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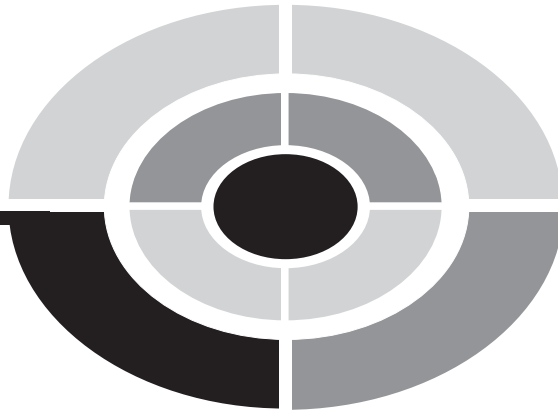
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ANATOMY DEMYSTIFIED

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This book is fondly dedicated to my wonderful wife, Kathy. She is the “Anchor,” the solid “Rock” upon which we can all lean in times of trouble or need. She is my best and most patient friend.

I also wish to highlight Allison, one of my artistically talented daughters. It is through her creative efforts that our host – Professor Joe, The Talking Skeleton – has been brought to vibrant life.

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CONTENTS



	Preface	xvii
	Acknowledgments	ix
PART 1	THE JOURNEY BEGINS	1
CHAPTER 1	Anatomy: Our Inner World of Bodyspace	3
	It All Begins with Biology	4
	The Process of Dissection: Anatomy is a Real “Cut-up”!	7
	A Two-way System of Classification for Body Facts	13
	The Different <i>Types</i> of Anatomy	14
	The Different <i>Levels</i> of Anatomy	20
	Summarizing Our Basic Task: Distinguishing <i>A</i> from <i>P</i> , Order from Disorder, Level-by-Level, Within the Human Body	26
	Quiz	33
	Body-Level Grids for Chapter 1	34
CHAPTER 2	“Cutting Up” Human Bodyspace	36
	The Right Angle and Rectangle: Sacred Gifts from the Mummies!	36
	Anatomic Planes and Sections “Cut Up” Bodyspace	38



	Terms of Relative Body Position	41
	Body Regions and Quadrants	47
	Quiz	50
	Body-Level Grids for Chapter 2	52
CHAPTER 3	Systemic Anatomy: A Fly-by of the Organ Systems	54
	The Key Organ Systems Filling Human Bodyspace	55
	What Are “Regional” and “Surgical” Anatomy?	64
	Pathological Anatomy Creates Pathophysiology: It’s All About “Suffering”	64
	Quiz	66
	Body-Level Grids for Chapter 3	68
	Test: Part 1	71
PART 2	THE BUILDING BLOCKS OF BODY STRUCTURE	77
CHAPTER 4	Hidden Chemicals in Our Body Basement: The Great Pyramid Starts Out as a Midget!	79
	The Chemical Level: Looking for Dirt in the Body Basement	80
	Molecules = Strings of Bonded Atoms	83
	The Body’s Inner Sea	84
	The Royal Carbon Quartet	86
	Mutations: Pathological Anatomy Often Begins with Abnormal Proteins	96
	Quiz	97
	Body-Level Grids for Chapter 4	98

CHAPTER 5	Anatomy of Cells and Tissues: Tiny Chambers Form the Body “Fabric”	102
	The Cell Level – Where <i>Anatomy</i> Comes to <i>Life!</i>	103
	The Centrosome and Its Centrioles: Curly Star-shaped Cylinders for Mitosis	110
	The Cell Cycle and Mitosis	112
	Tissues: Families of Related Cells	115
	The Four Basic or Primary Tissues	116
	Organs = Specialized Collections of the Basic Body Tissues	120
	Why Cancer Is so “Crabby”: The Principle of Cellular Pathology	121
	Quiz	123
	Body-Level Grids for Chapter 5	124
	Test: Part 2	128
PART 3	THE BODY AS A BAG OF BONES AND MUSCLES	135
CHAPTER 6	Our Tough Hide: Anatomy of the Skin	137
	The Integumentary System	138
	A Structural Overview of the Skin	139
	The Epidermis Says, “Pull Back My Sheets and Bedcovers!”	139
	The Dermis Replies, “What – and Leave Me with a Naked Mattress?”	143
	The Subdermis Adds, “Don’t Worry! My Fat Will Keep You Warm!”	144
	Accessory Structures of the Skin	144
	Quiz	147
	Body-Level Grids for Chapter 6	149



