

PRINCIPLES OF

# HUMAN PHYSIOLOGY

SIXTH EDITION

**CINDY L. STANFIELD**

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\*These Solve It tutorials are not printed in the textbook, but are assignable in MasteringA&P.

**Don't just read  
this book...**

**Explore physiology with MasteringA&P<sup>®</sup>**



# Don't just ask questions...

**NEW! SOLVE IT** tutorials engage students in a multi-step case study in which they must analyze real data. Students begin by reading a clinical scenario and answering a question in the book, with the opportunity to delve deeper in an assignable activity in MasteringA&P.



## What Happens in Your Cells During a Heart Attack?

Thirty-one-year-old Ahmed was dizzy, sweaty, having trouble catching his breath, and had chest pain radiating in his left arm and lower back. From his nursing classes, Ahmed thought these were symptoms of a heart attack; but he was so young. Since he was taught to educate patients not to ignore these symptoms, he went to the emergency department.

He was immediately taken back to a room, had blood drawn, and was connected to an electrocardiogram (ECG). When the attending physician came in, Ahmed learned that he had suffered a heart attack and would be admitted to the hospital.

The next day, a physician came in to talk to Ahmed about his results in the table to the right.

Based on the test results, Ahmed has \_\_\_\_\_.

- A. hypercholesterolemia and hyperglycemia
- B. hypocholesterolemia and hypoglycemia
- C. hypercholesterolemia and hypoglycemia
- D. hypocholesterolemia and hyperglycemia

Blood Test	Normal Values	Ahmed's Values
Total cholesterol (mg/dL)	< 200 mg/dL	350 mg/dL
Low-density lipoproteins (LDL)	< 130 mg/dL	273 mg/dL
Glucose (fasting)	70–110 mg/dL	243 mg/dL
Hemoglobin A1C	5.6% or less is normal 5.7–6.4% indicates prediabetes > 6.4% confirms diabetes	7.2%
Troponin I (Tnl)	<0.034 ng/ml	0.07 ng/ml

\*Additional questions from this Solve It activity can be assigned in MasteringA&P.

### Part B

Ahmed knew from his nursing classes that cardiac markers are normally found within his cardiac muscle cells, and the levels in his blood should be very low. Based on his learning, Ahmed thought about what he knew about cardiac muscle cells.

Cardiac muscle cells are excitable cells where ion diffusion across the cell membrane leads to changes in charge inside of these cells. This results in the action potentials, which serve as the stimulus for contraction of the heart.

Using your knowledge of intracellular and extracellular ion concentrations and membrane transport, complete the statements about cardiac muscle cells.

positively-charged cations

negatively-charged anions

intracellular fluid

extracellular fluid

lower

higher

into

1. Sodium, calcium, and potassium are \_\_\_\_\_.

2. Sodium and calcium ions are higher in the \_\_\_\_\_.

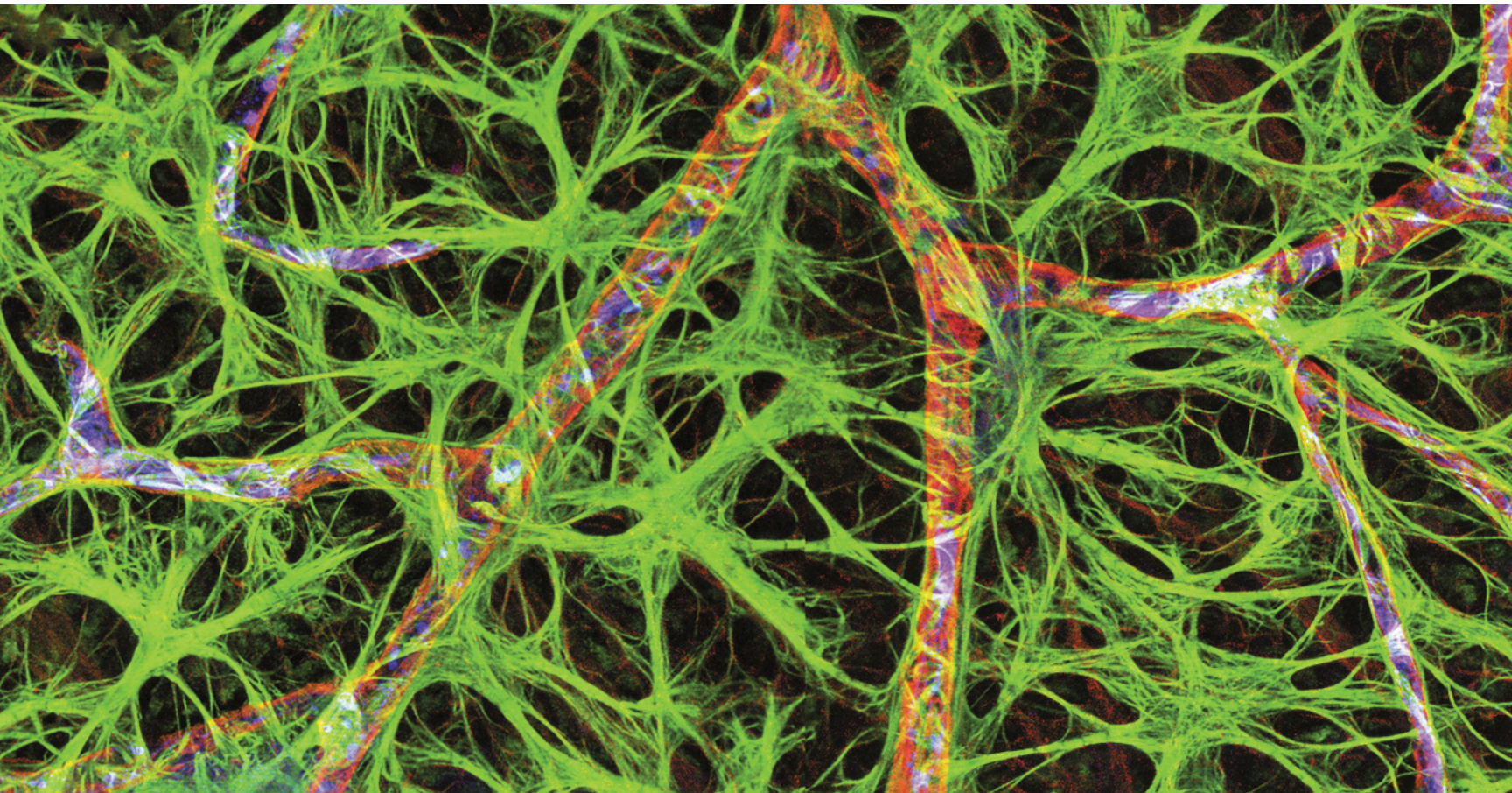
3. Potassium ions are higher in the \_\_\_\_\_.

4. Ions diffuse from areas of \_\_\_\_\_ concentration to areas of \_\_\_\_\_ concentration.

5. Sodium and calcium will diffuse \_\_\_\_\_ cells, and potassium will diffuse \_\_\_\_\_ cells.

PRINCIPLES OF  
**Human Physiology**

Sixth Edition



**CINDY L. STANFIELD**

University of South Alabama

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To John Thurston, the backbone of the family  
since losing our parents. Thanks big brother.  
*C.L.S.*

## About the Author



**Cindy L. Stanfield** earned a B.S. degree and a Ph.D. in physiology from the University of California at Davis. Her exposure to neurophysiology research as an undergraduate sparked her interest in pursuing a Ph.D. As a graduate student she studied the role of neuropeptides in pain modulation and taught several physiology laboratory courses, which led to her interest in teaching. She currently teaches human physiology, neuroscience, and biomedical ethics at the University of South Alabama. Cindy also serves as the director of the Health Pre-professional program.

Cindy currently serves as the national president of Alpha Epsilon Delta, the National Prehealth Honor Society. She received the College of Allied Health Professions Excellence in Served Award in 2003, and the University of South Alabama Alumni Association Excellence in Teaching Award 2004. She is an active member of several professional organizations including the American Physiology Society, the Human Anatomy and Physiology Society, and the National Association of Advisors for the Health Professions. She lives in Mobile, Alabama, with her husband Jim and their numerous cats and dogs.

# Preface

**The guiding philosophy** for this textbook was to create a rich resource that makes it as easy as possible for students to learn the fundamentals of human physiology while also providing a solid, comprehensive, and current overview of the field. It is our belief that a physiology textbook should emphasize deeper understanding of concepts over mere memorization of facts, in concert with useful tools for students with varying levels of preparation in biology, chemistry, physics, and related sciences, to aid them in their individual studies.

In developing the sixth edition, we've made several ambitious enhancements with these goals in mind, while retaining the book's proven and trusted hallmarks: a direct and precise writing style; a clear and illuminating art program designed to maximize student learning; and pedagogical features that stimulate users' interest, help readers think about physiological processes in an integrated way, and reinforce the most important concepts.

The most wide-ranging advancement in the sixth edition is the addition of more critical thinking activities in both the text and the online tool MasteringA&P®, the most effective and widely used online tutorial, homework, and assessment platform and system for the sciences. This online tool utilizes the most current resources, including chapter quizzes, self-paced tutorials, practice tests, guided animations, interactive physiological processes, expansive laboratory simulations, and the newly added Solve It case studies and Interpreting Data.

## New to the Sixth Edition

In response to the feedback we received from users, reviewers, and instructors, we have made the following key enhancements to this edition.

- **MasteringA&P®**, an integrated text and technology learning system focusing on student comprehension and instructor adaptability, with reinforced clinical content, is included in this edition. Assignable, text-specific assets include online homework, tutorial, and assessment systems; self-paced tutorials; and customizable, assignable, and automatically graded assessments. MasteringA&P® icons and references appear at appropriate places throughout each chapter to direct students to related online resources.
- **SOLVE IT**, clinical case studies, appear in nine chapters. These cases are presented in the text but provide the option for the instructor or the student to go to the MasteringA&P® site to further analyze the case. One case continues through four chapters

to further demonstrate systems integration; the other Solve Its are independent.

**INTERPRETING DATA** are new exercises provided in MasteringA&P®. These exercises are found in each chapter and focus on how to read graphs and tables using related data.

## Chapter 1 Introduction to Physiology

**INTERPRETING DATA:** Obesity and Diabetes Mellitus Type 2. Students analyze a graph showing the relationship between BMI and risk for Type II Diabetes Mellitus, and comparing men to women.

## Chapter 2 The Cell: Structure and Function

**INTERPRETING DATA:** The Genetic Code. Students will transcribe and translate a portion of DNA.

## Chapter 3 Cell Metabolism

**INTERPRETING DATA:** Students will analyze data on the importance of one of the enzymes of glycolysis.

## Chapter 4 Cell Membrane Transport

**INTERPRETING DATA:** Osmolarity and Osmosis. Students will be given the concentration of solutes in water and asked to determine osmolarity and direction of water movement. There are four different scenarios, including the use of a hematocrit to determine if lysis of red blood cells has occurred.

