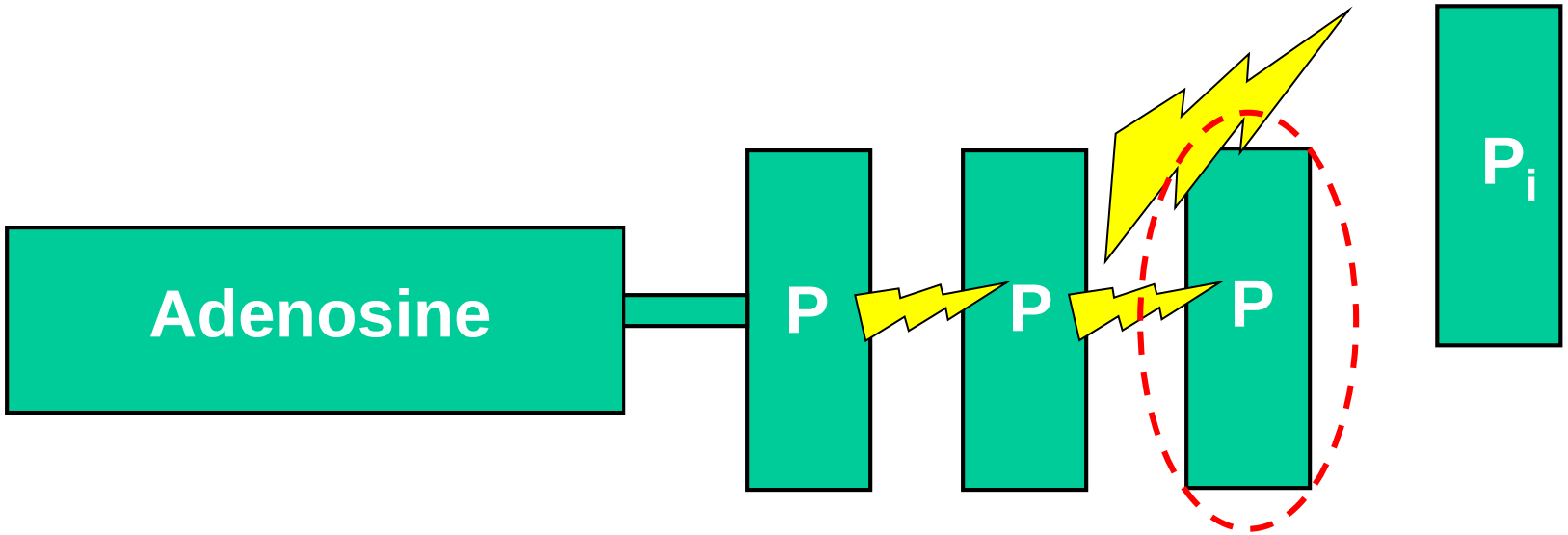

AEROBIC
=
MITOCHONDRION
w/O2
ANAEROBIC
= CYTOSOL
without O2
1. Immediate/ATP-PC
2. Glycolysis



Modified after Mathews & Fox

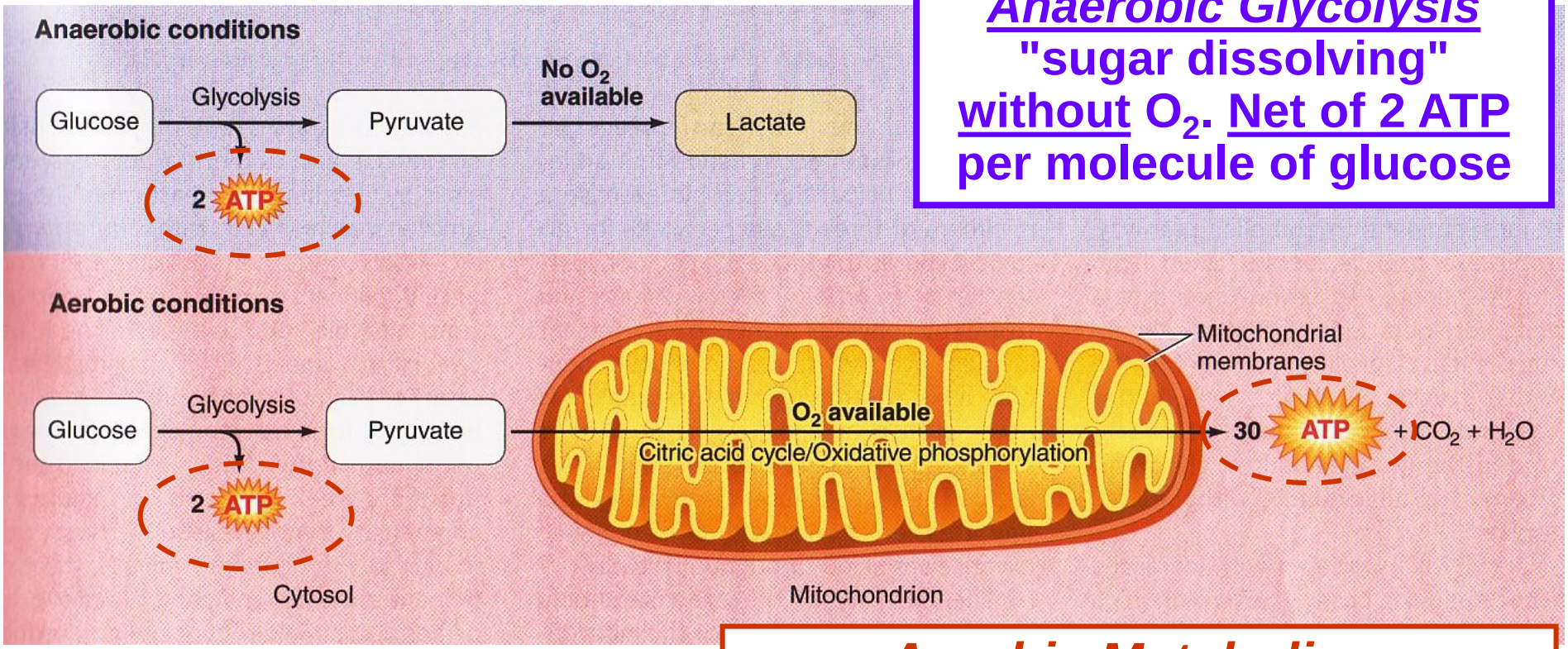
Cleave One High Energy Phosphate Bond To Do Work!!

7 – 10
KiloCalories/KCal



1. *Synthesis of Macromolecules*
   Make big things from little things!
2. *Membrane Transport*
   Move things! Microscopic!
3. *Mechanical Work*
   Move things! Macroscopic!

Anaerobic vs. Aerobic Metabolism

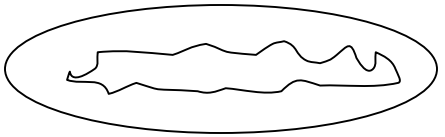


Anaerobic Glycolysis
"sugar dissolving" without O_2. Net of 2 ATP per molecule of glucose

Aerobic Metabolism
+mitochondrial processing of glucose with O_2. Net of 32 ATP per molecule of glucose

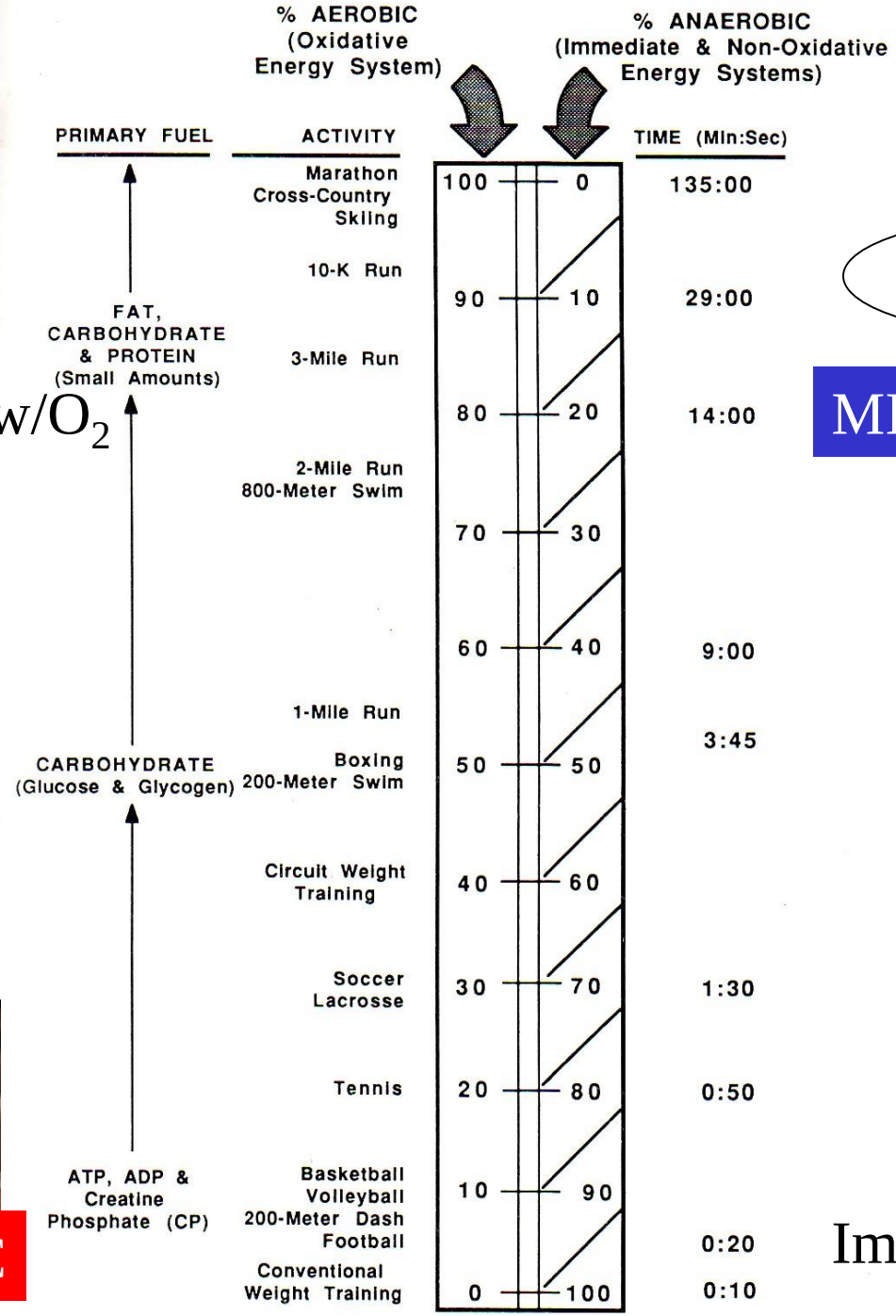
fig 2-15 LS 2012

AEROBIC w/O_2



MITOCHONDRIA

ANAEROBIC



CYTOSOL

Glycolysis

Immediate/ATP-PC

BI 121 Lecture 4

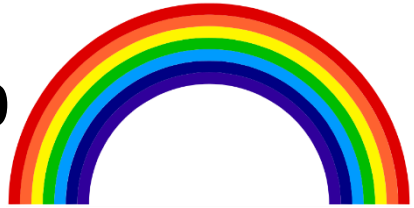
Anatomy & Physiology Lab today!...