CHAPTER 7	Our Tough Inside: Anatomy of the Skeleton	153
	The Skeletal System	153
	An Overview of the Two Parts of the Skeleton	154
	The Long Bone as a Thermos Bottle	159
	Bone Microanatomy	162
	Characteristics Used for Naming Bones	162
	Bone Fractures	165
	Major Types of Joints	167
	Arthritis: An Inflammation of the Joints	169
	Quiz	170
	Body-Level Grids for Chapter 7	171
CHAPTER 8	The Muscular System = A Bunch of “Little Mice” Hanging on Our Skeleton!	175
	The Skeletal Muscle as a “Little Mouse”	176
	Naming the Skeletal Muscles – A Fun Exercise in Imagineering!	178
	Antagonistic Pairs: <i>Yin</i> and <i>Yang</i> in the World of Muscles	185
	Pathological Anatomy of Muscle: The Tragedy of Muscular Dystrophy	187
	Quiz	188
	Body-Level Grids for Chapter 8	190
	Test: Part 3	193

PART 4	THE NERVOUS SYSTEM AND GLANDS: A BUNCH OF “TREES” AND “ACORNS”	199
CHAPTER 9	The Nervous System and Organs of the “Special Senses”	201
	The Human Embryo Becomes Baby Heinie: Somites Create the Soma, the Neural Tube Becomes the Central Nervous System	202
	The Peripheral Nervous System: “It’s Setting My Nerves on <i>Edge!</i> ”	205
	Major Subdivisions of the PNS	207
	“Stressed Up, or Chilled Out?”: Sympathetic versus Parasympathetic Divisions of the ANS	210
	Summary of the ANS	213
	The Cranial Nerves and Organs of “Special Senses”	213
	Basic Parts of the Brain	217
	Spinal Cord and Meninges: The “Marrow” and Its “Mothers”	223
	Spinal “Taps” Sample the “Sap”	226
	Quiz	226
	Body-Level Grids for Chapter 9	228
CHAPTER 10	Glands: The Secreting “Acorns”	231
	Enter the “Acorns”: The Glands Come Marching In!	232
	An Overview of the Glandular System	233
	The Major Endocrine Glands and Their Hormones	235

	Pathological Anatomy of Glands: “ <i>What Happens When an Acorn Falls Off?</i> ”	241
	Quiz	242
	Body-Level Grids for Chapter 10	244
	Test: Part 4	247
PART 5	PUMPS, PIPES, AND VESSELS FOR BLOOD AND AIR	253
CHAPTER 11	The Circulatory System: A <i>Vasc</i> Responsibility to Play Our “<i>Cardi’s</i>” Right!	255
	The Heart and Vascular Network of the Circulatory System	256
	Cardiac and Smooth Muscle as Visceral Effectors	257
	The Heart and Its Wall	258
	The Blood Vessels and Their Walls	261
	General Structure–Function Characteristics of the Vessels	264
	The Heart: A Double-Pump for Two Circulations	269
	Quick Capsule Comments on the Veins and Arteries	274
	The Coronary Circulation: A “ <i>Special</i> ” Circulation of the Heart	275
	“ <i>Heart Attack</i> ” and Atherosclerosis	276
	Quiz	278
	Body-Level Grids for Chapter 11	279

CHAPTER 12	The Anatomy of Blood and Lymph: Red Stuff and “Clear Spring Water”	282
	The Blood: A Very “Special” Connective Tissue	283
	How Blood Looks in a Test Tube: The General Parts	283
	The Blood Plasma	286
	The Buffy Coat: “Yes, It’s <i>Buffy!</i> But Is It Also <i>Fluffy?</i> ”	288
	The Red Layer: Yes, Our <i>Hematocrit</i> Really Is <i>Critical!</i>	290
	Lymph Formation: “Don’t Cry over Spilled <i>Blood!</i> – It’s the <i>Lymph!</i> Now, Is That <i>Clear?</i> ”	291
	The Lymphatic System Linked to Immunity	292
	Anatomy to the Rescue: The Reticuloendothelial System	293
	Major Lymphatic Organs and Lymphatic Tissue	294
	Tonsillitis	297
	Quiz	297
	Body-Level Grids for Chapter 12	299
CHAPTER 13	It’s All About The Respiratory “Trees”: Their Branches Sway in the Airy “Breeze”	302
	The Respiratory System: To “Air” Is Only Human!	303
	The Upper Respiratory Tract – Holes and Tubes Above the “Tree”	304
	The Lower Respiratory Tract: Our Branching Respiratory “Tree”	307