**SOLVE IT:** How Can Membrane Transport Changes Lead to a Heart Attack?

## Chapter 5 Chemical Messengers

**INTERPRETING DATA:** Receptor Antagonist Actions. Students compare graphs to determine if an antagonist had a significant effect on the actions of the messenger.

## Chapter 6 The Endocrine System: Endocrine Glands and Hormone Actions

**INTERPRETING DATA:** Hormone Interactions. Students analyze graphs demonstrating antagonistic actions of two hormones and synergism between three hormones.



## Chapter 7 Nerve Cells and Electrical Signaling

**INTERPRETING DATA:** Frequency of Action Potentials. Students analyze the typical trace of an action potential and refractory periods to determine the frequency of action potentials that could be generated.

## Chapter 8 Synaptic Transmission and Neural Integration

**INTERPRETING DATA:** Quantal Release of Neurotransmitter. Students analyze data similar to that obtained by Katz to understand the concept of quantal release of neurotransmitters.

## Chapter 9 The Nervous System: Central Nervous System

**INTERPRETING DATA:** Analyzing Magnetic Resonance Images of the Brain.

## Chapter 10 The Nervous System: Sensor Systems

**INTERPRETING DATA:** Transduction in the Cochlea. Students analyze frequency response graphs of the basilar membrane.

## Chapter 11 The Nervous System: Autonomic and Motor Systems

**INTERPRETING DATA:** Sympathetic and Parasympathetic Nerve Activity. Students compare graphs comparing the response of the autonomic nervous system to natural stimuli versus the effect of nerve stimulation on heart rate.

**SOLVE IT:** Why Does Mio Keep Falling Down? Part 4

## Chapter 12 Muscle Physiology

**INTERPRETING DATA:** Variation in Percentage of Muscle Fiber Types. Students compare data of how different types of exercise affect the distribution of muscle fiber types.

## Chapter 13 The Cardiovascular System: Cardiac Function

**INTERPRETING DATA:** Cardiovascular System. Students analyze how exercise and age affect cardiac efficiency.

**SOLVE IT:** Why Does Mio Keep Falling Down? Part 2

## Chapter 14 The Cardiovascular System: Blood Vessels, Blood Flow, and Blood Pressure

**INTERPRETING DATA:** Blood Pressure and Velocity. Students compare graphs of blood pressure and blood velocity as blood moves through the systemic vasculature.

**SOLVE IT:** Why Does Mio Keep Falling Down? Part 1

## Chapter 15 The Cardiovascular System: Blood

**INTERPRETING DATA:** Bleeding Time. Students analyze the effects of aspirin, acetaminophen, and warfarin on bleeding time compared to a placebo. Students also analyze the effects of von Willebrand's Factor on bleeding time.

**SOLVE IT:** Why Is Marcus Forming Blood Clots and What Problems Can They Cause?

## Chapter 16 The Respiratory System: Pulmonary Ventilation

**INTERPRETING DATA:** Effects of Smoke on the Bronchiole Epithelium. Students analyze data from a table to determine if nicotine had any effects on the bronchiole epithelium by comparing normal epithelium properties to that of epithelium exposed to nicotine.

## Chapter 17 The Respiratory System: Gas Exchange and Regulation of Breathing

**INTERPRETING DATA:** Hemoglobin-Oxygen Saturation Curves. Students analyze the effects of temperature and pH on the hemoglobin-oxygen saturation curve. They then analyze the differences in maternal and fetal hemoglobin.

## Chapter 18 The Urinary System: Renal Function

**INTERPRETING DATA:** Chronic Renal Disease. Students analyze the different causes of renal failure.

## Chapter 19 The Urinary System: Fluid and Electrolyte Balance

**INTERPRETING DATA:** Water Gain and Loss in a Kangaroo Rat and a Human. Students analyze the differences in water balance that takes place in the kangaroo rat and a human.

**SOLVE IT:** Why Does Mio Keep Falling Down? Part 3

**SOLVE IT:** What is Causing Episodes of Muscle Weakness in this Patient?\*

**SOLVE IT:** The Car Accident: How is Breathing Related to Acid-Base Balance?\*

## Chapter 20 The Gastrointestinal System

**INTERPRETING DATA:** Hormones Regulating Long-term Metabolism. Students analyze the effects of leptin and ghrelin over 24 hours with three meals.

## Chapter 21 The Endocrine System: Regulation of Energy Metabolism and Growth

**INTERPRETING DATA:** The Stress Response. Students will compare actions of the autonomic nervous system and hormones on the body's ability to tolerate stress.

**SOLVE IT:** How Are Insulin Pathways Involved in Diabetes Pathogenesis and Treatment?

## Chapter 22 The Reproductive System

**INTERPRETING DATA:** Is it all because of hormones? Students will use a set of data comparing different aspects with a women and between men and women to determine how much the sex hormones affect appearance and behavior.

**SOLVE IT:** Does Sex Determination Have Only Two Possible Outcomes: Male or Female?\*

## Chapter 23 The Immune System

**INTERPRETING DATA:** AIDS-Related Deaths in the United States. Students study the pattern of AIDS-related deaths over the years.

## Chapter 24 Diabetes Mellitus

**INTERPRETING DATA:** Ketoacidosis. Students study blood values in a chart that will help determine that a patient is suffering from ketoacidosis.

**SOLVE IT:** How Does Diabetes Pathogenesis Progress?

# Acknowledgments

As I complete the sixth edition of the textbook, my relationships with all of the supporting personnel has grown. Although the revision process is a heavy undertaking, the team at Pearson Higher Education has continued to make the experience not just manageable but actually enjoyable. Throughout the revision, I benefited from the expertise and hard work of many editors, reviewers, designers, production and marketing staff, and instructors. I extend to them my deepest and heartfelt thanks.

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Cindy L. Stanfield

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# Learn how to solve problems and interpret data!

**NEW! INTERPRETING DATA** tutorials coach students on interpretation and analysis of graphs and charts. Ensuring that students understand and make the most of in-text graphs and figures, these tutorials are assignable in MasteringA&P

## Neural Pathways for Sound

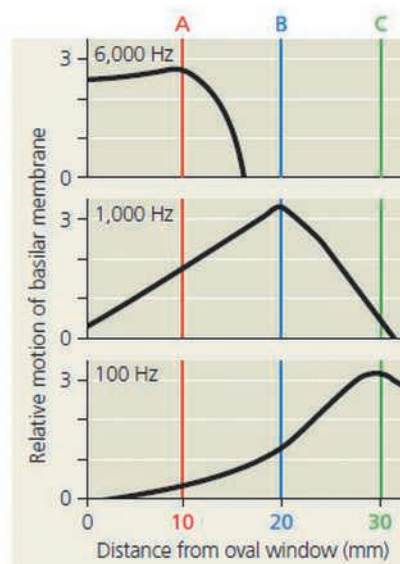
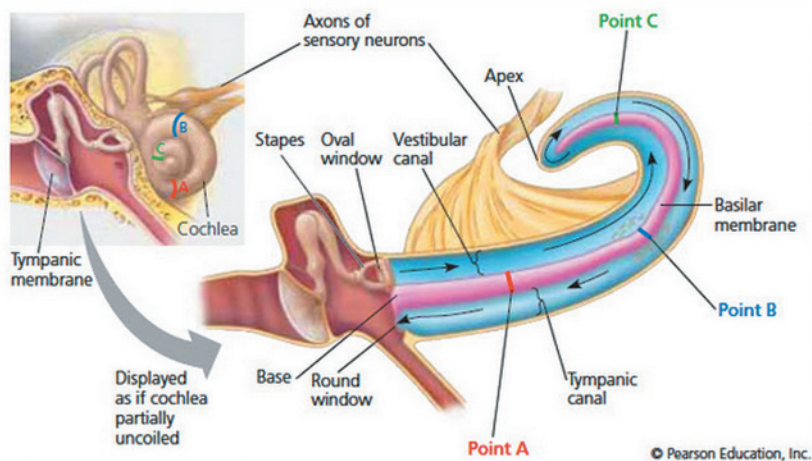


The transmitter released from hair cells binds to receptors on afferent neurons of the *cochlear nerve*, which is part of cranial nerve VIII. The hair cell transmitter depolarizes the afferent neuron: The

### Part A

A musical chord consists of several notes, each formed by a sound wave of a different frequency. The graph shows the patterns of vibration along the basilar membrane for three different frequencies, high (top), middle (middle), and low (bottom), relative to the oval window.

### Interpreting Data: Transduction in the Cochlea



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If a chord had notes with frequencies of 100, 1,000, and 6,000 Hz, what would happen to the basilar membrane?

- It would vibrate with a peak at A only.
- It would vibrate with a peak at B only.
- It would vibrate with a peak at C only.
- It would vibrate at multiple positions, with peaks at A, B, and C.

Submit

My Answers Give Up

# Don't just imagine processes...

## **NEW! INTERACTIVE PHYSIOLOGY 1.0 AND 2.0 (IP 2.0)**

coaching activities help students dive deeper into complex physiological processes. Fun, interactive tutorials, games, and quizzes give students additional explanations to help them grasp complex physiological concepts and processes. Updated for today's technology and emphasis on active-learning, IP 2.0 includes topics, such as **Cardiac Output, Resting Membrane Potential, Electrical Activity of the Heart, Factors Affecting Blood Pressure, Cardiac Cycle, and Generation of an Action Potential.**