I. ***Announcements*** **Nutrition Analysis Lab next Tuesday! Please record your diet on p 3-7 LM & begin analysis using *https://www.supertracker.usda.gov/* Estimating quantities. Q?**

II. ***Cell Metabolism Connections*** **LS 2012 fig 2-9 thru 2-12 +…**

III. ***Introduction to Genetics*** **LS ch 2 p 20-1 + Appendix C**

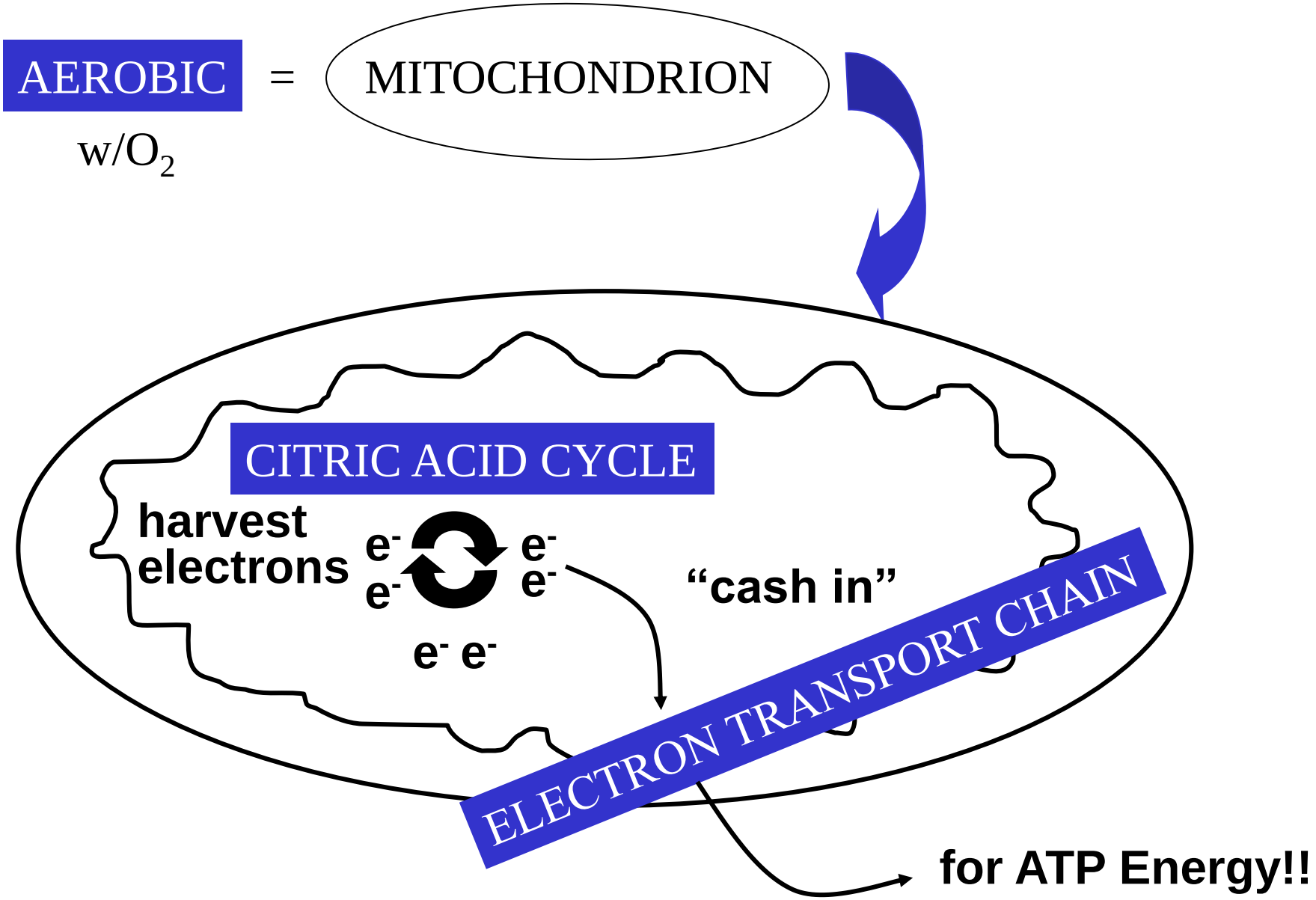
- **A. What's a gene? DNA? Why important? pp A-18 thru A-20 +**
- **B. How does information flow in the cell? fig C-6**
- **C. How does DNA differ from RNA? pp A-20 thru A-22**
- **D. Genetic code? pp A-22, A-23**
- **E. How & where are proteins made? fig C-7, C-9**
- **F. Class skit: Making proteins @ ribosomes!**



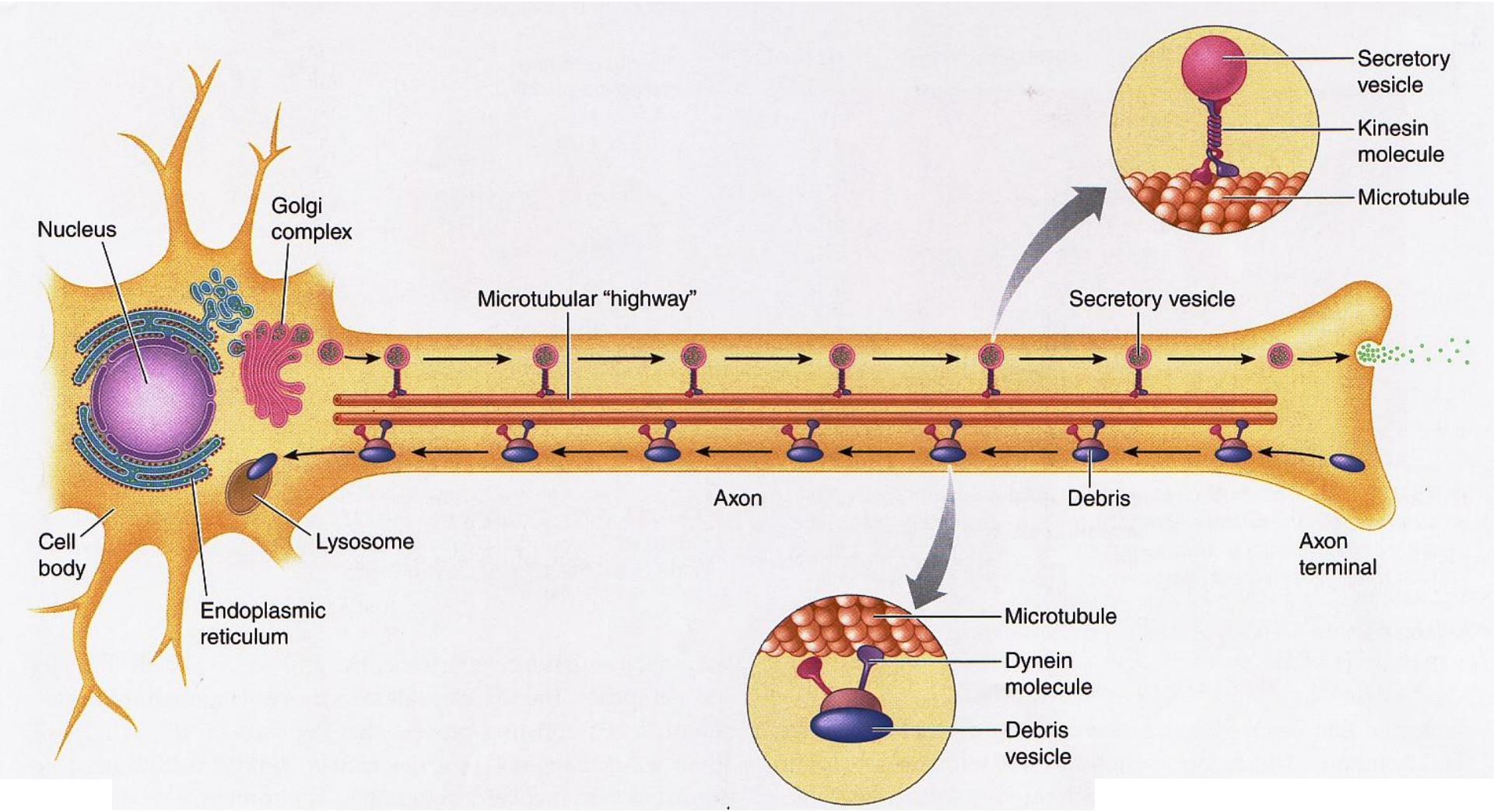
IV. ***Nutrition Primer*** **DC Module 2, Sizer & Whitney(S&W) Sci Lib**

- **A. Essential Nutrients: H_2O, 1^0 Carbohydrates, 2^0 Fats, 3^0 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 *AHA NPAM Council* 2009; AMDR? Adjusted Macronutrient Distribution Range!**
- **D. *Nutrition Quackery, Balanced Approach* Kleiner, Monaco+**

Goals of Aerobic Metabolism



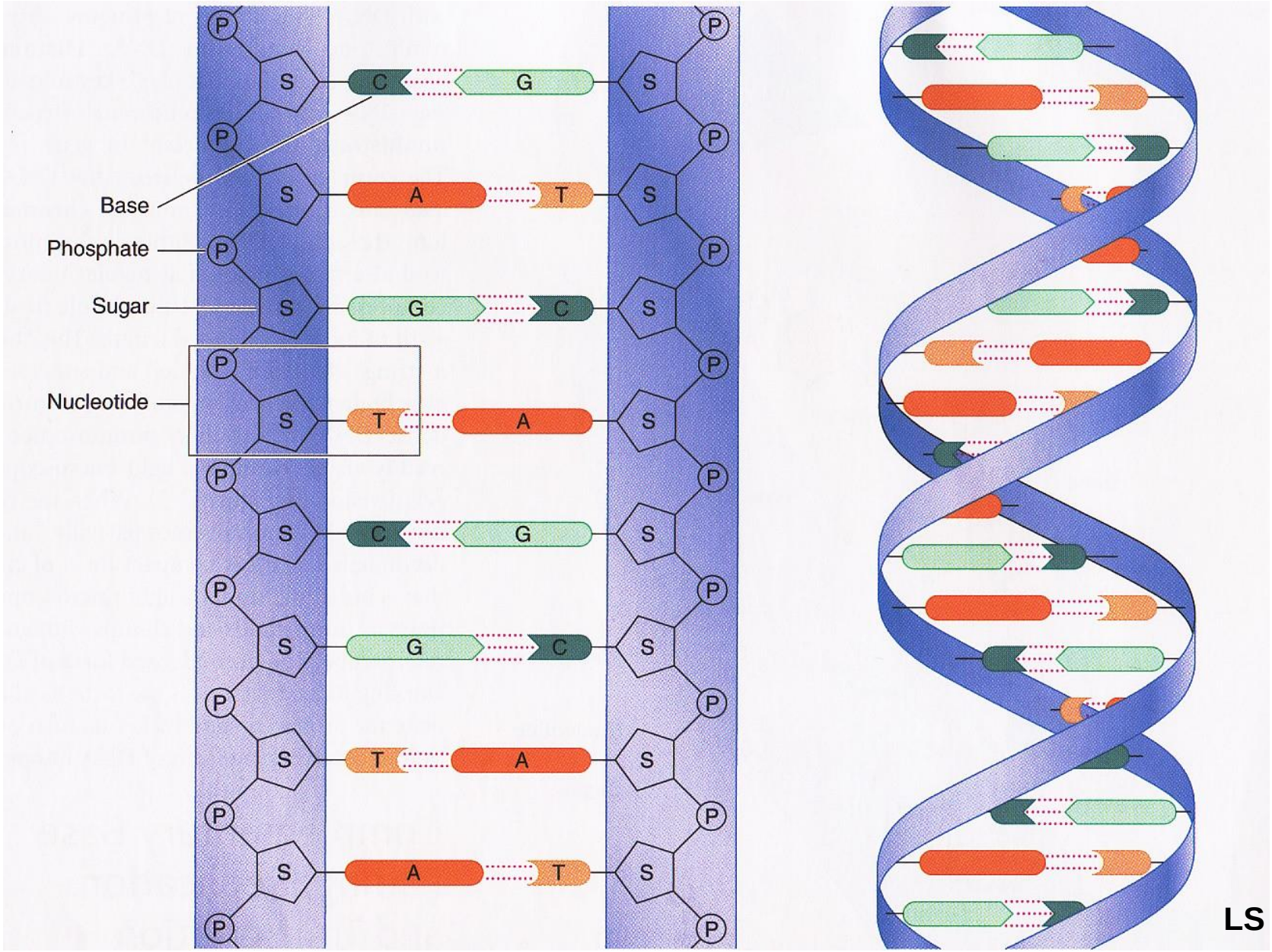
Microtubular Highway!!