	The Respiratory Membrane: The <i>Only</i> Site of Pulmonary Respiration	311
	The Bronchiole and Its Muscular Wall	313
	Bronchospasm and Severe Bronchitis: A Real “Chokehold” on Ventilation	314
	Quiz	315
	Body-Level Grids for Chapter 13	317
	Test: Part 5	319
PART 6	“DOWN-UNDER” ORGAN SYSTEMS, OR THE BODY LAND “BELOW OUR BELT”	325
CHAPTER 14	The Digestive Tube: A Rabbit-Hole Outside the Body!	327
	“Baby Heinie Just Swallowed a Marble! – <i>Where Did It Go?</i> ”	328
	Digestive System = Tube from the Oral Cavity down to Anus	328
	Ingestion versus Egestion	329
	Digestion and Absorption	330
	Secretion and the Accessory Digestive Organs	331
	General Functional Summary	331
	The Oral Cavity, Pharynx, and Esophagus	332
	The Four Basic Tunics in the Digestive Tube Wall	333
	The Stomach: A J-shaped Pouch	336
	The Small Intestine = Twenty Twisted Feet of Wondrous Tubing!	338
	The Colon: Our Large Intestine Brings Up the Rear	342

Colon Polyps: A Warning Sign for Cancer	344
Quiz	345
Body-Level Grids for Chapter 14	347
CHAPTER 15	
The Genitourinary System – Keeper of Our Urine and (GASP!) Sex	350
The Genitourinary (Urogenital) System	
Concept	351
The Kidney and Its Connections	351
The Urinary Pathway	353
External Genitals in the Male and Female	354
Internal Anatomy & Physiology of the Male Reproductive Pathway	357
Accessory Male Organs Add the Semen	359
Tracing the Path of a Sperm Cell	360
Internal Anatomy & Physiology of the Female Reproductive Pathway	360
Internal Fertilization: Mr. Sperm Knocks On Her “Door,” and Ms. Ovum Lets Him In!	362
Development Leading to Birth: The Cute Little “Sweller” Gets Ready to Stick His Head Out!	363
Snapshot Summary of the Embryo Stage	368
Enter the Fetus and Neonate	369
Heartbreak Hill: Gross Pathological Anatomy During Development	369
Quiz	370
Body-Level Grids for Chapter 15	372
Test: Part 6	374
Final Exam	379



CONTENTS

Answers to Quiz, Test, and Exam Questions	397
Index	403



PREFACE

“Which comes first—the chicken, or the egg?” This book is about the “egg”—*human anatomy* or *body structure*. (An unhatched egg is an example of anatomy.) Its close companion, *PHYSIOLOGY DEMYSTIFIED*, is all about the “chicken”—*human physiology* or *body function*. (The process of laying an egg is an aspect of chicken physiology, after all!)

ANATOMY DEMYSTIFIED is for people who want to get acquainted with the fundamental concepts of human body structure, without having to take a formal course. But it can also serve as a supplemental text in a classroom, tutored, or home-schooling environment. In addition, it should be useful for career changers who need to refresh their knowledge of the subject. I recommend that you start at the beginning of this book and work straight through.

This book seeks to provide you with an intuitive, highly visual grasp of anatomy and its terminology. It takes the approach used by many of the early visual artists. It travels far, far back in time, back to the Time of the Ancient Pharaohs, and of their Great Pyramids rising majestically from the sands of the Egyptian desert! It is here that much of the formal study of anatomy first began, so it is here that *we* begin!

The book takes you on a *Journey Through Bodyspace*, represented by the Great Body Pyramid! Professor Joe, The Talking Skeleton, is our host. He is drawn as a cartoon standing upright and pointing, whenever key facts about Biological *Order* in the human body are being presented. But when he is fallen and fractured, our Good Professor is talking to you about facts of Biological *Disorder* in the human body. These key facts of Order-versus-Disorder will be about Anatomy, Physiology, or just Plain Body Functions.

As you go from body system to body system, you will also learn *where* to put many facts of Biological Order/Disorder, briefly writing them within the “grids or drawers” of the Great Body Pyramid. In this way, like putting your socks into a drawer, you will always know where to find the key body facts (“socks”) whenever you need them!