**iP2** is accessible on mobile devices!

**iP2** Electrical Activity of the Heart

10. Activity: Correlating the ECG to heart contraction

Play Drag Quiz

Volume

Time = 0.2 secs

Previous Page 10 of 17 ALWAYS LEARNING

**iP2** Electrical Activit... GLOSSARY

10. Activity: Correlating the ECG ...

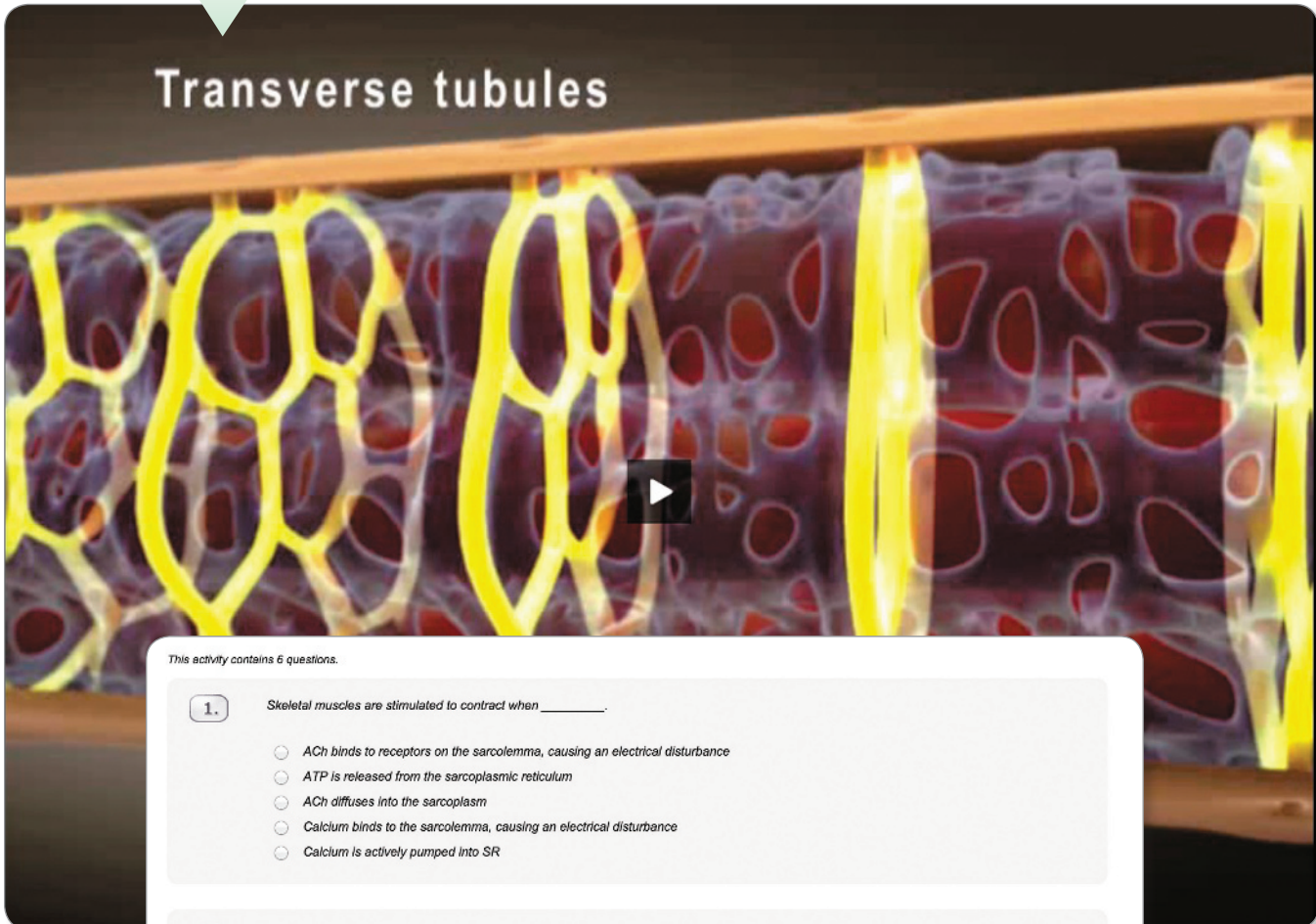
Play Drag Quiz



# Visualize, engage, and understand!

**A&PFlix™** are 3-D movie quality animations with self paced tutorials and gradable quizzes that help students master the toughest physiological topics.

## Transverse tubules



This activity contains 6 questions.

1.

Skeletal muscles are stimulated to contract when \_\_\_\_\_.

- ACh binds to receptors on the sarcolemma, causing an electrical disturbance
- ATP is released from the sarcoplasmic reticulum
- ACh diffuses into the sarcoplasm
- Calcium binds to the sarcolemma, causing an electrical disturbance
- Calcium is actively pumped into SR

2.

The elaborate network of membranes in skeletal muscle cells that functions in calcium storage is the \_\_\_\_\_.

- Myofibrillar network
- Sarcoplasmic reticulum
- Intermediate filament network
- Rough endoplasmic reticulum
- Mitochondria

1.

**INCORRECT**

Skeletal muscles are stimulated to contract when \_\_\_\_\_.

**Your Answer:** ACh diffuses into the sarcoplasm

**Correct Answer:** ACh binds to receptors on the sarcolemma, causing an electrical disturbance

2.

**INCORRECT**

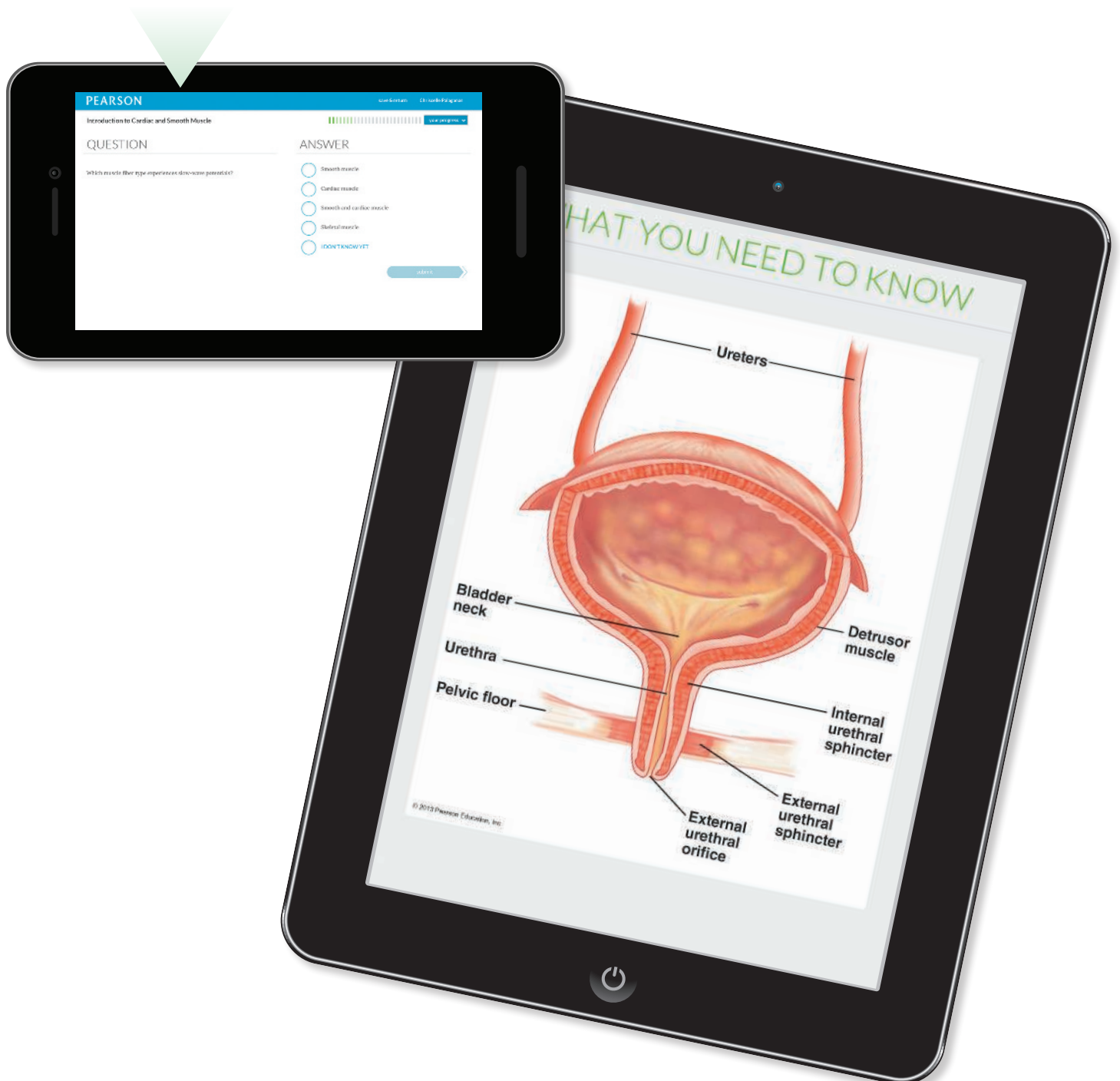
The elaborate network of membranes in skeletal muscle cells that functions in calcium storage is the \_\_\_\_\_.

**Your Answer:** Intermediate filament network

**Correct Answer:** Sarcoplasmic reticulum

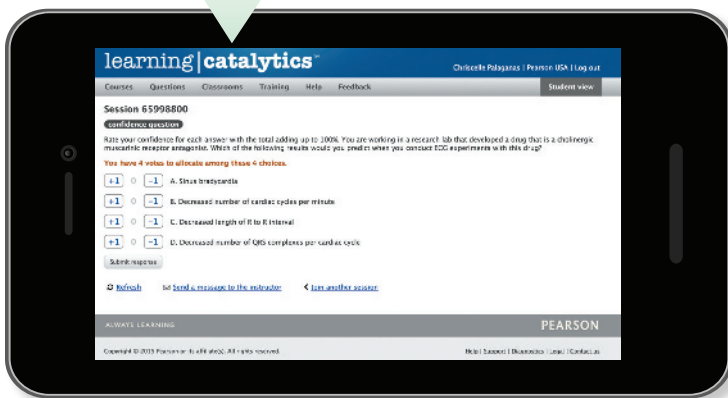
# Don't just ponder...

**NEW! DYNAMIC STUDY MODULES** offer a personalized reading experience of the chapter content. As students answer questions to master the chapter content, they receive detailed feedback with text and art from the book itself. Dynamic Study Modules help students acquire, retain, and recall information faster and more efficiently than ever before.



# Practice!

**NEW! learning|catalytics™** is a bring-your-own-device (laptop, smartphone, or tablet) student engagement, assessment, and classroom intelligent system. Instructors can assess students in real time using opened tasks to probe student understanding and facilitate peer-to-peer learning.



**NEW! NURSES NEED PHYSIOLOGY** coaching activities present students with a real-world scenario and guide them through problem-solving a relevant diagnosis. These case studies include worksheets that can be used as peer-to-peer learning activities in the classroom or can be assigned as homework in MasteringA&P.

Drag and drop the appropriate label to the indicated area.