LS 2012 fig 2-18

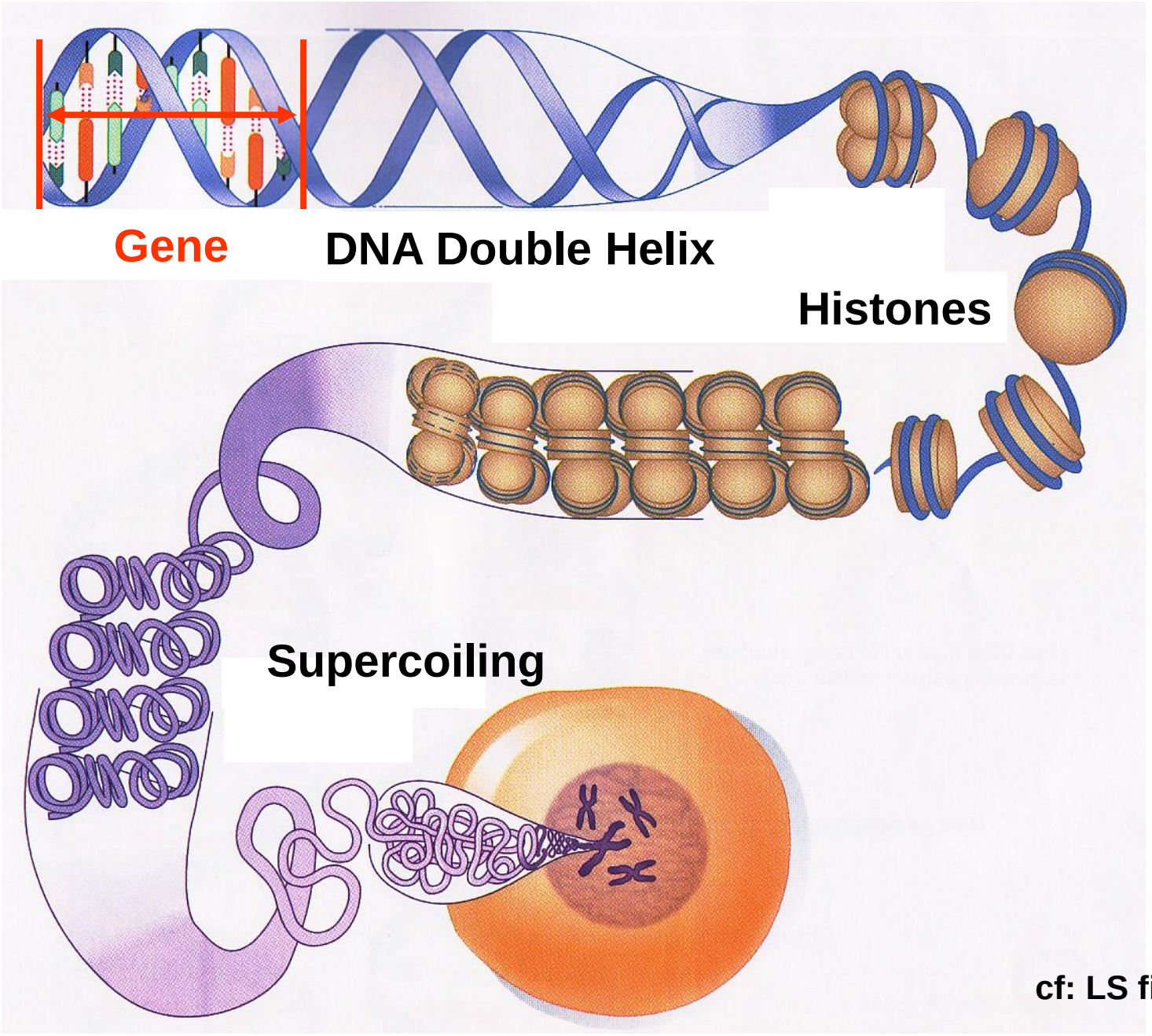
What are DNA's major functions?
Heredity + Day-to-Day Cell Function

What does DNA look like? Double-helix!!



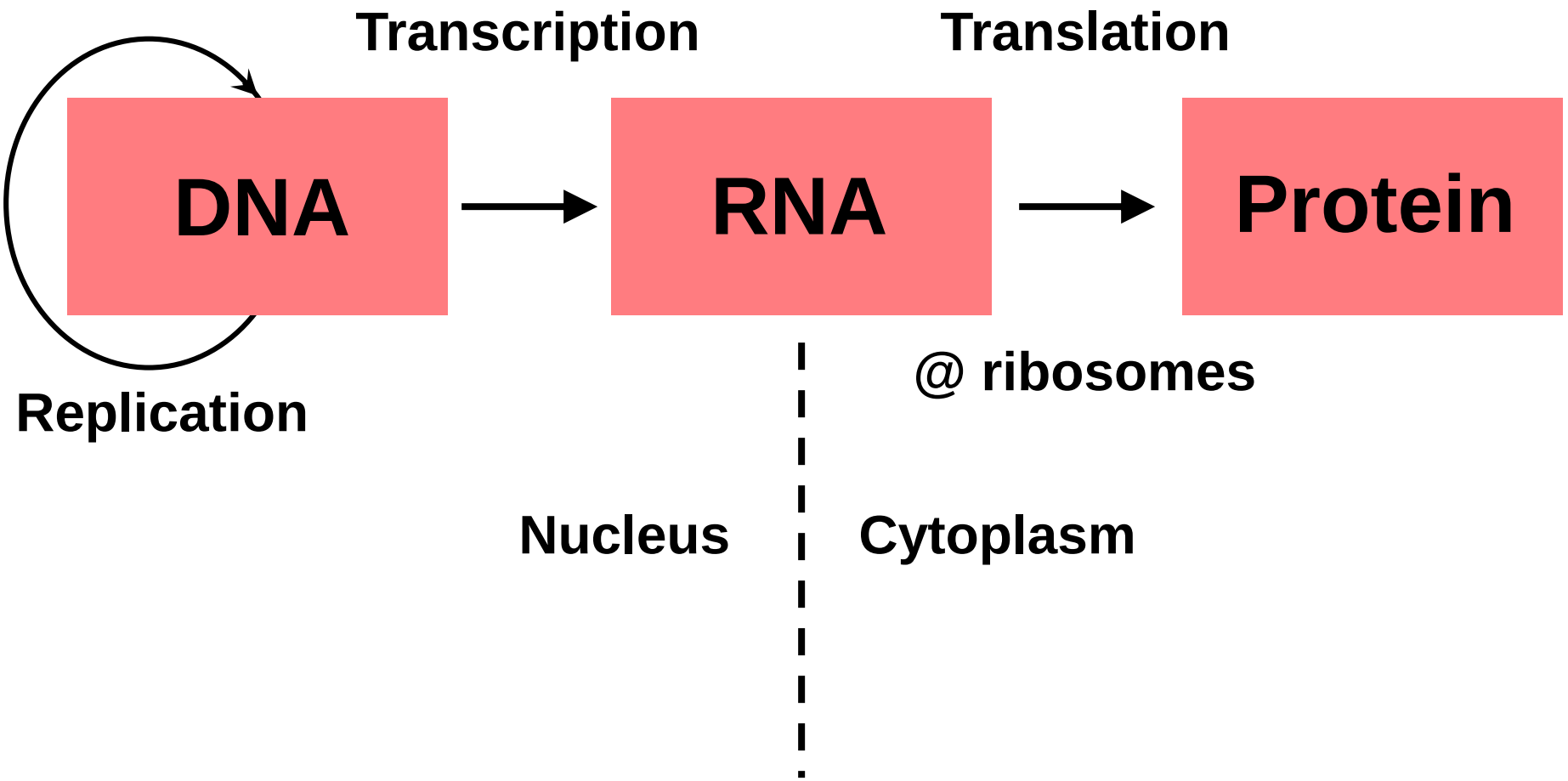
LS fig C-2

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



cf: LS fig C-3

What does DNA do, day-to-day?



cf: LS fig C-6

DNA vs *RNA*?

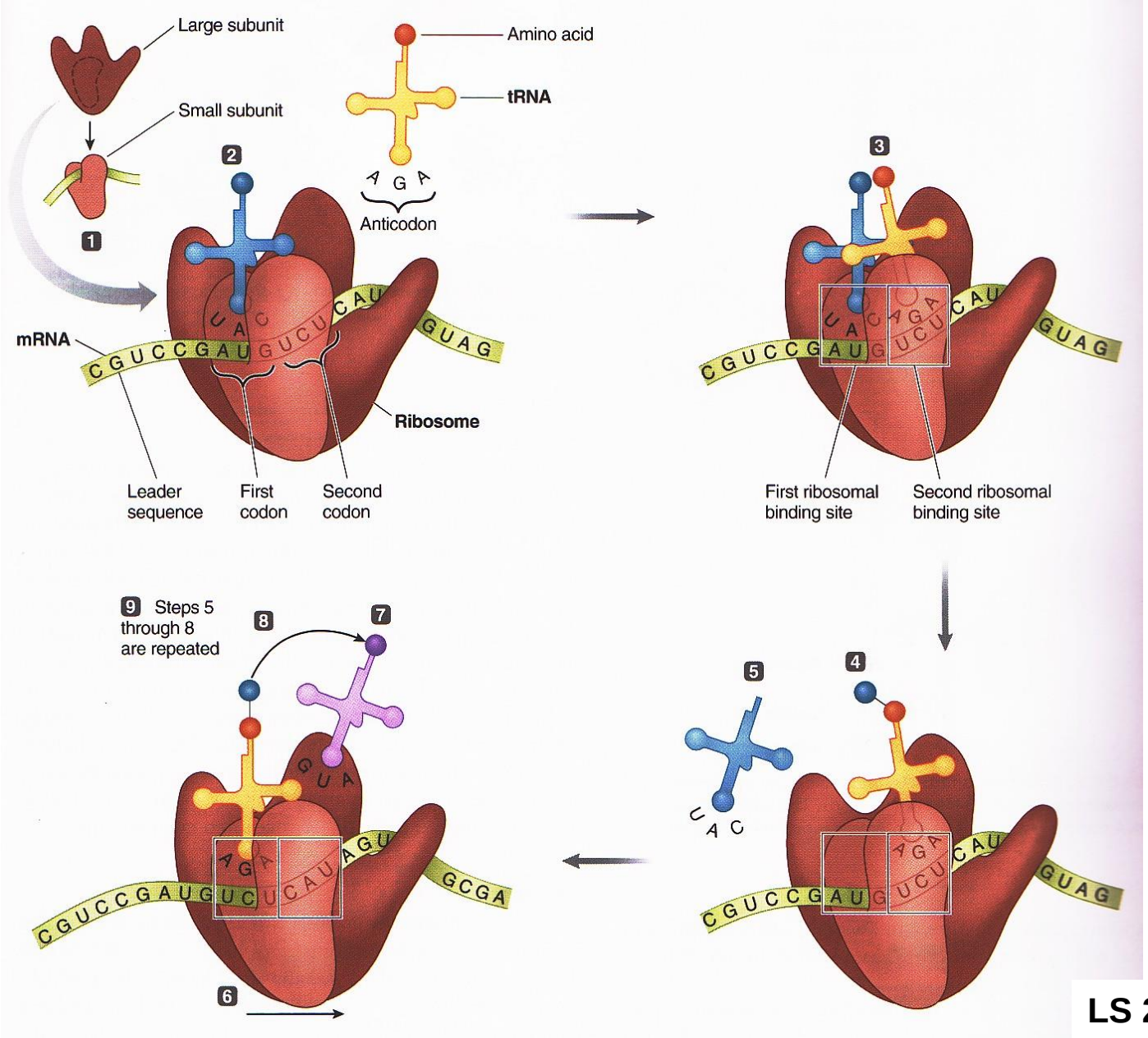
1. Double-stranded
2. Deoxyribose (without oxygen)
3. A, T, C, G
   Thymine
4. Self-replicative (can copy itself)
5. Nucleus (+mitochondria)

