

# ΠΕΡΙΕΧΟΜΕΝΑ

## SECTION 1: CELLS

<b>CHAPTER 1</b>	<b>THE CELL</b> .....	<b>3</b>
	ORGANELLES.....	4
	EXERCISES .....	8
	SOLUTIONS TO EXERCISES .....	16
<b>CHAPTER 2</b>	<b>CELL MEMBRANES</b> .....	<b>23</b>
	1. Structure of the Cell Membrane.....	23
	EXERCISES .....	26
	SOLUTIONS TO EXERCISES .....	32
<b>CHAPTER 3</b>	<b>CELL TRANSPORT MECHANISMS AND PERMEABILITY OF SUBSTANCES</b> .....	<b>37</b>
	1. PASSIVE TRANSPORT.....	37
	Simple Diffusion.....	37
	Osmosis.....	37
	Facilitated diffusion .....	38
	2. ACTIVE TRANSPORT .....	39
	Exocytosis.....	41
	Endocytosis .....	42
	EXERCISES .....	43
	SOLUTIONS TO EXERCISES .....	50
<b>CHAPTER 4</b>	<b>CELL NUCLEUS, DNA AND CELL DIVISION</b> .....	<b>57</b>
	1. CELL NUCLEUS.....	57
	2. DNA .....	58
	3. CELL DIVISION .....	58
	EXERCISES .....	60
	SOLUTIONS TO EXERCISES .....	67
<b>CHAPTER 5</b>	<b>TISSUES, ORGANS AND ORGAN SYSTEMS</b> .....	<b>73</b>
	1. TISSUES .....	73
	2. ORGANS .....	73
	3. ORGAN SYSTEMS .....	73

EXERCISES .....	80
SOLUTIONS TO EXERCISES .....	85

## **SECTION 2: HUMAN SKELETON**

<b>CHAPTER 6</b>	<b>STRUCTURE AND FUNCTION OF THE SKELETAL SYSTEM .....</b>	<b>91</b>
	1. Functions of the skeletal system.....	91
	2. Types of bones in the human body.....	91
	3. Bone structure .....	94
	4. Bone formation .....	95
	EXERCISES .....	96
	SOLUTIONS TO EXERCISES .....	103
<b>CHAPTER 7</b>	<b>ARTICULATIONS .....</b>	<b>109</b>
	1. STRUCTURAL CLASSIFICATION OF ARTICULATIONS .....	109
	1) Fibrous Articulations .....	109
	2) Cartilaginous Articulations .....	109
	3) Synovial Articulations .....	109
	2. FUNCTIONAL CLASSIFICATION OF ARTICULATIONS .....	112
	EXERCISES .....	113
	SOLUTIONS TO EXERCISES .....	118
<b>CHAPTER 8</b>	<b>AXIAL SKELETON.....</b>	<b>123</b>
	A. THE SKULL.....	123
	The cranium .....	124
	Facial bones .....	124
	B. THE VERTEBRAL COLUMN.....	125
	Cervical vertebrae .....	125
	Thoracic vertebrae .....	126
	Lumbar vertebrae .....	126
	The sacrum .....	126
	The coccyx.....	126
	C. THE THORACIC CAGE .....	126
	The sternum.....	127
	The ribs .....	127
	EXERCISES .....	128
	SOLUTIONS TO EXERCISES .....	136
<b>CHAPTER 9</b>	<b>APPENDICULAR SKELETON.....</b>	<b>143</b>
	1. THE PECTORAL GIRDLE AND UPPER LIMBS .....	143
	Pectoral girdle .....	143

The Upper Limbs.....	144
2. PELVIC GIRDLE AND LOWER LIMBS .....	145
Pelvic girdle.....	145
The lower limbs .....	146
EXERCISES .....	148
SOLUTIONS TO EXERCISES .....	156