Right ventricle

Left atrium

Aorta

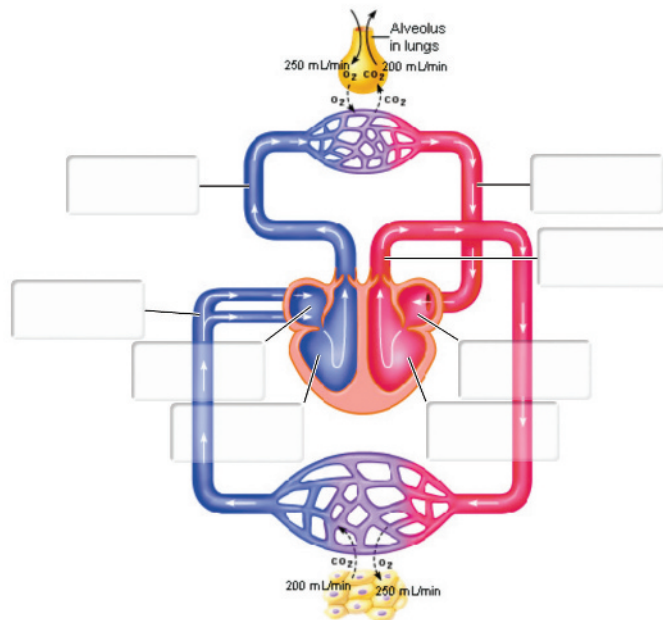
Superior and inferior venae cavae

Right atrium

Pulmonary arteries

Pulmonary veins

Left ventricle



# Don't just skim...



## CLINICAL CONNECTIONS

### From Aspirin to COX-2 Inhibitors

Aspirin is one of a number of nonsteroidal anti-inflammatory drugs (NSAIDs) that relieve pain by decreasing the production of certain prostaglandins (PG), eicosanoids that produce pain and inflammation. A critical enzyme in the synthesis of PGs is cyclooxygenase (COX). In the early 1990s, two forms of COX were identified: COX-1 and COX-2. COX-1, which is always present in the body, is generally associated with the synthesis of PGs necessary for maintaining homeostasis. In contrast, COX-2 becomes activated in the presence of chemicals released on tissue damage or infection and leads to production of PGs associated with pain and inflammation. Aspirin nonselectively inhibits the activity of both forms of COX; it is the inhibition of COX-2 that results in pain relief.

Although aspirin is used to treat pain, inflammation, and fever, its inhibition of COX-1 causes several side effects—some favorable, some not. For example, aspirin decreases the production of thromboxane  $A_2$ , a chemical involved in the formation of blood clots. However, at higher doses, aspirin also decreases the production of  $PGI_2$

(prostacyclin), a chemical that inhibits the production of blood clots. In recognition of these effects, doctors frequently prescribe 82 mg of aspirin ("baby aspirin") to guard against the formation of blood clots that can trigger heart attack or stroke, whereas 350 mg of aspirin is generally used to treat pain and would actually promote formation of a blood clot. In addition, aspirin inhibits production of  $PGE_2$  in the stomach, an eicosanoid that indirectly protects the stomach lining from stomach acid. Thus major side effects of aspirin may include gastric ulcers and stomach bleeding.

In their search for safer pain relievers, pharmaceutical companies have developed drugs that selectively inhibit COX-2 to treat chronic pain and inflammatory diseases, such as arthritis. The chief advantages of COX-2 inhibitors (such as rofecoxib, also known as Vioxx, or celecoxib, also known as Celebrex) is that they do not inhibit production of  $PGE_2$ ; thus they cause less harm to the stomach lining than does aspirin. Unfortunately, COX-2 inhibitors produce serious side effects of their own. For reasons

that are not understood, these drugs appear to increase the risk of heart attack and stroke in individuals who are already susceptible to cardiovascular disease. Alas, the quest for a perfect "aspirin" still eludes us.



#### Critical Thinking Questions

1. How does inhibiting enzymes prevent the sensation of pain?
2. What negative effects do elevated doses of aspirin have on the body? How would short-term and long-term consequences compare?
3. Describe the advantages and disadvantages of using COX-2 inhibitors, rather than NSAIDs, to treat pain.

## CLINICAL CONNECTIONS

focus on a wide range of pertinent clinical topics designed to help students apply physiology to real-world situations and processes. Critical Thinking Questions have relatable, assignable coaching activities in MasteringA&P.

## FOCUS ON DIABETES

boxes have been added throughout the text, making this key topic more prominent and accessible for readers. A capstone chapter on this disease reinforces the connectedness of the course material and encourages students to apply what they've learned to a real-world, significant problem.



## FOCUS ON DIABETES

### Peripheral Neuropathy

Peripheral neuropathy, a disease of the peripheral nervous system, can affect the somatic or autonomic efferent or the afferent branch. Its symptoms vary depending on the site of disease, but the more common symptoms include numbness, tingling, or pain in the hands or feet. In autonomic neuropathy, symptoms are associated with internal organs and include dizziness, diarrhea, indigestion, and impotence. As the disease progresses, symptoms increase.

According to the Neuropathy Association, 20 million Americans suffer from neuropathy.

Although many different causes are possible, 30% of neuropathies occur in conjunction with diabetes. How diabetes causes neuropathy is not known, but there are correlations between blood glucose regulation and the development of neuropathy. Thus a person with diabetes who better regulates his or her blood glucose levels is less likely to develop neuropathy. High blood glucose levels have direct effects on the ability of neurons to generate electrical signals, but can also affect blood vessels to the neurons, thereby indirectly causing

nerve damage. Recent studies suggest that 30–40% of people with diabetes develop some form of neuropathy. Studies also suggest that another 30% of people with diabetes have asymptomatic neuropathy that has gone undiagnosed.

There is no cure for neuropathy, and the disease tends to progress, especially if blood glucose is not adequately regulated. Several medications can be used to treat the symptoms. Once it has set in, however, the neuropathy cannot be reversed.

# Explore and apply!

**DISCOVERY BOXES** review current research topics in greater depth.



## DISCOVERY

### Circadian Rhythms and Jet Lag

The invention of air travel had an unexpected consequence: It created the phenomenon of "jet lag," or symptoms of fatigue, experienced by travelers who fly across time zones. Jet lag occurs because the body's *circadian rhythm* is disrupted. The circadian rhythm is an internal "clock" that governs many body functions. Typically, this internal clock follows a 24-hour cycle and is linked to the normal variations of light and dark that a person experiences over the course of a day (*circa* means "almost" and *dies* means "day"). When travelers fly across time zones, however, their normal exposures to light are disrupted, thereby changing their circadian rhythms. Because the circadian rhythm drives many physiological processes, alterations in the rhythm can result in symptoms—such as daytime sleepiness and loss of energy—that characterize jet lag. Jet lag can last for several days, and its duration tends to increase in proportion

with the number of time zones crossed.

Travelers can take steps to help lessen the effects of jet lag. Because a change in the level of light exposure is what disrupts the circadian rhythm, travelers can simulate normal exposures to light with the help of a bright, artificial light while flying. Artificial light at night benefits those traveling westward, while artificial light in the morning benefits those traveling eastward. Medications may also help some travelers. The use of melatonin (a hormone of the pineal



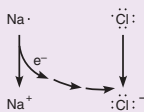
gland that is believed to be linked to circadian rhythms) to prevent jet lag has grown considerably over the last several years. However, scientific evidence of its effectiveness is not conclusive.

## CHEMISTRY REVIEW

### Ions and Ionic Bonds

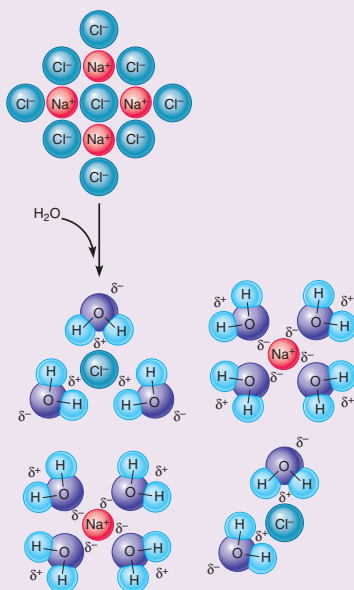
When atoms form chemical bonds, the electrons of the atoms interact. In **Chemistry Review: Polar Molecules and Hydrogen Bonds** (p. 31), we saw how atoms could share electrons to form covalent bonds. Some atoms, however, have a tendency to gain or lose electrons completely during a chemical reaction, so that they end up with an excess or a deficit of electrons. When electrons are gained or lost from an atom or molecule, the number of negatively charged electrons no longer equals the number of positively charged protons; in such a case, a charged particle called an *ion* is formed. Atoms that gain an electron acquire a negative charge and are called *anions*, whereas atoms that lose an electron acquire a positive charge and are called *cations*.

When anions and cations are present in solids, they tend to form crystals in which the cations and anions are closely associated. A familiar example is *sodium chloride (NaCl)*, also known as table salt, which contains sodium ions ( $\text{Na}^+$ ) and chloride ions ( $\text{Cl}^-$ ). Sodium ions form when sodium atoms lose an electron, producing an ion with 11 protons and 10 electrons. Chloride ions form when chloride atoms gain an electron, producing an ion with 17 protons and 18 electrons. This process occurs as follows:



In a crystal of NaCl, the cations ( $\text{Na}^+$ ) and anions ( $\text{Cl}^-$ ) are held together by electrical forces of attraction due to their opposite charges. These forces are sometimes called *ionic bonds*. When ionic solids dissolve in water, ionic bonds are disrupted by electrical attractions between the ions and polar water molecules, leaving cations and anions free to dissociate into separate particles. For sodium chloride, this process can be illustrated as shown at right.

Solutions containing dissolved ions are described as *electrolytic* because they are good conductors of electricity, and ionic substances are referred to as *electrolytes*. Body fluids are electrolytic and contain a number of small



ions (known as *inorganic ions*), including sodium, potassium ( $\text{K}^+$ ), calcium ( $\text{Ca}^{2+}$ ), hydrogen ( $\text{H}^+$ ), magnesium ( $\text{Mg}^{2+}$ ), chloride, sulfate ( $\text{SO}_4^{2-}$ ), and bicarbonate ( $\text{HCO}_3^-$ ).

Ionized chemical groups can also be found on certain types of biomolecules. Ions and molecules containing significant numbers of ionized groups are described as *hydrophilic* because they are electrically attracted to water.

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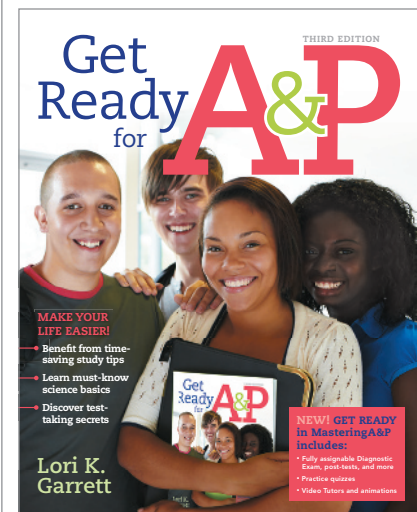
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# 1 Introduction to Physiology

Colored scanning electron micrograph (SEM) of a neuron (nerve cell).

**The human body is capable of surviving in a** dazzling variety of environmental conditions. It can live in jungles, mountains, crowded cities, or deserts. It can withstand the heat of a summer in India or the cold of a New England winter. With proper training, it can acclimate to altitude changes while scaling Mount Everest or survive running a 26.2-mile marathon.