1. Single-stranded
2. Ribose (with oxygen)
3. A, U, C, G
   Uracil
4. Needs DNA as template
5. 1^0 Cytoplasm (but Nucleus origin)
6. mRNA, rRNA, tRNA

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

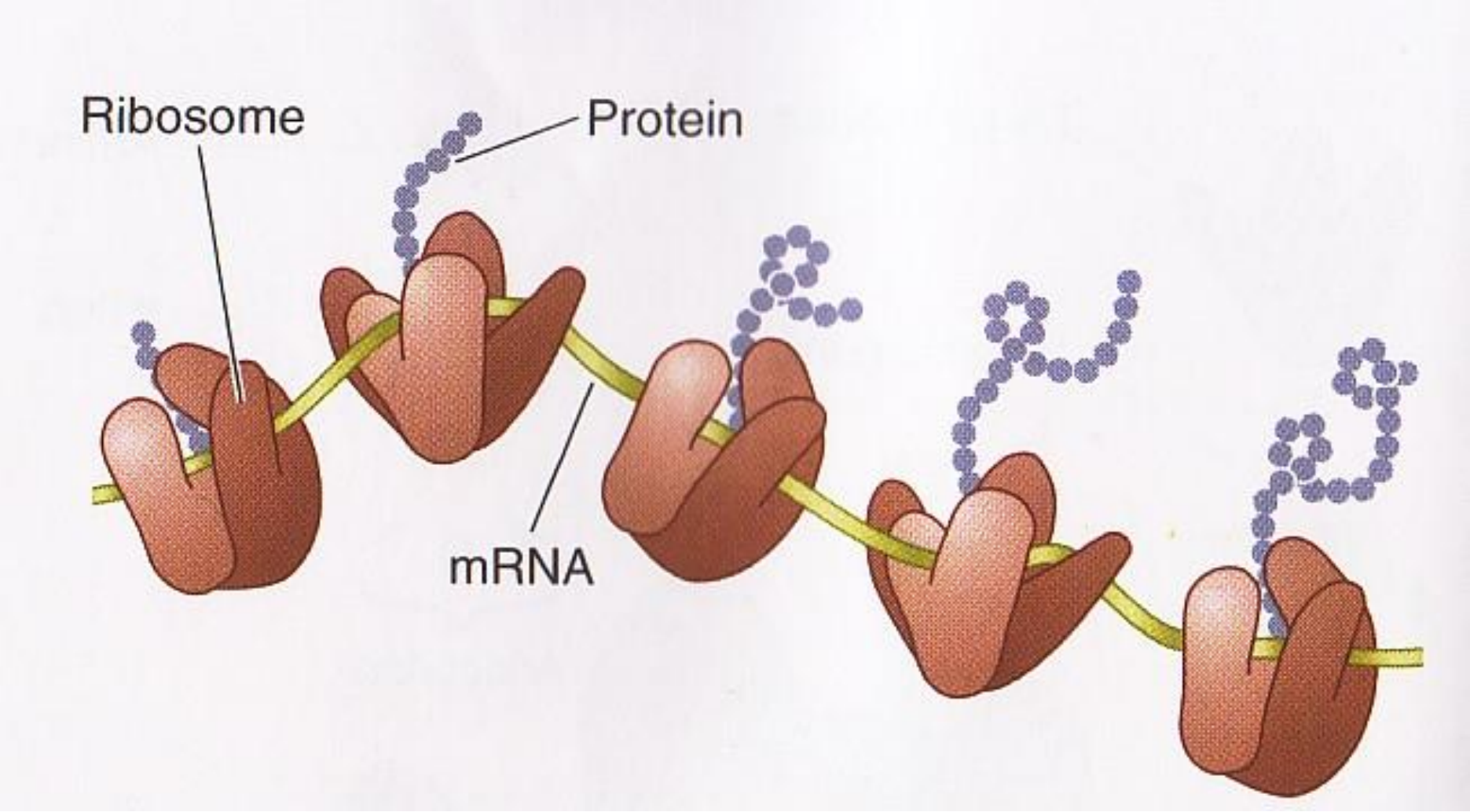
DNA	mRNA	tRNA
code word	codon	anti-codon
TAT	AUA	UAU
ACG	UGC	ACG
TTT	AAA	UUU
TAC	AUG	UAC

Translation? Ribosomes Make Proteins



LS 2012 fig C-7

A Polyribosome. Which Way is Synthesis?



LS fig C-9

BI 121 Lecture 5

Yes, more fun!...

I. ***Announcements*** **Lab 3 tomorrow Nutritional Analyses. Thanks for recording dietary data on LM p 3-7 & exploring *https://www.supertracker.usda.gov/*. Sample Exam I Questions.**

II. ***Nutritional Physiology in the News***
Gain weight by drinking your calories? PEBB Newsletter
Salt–beyond hypertension *UCB Wellness Letter*, June 2011

III. ***Nutrition Primer*** **DC Module 2, Sizer & Whitney (S&W) Sci Lib**
- **A. Dietary Guidelines: USDA, AICR, Eat Like the *Rainbow*!**
- **B. Best path to weight loss? Diet or exercise or both? Dietary composition & endurance? Fasting? Zuti & Golding 1976; Sacks *AHA NPAM Council* 2009; AMDR? Adjusted Macro-nutrient Distribution Range!**
- **C. *Nutrition Quackery, Balanced Approach* Kleiner, Monaco+**

IV. ***Digestion*** **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**

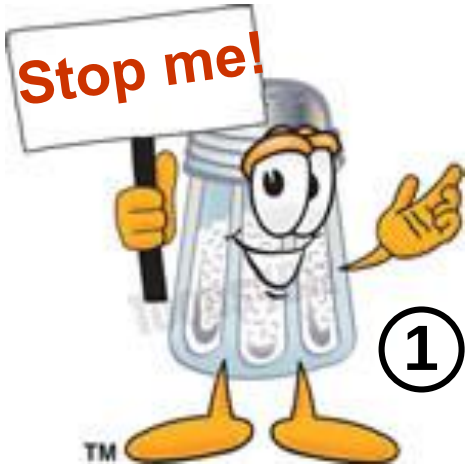
5 times per wk? ≡ 106,600 calories/yr ≡ ± 30.5 lb fat/yr

≡

Starbucks Cinnamon Dolce Latte, whipped cream *Venti (20 oz.)*	410 calories
Jogging	50 min.

Better choices!

More Reasons to Shake the Salt Habit



① ↓blood vessel vasodilation w/in 30 min by ingesting 1500 mg Na+!

② ↑Ca^{2+} excretion ↑bone loss, risk of osteoporosis & fractures.

③ May directly impair kidney function & ↑risk of kidney stones.

④ GI cancer risk, inflammation?

I'm outta here!!

UCB Wellness Letter Jun 2011 p 5

Macronutrients & Micronutrients Essential for Life

Macronutrients	Sample Food Sources
H_2O/Water	Water, other drinks, fruits & vegetables
✓ 1^0 Carbohydrates	Grains, vegetables, fruits, dairy products
✓ 2^0 Fats/Triglycerides/Lipids	Meats, full-fat dairy products, oils
✓ 3^0 Proteins	Meats, legumes, dairy vegetables
Micronutrients	***NB*: Need only minute quantities!**
Vitamins (A, D, E, K; C + B)	Vegetables, vegetable oils, fruits, citrus, grains, dairy
Minerals (K^+, Na^+, Ca^{2+}, Mg^{2+} Fe^{2+}, Zn^{2+},…)	Fruits, vegetables, grains, nuts, dairy, meats, processed foods

✓ *Energy nutrients = yield ATP*

Dietary Guidelines for Americans 2005 Food Guidance System

1. ↑emphasis on ↓kcal + ↑exercise.
2. 9-A-Day! 4 fruit + 5 vegetable servings.
3. ≥ 3 of 6 whole grains ⟶ ½ whole grains!
4. 3 servings of dairy, eg 3 c fat-free milk.
5. ↓saturated + trans fats + ↑unsaturated/ "good" fats, eg Ω-3 fish, walnuts.
6. Drink in moderation if at all.
7. Practice food safety.

MyPlate launched 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. **Go lean with protein. Keep protein to < ¼ plate! Nuts, beans, peas, seeds, poultry, lean meat, seafood,…**

Diet & Health Guidelines for Cancer Prevention

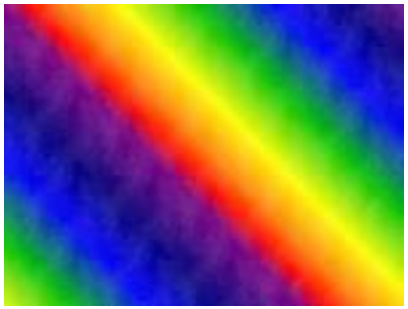
1. **Choose a diet rich in variety of plant-based foods.**
2. **Eat plenty of vegetables & fruits.**
3. **Maintain a healthy weight & be physically active.**
4. **Drink alcohol only in moderation, if at all.**
5. **Select foods low in fat & salt.**
6. **Prepare & store food safely.**

And <u>always</u>, remember...

Do not smoke or use tobacco in any form.

American Institute for Cancer Research

American Institute for Cancer Research (AICR)



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.