This introductory work also contains an abundance of practice quiz, test, and exam questions. They are all multiple-choice, and are similar to the sorts of questions used in standardized tests. There is a short quiz at the end of every chapter. The quizzes are “open-book.” You may (and should) refer to the chapter texts when taking them. When you think you’re ready, take the quiz, write down your answers, and then give your list of answers to a friend. Have the friend tell you your score, but not which questions you got wrong. The answers are listed in the back of the book. Stick with the chapter until you get most of the answers correct.

This book is divided into six sections. At the end of each section is a multiple choice test. Take these tests when you’re done with the respective sections and have taken all the chapter quizzes. The section tests are “closed-book,” but the questions are not as difficult as those in the quizzes. A satisfactory score is three-quarters of the answers correct. Again, answers are in the back of the book.

There is a final exam at the end of this course. It contains questions drawn uniformly from all the chapters in the book. Take it when you have finished all six sections, all six section tests, and all of the chapter quizzes. A satisfactory score is at least 75 percent correct answers.

With the section tests and the final exam, as with the quizzes, have a friend tell you your score without letting you know which questions you missed. That way, you will not subconsciously memorize the answers. You can check to see where your knowledge is strong, and where it is not.

I recommend that you complete one chapter a week. An hour or two daily ought to be enough time for this. When you’re done with the course, you can use this book, with its comprehensive index, as a permanent reference. What you now hold in your hand, I think you will agree, is a most *unusual* approach to the study of human anatomy!

We have of course, our most unique talking skeleton host, Professor Joe (and occasional glimpses of his somewhat mischievous sidekick, Baby Heinie). More importantly, this book represents the practical application of what I like to call *Compu-think*, or “computer-like modes or ways of human *thinking*.” This is reflected in its heavy emphasis upon binary (two-way) classifications, grid-associated reasoning, and frequent occurrence of summary word equations.

Suggestions for future editions are welcome.

Now, work hard! But, be sure to have *fun*! Best wishes for your success.

The Hon. Dr. Dale Pierre Layman, PhD, Grand PhD in Medicine

ACKNOWLEDGMENTS



The most interesting and entertaining illustrations in this book are mainly due to the talented efforts of one of my own daughters, Allison Victoria Layman. It is through her gifted eyes that my visions for picturing key body concepts have been successfully brought to life!

I extend thanks to Emma Previato of Boston University, who helped with the technical editing of the manuscript of this book. Thanks also go to Maureen Allen and the staff at Keyword, who helped me winnow out various errors and inconsistencies within the original manuscript.

I particularly wish to thank Judy Bass, Senior Acquisitions Editor at McGraw-Hill. Judy has been *very* enthusiastic and supportive of all my writing efforts! This means *a lot* to a struggling author! She also deserves credit for her brilliant insight that we need two separate but closely-linked books—both an *ANATOMY DEMYSTIFIED*, as well as a stand-alone *PHYSIOLOGY DEMYSTIFIED*—in this series.

Finally, Mr. Scott Grillo (publisher) has been a quiet, steadfast, and kindly presence behind all of my writing efforts. I am most pleased to honor both Judy Bass and Scott Grillo within the distinguished pages of the *Dedication Section* in *2000 OUTSTANDING INTELLECTUALS OF THE 21ST CENTURY* (2nd Ed., 2003), just published by the International Biographical Centre (Cambridge, England). The unusual and creative thinking efforts being presented in these humble little volumes are closely being watched and reported on, within the Highest World Intellectual Circles!



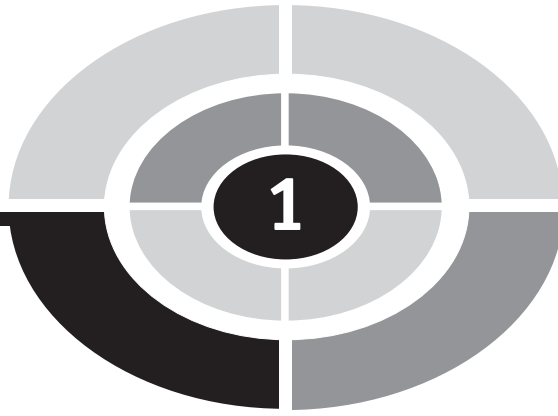
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PART 1

The Journey Begins

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CHAPTER

Anatomy: Our Inner World of Bodyspace



Welcome!
Welcome to
ANATOMY
DEMYSTIFIED:
A Journey
Through
Bodyspace

Hello, there! I am Professor Joe, The Talking Skeleton! I have been selected as your guide for this book, *ANATOMY DEMYSTIFIED*. I am here to give



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