How does the human body do it? As you will learn in this chapter—and throughout this textbook—our bodies have a remarkable ability to adapt to changes in the environment, thereby minimizing internal changes. For example, when a person travels from a cold environment into a warm one (which raises the body's temperature), the body quickly responds by sweating and increasing blood flow to the skin to help bring the temperature back to normal. The body's ability to maintain a normal internal environment, called **homeostasis**, is a primary theme throughout this text.

Welcome to the study of human physiology.

## CHAPTER OUTLINE

- 1.1 Organization of the Body 2**
- 1.2 Homeostasis: A Central Organizing Principle of Physiology 9**
- 1.3 The Diabetes Epidemic 13**

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**LEARNING OUTCOMES** After studying this chapter, you should be able to:

- Name the four major types of cells in the human body, and describe their defining characteristics.
- Describe the distribution of water in the body, and define the different body fluid compartments.
- Define *homeostasis* and explain its significance to the function of the body.
- Describe the role of negative feedback in homeostasis.
- Explain why diabetes is considered an epidemic.

**P**hysiology, the study of the functions of organisms, comes in many forms—plant physiology, cell physiology, microbial physiology, and animal physiology, to name a few. This book focuses on human physiology, the study of how our bodies work. We emphasize normal physiology, but occasionally describe pathophysiology—what happens when normal body function is disrupted—to better demonstrate typical body function. For example, the effects of diabetes on body function are described throughout the book to illustrate the delicacy of body function and the interdependency of organ systems.

In this book, we take the systems approach to physiology; that is, we study one organ system at a time. An **organ system** is a collection of anatomical structures that work together to carry out a specific function. For example, the cardiovascular system functions to deliver oxygen- and nutrient-rich blood to the various organs of the body. We will learn more about organ systems shortly. As we use the systems approach to studying physiology, you must remember that a single system cannot function alone. Thus a chapter on the urinary system will include some discussion of the cardiovascular system, because the two systems interact.

Because nearly everyone is curious about how the human body works, we hope that studying physiology will be one of your most satisfying academic experiences. You will also come to realize that physiology, like the other sciences, is not just a collection of well-worn facts but rather a work in progress. You will recognize that there are significant gaps in our understanding of how the body works, and you will see that much of our current understanding is subject to change as new discoveries are made.

Regardless of your background or current interests, your study of physiology will broaden your scientific outlook. You will begin to see the “big picture,” understanding body function not as a collection of unrelated phenomena but rather as a connected whole. You might even discover something else—that physiology is beautiful. Most of us who have decided to make it our life’s work think so.

## 1.1 Organization of the Body

If you have ever spent time examining a detailed anatomical chart or model of the human body, you have seen that it is an exceedingly complex and intricate structure. Despite the complexity of its structure, however, an underlying simplicity characterizes the function of the human body.

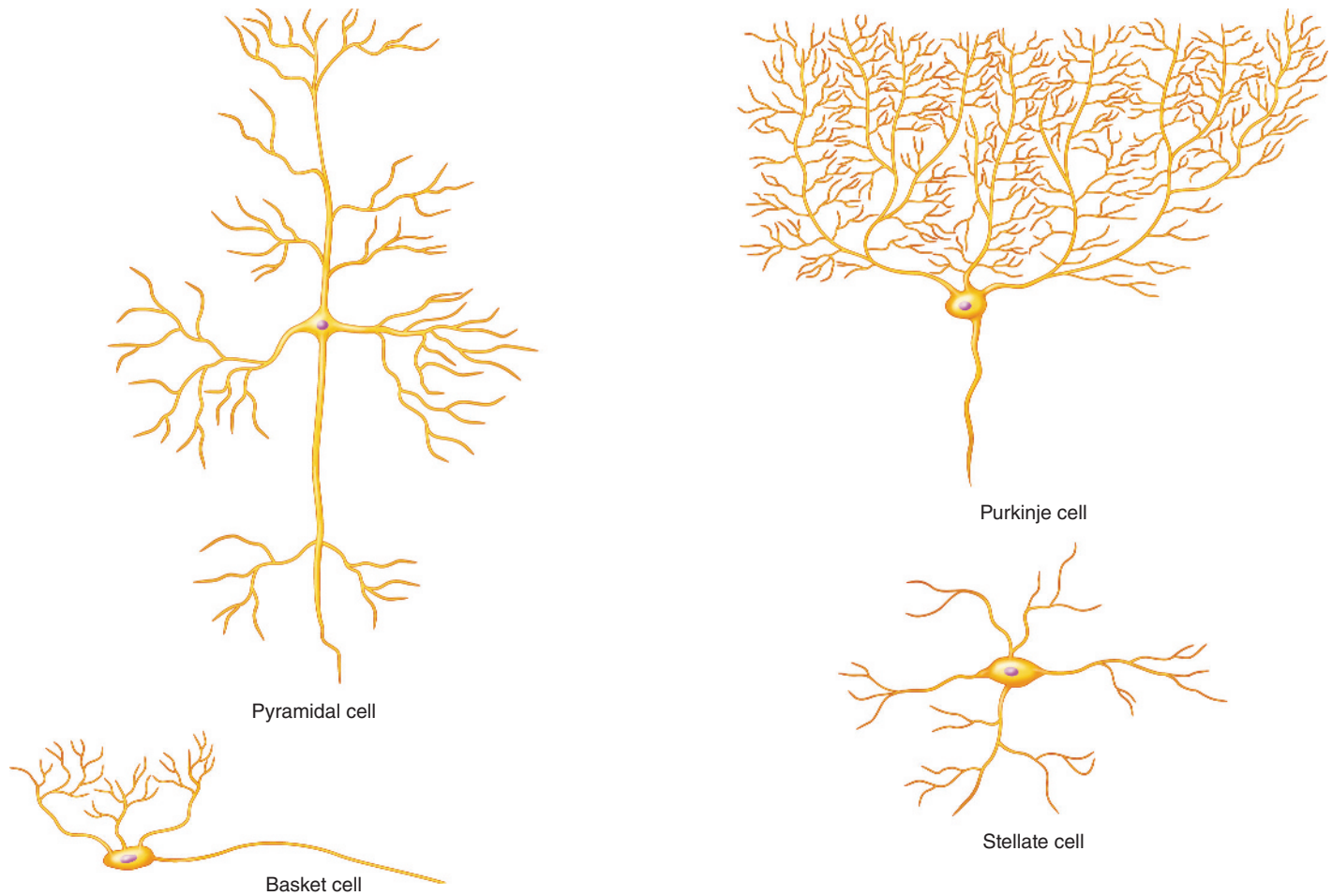
To a student, perhaps the most interesting thing about the body is that its operation can be explained in terms of a relatively small set of principles. For this reason, our approach to describing the

body is to strip away all unnecessary details so that the essentials—that is, the unifying themes and principles—can be seen more clearly. To get an idea of what this means, consider **Figure 1.1**. The brain contains billions of cells that are classified into four groups according to differences in their four general shapes (morphologies). When you consider the function of these cells, however, the similarities among them outweigh the differences, allowing them to be grouped into just one category: All cells in this category are specialized to transmit information in the form of electrical signals from one body location to another. Because of this shared function, all these cells are classified as *neurons* (or *nerve cells*).

Just as the body’s underlying simplicity is one of physiology’s major themes, so is the degree of interaction among its various parts. Although each of the body’s **cells** (cells are the smallest living units) is independently capable of carrying out its own basic life processes, the various types of cells are specialized to perform different functions important to the operation of the body as a whole. For this reason, all the cells ultimately depend on one another for their survival. Similarly, the body’s organs are specialized to perform certain tasks vital to the operation of other organs. You know, for example, that your cells need oxygen to live and that oxygen is delivered to your cells by the bloodstream, but consider some of the many things that must occur to ensure that oxygen delivery is sufficient to meet the cells’ needs. Oxygen is carried in the bloodstream by cells called *erythrocytes*, which are manufactured by *bone marrow*, a tissue found inside certain bones. To ensure that adequate numbers of erythrocytes are present in the blood, the synthesis of these cells is regulated by a hormone called *erythropoietin*, which is secreted by the kidneys. To ensure adequate blood flow to the body’s tissues, the heart must pump a sufficient volume of blood every minute, and for this reason the rate and force of its contractions are regulated by the nervous system. To ensure that the blood carries enough oxygen, the lungs must take in sufficient quantities of air, which requires the control of breathing muscles (such as the diaphragm) by the nervous system. Finally, to provide the energy necessary to drive these and other processes, the gastrointestinal system breaks ingested food down into smaller molecules, which are absorbed into the bloodstream and distributed to cells throughout the body.

This example shows that proper body function requires not only that each part be able to carry out its own particular function, but also that the parts be able to work together in a coordinated manner. To help you better understand how the body’s parts work together, the remainder of the chapter outlines broad principles pertaining to body function in general; the functions of specific organs and organ systems are the topics of later chapters.





**Figure 1.1** Shapes of cells found in the brain. Each of these four cells is a neuron that transmits electrical and chemical signals.

## Cells, Tissues, Organs, and Organ Systems

The human body is a remarkable structure consisting of cells arranged in an orderly fashion. Cells are grouped together to form tissues, which in turn are grouped together to form organs. Organs work together as organ systems. We now describe each of these hierarchical components.