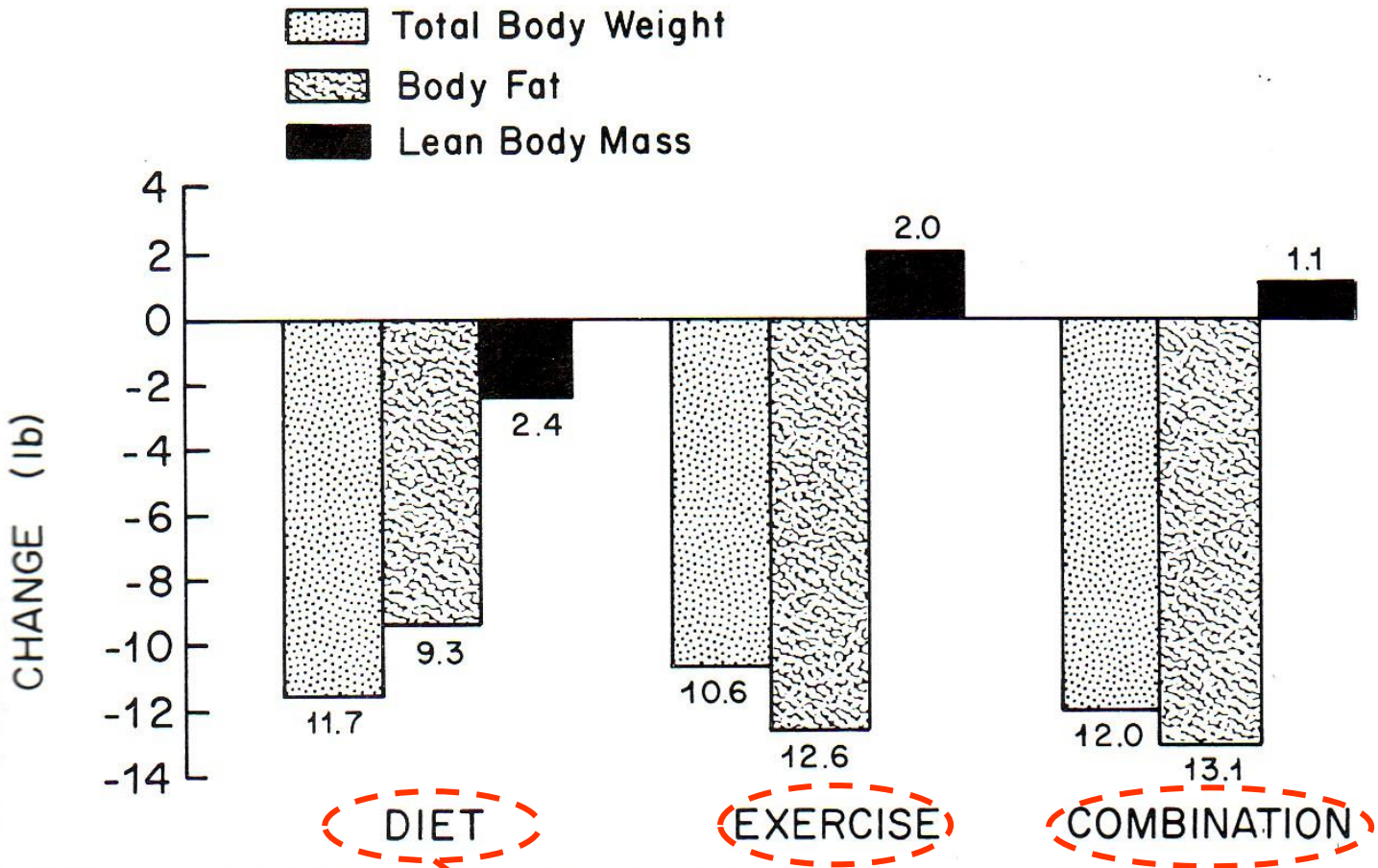


Figure 4–9. Changes in body weight, body fat, and lean body weight for diet, exercise, and combination groups. (From Zuti W. B., and Golding, L. A.: Comparing diet and exercise as weight reduction tools. **Phys. Sportsmed.** 4:49–53, 1976.)

***NB*: Each group 500 kcal deficit/day, 16 weeks**

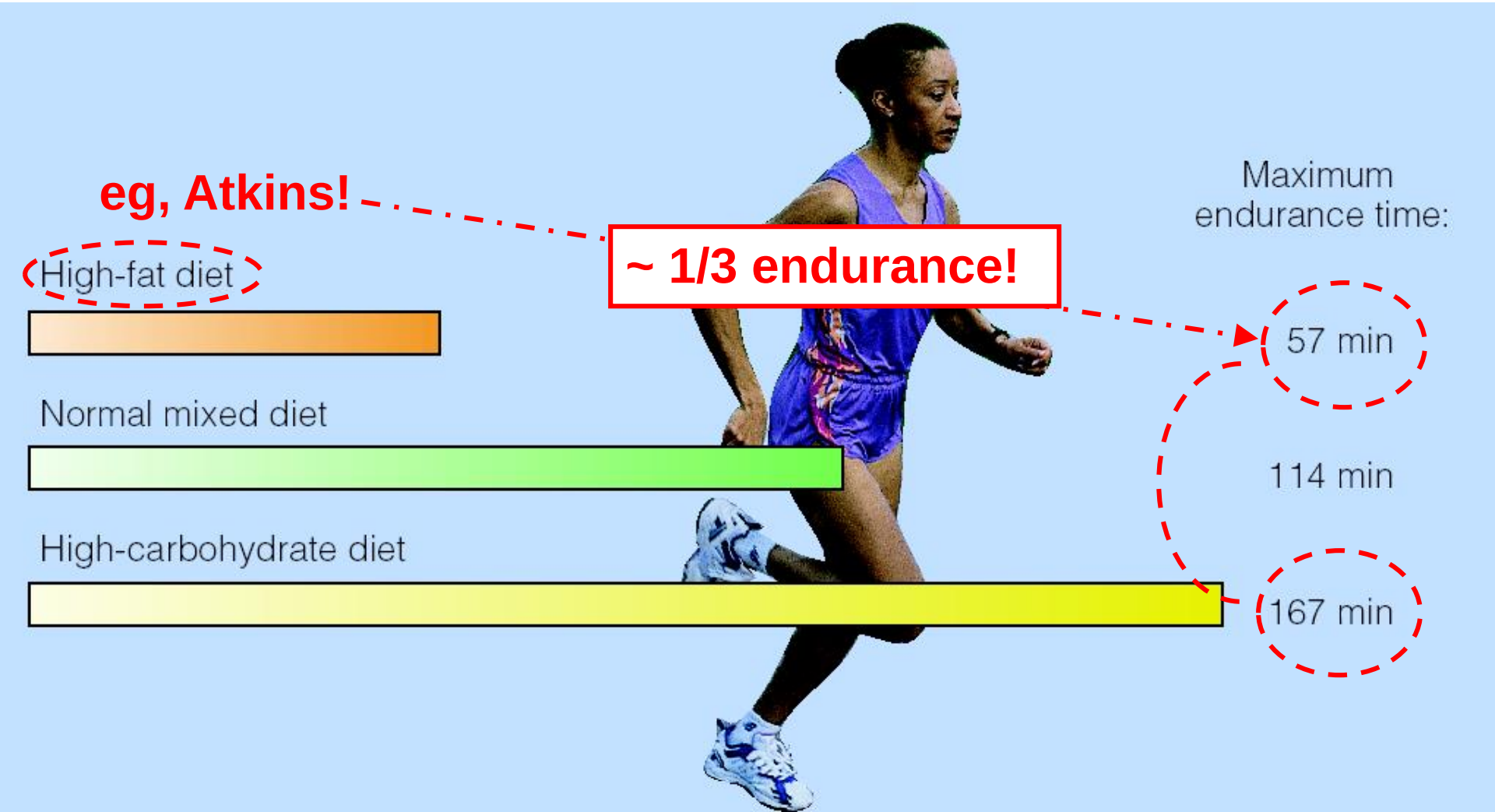


AMERICAN COLLEGE OF SPORTS MEDICINE
FOUNDED 1954
AMERICAN COLLEGE of SPORTS MEDICINE


Exercise is better than dieting in lowering body fat & preserving muscles!

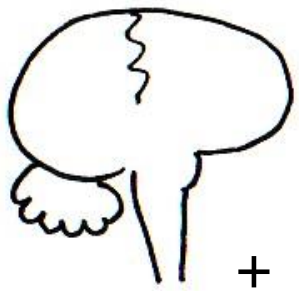


Dietary Composition & Physical Endurance



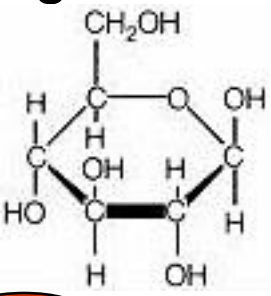
cns

2



+

glucose



rbcs

3

Negative Effects of Low Carbohydrate

1

4

1. ↑ fatigue/exhaustion central & peripheral!
2. ↓ glucose – brain+spinal cord, rbcs thrive upon.
3. ↓ variety which reduces intake of phytochemicals, vitamins, minerals & fiber.
4. ↑ risk of respiratory infections.

+ gall stones, ↓ thermoregulation...

To Help Lower Body Wt & %Fat
EXERCISE!! +*Minimize* These!!

FAT	**9 Kcal/g**
ETOH	**7 Kcal/g**
CARB	**4 Kcal/g**
PRO	**4 Kcal/g**

NB: *Minimize* not *Eliminate*!
Moderation* not *Abstinence!!

60-day Fast???

Lost 60 lb!! Wow!!

Yet

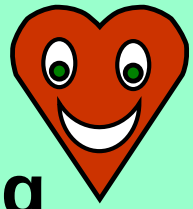
> ¾ **26 lb Water**

20 lb Lean Body Mass

14 lb Fat

Fat < ¼ total wt loss!

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.

US Dietary Recommended Intakes (DRI) Committee Acceptable Macronutrient Distribution Ranges (AMDR)!

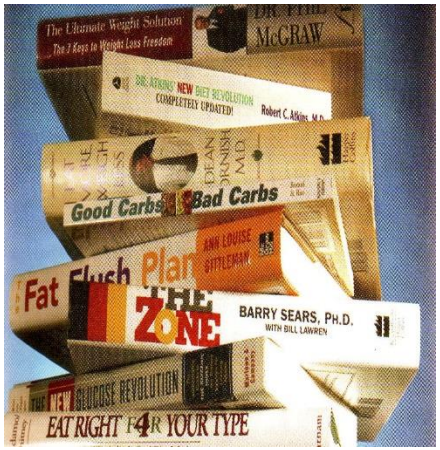
Energy Nutrient	*% Total Calories*
Carbohydrate	**45-65%**
Fat	**20-35%**
Protein	**10-35%**

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

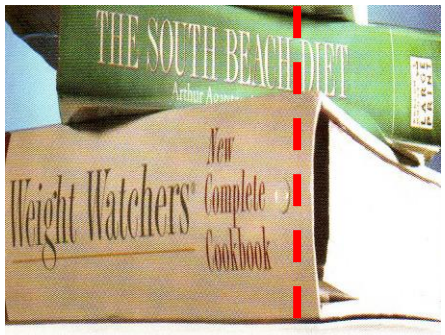
1. **Treatment based on unproven theory calling for non-toxic, painless therapy.**
2. **Author's/purveyor's credentials aren't recognized in scientific community.**
3. **No reports in scientific, peer-reviewed literature but rather mass media used for marketing.**
4. **Purveyors claim medical establishment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