## **SECTION 3: NERVOUS AND MUSCULAR SYSTEMS**

<b>CHAPTER 10</b>	<b>CELLS OF THE NERVOUS SYSTEM .....</b>	<b>165</b>
	1. Overview of the nervous system.....	165
	2. Neurons.....	165
	3. Glial cells or Neuroglia .....	166
	4. Myelin.....	167
	5. Functional Classification of Neurons .....	169
	EXERCISES .....	170
	SOLUTIONS OF EXERCISES .....	176
<b>CHAPTER 11</b>	<b>ELECTRICAL ACTIVITY OF NEURONS .....</b>	<b>181</b>
	1. Resting membrane potentials: .....	181
	2. Action potentials .....	182
	3. Threshold stimulus .....	182
	4. All-or-None Law .....	182
	5. Refractory period.....	182
	THE SYNAPSE.....	183
	1. Electrical synapse.....	183
	2. Chemical synapse.....	183
	EXERCISES .....	185
	SOLUTIONS TO EXERCISES .....	192
<b>CHAPTER 12</b>	<b>ORGANIZATION OF SKELETAL MUSCLES .....</b>	<b>199</b>
	1. Organization of skeletal muscles.....	199
	2. Structure of skeletal muscles .....	200
	3. Myofibrils and sarcomeres .....	201
	4. Sarcoplasmic reticulum .....	202
	EXERCISES .....	203
	SOLUTIONS TO EXERCISES .....	210
<b>CHAPTER 13</b>	<b>CONTRACTION OF THE SKELETAL MUSCLE.....</b>	<b>215</b>
	1. Excitation of the synaptic terminals.....	215
	2. Transmission of action potentials across .....	215

the neuromuscular junction .....	215
3. Muscle Contraction and Relaxation .....	216
4. Types of Skeletal Muscle Fibers .....	217
EXERCISES .....	218
SOLUTIONS TO EXERCISES .....	223

## **SECTION 4: ENDOCRINE SYSTEM**

<b>CHAPTER 14</b>	<b>ENDOCRINE SYSTEM AND HYPOPHYSIS.....</b>	<b>229</b>
	1. OVERVIEW OF THE ENDOCRINE SYSTEM .....	229
	1) Protein- and polypeptide- derived hormones .....	229
	2) Amino acid-derived hormones.....	229
	3) Steroid hormones.....	230
	2. PITUITARY GLAND OR HYPOPHYSIS .....	230
	Anterior lobe of the pituitary gland: .....	231
	Posterior Lobe of the Pituitary Gland .....	232
	EXERCISES .....	233
	SOLUTIONS TO EXERCISES .....	240
<b>CHAPTER 15</b>	<b>THYROID, PARATHYROID AND ADRENAL GLANDS AND THE PANCREAS .....</b>	<b>247</b>
	Thyroid Gland.....	247
	Parathyroid glands .....	247
	Pancreas.....	249
	Adrenal glands.....	250
	Adrenal Medulla .....	251
	Adrenal cortex.....	251
	EXERCISES .....	253
	SOLUTIONS OF THE EXERCISES.....	260

## **SECTION 5: BLOOD**

<b>CHAPTER 16</b>	<b>BLOOD .....</b>	<b>269</b>
	PLASMA .....	271
	WHITE BLOOD CELLS .....	271
	PLATELETS.....	272
	RED BLOOD CELLS .....	273
	Hemoglobin.....	273
	EXERCISES .....	274
	SOLUTIONS TO EXERCISES .....	281

<b>CHAPTER 17</b>	<b>BLOOD TYPES .....</b>	<b>287</b>
	1. THE ABO SYSTEM.....	287
	Agglutinogens A and B.....	287
	Agglutinins .....	287
	2. RHESUS SYSTEM.....	288
	3. CLINICAL ASPECT: ERYTHROBLASTOSIS FETALIS .....	289
	OR HEMOLYTIC DISEASE OF THE NEWBORN .....	289
	EXERCISES .....	290
	SOLUTIONS TO EXERCISES .....	295

## **SECTION 6: CARDIOVASCULAR SYSTEM**

<b>CHAPTER 18</b>	<b>STRUCTURE AND FUNCTION OF THE HEART .....</b>	<b>301</b>
	Cardiomyocytes .....	301
	Electrical Activity of the Heart.....	302
	Chambers and Valves of the Heart.....	303
	EXERCISES .....	305
	SOLUTIONS TO EXERCISES .....	313
<b>CHAPTER 19</b>	<b>BLOOD CIRCULATION.....</b>	<b>321</b>
	1. SYSTEMIC CIRCULATION .....	321
	2. PULMONARY CIRCULATION .....	322
	3. BLOOD PRESURE.....	322
	EXERCISES .....	324
	SOLUTIONS TO EXERCISES .....	330