### Cells and Tissues

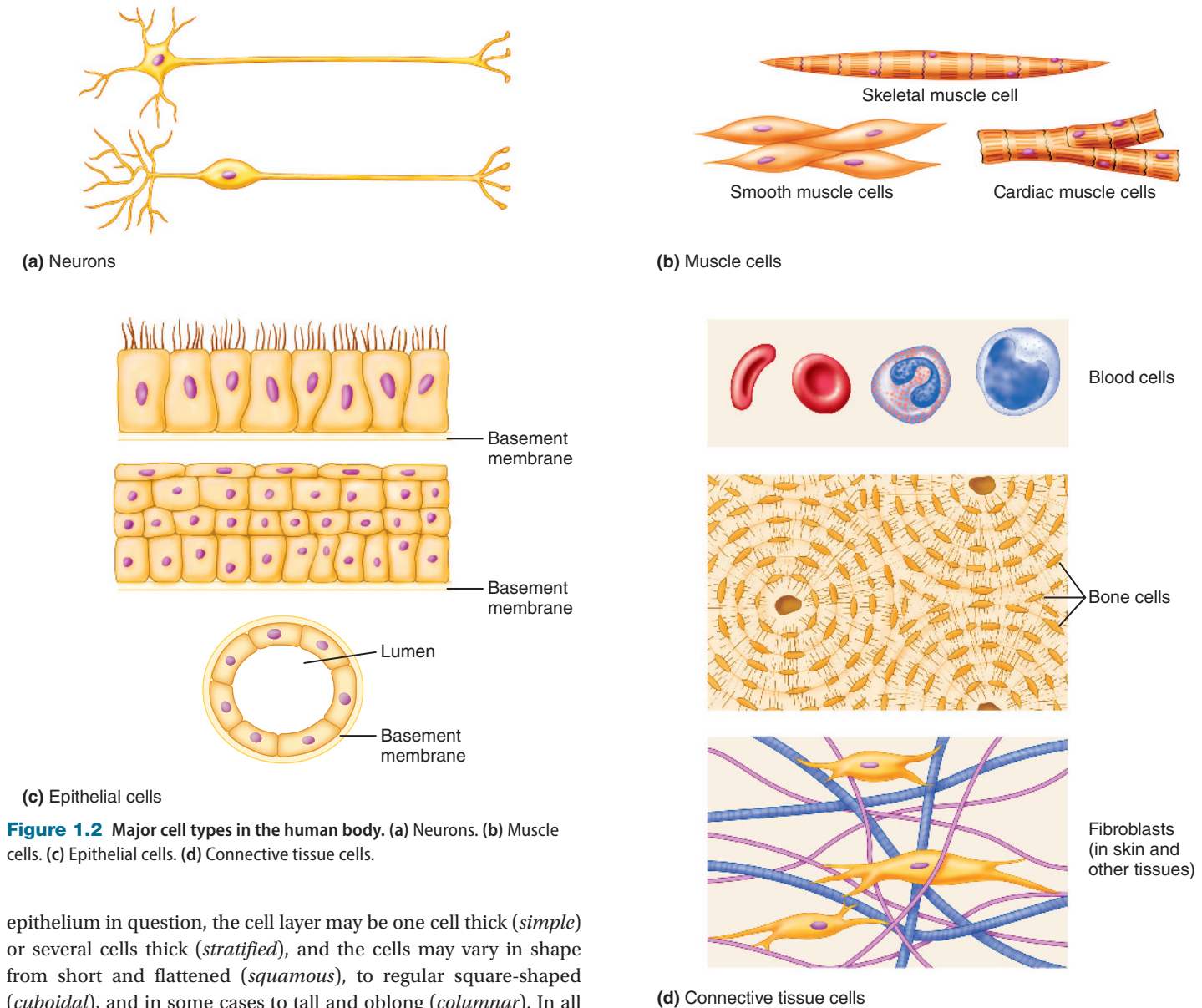
Although more than 200 distinguishable kinds of cells are present in the body, there are only four major classes: (1) *neurons*, (2) *muscle cells*, (3) *epithelial cells*, and (4) *connective tissue cells*. Representative cells belonging to each of these cell types are shown in **Figure 1.2**. These classifications are very broad and are based primarily on functional differences. Other, more rigorous ways to classify cells have been developed based on anatomical distinctions and embryological origins.

As mentioned previously, nerve cells, or **neurons** (Figure 1.2a), are specialized to transmit information in the form of electrical signals. For this purpose, neurons typically possess branches that function to receive signals from or transmit signals to other

cells. Certain neurons, such as those in the eyes that respond to light or those in the skin that respond to touch, receive information from the outside environment and allow us to perceive the world through our senses. Other neurons relay signals to muscles, glands, and other organs, enabling the control of movement, hormone secretion, and other bodily functions. Still other neurons, such as those in the brain, process information, enabling us to conceptualize, remember, formulate plans of action, and experience emotion.

Muscle cells, or **muscle fibers** (Figure 1.2b), are specialized to contract, thereby generating mechanical force and movement. These cells are found in the muscles of the arms, legs, and other body parts whose movements are under voluntary control (called *skeletal muscle*), but they are also found in structures not under voluntary control, such as the heart (*cardiac muscle*) and blood vessels (*smooth muscle*). The flexing of an arm, the pumping of blood by the heart, and the mixing of food in the stomach are all examples of muscle cells in action.

*Epithelial cells* are found in tissues called **epithelia** (singular: *epithelium*), which consist of a continuous, sheetlike layer of cells in combination with a thin underlying layer of noncellular material called a *basement membrane* (Figure 1.2c). Depending on the



**Figure 1.2** Major cell types in the human body. (a) Neurons. (b) Muscle cells. (c) Epithelial cells. (d) Connective tissue cells.

epithelium in question, the cell layer may be one cell thick (*simple*) or several cells thick (*stratified*), and the cells may vary in shape from short and flattened (*squamous*), to regular square-shaped (*cuboidal*), and in some cases to tall and oblong (*columnar*). In all cases, however, cells join closely together to form a barrier that prevents material on one side of the epithelium from mixing freely with material on the other side. Appropriately, epithelia are found wherever body fluids must be kept separate from the external environment, such as the skin surface or the lining of the lungs. Epithelia are also found in the linings of hollow organs such as the stomach, intestines, and blood vessels, where they separate fluids in the interior cavity from the surrounding body fluids. The interior cavity of a hollow organ or vessel is generally referred to as the **lumen**.

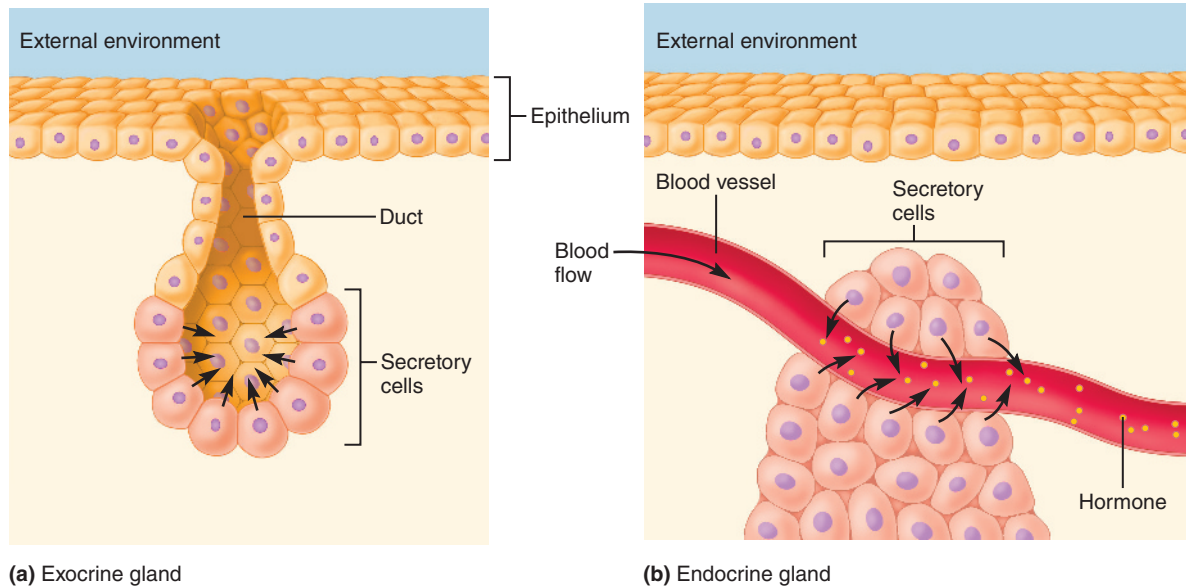
Certain epithelial cells are specialized to transport specific materials, such as inorganic ions, organic molecules, or water, from one location to another. For example, cells in the lining of the stomach transport acid (hydrogen ions) into the lumen of the stomach to aid in the digestion of food. Cells in the lining of the intestine, in comparison, transport nutrients and water from the lumen of the intestine into the bloodstream.

Some epithelial cells form **glands**, organs specialized in the synthesis and secretion of a product. Two types of glands are distinguished: exocrine and endocrine. **Exocrine glands**

secrete a product into a duct leading to the external environment (**Figure 1.3a**). Examples of exocrine glands include *sweat glands* and *salivary glands*. **Endocrine glands** secrete **hormones**, chemicals that communicate a message to cells of the body, into the bloodstream (**Figure 1.3b**). Examples of endocrine glands include the *pituitary gland* and *adrenal gland*.

The last remaining major cell type, **connective tissue cells**, is the most diverse. This cell type includes blood cells, bone cells, fat cells, and many other kinds of cells that seem to have little in common in terms of structure or function (**Figure 1.2d**).

In a narrow sense, the term “connective tissue” refers to any structure whose primary function is to provide physical support for other structures, to anchor them in place, or to link them together. Familiar examples of connective tissue structures are *tendons*, which anchor muscles to bones; *ligaments*, which connect bones together; and the elastic tissue in the skin that gives it its toughness and flexibility. Another example of a connective tissue is the bones themselves, which provide direct or indirect support for all



**Figure 1.3** Glands. (a) Exocrine gland. The secretory cells release their product, which travels via a duct to the external environment. (b) Endocrine gland. The secretory cells release their product, a hormone, into the bloodstream, which transports the hormone throughout the internal environment.

of the body's structures. In most cases, connective tissue consists of widely scattered cells embedded in a mass of noncellular material called the *extracellular matrix*, which contains a dense meshwork of proteins and other large molecules. Among the most important constituents of the extracellular matrix are the long, fibrous proteins *elastin* (which gives the tissue elasticity) and *collagen* (which gives the tissue tensile strength—that is, the ability to resist stretching).

In a broader sense, the term “connective tissue” encompasses fluids such as the blood and lymph, which do not provide structural support like other connective tissue but instead serve to “connect” the various parts of the body together by providing avenues of communication. The blood, for example, delivers oxygen from the lungs to the rest of the body's tissues and carries hormones from the glands that secrete them to the tissues that respond to them. Similarly, the lymph carries water and other materials that leak out of blood vessels throughout the body and returns them to the blood.

It is a general rule that cells of a given type tend to cluster together in the body with cells of the same type. Nerve cells, for example, are always found in conjunction with other nerve cells, and epithelial cells are always joined with other epithelial cells. Any such collection of cells performing similar functions is referred to as a **tissue**. Thus tissues are also classified into four basic groups: *nervous tissue*, *muscle tissue*, *epithelial tissue*, and *connective tissue*. (The term “tissue” is also used more loosely to refer to any of the materials of which the body is composed.)

## Organs and Organ Systems

Generally, when two or more tissues combine to make up structures that perform particular functions, those structures are called **organs**. The heart, for example, is an organ whose primary function is to pump blood. Although composed mostly of muscle tissue, it also contains nervous tissue (the endings of nerves that control the heartbeat), epithelial tissue (which lines the heart's chambers), and

connective tissue (which makes up the heart's valves and other tissues that hold the muscle fibers together).

The various organs are organized into **organ systems**, collections of organs that work together to perform certain functions. An example is the *cardiovascular system*, whose function is to deliver blood to all the body's tissues. The cardiovascular system includes the heart, blood vessels, and the blood (which is not an organ, but rather a tissue). Another organ system is the *gastrointestinal system*, whose function is to break down food into smaller molecules and then transport these molecules into the bloodstream. This organ system includes the mouth, salivary glands, esophagus, stomach, intestines, liver, gallbladder, and pancreas. In some organ systems (for example, the cardiovascular and gastrointestinal systems), the organs are physically connected. In other cases, the organs are disconnected and more widely scattered. This is true of the *endocrine system*, which encompasses all the glands in the body that secrete hormones, and the *immune system*, which protects the body from invading microorganisms and other foreign materials. The body's organ systems and their primary functions are listed in **Table 1.1**.