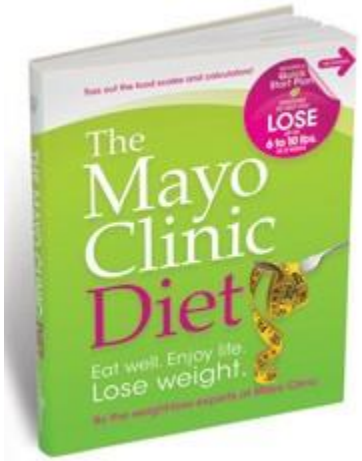
NOT PEER-REVIEWED =

TRADE BOOKS



PEER-REVIEWED = TEXTS → RESEARCH





AHA + DASH + MAYO CLINIC

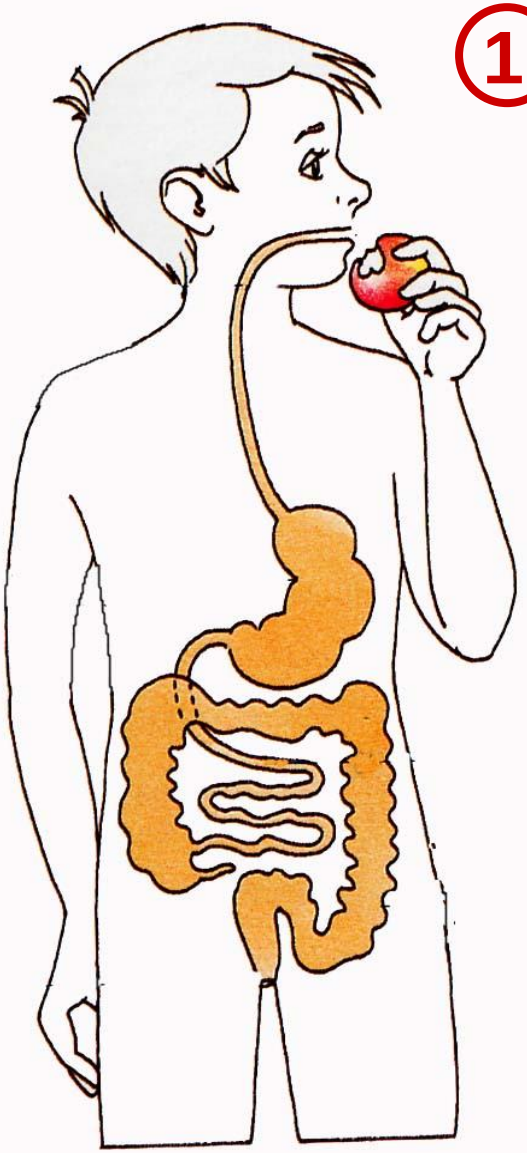
LOWER CARBOHYDRATE

LOWER FAT

ELIMINATE CALORIES or FOOD GROUPS ENCOURAGE FASTING

ADEQUACY BALANCE CONSISTENCY & MODERATION

Digestion Steps

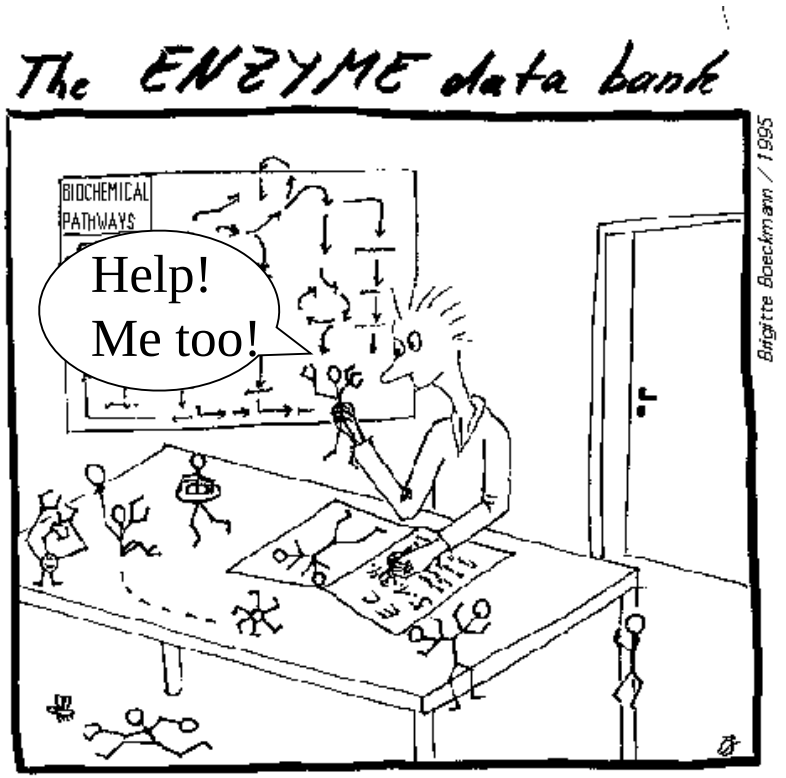


1. Ingestion
2. Mechanical Digestion
3. Chemical Digestion
4. Peristalsis
5. Absorption
6. Storage
7. Defecation

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

Hydrolysis of Energy Nutrients

+

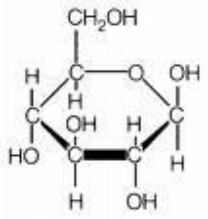


H_2O + Enzyme

Polymer to Monomer (Many to One)

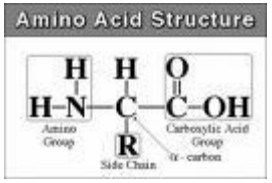
…Central-linking theme!!

Carbohydrate

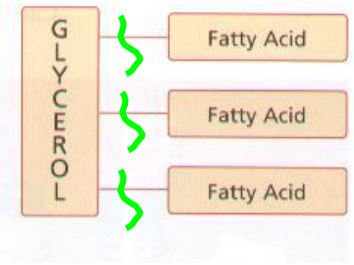


Glucose

Protein
+
Fat

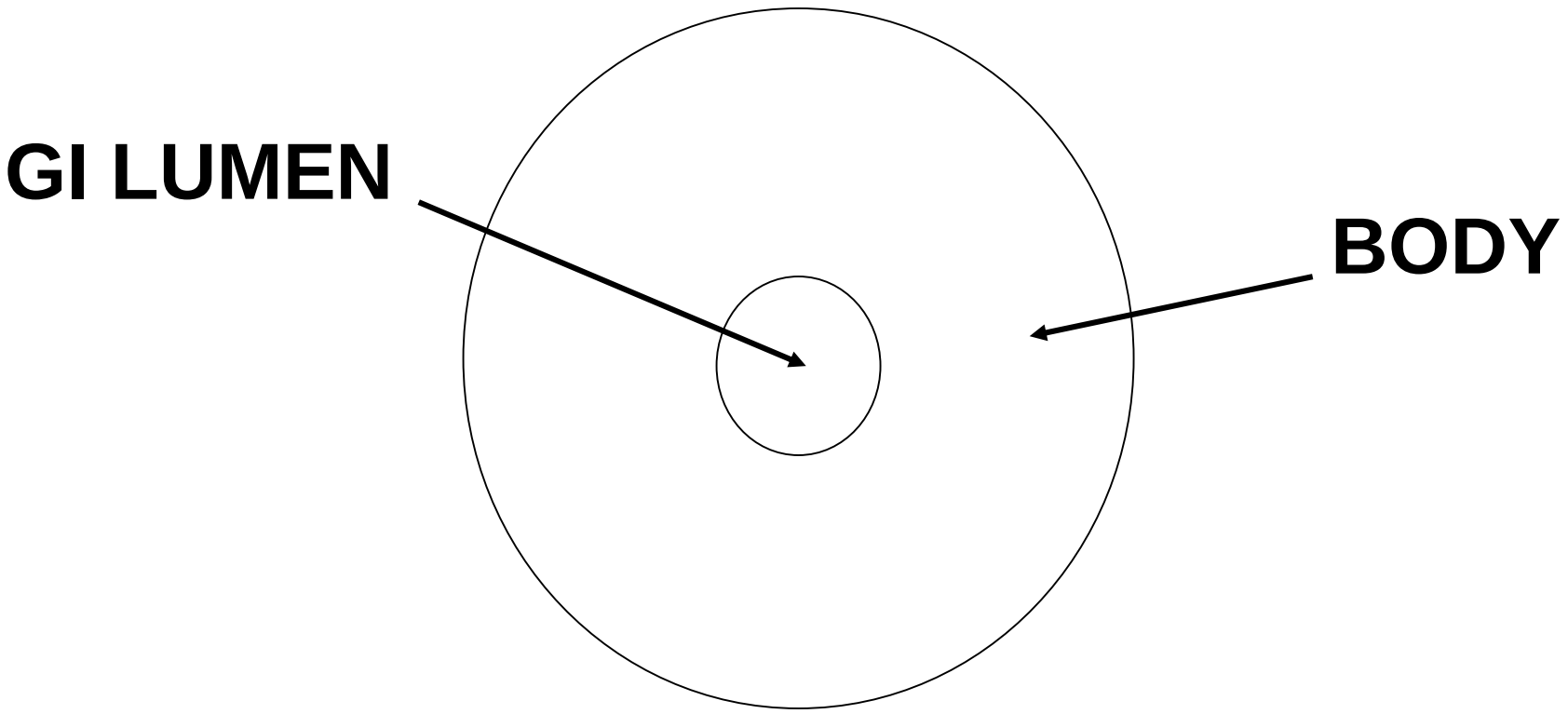


Amino Acids



Fatty Acids
+
Glycerol

GI-DONUT ANALOGY



Gut Secretions

Secretion	***Release Site***
1. Mucus	**into GI Lumen**
2. Enzymes	**into GI Lumen**
3. H_2O, acids, bases+	**into GI Lumen**
4. Hormones	**into Blood**

1. Mouth

Ingestion entry way
salivary gland secretion
mucus + enzymes
enzymatic digestion: carbohydrate
mastication = chewing
deglutition = swallowing

2. Esophagus

Rapid transit
peristalsis
secretion mucus

3. Stomach

Mixing peristalsis
secretion mucus + HCl
+ enzymes
enzymatic digestion:
protein + butter fat!

4. Liver-Gall Bladder

Emulsification =
detergent action of bile
+ secretion

5. Pancreas

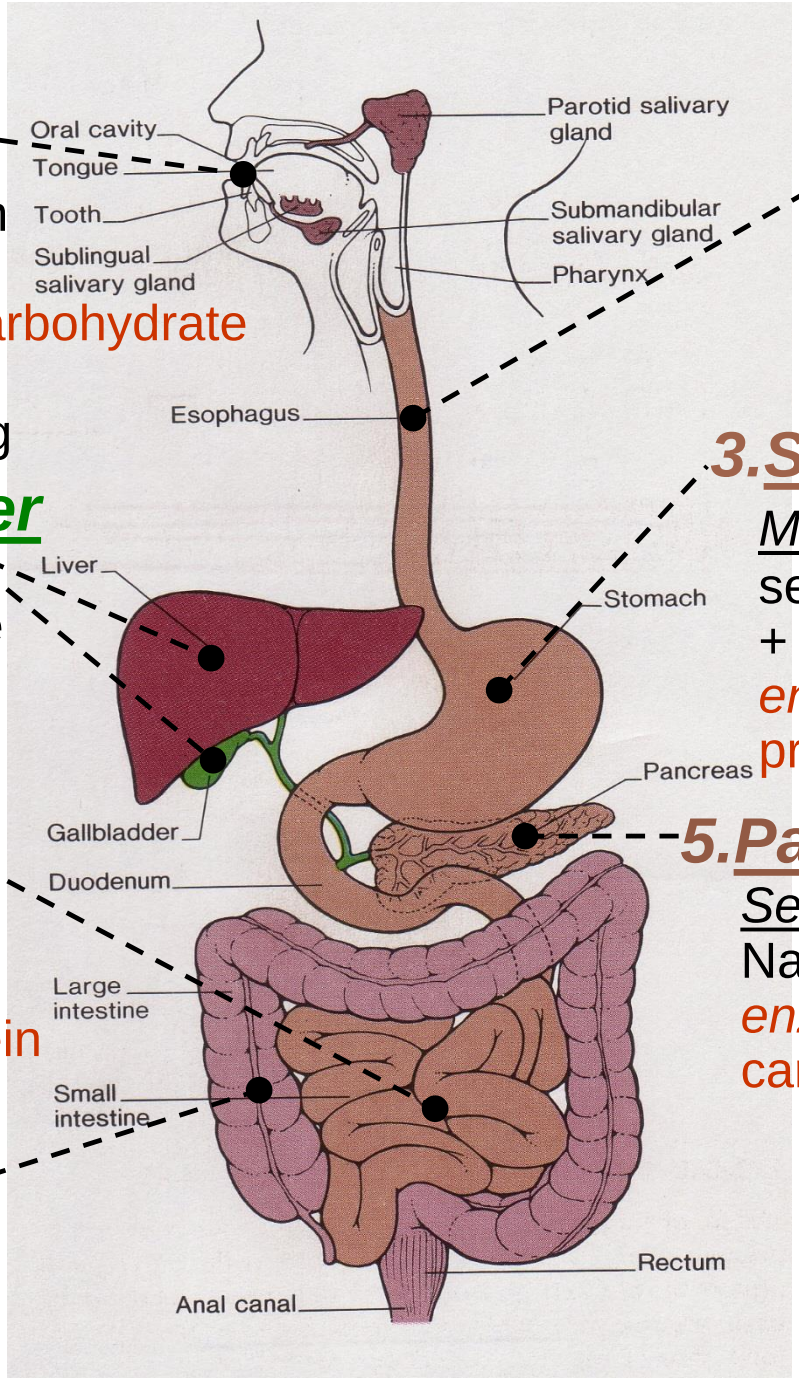
Secretion mucus +
$NaHCO_3$ + enzymes
enzymatic digestion:
carbohydrate, fat, protein

6. Small Intestine

Absorption
Secretion mucus
+ enzymes
enzymatic digestion:
carbohydrate, fat, protein
Peristalsis

7. Large Intestine

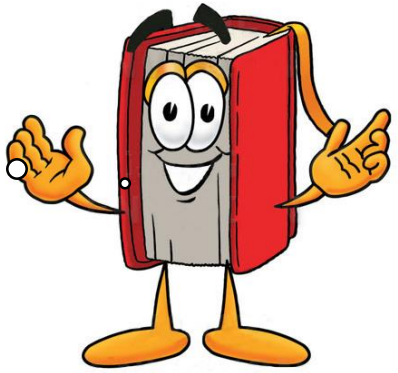
Dehydration
secretion + absorption
storage + peristalsis



Common Control Mechanisms

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

Hey – I'll be ready because I book it!!



