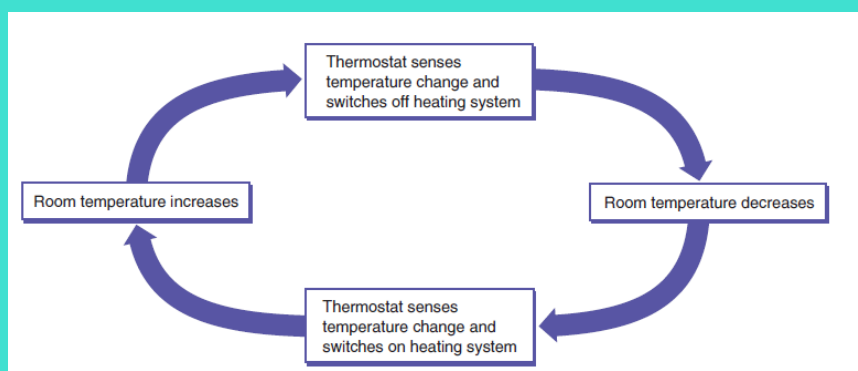


Unit 1 Lesson 1

- Homeostasis - what is it?
- "homoios" - means similar or like
- "stasis" - means standing still
- keeping the body in a steady state - proper temperature, blood sugar levels, blood pH
- involves a feedback inhibition or negative feedback
- same way a thermostat works



Complete reading assignment questions

Internal Environments

- We have 2:
 1. inside your skin but outside your cells and organs (interstitial space)
 2. inside your organs and cells

Maintaining Homeostasis

- Handle Systems Handle Homeostasis
 1. Endocrine System
 2. Nervous System

Endocrine System

- Handles homeostasis in the long term
- Uses: glands (pituitary, adrenal), hormones (chemical messengers), bloodstream (to transport the hormones)

Nervous System

- Maintains homeostasis in the short term
- Uses: nerve cells (neurons), sensors (temperature, pressure), brain, spinal cord, senses (eyes, ears; your link to the outside world)

Link

- The hypothalamus in the brain links the endocrine system (ES) and the nervous system (NS)
- Ex. Seeing a car accident (NS) causes a release of adrenaline (ES)

Normal body conditions

Temperature - 37°C

Blood Pressure - 120/80

Blood Sugar - between 4 - 6 mmol/l

Saliva pH - between 6 - 7.4