Although the concept of an organ system is simple in principle, the distinction between one organ system and another is not always clear-cut—many organs perform functions that are integral to more than one organ system. A prime example is the pancreas, which is considered to be part of both the digestive system, because it secretes fluid and digestive enzymes into the intestines, and the endocrine system, because it secretes certain hormones.

### Quick Check 1.1

- 1 Define *physiology*.
- 2 Name and describe the four basic types of cells and tissues.
- 3 Name the ten organ systems, and briefly state the function of each.

**TABLE 1.1** Organ Systems

System	Some organs/tissues within system	Function
Endocrine	Hypothalamus, pituitary gland, adrenal gland, thyroid gland, parathyroid glands, thymus, pancreas	Provide communication between cells of the body through the release of hormones into the bloodstream
Nervous	Brain, spinal cord, peripheral nerves	Provide communication between cells of the body through electrical signals and the release of neurotransmitters into small gaps between certain cells
Musculoskeletal	Skeletal muscle, bones, tendons, ligaments	Support the body; allow voluntary movement of the body; allow facial expressions
Cardiovascular	Heart, blood vessels, blood	Transport molecules throughout the body in the bloodstream
Respiratory	Lungs, pharynx, trachea, bronchi	Bring oxygen into the body and eliminate carbon dioxide from the body
Urinary	Kidneys, ureters, bladder, urethra	Filter the blood to regulate acidity, blood volume, and ion concentrations; eliminate wastes
Gastrointestinal	Mouth, esophagus, stomach, small intestine, large intestine, liver, pancreas, gallbladder	Break down food and absorb it into the body
Reproductive	Gonads, reproductive tracts and glands	Generate offspring
Immune	White blood cells, thymus, lymph nodes, spleen, tonsils, adenoids	Defend the body against pathogens and abnormal cells
Integumentary	Skin	Protects the body from the external environment

## The Overall Body Plan: A Simplified View

When physiologists attempt to understand and explain body functions, they usually try to reduce the body's complexity to its essential elements so that unifying themes and principles can be seen more easily. This tendency to simplify is nowhere more apparent than in **Figure 1.4**, which shows a physiologist's "minimalist" view of the human body. This figure does not look anything like a real body: Not only is it the wrong shape, but it is simplistic and seems to be missing some parts. The gastrointestinal system, for example, is drawn as a straight tube that extends through the body from one end to the other, and the lungs are shown as a single hollow sac. The body's intricate network of blood vessels is depicted as a simple loop, and the heart, which pumps blood around this loop, as just a box. Different cell types, such as nerve, muscle, and connective tissue cells, are drawn to look alike and are given the generic label "cells." Furthermore, the kidneys are shown simply as a single blind-ended tubule that leads to the outside.

### The Body's External Environment

The most important concept highlighted by the simplistic rendering of **Figure 1.4** is that a layer of epithelial tissue separates the *external environment* from the interior of the body. This epithelial barrier includes not only the skin, but also the linings of the lungs, gastrointestinal system, and kidney tubules, which are continuous with the external environment. In other words, when air enters the lungs or food enters the stomach, these materials are still actually in the external environment because they are on the external side of this epithelial barrier. **Figure 1.4** also indicates that this barrier is continuous; that is, there is no real separation between the outer

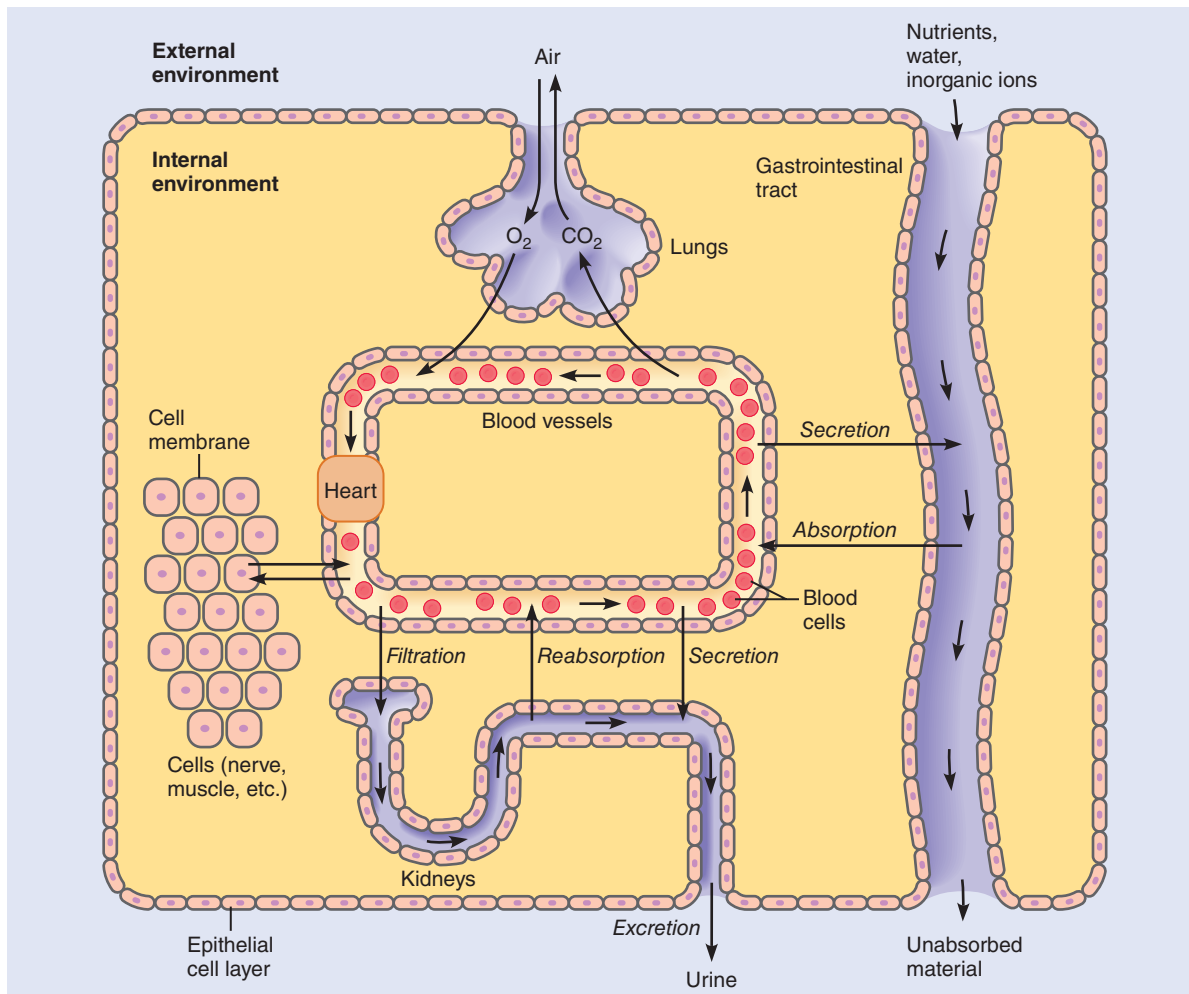
surface of the skin and the inside surfaces of the lungs, gastrointestinal system, and kidney tubules. They are all part of the same "fabric," if you will.

### The Body's Internal Environment

To live, cells must take in oxygen and nutrients from their surroundings and release carbon dioxide and other waste products into their surroundings. The ultimate source of oxygen and nutrients, and the ultimate repository for discarded waste products (including carbon dioxide), is the external environment. As shown in **Figure 1.4**, however, most of the body's cells are not able to exchange materials directly with the external environment because they are not in direct contact with it. Instead, cells receive oxygen and nutrients from the bloodstream, which also carries carbon dioxide and waste products away from cells. Moreover, most cells are not in *direct* contact with the blood, but instead are surrounded by a separate fluid that exchanges materials with the blood. Because this fluid constitutes the immediate environment of most of the body's cells, it is called the **internal environment**. (The term "internal environment" also applies to the fluid in the bloodstream that surrounds blood cells.)

**Figure 1.4** also shows that the blood is contained within epithelium-lined blood vessels. This epithelium differs from that of the gastrointestinal tract, airways, kidneys and skin, in that the epithelium and the blood within it have no connection with the external environment and, therefore, are part of the internal environment. Thus the epithelium that lines the blood vessels is called the endothelium (*endo* = within).

**The Exchange of Materials Between the External and Internal Environments** To do its job, the blood must obtain oxygen, nutrients, and other needed materials from the



**Figure 1.4** A highly simplified view of the overall plan of the human body. Flows of material are indicated by arrows.