BI 121 Lecture 6 + Q + ½ Midterm Review

I. ***Announcements*** **Next session Q? ~½ review, then Midterm.**
Fun Lab 3 Nutrition today! Sample Suisse Calculation? Q?

II. ***Nutrition in the News*** **Be a whiz at healthy grilling!**
American Institute for Cancer Research, **Grilling Quiz!**

III. ***Digestion Connections*** **LS ch 15, DC Module pp 17-23**
- **A. Histology 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**
  http://www.cdc.gov/ulcer **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 Carbohydrate, Fat & Protein?

Carbohydrate 46 g x 4 kcal/g = 184 kcal

% Carbohydrate = 184/567 = 0.326 ≡ ~33%

Fat 39 g x 9 kcal/g = 351 kcal

% Fat = 351/567 = 0.619 ≡ ~ 62%

Protein 8 g x 4 kcal/g = 32 kcal

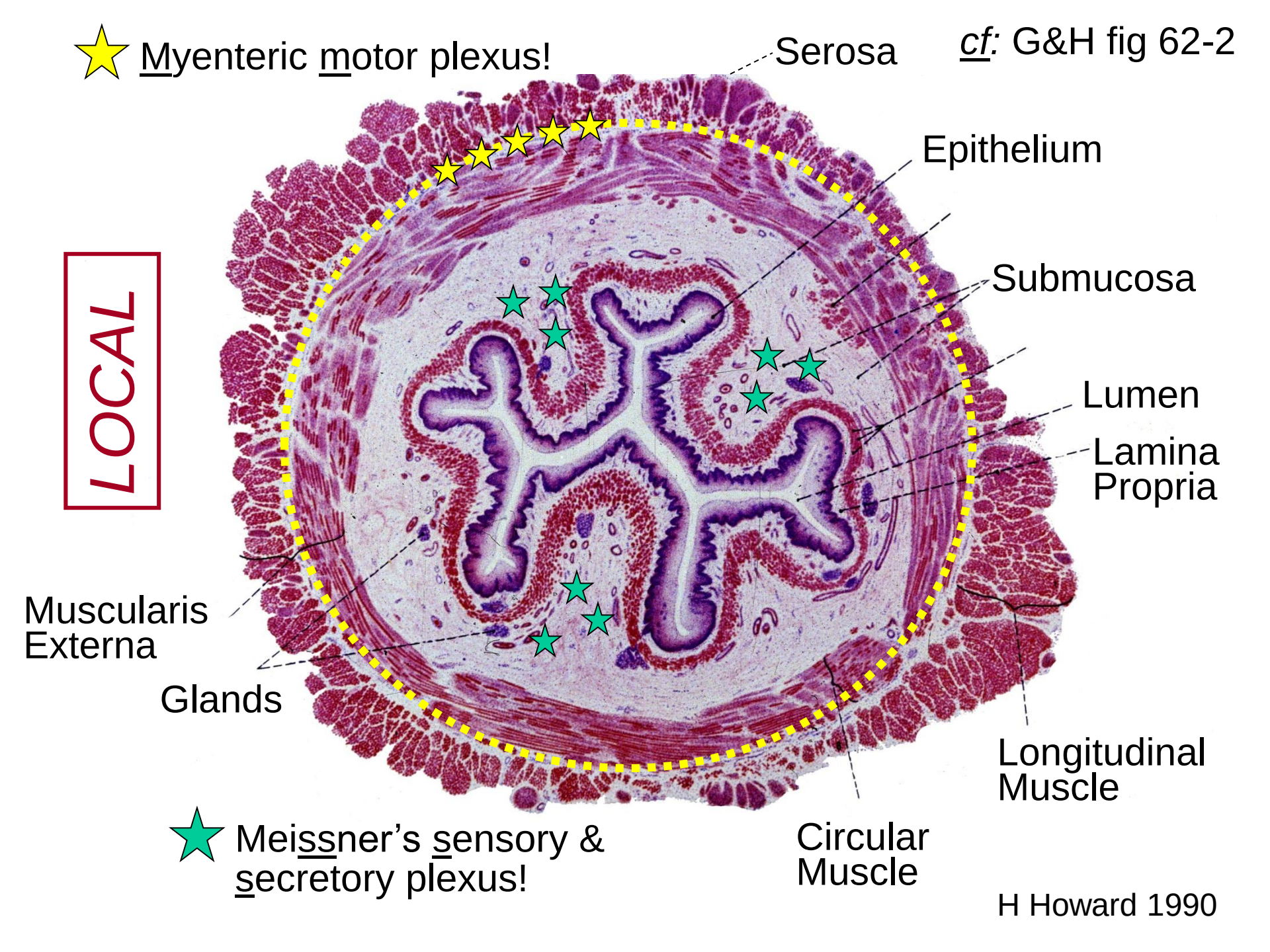
% Protein = 32/567 = 0.056 ≡ ~ 6%

∑ = 567 kcal

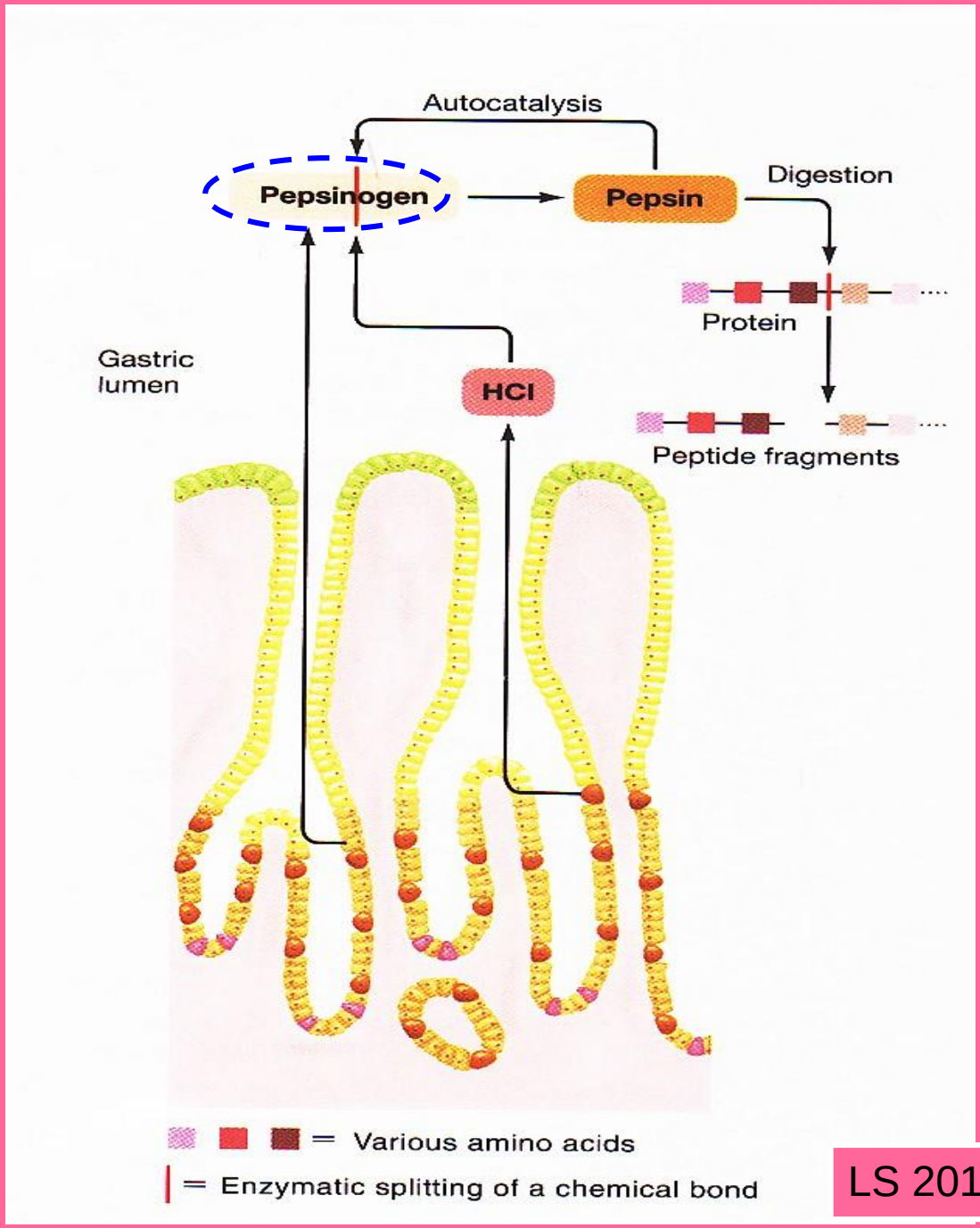
American Institute for Cancer Research (AICR) Healthy Grilling Quiz Summary

1. **Marinade, 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 (*e.g.*, 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.**