## **SECTION 7: DIGESTIVE AND URINARY SYSTEMS**

<b>CHAPTER 20</b>	<b>DIGESTIVE SYSTEM .....</b>	<b>337</b>
	1. Mastication and digestion in the mouth.....	338
	2. Esophagus.....	338
	3. Stomach .....	338
	4. Small intestine .....	339
	5. Large intestine .....	339
	EXERCISES .....	341
	SOLUTIONS TO EXERCISES .....	348
<b>CHAPTER 21</b>	<b>ACCESSORY ORGANS OF DIGESTION .....</b>	<b>355</b>
	Salivary Glands.....	355
	Liver .....	356
	Gallbladder .....	357

Pancreas.....	357
EXERCISES .....	358
SOLUTIONS OF EXERCISES .....	364

<b>CHAPTER 22</b> STRUCTURE AND FUNCTION OF URINARY SYSTEM.....	369
Overview of the Urinary System.....	369
The kidneys.....	370
Nephron .....	371
The Collecting System .....	373
Cortical Nephrons and Juxtamedullary Nephrons .....	373
EXERCISES .....	374
SOLUTIONS TO EXERCISES .....	383

## SECTION 8: RESPIRATORY SYSTEM

<b>CHAPTER 23</b> RESPIRATORY STRUCTURES AND THE BREATHING PROCESS ....	393
1. Overview of Respiratory System .....	393
2. The Upper Respiratory Tract.....	393
3. The lower respiratory tract.....	394
4. Alveoli .....	396
5. Breathing Processes.....	396
EXERCISES .....	397
SOLUTIONS TO EXERCISES .....	404

<b>CHAPTER 24</b> RESPIRATORY RATES AND VOLUMES, INTERNAL AND EXTERNAL RESPIRATION .....	411
1. Respiratory Volumes and Capacities .....	411
2. Anatomic Dead Space .....	412
3. Respiratory Rate .....	412
4. Respiratory minute volume .....	412
5. Alveolar ventilation ( $V_A$ ) .....	413
6. External and Internal Respiration.....	413
7. Surfactant.....	413
EXERCISES .....	414
SOLUTIONS TO EXERCISES .....	420

## SECTION 9: DISEASES

<b>CHAPTER 25</b> DISEASES OF THE NERVOUS AND MUSCULAR SYSTEMS .....	427
1. Myasthenia Gravis .....	427
2. Multiple sclerosis.....	427

3. Parkinson's disease.....	428
4. Alzheimer's disease .....	428
5. Stroke .....	428
EXERCISES .....	430
SOLUTIONS TO EXERCISES .....	435
<b>CHAPTER 26 DISEASES OF THE ENDOCRINE SYSTEM .....</b>	<b>439</b>
1. Gigantism and Acromegaly .....	439
2. Hyperthyroidism.....	439
3. Hypothyroidism.....	440
4. Cushing's syndrome.....	440
5. Addison's disease .....	441
6. Diabetes mellitus.....	441
EXERCISES .....	442
SOLUTIONS TO EXERCISES .....	447
<b>CHAPTER 27 DISEASES OF THE CARDIOVASCULAR SYSTEM .....</b>	<b>451</b>
1. Acute myocardial infarction.....	451
2. Heart failure .....	452
Left-sided heart failure.....	452
Right-sided heart failure.....	452
3. Angina pectoris .....	453
Stable angina .....	453
Unstable angina .....	453
EXERCISES .....	454
SOLUTIONS TO EXERCISES .....	459
<b>CHAPTER 28 DISEASES OF THE RESPIRATORY SYSTEM.....</b>	<b>463</b>
1. Acute Respiratory Distress Syndrome (ARDS).....	463
2. Pulmonary embolism .....	463
3. Pneumonia .....	464
4. Pleurisy.....	464
5. Bronchitis.....	464
6. Cystic fibrosis .....	465
EXERCISES .....	466
SOLUTIONS TO EXERCISES .....	471
<b>Vocabulary</b>	<b>475</b>
<b>ENGLISH-GREEK VOCABULARY.....</b>	<b>477</b>
<b>GREEK-ENGLISH VOCABULARY.....</b>	<b>529</b>