

Biology for Health Sciences

Human Anatomy

✓ Organ

- Latin "organum" meaning an instrument or tool
- Collection of tissues that structurally form a functional unit specialized to perform a particular function.

✓ Organ System

- Group of organs that work together to perform a certain function in an organism's body.
- Most animals and plants have organs, which are self contained groups of tissues such as the heart that work together to perform one function.

✓ Integumentary System

- Largest organ of the body that forms a physical barrier between the external environment and the internal environment that it serves to protect and maintain.
- Includes the epidermis, dermis, hypo dermis, associated glands, hair, and nails.
- This system performs many intricate functions such as body temperature regulation, cell fluid maintenance, synthesis of vitamin D, and detection of stimuli.

■ SKIN: Epidermis

- Tough layer that acts as the first line of defense against the external environment.
- protects your body from harm, keeps your body hydrated, produces new skin cells and contains melanin, which determines the color of your skin.

◊ 5 LAYERS OF EPIDERMIS:

- / (1) Stratum corneum
- / (2) Stratum lucidum
- / (3) Stratum granulosum
- / (4) Stratum spinosum
- / (5) Stratum basale

■ SKIN: Dermis

- Inner layer of the two main layers of the skin. It has connective tissue, blood vessels, oil and sweat glands, nerves, hair follicles, and other structures. It is made up of a thin upper layer called the papillary dermis, and a thick lower layer called the reticular dermis.
- It is a fibrous structure composed of collagen, elastic tissue, and other extracellular components that includes vasculature, nerve endings, hair follicles, and glands. The role of the dermis is to support and protect skin and deeper layers, assist in thermoregulation, and aid in sensation.

✓ Acne (Acne Vulgaris)

- Most common disorders in the U.S.
- Caused by blocked hair follicles and oil (sebaceous) glands of the skin, often triggered by hormonal changes.

ILLNESSES IN THE SKIN

✓ Atopic dermatitis (Eczema)

- One of the most common forms of eczema seen in children. It can appear on the face (especially in infants), hands, feet or in creases and folds of the skin.

✓ Shingles (Herpes Zoster)

- Results in a red, blistered rash that may wrap around your torso or appear anywhere on your body. A fever, fatigue and headache may occur too.
- Some virus that causes chickenpox.

✓ Hives (Urticaria)

- Are the familiar welts (raised, red, itchy areas) that can occur on the skin. Common causes of hives include medication, food, and bug bites or stings.

- Usually go away in 2 to 4 hours; however, in some people hives may persist for months or years; this is known as chronic urticaria.

✓ Sunburn

- Occur when there is too much exposure to ultraviolet (UV) light from the sun or tanning beds. The skin turns red, painful, hot to touch, and may even peel away.

✓ Contact dermatitis

- When we touch something that evolves into a skin reaction.
- It is a type of eczema, and may come from plants (poison ivy, sumac, oak), jewelry, latex gloves, and irritants like bleach or soaps.

✓ Diaper Rash

- A wet or soiled diaper left on too long can lead to red bumps and rash in the diaper area, the buttocks, genitals, and skin folds.
- Urine and stool can break down skin, and chemicals in a disposable diaper can dissolve out and irritate the skin.

✓ Rosacea

- Most common in Women over 30, but men can be affected too. Problems with the immune system, vein problems and/or environmental issues can cause the condition.

✓ Athlete's Foot (Tinea Pedis)

- Lead to extreme itching, redness, and cracked skin on the feet and in between the toes. A type of fungi called dermatophytes are commonly found in warm, moist areas like pool decks, shower stalls, and locker rooms.

✓ Basal Cell Carcinoma (BCC)

- Most common type of skin cancer in the U.S. It grows in the upper basal cells of the skin but rarely spreads and is curable.
- Growths commonly occur on the head, ears, nose and neck. They can look shiny, red, and scaly, or like an open sore.

✓ Skeletal System

- Body's central framework. Consists of bone and connective tissues, including cartilage, tendons, and ligaments.
- also called the musculoskeletal system.

◆ FUNCTION

- / Allows movement: Skeleton support your body weight to help you stand and move.
- / Produces blood cells: Bones contain bone marrow. Red and white blood cells are produced in the bone marrow.
- / Protects and support organs: Skull shields brain, ribs protect heart and lungs, and backbone protects spine.
- / Store minerals: Bone hold body's supply of minerals like calcium and vitamin D.

■ BONE TYPES

- / Flat
- / Long
- / Short
- / Sesamoid
- / Irregular

◆ PARTS

- main part of skeletal system consists of bone, hard structures that create body's framework - the SKELETON.
- 206 bones in an adult human skeleton.
- Each bone has 3 main layers:
- / (1) Periosteum
- A tough membrane that covers and protects the outside of the bone.
- / (2) Compact Bone

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