AICR Newsletter, Summer 2006

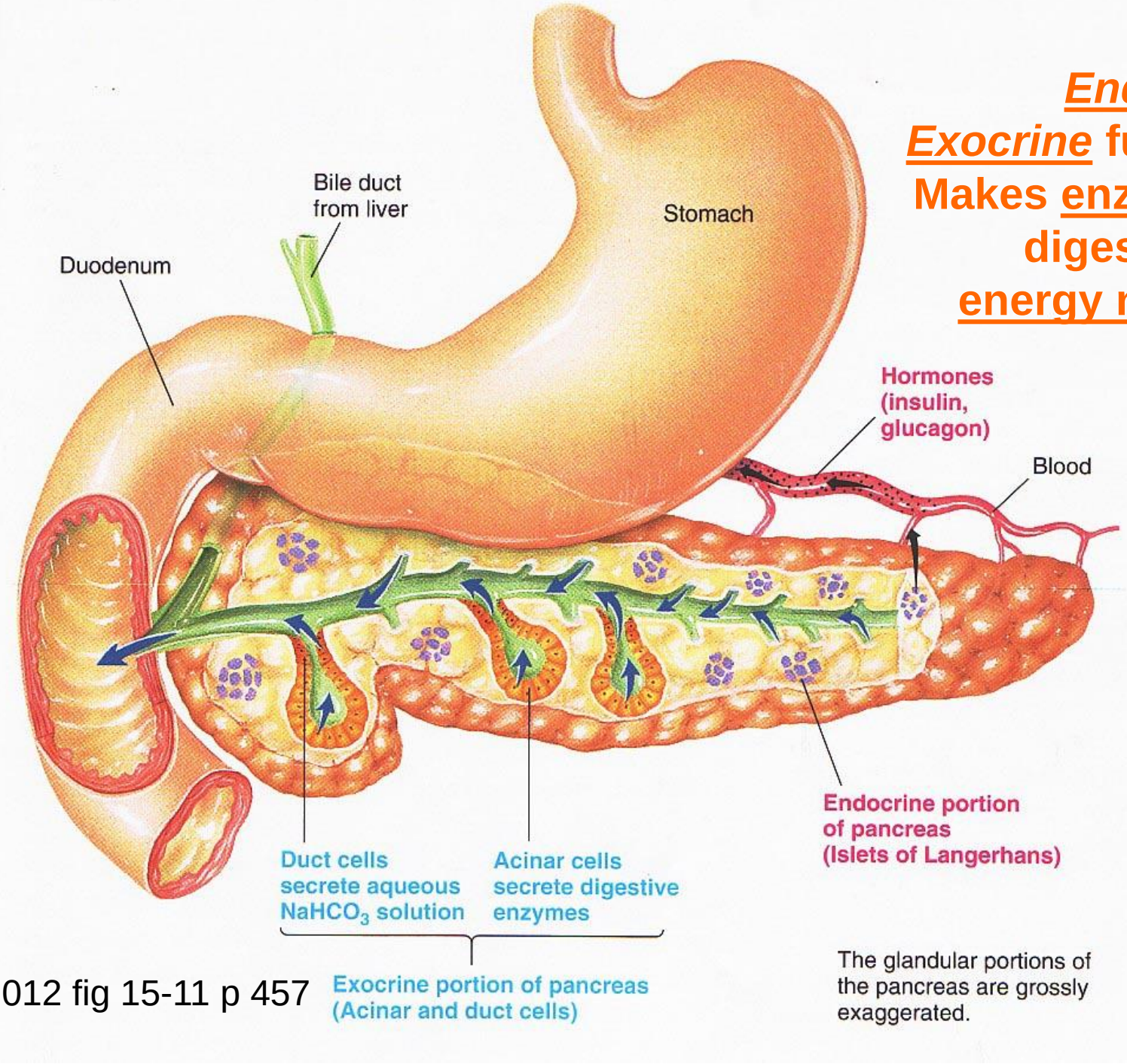

Myenteric motor plexus!
Serosa
cf: G&H fig 62-2
Epithelium
LOCAL
Submucosa
Lumen
Lamina Propria
Muscularis Externa
Glands
Longitudinal Muscle
Meissner's sensory & secretory plexus!
Circular Muscle
H Howard 1990

Zymogen= an inactive precursor

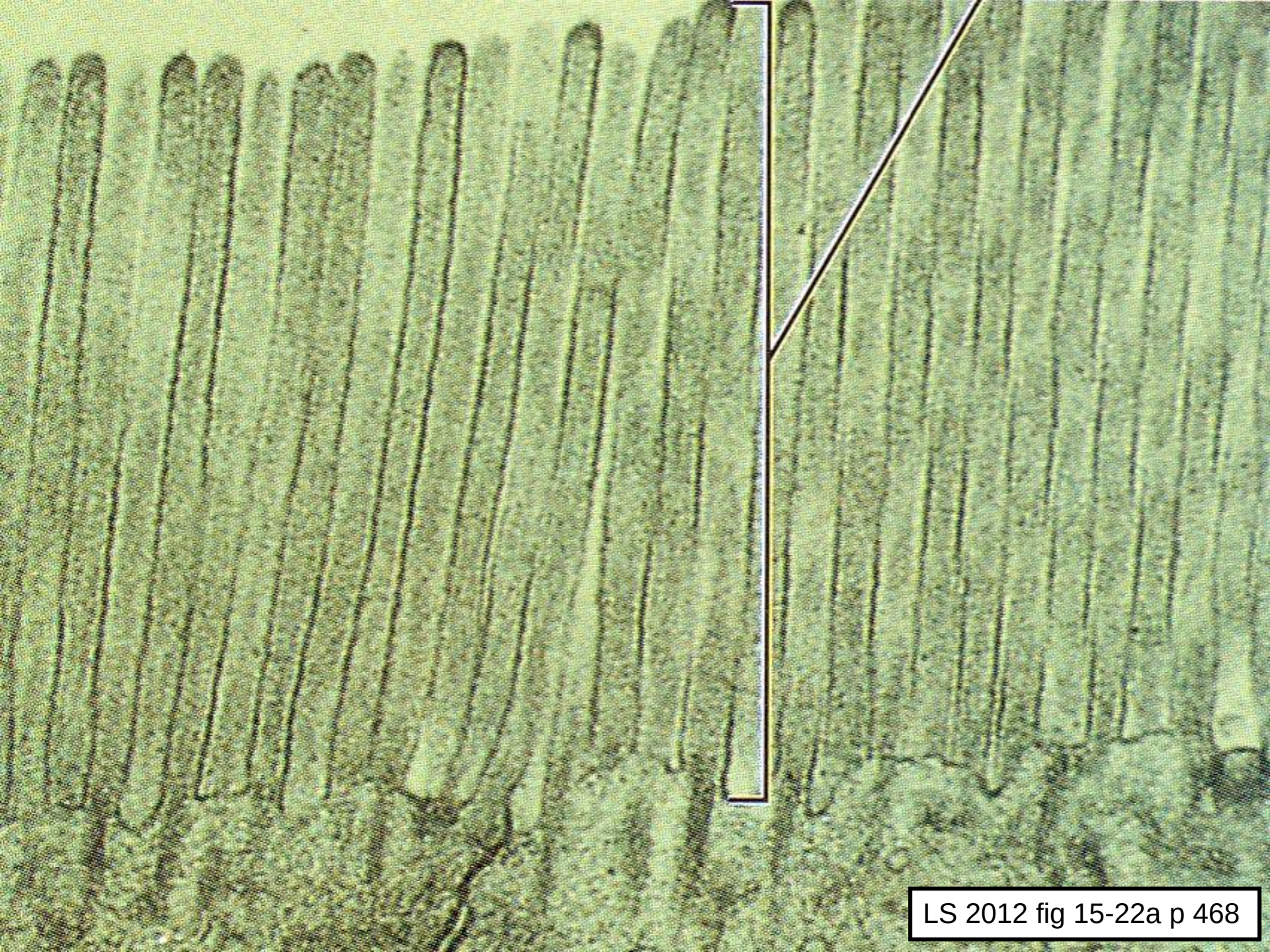


LS 2012 fig 15-9 p 452

Endocrine + _Exocrine_ functions; Makes enzymes for digesting all 3 energy nutrients!



LS 2012 fig 15-11 p 457



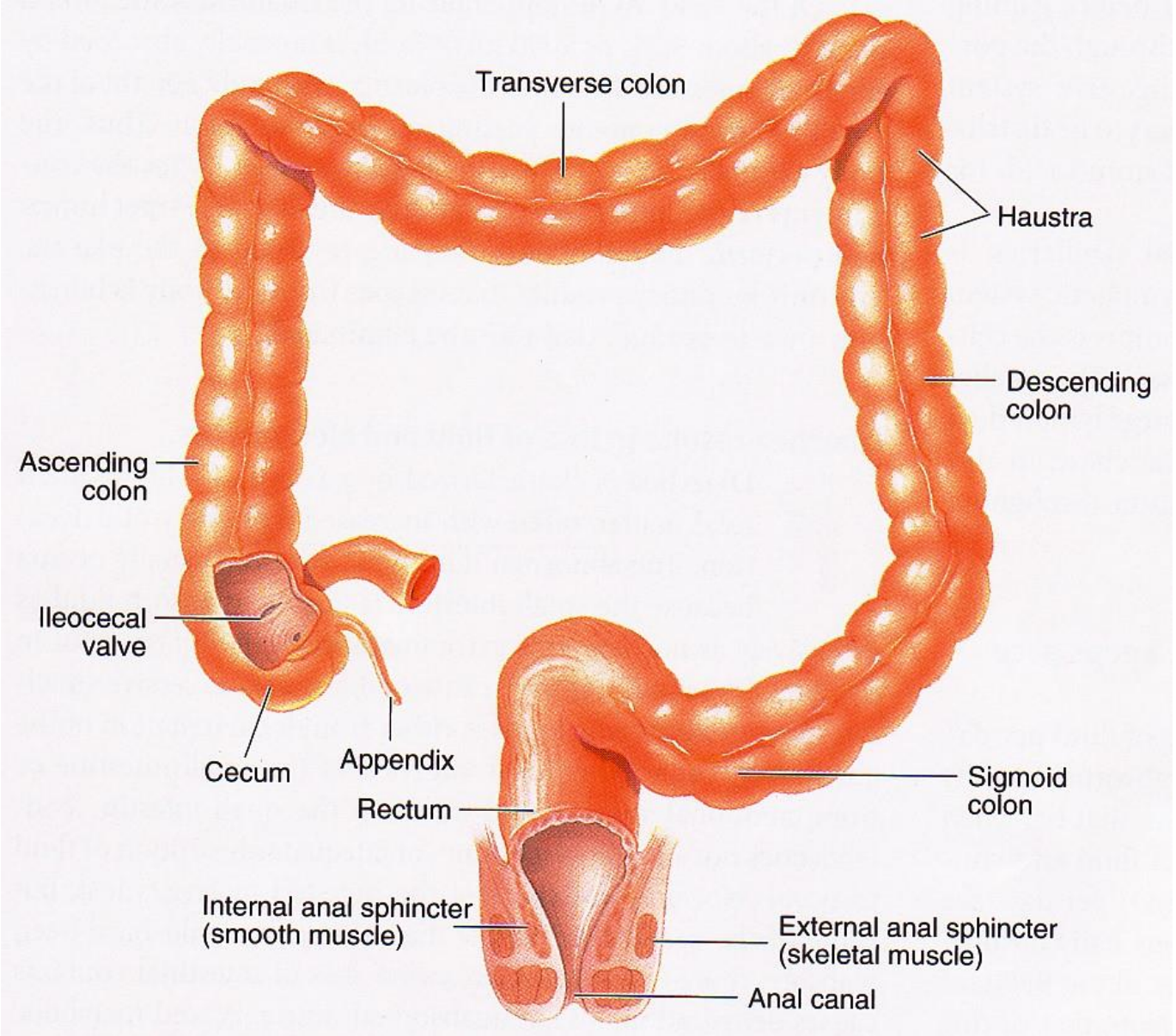
LS 2012 fig 15-22a p 468

http://www.cdc.gov/ulcer/

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.

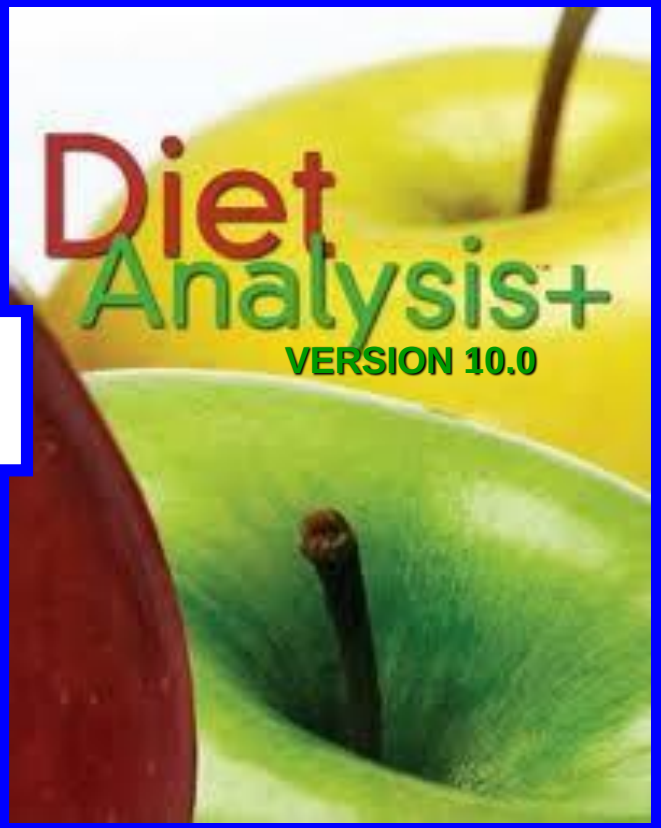
Large Intestine Structure & Function



LS 2012 fig 15-24 p 472

Lab 3: Nutritional Analyses via 2 Programs

+



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