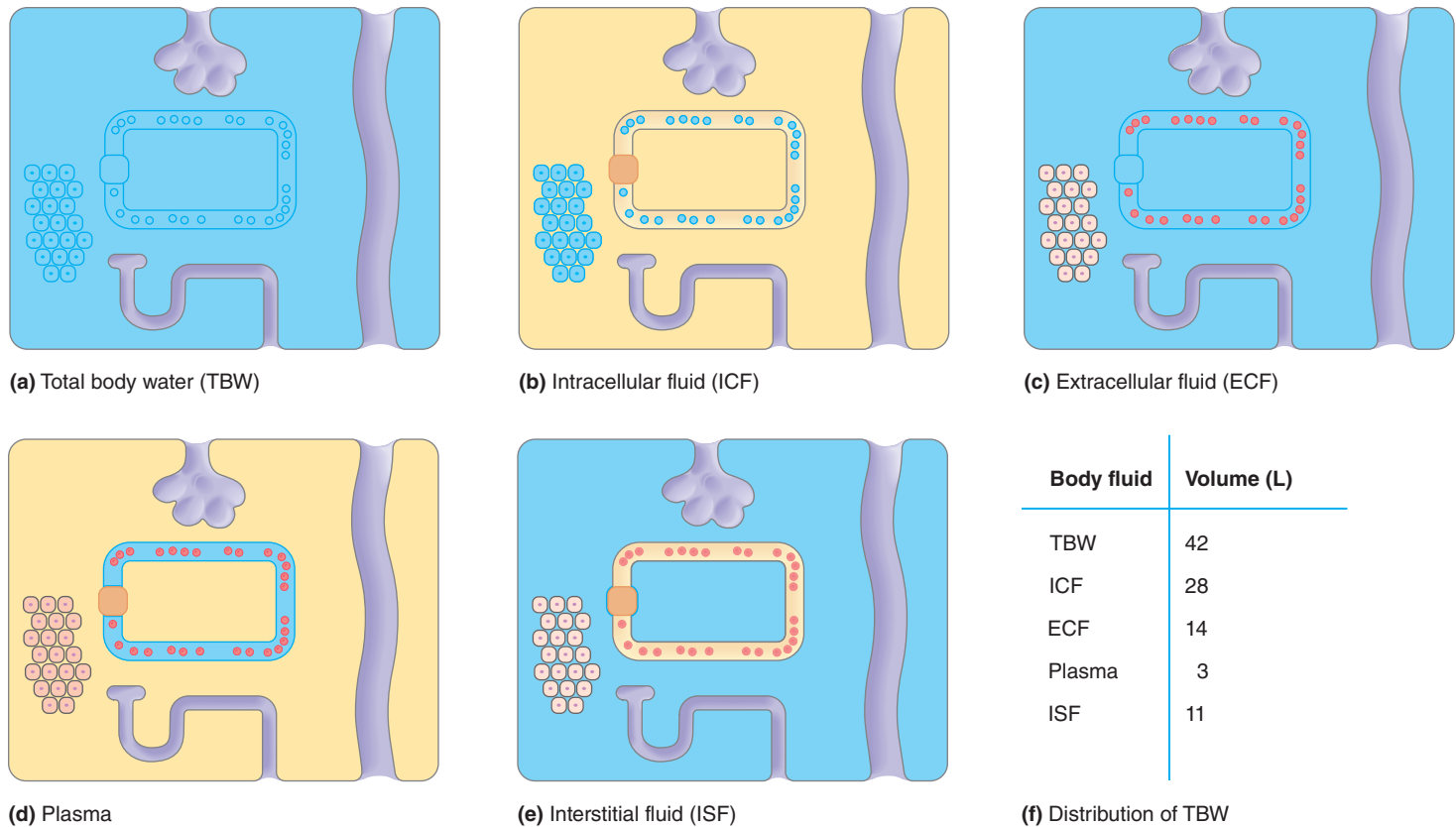
external environment and must release carbon dioxide and other unneeded materials into it. As shown in Figure 1.4, material is exchanged between the blood and the external environment in a variety of places, including the lungs, the gastrointestinal tract, and the kidneys.

In the lungs, oxygen enters the bloodstream from the air that is breathed in during *inspiration*, whereas carbon dioxide exits the bloodstream and is expelled in the air that is breathed out during *expiration*. In the gastrointestinal tract, the water, inorganic salts, and nutrients obtained from digested food are transported from the lumen to the bloodstream, a process referred to as *absorption*. To aid in the digestion of food, the stomach uses materials from the blood to produce acids and proteins that are then transported into the lumen, a process called *secretion*. Unabsorbed materials (plus bacteria and cellular debris) remain in the gastrointestinal tract and are ultimately eliminated from the body as feces (a process called *excretion*).

In the kidneys, fluid from the bloodstream first enters tubules via a mechanism known as *filtration*. As this fluid travels along the length of the tubules, needed materials (including water, inorganic salts, and nutrients) are selectively transported back into the

bloodstream, a process known as *reabsorption*. At the same time, unneeded materials are selectively transported from the bloodstream into the tubules by the secretion process. The fluid that eventually reaches the ends of the tubules constitutes the urine, which is eliminated from the body by excretion. Materials contained in the urine include cellular waste products as well as excess salts and water that are not needed by the body.

**Body Fluid Compartments** The most abundant substance in the body is *water*, which acts as a solvent for the great variety of solutes found in body fluids. These solutes include small molecules such as inorganic ions, sugars, and amino acids, and large molecules such as proteins. Figure 1.4 shows that the interior of the body is divided into separate compartments (which are filled with fluid) by barriers of different types, including epithelial tissues and *cell membranes*, which separate the contents of cells from their surroundings. Although these compartments are physically separated, they are still able to exchange materials with each other because the barriers that separate them are *permeable*—that is, they permit molecules to pass through them. These barriers let certain types of molecules through more easily than others, and even exclude some



**Figure 1.5 Body fluid compartments.** The various fluid compartments are indicated by blue in several simplified body plans similar to that shown in Figure 1.4. (a) Total body water. (b) Intracellular fluid. (c) Extracellular fluid. (d) Plasma. (e) Interstitial fluid. (f) Distribution of total body water.

**Q** Which of the following does not include plasma: total body water, extracellular fluid, or interstitial fluid?

molecules from entering certain compartments entirely. Thus it is more accurate to say that cell membranes and epithelial tissues are *selectively permeable* or *semipermeable*.

The volume of water contained in all the body's compartments is termed the **total body water (TBW)**, meaning the total volume of fluid enclosed within the outer epithelial layer (Figure 1.5a). For a person weighing 70 kilograms (150 pounds), the volume of TBW is 42 liters, which accounts for approximately 60% of total body weight. Total body water includes water present in fluid located inside cells, called **intracellular fluid (ICF)** (Figure 1.5b), and fluid located outside cells, called **extracellular fluid (ECF)** (Figure 1.5c). In the body plan diagram, the volume of ECF relative to ICF is highly exaggerated; in reality, approximately two-thirds of TBW is in the ICF, and only one-third is in the ECF. (Note as well that *extracellular fluid* is synonymous with the *internal environment*.)

ICF and ECF are separated by cell membranes and differ significantly in composition. Intracellular fluid contains many proteins and is relatively rich in potassium, for example, whereas extracellular fluid contains few proteins and is relatively rich in sodium. These differences in composition support the proper functioning of cells and are made possible by the relatively low permeability of cell membranes to many solutes, such that membranes permit the selective exchange of certain solutes.

Of the total volume of extracellular fluid, approximately 20% is found in the blood, and the remainder is found outside the blood. The portion that is present in the blood (that is, the liquid, noncellular part of the blood) is **plasma** (Figure 1.5d). The portion that is present outside the blood and that bathes most of the cells in the body is called **interstitial fluid (ISF)** (Figure 1.5e). Plasma and interstitial fluid are very similar in composition; the only major difference between the two is that plasma is relatively rich in proteins, which are scarce in interstitial fluid. The similarity in composition between plasma and interstitial fluid is due to the fact that the walls of the smallest and most numerous blood vessels, called *capillaries*, are highly permeable to most solutes except proteins.

### Quick Check 1.2

- 1 What is the difference between *absorption* and *reabsorption*?
- 2 Why is *extracellular fluid* referred to as the body's *internal environment*?
- 3 Give the proper term for each of the following: (a) all the water that is contained in the body, (b) fluid that is contained within cells, (c) fluid that is located outside cells, (d) fluid that is located outside cells and found in the blood, and (e) fluid that is located outside cells and found outside the blood.



## UNDERSTANDING EXERCISE

### Challenging Homeostasis

Maintaining homeostasis can be quite challenging to the organ systems, especially when a person is faced with a stressor—that is, a stimulus that puts strain on the body. Although many stressors are deemed harmful, one stressor—exercise—is actually considered good for the body.

During exercise, the organ systems have to kick into high gear to maintain a normal internal environment. Breathing has to be deeper to bring more oxygen into the body and to eliminate carbon dioxide. The heart has to beat faster and stronger to enhance blood flow, which will rapidly transport oxygen and other nutrients to the cells and carry carbon dioxide and other waste

products away from the cells. The liver releases glucose into the bloodstream and adipose tissue releases fatty acids so that exercising muscles can use these substances for energy. Increased muscle and nerve activity also causes extracellular levels of potassium to increase. Blood flow to the skin increases, and glands increase sweat production as the body releases the heat produced by the increased muscle activity.

These are just a handful of the events occurring inside the human body during exercise. With these organs working together correctly, we can lift weights, jump, and even run marathons. Although the changes described in the preceding paragraph are short-term changes

that enable the body to maintain homeostasis, the benefits of exercise also persist over the long term. Our bodies adapt to repeated stressors, such as exercise. Marathon runners have slender muscles that are slow to fatigue, whereas weight trainers have large muscles that generate a lot of force but are quick to fatigue. Adaptive benefits of exercise include increased efficiency of the heart and increased metabolism. Exercise helps prevent development of diseases such as type 2 diabetes mellitus. It also burns fat. Thus, while stressors may temporarily take the body out of homeostasis, the body can learn to adapt to some stressors so that they do not seem as harsh the next time around.

## 1.2 Homeostasis: A Central Organizing Principle of Physiology



Our cells depend on one another for survival: If cells are removed from the body, they generally die in a short period of time. Scientists have tried to establish long-living cultures of various human cells, but with limited success (certain stem cells—undifferentiated cells—have been cultured and maintained for several years). Despite advances in technology, science still cannot duplicate the conditions of the human body necessary to sustain life.

Given our cells' sensitivity to changing conditions, how can the body tolerate the widely varying conditions it encounters in the external environment? After all, humans can live in both very hot climates, such as the tropics, and much colder climates. We can live at sea level, where oxygen is plentiful, or in the mountains, where the oxygen concentration in air is lower. We can live in the dryness of a desert or in the extreme humidity of a rain forest. How can the body adapt to such a variety of conditions?

The body has all sorts of regulatory mechanisms that work to keep conditions in its internal environment constant despite changes in the external environment. This maintenance of relatively constant conditions in the internal environment is known as **homeostasis**. As you progress through this book, you will discover that the concept of homeostasis is a central organizing principle in physiology. In fact, nine of the ten organ systems function to maintain homeostasis (the exception is the reproductive system, which functions to maintain the species, not the individual). Disruption of homeostasis can lead to disease, yet the body is also capable of adapting to mild stressors that disrupts homeostasis (see **Understanding Exercise: Challenging Homeostasis**).

To say that the internal environment is regulated to remain constant means that the *composition, temperature, and volume* of extracellular fluid do not change significantly under normal conditions. (Small fluctuations occur and are considered normal.) The extracellular fluid is normally kept at a temperature near 37°C or 98.6°F (normal body temperature), and concentrations of many solutes (oxygen, carbon dioxide, sodium, potassium, calcium, and glucose, for example) are kept relatively steady. The ability to maintain such constancy is important because the body continually faces potentially disruptive changes that can originate either in the external environment or within the body itself. When the environment warms up or you begin to exercise, for example, your body temperature rises. In either case, the rise in body temperature activates regulatory mechanisms that work to reduce body temperature and bring it back down toward normal. As you study physiology, you will see that the body is able to maintain relatively constant conditions in the internal environment through the efforts of different organ systems working together.

### Apply Your Knowledge

Hemorrhage is the loss of whole blood, which consists of approximately 55–60% plasma. Without new fluids entering the body, how can plasma volume be elevated toward normal levels to maintain homeostasis?

Even though homeostatic regulatory mechanisms work to resist changes in the internal environment, every regulatory system has its limitations, even when it is undamaged by disease or trauma and is functioning normally. For example, body temperature can be maintained close to normal only so long as environmental temperatures are not too extreme and other stresses placed on the